

Meridian CUSD 233

Athletic & Activity Handbook 2017 – 2018



Meridian CUSD 223 Athletic/Activity Vision

1. To balance athletics and other extracurricular activities with all other student's academic responsibilities and considerations.
2. To encourage, build, and promote both the individual's character and physical development.
3. To develop in each participant a feeling of pride, a sense of accomplishment, and a desire to excel within the ethics of the sport/activity.
4. To develop excellent athletic teams and extracurricular programs of which the participants, school, and community can be proud.
5. To promote a high regard for hard work and good sportsmanship.

Stillman Valley High School Levels of Play

The Varsity team philosophy is to emphasize winning conference games and IHSA State Series championships. The Varsity team may be comprised of athletes from grades 9-12.

The sophomore/JV level philosophy is to win conference games and encourage player development.

The freshmen level philosophy is player development and to compete at the highest level.

We strive to get all athletes game action, but playing time at any level is not guaranteed, it is earned.

Meridian Junior High School Levels of Play

Meridian Junior High School will promote participation for as many members of the student body as possible. Due to the number of students that go out for school programs, there is a policy in place that limits the number of participants so that the program is manageable and effective.

Meridian Junior High School Athletic Programs follow the Route 72 Conference guidelines for each sport. While it is the goal to allow all students to participate, each sport has different regulations, which may affect the amount of playing time. Therefore, not all athletes will receive the same amount of playing time in games or matches.

Student athletes should consider time, interests, academic responsibilities, physical and physiological readiness, and team requirements before committing to a team. Route 72 conference teams are competitive; team selection and amount of playing time cannot be guaranteed.

FUNDAMENTALS OF GOOD SPORTSMANSHIP

As a member of the Illinois High School Association, the school Board of Meridian Community Unit School District #223 recognizes the importance of emphasizing **GOOD SPORTSMANSHIP** in all aspects of school related activities. With this in mind, the following are fundamentals of good sportsmanship in all activities that many fans, spectators, participants, staff members, and parents are not always aware of:

1. Gain an understanding and appreciation for the rules of the event/contest.
2. Exercise positive representative behavior at all times.
3. Recognize and appreciate skilled performances regardless of affiliation.
4. Exhibit respect for all spectators, participants, coaches/sponsors, and officials.
5. Openly display respect for the opponents at all times.
6. Openly display pride in your actions at every opportunity.

Unacceptable behavior shall include, but not be limited to, the following types of conduct and such conduct as may be designated unacceptable from time to time by policy of the Board of Education:

1. Insubordination to referees, coaches, or other school personnel supervising the activity.
2. Fighting, intimidation of, or attempt to intimidate, referees, coaches, players or participants, or spectators.
3. Throwing debris or littering the playing field or facility.
4. Verbal abuses or use of profane or obscene words or gestures during a game or activity.
5. Disruptive behaviors or conduct.
6. Hazing or bullying activities are strictly prohibited.

VIOLATIONS-CONSEQUENCES

Violations of any of the above “Fundamentals of Good Sportsmanship” or “Acceptable Behavior” guidelines may result in any or all of the following consequences:

1. Possible immediate removal from the contest or activity.
2. A complete investigation by the administration including, but not limited to, telephone or personal interviews with all people involved.
3. Violation consequence recommendations, which could include exclusion from all Meridian C.U.S.D. #223 activities/facilities for a period of one week to one year, may be made by the administration to the School Board at a regularly scheduled Board meeting. All parties involved in an incidence resulting in recommended exclusion, will be notified in writing 10 days prior to the Board meeting hearing and shall be given an opportunity to appear at the Board meeting to state their case.

I. INTRODUCTION

This Athletic/Activity Handbook covers:

- A. Grades 6-12.
- B. In and out of school hours from the first day of fall pre-season practice through the completion of any spring state final.
- C. In or out of any sport/activity seasons.
- D. All high school clubs, organizations, athletic teams, classes and activities.

THE ADMINISTRATION, COACHING/ACTIVITY STAFF, AND THE BOARD OF EDUCATION STRONGLY SUPPORT DRUG, ALCOHOL, AND TOBACCO FREE ACTIVITIES FOR THE ENTIRE CALENDAR YEAR, NOT JUST THE SCHOOL YEAR.

II. ATHLETIC/ACTIVITY OBJECTIVES

- A. To balance athletics and other extracurricular activities with all other students academic responsibilities and considerations.
- B. To encourage, build, and promote both the individual's moral character and physical development.
- C. To develop in each participant a feeling of pride, a sense of accomplishment, and a desire to excel within the ethics of the sport/activity.
- D. To develop excellent athletic teams and extracurricular programs of which the participants, school, and community can be proud.
- E. To promote a high regard for hard work and good sportsmanship.

III. ELIGIBILITY

Stillman Valley High School Eligibility

1. Semester Eligibility

- 1. Student must have a C- average from all courses taken in the previous semester.
- 2. A student who fails one class the previous semester may take an online course prior to the start of the semester to regain their eligibility by passing and reclaiming the credit lost.
- 3. A student who does not recover the lost credit in an online class prior to the start of the season or fails more than one class the previous semester will have to go through the Eligibility Reinstatement Program.
- 4. **Incoming freshmen students are allowed to fail one, first semester class and remain eligible for the start of the second semester. This is only applicable during the first semester of the freshman year.**
- 5. **Students must pass at least 5 classes the previous semester according to IHSA rules.**

2. Weekly Eligibility

The weekly eligibility report is run each Friday morning at 9:00 a.m. A student failing more than one class during the week is ineligible for the next week of competition, Sunday - Saturday. After the report is completed, it is sent to all coaches and high school teachers. The high school teachers are asked to contact the Activities Director if they notice any errors in grading. A student may practice while ineligible, but they are not able to participate in competition.

Students failing two or more classes the week prior to homecoming will be ineligible to attend the homecoming dance. The High School Administration will alert these students.

3. Eligibility Reinstatement Program

Student will need to meet the following conditions and academic requirements to re-establish eligibility.

1. The student will be ineligible for a three week period to start the semester. After the three week grading period the ineligible student will become eligible only by not failing any courses and maintaining a C- average for the courses they are taking during the current semester.
2. If a student does not meet the requirements during the three week period, the student will remain ineligible on a weekly basis until the criteria are met.
3. Student will miss 11% of season competition or all competitions during the three week period at the beginning of the semester or during their season (for spring sport athletes only).
4. Once the student becomes eligible after the three week period, he/she is bound by the regular weekly eligibility requirements.
5. **Any student who failed to pass at least 5 classes the previous semester is not eligible to participate in the Eligibility Reinstatement Program.**

Eligibility at Meridian Junior High School

Weekly Academic Eligibility

The weekly eligibility report is run each Friday morning at 9:00 a.m. A student failing one class during the week is ineligible for the next week of competition, Sunday - Saturday. After the report is completed, it is sent to all coaches and junior high school teachers. The junior high school teachers are asked to contact the Activities Director if they notice any errors in grading.

1. A student must receive passing grades in all of his/her subjects.
2. Your grade must remain in good standing, and weekly eligibility will be compiled. A grade of "F" will make you ineligible for that week.
3. The following steps will be followed involving eligibility:
 - a. First Offense- May not compete in any contests for that week but may practice with team
 - b. Second Offense – May not practice or compete in any contest for that week
 - c. Third Offense – You will be dismissed from the team.

IV. ATHLETIC AWARDS

Stillman Valley High School

1. General guidelines
 1. Athletes will receive awards only if they complete the season in “good standing”.
 2. One set of numerals can be earned while in high school.
 3. One sophomore “S” can be earned while in high school.
 4. One varsity “S” can be earned while in high school.
2. Varsity Letters
 1. With the first varsity letter earned the athlete will receive a varsity “S” and a participation certificate.
 2. The second time an athlete has earned a varsity letter in the same sport; the athlete will receive a sport pin and a second year certificate.
 3. The third time an athlete earns a varsity letter in the same sport; the athlete will receive a sports pin and a third year certificate.
 4. The fourth time an athlete earns a varsity letter in the same sport; the athlete will receive a sport pin and a sport plaque.
3. Sophomore Letters
 1. One sophomore “S” plus a participation certificate and will be awarded the first sport.
 2. Second and third sophomore honors earned in the same year will result in a participation certificate and a sport pin.
4. Freshmen Letters (Numerals)
 1. A set of numerals indicating the year the freshman graduates plus a participation certificate will be awarded the first sport.
 2. Second and third freshman honors earned in the same year will earn a participation certificate and a sport pin.

Meridian Junior High School

General guidelines

1. Athletes will receive awards only if they complete the season in “good standing”.
2. One small “M” for 6th grade team.
3. One medium “M” for 7th grade team.
4. One large “M” for 8th grade team.
5. A student will receive a certificate for each sport/activity they participate in, but can only receive one letter per year.

IN GOOD STANDING

The coach will make the final decision on the awards given to students. In good standing may refer to;

1. The student finished the season with the team.
2. All equipment and uniforms have been returned or replaced at present day cost.
3. The student has remained eligible throughout the season; both academic and disciplinary.
4. The student has attended all practices and games on a regular basis.

5. The coach may give the student his/her awards if injury or illness has prevented him/her from actively finishing the season with the team.
6. Any other provisions, rules, etc. as stated in individual sport handbooks.

**STILLMAN VALLEY HIGH SCHOOL
ATHLETE OF THE YEAR AWARD
MALE/FEMALE**

Each school year we will honor one male and one female as the Athlete of the Year for their participation and achievement in our athletic programs during their senior year. In order to be considered for this prestigious award the athlete must have participated in a minimum of 2 school sponsored sports. The award will be voted on by the head coach of each sport and the administration based on athletic achievement, character, and integrity prior to the end of the school year. In case of ties, awards received and total number of sports played will be used as the criteria.

V. RECOGNITION

Seniors will be honored at a designated game each season based on the recommendation of the head coach and administration. The purpose of this event is to recognize the senior players and their parents for their participation, cooperation, and effort in the sports season they are playing. The Meridian Athletic Booster Club will sponsor sports plaques for the parents. It should be noted that seniors are not guaranteed playing time on a selected senior night, but they will be introduced with their parents before the game.

Junior High athletes may be honored at a designated high school game each season based on the recommendation of the head coach and administration if the schedule allows.

VII. PRACTICE REQUIREMENTS

1. Students involved in athletics and/or activities must be in attendance at school for a minimum of **TWO** classes at the high school and **FOUR** classes at the junior high school in order to practice or participate in activities that day. (Exceptions may be made for pre-arranged appointments. Administrative discretion is final.)
2. Students that practice on a team before the regular school day begins must attend the **two (HS)** or **four (JH)** morning class periods or the day will be considered an unexcused absence. Students who go home and come back to school late will have an unexcused tardy.
3. If the student athlete sits out of physical education class due to injury or illness, the student-athlete will not practice or play in the game that day.

When athletes are absent from practices, games or competitions, they miss out on valuable learning experiences with their team. This may affect playing time, whether the absence is excused or unexcused.

Individual programs may incorporate their own rules for absences and tardies to practices and/or games.

VIII. ATHLETE'S BEHAVIOR DURING PRACTICES AND GAMES

The coaching staff, for the benefit of the team and community, prefers not to tolerate the actions of players who show a lack of concern for the above behaviors and attitudes. Therefore, if improper behavior is observed in practice or game situations, corrective disciplinary action will be taken.

1. The coaches will establish guidelines to determine what corrective disciplinary action will be taken.
2. Any athlete who uses profanity toward an administrator, faculty member, or any district staff during the school day or at a school sponsored event will be disciplined based on the punishment in the student handbook.

IX. STUDENT DISCIPLINE POLICIES

The Meridian CUSD 223 Athletic Department has the philosophy that students are students first, athletes or participants second. When disciplinary measures are warranted due to unacceptable behavior, it is the responsibility of the student to take care of the consequences prior to continuing activities. Please refer to the Student/Parent Handbook. Although some of the consequences are listed and explained herein, additional consequences may be used as needed.

1. DETENTIONS

Detentions will be served from 2:35 pm to 3:05 pm Tuesday and Thursdays at the high school. Detentions at the junior high are served from 2:35 pm to 3:05 pm. If a student does not serve an assigned detention they will be ineligible to practice/play/participate in that day/evening's activities. The student may also be given a Saturday School detention.

2. SATURDAY SCHOOL DETENTION

Saturday School will be from 8:00 am to 10:00 am or 8:00 am to 12:00 noon. Students assigned a Saturday detention are required to serve on the exact time and date assigned and prior to participating in any activities for that day or evening. Students arriving late will not be permitted to attend that session and will be considered to have missed. Students that miss an assigned Saturday School detention may be suspended up to 5 days out of school for insubordination.

3. OUT OF SCHOOL SUSPENSION

1. The student/athlete will be able to make up homework and tests for the classes they miss during the days he/she was suspended from school.
2. Students who are suspended out of school will not be allowed on campus for the entirety of the suspension. Students are not allowed to practice, play, participate or attend any school activities on or off campus. Students may not ride on a school bus to or from a school sponsored activity.

X. QUITTING THE TEAM

Any player who chooses to quit a team/organization should do so by giving notice verbally or in writing to the coach/advisor. Emotional decisions made on the spur of the moment should be taken into consideration by the student, parents, and

coach/advisor involved. All equipment must be turned in at the time of a player quitting.

XI. CUT POLICY

1. Student athletes will not be cut from any sport or activity at the freshman or sophomore level with the exception of Cheerleading. The varsity team is comprised of the best players in grades 9 – 12.
2. Tryouts may need to be conducted by the head coach to determine the varsity team. Coaches or advisors may cut the varsity squad if the number of students exceeds a predetermined number of participants. Cuts will be based on the following criteria:
 1. Overall talent and ability
 2. Character & personality of the individual
 3. Work habits and loyalty to the programs
 4. Positions needed on the team or activity
 5. Manageability of roster size
 6. Local tournament and/or IHSA player limitation for the state series
1. Junior High tryouts may need to be conducted by the coach to determine the members of a team. Coaches or advisors may cut based on the following criteria:
 - a. Overall talent and ability
 - b. Character and personality of the individual
 - c. Work habits and loyalty to the programs
 - d. Positions needed on the team or activity
2. Each coach may provide specific guidelines pertaining to their sport to guide the cut process.
3. Because of the high number of students that go out for school sports, there will be a progression in place in order to effectively manage the sports program, with effective coaching and instruction in mind. The following numbers represent the recommended number of students allowed to participate at each grade level, per the coaches discretion:
 - Sixth grade – 25 players
 - Seventh grade – 20 players
 - Eighth grade – 15 players
4. With adolescent growth and maturation occurring at different stages, students can experience varying changes in skill and development. Despite the results of a specific tryout, the Meridian CUSD 223 staff would like to encourage all students to continue to work hard and tryout again for the next sport season.

Playing time on any level is not guaranteed

XII. CARE AND RETURN OF SCHOOL UNIFORMS AND EQUIPMENT

1. All Uniforms and equipment issued to the athlete must be returned.
2. Lost or stolen items are the responsibility of the player, and he/she must pay the present day replacement cost of any items issued but not returned.
3. Any returned items, which have been damaged, not as a result of normal wear and tear, must be replaced or repaired. The replacement or repair bill becomes the responsibility of the student.

4. No awards are to be given to the athlete until all equipment and uniforms issued to him/her have been returned and accounted for.
5. No athlete will be allowed to begin the next athletic season, or any high school activity, until all equipment and uniforms have been returned and accounted for or paid for at present day cost if lost or damaged.

XIII. TRANSPORTATION POLICY

1. In order to promote team spirit, all athletes are encouraged to ride the bus to and from all away games.
2. It is strongly recommended that players stay for the all of the day's contest before leaving the game site with their parents.
3. Players may leave a contest with their parent, guardian, or a parent of a teammate, if the parent/guardian signs the student out as designated by the coach. Individual program may have their own policies and expectations about riding home together from contests.
4. If an emergency arises and the parents are not at the game, the coach can make an exception to allow the student to leave.
5. Coaches should notify the team if they plan on stopping to eat after a game.

XIV. BUILDING SECURITY GUIDELINES FOR ATHLETES

1. Athletes are to report to their respective locker rooms and practice area as soon as the school day is over.
2. After practice, the athletes should go into their locker room to change, take a shower, and secure their padlocks.
3. When the above is completed they should leave the high school building as soon as possible. If they are waiting for a ride, they should be picked up in front of the high school building. They can wait in the multi-purpose room until their ride arrives.
4. Athletes are not to be in the hallways before or after practice. They should take their books and belongings to the locker room after school to stay out of the hallway after practice is over.

XV. DRESS CODE

1. Proper dress by the athletes at home and away games is very important to the image of Meridian CUSD 223 athletes.
2. Coaches may implement a dress code that stresses proper dress to and from a game. The school dress code should be used as a guideline for proper dress. The head coach may implement standards above the school dress code. Consideration will be given to athletes who cannot meet certain financial requirements to purchase certain types of clothes.

XVI. POST-SEASON ACTIVITIES

The following will be provided for students that compete or participate in IHSA State Championship sponsored activities/events:

1. Transportation to and from the activity.
2. Lodging, if necessary, with four students per room.
3. If a team or individuals make it to the IHSA State Finals, the district will provide a \$20 per day Diem for meals. This is only during the championship round.

XVII. PLAYER/COACH/PARENT COMMUNICATION GUIDELINES

1. If a player has a concern or question about the sports program or an activity, they should contact the coaching staff or advisor first.
2. If the parents or guardians of the player/student have any questions or concerns about their son/daughter or the program, they should contact and request a meeting with the coaching staff/advisor for a time that can be mutually agreed upon. Immediately after a practice, contest, or event is not considered a mutually agreed upon time by the coaching staff/advisor.
Playing time, team strategy, play calling, and other student-athletes are NOT appropriate to discuss with coaches.
3. If the player and parents have gone through the coaching staff/advisor about their concerns and questions and want to take their concerns to another person, they should contact the Activities Director before going directly to the Principal, Superintendent, or School Board.
4. Many problems can be avoided by going through proper communication channels.

XVIII. CODE OF CONDUCT AND TARGET POLICY

1. Students will treat their coaches, directors, sponsors, teammates, opponents, fans, teachers, and facilities with respect. Hazing and Bullying activities are strictly prohibited. Gross or persistent disrespect will be cause for dismissal from the program. Each sport or activity may have more rules to fit their particular program.
2. Students will not engage in criminal actions. Students charged with a misdemeanor or felony may be suspended indefinitely pending a review made by the Principal, Activities Director, coach, director, or sponsor.

It is the philosophy of Meridian CUSD 223 that students should be encouraged and supported in their efforts to develop and maintain an alcohol, drug, and tobacco free lifestyle.

3. Possession and/or use of tobacco, e-cigarettes, alcohol, drugs, including any type of mood altering or legal drugs taken inappropriately, performance enhancing drugs, any look-alike drugs and/or chemicals, and drug paraphernalia is prohibited.
4. If a student is PRESENT where illegal activity is being conducted, they will be considered in POSSESSION according to the Stillman Valley High School Target Program. The question of present and therefore in possession will be determined for each student involved in the incident. Should an extra-curricular participant find him/herself in a situation where illegal activities are taking place, that individual will be considered to be an active participant in those activities if he/she fails to leave the situation as soon as they become aware of those illegal activities.

A student caught by a staff member, administrator, or law enforcement officer violating this rule at any time during the calendar year is subject to the disciplinary action of the school district and/or Activity & Athletic Handbook.

FIRST OFFENSE

OPTION 1-

1. Regular disciplinary action of the District, if during school hours, on school grounds, or at a school sponsored activity.
2. The student will be suspended for one calendar week of competition.
3. The student along with the parents or guardians agrees to be assessed by a student assistance Program (SAP) authorized and approved by the School Administration. The student must participate in the assessment process (the cost of any and all assessments will be the responsibility of the student and/or parents) and follow the counselor's recommendations to completion. If treatment or counseling is recommended, it must be completed with confidentiality so that verification of this assessment and a written report can be given to the principal. It is the responsibility of the student and parents to keep the principal apprised of the student's progress throughout this entire process. The student must follow the prescribed program or the consequences of option 2 will go into effect immediately. The sole cost of this program will be the responsibility of the student and/or parent.

OPTION 2-The student is suspended for **six** calendar months from being a member of all teams/activities.

SECOND OFFENSE

OPTION 1 –

1. Regular disciplinary action of the District, if during school hours, on school grounds, or at a school sponsored activity.
2. The student will be suspended for six weeks or the remainder of the competitive season, whichever is longer. The student along with the parents or guardians agree to have the student complete a drug rehabilitation course as previous stated.

OPTION 2-The student is suspended for twelve calendar months from being a member of all teams/activities.

THIRD OFFENSE

OPTION 1 –

1. Regular disciplinary action of the District, if during school hours, on school grounds, or at a school sponsored activity.
2. The student will be suspended for the remainder of the current or next competitive season or Twelve weeks, whichever is longer. The student along with the parents or guardians agree to have the student complete a drug rehabilitation course as previous stated.

OPTION 2-The student is suspended for the remainder of his/her high school career.

FOURTH OFFENSE

1. Regular disciplinary action of the District, if during school hours, on school grounds, or at a school sponsored activity.
2. The student is suspended for the remainder of his/her high school career.

**The Athletic/Activity Handbook policy has been constructed to work in conjunction with the policies and procedures in the student handbook. The student handbook will serve as the primary resource for the extracurricular board in the event of policy or procedural questions.

ATHLETIC/ACTIVITY TARGET AND HANDBOOK PLEDGE SHEET

Students involved in Activities/Athletics will receive a handbook the first week of school. Your Pledge sheet can be found online in the SVHS Athletic Packet. The Pledge Sheet must be signed by the student and a parent/guardian prior to the start of a season.

XIX. ATHLETIC ADMISSION COSTS AND FAMILY PASSES

1. Regular High School season event admission costs are set by the Big Northern Conference at \$4.00 for an adult and \$3.00 for a student/senior. Current Meridian CUSD 223 employees and immediate family members as well as current SVHS students are admitted to regular season events free with a valid student ID.
2. Tournament admission prices vary throughout the year. Passes are not allowed for tournaments or the IHSA State Series.
3. Regular Junior High season event admission costs are set at \$2.00 for an adult and \$1.00 for a student/senior.
4. A Family Pass may be purchased through the Activities Office at SVHS. The pass covers 2 adults and 2 students or seniors. The Family Pass will allow entry into all regular season contests. Tournaments or the IHSA State Series are not included. The cost of a Family Pass is \$250.00 and includes the sports of football, volleyball, girls/boys basketball, and wrestling.

XX. ATHLETIC/ACTIVITY TEAMS AND ORGANIZATIONS

High School Athletic/Activity Fees:

1. \$100 for the first sport/activity participated in
2. \$50.00 for the second sport/activity participated in
3. The third sport/activity is free
4. If a player quits a team after the 3 week of a season, no refund will be given.

High School Athletics/Activities with Fees

Baseball, Basketball (Girls/Boys), Cheer – Football, Cheer – Basketball, Cheer – Competition Team, Chess, Dance – Football, Dance – Basketball, Fall Play, Football, Golf (Girls/Boys), Math Team, Musical, Outdoor Club, Scholastic Bowl, Soccer (Girls/Boys), Softball, Swimming co-op (Girls/Boys), Track (Girls/Boys), Volleyball, Wrestling, WYSE Team

High School Athletics/Activities without Fees

Band, Chorus, Class Officers, FBLA, International Club, National Honor Society, Stage Crew for Theater Productions, Student Council, Yearbook

*FFA dues are \$15.00 for 2015-2016, paid through Mr. Williams.

Junior High Athletic/Activity Fees:

1. \$35.00 for the first sport/activity participated in
2. \$35.00 for the second sport/activity participated in
3. The third sport/activity participated in is free

Junior High Athletics/Activities with Fees

Basketball (Girls/Boys), Cheer – Basketball, Scholastic Bowl, Track (Girls/Boys), Volleyball, and Wrestling

Meridian CUSD 223
2017 – 2018 ATHLETIC & ACTIVITY HANDBOOK
AGREEMENT FORM

My Signature acknowledges that I received the Meridian CUSD 223 Athletic/Activity Handbook, which includes the general practices, procedures, rules and regulations for extra-curricular activities at Meridian CUSD 223. It is my responsibility to read the handbook and become aware of the consequences which may result if these rules are not followed.

Student Signature/Date

Parent/Guardian Signature/Date