

RICH TOWNSHIP

ATHLETICS & ACTIVITIES

HANDBOOK

2024-2025



Introduction

Rich Township High School District 227 has an outstanding history and tradition in interscholastic athletics and competitive activities throughout the state of Illinois. Our students are provided with excellent facilities, equipment, coaches, and opportunities. We are excited that you have chosen to take advantage of those opportunities.

This handbook will provide you with important information about the athletic and activity programs in our district. When you become a member of a team in Rich Township High School District 227, there are numerous expectations you will need to meet. Many of them are explained in this handbook, so please read it carefully. This handbook also will answer questions you may have regarding athletic/activities policies and procedures within High School District 227.

We welcome your participation in High School District 227 athletics and activities and extend to you our assistance and best wishes for a successful experience.

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Mission, Vision, & Goals

Mission

The Rich Township Athletic & Activity Family aims to inspire student-athletes and activity participants to reach their full potential both in their chosen activities and in their broader academic and personal lives.

Vision

The Rich Township Athletic & Activity Family is dedicated to fostering an environment that promotes physical health, team spirit, personal growth, and community engagement.

Department Goals

- Goal #1: Enhance student participation rates in athletics and activities to encourage a holistic educational experience.
- Goal #2: Promote a culture of excellence, health, and sportsmanship in our athletics and activities.
- Goal #3: Strengthen community engagement with our athletics and activities through improved communication and events.
- Goal #4: Foster an inclusive environment that values the diversity of our student body and ensures equal opportunities for all students.

Affiliation

District 227 schools are members of and abide by the by-laws of the Illinois High School Association and the Southland Athletic Conference. The Southland Athletic Conference is organized as shown below.

Bloom Township

Crete-Monee

Kankakee

Rich Township

Thornridge

Thornton

Thornwood

Athletics

Each District 227 school offers a comprehensive sports program in accordance with the highest tradition of athletic competition and in proper perspective to the overall educational program of the District.

Shown below is a complete list of sports that are offered each season. District 227 students may participate in no more than one sport per season (subject to review). Fall sports begin in early August and run through the end of October. Winter sports begin the first week in November and continue through February. Except for indoor track. Spring sports start around the beginning of March and continue through May. Indoor track starts approximately February 1st. Tryout dates for all sports are posted on each school's athletic website (il.8to18.com/RichTownship).

<u>Fall</u>	Girls Golf	Girls Wrestling
Football	<u>Winter</u>	<u>Spring</u>
Boys Cross Country	Boys Basketball	Baseball
Girls Cross Country	Girls Basketball	Girls Soccer
Boys Golf	Boys Wrestling	Softball
Boys Soccer	Boys Bowling	Boys Tennis
Girls Flag Football	Girls Bowling	Boys Volleyball
Girls Volleyball	Competitive Cheer	Boys Track
Girls Tennis	Competitive Dance	Girls Track

Competitive Activities

Band & Majorettes*	Mathletes
Business Professionals of America	Manufacturing, Engineering, & Robotics (MER)
Chess*	Mock Trial
Choir*	Scholastic Bowl*
Debate	Special Olympics
Distributive Education Clubs of America (DECA)	Speech Team*
Esports*	

**IHSA Sanctioned Activities*

Non-competitive Clubs

African-American Culture Club	Honor Societies (French, National, Spanish)
Anime Club	Key Club
Art Club	Genders & Sexualities Alliances (GSA)
Broadcasting Club	Mentoring (Male/Female)
Choir	Newspaper
Class Officers	Peer Mediation
Creative Writing Club	Pep Club
Drama/Musical Theater	Science Club
Fall Cheerleading	Snowball I/II
Fall Poms	Student Council
Future Leaders of the World	Technical Theater
Board Gamers	Yearbook

Requirements for IHSA Participation

In order to be able to participate in practices or contests, each athlete must have satisfied the following:

1. A valid physical must be on file with the school nurse. Physicals are valid for 13 months.
2. A signed parent permission form must be on file with the Athletic Office through 8to18.
3. Each athlete and at least one parent must attend a “Meet the Team Meeting” during or prior to their season of participation. These meetings are scheduled individually by each head coach for their respective programs or by the Athletic/Activity Department.
4. Each athlete must meet both IHSA eligibility requirements and District 227 eligibility requirements in order to participate.

Online Registration

Online registration is used for all athletics, competitive & non-competitive activities. The following are instructions on how to complete online registration.

Enter the following URL directly into the search bar in your

<https://il.8to18.com/RichTownship>

- Click on “Begin Registration”
 - “Select Activity”
- Choose the sport your child will be trying for/participating in.
 - “Select Participant”
- Add a New Participant (or choose your child once created)
 - **All information on this page is for the student, i.e. cell phone, email**
 - “Roster Details”
 - You may be asked for t shirt size/shoe size
 - Height and Weight will be used for rosters in some sports
 - “Primary Parent/Guardian Information”
 - Fill out the Parent information on the next page.
- Physical Form
 - If you need a form to take to the doctor you may print it here.
 - **Remember your athlete must have a current physical in order to begin tryouts/practice.**
- Legal Form
 - At this time by clicking on the boxes, you are agreeing and consenting to all information provided.
 - You may click on the form to read or print. Please note that when there is a parent/guardian and student check box- they must both be checked to move forward.
 - **Please DO NOT turn in any forms filled out.**
- Summary
 - At this time you can see what you have registered for.
- Click on “Finish” to complete your registrations

NOTE: Parents/Guardians MUST register their student through 8to18. All registrations that have not been completed by a parent/guardian will be deleted from the system and that student will not be able to participate until the registration is resubmitted by the parent/guardian.

Eligibility Guidelines and Procedures for Athletics and Competitive Activities

Students involved in athletics and competitive activities are subject to Illinois High School Association eligibility rules along with the Rich Township 2.0 GPA eligibility rules.

IHSA Eligibility Guidelines

- Eligibility is checked weekly
- Students with near failing or failing grades are listed by course
- Students passing fewer than 25 credit hours (may include physical education) are listed as ineligible for the following week.
- Student are ineligible to compete until they are passing 25 credit hours (including PE)
- All students must pass a minimum of 25 credit hours at semester to be eligible to compete during the next semester.
- “Near failing” students may participate in the sport or competitive activity as long as they are passing the requisite number of credit hours.

**25 credit hours = 5 classes*

Rich Township Guidelines

Participation in co-curricular activities is dependent upon course selection and successful progress in those courses. In order to be eligible to participate in any school-sponsored or school-supported athletic or extracurricular activity, a student must have earned a 2.0 grade point average.

Incoming freshmen will be eligible to participate in athletics and/or activities the first quarter during their Freshman year if they meet the Illinois High School Association guidelines. Transfer students must meet the 2.0 eligibility requirements.

Students achieving less than 2.0 would have the possibility of becoming eligible at the quarter midterm if they meet both of the following conditions:

1. Attend 3 tutorial sessions for one hour each week; and
2. Achieve a 2.0 average on their midterm grade report.

NCAA Guidelines for Initial Eligibility

Students interested in participating in college athletics at the NCAA Division I or II level, must meet the NCAA freshman eligibility standards. Initial eligibility is determined by the NCAA from three factors: core completion, test scores, and grade-point average. Detailed information regarding freshmen eligibility criteria is available on the NCAA Eligibility Center website.

The primary responsibility of a high school in relationship to a freshman athlete's certification is to ensure that the school's list of approved core courses is accurate and up to date. Only courses in the areas on English, mathematics, science, social studies and world language can be considered for core course approval.

Student athletes interested in pursuing athletic opportunities in college should discuss their interest with parents, Coaches, and counselors. Prospective student-athletes must register with the NCAA Eligibility Center and meet academic eligibility standards as determined by the NCAA. Registration with the NCAA Eligibility Center must be completed by the student and parent; the school may not complete the registration process on behalf of the student. Complete details are available at www.ncaa.org or www.eligibilitycenter.org.

HIGH SCHOOL TIMELINE

GRADE 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org/courselist.

GRADE 10

Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

GRADE 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code **9999**.
- At the end of the year, ask your counselor to upload your official transcript.

GRADE 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code **9999**.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

Code of Conduct

Rich Township expects its student-athletes to adhere to a high standard of conduct both in school and in the community, 365 days a year. Student-athletes that violate acceptable norms of conduct will be subject to progressive discipline. Violations by student-athletes may be subject to dismissal from a team with the approval of the Assistant Principal of Athletics/Activities.

NOTE: Each coach may set forth additional policies and procedures that will be followed in their program regarding: tardiness, unexcused absences, and insubordination, with approval from the Assistant Principal of Athletics/Activities.

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

Due to the serious nature of this rule, 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. The player must also follow the district return to team protocol.

Definitions:

- **Possession** - any possession, use, sale, distribution, or attempt to obtain possession of tobacco or nicotine products, e-cigarettes, vaporizers, or any comparable product and/or prohibited substances, including, but not limited to: marijuana, controlled substances, steroids or other performance enhancing drugs, look-alike drugs, or beverages containing alcohol.
- **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 leadership, 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/Bullying**- 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.
- **Inappropriate Social Media Usage** - posts deemed unsportsmanlike, derogatory, demeaning, or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender).
- **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.

Athletic & Competitive Activity Policies & Procedures for District 227

One purpose of the athletic and competitive activity program is to provide students wholesome competition on an interscholastic level. A necessary corollary to this purpose is the development in students of a sense of dedication and the establishment of high standards of conduct and attitude. Because participants represent their school, they are expected to represent high morality and conduct. Because student conduct is expected to be exemplary year round, these policies and procedures will be enforced throughout the entire calendar year. In order to participate in the athletic and competitive activity program, the student and his/her parents shall be required to attend a mandatory pre-season meeting at which parents/guardians and the student will be informed about training and participation rules and the function of the Athletic/Activity Department. Failure to attend can restrict participation.

Investigation of Alleged Violation of the Code of Conduct: When a violation of the Code of Conduct is reported to the Assistant Principal of Athletics & Activities, the Assistant Principal will commence an investigation. As part of the investigation, and as appropriate to the circumstances, the administrator may meet with the student, other student(s), staff member(s), other individuals with knowledge about the alleged violation, and/or the extracurricular activity coach(es)/sponsor(s), and will review any and all pertinent documentation or other evidence.

After completing his/her investigation, the administrator will meet with the student and his/her parent(s)/guardian(s) to discuss the findings of the investigation and the consequence(s), if any. The Assistant Principal's written decision will be sent to the student's parent(s)/guardian(s) via email.

During the Assistant Principal's investigation into an alleged violation of the Code of Conduct, the student is suspended from all participation in the extra-curricular activity(ies), including all contests, practices/meetings, and any team/activity events. In addition, the student may not try out for another extracurricular activity during the investigation.

Voluntary Admission: A student may voluntarily admit that he/she violated the Code of Conduct and forgo the Assistant Principal's investigation. Voluntary admission is available only to students who:

- Are not currently under investigation for the violation of the Code of Conduct at the time he/she makes the voluntary admission;
- Has no prior violations of the Code of Conduct;
- Agree to participate in a formal substance abuse assessment program at a school-approved agency.

The Assistant Principal of Athletics & Activities will schedule a meeting with the student and his/her parent(s)/guardian(s) to discuss the student's voluntary admission and compliance with the above terms.

If a student fails to fulfill the above terms, the voluntary admission will count as a First Offense and the student will be required to serve that consequence.

Voluntary admission is available to a student only one time during the student's high school career.

- **Appeal of Consequence for Violation of the Code of Conduct:** Because participation in extracurricular activities is a privilege and not a right, such participation is not protected by the same due process procedures applicable to regular educational programs. A student may appeal a Code of Conduct consequence to the Building Principal or designee. The request must be made in writing within five (5) days of the issuance of the consequence. The Building Principal or designee will review the appeal request, investigation information/documentation, and the Assistant Principal's determination. The Building Principal or designee may meet with student(s), staff member(s), and/or individuals with knowledge about the alleged violation. The Building Principal or designee then will issue his/her decision in writing. During the appeal process, the consequence imposed by the Athletics & Activities Director remains in effect. The Building Principal or designee's decision is final.
- **Appeal of Total Suspension from Athletic or Co-Curricular Activity:** A student who is in his/her 9th through 11th grade years, and is currently suspended from participation in any interscholastic athletic activity and/or co-curricular activity for the rest his/her high school career (third offense), may, along with his/her parent(s)/guardian(s), submit a written request to the Building Principal or designee, asking that a review be held to consider reinstatement of eligibility. This request may not be made prior to one (1) calendar year from the date of the suspension for the third offense. The burden of proof to show that the student has made appropriate changes in his/her behavior (including completion of a school-approved treatment program) is the responsibility of the student and her/his parent(s)/guardian(s). The Building Principal or designee's decision is final.

Below are consequences which may apply to students for misconduct:

Tobacco & Comparable Product Offenses

Interscholastic Athletics

- **First Offense:** The student will be suspended for 40% of the scheduled interscholastic athletic activity contests within a season (exact number to be determined by the Assistant Principal of Athletics & Activities) beginning with the current season (if the student is "in season") or next season of participation for the student. If the suspension continues past the conclusion of a season, the consequence will be continued into the beginning of the next season of the student's participation.
- **Second Offense:** The student will be suspended from participating in any interscholastic athletic activity for one (1) full season. If the suspension continues past the conclusion of the season, the consequence will be continued into the beginning of the next season of the student's participation.
- **Third Offense:** The student will be suspended from participating in any interscholastic athletic activity for the rest of the student's high school career.

Co-Curricular Activities

- **First Offense:** The student will be suspended from participating in any co-curricular activities for a period of nine (9) weeks of school (exact number of days to be determined by the Assistant Principal of Athletics & Activities).
- **Second Offense:** The student will be suspended from participating in any co-curricular activities for a period of eighteen (18) weeks of school (exact dates to be determined by the Assistant Principal of Athletics & Activities).

- **Third Offense:** The student will be suspended from participating in any co-curricular activity for the remainder of the student's high school career.

Prohibited Substances Offenses

Interscholastic Athletics

- **First Offense:** The student will be suspended for 50% of the scheduled interscholastic athletic activity contests within a season (exact number to be determined by the Assistant Principal of Athletics & Activities) beginning with the current season (if the student is "in season") or next season of participation for the student. If the suspension continues past the conclusion of a season, the consequence will be continued into the beginning of the next season of the student's participation.
- This consequence may be reduced to 25% of the scheduled contests if the student-athlete voluntarily agrees to participate in a formal substance abuse assessment program at a school-approved agency.
- **Second Offense:** The student will be suspended from participating in any interscholastic athletic activity for one (1) calendar year.
- This consequence may be reduced to one (1) season if the student-athlete agrees to voluntarily participate in a formal substance abuse assessment program at a school-approved agency.
- **Third Offense:** The student will be suspended from participating in any interscholastic athletic activity for the rest of the student's high school career.

Co-Curricular Activities

- **First Offense:** The student will be suspended from participating in any co-curricular activities for a period of eighteen (18) weeks of school (exact number of days to be determined by the Athletics & Activities Director).
- This consequence may be reduced to 9 weeks of school if the student voluntarily agrees to participate in a formal substance abuse assessment program at a school-approved agency.
- **Second Offense:** The student will be suspended from participating in any co-curricular activities for a period of one (1) calendar year (exact dates to be determined by the Assistant Principal of Athletics & Activities).
- This consequence may be reduced to one (1) semester if the student agrees to voluntarily participate in a formal substance abuse assessment program at a school-approved agency.
- **Third Offense:** The student will be suspended from participating in any co-curricular activity for the remainder of the student's high school career.

Conduct Offenses: The following consequences are not issued in progressive manner and may be combined.

- Conference with student, coach(es)/sponsor(s), parent(s)/guardian(s), and/or the Assistant Principal of Athletics & Activities.
- Temporary suspension from contests and/or practices/meetings.
- Suspension for one-third (1/3) of season by contests or 6 weeks for activity.
- Suspension for remainder of season or activity in current school year.
- Suspension for remainder of season and up to one-third (1/3) of next season, or remainder of the activity in the current school year and up to 6 weeks of the activity the next school year.
- Suspension for remainder of high school career.
- Restitution for vandalism or destruction of property.

In-School Suspension

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

Out of School Suspension

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

2nd 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.

Arrest

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

Return to Team Protocol

Players who have been suspended due to a violation of the Code of Conduct, which includes, but is not limited to, theft, vandalism, disrespect, hazing, sexual harassment, shall be subject to a protocol before they are allowed to return to play.

A conference is held between the student-athlete, the student's parent/guardian, and the Assistant Principal of Athletics/Activities.

A contract is drafted to ensure that steps are in place to deter the behavior from happening again.

Social Media Guidelines

Student-athletes and those participating in other school activities represent the District. Students are reminded to present a positive image and refrain from actions that may embarrass the student, the team, the student's family or the District.

Students should keep the following recommendations in mind when using social media websites:

- Set your security settings so that only your friends can view your profile.
- Do not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, and identity theft.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.

Consider how the above behaviors can be reflected in all social media applications. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as Rich Township High School.

Students should avoid the following as related to activity participation in the District:

- Posts deemed unsportsmanlike, derogatory, demeaning, or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender).
- Content online that would constitute a violation of IHSA rules.
- Information that is sensitive or personal in nature or is proprietary to the athletics program or Rich Township High School, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

Attendance

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 phases without just reason.

Just reason shall be anything beyond the control of the student, with the exception of illness. Doctor/dental appointments and other RTHS 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.

Equipment/Uniforms

Students are responsible for all items they are issued. A complete record of all items issued will be kept for each athlete.

Lost or damaged items must be paid for at the replacement cost. Athletes will not be issued equipment for subsequent sports and will not receive awards until equipment/uniform records have been cleared. Fees will be assessed to student record and diplomas will be held until fees are paid.

It is expected that athletes will take PRIDE in their equipment and wear it only at authorized contests and practices unless otherwise approved by the coach.

Transportation

All extracurricular students are required to use transportation (bus or van) provided by the school to and from all off-campus contests and practices. Only team members and school personnel will be permitted to ride on approved Rich Township High School District 227 vehicles. Students may not participate in away contests or practices if they drive themselves to an event or if they use alternative transportation without permission from the Assistant Principal of Athletics/Activities.

Participants are expected to ride buses or vans back to the schools. Bus or van drivers are not permitted to stop to allow students to leave buses or vans because they might be closer to home. In extenuating circumstances, parents may need to drive their own children home from contests. Parents must communicate this need to coaches prior to transporting their son/daughter home. Under no circumstances are students allowed to ride with anyone other than parents to or from contests.

All personnel using High School District 227 transportation are expected to observe the following:

1. Enter and exit buses through the front doors.
2. Do not board buses until coaches are there to supervise.
3. No food consumption on buses.
4. No abusive language.
5. Appropriate conduct is expected.

Time Limit to Exit

Student supervision will be provided for 30 minutes following the conclusion of an extracurricular activity contest or practice/meeting. Parents providing rides are required to pick up their students and all students are expected to exit the school building and school grounds within that time period.

Return to Play Protocol

Background: With the start of the 2010-11 school term, the National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.” In applying that rule in Illinois, it has been determined that only certified athletic trainers and physicians licensed to practice medicine in all its branches in Illinois can clear an athlete to return to play the day of a contest in which the athlete has been removed from the contest for a possible head injury.

Policy: In cases when an athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

For the purposes of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

Additional Concussion Resources:

CDC – Heads Up: Concussions in HS Sports - http://www.cdc.gov/concussion/HeadsUp/high_school.html

CDC – Coaches Concussion Fact Sheet –

http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf

CDC – Parent Concussion Fact Sheet –

http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf

Athletic Injuries and Treatment

Training Room

The athletic training room is a healthcare facility. It is open for treatment after school and before practices and contests. Each training room is staffed by athletic trainers who are certified by the National Athletic Trainer's Association. Athletic trainers will administer treatment to athletes that have been injured as a result of their participation in interscholastic athletics.

Athletes should report for treatment and injury check prior to practices and contests. They also should report after practices and contest for follow-up treatment. Athletic trainers will notify the appropriate coaches that athletes have reported.

Athletes are expected to use the facility only when they require treatment, care, or preventive assistance. Proper behavior is expected. Athletes may not remove equipment from the training room without permission from the athletic trainers.

Referrals to Physicians

Athletic trainers may make medical referrals to appropriate physicians if conditions indicate such need. Medical referral forms will be given to athletes when needed for further medical assistance is warranted. These forms allow athletic trainers to communicate information regarding suspected injuries and symptoms to physicians. It also allows physicians to communicate specific diagnosis, restrictions, treatment, and rehabilitation instructions to the athletic trainers. If an athlete sees a physician without a referral from the athletic trainer, a note from the physician is required before the athletic trainers can proceed with treatment or rehabilitation.

Reporting of Injuries

It is the athlete's responsibility to report to the athletic trainers and coaches all injuries associated with athletic participation within 48 hours. When the athletic trainers learn of such injuries, the appropriate coaches will be notified. Similarly, when coaches learn of such injuries, they will notify the athletic trainers.

If injuries are discovered after the athlete returns home, the athletes should go to their own physician and report that visit to the athletic trainer and coaches as soon as possible.

Emergency Procedures

Athletic trainers will notify parents or guardians in case of emergencies. If parents or guardians cannot be reached, the athletic trainers will contact the alternate name on 8to18. The athletic trainers shall follow directions of designated adults with respect to securing additional health care and related transportation services for athletes.

If the designated adults cannot be reached, the athletic trainers will call the paramedics, if necessary. If, in the judgment of the athletic trainers, injuries are limb or life-threatening, the paramedics will be called first, then the parents or guardians will be notified.

Coaches, athletes, parents, and athletic trainers are encouraged to communicate on all phases of injuries.

Parent/Coach Communication

Both parenting and coaching are extremely difficult. By establishing an understanding of the responsibilities shared by both parent and coach, we are better able to accept the actions of the other and provide greater benefit to student-athletes. As parents, when your children become involved in a school program, you have a right to understand expectations that are placed on your child. This begins with clear communication from the coach.

Please be assured that communication and discussion of concerns with your child's coach will not result in any penalty whatsoever related to your child's participation as a student-athlete.

The information provided in this handbook is meant to be a resource for parents and students.

Communication a parent should expect from a coach:

1. Philosophy
2. Expectations
3. Practice & contest locations and times
4. Team requirements
5. Procedures to follow should your child become injured
6. Program policies and procedures

Communication coaches expect from parents:

1. Concerns expressed directly to the head coach or athletes level coach
2. Notification of any scheduling conflicts well in advance

Appropriate concerns to discuss with coaches:

1. The treatment of your child
2. Ways to help your child improve athletically and academically
3. Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

Procedures to follow if a parent needs to discuss a concern with the Head Coach:

1. Call the Athletic Department to set up an appointment with the Head Coach
2. Please do not attempt to confront a coach before, during, or after a practice or a contest.
3. The phone call should be to set the appointment time.
4. The meeting in person should help create resolution.

Positive team support with positive behavior:

1. Rewards the team
2. Cheer for your team with positive remarks and actions
3. Good sportsmanship is contagious

Unsportsmanlike behavior while attending events will not be tolerated (i.e. engaging the officials/coaches)

1. Verbal warning
2. Removal from the event and mandatory meeting with the Assistant Principal prior to attending the next event.
3. Removed from all events for the remainder of the year.

Illegal behavior while attending events will not be tolerated (i.e. mob action, inciting riot, drinking, smoking, illegal drug use)

1. Removed from all events for the remainder of the school year.

Athlete Commitment

I understand that participating in high school athletics and activities is a privilege – not a right and it gives me a special opportunity to develop not only my physical and academic skills, but also character traits that will serve me well in life. I, therefore, commit to strive for the following during the upcoming season:

Sportsmanship – *My behavior represents myself, and my district positively.*

- To compete within the rules of the sport/activity.
- To control anger and frustration and refrain from displaying temper and bad language.
- To congratulate opponents in a positive manner regardless of the outcome.
- To live and play with class. Be gracious in victory or defeat.

Competence – *The knowledge and skills I need to train and effectively compete.*

- To develop the skills necessary to participate competently.
- To demonstrate knowledge of the rules.
- To gain an appreciation for the strategies of the sport/activity.
- To abstain from the use or possession of alcohol and other drugs.

Character – *My beliefs, attitudes and skills support moral behavior and represent the positive values of the Rich Township School District.*

- To be dependable in fulfilling obligations and commitments academically and athletically.
- To accept responsibility for personal choices that may lead to consequences without making excuses or blaming others.
- To persevere, give 100% effort even in the face of setbacks.
- To do what is right even when it is unpopular or personally costly.

Civility – *Practicing behaviors that show respect and concern for others – treating them as I would want to be treated.*

- To be compassionate and sensitive to others and to treat them respectfully regardless of individual differences.
- To refrain from put-downs towards other students, coaches/sponsors, officials and teammates.
- To always show respect for others (coaches, officials, captains, etc.) at practices and events.
- To actively support teammates and others.

Parent and Athlete Pledge Form

Student's Pledge:

I have received, read and understand the procedures and expectations of the Rich Township Athletics and Activities Handbook. I understand that I am signing a contract that states for the length of this contract that I will abide by it and be drug free. I pledge to honor all terms of the Rich Township School Code of Conduct and this contract and voluntarily sign this contract sheet.

Parent/Guardian Pledge:

We have received, read and understand the procedures and expectations of the Rich Township Athletics and Activities Handbook. We agree to help our child meet the terms of this contract. We further understand that the insurance coverage provided by Rich Township High School is a secondary coverage and is not intended to cover the total cost of necessary medical treatment.

Athletic/Activity Injury Warning Statement:

Participation by a student in an athletic and/or activity can involve some degree of risk of physical injury or even death. Such physical injury can occur in any type of sports activity, be it a “contact” or “non-contact” sport. Furthermore, many injuries are truly accidental in nature and involve no negligence by anyone, including a student. By voluntarily participating in a school sponsored athletic and/or activity, a student and his/her parent(s)/guardian assume the risks for injuries that occur.