

North Boone High School

Student - Parent Athletic Handbook



**North Boone
Community Unit School
District 200**

2023-2024

"Striving for Excellence"

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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 also follow the rules set forth in the athletic handbook. The discipline code as it pertains to participation in extra-curricular activities will be enforceable from the moment a student joins an extra-curricular activity (first practice) until that student leaves the school district (graduation/transfer). This policy shall be cumulative from one activity to another.

Students who receive an out-of-school suspension will not be allowed to participate in contests or practices for the duration of the suspension. For clarification purposes, the student may participate on the day after the last day of the out-of-school suspension.

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:

1st Offense of School Year	Exclusion from at least 10% of games, contests, events. (Must be at least 1 game, contest, or event)
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:

1st Offense of School Year	Exclusion from games, contests or events for 20 calendar days from the date of the write-up or reevaluation assessment required.- The student will be required to participate in all practices.
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:

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 actively participating in an approved program and meeting all the requirements of the program, the student will be excluded from games, contests, or events for 40 calendar days from the date of the write-up. The student will be required to participate in all practices.
2 nd Offense of School Year	Exclusion for rest of school year.

If at a gathering, and under-aged drinking begins or is occurring, students are expected to remove themselves from that situation immediately or face possession penalty.

c. Possession of stolen property and/or theft:

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

d. Physical assault on a school employee:

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:

Any Offense	Exclusion for rest of school year
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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 if 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: _____

Parent and Student Agreement/Acknowledgement Form Performance-Enhancing Substance Testing Policy

Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.

Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.

Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.

Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in IHSA athletic activities, I agree that I will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of performance-enhancing substances in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I understand that testing may occur during selected IHSA state series events or during the school day. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by IHSA.

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in IHSA athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from performance-enhancing substance use and may be asked to submit to testing for the presence of performance-enhancing substances in his/her body. I understand that testing may occur during selected IHSA state series events or during the school day. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by IHSA.

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____
