

# RICH EAST ATHLETICS

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# MISSION STATEMENT, PRINCIPLES, & GOALS

## INTERSCHLOASTIC ATHLETICS AND LEARNING

## EXCELLENCE WITH INTEGRITY

### MISSION

The Rich East Athletic Family is driven to enhance our student-athletes confidence, self-esteem, and feeling of contribution within each member. The program is committed to helping every member of the program feel important and unified in purpose.

### PRINCIPLES

Our program philosophy is based upon principles of cooperation, hard-work, and dedication to participant development.

### DEPARTMENT GOALS

- Increase awareness of the benefits of athletic participation
- Increase involvement of athletic participation.
- Increase percentage of multi-sport athletes.
- Increase percentage of graduating athletes continuing their careers into college



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REHS  
ATHLETICS  
COACHING  
EXPECTATIONS

4 PILLARS OF  
COACHING

#1 COMMUNICATION

#2 COOPERATION

#3 LEADERSHIP

#4 DISCIPLINE



# REHS ATHLETICS COACHING EXPECTATIONS

## ACCOUNTABILITY

1. Use sound and acceptable teaching practices.
2. Run a well-organized practice.
3. Adhere to a highly efficient and sound program of injury prevention.
4. Develop a system for equipment accountability.
5. Keep assistant coaches, student managers, and statisticians well informed as to what is expected of them.
6. Promote and teach only clean, aggressive fair play, while stressing good sportsmanship.
7. The coach must be a leader and set the example at all times.
8. The coach should be fair and unprejudiced with players, considering their individual differences, needs, interests, temperaments, and environments.
9. The coach's primary responsibility is to the individual student, their safety and welfare should always be uppermost in the coaches.
10. The coach's actions and statements should always reflect confidence and respect for Rich East.
11. Private, firm, fair, and constant discipline must be maintained.
12. Make sure to keep practice areas, locker rooms, and storage facilities clean and locked when not in use.
13. A coach must wait until all athletes have been picked up before they leave the school.



**REHS  
ATHLETICS  
COACHING  
EXPECTATIONS**

**THROUGHOUT THE  
SCHOOL YEAR**

**PRE-SEASON**

Paperwork  
Open Gyms/Weight Training  
Tracking Academic Progress  
Team Meetings/Team Building

**IN-SEASON**

Parent Meeting  
Supervision  
Communication with Office and Media  
Eligibility  
Fundraising  
Practice-Tryouts  
Paperwork/IHSA Requirements  
Filming  
Scouting  
Community Events/Senior Events  
Awards Night



**REHS  
ATHLETICS  
COACHING  
EXPECTATIONS**

**THROUGHOUT THE  
SCHOOL YEAR**

**POST-SEASON**

Academic Progress  
Open Gyms/Weight Training  
College Placement  
Communication with Feeder Schools  
Evaluations

**SUMMER**

Open Gyms/Weight Training  
Camps  
Leagues  
Contact Days  
Professional Development





# REHS ATHLETICS COACHING EXPECTATIONS

## GAME-TIME GUIDELINES

1. Coaches influence not only the conduct of the players under their direction but also that of the student spectators, parents of squad members, and interested citizens who attend athletic contests. Since the coach is influential in setting the tone of conduct, he/she shall be a role model for self-restraint, fair play, and sportsmanlike behavior.
2. In dealing with the officials, the coach's approach must be professional at all times. The coach must exercise self-control and realize that the official sees through impartial and unbiased eyes. Coaches must familiarize themselves with the proper procedure for requesting a conference with an official.
3. Coaches shall never seek out an official during half-time or at the conclusion of a contest.
4. The behavior of the coach must at all times be marked by dignity and self-control. He/she should not, at any time, use provocative language or engage in any unsportsmanlike actions or tactics. He/she must avoid any actions or remarks which tend to incite the displeasure of the spectators or provoke disorderly behavior.
5. The coach will immediately discipline any player who intimidates an official or displays unsportsmanlike behavior.
6. Coaches are encouraged to substitute whenever possible especially when the outcome of the game has more or less been decided.
7. Opposing coaches should shake hands publicly and should ask players to share hand with opponents before and after the game and behave with courtesy at all times.
8. Coaches should discuss the following items with their players:
  - a. Refrain from showing surprise or irritation at a call from an official.
  - b. Refrain from "playing the crowd".
  - c. Refrain from using unsportsmanlike gestures or harassing an opponent.
  - d. Refrain from heckling from the bench.



# REHS ATHLETICS ELIGIBILITY

## IHSA & RICH TOWNSHIP

### IHSA ACADEMIC ELIGIBILITY REQUIREMENTS

The IHSA requires all student-athletes and activity participants to pass 5 classes. This check does not reflect only the school's weekly scholastic performance, but also reflects the student's cumulative performance for the semester through the date of the check.

### RICH TOWNSHIP DISTRICT 227 GPA ELIGIBILITY

The Rich Township District 227 student-athlete eligibility policy requires that each student-athlete achieve a 2.0 GPA (C average) each quarter or the previous semester in order to participate in an athletic or activity program, including Band and Chorus. All incoming freshman are eligible to compete during the fall quarter. In order to participate in all subsequent seasons, a student must achieve a GPA of 2.0 each quarter or for each semester. Returning students must have achieved a 2.0 GPA during the fourth quarter or the second semester of the previous school year in order to participate in fall athletics.



# REHS ATHLETICS REQUIRED FORMS

## SPORTS PHYSICALS ONLINE PERMISSION

### SPORTS PHYSICAL FORM

It is mandatory that all athletes, including Cheerleaders, Poms, Band, Flags and Majorettes, have a yearly physical examination completed on an IHSA Pre-participation Examination form. Freshmen can use their school physical medical entrance exam to participate in athletics during the 2018-2019 school year. The Athletic Department requires student-athletes to submit original physical exam forms complete with the physician's office stamp and NOT copies.

### ONLINE PERMISSION FORMS

Rich East High School requires all students-athletes and activity participants to register online using 8to18. This system allows for registration for a particular sport or activity, as well as provides parents with important legal forms, including the consent for parent pledge, code of conduct, policies, rules, expectations, substance and IHSA concussion and steroid policy.



# REHS ATHLETICS ONLINE REGISTRATION

## HOW TO ACCESS 8TO18 ONLINE REGISTRATION

Enter the following URL directly into the search bar in your  
<http://il.8to18.com/RichEastHS>

OR

Go to the Rich East Home page and select Athletics, Activities, & Clubs, then select Online Registration.



# REHS ATHLETICS ONLINE REGISTRATION

## HOW TO ACCESS 8TO18 ONLINE REGISTRATION

### Rich East High School Registration

Welcome to the Rich East High School online registration.

You will manage your participants upon registration from here, and receive important and relevant notifications from Rich East High School.

**Register as a Parent below. You must be a parent/guardian to create this account and start the process. Please write down your login as you will use this to register each time.**

Log Me In

Create An Account

Email

\* Password

Let's Go!

[Did you forget your password?](#)



# REHS ATHLETICS POLICIES AND PROCEDURES

## CODE OF CONDUCT

### PENALTIES FOR UNACCEPTABLE CONDUCT

#### CODE OF CONDUCT

Rich East expects its student-athletes to adhere to a high standard of conduct both in school and in the community. Student-athletes that violate acceptable norms of conduct will be subject to progressive discipline. Depending on the severity of the infraction, student-athletes may be subject to dismissal from a team with the approval of the Athletic Director.

**NOTE: Each coach may set forth policies and procedures that will be followed in their program regarding: tardiness, unexcused absences, and insubordination.**

**School discipline measures shall be taken for incidents other than tardiness, absences, and insubordination.**

#### PENALTY FOR UNACCEPTABLE CONDUCT

Due to the serious nature of this rule the coach and the Athletic Director shall meet and determine the penalty according to the degree of the infraction. The penalty shall range from a minimum of one game/contest suspension in the season or succeeding season to a maximum of permanent denial of participation.



# REHS ATHLETICS POLICIES AND PROCEDURES

## DEFINITIONS OF TERMS FOR UNACCEPTABLE CONDUCT

- **Theft-** stealing, borrowing without permission, or taking of personal property that belongs to another person, school, team or organization.
- **Vandalism-** willful or malicious breaking, destruction, or defacement of public or private property.
- **Insubordination** - actions that show or express a lack of high regard or reverence for others, including your fellow students, opponents, and especially those who have earned a position of honor, including teachers, coaches, officials, administrators, parents, and adults. This includes the use of unacceptable language (cursing) in addressing others. **Profanity will not be tolerated!**
- **Hazing-** any action that humiliates, degrades, abuses, or endangers another person, regardless of that person's willingness to participate. These actions may include initiation rituals into a team or club.
- **Sexual Harassment/Sexting-** actions, comments, threats, verbalization, coercion, jokes, teasing, or intimidation that are of sexual nature.
- **Mob Action-** the knowing or reckless use of force or violence disturbing any event by 2 or more persons acting together.

### **Unexcused Absences from Practice**

- 1<sup>st</sup> offense: Does not participate in one (1) competitive contest (exception football – one half).
- 2<sup>nd</sup> offense: Does not participate in two (2) competitive contests (exception football – one game).
- 3<sup>rd</sup> offense: Suspended from team pending parent-player conference.
- 4<sup>th</sup> offense: Dismissed from team.

### **Unexcused Absences from Competition**

- 1<sup>st</sup> offense: Suspended from team pending parent-player conference; does not participate in two (2) competitive contests.
- 2<sup>nd</sup> offense: Dismissed from team.

### **Insubordination during Practice or Competition**

- 1<sup>st</sup> offense: Suspended from team pending parent-player conference; does not participate in one (1) competitive contest.
- 2<sup>nd</sup> offense: Dismissed from team.

# REHS ATHLETICS POLICIES AND PROCEDURES

## **Use of Drugs or Alcohol (in or out of school)**

1<sup>st</sup> offense: Required enrollment in District 227 substance abuse program; suspended from team pending parent-player conference; does not participate in two (2) competitive contests.

2<sup>nd</sup> offense: Dismissed from team.

## **Use of Performance-Enhancing or Supplemental Drugs**

A student, who is found using performance-enhancing drug or supplements without prior submission of a doctor's written permission, along with parent or guardian permission to the Athletic Director, shall be restricted from participating in athletics.

1. They shall be subject to disciplinary procedures including but not limited to, suspensions or expulsion in accordance with District 227 administrative regulations.
2. The superintendent or designee shall ensure that Rich East, Central, or South High School, does not accept sponsorships or donations from supplement manufacturers that offer muscle-building supplements to students.

## **In-School Suspension**

Does not practice; does not participate in competitive contest on full In-School Suspension day.

## **Out of School Suspension**

1<sup>st</sup> Offense: Suspended from the team for the length of the suspension; Follow Return to Team Protocol.

2<sup>nd</sup> Offense: Dismissed from team.

**Note:** Students and coaches should be aware that students on OSS are not allowed to be on campus or attend any school functions.

## **Anti-Social Behavior (e.g. hazing, theft, mob action, sexual harassment, sexting)**

Dismissed from the team.

## **Arrest**

May be suspended from Athletics pending due process. If found guilty, student-athlete may be suspended up to one calendar year from date of arrest.



# REHS ATHLETICS POLICIES AND PROCEDURES

## ATTENDANCE RULE

A student-athlete shall not participate in athletics (game or practice) on the day he/she has been absent from school for more than 3 periods without just reason.

Just reason shall be anything beyond the control of the student, with the exception of illness. Doctor/dental appointments and other REHS activities absences are just reason; however, confirmation notes will be required by the coach of that sport.

An athlete who leaves school early due to an illness is considered too ill to participate in athletics. An athlete who arrives at school late because of sickness must arrive before 11:30 am to be granted permission to compete.

Students must comply with the minimum attendance requirements in all classes to remain eligible.



# REHS ATHLETICS POLICIES AND PROCEDURES

## IN-SCHOOL AND OUT-OF- SCHOOL SUSPENSIONS

### In-School Suspension (ISS)

Any athlete that is placed on ISS status is allowed to practice and/or compete. However, the athlete may also be suspended from participating in a contest or practice if the coach of their sport deems it necessary.

If allowed to attend practice, he/she may be assigned to perform extra work or duties during or after the practice.

### Out-of-School Suspension (OSS)

Any athlete on OSS status will not be allowed to participate in practice or games during the suspension. Athletes serving OSS will immediately be suspended from participating in the next contest

**Note:** Students and coaches should be aware that students on OSS are not allowed to be on campus or attend any school functions.



# REHS ATHLETICS POLICIES AND PROCEDURES

## ATHLETIC PARTICIPATION

A student chosen to be a member of a Team is a representative of that sport, Rich East High School and the Rich East community.

It is vital that student-athletes continue their involvement and participation throughout the season.

Dismissal - An athlete dismissed from a team for violation of rules or conduct cannot practice with or join another team until the season of dismissal is complete.

Quitting – An athlete quitting a team for any reason during the season will not be permitted to try-out/workout for another team until the sport he/she quit is complete.

If a student-athlete is dismissed or quits a team twice in 1 year, he/she is not allowed to participate in sports for the remainder of the year.



# REHS ATHLETICS POLICIES AND PROCEDURES

## PARENTAL INVOLVEMENT & ATHLETIC ACHIEVEMENT

The role of parenting is extremely important in athletics. Both parenting and coaching are difficult vocations. By establishing an understanding of each position, we are better equipped to accept the actions of others and provide greater benefit to our children.

1. Communication a parent should expect from a coach:
  - a. Philosophy
  - b. Expectations
  - c. Practice & contest locations and times
  - d. Team requirements
  - e. Procedures to follow should your child become injured
  - f. Program policies and procedures
2. Communication coaches expect from parents:
  - a. Concerns expressed directly to the head coach
  - b. Notification of any scheduling conflicts well in advance
3. Appropriate concerns to discuss with coaches:
  - a. The treatment of your child
  - b. Ways to help your child improve athletically and academically
  - c. Concern's about your child's behavior
4. Issues not appropriate to discuss with coaches:
  - a. Playing time
  - b. Team strategy
  - c. Play calling
  - d. Other student-athletes



# REHS ATHLETICS POLICIES AND PROCEDURES

## PARENTAL INVOLVEMENT & ATHLETIC ACHIEVEMENT

5. Procedures to follow if a parent needs to discuss a concern with the Head Coach (24 HOUR RULE):
  - a. Call to set up an appointment with the Head Coach
  - b. Please do not attempt to confront a coach before, during, or after a practice or a contest.
  - c. The phone call should be to set the appointment time.
  - d. The meeting in person should help create resolution.
6. Positive team support with positive behavior:
  - a. Rewards the team
  - b. Cheer for your team with positive remarks and actions
  - c. Good sportsmanship is contagious
7. Negative behavior while attending events will not be tolerated
  - a. Verbal warning
  - b. Dismissal
  - c. 3rd offense – removed from all events

