***Co-Curricular/Extra-Curricular Activities Policy***

**Name:**

 **(Last) (First) (Year in School) (M/F) (Date of birth-Mo/Day/Yr.)**

 **Sports/Activities Participating in:**

 **EMERGENCY INFORMATION:**

I give my consent to the supervising physician, athletic trainer and coach/sponsor of the sport/activity in which my child is

participating, the right in my behalf to use their own judgment in securing immediate first aid and/or ambulance transportation,

as is reasonably necessary, for any injury sustained by my child in case I cannot be reached.

 **Statement of Risk:**

My son/daughter has my permission to practice and compete in extracurricular activities, which include sports activities. We

realize that such activity involves the potential for injury which is inherent in all sports/activities. We acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules; injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis or even death.

**X**

(**Parent Signature)** (Date)

**PLEDGE**

I/We have read the Co-Curricular/Extra-Curricular Activities Policy and eligibility requirements; understand all its terms, and

sign it voluntarily with full knowledge of its significance. I also understand if I have any questions, I can contact Herscher

High School and/or have the opportunity to read the Herscher High School Athletic Policies & Procedures online.

**X**

**(Parent Signature**) (Date)

**X**

(**Student Signature**) (Date)

**PROOF OF INSURANCE: ATHLETES MUST HAVE INSURANCE**

***ALL ATHLETES AT HERSCHER HIGH SCHOOL MUST HAVE INSURANCE IN ORDER TO PARTICIPATE IN ANY TYPE OF SPORT. INSURANCE COMPANY AND GROUP # MUST***

***BE FILLED OUT.***

 **(Parent/Guardian Signature) (Date)**

 **Insurance Company Group #**

**HERSCHER HIGH SCHOOL**

**CO-CURRICULAR/EXTRA-CURRICULAR ACTIVITIES POLICY**

**PHILOSOPHY** - Co-curricular/extra-curricular activity participation is a privilege, not a right. The students who represent Herscher High School in the numerous activities offered are expected to meet the highest standards and represent themselves as excellent role models. Therefore, the behavior of each individual, on and off the competition area, is very important. The following Cod e Policy applies to all members of teams, organizations, and groups at Herscher High School:

**IHSA DRUG TESTING** – Any student/athlete, who is participating in an IHSA Athletic Event, is subject to Random Drug Testing administered by the IHSA.

**CODE OF CONDUCT**

I. Each sponsor/coach in season may establish rules for the squad which may affect the member's participation on that squad. These rules and regulations will be discussed with the squad prior to the final selection for the season. Each participant will receive a written copy, and a copy will also be placed on file in the athletic director's/principal’ office. Items which might be included in this section of the code are:

a. Promptness & regularity at practice/meetings e. Curfew hour b. School citizenship f. Eating habits

c. Academic achievement g. Dress & grooming

d. Attitude h. Others as approved by the administration

II. All participants are expected to respect the law as students, as athletes and as citizens. The code of conduct will be in effect for one calendar year whether or not the participant is actively engaged in sport(s)/activities at the time of the violation. Suspensions not completed in a sport/activity season will carry over to the participant’s next activity. Suspension for a violation out of season will occur in the first sport/activity in which he/she participates. The following violations will not be tolerated:

**The possession, use, distribution or sale of alcoholic beverages; the possession, use, distribution or sale of drugs, look -a-like drugs, paraphernalia or controlled substances; the possession, use, distribution, or sale of tobacco in any form. (Possession is defined as having on one's property, school locker, in a vehicle or being on**

**a premise where alcohol/and or illegal substances are being used.)**

Inevitably, violations of this section of the code will be evidenced and factual reports submitted to the coach/sponsor and/or the administration. The coach/sponsor will then review the violation with the student and submit the findings and recommendations to the administration. At that point, the following procedures will be implemented.

A. First Offense

1. Suspension from participation for 20% of the scheduled activity. Because of weather factors, baseball and softball schedules will be set at 25 games respectively. Where fractions occur percentages will be rounded up to the whole number.

B. Second Offense

1. Suspension from participation/competition for 40% of the scheduled activity. Where fractions occur percentages will be rounded up to the whole number.

2. If the offense occurs in the same activity season the student will be suspended for the remainder of that season even though there may be more than 40% of schedule remaining. If there is less than 40% of schedule remaining, the remainder of the participant's suspension will be served in his/her next activity season.

3. If there is no violation within one (1) calendar year of the first offense, a second offense after probation will only be 20%. The one year probation is only granted one time in an athlete’s

high school career.

C. Third Offense and Subsequent Violations

|  |  |  |
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| III. | A. | 1. Suspension for one calendar year. The suspension will be in effect from the date that it is determined the participant is in violation of the code and continued for one (1) calendar year.If a participant's suspension carries over to another activity season, the participant must complete that activity season for the suspension to be considered served. If he/she fails to |
|  | B. | complete the activity season, the suspension time served will be voided, unless it is for illness, injury or other reasons beyond the participant’s control. During academic ineligibility, suspension time will cease and not start again until the participant is eligible. |

IV. If a participant, prior to being found in violation, initiates an alcohol/substance abuse education program, no penalty will be levied against the student at that time but it will count as a 1st offense under the Code of Conduct if the student subsequently violates the Code of Conduct.

**V. BEHAVIORAL EXPECTATIONS**

A. Participants will not exhibit behavior that is considered detrimental to his/her team, organization or school. Some examples of inappropriate behavior will include, but are not limited to: insubordination, unsportsmanlike conduct, theft, fighting, vandalism and violating local/state laws. The participant will receive consequences of not less than a reprimand nor greater than a suspension from activities for one (1) calendar year. The Athletic Director, Guidance Counselor and two coaches/sponsors will determine the length of the consequences if it is not specifically set somewhere else in this policy.

B. Out of School Suspension - participants may not practice nor participate in any activities.

C. The coach/sponsor may impose suspensions on participants for behaviors he/she feels is a detriment to the best interest of his/her team organization, with approval of Principal or

Athletic Director.

**I. AWARDS**

A. General Requirements

1. The participant must attend all practices, contests, meetings & participate in these activities to the best of their ability.

2. The participant must complete the entire activity season.

B. More specific award requirements will be posted by the head coach/sponsor of each activity.

C. Music awards will be based on a point system that will be distributed to each individual at the beginning of the school year.

**VII. INJURIES**

A. Injuries must be reported to the coach immediately and an accident report filed in the Principal’s office. B. Athletes held out of competition by an M.D. must have clearance by the doctor to resume competition.

C. A coach, at his discretion, may request a doctor's statement concerning the condition of an athlete for competition.

D. If an individual has any special medical problem, the parent/guardian must inform the Athletic Director in writing. This is essential for safe-guarding an athlete's health.

**VIII. ITEMS TO BE COMPLETED BEFORE AN ATHLETE MAY PRACTICE**

A. A current IHSA Pre-Participation Examination Form filed in the Athletic Director's office. A physical exam is current if it has been given within one year of the competition. B. Signed Performance-Enhancing Substance Testing Policy.

C. Signed Co-Curricular/Extra-Curricular Activities Policy and proof of insurance waiver or purchase of insurance through the school sponsored program. D. A signed ATI Physical Therapy Consent Form.

E. Signed Concussion Information Sheet.

F. Signed Herscher High School Athletic Policies & Procedures.

**IX. STUDENT PARTICIPANTS**

It should be noted that team/activity members disciplined under the Code of Conduct will also be responsible to the school district policy and the discipline as specified in the student handbook. For example, school policy reads that a student will not possess, consume or be under the influence of alcohol on the school premise or at school sponsored activities. If a team/activity member violated that policy, he/she will be disciplined under that policy as well as the Code of Conduct.

**X. REVIEW OF CODE VIOLATION**

A participant charged with a violation will be informed of the charges and given the opportunity to explain or respond. Parent/guardian will be notified of the suspension by letter from the

Athletic Director/Principal.

**XI. PARTICIPANT QUITTING AN ACTIVITY**

A *Freshman* or *Sophomore* may quit a sport before its first contest and participate in another sport during that same season or participate in another sport during that same season or participate in preseason conditioning for the next season provided:

1. The athlete has spoken to the coach of the sport he is quitting and his intentions of playing another sport are made known.

2. All equipment from the sport he/she is quitting is turned in.

3. Both coaches are aware of the situation.

A *Junior* or *Senior* who starts practice in a sport and quits that sport, regardless of when he/she quits, will not be allowed to participate in any preseason conditioning for any up coming sport until the final contest has been played in the sport he/she quit.

*Exception: A junior or senior trying out for a sport in which he/she has not participated in before in high school will have the same privilege as a Freshman or Sophomore.*

**XII.** Students who violate the Code of Conduct will be subject to consequences in each activity that he/she participates in. For example, if a student participates in an athletic activity and another extra-curricular activity and violates the Code of Conduct, the individual will serve consequences in each of these activities.

**XIII. PRACTICE SESSIONS AND ATTENDANCE IN SCHOOL**

A. Participant must attend each scheduled practice session. B. Exceptions:

1. Pre-arranged events approved by the particular coach/sponsor

2. Illness

a. If in school all day, the athlete should contact the Coach personally for excused absence before going home. b. Excuses from doctors, school nurse, and parents will be recognized if (a) above is not possible.

C. Attendance in School

1. The athlete is expected to be in school by 11:00 a.m. the day of an athletic contest, and the entire day after such contest.

2. The only exception to this policy will be by pre-arranged administrative approval.

**XIV. SCHOLASTIC ELIGIBILITY**

A. IHSA MINIMUM STANDARDS. An athlete must be passing on a weekly basis, five (5) credits of classroom work per week. B. Grades will be checked Thursday of each week. The period of ineligibility will be from Monday through Sunday.

**XV. EQUIPMENT**

A. One of the values of athletics is to teach responsibility and this should apply to the care of athletic equipment as well as school property. Each athlete is expected to take excellent care of the equipment provided.

B. When athletes are issued high school equipment, they must accept full responsibility for it and if it is lost, must pay the cost of replacing it.

C. Any time it is established that an athlete has taken or has in his possession athletic equipment which should have been returned to the athletic department: He/she will be charged the replacement cost of such equipment.

D. Athletes owing for or not having checked in equipment for one sport will not be issued equipment in another sport until the obligation is met.

**XVI. UNEXCUSED ABSENCE AT SCHEDULED ATHLETIC EVENTS**

A. Absence from scheduled athletic events must be pre-arranged and approved by the particular coach. B. Minimum Penalty for Violation

1. First Offense will be suspension from one athletic contest.

2. For each succeeding violation the athlete will be suspended from participation in two games.

**XVII. TRAVEL**

A. Team buses will leave school on schedule (which will be posted). The entire team will travel to and from out-of-town events by school sponsored means. All team personnel will come home on the bus unless a parent verbally asks or by written note requests to the coach for the team member to go home with said parent. Also, athletes will be allowed to ride home with another parent if the athlete’s parent writes a note requesting such and the parent the athlete is riding with signs for the student prior to their leaving after the contest.

B. Penalty for violation will include but not limited to reprimand, suspension from participation and dismissal from activity.

**ACTIVITIES FOR WHICH THIS POLICY APPLIES (but is not all inclusive) CO-CURRICULAR / EXTRA-CURRICULAR**

|  |  |  |
| --- | --- | --- |
| Band | National Honor Society | Speech Team |
| Chorus | Plays | Color Guard |
| Orchestra | Math Team | Jazz Band |
| FFA | Scholastic Bowl | Show Choir |
| Interscholastic Athletics |  |  |

**I.H.S.A. RULES:** To view rules of eligibility, transfer, etc. please visit IHSA.org website