

# DeKalb District 428 Athletic Handbook



*A guide for parents and students in  
Community School District 428*

*DeKalb High School, Huntley Middle School and Clinton Rosette Middle School*

**ACADEMICS+ACTIVITIES+ATHLETICS**

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## **Introduction to the DeKalb District 428 Athletic Handbook**

District 428 considers athletics and activities to be very important components of the comprehensive high school program. These experiences greatly enhance a student's involvement with and enjoyment of his/her high school career, and contribute to a well-rounded and multi-faceted individual. This handbook contains valuable information regarding your participation in athletics at District 428. We kindly ask that you and your parents review this handbook carefully. As part of any activity/athletic team, you become a representative of District 428. As such, you are expected to behave in an appropriate manner, both on and off the field. The success of our athletic programs depends on the quality of the people participating within them. In order to succeed in athletics, good sportsmanship is required. The administrators and staff welcome you to the DeKalb District 428 Activity/Athletic Program. If we can assist you in any way, please contact us at the numbers shown below. Good luck and enjoy your participation in our programs.

Superintendent – District 428 **Jim Briscoe** (815)754-2350

Principal – DeKalb High School **Doug Moeller** (815)754-2100

Principal – Huntley Middle School **Rocky May** (815)754-2250

Principal- Clinton Rosette Middle School **Jason Mix** (815)754-2226

Athletic Director –DeKalb High School **Dan Jones** (815)754-2148

Student Activities Director – DeKalb High School **Dan Jones** (815)754-2148

## **Philosophy of Athletics**

Athletics can make a material difference to the development of young adults. The purpose of athletics is to provide an atmosphere in which every willing participant can actively develop their athletic talents to the best of their abilities. Athletics is a process that can be used to cultivate leadership and an attitude of achievement of successful outcomes that can last a lifetime.

This process is best accomplished within a framework of fair play, teamwork, loyalty, and dedication. These qualities are highly valued by institutions of higher learning as well as employers. Athletics is an opportunity to make positive contributions to physical development, self-esteem, and to identify a path to higher education. The relationship of athletics to lifetime achievement is well recognized.

The interdependency of academic achievement and participation in athletics provides motivation for many student athletes. It is this synergistic relationship that makes athletics so essential. Athletics can serve as a gateway to career opportunities including education, medicine, physical and occupational therapy, and many forms of team and individual directed professions.

## **Objectives and Outcomes of Participation**

**Activities/Athletics enhance a successful program by strengthening opportunities that:**

- Foster student leadership development.
- Support future academic or career options.
- Promote involvement in the school and the community.

**As a result of their participation in interscholastic activities/athletics, the student/athlete will be able to:**

- Demonstrate good sportsmanship and ethics of competition.
- Respect the integrity and judgment of officials, coaches, and school personnel.
- Develop desirable personal health habits.
- Observe strict adherence to the Athletic Code of Conduct including, academic standards, substance use, and appropriate behavior.

- Demonstrate mastery of basic fundamentals to complex motor skills in the related activity.
- Identify and apply strategies necessary to successfully compete at their level of competition in the related sport.
- Demonstrate the ability to work with others toward common goals and objectives.
- Demonstrate high levels of skill and health related fitness appropriate to their developmental stage.
- Most importantly, enjoy the involvement and participation in interscholastic activities/athletics.

***“Today we are the shapers of the work tomorrow” – Walt Disney***

## **DeKalb District 428 Athletic/Activity Code**

### **I. Purpose**

District 428 considers athletics and activities to be very important components of the comprehensive high school program. These experiences greatly enhance a student’s involvement with and enjoyment of his/her high school career, and contribute to a well-rounded and multi-faceted individual. Important goals of the athletic and activity program are also to give students direction in developing healthful living habits, self-discipline, leadership, teamwork, and respect for rules and regulations. It is the intent of District 428 coaches and sponsors of co-curricular activities to assist students in developing healthful habits and to facilitate access to support services when needed.

Participation in student athletics/activities is considered an extension of although separate from, the regular school day. While the regular curricular program is a right afforded each student, participation in the co-curricular program is a privilege, and as such carries substantially increased expectations beyond those applicable in the daily classroom situation. The Athletic /Activity Code is established for young person’s taking part in these programs.

By electing to participate in an athletic or activity program, the student is choosing to extend their school day, as well as the expectations for appropriate behavior and conduct. This code is considered to be in effect, at all places and times, 24 hours per day, during the school year. Annually, students participating in co-curricular Activities and Athletics will be required to sign a form agreeing to adhere to this code of conduct

### **II. Minimal Expectations**

**A.** Daily attendance at school, team/activity practices, and contests. Athletes attending a vacation during the season must give the coach written notice of the day(s) that will be missed. This notice must be given at least two weeks in advance. A family emergency for immediate family members does not apply. See school handbook for specific policy. Students, who quit or are removed from a team before the season is over, may not participate in pre season conditioning for another sport until the previous season has ended.

**B.** Students must be passing 5 classes to continue participation in school-sponsored activities. A student who is not receiving passing grades in 5 classes on a weekly basis will be suspended from participation in contests in all school-sponsored activities for the subsequent seven (7) calendar days. Students in such situations may be expected to participate in practices. A student must pass 5 classes at the end of one semester to be eligible to participate in any school-sponsored activity in the subsequent semester. Students must be passing all classes at the Middle School level with the same timeline as stated above.

**C.** Adherence to all other written rules set forth by the coach or sponsor, District 428 Athletic Handbook, and in the Illinois High School Association By-Laws.

**D.** Conduct becoming a District 428 representative, including adherence to the School and Athletic Handbook, and demonstrating respect for persons and property.

**E.** Refrain from “hazing” or “initiation” activities. These activities are subject to consequences noted within item in the District 428 Discipline Code as well as in the Athletic/Activity Code.

**F.** Any athlete who is suspended from school for criminal action or becomes involved with the police for criminal action is subject to athletic disciplinary penalties.

1. If a student receives an out of school suspension from school, the athlete will not be allowed to participate in athletics throughout the duration of the suspension.
2. All school-assigned disciplinary consequences (I.E. detention, AISA, Saturday, etc.) will supersede athletic practice and contests.

**G.** Refrain from the possession, use or being under the influence of tobacco, performance enhancing substances, any illegal or controlled substance including alcohol, unlawful drugs, prescription drugs, “look-alike drugs,” or any other substance not prescribed for the student and intended to be used, or used, to achieve a high or altered mental state or physical state.

**H. Refrain from presence at gatherings of students where the student knows or reasonably should know that any of the substances identified in Section G above are present, except tobacco.**

**I. Attendance by parent/guardian and student, once annually, at a school sponsored Parent meeting and Athlete meeting prior to participation in extracurricular activities/athletics. Parents are expected to attend all seasonal meetings that specific athletic or activity coaches or sponsors may schedule to discuss expectations of specific programs.**

### **III. Procedures for Breach of Code**

■ A. If a violation occurs in A, the coach or sponsor will determine the appropriate disciplinary action. In all cases, all relevant IHSA rules will apply. The requirement to be passing at least five (5) classes weekly is monitored by weekly, automatic teacher verification.

■ B. If a violation occurs in B, C, D, E, F, G, H or I, the building administrator responsible for Athletics or Activities may confer with relevant coaches or sponsors and other needed staff, to determine whether the violation occurred, the appropriate disciplinary action, if any, and/or assistance or intervention opportunity. The coach or sponsor of the activity in question serves to provide information only. In cases where the student participates in more than one sport or activity, respective sponsors or coaches may be consulted. Both the parent/guardian and student will be invited to call for a meeting to respond to the reported violation and the imposed disciplinary action. **It should be noted that compliance with point “I” noted previously is expected. Failure of parent/guardian and student to attend a mandatory meeting may result in the athlete’s suspension from the activity until satisfied.**

■ C. Actions the Administrator responsible for Athletics or Activities may take for a violation of the Code of Conduct are as follows:

1. The minimum penalty for the first violation for use or possession of tobacco, alcohol, or other illegal substances (as noted in G) will be suspension from 20% of the contest/activity schedule. For the first offense only, if a student undergoes a substance abuse evaluation at a recognized treatment facility, and follows through with the recommendations, the 20% penalty may be reduced to a 10% penalty. It will be the responsibility of the parents and student to contact a facility regarding the evaluation and follow through with paper work documenting that the evaluation took place. **At any time, the student may voluntarily admit a personal code violation prior to school officials’ knowledge or investigation. In these cases, the student may continue uninterrupted eligibility when it is verified that enrollment in and continuing participation is taking place in a school recognized substance abuse program. The voluntary admission will be counted as one code offense. Voluntary admission may be used by a student one time during high school. The purpose of this provision is to allow the student to seek help. All evaluations and treatments will be at parent/student expense.** The first violation for E or F will be a suspension of 10% of the season. A second violation for E, F or G will be suspension from all activities and athletics for one calendar year. A third violation for E, F or G will be suspension from all activities and athletics for the remainder of their high school attendance. The consequences restated in C.2 below may also be applied. **If you host a party where alcohol or drugs are served, you will receive a one year suspension from all athletics and activities.**

3. For other violations these actions may take place: 3

a. Refer the student to the appropriate personnel for counseling. If an external intervention program is available that is relevant to the situation, participation in this program may be considered when assigning the penalty.

b. Issue a warning letter and place it on file.

c. Place the student on probation in the sport or activity.

d. Place the student on suspension in the sport or activity.

I. Suspension may carry over from one season to the next or from one sport/activity to another, including in the same season.

II. If the violation occurs out of season, suspension shall begin with the next season in which the student participates for that school year.

III. If a school suspension results from a violation of the Student Athletic/Activity Code, penalties will not run concurrently. An athletic/activity suspension may run longer than the school suspension.

e. During an out of school suspension, the student may not participate in any sports or activities.

Home or Away

3. Subsequent, repeated, or severe violations of items outlined in Sections II of the Athletic/Activity Code or the Student Discipline Code may result in the student being suspended from the activity for the current season or longer.

4. When a student is involved in a general school disciplinary incident that requires action, a single decision will be made by the appropriate school authority. A violation at a particular point in time can potentially impact any/all activities or athletics for the current and/or next season. The consequences will be applied to both the athletics and activities in which the student is involved.

5. In certain circumstances, due to time constraints, a violation of the Athletic/Activity Code by a student may result in immediate action.

6. A student involved in a Code of Conduct Violation will be ineligible for any post season school, conference or state recognition or award.

7. The steps involved to appeal disciplinary action after the building administrator responsible for Athletics or Activities has made his/her decision in such cases would be meeting with:

- Principal
- Superintendent (or designee)
- Board of Education

## **Illinois High School Association Sportsmanship**

### **By-Laws**

#### **Illinois High School Association 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.

- Spectators could be banned from all or a portion of home and away contests for behavior issues. This will be determined by a building administrator or their designee.

#### **Illinois High School Association 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 the school may assess.

- Students with 2 ejections will sit the next 3 contests, a third violation will be a one year suspension.

## **Illinois High School Association 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 the school may assess.

- *Coaches with 2 ejections will sit the next 3 contests, a third violation will be a one year suspension.*

## **Expectations of Coaches**

**The coaches will maintain a role of coach as professional and will keep the role of coach in proper perspective by:**

- Developing and communicating clear and specific goals for the team and individual players throughout tryouts and the season.
- Maintaining open and honest communication with students, parents, and other coaches.
- Developing and demonstrating a good knowledge base of best practice specific to their coaching arena.
- Supporting and collaborating with coaches in other athletic programs.
- Modeling and teaching skills necessary to succeed.
- Supporting student academic expectations, responsibilities, and achievements.
- Developing the knowledge and understanding of District 428 policies and procedures as it applies to athletics.
- Promoting and enforcing the student athlete code of conduct.

**The coaches will be positive role models in personal management, appearance, ethics, and behavior by:**

- Connecting athletic experiences with life experiences.
- Providing an atmosphere of teamwork and collaboration among coaches and players.
- Becoming an integral part of, and developing rapport with, the District 428 community including administration, coaches, parents, and students.
- Modeling good sportsmanship at all times.
- Creating and maintaining a safe and healthy environment for student athletes.
- Understanding their leadership style and its impact on student athletes.
- Considering important commitments of student athletes outside their sports.

PLAYER PLACEMENT – When a student tries out for an athletic team, he/she will normally be placed on the squad for his/her year in school. Frequently, athletes show abilities that make them better suited for a higher level team. Placement of athletes on squads in individual sports is not normally a problem because of head-to-head competition between athletes. Team sports become a judgment on the part of the coach. Before the move is actually made, the Athletic Director or Assistant Athletic Director should be consulted.

### SQUAD SELECTION AND RETENTION

1. Whenever possible, a no-cut policy will exist in activities where it is feasible and safe to do so.
2. If a coach chooses to cut the squad, the following criteria exist
  - a. Size of practice area and ratio of coaching staff.
  - b. Tryouts may be conducted by the coaching staff or designees.
3. The selection of team members should be based upon:
  - a. Overall talent and ability
  - b. Character and personality of the individual
  - c. Work habits and loyalty to the program
  - d. Positions needed on the team
  - e. Other needs of the team.

DISMISSAL – If a coach dismisses an athlete from a team, it should be reported to the athletic director as soon as possible. The dismissed athlete should be given the reasons for the dismissal.

## **Expectations of Parents**

**The parents will communicate fairly and openly with coaches by:**

- Communicating openly, honestly, and with respect.
- Communicating issues and concerns in an appropriate and timely manner including those of physical and emotional well being on behalf of their student.
  
- Following an appropriate chain of communication such as
  1. Head Coach/Assistant Coach
  2. Athletic Director
  3. Principal
  4. Superintendent
- Attending parent meetings and reading information disseminated by the coaches.

**The parents will demonstrate good sportsmanship by displaying the following behaviors:**

- Providing support for coaches and officials in order to provide a positive, enjoyable experience for all student athletes.
- Understanding the game is for students and not for the adults.
- Recognizing that student participation in athletics is a privilege.
- Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and the school.
- Promoting the team by being supportive and helpful of the school program.
- Refraining from coaching their student from the stands or the sidelines.
- Expecting consistent student attendance at practices and games.

**The parents will create a positive and supportive environment to promote their student/athlete's well being by:**

- Supporting good conditioning and healthy lifestyle habits.
- Placing the emotional and physical well being of their student ahead of any personal desire to win.
- Expecting their student to play in a safe and healthy environment.
- Supporting their student in planning how to meet their academic responsibilities given the demands of training and practice.
- Being a role model for other parents by remaining positive at sporting events.
- Supporting the student athlete code of conduct.

## **Expectations of Student Athletes**

**The student athletes of Community School District 428 will be committed to the school athletic program on and off-season by:**

- Playing for the name on the front of the Jersey not on the back.
- Following the rules set by the coaches and the school.
- Participating enthusiastically, knowing and accepting their role on the team.
- Making appropriate personal sacrifices for the good of the team.
- Recognizing that student participation in athletics is a privilege.
- Setting challenging and realistic goals.
- Developing a positive attitude.
- Maintaining high academic standards.
- Being committed to skill development in their sport.

**The student athletes of Community School District 428 will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:**

- Developing a team attitude.
- Being coachable and open to constructive feedback.
- Sharing appropriate individual and team concerns with the coaching staff.

**The student athletes of Community School District 428 will demonstrate good citizenship and sportsmanship by:**

- Behaving with integrity.
- Exhibiting pride in their team and school.
- Playing by the rules.
- Accepting responsibility as a role model for others.
- Supporting other sports, activities, and school organizations.
- Playing with dignity and grace, regardless of winning or losing.

**The student athletes of Community School District 428 will develop and maintain mental and physical (health) behaviors by:**

- Being alcohol and drug free.
- Practicing self-discipline.
- Demonstrating good personal health habits.
- Dealing with challenges in a positive manner.
- Meeting the standards of the student athlete code.

## **Parent / Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

### **Communication You Should Expect from Your Child's Coach**

- Philosophy of the coach.
- Expectations the coach has for your child as well as all the players on the team.
- Location and times of all practices and contests.
- Team requirements, i.e. fees, special equipment, off-season conditioning.
- Procedures should your child be injured during practice or contest.
- Discipline that results in the denial of your child's participation.

### **Communication Coaches Expect From Parents**

- Concerns expressed directly to coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at District 428, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### **Appropriate Concerns to Discuss with Coaches**

- The treatment of your child mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

### **Issues Not Appropriate to Discuss With Coaches**

- Playing time
- Team strategy
- Play Calling
- Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

### **If You Have a Concern to Discuss with a Coach, the Procedure You Should Follow:**

- Call the school to set up an appointment with the coach.
- If the coach cannot be reached, call the Athletic Director..
- Please do not attempt to confront a coach before or after a contest or practice.

These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution. We respectfully ask that you wait 24 hours before contacting a coach.

### **The Next Step**

What can a Parent do if the meeting with the Coach did not provide a satisfactory resolution?

- Call and set up an appointment with the Athletic Director to discuss the situation.
- At this meeting, the appropriate next step can be determined.

Research indicates a student involved in extra-curricular activities has a greater chance of success during adulthood, therefore, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

## **Athletic Fee**

The District 428 athletic participation fee for an individual is \$100 per sport at the high school, \$75 at the middle school. The fee must be paid prior to the student-athlete's first contest of that season. A student athlete participating in his/her third sport of the year shall have the third sport fee waived. Students on the reduced lunch program will have their fee reduced by half. Students on the free lunch program will have their fee waived. Please contact the DHS Athletic office or Middle School offices if you have questions. The cost of activities is \$35 at the high school and middle schools.

## **Physical Education Exemption**

### **Exemption for Participation in Interscholastic Athletics**

1. An eleventh or twelfth grade student enrolled in a District 428 school may request exemption from physical education activity if he/she is participating in inter-scholastic athletics. A decision to exempt a student from physical education shall be made on an individual basis and shall not be automatically renewed. A decision to exempt a student from physical education shall be based upon a submitted P.E. Exempt form (available in the Student Services office) by the student and the student's parent or guardian. Requests will be verified to determine student eligibility for exemptions. A request for exemption from physical education may be approved for one semester only. A student exempted from physical education under the provisions of this policy must maintain a full schedule of classes during the entire period of the exemption. If a student drops from the team or fails to participate, he/she will be required to make up the P.E. credit. If a student fails to make a team, he/she must immediately sign up for a PE class or join another no-cut team. Please read the waiver form for a complete list of eligibility rules.

MEDICAL INSURANCE – DeKalb High School provides secondary accident coverage for all athletes. Only accidents that occur in school-sponsored and supervised interscholastic sports are covered. This plan of insurance is supplemental only, with the parent's insurance being the primary provider. A \$150 deductible will be applied to each claim. For more information, contact the Athletic Office.

## **DeKalb Athletic Trainer – Training Room – Injuries**

### **Mission Statement**

Our mission in District 428 is to provide adequate and appropriate care to all athletes. Our staff is committed to the prevention, recognition, evaluation, immediate care, and rehabilitation of athletic injuries to our athletes.

### **Athletic Training Room Rules**

The following rules for the Athletic Training Room are for athletes, student athletic trainer aides, and visitors of School District 428. Due to the large number of athletes seen on a daily basis, these rules must be enforced for everyone's safety.

- Athletes, as well as student athletic trainer aides, must have Certified Athletic Trainer (ATC) supervision to be in the Athletic Training Room.
- Athletes must arrive 15 to 30 minutes before practice to receive treatment and taping.
- Only those individuals receiving treatment are allowed in the room – no loitering is allowed.
- Vulgar language and horseplay will not be tolerated.
- Bare feet, spikes, hats and/or cleats are prohibited.
- Shirts must be worn at all times.
- Personal items, equipment are to be left in the hallway.
- The Athletic Training Room Staff (not coaches) will administer all treatments.

### **Generally, treatment triage will be as follows:**

- Injuries
- Athletes who have a game
- Athletes who have practice
- Athletes out of season
- Administration of modalities and equipment are restricted to the ATC's only.
- All equipment issued by the Athletic Training Staff is to be returned. Failure to return this equipment will result in a bill sent to the athlete's parents for reimbursement.
- Coolers used by the teams will be picked up by the team members before practice and returned at the end of practice. The coolers should be cleaned out and returned to their proper place on the shelves.
- Report all injuries to the Athletic Training room when they occur. Unless it is a medical emergency, it is recommended to consult with the athletic training staff before seeing a physician.
- Use only rest, ice, compression and elevation (RICE) to care for the injury if the athlete is unable to see the athletic trainer immediately.
- If the athlete sees a physician, it is vital for the athlete to ask for a note stating the diagnosis, and listing any restrictions. This note should be given to the athletic trainer, not your coach.
- If an athlete has seen a physician, that athlete must have a release from a physician to return to participation. Neither the athletic trainers and coaches, nor the athletic director can over-rule a physician's decision. The athletic trainers are licensed health care providers skilled in determining the best plan of care. This can avoid unnecessary loss of playing time as well as a savings in medical costs.

### **Contact Us**

Athletic Training Room: **815-754-2108**

## Permission Forms- Physicals

All Athletes in athletics or activities MUST return a completed and signed permission and turn it into the Athletic Office before a student may participate in any practice. NO EXCEPTIONS! This is for each sport or activity.

## SPORTS/ACTIVITIES OFFERED AT DEKALB HIGH SCHOOL

The DeKalb High School athletic program consists of 10 interscholastic sports for boys and 11 interscholastic sports for girls. The sport activities are as follows:

<u>BOYS</u>	<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
	Football	Basketball	Baseball
	Golf	Swimming	Tennis
	Soccer	Wrestling	Track
	Cheerleading	Cheerleading	
	Cross Country		

  

<u>GIRLS</u>	<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
	Tennis	Basketball	Badminton
	Swimming	Bowling	Softball
	Volleyball	Cheerleading	Track
	Pom Pons	Pom Pons	Soccer
	Cheerleading		
	Golf		
	Cross Country		

## Barb Booster Club

The Barb Booster Club are groups of friends and parents who are interested in interscholastic athletics at the High School and Middle Schools. The booster clubs support and encourage the athletic activities of Community High School District 428 student-athletes. They also provide moral and financial support to encourage participation in athletic activities for the benefit of all students. They have been responsible for generating funds and improving the athletic experience for our students. Meetings are held at DHS on the third Wednesday of each month.

*For Athletic Booster information, please contact the athletic office.*

## Transportation

Please be aware of District428 policy concerning the transportation of student athletes to and from competitions. District 428 provides transportation to and from all athletic contests. All athletes **are required** to use school transportation. Athletes may not participate in an away contest if they drive themselves to the event or if they use alternate transportation without prior permission from the Athletic Director. In extenuating circumstances, parents may need to drive their own children to a contest; but coaches need written notification and approval from the Athletic Director must be granted in advance. If a parent wishes to take their children home from an away contest, they need to have approval from their coach and sign out the student.

## Equipment

An athlete is responsible for each item of equipment that is issued to him/her. **Lost or stolen equipment must be paid for at the replacement cost.** An athlete will not be allowed to receive awards, participate in a subsequent sport, or receive his/her diploma until the equipment record has been cleared. Please do not abuse your equipment. Much money is spent to supply the best equipment for your use and safety, please treat all equipment with respect.

## **Physical Exam**

A valid physical examination must be on file in the athletic office on or before the first day of try-outs/practice of the athlete's specific sport season. Student athletes will not be allowed to practice or try-out until a valid physical is on file in the athletic office. Per IHSA rules, your physical examination must be performed by a licensed physician, physician's assistant, or nurse practitioner as set forth in the Illinois State Statutes no more than 365 days prior to participation in any such practice, contest, or activity. We strongly encourage all individuals who plan to participate in interscholastic athletics to complete their physical exam in late June, July, or early August. Completing the exam during these months will avoid any ineligibility issues.

## **Awards**

Each sport has specific expectations for awards. Coaches will communicate these expectations prior to the start of each season.

# **IHSA**

## **Illinois High School Association**

### **Key Provisions Regarding IHSA Rules**

#### **Eligibility Rules**

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums. The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office. Information contained here highlights only the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at [www.ihsa.org](http://www.ihsa.org). You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules; please contact your principal/official representative.

#### **1. Attendance**

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days. During any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

#### **2. Scholastic Standing**

- A. You must pass twenty (20) credit hours of high school work per week. Generally, twenty (20) credit hours is the equivalent of four (4) .5 credit courses (two full credits).
- B. You must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

#### **3. Residence**

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian. You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian, or
- B. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
- C. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
- D. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or

- E. You attend the private/parochial high school which one or both of your parents attended; or
- F. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

#### **4. Transfer**

A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office.

*You cannot be eligible when you transfer until this form is fully executed and on file in the school office.*

B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.

C. If you transfer attendance from one high school to another high school you will be ineligible unless:

1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
3. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school concur with your transfer;
4. Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian, you are changing high schools for the first time, and the principals of both your former and the new school concur with your transfer;
5. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file 'at the school into which you transfer;

D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.

E. If you transfer attendance from one school to another while you are ineligible' for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.

G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

#### **5. Age**

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

#### **6. Physical Examination**

You must annually have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practitioner in order to practice or participate. Your physical examination each year is good for only one (1) year from the date of the exam. The physician's report must be on file with your high school principal/official representative.

#### **7. Amateur Status**

A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.

B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.

C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.

D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

## **8. Recruiting of Athletes**

- A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.
- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school. Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

## **9. School Team Sports Seasons**

- A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
  - 1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.
  - 2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

## **10. Playing in Non-School Competition**

- A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sponsored and conducted by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
- D. You may tryout for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a nonschool team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
- E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.

## **11. All-Star Participation**

- A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided:
  - 1. The high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
- B. You are not restricted from participating in all-star competition in sports other than football, basketball soccer or volleyball, except that you may not do so during the school season for the sport.

## **12. Coaching School**

- A. A coaching school, camp or clinic is defined as any program, sponsored by an organization or individual, which provides instruction in sports theory and/or skills; which does not culminate in competition, and which is attended by more than two (2) persons from the school which the student attends.
- B. During the school term, you may not attend a coaching school or clinic for any interscholastic sport.
- C. You may attend a coaching school, camp or clinic during the summer (that period between the close of school in the spring and the opening of school in the fall) within the following criteria:
  - 1. You may not attend a coaching school, camp or clinic for any sport after Saturday of Week No. 4 in the IHSA Standardized Calendar (July 28, 2007).
- D. You may take a private lesson at any time provided no more than two students from your school are in the private lesson.

## **13. Misbehavior during contests**

- A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
- B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

*The complete set of IHSA By-laws and Policies is available at [www.ihsa.org](http://www.ihsa.org).*

## **Prospective College Athletes**

Some student athletes have a goal to participate in athletics at the collegiate level. District 428's Athletics and Guidance staffs are available to assist student athletes in pursuit of this goal. Here are some things that you should keep in mind.

- Communication with your coach is imperative. Student athletes who have a strong desire to compete at the collegiate level should schedule an appointment with their coach to discuss this decision.
- The most important thing to consider in the college selection process is academic fit. Athletics are important, but they are secondary to Academic opportunities.
- Coaches and student athletes should work with guidance counselors to develop a realistic list of college choices.
- The student athlete should create a resume that reflects their overall high school experience and that highlights athletic accomplishments. This should be reviewed by the coach and guidance counselor.
- The student athlete should create a letter of interest to be sent, along with the resume, to the coaches at the colleges that you wish to attend. This letter should also be reviewed by coaches and counselors prior to mailing.
- The student athlete should meet with their counselor to discuss the process of registering with the NCAA Clearinghouse.

*The NCAA home page is [www.ncaa.org](http://www.ncaa.org).*

## **Making Sure You Are Eligible to Participate in College Sports**

### **For High School Students who Plan to Enroll as College Freshman**

#### **Some Points to Consider...**

- The requirements for eligibility to participate at Division I are different from those required at Division II.
- If you have been "home-schooled" during all of grades 9 through 12, you will have to register with the Clearinghouse. Your certification status will be determined through an initial eligibility process. Please contact the college/university that you plan to attend, or the NCAA Clearinghouse for more information.
- NCAA academic committees have the authority to grant waivers of the initial eligibility requirements based on objective evidence that demonstrates circumstances in which a student's overall academic record warrants the waiver of the normal application of the legislation.
- An initial eligibility waiver must be filed by an NCAA institution on behalf of the student.
- Correspondence and independent study courses may be used to meet the core course requirements provided the following conditions are met:
  - The course meets all of the requirements for a core course as defined in this guide;
  - The instructor and student have access to one another during the duration of the course for purposes of teaching, evaluating, and providing assistance to the student;
  - Evaluation of the student's work is conducted by the appropriate academic authorities in accordance with the high school's established policies; and
  - The course is acceptable for any student and is placed on the high school transcript.
- Courses taken in the eighth (8th) grade may not be used to satisfy the core-curriculum requirements, regardless of the course content or level.
- Generally, students enrolling in a Division I Institution may not use courses taken after high-school graduation to meet core-curriculum requirements. (Note: Students with NCAA approved diagnosed disabilities may use courses taken after graduation but before full-time college enrollment.)

## **Academic Eligibility**

### **NCAA Division I**

If you are first entering a Division I College or university in the fall of 2010 or after, your NCAA initial eligibility will be evaluated using the 16 core-course standard. To be considered as a qualifier under this standard, you will need to:

- **Graduate from high school** and have successfully completed 16 core courses as listed below and have a core-course grade point average (based on a 4.0 scale) and a combined score on the SAT or a sum score on the ACT based on the new core GPA/test score index.
- **Take 16 Core Courses:**
  - English 4 years
  - Mathematics 3 years (Algebra I or higher)
  - Natural/Physical Science 2 years (1 year lab if offered by high school)
  - Additional English, Mathematics, or Natural/Physical Science 1 year
  - Social Science 2 years
  - Additional academic courses 4 years (From any area above or foreign language, non-doctrinal religion/philosophy, computer science)

## New Core Grade-Point Average Test Score Index

(To be used with 16 Core Courses)

Core GPA	ACT	SAT	Core GPA	ACT	SAT	Core GPA	ACT	SAT
3.550 & above	37	400	3.025	51	610	2.500	68	820
3.525	38	410	3.000	52	620	2.475	69	830
3.500	39	420	2.975	52	630	2.450	70	840-850
3.475	40	430	2.950	53	640	2.425	70	860
3.450	41	440	2.925	53	650	2.400	71	860
3.425	41	450	2.900	54	660	2.375	72	870
3.400	42	460	2.875	55	670	2.350	73	880
3.375	42	470	2.850	56	680	2.325	74	890
3.350	43	480	2.825	56	690	2.300	75	900
3.325	44	490	2.800	57	700	2.275	76	910
3.300	44	500	2.775	58	710	2.250	77	920
3.275	45	510	2.750	59	720	2.225	78	930
3.250	46	520	2.725	59	730	2.200	79	940
3.225	46	530	2.700	60	730	2.175	80	950
3.200	47	540	2.675	61	740-750	2.150	80	960
3.175	47	550	2.650	62	760	2.125	81	960
3.150	48	560	2.625	63	770	2.100	82	970
3.125	49	570	2.600	64	780	2.075	83	980
3.100	49	580	2.575	65	790	2.050	84	990
3.075	50	590	2.550	66	800	2.025	85	1000
3.050	50	600	2.525	67	810	2.000	86	1010

### **Important Things to Remember:**

Contact your coach and counselor to receive help and information on NCAA requirements.

## **Academic Eligibility**

### **NCAA Division II**

#### **Academic Eligibility Requirements**

If you're first entering a Division II college on or after August 1, 1996, in order to be classified a "qualifier", you are required to:

- Graduate from high school.
- Complete these 14 core courses:  
3 years English- 2 years Math (Algebra I or higher)- 2 years Natural Science (1 yr. a lab science)- 2 additional years of Math, English or Natural Science or Physical Science – 2 years Social Science- 3 years of extra core courses from any category listed above or foreign language, non-doctrinal religion or philosophy.
- Earn a 2.00 GPA or better in your core courses; and
- Have a combined score on the SAT verbal and math sections of 820 or a 68 sum score on the ACT.

A non-qualifier is a student who has not graduated from high school, or who has not presented the core-curriculum grade-point average and SAT/ACT score required for a qualifier. A non-qualifier is not eligible for regular season competition and practice during the first academic year in residence and then has four seasons of competition. A non-qualifier may not receive athletics related aid as a freshman, but may receive regular need based financial aid if the school certifies that aid was granted without regard to athletics ability.

#### **Definition of a Core Course**

Core-Course requirements are as follows:

- The core course must be defined as a recognized academic course and qualify for high-school graduation credit in one or a combination of the following areas: English, Mathematics, Natural/Physical Science, Foreign Language, Computer Science, or Non-doctrinal Religion/Philosophy;
- The course must be considered college preparatory by the high school. College Preparatory is defined for these purposes as any course that prepares a student academically to enter a four-year collegiate institution upon graduation from high school;
- The course must be taught by a qualified instructor, as defined by the appropriate academic authority (e.g., high school, school district, or state agency with authority of such matters) and at or above the high school's regular academic level (i.e., remedial, special education, or compensatory courses shall not be considered core courses).

## **Division III**

These requirements currently do not apply to Division III Colleges, where eligibility for financial aid, practice and competition is governed by institutional, conference, and other NCAA regulations.

**If you have any questions regarding NCAA eligibility, please call the NCAA Initial Eligibility Clearinghouse at 319.337.1492. or toll-free 877.262.1492. You may also call the NCAA headquarters at 317.917.6222.**

## **Find More Information on the Web**

For more information regarding the core course breakdown, eligibility, or any of the new rules, please go to <http://www.ncaa.org/> or <http://www.ncaaclearinghouse.net/>.

## **Internet Resources**

- DeKalb Community School District 428 [moss.dist428.org](http://moss.dist428.org)
- Illinois High School Association <http://www.ihsa.org/>
- National Collegiate Athletic Association <http://www.ncaa.org/>