

**FLORA
CUSD #35**

Athletic Handbook

2022-2023



Flora High School

Floyd Henson Junior High School

Effective: August 1, 2022

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Disclaimer

The Handbook is not all inclusive in that it cannot possibly address all the possible scenarios that may arise and still be a convenient and understandable guide for students and parents. The Board of Education does not intend to limit its ability nor the ability of its administrators or faculty to respond to situations that are not specifically addressed herein.

Flora Unit #35 School District Athletic Handbook

Starting August 8, 2001 rules contained in the Flora Athletic Handbook will be in effect for 12 months a year.

Statement of Philosophy

To establish athletic programs that excel in all areas to provide a variety of activities to enhance the educational program, and to help meet the statements contained in the Flora CUSD #35 policy. This handbook pertains to all CUSD #35 athletic teams. This policy coincides with all other school policies.

Dropping a Sport

If a student should decide to drop a sport, he/she should discuss the circumstances with the coach. Students generally are not reinstated and will not receive an award for participation in the activity. Injury or illness, which results in the student's inability to finish the entire season, is not considered as dropping the sport. A season consists of the regular season and post season play. All equipment must be returned to the coach as soon as possible.

Violations of Team Rules

Coaches shall distribute team policies and codes of conduct expected of their players. Coaches will define punishments for various team violations. In all discipline cases, listed in their team rules or not, coaches will discipline as they see fit. Whenever necessary the administration will be consulted for additional punishment.

Athletic Rules and Regulations

Use or possession of tobacco products is prohibited. Consumption, possession or association with alcohol, or illegal drugs or cannabis or drug paraphernalia is prohibited. Illegal drugs would also include synthetic drugs, inhalants, mind altering substances, intoxicating compounds, illegal use of prescription drugs or any items which are not for human consumption.

Association is defined as remaining at an event or situation after having knowledge that "illegal" consumption and/or possession of alcohol, or illegal drugs or cannabis are present.

Each case will be reviewed by a committee consisting of the Principal/Assistant Principal, Athletic Director, and a member of the FHS or Junior High coaching staff.

Criminal Activity

Students who engage in any criminal activity may be denied participation. Recognizing the varying degrees of the severity of the violations (misdemeanors vs. felonies), consequences for such involvement will result in a reprimand or denial of participation, depending upon the nature of the offense.

Each case will be reviewed by a committee consisting of the Principal/Assistant Principal, Athletic Director, and a member of the Unit #35 coaching staff.

Sequence of Punishment

Offenses, which occur between seasons or off-season, will be acted upon in the next season in which the athlete participates. (The athlete must finish the sport in which the punishment is served .)

Suspensions will be served consecutively beginning with the next contest played. Percentages apply to the sport in which the infraction is served. No portion of the uniform shall be worn during the period of suspension.

First Offense

A. Conference with head coach, athletic director, assistant principal, and/or principal.

B. Tobacco: The athlete will be suspended a minimum of 20% of the regular scheduled games in the activity in which the incident occurs.

C. Alcohol/Drugs: The player will be suspended a minimum of 50% of the regular scheduled games in the season in which the incident occurs. In addition, the athlete is expected to seek and participate in counseling. During the initial counseling session at least one parent/guardian must attend this session with their student athlete. If the athlete does not participate in recommended counseling, the penalty will be increased to 75%.

Second Offense

A. Conference with head coach, athletic director, assistant principal, and/or principal.

B. Tobacco: The player will be suspended a minimum of 50% of the regular scheduled games in the activity in which the incident occurs.

C. Alcohol/Drugs: The player will be suspended a minimum of 365 days. In addition, the athlete is expected to seek and participate in counseling.

Third Offense

The player will be suspended, at the minimum, an additional 365 days. After serving, at least an additional 365 days, reinstatement in athletic programs are subject to conditions established by coach and administration.

Note: All penalties carry over from each sport until the penalty is served. Any penalty carryover will be adjusted proportionately in subsequent seasons. If penalties at the junior high level have not been completely served, the penalty will need to be completed at the high school.

However, a new record of offenses, beginning with the first offense, will begin at the high school level. Penalty will not include academic ineligibility or absenteeism.

Note: These rules and regulations should be considered as minimums for each sport. Head coaches may have additional requirements for the sport or activity. Violations could result in penalties being served during the next school year.

Extracurricular Random Drug Testing

In order to participate in sports at Flora High School, all student-athletes and their parents must sign the Informed Consent and Consent to Testing forms. These forms are in a separate pamphlet which may be picked up in the office or from the athletic director. These forms must be filled out and on file before participation will be allowed in any contests.

IHSA Drug Testing

The IHSA will be testing for performance enhancing drugs in the state series contests. Flora High School will follow all guidelines provided by the Illinois High School Association in reference to the new drug testing policy for state series athletes.

Validation

Self-admission, information from faculty, law enforcement authorities, written or pictorial information, postings on blogs or social networking, etc., or any form of irrefutable evidence shall be considered valid.

Transportation to and from Athletic Contest

All students are expected to use authorized transportation when participating in athletic activities held away from Flora Community School District #35. Any exceptions must be approved by Administration.

Guidelines:

1. All students participating in school events such as athletic contests at out-of-town locations must use school transportation to and from the events. (Some unusual exceptions may occur and should be arranged in advance by parents with the coach and approved by the AD/principal.) In addition, the Junior High Coaches may allow students to ride home with their parents after an athletic event. Written verification is required!
2. **High school athletes have the option of riding home with their parents if the head coach plans to stop and eat on way home from a game on a school night. Arrangements must be made prior to the athletic event in the form of a note or a phone call to the FHS administration. (2014 addition)**
3. Students riding buses may be picked up and dropped off at prearranged locations. The building principal will designate such locations before extracurricular trips are taken. If parents are not waiting for their child at these locations upon return, buses will return students back to school.
4. **FHS Athletes: Any failure to adhere to the policy of riding the bus to and from the event will result in a minimum of a one game suspension. The coach may add additional discipline depending on the severity of the case. The only exception would be prior approval granted by the administration to ride home with a parent.**
5. School phones may be used by pupils to notify parents of their return.

Right to Review

The student and their parent/guardian have the right to meet with the coach, athletic director, and principal on issues that would constitute a suspension of the student from their respective sport.

Academic Eligibility

Interscholastic and intramural athletics are available for both boys and girls. Organizational and regulative information will be released by the coaches and high school office as the respective seasons begin.

Selection of members or participants is at the discretion of the coaches, provided that the selection criteria conform to the District's policies. In order to be eligible to participate in any school sponsored athletic activity, a student cannot be failing more than one (1) course. Any student participant failing to meet academic criteria shall be suspended from the activity for seven (7) calendar days or until the specified academic criteria are met, whichever is longer. Students who are ineligible three (3) times during the duration of the season will be removed as a member of that sport. Coaches may use part of practice time for study sessions while a student is ineligible.

Flora High School students must pass seven (7) classes of high school work per week to be eligible to participate in school sponsored athletic activities. You must have passed and received credit toward graduation for seven (7) credits of high school work for the entire previous semester to be eligible at all during the ensuing semester. Ineligibility will be reported to the parent via the student involved in the activity. Individual coaches and school officials are to inform the student of his/her ineligibility. Flora Junior High students will be provided with academic requirements based on the SIJHSAA. In order to be eligible to participate in any school sponsored athletic activity, a student cannot be failing more than one (1) course. Eligibility is reviewed on a weekly basis. Ineligibility will be reported to the parent via the student involved in the activity. Individual coaches and school officials are to inform the student of his/her ineligibility.

Junior High School Athletics Grade Level Participation

It is the common understanding that the Junior High Athletic Programs that serve various grade levels are created for the opportunity for maximum participation and skill development. When more than one level of participation exists (basketball, volleyball), it is the intent to see all athletes participate at their assigned grade level. The only deviations from this practice will be dictated by a.) lack of participants, or b.) an exceptionally skilled athlete.

a) 7th & 8th Grade Basketball: If a team has less than 12 players total, the coaching staff can call up underclassmen in order to make a full bench and practice squad. For example, if a team has only nine seventh graders total, the coaches can hold tryouts to call up a total of three sixth graders in order to get to a full twelve players. Coaches need to request such tryouts by the second Tuesday of the season, unless extenuating circumstances arise later than this date.

b.) If an individual athlete demonstrates consistent superb performance of his/her assigned grade level and it is apparent that the athlete would benefit from enhanced competitive opportunities, the athletic director

will facilitate a meeting with the parents of the athlete, the Junior High principal, and two designated coaches. If these participants are in agreement that the athlete has opportunity for future success at a higher level, the athlete may be moved up to the next grade level for athletic competition.

It is assumed that this athlete will find success at the upper level and have the opportunity to play an amount of time comparable to his/her previous experiences at the lower level. However, this group of participants should also use this meeting as a time to determine future fate if an athlete does not experience success at the upper level.

Parent/Athlete/Coach Communication Guide

Our Philosophy

Athletic achievement requires sincere commitment from all athletes, parents, coaches and administrators. For all to be successful, effective communication must occur.

The school athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff.

We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

District Expectations

The Flora CUSD #35 Board of Education expects sportsmanship respect, and courtesy from all players, coaches, parents, and spectators. Parents and spectators will refrain from the use of any abusive, profane, or sarcastic comments made toward officials, coaches, our players, or the opposing fans.

A parent or guardian that has a concerns should make an appointment through the athletic director. The coach/assistant coaches are not to be questioned before, during, or following a practice or contest. Team dugouts, benches, and locker rooms are areas for the athletes and coaches only. Parents/guardians and spectators are not permitted in these areas.

Any parent/guardian or spectator that violates these policies may be subjected to discipline from the Board of Education up to a possible exclusion from district grounds, activities, and events for one calendar year.

The Flora Board of Education believes strongly in the merits of a well-rounded, competitive sports program and very much approves of the values, work ethic and many other life lessons that can be obtained by our student athletes from such a program.

Expectations of Parents

- A. It is reasonable to expect your child's coach to inform you of:
1. Schedules and locations of practices and contests

2. His/her coaching philosophy
 3. The expectation he/she has for all athletes on the squad
 4. What is required to be a part of the team, i.e. fees, special equipment, off-season conditioning, lettering requirements, etc.
 5. Known injuries of your child during participation in a practice or contest.
 6. Any disciplinary actions resulting in denial of participation
- B. Typical concerns of parents that are appropriate to discuss with a coach are:
1. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her academic performance).
 2. How you can contribute to your child's skill improvement and development.
 3. Any dramatic changes you detect in your child's behavior.

Expectations of Coach

- A. Discussions with parents that may include:
1. Methods to improve student athletic skills and abilities
 2. How the athlete can contribute to team success
- B. Assistance from parents in regard to the following:
1. Any specific health or emotional concerns of your son/daughter
 2. Notification of any schedule conflicts well in advance.
 3. Your commitment to the program in such forms as providing proper nutrition and rest and transportation
- C. If you have a concern to discuss with a coach, what procedure should you follow?
1. Make an appointment through the athletic director. Please do not approach the coach after a game.
 2. Please do not attempt to question a coach before, during, or following a contest/practice.
 3. These times can be emotional situations for both the parent and the coach and this time for conferencing do not promote objective analysis of the situation.
 4. Please remember that team dugouts, benches and locker rooms are areas for athletes and coaches only.
- D. What should you do if the meeting with the Athletic Director, Coach, and Principal does not result in a resolution to the problem?
1. Call and arrange an appointment with the superintendent.

The Sportsman's Creed

The Player

1. He/She lives clean and plays hard. He/She plays for the love of the game.
2. He/She wins without boasting. He/She loses without excuses, and he/she never quits.
3. He/She respects officials and accepts their decisions without question.
4. He/She never forgets that he/she represents his school.

The Coach

1. He/She inspires in his/her athletes a love for the game and the desire to win.
2. He/She teaches them it is better to lose fairly than to win unfairly.
3. He/She leads players and spectators to respect officials by setting a good example.

The Official

1. He/She knows the rules.
2. He/She is fair and firm in all decisions. He/She calls them as he/she sees them.
3. He/She treats players and coaches with courtesy and demands the same treatment for himself/herself.
4. He/She knows the game is for the athletes, and lets them have the spotlight.

The Spectator

1. He/She never boos a player or official.
2. He/She appreciates a good play, no matter who makes it.
3. He/She knows the school gets the blame or the praise for his conduct.
4. He/She recognizes the need for more sportsmanship and fewer "poor sports".

Next Time You Attend a Game - Remember.....

The Best Time to Applaud or Cheer:

1. When your team comes onto the playing area.
2. For a player who has been replaced in the game.
3. When an injured player seems to need encouragement.
4. When an opponent or a member of your own team has made an exceptionally good play.

The Best Time to Remain Silent:

1. When your team is penalized. The official is closer to the play than you and has expert knowledge of the rules under which the game is played.
2. When the opponents are penalized. They are guests and should be treated with respect and courtesy.

When you are tempted to be critical of an official, player or coach or are tempted to be sarcastic, abusive or profane. The best rules to remember:

1. Two wrongs don't make a right.
2. The less you say, the less for which you have to apologize.
3. Remember anyone that is removed or ejected from a contest may be banned from all extra curricular activities in Flora Unit #35 activities for up to one calendar year.

For safety and supervision reasons, during FHJHS sporting events, any student (including high school) who leaves the building is NOT permitted to come back unless pre-approved before leaving by the administration or accompanied with an adult. Students are to be seated in the gym watching the event and not congregating or playing in the hall.

BEFORE PRACTICE BEGINS

Athletes and coaches have certain responsibilities before the season actually begins.

Athletes must not be permitted to practice until:

1. They show evidence of a physical examination. (Physicals are good for 395 days)
2. They return the form which provides information in case of a medical emergency. "Athletic Department Emergency Information and Parent Consent Form"
3. They return any requested insurance information.

Athletes may not participate in a contest before they return the following forms:

1. They return a signed "Student Athletic Contract."
2. They have met the school's and the state's eligibility requirements.

Coaches should provide the following:

1. Written details of all disciplinary rules of conduct.
2. Verbal explanation of all expectations involving adherence to athletic policies and participation in individual sport.



Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns	<ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment

Signs observed by teammates, parents and coaches include:
<ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness



IHSA Sports Medicine Acknowledgement & Consent Form

Concussion Information Sheet (Cont.)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>



IHSA Performance-Enhancing Substance Testing Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Testing Program. Any student who participates in an IHSA-approved or sanctioned athletic event is subject to PES testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA PES Testing Program

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20PES%20policy%20final.pdf>

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHSA%20Banned%20Drugs.pdf>

insert Consent Language here (w/o signature lines)

IHSA Steroid Testing Policy Consent to Random Testing

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/our student's body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA.

A complete list of the current IHSA Banned Substance Classes can be accessed at <http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHSA%20Banned%20Drugs.pdf>

Flora CUSD # 35



Student Insurance Waiver

The Board of Education of Flora CUSD #35 offers accident insurance to cover students as well as student athletes during the school year. This coverage is not designed to be a primary coverage for a student and is designed to be an excess insurance coverage for athletes. While the District takes every precaution to ensure accidents and injuries do not occur, families and participants should have protection to cover the cost in case of such incidents. However, the District will not provide this same accidental injury coverage for athletes participating in summer programs and football season.

We urge you to read your health insurance policy very carefully and to review it with your insurance agent to be sure that you understand the coverage you have relative to sports accidents. Please be sure that you understand your policy. Please keep in mind that all expenses incurred as a result of athletic injuries are the responsibility of the parents.

By signing this handbook, I agree that I understand and accept full responsibility for medical expenses incurred as a result of my child's athletic participation in football and summer programs/camps at school.

Name of Athlete

Health Insurance Provider

Parent Signature

Date



Acknowledgement and Consent

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions and the IHSA Performance-Enhancing Testing Policy. We also acknowledge that we are providing consent to be tested in accordance with the procedures outlined in the IHSA Performance-Enhancing Testing Policy.

STUDENT

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT or LEGAL GUARDIAN

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____

Consent to Self Administer Asthma Medication

Illinois Public Act 098-0795 provides new directions for schools concerning the self-carry and self-administration of asthma medication by students. In order for students to carry and self-administer asthma medication, parents or guardians must provide schools with the following:

- Written authorization from a student's parents or guardians to allow the student to self-carry and self-administer the medication.
- The prescription label, which must contain the name of the asthma medication, the prescribed dosage, and the time at which or circumstances under which the asthma medication is to be administered.

A full copy of the law can be found at <http://www.ilga.gov/legislation/publicacts/98/PDF/098-0795.pdf>.

STUDENT ATHLETIC CONTRACT



I, _____, while a participant in athletic activities, promise to:

1. Attend all practices and meetings faithfully.
2. Contact a coach personally before the practice or meeting if I must miss it.
3. Faithfully attend all competitions in uniform,
4. Contact a coach or athletic director personally if I am unable to attend a competition.
5. Be a resident of the school district and full-time student.
6. Maintain my eligibility and academic standing.
7. Fully commit to the sport in season.
8. Be well-groomed, especially at competitions.
9. Refrain from using drugs, alcohol, tobacco products and inhalants.
10. Replace any equipment or uniform issued to me, either by payment or the equivalent of the lost article.
11. Submit all the necessary forms issued to me by the coach or athletic director before the first practice.
12. Report any personal injury or teammate's injury to a coach immediately.
13. Follow all reasonable requests made by the athletic director and coaches, especially those involving practice, diet, rest and competitions.

I have read the Flora CUSD #35 Athletic Handbook and agree to abide by the statements contained within. I understand when participating on athletic teams that I am representing my school and community. Participation on any athletic team requires my signature and that of my parent or guardian. Please return this form to your coach.

Athlete's Signature

Parent/Guardian's Signature



ATHLETIC DEPARTMENT
EMERGENCY INFORMATION AND PARENT CONSENT

Name _____ Birth date _____ Age.....

Parent's Name _____ Home Phone

Address _____ City _____ Grade

Day Phone of Parents: Father _____ Mother.....

In an emergency, if the parents cannot be reached, notify:

Name _____ Phone _____

Family Doctor _____ Phone _____

Known Allergies

Permission is hereby granted to the attending physician to proceed with any medical; or minor surgical treatment, and x-ray examination for the above-named student. In the event of an emergency arising out of serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is not able to communicate with me, the treatment necessary for the best interest of the above-named student may be given.

Permission is also granted to the Certified Athletic Trainer to provide the needed emergency treatment prior to the student's admission to the medical facilities.

Parent's Signature _____ Date.....