

North Boone High School

Student - Parent

Athletic Handbook

**North Boone
Community Unit School
District 200**

2011-2012

"Striving for Excellence"

Official website is: northbooneathletics.ihigh.com

HIGH SCHOOL SPORTS .NET PARENT'S GUIDE

HighSchoolSports.net has accurate, complete, and up-to-date scheduling information directly from your school's athletic office.

You can access your school's site on HighSchoolSports.net directly from your school's web site, or you can go to www.HighSchoolSports.net and choose your state and school.


At the top of the main page of your school's site is the school name and contact information, as well as the local weather report.

2-DAY is a list of events happening in your school today and tomorrow.


Previous Events shows the previous day's events with scores and quick links to Stats and Photographs entered for that game. For more information on how to upload your own photos, click on **BLEACHERS** on HighSchoolSports.net.

To see this week's events, click on the **WEEK** tab. To see the entire current month and to view other months, click on the **MONTH** tab. To view a team's schedule, click on **SEASON**.


 adds sports schedules to your RSS Reader or to your own web page.

 adds sync your schedules to your handheld by way of your desktop calendar including Outlook, Palm, and iCal.

When you click on **SEASON** to choose your team; only sport is required. Gender and level are optional.

When the team's schedule is displayed, you can print it by clicking on .

Clicking on any school's name or facility underlined in blue will take you to MapQuest.com for directions to that school or facility.

To view game stats, click on  next to a game.

Get an email or a message on your cell phone or email letting you know that a game has been changed, postponed, or cancelled and when scores, stats, and photographs have been entered by signing up for *Schedule Change Notifications*.

The first step is to sign up and choose the team you want to receive notices for. You will get an email with an "activate" link. You must click on it before you can receive notifications.

Please be sure that you have set your SPAM filter to allow email from both @HighSchoolSports.net and @ScheduleStar.com

You can also add your cell phone or pager number to receive *Schedule Change Notifications*.

To make changes to your preferences at HighSchoolSports.net, click on **ACCOUNT MANAGER** in the black bar below the schedules. This is where you can add additional email addresses, cell phones, and add or remove teams from your notifications.

To print a customized calendar, please sign up. Then you will have a "View My Calendar" option to view and print a customized calendar with the sports and schools you need to see.

For complete instructions on free HighSchoolSports.net features, please go to HighSchoolSports.net and click on **FAQ**.

EXTRACURRICULAR HANDBOOK FOR NORTH BOONE UNIT DISTRICT #200

It is the intent of this handbook to establish guidelines and general regulations governing extracurricular activities for North Boone Unit District 200. We ask that you and your parents review the handbook carefully and keep it throughout your participation in extracurricular activities.

When you are a part of an extracurricular program, you are a representative of North Boone Unit District 200. You are expected to demonstrate appropriate behavior at all times. Unit District 200 needs quality people to have quality programs.

The Extracurricular Handbook is meant to compliment all rules and regulations set forth in the Student Handbooks and Board Policy. Students participating in extracurricular activities will also be governed by the discipline code, which governs the entire student body.

In establishing this handbook, an attempt has been made to include all areas, problems, and circumstances, which might arise during a particular extracurricular season at North Boone Unit District 200 schools. However, it is realized that not all situations can be anticipated and many decisions will have to be made as actions occur.

Extracurricular activities are a privilege and integral part of the total educational process. The important goals of the extracurricular program are to offer students direction in developing healthful living habits, discipline, leadership, sportsmanship, and acceptance of rules and responsibilities. While we strive to win as often as we can, we are mindful that how we win or lose tells more about us than the final score.

The extracurricular handbook will be enforced for all participants in extracurricular activities at North Boone Unit District 200 schools. This also includes all persons connected with the various groups, such as cheerleaders, managers, etc. While participating, we ask that you keep these thoughts in mind:

1. Participation is a privilege and you are participating by choice.
2. You are representing yourself, your family, the school and community. Participate in a manner that reflects a positive outcome.
3. Extracurricular activities are part of the educational process, if you are unsure about a situation consult an adult for advice.

GOALS OF THE ATHLETIC PROGRAM

1. Demonstrate good sportsmanship as a means for learning good citizenship.
2. Experience working as a team member, exercising self-discipline and self-sacrifice in order to achieve team goals.
3. Experience a feeling of self-worth and to develop self-confidence.
4. Build positive attitudes towards life and extracurricular activity.
5. Develop physical talents to their maximum potential.
6. Teach fundamental skills in all areas.
7. Develop skills in the areas of problem-solving and decision-making.
8. Develop well-round student personnel.
9. Produce a rallying point and unity within school and community to help develop school spirit and loyalty.

MISSION STATEMENT FOR EXTRA-CURRICULAR ACTIVITIES

The mission of the North Boone School District is the teaching of fundamental skills, strategies and the motivation of our parents and students for the inherent worth of athletic competition and the carryover of positive attitudes in school climate.

STUDENT-ATHLETE RESPONSIBILITIES

As a student-athlete and member of the North Boone community, I recognize that I have a responsibility to conduct myself in a manner that represents myself, my family, my school and community with pride. I further understand that actions I choose which negatively impact myself, family, team, school or community are grounds for consequences, up to and including dismissal from the team.

Prior to participation in any school-sponsored extracurricular athletic event, the student-athlete must:

1. Meet the academic criteria set forth by the Board of Education.
2. Provide written permission from parents/guardians allowing student participation, giving the district full waiver responsibility of the risks involved.
3. Provide a valid physical form on or before the first day of practice. Per IHSA rules, physicals are valid for 365 days.
4. Show proof of accident insurance coverage either by a policy purchased through the District-approved insurance plan or a parent/guardian waiver indicating the student is covered under a family insurance plan.
5. Provide a signed student-athlete/parent contract.
6. Payment of the required athletic fee.
7. Provide a signed IHSA Drug Testing Consent Form. (Varsity athletes competing in an IHSA-sponsored tournament only.)

INJURIES AND MEDICAL ORDERS

1. Any injuries that require a doctor's care must have a signed release from the doctor before resuming activity in that activity.
2. Students not participating in P.E. classes because of injury or illness may not participate in an athletic or cheerleading activity.

STUDENT MANAGERS

Student managers are governed by the same rules as athletes, except they are not required to take physicals, pay fees, or carry insurance.

STUDENT PARTICIPATION IN TWO OR MORE SPORTS/ACTIVITIES (Policy 7:300)

Participation in more than one sport in District 200 at the same time will be permitted under certain circumstances. The coaches of both sports would have to give their written consent along with the parents and principal.

- Students will not be allowed to participate in two extracurricular athletic activities (including cheerleading and dance team) during the same season if the practice and/or competition times conflict.
- No student will be allowed to participate on multiple teams if cuts were used to establish the team-members of both teams.

PLAYER BUSES

1. Students participating in school-sponsored activities must ride to games in the transportation provided by the school. In case of a conflict, arrangements must be made prior to the conflict. Students cannot drive to the event! Students are also to ride the provided transportation home from the activity unless a parent or approved proxy, 25 years or older, signs the student out with the coach. Students cannot sign out other students. When on activity trips, all students, whether spectator or participants, are representatives of the North Boone School District and are expected to conduct themselves accordingly. If a bus is not available for transporting the team athletes may be transported in either the coaches' or parents' automobile with written parent permission.
2. Fans will not be allowed to ride the player bus; this includes both students and adults.
3. Cheerleaders at the high school level will ride the bus provided by the District. At the elementary level they will ride the team bus.
4. Fan buses may be provided at the high school level for high school students or adults. Cost of the trip will be \$2.00. Students must also have signed permission slips. There are no fan buses at the elementary level.

RETURN OF EQUIPMENT/UNIFORMS

1. Athletes must have all equipment/uniforms turned in from the previous sport before they can begin the next sport.
2. Equipment/uniform must be returned in the same condition that it was given to the student.
3. If the uniform is not returned promptly or if the uniform is damaged due to neglect or abuse the student will have to pay the replacement cost of the uniform. Grades, report cards, and participation in graduation ceremony will be withheld and the student will be banned from all further participation in extra-curricular activities in the event that uniforms are not returned or damages not paid.

PLAYING TIME POLICY

Playing time is something that student-athletes earn. The decision as to who plays how much is made solely by the coach in charge. Parents and students may support the decision making process better if they understand it. All athletes on the team are ranked by their playing ability and their attitude to achieve team success. Generally, more capable athletes will play more than less capable athletes. If a game is a close contest then less capable athletes will play less time, if any. If the game is a blowout for either team then less capable athletes may play more time. Coaches must play every member of the team a minimum of ten minutes during the season. This does not apply to junior varsity or seventh grade athletes who have played at the junior varsity or seventh grade level and have suited up with the varsity or eighth grade team.

CONFLICT RESOLUTION

At times parents have concerns about how things are handled at school and on the team. The following procedure should be used to insure that concerns are handled promptly and directly.

- Step 1. Talk to the teacher or coach directly involved with the concern. Most matters can be resolved with a parent/teacher discussion.
- Step 2. If a parent and a teacher cannot resolve the concern, speak with the Athletic Director.
- Step 3. In the event the problem is not solved, contact the building principal.
- Step 4. In the event the problem is still not resolved, contact the superintendent.
- Step 5. Matters that cannot be resolved in the first three steps are usually matters that involve school policy. School policy is set by the Board of Education. It is at this time that the matter should be brought to the attention of the Board for review. This will be handled through the Superintendent.

EXTRACURRICULAR DISCIPLINE CODE

In addition to the regular Discipline Code, students who are representing the school district in extra curricular activities must follow the appropriate rules of conduct every day and time of the week from the first day of formal organization and/or practice and extend through the last event of that activity. This policy shall be cumulative from one activity to another.

If a student receives any type of school suspension for an action that occurs within the school day, the student is not allowed to participate in any events during the duration of the suspension. The student will receive a one-event suspension. If the suspension does not occur on an event day, the student will miss the next scheduled event. Further, if a student violates any of the following rules any time of the day or week, additional discipline measures will be enforced.

The administrator may initiate the action at any step indicated, depending on the severity of the misbehavior or in cases of frequent recurrence of lapse of discipline on the part of the student. Principals are not obligated to act in all instances of violations of this code if the evidence is not substantiated.

The Board of Education defines the following list of offenses as gross misconduct or gross disobedience. The local sheriff's police may be called when state laws are violated on school property or at any school function. NOTE: Any combination of the following offenses in rule #1 shall follow in the same 1st, 2nd, and 3rd. offense sequence.

1. The following offenses will result in the listed consequences:
 - a. Willful insubordination directed toward a staff member:
 - b. Inciting group violence:
 - c. Verbal abuse directed toward any staff member, official and/or spectator (use of profanity or derogatory language or obscene gestures):
 - d. Fighting:
 - e. Willful destruction or defacement of school property or the property of others:

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|----------------------------|--|
| 1st Offense of School Year | Exclusion from at least two games or events |
| 2nd Offense of School Year | Exclusion for rest of individual sport or event season |
| 3rd Offense of School Year | Exclusion for rest of school year |
2. The following offenses no matter when they occur will result in the listed consequences:
 - a. Possession/Use of tobacco products:

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| 1st Offense of School Year | Exclusion from games, practices, or events for 20 calendar days from the date of the write-up or re-evaluation assessment required. |
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| 2nd Offense of School Year | Exclusion from games, practices, or events for 40 calendar days from the date of the write-up and continued exclusion from further participation until presentation of proof that student with parent knowledge has participated in a substance abuse assessment. |
| 3rd Offense of School Year | Exclusion for rest of school year. |

b. Possession/Use of alcoholic beverages, narcotics, controlled substances or any look-alike substance:

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| 1 st Offense of School Year | Exclusion for rest of school year. In lieu of exclusion for rest of school year, it is required that student actively participate in a substance abuse program. The program must be approved by the administration and certified in writing by a doctor or appropriate agency. The student and his/her parent will bear the burden of all financial obligations for the approved program. If successful completion takes place, the student will be excluded from the sport/extracurricular activity for 40 calendar days from the date of the write-up. |
| 2 nd Offense of School Year | Exclusion for rest of school year. |

c. Possession of stolen property and/or theft:

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|--|--|
| 1 st Offense of School Year | Exclusion from at least two games or events |
| 2 nd Offense of School Year | Exclusion for rest of the individual sport or event season |
| 3 rd Offense of School Year | Exclusion for rest of school year |

d. Physical assault on a school employee:

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| Any Offense | Exclusion for rest of school year |
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e. False fire alarm, false 911 calls, bomb threat, weapon threat, threat of bodily harm or setting fires:

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| Any Offense | Exclusion for rest of school year |
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f. Possession of weapons (any instrument or substance that can be used to inflict bodily injury):

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|-------------|-----------------------------------|
| Any Offense | Exclusion for rest of school year |
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IHSA SPORTSMANSHIP BY-LAW 6.011

Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or school may assess.

IHSA SPORTSMANSHIP BY-LAW 6.012

Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or school may assess.

PARENT CODE OF CONDUCT

Often we lose sight of the goals of the athletic program and winning AT ALL COSTS becomes the only goal. When this happens we lose much of what is valuable about our extra-curricular athletic program and we jeopardize the other goals of the athletic program. We expect parents to model positive attitudes and be role models of sportsmanship to their children who participate in the sports program in the North Boone School District. Parents are asked to please refrain from second-guessing and criticizing the coach in front of the student athlete. Parents who wish to criticize the coach's strategy or decisions must make an appointment to visit the coach on a day following the game in question. Coaches will not discuss parent complaints or criticisms on the day of the game. Unless otherwise asked, parents are not allowed in the locker room. State law prohibits fans and parents from touching a coach, player, official, or spectator in a provoking manner.

IHSA SPORTSMANSHIP BY-LAW 2.042

IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.

RULES FOR SPECTATORS AT NORTH BOONE GAMES

This includes parents, students, and guests.

Behaviors that are encouraged:

1. Shouting encouragement to the players and to the team.
2. Cheering with the cheerleaders.
3. Generally showing positive behaviors towards the teams, both home and away.

Behaviors to avoid:

1. Coaching the students from the sidelines that contradict the instruction of the coach.
2. Distracting members of the opposing team.
3. Verbally questioning the calls of officials.
4. Showing disrespect to the officials or coaches by your yelling; no obscenities will be tolerated.
5. Yelling negatively at your child in front of the fans.
6. Vocally questioning the coach's strategy and decisions in such a way that it could be embarrassing to the coaches and to the school.

7. Students who leave the building will not be allowed to return.
8. Drinks are not allowed in the gymnasium.
9. There will be no smoking in any buildings or on any grounds of North Boone District.
(State Law)

Fans who display the above negative behavior may draw a penalty for the home team. The fans that display the above behavior may be warned or asked to leave the game.

Extracurricular and Co-Curricular Activities (Policy 6:190)

Extracurricular and Co-Curricular Activities

The Superintendent shall approve all District-sponsored extracurricular and co-curricular activities, using the following criteria:

1. The activity will contribute to the leadership abilities, social well-being, self-realization, good citizenship, or general growth of members.
2. Fees are reasonable and do not exceed the actual cost of operation.
3. Student body desires are considered.
4. The activity will be supervised by a school-approved sponsor.

Building Principals are responsible for the scheduling and announcing of student extracurricular and co-curricular activities.

Students can only participate in competitive extracurricular activities in the building where they attend school.

Non-school sponsored student groups are governed by the District's policy on student use of school buildings.

Academic Criteria for Participation

The District realizes the value of extracurricular activities in producing a well-rounded student. It is the intent of the District that the participation in extracurricular activities and interscholastic competition is a profitable educational experience. In order to accomplish this end, fair and enforceable rules and regulations must be in place. The following rules apply to all extracurricular activities, IHSA governed activities (athletics, music, chess, etc.) and all other activities including cheerleading.

High School Students

Attendance

1. A student must be in attendance for the entire school day in order to participate in a District extracurricular activity. Emergency situations shall be given due consideration.
2. A student must attend a member school and may only represent in competition the school where the student attends.
3. A student must be enrolled and attending classes no later than the beginning of the 11th school day of the semester.
4. If a student attends school for ten or more days any one semester, the semester will count as one of the eight semesters the student is allowed for athletic eligibility during the student's high school career.

5. If a student is absent from school for ten consecutive days during a semester, except for specific reasons outlined in the By-laws, the student will be ineligible for the rest of the semester.

Participation Limitations

1. Students who are representing the District in extracurricular activities must apply the rules of conduct found in the North Boone School District Discipline Code, Policy 7:190, and the Extracurricular/Athletic Discipline Code, Policy 7:190, every day and time of the week from the first day of formal organization and/or practice and extend through the last event of that activity.

The administrator may initiate the action at any step indicated, depending on the severity of the misbehavior or in cases of frequent disciplinary incidences involving the student. Principals are not obligated to act in all instances of violations of this code if the evidence is not substantiated.

2. After a student enrolls in the ninth grade, the student will be eligible for no more than eight semesters.
3. A student's seventh and eighth semesters of eligibility must be consecutive. Other semesters of possible eligibility need not be consecutive.
4. After a student enrolls in ninth grade, a student will be eligible for no more than four seasons of competition in any sport.

Scholastic Standing

1. A student must be passing five classes to participate in contests/events with all classes being considered (opting out of physical education does not count as a class). Grades for eligibility are cumulative for the semester. They do not start either weekly or quarterly. Eligibility will be checked on a weekly basis. Grades will be turned in on Thursday and reported to the coaches/sponsor's on Monday. If grades indicate the student is ineligible, the student will not be able to participate in contests/events that week, Monday through Sunday. However, during periods of ineligibility, the student is required to attend practice and may attend meetings. The third week a student is ineligible; the student will be removed from the team/activity. In the case of an activity, the student will be removed for the semester. Parent(s)/guardian(s) must be notified by phone or mail when the student is declared ineligible. Weeks of ineligibility need not be consecutive. Any student must have passed five classes in the preceding semester to participate in any extracurricular activities. Any student who is academically ineligible (previous semester) on the first day of practice may not try out for that sport or activity.
2. Students entering the ninth grade will be allowed to participate in extracurricular activities subject to the academic eligibility requirements based on their high school classes.

IHSA Random Testing

Beginning with the 2008-2009 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physical, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. All students participating IHSA extracurriculars will be required to complete the form to consent to random testing.

Middle School Students

While middle school athletics and cheerleading are not governed by IHSA rules, the District must abide by the rules of the conferences of which we are members and Board policy.

Attendance

A student must be in attendance for the entire school day in order to participate in a District extracurricular activity. Emergency situations shall be given due consideration.

Participation Limitations

Students who are representing the District in extracurricular activities must apply the rules of conduct found in the North Boone School District Discipline Code, Policy 7:190, and the Extracurricular/Athletic Discipline Code, Policy 7:190, every day and time of the week from the first day of formal organization and/or practice and extend through the last event of that activity.

The administrator may initiate the action at any step indicated, depending on the severity of the misbehavior or in cases of frequent disciplinary incidences involving the student. Principals are not obligated to act in all instances of violations of this code if the evidence is not substantiated.

Scholastic Standing

At the middle school level, a student is issued a warning upon the first week of incurring a failing average in one or more subjects. In the second week of incurring a failing average in one or more subjects, a student may practice with the team but may not participate in any contests. After a third week of incurring a failing average, a student will be removed from the team for the remainder of the season. In the case of a club or activity, the student will be removed for the remainder of the quarter. Weeks of ineligibility do not have to be consecutive to advance to the next step of ineligibility. Parent(s)/guardian(s) must be notified by mail or by phone of a student's ineligibility. Periods of ineligibility are from noon on Friday to noon the following Friday.

Conference Affiliation

NBHS is a member of the Big Northern Conference. (East Division)

NBMS is a member of the Mid Northern Conference, and Stateline Football Conference.

Student Athlete / Parent Contract

Directions: The parent(s) and student sign both copies of the contract and returns one to the coach. The parent(s) and student keep the "Handbook" for reference.

Student: _____

Sport or Activity: _____

In consideration of the North Boone School District permitting me to participate in the above sport or activity, I agree as follows:

The student's obligation:

1. I have read the rules in the "Athletic Handbook" and any other rules given by the coach and agree to abide by all conduct rules that have been set for the team.
2. I agree to perform to the best of my abilities, in sports, in the classroom, and in the community.
3. I agree to demonstrate a positive attitude and good sportsmanship both in school and in the sport.
4. If I have a complaint I will discuss this with my coach first.
5. I understand that if I do not abide by these rules I may be suspended from the team or asked to withdraw from the sport.
6. I understand that either bad conduct or poor grades at any school activity may cause me to be suspended from play.
7. I will follow the coach/sponsor's instructions, playing techniques, training schedule and safety rules for the above sport or activity.
8. I agree to return my uniform promptly at the end of the season, clean and in good condition.
9. I acknowledge that I am aware that participation in the above sport or activity may involve many risks of injury. A serious injury may result in physical impairment or even death. I hereby assume all risks associated with participation and agree to hold the North Boone School District, its employees, agents, coaches, School Board members, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in the above activity or sport. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

Student Signature: _____

Date: _____

The parents' obligation:

1. I have reviewed the rules and schedule including the "Rules For Spectators" At North Boone Games" in the "Athletic Handbook".
2. I have reviewed the contract above with my child. I agree with them and will work cooperatively with the school and coach to see that the rules are enforced.
3. If I disagree with the coach I will share my opinion in a respectful manner and will avoid yelling and abusive language.
4. I authorize the school and its personnel and volunteers to administer emergency treatment in the event of an injury and to take my child to the most accessible hospital for treatment when this is necessary in the judgment of the individual in charge.
5. I agree to reimburse the district for the replacement cost of the uniform if my child does not return it or if the uniform is damaged due to neglect or abuse. (Grades, report cards, and participation in graduation ceremony will be withheld and the student banned from all further participation in extra-curricular activities in the event that uniforms are not returned or damages not paid for.)
6. I am the parent(s)/guardian(s) of the above named student. I have read the above Agreement to Participate and understand its terms. I understand that all sports can involve many **RISKS OF INJURY**. In consideration of the School District permitting my child/ward to participate in the above sport or activity, I agree to hold the North Boone School District, its employees, agents, coaches, School Board members, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation of my child/ward in the above sport or activity. I assume all responsibility and certify that my child is in good physical health and is capable of participation in the above-mentioned sport/activity.

Father/Guardians Signature: _____

Date: _____

Mother/Guardians Signature: _____

Date: _____



IHSA Steroid Testing Policy Consent to Random Testing

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

Beginning with the 2008-09 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.

By signing below, we consent to random testing in accordance with the IHSA's steroid testing policy. We understand that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances.

No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.

A complete list of the current IHSA Banned Drug Classes can be accessed at
http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_list-2007-08.pdf.

Signature of student-athlete

Date

Signature of parent/guardian

Date