

# ILLIANA CHRISTIAN HIGH SCHOOL

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## Parent/Student Athletics Handbook

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## **General Information Section**

### ATHLETIC PHILOSOPHY

The interscholastic athletic program at Illiana Christian H.S. is an integral part of the entire school structure. Athletics should never be thought of as being separate from, above, or beneath the normal operation of our school. The athletic programs should comply with and reinforce the school's overall statement of purpose. Our highest goal is to bring athletics under the lordship of Jesus Christ by encouraging the physical, emotional, and spiritual growth and development of all participants through their athletic experiences.

Properly done, athletics are a positive learning experience. The athletes learn to refine their skills and improve their physical fitness. Participants in the program experience the privilege of membership on a team and learn their responsibilities to each other, the coach, the spectators, their school, and their opponents. Being part of the group teaches the important life lesson of placing group goals ahead of personal ones and how to make a personal contribution to the welfare of the team. Athletes are taught how to control their emotions and actions in a Christ-like manner, a valuable skill which carries over into everyday life. Athletes learn sportsmanship. More than mere self-control, sportsmanship is being thoughtful, kind, generous, and courteous even while being intensely competitive. Participants learn self-discipline and the benefits of hard work. Athletes are encouraged to always use and develop their talents to the fullest. School sports teach team members how to both win and lose with grace and dignity.

Interscholastic sports provide opportunity for participants to demonstrate Christian values, such as humility, compassion, and respect, even under the stress of competitive play. Everyone involved – players, coaches, and spectators – can witness to the world around them and can, by their behavior and attitude, bring honor to the name of Jesus Christ. The development of such Christian values in our youth and coaches is a high priority of Illiana athletics.

Athletics are recreational. Team members are involved in activities that are healthful, developmental, and fulfilling. Participation in sports should provide student-athletes with beneficial outlets for self-expression and physical exercise in addition to the sheer fun of competitive play. Interscholastic sports are not only recreational for the players, but also for the spectators. They provide a means by which a community can come together and support the efforts of "their" team. It is the intent of our athletic program for everyone involved to glorify our Lord through their participation in Illiana athletics, whether as fans or as active contestants.

School sports are an extension of the educational programs at our school. God created us with bodies, minds, and souls, and He is concerned about all three. Athletic education programs are an appropriate and necessary part of a complete, well-rounded Christian school. While those teams and athletes with exceptional skills may receive most of the publicity, the benefits of participation in our program are not limited to those few. Our hope is that *all* who participate will be better people as a result of their involvement in Illiana athletics. With this in mind, athletics should be encouraged and must remain an essential part of the total school program.

## ROLE OF THE PARENTS

Parents need to set the standard of exemplary sportsmanship while attending games/matches and when discussing ICBS athletics with others and at home. Because of the nature of athletic competition, parents can be detrimental to a student-athlete's development when they become too involved as aggressive spectators and/or when they act as self-appointed player "agents" or "bleacher coaches" who choose to publicly second-guess coaches' decisions. Also, parents can also be susceptible to the temptation to blame the coach for poor play or lack of performance by their student-athlete or the team. When these types of behaviors occur, the child of these parents may feel excused for his/her effort, or lack thereof, and poor attitudes toward the coach and the team may develop as a result. Parents need to trust the school and coach as partners in the Christian education and development of their child. Coaches are certainly fallible people who will make mistakes at times. However, there must be a trust that the coach is doing everything that he/she can to help their child in their growth as athletes and as young adults. Mutual trust, respect, and encouragement among coaches, players, and parents will result in a top quality athletic program at Illiana.

This is not to say that parents of a student-athlete should remain silent if a problem arises. Like relationships with teachers, parents should feel free to have open, constructive discussions with the coach on issues pertaining to their child. Parents should expect that the coach will respond with honesty, respect, and a mutual concern for the well-being of their child. Parents are advised not to discuss concerns with the coach "in the heat of the moment," but, rather, should wait (at least overnight as suggested in the following "Communication Procedure") until emotions have cooled. In addition, parents should use discretion and restraint when determining whether to bring a concern forward to a coach. In all such cases, the Communication Procedure that follows should be employed.

Parents (and grandparents, aunts, uncles, cousins, classmates, neighbors and friends) in their roles as spectators should understand their responsibilities to be encouragers of the team, supporters of the school, and, most importantly, representatives of Christ. Spectators should remember that school athletics are learning experiences for the students and that mistakes are sometimes made. Athletes from all sports should be praised in their attempts to improve themselves as athletes and as people. In addition, appreciation for outstanding play by either team should be shown

More specifically, spectators should be aware that it is a privilege to observe the game/match. Respect should be shown to the opposing players, coaches, spectators, and support groups. Treat them as our guests, or the name of Christ may be tarnished.

Game officials should be treated with respect. Understand that they, like you, are fallible and are doing their best to promote the student-athlete. Admire their willingness to participate in full view of the public and be eager to accept their authority.

## COMMUNICATION PROCEDURES:

The Illiana Christian H.S. Athletic Department is committed to communicating the goals and objectives of the athletic program, eligibility rules, and expectations of our athletes to both our students and parents. Communication of these items will be made by:

1. Publicly posting our Athletic Handbook
2. Hosting parent meetings prior to each school year.
3. Providing public communications to changes in athletic policies.

If a concern arises during an athletic season involving a student-athlete, the procedure listed below should be followed:

1. The student-athlete should first speak directly with his/her coach,
2. If further clarification is required, a parent should then contact the coach (*it is advised that no contact between parent and coach be made until, at least, the day after the incident/event in question – the so-called “24 hour rule”*)
3. If the issue remains unresolved, the parent should then communicate his/her concerns to the Athletic Director. The Athletic Director will not engage in communication with a parent unless steps 1 and 2 are properly followed.

If a problem involving the Illiana Athletic Policy cannot be resolved to the satisfaction of all parties involved, a written request should be made to the athletic director stating the reasons for dissatisfaction. An eligibility committee consisting of two coaches (appointed by the administration), the athletic directors, and vice-principal will be convened to adjudicate Athletic Policy problems according to the following procedure:

1. the written request will first be considered by the committee,
2. the committee may then request a hearing with the involved parties,
3. the committee will make their decision by written ballot with a simple majority vote deciding the matter.
4. if the party or parties involved are still dissatisfied, they may bring the case to the Education Committee of the School Board

## ELIGIBILITY RULES

In order to participate in interscholastic sports at Illiana Christian the student athlete must:

- A. be legally enrolled in Illiana Christian according to IHSAA rules. All transfer students must be ruled eligible by the IHSAA via completed documentation by both sending and receiving schools. Transfer eligibility can be found under Rule 19 in the IHSAA handbook.
- B. have an updated IHSAA physical examination form on file in the Main Office prior to *any* participation (including tryouts, practices, and games).
- C. be doing passing work in *all* courses each week in order to remain eligible. If, at any time during the school year, the athletic director is notified of a student failing a class, the student will receive an eligibility warning. At the end of one week the student athlete must demonstrate that he/she has taken

the necessary steps to correct the failing grade. If unable to do so, he/she will become ineligible until passing all classes.

- D. have passed all courses from the previous marking period (quarter). Failure to do so will result in the athlete being declared ineligible for a maximum of two contests. Note: any athlete who has been declared academically ineligible will still be required to attend and participate in all practices (with the possible exception of when he/she is receiving academic help) and should be in street clothes at all games, even though he/she may not play.
- E. be free from misconduct that might cause ineligibility (see Conduct Policy, pg. 8).

### GENERAL ATHLETIC POLICIES

- A. Every student will be provided 3 days to try out for a team. These dates are set by the Athletic Department under the guidelines of the IHSAA.
- B. Athletes who try out and are selected for a team commit themselves to the entire season. Any athlete who decides to quit a team after being placed on the eligibility list for that sport should have a conference with the coach and athletic director. Students who quit without approval will not be allowed to participate in other sports at Illiana Christian for a period of up to one (1) calendar year.
- C. No rostered athlete shall drop a sport in season and join another team in the same season.
- D. Attendance at practices and contests is mandatory. Coaches will provide a schedule of both practice and contest dates. Students are responsible to communicate scheduling conflicts with the coach in advance. In the event that two SCHOOL events coincide (i.e. ICHS concert and ICHS game), the parents of the athlete involved will decide which event is attended without repercussion from either party.
- E. Athletes are required to be at school for a minimum of 4 class periods in order to participate in a practice or contest that day. Once at school, students must participate in all classes (including P.E.).
- F. Athletes who have received disciplinary action by faculty or administration members must satisfy these obligations as assigned before they may attend practice. On contest days the athlete must inform the coach of any pending disciplinary action and make the proper arrangements.
- G. Travel to all athletic events shall be provided by Illiana Christian and made by a school bus or mini bus driven by an approved adult (coach, teacher, or parent) driving at all times. All student-athletes will be expected to ride the school-provided transportation. Students are not allowed to transport themselves in a private vehicle to away events.
- H. Proper attire must be worn during practice as dictated by the Athletic Department. This means, specifically, that shirts must be worn by all athletes at all times.

- I. School-owned uniforms must be returned at the end of the season in acceptable condition as determined by the Athletic Department. Failure to return the uniform on time will result in a \$25 non-refundable late fee. Athletes will be held financially responsible (fees added directly to tuition statements) for all items not returned or damaged beyond normal wear-and-tear and will be billed for a full replacement uniform.
- J. Coaches may require their players to commit to personal portions of their uniform which the athlete will keep following the season. This commitment may not exceed \$125.00 per athlete per season.
- K. Illiana Christian will provide transportation and lodging to all tournaments of choice that require an overnight stay. Athletes are responsible for meal money or providing their own meals. This excludes postseason competition in which Illiana Christian will also designate meal money for each athlete.
- L. Athletes are responsible for the storage and security of personal items while on campus. Illiana is not liable for personal loss.

## CONDUCT POLICY

The following rules will apply to all those participating in athletic preparation and competition at Illiana Christian. Generally, the season includes the first day of try-outs and extends through the last day of competition.

- A. All rostered athletes are expected to exhibit Christian behavior as defined by the Illiana Christian handbook both on and off the field. Failure to do so may result in a suspension from athletic activity as determined by the coach, athletic director, and/or administration.
- B. Student athletes may not use or be in possession of any tobacco product. This would include all electronic cigarettes and vaporizers.

Penalty: Immediate suspension from athletic participation for the remainder of the season.

- C. Student athletes may not use or possess alcohol. In addition, such students may not be present at any gathering of peers where alcohol is used. To avoid penalty for being present at such a gathering, a student must leave immediately.

Penalty: Immediate suspension from athletic participation for the remainder of the season.

- D. Student athletes may not use or possess any illegal drugs (including prescription drugs not prescribed for the athlete) or drug paraphernalia. Student athletes may not be present where illegal drugs are used or experienced.

Penalty: Immediate suspension from athletic participation for the remainder of the season.

- E. The administration may impose penalties greater than those prescribed above for offenses it believes to be more egregious.

- F. As alluded to above, coaches may set higher standards of conduct for their players than those set by the school's administration. And coaches may impose additional penalties on their players in addition to those imposed by the administration as long as those penalties do not violate other school policies.

## PRACTICE POLICIES

The following rules pertain specifically to practices held during that sport's particular season.

- A. At no time are athletes to practice by themselves. A coach or program assistant must be present at all times. Parents are not permitted to act as supervisors. Furthermore, no equipment should be distributed or made available until a coach or other responsible adult is present to supervise its use.
- B. Students may not be excused from class at any time for practice. This includes seventh period study halls and P.E.
- C. In the event the school day is cancelled, all practices will be cancelled unless specific permission is granted by the Principal.
- D. Parents are not allowed to attend practices.
- E. No practices or any facility usage will be permitted on Sundays.

## PLAYING TIME

Parents and players must be aware that Illiana Christian does NOT mandate playing time for every player at any level. Players should be taught to accept their various roles and support their teammates in every way they can.

## ATHLETIC HEALTH MANAGEMENT

- A. Illiana Christian will provide a certified trainer made available to all in-season rostered athletes. A flat fee will be assessed to all rostered athletes per season on that student's tuition statement.
- B. All participating athletes must sign a liability form prior to any participation with Illiana Christian athletics.
- C. Illiana Christian will adhere to the IHSAA Concussion Management Protocol Policy, including both Return-To-Play and Return-To-Learn policies. These policies are managed by the training staff provided by Illiana Christian.



- D. In the event an athlete injures him/herself during an athletic event or practice, Illiana Christian will not be held financially responsible unless proven negligent by a court of law.

### TRANSPORTATION POLICIES

A. Travel to all athletic events shall be provided by Illiana Christian and made by a school bus or mini bus with an approved adult (coach, teacher, or parent) driving at all times. All student-athletes will be expected to ride the school-provided transportation. Students are not allowed to transport themselves in a private vehicle to away events.

B. When school buses or mini busses are used, the following should be observed:

1. All players are to use the school-provided transportation. Only a parent or legal guardian may take a student-athlete home from an away event. Personal arrangements must be made with the coach. The coach should provide a sign-out form for such instances.
2. At no time should an Illiana Christian student be allowed to drive a school mini bus.
3. The busses should be recognized as a part of the entire athletic system and no conduct should be allowed that reflects adversely on the individual, team, or school. Team members should never stick or throw anything out of the windows of a bus used to transport athletes.

C. When circumstances dictate that students transport themselves to an off-campus practice site, a parental consent form must first be obtained and presented to the coach, who will then pass it on to the athletic director.

D. Illiana Christian is not responsible for any non-sanctioned transportation (I.E. A sport is hosting a later practice at school and the student leaves campus after school and returns later).

### COACHING EVALUATIONS

Illiana Christian Athletic Department has a standardized coaching evaluation process. The entire coaching evaluation involves input from the coach, the Athletic Director, and student athletes under that particular coach. Parents are not involved in the formal evaluation process.

### POLICY REGARDING FUNDRAISING AND DONATIONS

- A. Illiana Christian Athletic Department offers fundraisers annually to raise funds for the department. Athletes in season when a fundraiser is held may be required to help with that event. Parents are encouraged to attend and support these fundraisers as they provide the majority of funds necessary to run the department.
- B. The department will provide the funds necessary for equipment, uniforms, tournament entry fees, etc. for all teams within the athletic program.

- C. Athletic teams, parents, and/or coaches may not hold fundraising activities or solicit for money or any item pertaining to athletics. If a parent or someone else approaches a coach wishing to make a donation, the coach should discuss the matter with the athletic director before accepting anything.

### AWARDS POLICY

- A. Illiana Christian's Athletic Department will award ONE varsity and ONE JV letter to an athlete over the course of his/her four-year eligibility at Illiana Christian to those athletes who want a letter.
- B. Athletes "letter" if they are a rostered and eligible athlete for at least 50% of the regular season on that particular team. Removal from a team for misconduct will disqualify that athlete from lettering in that sport.
- C. Athletic Letter protocol

Freshman team:	No letter provided
J/V 1 <sup>st</sup> year:	J/V letter
J/V 2 <sup>nd</sup> year:	Chevron
J/V 3 <sup>rd</sup> year:	Chevron
Varsity 1 <sup>st</sup> year:	Varsity letter
Varsity 2 <sup>nd</sup> year:	Chevron
Varsity 3 <sup>rd</sup> year:	Chevron
Varsity 4 <sup>th</sup> year:	Chevron and 4 year plaque at awards assembly

12 Team Patch: Given to all athletes who participated for 4 years on 12 teams

Post Season Patch: Individual or Team Podium 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> Place

### ATHLETIC DEPARTMENT AWARDS

#### A. SCHOLAR-ATHLETE OF THE YEAR AWARD CRITERIA

Each year the athletic department chooses senior athletes who have excelled athletically and academically using the following criteria:

1. One male and one female recipient
2. Must be academically ranked in the top 25% of the class and carry a minimum of a "B" average.
3. Must have lettered in at least one sport in each of their four years at Illiana (see page 11)
4. Those nominations are then considered by the athletic directors and on-staff coaches.

#### B. SENIOR ATHLETE OF THE YEAR AWARD CRITERIA

Each year the athletic department chooses senior athletes, one male one female, who have had the greatest impact on Illiana Athletics over their tenure. The criteria for this award is as follows:

1. Nominations are received by the A.D. from all varsity coaches.
2. Those nominations are then considered by the athletic directors and on-staff coaches.
3. Selection will be made by a majority vote. Announcement of these awards will be made public at the end of the year awards assembly.

#### C. CHRISTIAN SPORTSMANSHIP AWARD

Each year the athletic department chooses senior athletes who have be a leader and modeled Christian behavior in every area of their life and fits the following criteria:

1. Nominations are received by the A.D. from all varsity coaches.
2. Those nominations are then considered by the athletic directors and on-staff coaches.
3. Selection will be made by a majority vote. Announcement of these awards will be made public at the end of the year awards assembly.
4. This award is given to a senior athlete is exemplifies Christian Character in all aspects of their life including athletics.