

PRAIRIE du ROCHER CCSD # 134

**714 Middle Street
Prairie du Rocher, IL 62277**

ATHLETIC HANDBOOK (Adopted June 2011)

The athletic program at Prairie du Rocher School forms part of a diverse co-curricular program and serves as one extension of the classroom, which attempts to meet the needs of our students through experiential learning opportunities. The athletic program enhances and reinforces classroom learning. The development of physical capacities complements the intellectual, emotional, social, and spiritual development of participants.

The objectives of the Prairie du Rocher athletic program are to provide children with the opportunity to:

- Develop physical skills.
- Engage in competitive activities.
- Learn new skills beyond those already acquired in physical education class and to improve skills already acquired.
- Practice good sportsmanship as a means for learning good citizenship.
- Experience both winning and losing.
- Learn that consequences follow the violation of a rule.
- Experience working as a member of a team to achieve a goal.
- Experience self-discipline and sacrifice as a means to achieving a goal.
- Experience a feeling of self-worth and to develop self-confidence.
- Dedicate them to the task of achieving a given goal.
- Gain experience in problem solving and decision-making.
- Understand and practice principles of sound health, safety, and physical fitness.
- Develop the ability to manage their time effectively.
- Engage in competitive experiences in an acceptable manner.
- Develop school loyalty and school spirit.

Activities Offered

Prairie du Rocher students have the opportunity to participate in the following activities:

	<u>BOYS</u>	<u>GIRLS</u>	<u>CO-ED</u>
FALL		Softball	
WINTER	Baseball	Volleyball	Basketball Cheerleading
SPRING			Track

Absences

Excused absences will be granted for the following reasons:

- Personal illness
- Serious illness in the immediate family
- Professional appointments that cannot be scheduled outside of school hours
- Bereavement
- Quarantine
- Religious holidays
- Family emergencies, as determined and approved by the administration
- Out-of-school suspension

Examples of unexcused absences are:

- Truancy
- Oversleeping
- Missed the bus or ride to school
- Failure to sign out
- Forgetting notes from home or doctor excuses
- Other reasons not specifically stated above as excused

If a student is absent from school, a parent or guardian must call the school office (284-3530) before 8:30 a.m. on the day that the student is absent. It is the parent/guardian's responsibility to notify the school of a student's absence. **Calls from students will not be accepted.** If the parent or guardian does not call by 9:30 a.m., the office will attempt to contact a parent. An unexcused absence will be recorded if parent contact is not made.

Upon returning to school, if parent contact has not been made, the student must bring an excuse from the parent, doctor, dentist, etc. stating the reason for the absence.

Students who are absent from school may not attend or participate in any school events that day. If you are too sick to attend school, you are too sick to go to or play in the game.

Participation Requirements

All students who participate in the Prairie du Rocher athletic program must furnish proof of insurance. An accident insurance policy may be purchased through the school for students in need of insurance. A physical examination form must be submitted prior to the first announced practice in any sport or cheerleading. **Students may not participate in practice sessions until the physical examination form has been submitted.** The completed forms should be given to the respective coach. Only one (1) physical exam in any given year is required.

Participants in baseball, softball, volleyball, cheerleading, and track will be assessed a \$15.00 activity fee. The \$15.00 fee covers participants in one or more activities. **Students may not participate in practice sessions until the \$15.00 activity fee is paid.**

Coaches Code of Conduct

The player/coach relationship is very special. Coaches must be aware that their actions have an effect on the personal as well as the athletic development of their athletes. Knowing that children will emulate their actions, coaches should model appropriate behavior and demonstrate good sportsmanship. The following guidelines are designed to assist coaches in making good choices related to their sport and players:

- Coaches will recognize that a school sport is an extension of the classroom with moral and legal obligations.
- Coaches will uphold the rules and regulations established by the Prairie du Rocher CCSD #134 Board of Education, the Okaw Valley Conference, and the SIJHSAA.
- Coaches will treat all participants fairly and with respect.
- Coaches will refrain from the use of foul, profane, harassing, demeaning, insulting, or offensive language.
- Coaches will refrain from using inappropriate physical force.
- Coaches will demonstrate concern for the safety of the participants by using appropriate teaching methods, properly caring for injuries, taking proper care of equipment, and ensuring a safe playing area free of hazards.
- Coaches will respect the judgment and interpretations of officials without gesture or argument and require participants to do the same.
- Coaches will refrain from the use of tobacco, alcohol, controlled substances, and performance-enhancing drugs or supplements in the presence of students and will discourage their use by students.
- Coaches will understand that winning is great. But, at this level, player and team growth and development are more important than winning.

Guidelines by Sport

Baseball and Softball

- There must be a minimum of ten (10) practices before the first scheduled game.
- The combination of games and practices should not total more than five (5) days per week, except for Saturday tournaments and pre-season practice sessions.
- Practices should last not more than 2 ½ hours per practice.
- The schedule will consist of 8-10 games, plus regional/state tournaments.
- Up to 4 “B” games may be scheduled.
- Participants shall be 5th, 6th, 7th, and 8th grade students who have satisfied eligibility requirements. If there are less than 16 participants, the balance of the team may be filled by adding students from 4th grade, if needed.
- The season will end after the last regional/state game in which the team participates.

Basketball

- There must be a minimum of ten (10) practices before the first scheduled game.
- The combination of games and practices should not total more than five (5) per week, except for Saturday tournaments.
- Practices should last not more than 2 ½ hours per practice.
- The A-team will consist of 8th grade and under.
- The B-team will consist of 7th grade and under.

- The C-team will consist of 6th grade and under.
- The A-team schedule will consist of 10-14 games, one tournament, Okaw Valley Conference tournament, feeder tournament (if held), plus regional/state tournaments.
- The B-team schedule will consist of 10-14 games plus one (1) tournament.
- The C-team schedule will consist of 8-14 games plus one (1) tournament.
- Participants shall be 5th, 6th, 7th, and 8th grade students who have satisfied eligibility requirements. If there are less than 25 participants, the balance of the team may be filled by adding students from 4th grade, if needed.
- On any given day, players may dress for only two (2) levels, i.e. A and B games or B and C games. Players may not dress for A and C games. They may play a maximum of six (6) quarters, excluding overtime periods.
- The season will end after the last regional/state game in which the team participates.

Cheerleading

- There must be a minimum of ten (10) practices before the first scheduled game.
- The combination of games and practices should not total more than five (5) per week, except Saturday tournaments.
- Practices should be no more than 2 ½ hours per practice.
- The A-team will consist of students in 8th grade and below who have satisfied eligibility requirements.
- The B-team will consist of students in 6th grade and below who have satisfied eligibility requirements.

Girls' Participation in Basketball

Girls may participate on the basketball teams. The above rules apply. In addition, because of the overlap of the basketball and volleyball seasons, some special rules apply for girls who choose to play basketball and volleyball.

- The combination of basketball/volleyball games and practices may not total more than five (5) per week, except for weekend tournaments.
- No basketball player may miss a game to participate in a volleyball game or practice.
- The athlete will participate in at least one (1) volleyball practice per week.
- The basketball coach will determine which practice(s) may be missed by the athlete so they may participate in a volleyball game or practice.
- Other situations not covered by these guidelines will be determined by the Superintendent.

Volleyball

- There must be a minimum of ten (10) practices before the first scheduled game.
- The combination of games and practices should not total more than five (5) per week, except for Saturday tournaments.
- Practices should last not more than 2 ½ hours per practice.
- The A-team will consist of 8th grade and under.
- The B-team will consist of 7th grade and under.
- The C-team will consist of 6th grade and under.
- The A-team schedule will consist of 10-14 games, one tournament, Okaw Valley Conference tournament, feeder tournament (if held), plus regional/state tournaments.
- The B-team schedule will consist of 10-14 games plus one (1) tournament.
- The C-team schedule will consist of 8-14 games plus one (1) tournament.

- Participants shall be 5th, 6th, 7th, and 8th grade students who have satisfied eligibility requirements. If there are less than 28 participants, the balance of the team may be filled by adding students from 4th grade, if needed.
- On any given day, players may dress for only two (2) levels, i.e. A and B games or B and C games. Players may not dress for A and C games.
- The season will end after the last regional/state game in which the team participates.

Track

- There must be a minimum of ten (10) practices before the first meet.
- The schedule will consist of 2-6 meets, plus regional/state meet.
- The combination of games and practices should not total more than five (5) per week.
- Practices should not last more than 2 1/2 hours per practice.
- Participants shall be 5th, 6th, 7th, and 8th grade students who have satisfied eligibility requirements. If there are a low number of participants, the balance of the team may be filled by adding students from 4th grade, if needed.
- The season will end after the last regional/state meet in which the team participates.

Uniforms

If the number of participants in a particular sport exceeds the number of available uniforms, the coach shall use one of the following methods for uniform use:

- Designate an alternate uniform for the lowest level team, i.e. old uniforms, colored t-shirt, etc.
- Alternate uniforms among lowest level team members on a rotating game basis. Players using a uniform must properly clean the uniform and pass the uniform to the next player scheduled to use it. Failure to comply with this procedure will result in the first player missing his next rotation.

Coaches Responsibilities

In addition to conducting practices and coaching games, coaches have responsibilities to be met. Coaching responsibilities include:

- Scheduling practices and keeping players and parents informed of practice times.
- Providing the office with practice schedules and notifying the office of changes in practice schedules.
- Providing players with rules and expectations.
- Submitting a team roster to the Athletic Director by the end of the first week of practice.
- Coordinating score-keeping, clock operation, scoreboard operation, etc.
- Maintaining equipment and equipment records and notify the Athletic Director of needed repairs and/or replacements.
- Working with the Athletic Director to order needed equipment, supplies, and uniforms.
- Remaining at school after a contest or practice until all players have left the school grounds.
- Ensuring that the medical kit is properly supplied and available at practices and games.
- Keeping emergency medical forms available at practices and games.
- Submitting an inventory of equipment, supplies, and uniforms to the Athletic Director and properly storing such at the end of the season.
- Maintain appropriate records, as necessary.

- Coordinating gym use with the Athletic Director and other in-season coaches, as necessary. In general, the beginning sport will have preference and may schedule its ten (10) pre-season practices allowing for the need for the ending sport to use the facilities to prepare for season-ending tournaments. If practices are cancelled, the canceling coach should notify other in-season coaches of the cancellation so they may schedule practice time. Communication and cooperation are necessary when seasons overlap. During season overlap, when a home contest is scheduled for one sport, the other sport must end practice and have the playing surface cleared and equipment properly stored 30 minutes prior to the start of the contest.

Behavior Code – Sporting Activities

Participants are expected to obey the following rules:

- Participants in games should maintain good sportsmanship and proper language while traveling to, participating in, and returning from athletic events.
- When not participating in events, students are expected to remain in areas designated by the coaches or sponsors.
- Students who participate in an activity should be at that activity unless excused by the coach or sponsor.
- Students who are absent from school all day or part of a day on the day of an event are not eligible to participate in that event, except as approved by the Superintendent for a verified doctor or dental appointment.
- On the 3rd tardy and/or absence on the day after an event, the student will not be eligible to participate in the next scheduled event, except as approved by the Superintendent for a verified doctor or dental appointment.
- Participants shall not leave the site of an event when participating in a sport. Participants should not leave the gym during basketball or volleyball games. Students should not leave the school grounds during track meets, baseball games, or softball games.
- Participants shall follow any instructions given by coaches or sponsors.

Students violating the behavior code are subject to school discipline including suspension from the team, after school detention, and possible suspension from school. Disciplinary action will be taken after the Superintendent has consulted with the coaches, sponsors, or other pertinent witnesses. Any discipline penalties will depend on the severity of the rule violation as determined by the Superintendent

***Eligibility Procedures (Amended 7/2010)**

Students participating in athletic programs and cheerleading are expected to maintain acceptable academic and behavior standards to insure their continued involvement in those activities. Eligibility is subject to the following guidelines:

1. A student failing one or more classes as indicated on the weekly eligibility list is ineligible to participate in extracurricular activities.
2. Students academically ineligible for sports during the first three weeks of practice will be ineligible to participate in that sport for the entire season.
3. Students ineligible for sports participation for three weeks during the season lose their eligibility for the entire season.

4. The superintendent will decide questions about eligibility for students with an Individual Educational Plan (IEP) after consultation with that student's teachers.
5. Students who are absent from school on the day of an event will be ineligible to participate in an evening event. The superintendent may make an exception to the rule for students who attend a partial day of school due to a verified doctor or dental appointment.
6. The previous quarter's report card grades will be used to determine eligibility during the first 2 weeks of the new grading period.
7. Eligibility lists are due in the office on Thursday at noon. Ineligible students and their parents will be notified. The period of ineligibility runs from Monday through the following Sunday.
8. Students who are ineligible may not attend practice sessions or games.

Awards

Students will earn the following awards for participation in athletics:

CERTIFICATE – All athletes will receive a certificate listing the sports in which they participated.

LETTER – Each first time participant in any sport will receive a 6" chenille letter "P".

PIN – Athletes will receive a pin indicating the sport in which they participated the first time they earn an award for that sport.

BAR – Athletes will receive a bar each year they earn an award in a sport after the first year an award is earned in that sport.

CAPTAIN (S) – Athletes will receive a captain's pin at the discretion of the coaches.

The following special awards will be awarded for outstanding performance to A-Team participants:

Baseball, Softball, Basketball, and Volleyball

- Most Valuable Player
- Most Improved
- Best Offensive Player
- Best Defensive Player
- Hustle Award

Track

- Most Valuable Player
- Most Improved
- Field Events Leader – most points earned in jumping and throwing events
- Track Events Leader – most points earned in running events

Cheerleading

- All-Star Cheerleader
- Most Improved
- Most Spirit

SPORTSMANSHIP IS EVERYONE'S RESPONSIBILITY

The Southern Illinois Junior High School Athletic Association (SIJHSAA) and the Prairie du Rocher School District encourages everyone to demonstrate the highest level of sportsmanship and respect for others.

Players

- Treat opponents with respect. Shake hands prior to and after contests.
- Respect the judgment of the officials, abide by the rules, and refrain from behavior that could incite the fans.
- Cooperate with officials, coaches, and other players to conduct a fair contest.
- Accept seriously the responsibility and privilege of representing your school and community. Display positive public action at all times.
- Live up to the high standard of sportsmanship established by your coach.

Coaches

- Always set a good example for players and fans to follow, displaying the highest moral and ethical behavior.
- Instruct players in proper sportsmanship responsibilities.
- Respect the judgment of officials, abide by the rules, and refrain from behavior that could incite the fans.
- Treat opposing coaches, players, and fans with respect. Shake hands with officials and coaches prior to and after contests.
- Develop and enforce penalties for players who do not abide by sportsmanship standards.

Cheerleaders

- Stimulate desired crowd response using only positive cheers, signs, and praise without antagonizing or demeaning opponents.
- Treat opposing cheerleaders and fans with respect.
- Recognize outstanding performance on either side of the playing field or court.
- Know the rules and strategies of the contest in order to cheer at appropriate times.
- Maintain enthusiasm and composure, serving as a role model.

Fans

- Realize that a ticket is a privilege to watch a contest and support school activities, not a license to verbally assault others or to be generally obnoxious.
- Respect decisions made by the officials.
- Be a role model by positively supporting teams in every manner possible, including content of signs and cheers.
- Respect fans, coaches, and players.
- Be a FAN . . . not a FANATIC.

SIJHSAA believes that sportsmanship is a core value and its promotion and practice are essential. This code of conduct applies to all parents/spectators involved in interscholastic activities.

1. Parents/Spectators will promote academics, and the emotional, physical and moral well being of the student participants above the desires and pressures to win.
2. Parents/Spectators will teach, enforce, advocate, model and promote the development of good sportsmanship and character to include: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.
3. Parents/Spectators will respect participants, officials, opponents and all others associated with the event.
4. Parents/Spectators will promote fair play and uphold the spirit of the rules in the activity.
5. Parents/Spectators will model appropriate behavior at all times.

Communication with the Coaching Staff

The coaching staff is not available to discuss strategy, playing time, decision-making on the day of the game. Please do not approach our staff with these concerns in person, by home phone or email that day. A 24 hour buffer period is required before contacting the athletic director at school to arrange a meeting with a coach.

Athletic Director Responsibilities

The Athletic Director is responsible for the following:

- Scheduling games and meets for all sports.
- Scheduling officials for all home athletic contests.
- Coordinating equipment ordering and purchasing with the Superintendent and bookkeeper.
- Maintaining equipment inventory records and arranging for equipment repair or replacement as needed.
- Coordinating gym use schedules when seasons overlap.
- Maintaining athletic awards records.
- Coordinating parent night and award night activities with the Superintendent.
- Coordinating game supervision responsibilities with the Superintendent.
- Coordinating tournament hosting preparations with the Superintendent and coaches.
- Any other responsibilities as determined by the Superintendent.

Admission Costs to Gym Events

Below is a list of attendees that should be allowed to attend our athletic events free of charge.

All Prairie du Rocher School Board Members & paid District Employees. This will also include their immediate families.

Father Jurek

All Athletes, Coaches, and Bus Drivers participating in the current sporting event.

Concession Stand Volunteers for the current event.

Ticket Sales, Scorekeepers, and Recorders for the current event.

Officials

Definition of a family – (Up to 2 adults and the children up to 8th grade living in the home)

Prices Family \$7.00

Adults and
Students 9-12th grade \$3.00 each

Students \$2.00 each grades K-8th

Children **not** yet in Kindergarten – **(Free)**

ACKNOWLEDGEMENT PAGE

I have received a copy of the Athletic Handbook and understand that I am expected to abide by the rules and regulations contained therein.

Student name

Student signature

I have received a copy of the Athletic Handbook and understand that my son/daughter is expected to abide by the rules and regulations contained therein.

Parent/Guardian name

Parent/Guardian signature

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