

Herscher High School Athletic Policies & Procedures



Practice

- Be there everyday
- Notify Coach
- Coach's Personal Policy
- Practice Schedules

Game Day & the Day After

- Need to be at school by 11:00 am unless pre-excused
- Be in school by 8:00 am the day after a contest
- No sleeping in, be to school on time

Eligibility

- Must pass 25 hours (5 classes) per week (IHSA is also 25 hours)
- Grades tabulated every Thursday, notification on Friday
- Week runs from Monday to Sunday
- Players may practice, but not participate
- Players ineligible for any reason must be in attendance, but not dress for contests

Game Day Transportation

- Athlete must ride the bus to the contest
- An athlete may be signed out by his/her parent
- An athlete may ride home with another parent provided he/she has a note to give to the coach and is signed out by the parent he/she will be riding with. Please date the note.

Training Rules

- Drugs, Alcohol, & Tobacco
 - First Offense 20% of the season
 - Second Offense 40% of the season
 - Third Offense - Suspension for one calendar year
 - Suspension time not served will carry over to the next season
 - If an athlete does not finish the season in which the suspension is served, it will not count and will be served in the next season the athlete chooses to participate

NCAA Clearinghouse – Division I

- Register following his/her junior year
- Minimum grade point average in core courses
- 16 core courses
 - 4 yrs. English
 - 3 yrs. Math – Algebra I or higher
 - 2 yrs. Natural/Physical Science – 1 yr Lab Science
 - 1 yr. Extra English, Math, or Science
 - 2 yrs. Social Science
 - 4 yrs. Additional core courses

Quitting a Sport/End of Season

- Turn in Equipment in a timely manner to the proper coach.
- Any equipment not returned will result in a charge to your son/daughter's account.

Concerns with a Coach

- The worst time to contact a coach is immediately after the contest. I would ask that you never confront a coach until after a 24 hr. cooling off period.
- Call school, call Athletic Director, email Athletic Director
- Playing time – Varsity/no guarantees

Sportsmanship

- Officials
- Opposing Coaches
- Opposing Fans

Before the First Day of Practice

- \$25 Athletic Fee paid in full before first practice
- All other fees must be paid in full, or on a payment plan
- Co-Curricular/Extra-Curricular Activities Policy- Proof of Insurance-[ALL ATHLETES MUST PROVE THEY HAVE INSURANCE AND PROVIDE THE CARRIER & GROUP #.](#)
- IHSA Performance-Enhancing Substance Testing Policy signed
- Concussion Information Sheet signed
- ATI Physical Therapy Consent Form signed
- IMPACT Test-if applicable (good for two years)

Athletic Trainer-Garrett Demierre, ATI Physical

- IMPACT Testing Coordinator
- Attends as many home events as possible
- Questions or concerns, feel free to contact her

Herscher Athletic Boosters

- Supports all the programs
- If everyone does a little, no one has to do a lot
- Money is raised through program ads, concessions, selling sportswear, and split-the-pot
- Provides IMPACT testing for our athletes

Parent/Guardian Signature _____ Date: _____

Student Signature _____ Date: _____