

**Sandoval Community Unit
School District #501
Athletic/Activity Handbook**



Dear Student/Parent/Guardian,

I would like to take this opportunity to welcome you to Sandoval Junior-Senior High School. Extracurricular activities are an important part of the total school program. Thus, the district goal is to provide each enrolled student with an opportunity to participate in extracurricular activities that will contribute to leadership abilities, social well-being, self-realization, good citizenship, general growth, and/or the principles of good sportsmanship. Also, extracurricular activities can teach participants the spirit of competition as well as the value of cooperation.

Please take time to thoroughly read and discuss this document and refer any questions to coaches, sponsors, the athletic director, or the principal. In addition to this handbook, there are forms included that need to be signed and returned after reading this athletic/activity handbook. The required forms must be signed and returned to the coach, sponsor, or athletic director prior to participation in athletics/activities.

Herb Williams
Athletic Director

Interscholastic Activities

The following list of activities is offered to students at Sandoval Elementary and Sandoval Junior-Senior High School.

Baseball – Boys High School	Cross Country - Boys High School
Baseball – Boys Junior High School	Cross Country – Girls High School
Basketball – Boys High School	Golf – Boys High School
Basketball – Boys Junior High School	Golf – Girls High School
Basketball – Girls High School	Scholar Bowl – Coed High School
Basketball – Girls Junior High School	Scholar Bowl – Coed Junior High School
Cheerleading – Coed High School	Softball – Girls High School
Cheerleading – Coed Junior High School	Volleyball – Girls High School
	Volleyball – Girls Junior High School

Participation in extracurricular activities at Sandoval Community Unit School District #501 is a privilege extended by the district to students who wish to participate and agree to comply with the athletic/activity handbook and any other district policies or rules. Those who participate in extracurricular activities have the responsibility to conduct themselves at all times, including after school and on days when school is not in session, and whether on and off school property, as good citizens and exemplars of their school.

The contents of this handbook include the rules and guidelines for all students participating in extracurricular athletics/activities. The rules and guidelines included in this handbook are effective during the entire calendar year throughout the student's years at Sandoval Community Unit School District #501 and are subject to change.

The Sandoval Community Unit School District #501 Board of Education reserves the right to establish policies and procedures that exceed the Illinois High School Association (IHSA) and the Southern Illinois Junior High School Athletic Association (SIJHSAA) policies and by-laws. When the Sandoval Community Unit School District #501 Board of Education establishes policies and procedures that exceed the IHSA and/or SIJHSA policies and by-laws, the Sandoval District policies and procedures shall govern and supersede.

I. Injuries

All athletic injuries must be first reported to the coach. All injuries must be reported by the coach in writing the next school day to the building principal for purposes of insurance and liability.

II. Grooming and Dress

- A. Athletes/participants must wear hair out of their eyes, tied back, or any style provided the hair does not interfere with vision or safety.**
- B. Athletes/participants must be appropriately groomed and neatly dressed.**

III. Verification Forms

- A. The athlete must have proof of insurance on file with the principal or his/her designee indicating that the athlete is properly insured. The parent or guardian will fulfill this requirement by completing the Sandoval Community Unit School District #501 Athletic/Activity Agreement form.**
- B. The athlete must have a current physical examination on file with the principal or his/her designee. A physical examination is valid for one calendar year.**
- C. The athlete/participant must have permission from his/her parent or guardian to participate in extracurricular athletics/activities. The parent or guardian will fulfill this requirement by completing the Sandoval Community Unit School District #501 Athletic/Activity Agreement form.**

- D. The student and parent/guardian must sign the Sandoval Community Unit School District #501 Athletic/Activity Agreement form stating they have received and read the Sandoval Community Unit School District #501 Athletic/Activity Handbook. By doing so, they have agreed to comply with the provisions of the Sandoval Community Unit School District #501 Athletic/Activity Handbook and district policies or face consequences for any infractions that occur.**

IV. Participation and Attendance in a Sport/Activity

Any student who is eligible to participate in a sport/activity will be permitted to do so if he/she so chooses. Students who choose to participate must attend tryouts or practices during the first week (one complete school week) the sport/activity begins. Students who have a medical excuse or have been granted a pre-arranged absence may be exempt from attending the first week. The coach/sponsor, athletic director, and the principal will make the final determination when these situations arise.

For the protection of the health and safety of participants in extracurricular activities and to protect the integrity of the team, team members shall be required to attend and participate in regular scheduled practices, games, and events, as appropriate.

All students must secure permission from the coach or sponsor before missing any scheduled practices. Any unexcused absence from regularly scheduled practices may be cause for partial or total suspension from the squad. Practices called that had not been previously scheduled shall be optional. Practices scheduled on Sundays or holidays (New Year's Day, Memorial Day, July 4, Labor Day, Thanksgiving, and Christmas Day) shall not be held unless under extenuating circumstances and approved by the administration. Saturday practices scheduled seven (7) days in advanced are mandatory (unless it falls on one of the holidays mentioned above). Students should remember that a missed practice is a lost learning opportunity to gain knowledge and/or skills of a sport/activity. The coach or sponsor may examine the validity of such absences and may discipline accordingly. Unexcused absences from regularly scheduled practices will be handled in the following manner:

- 1st offense – One game/event suspension**
- 2nd offense – Two games/events suspension**
- 3rd offense – Student/athlete dismissed from team**

The coach or sponsor of the individual team will handle discipline for athletes/participants who are tardy to practice.

All students must secure permission from the coach before missing any scheduled game or event. Any unexcused absence from any scheduled game or event may be cause for partial or total suspension from the squad. The coach may examine the validity of such absences and may discipline accordingly. Unexcused absences from games or events will be handled in the following manner:

1st offense – One game/event suspension

2nd offense – Student/athlete dismissed from team

A student may participate in both basketball and cheerleading during the same season. However, a basketball game will have priority over cheerleading practices/games.

V. Academic Eligibility

- A. In accordance with the provisions of the Illinois High School Association and the Sandoval Community Unit School District #501 Board of Education Policy, a high school student must be passing twenty (20) credit hours of course work per week. Each course a student is enrolled in is worth five (5) credit hours per week. In addition, any student (elementary/junior high/high school) who is failing more than one of his/her courses will be deemed ineligible.**
- B. The student must have successfully completed twenty (20) credit hours the previous semester to be eligible to compete in interscholastic activities for the current semester. If the student is successfully passing twenty (20) credit hours after the first nine weeks of the ineligible semester he/she may begin practice.**
- C. Academic eligibility will be monitored on a weekly basis during the sport/activity season. If a student is failing more than one class on Wednesday, he/she will be deemed ineligible for competition the following week. Academic ineligibility will run from the following Monday through Sunday of that week.**
- D. If a student is ineligible due to grades at the end of a quarter, that student will be ineligible for a minimum of twelve (12) attendance days for the next quarter.**
- E. Students who become academically ineligible three times during a season will be removed from the team or squad of the respective sport or activity for the rest of the season. There may be special circumstances, such as absences due to medical reasons that may be reviewed by the coach, athletic director, and principal to determine if eligibility may still exist.**

VI. Athletic Equipment

- A. Athletic equipment/clothing will be worn in regular athletic contests or scheduled practices only.**
- B. Students are responsible for all equipment and clothing issued or entrusted to them for their use. The student must pay, at replacement cost, for all damaged or lost equipment/supplies.**
- C. Students must return all school uniforms/equipment no later than one (1) week after the conclusion of the season. If a student quits or is dismissed from a team, it is the student's responsibility to return all uniforms/equipment within one (1) week.**

VII. Attendance in School: Practice and/or Play Eligibility Rule

- A. If a student is absent from school the day of an athletic contest or activity, he/she will not be eligible for that contest or activity, with the following exceptions:**
 - 1. Absence due to a death in the family**
 - 2. Absence due to a school-sponsored field trip**
 - 3. The student is absent for part of the day from school but arrives at school by 12:00 noon and participates in school for the remainder of the day**
 - 4. The student has a doctor or dentist appointment but is in attendance for at least three (3) hours on the day of the contest or activity**
 - 5. Absence has been approved in advanced by an administrator or his/her designee**
- B. Each student is expected to attend every regularly scheduled practice session of the sport or activity in which he/she is participating, unless absent from school. If a student is absent from school, he/she will not be allowed to practice except for reasons stated under Steps 1 thru 5 above.**
- C. If a student is absent from school on an attendance school day prior to an a game/activity that is scheduled on a nonattendance school day, that student must have prior approval from the administration to participate in the game/activity on the nonattendance school day.**

VIII. Training Rules

Coaches, with the approval of the athletic director and the administration, may initiate training and/or conduct rules for athletes under their supervision. A copy of the individual team rules will be given to the participants at the beginning of the season.

IX. Transportation

All athletes/participants must ride school district transportation to and from all school sponsored activities. An exception may be granted if a parent/guardian requests in writing that the student return with the parent/guardian or relative. Oral requests shall not be honored and oral permissions shall not be valid. If a parent/guardian wants his/her child to return from a game/event with a non-relative, the parent/guardian must obtain approval in advance from the principal or his/her designee.

X. Conduct

Any violation of the following rules of conduct will result in the implementation of the consequences listed below. Consequences will be implemented when the student is confirmed to be guilty of a violation.

Alcohol, Drugs, and Tobacco

The possession, use, or sale of alcohol, drugs, or tobacco will result in the following consequences.

1st offense – Two game/event suspension

2nd offense – One calendar year suspension from games/event competition from the date the infraction was confirmed by school officials.

3rd offense – Student is prohibited from participation in all sports/activities for the remainder of his/her junior high school or high school career at Sandoval Community Unit School District #501.

NOTE:

The above penalties for a student participating in junior high sports/activities will only affect his/her participation for the remainder of his/her career in grades 8 and below.

The above penalties for a student participating in high school sports/activities will only affect his/her participation for the remainder of his/her career in high school (grades 9 thru 12).

General Rules

Violation of any of the following rules of conduct will result in partial or total suspension from participation in a particular sport/activity or all sports/activities:

- A. Gross disobedience or misconduct.**
- B. Causing or attempting to cause damage to, or stealing or attempting to steal, school property or another person's property.**
- C. Using any form or type of aggressive behavior that does physical or psychological harm to someone else and/or urging individuals to engage in such conduct. Prohibited aggressive behavior includes, without limitations, the use of violence, force, noise, coercion, threats, intimidation, fear, bullying, or other comparable conduct.**
- D. Any conduct that is detrimental to the performance of the team and the representation of Sandoval Community Unit School District #501.**
- E. Violation of any additional rule or rules adopted by the Sandoval Community Unit School District #501 Board of Education.**

XI. Player Ejection from Contests

- A. Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and any other interscholastic contests in the interim. A participant who is ineligible to participate in a game(s)/event(s) due to suspension for unsportsmanlike conduct may travel with the team to the game(s)/event(s) with approval of the coach or sponsor. However, the ineligible participant may not appear at the game(s)/event(s) in uniform.**
- B. High school only (IHSA rule): Any player who is ejected from a junior varsity contest for unsportsmanlike conduct will not be eligible to participate at any level of competition of the same sport/activity until the next junior varsity contest has been completed. If there is no contest at the same level within a ten (10) day period, the ejected player may fulfill the requirements of this rule by missing three (3) contests at any level in the same sport/activity for which he/she is a rostered player.**

XI. Disciplinary Suspension of Participants

The coach, sponsor, or school administrator may suspend participants in extracurricular activities for violation of the athletic/activities handbook or other appropriate policies and rules of the school district. Suspension is defined as removal of the participant from participation in one or more practices or games but less than dismissal for the balance of a season. The following procedures shall apply to disciplinary suspensions:

- A. Prior to suspension, the participant shall be provided an explanation of the charges against him/her. The participant shall be given the opportunity to respond to the charges to the disciplinary suspending school official, i.e., coach, sponsor, etc.**
- B. After Step A and upon written request, the participant may appeal his/her disciplinary suspension within five (5) days of the first day of the suspension to the school administration. The school administrator will then determine the appropriateness of the suspension.**
- C. After step B and upon written request, the participant may appeal his/her disciplinary suspension within ten (10) days of the first day of the suspension to the superintendent and the school board. At the hearing, the participant shall be provided an explanation of the charges against him/her, may be represented by counsel at his/her expense, and may call witnesses, cross-examine adverse witnesses and may present evidence in his/her defense. After presentation of evidence, the Sandoval School Board of Education shall take such action as it finds appropriate.**

Disciplinary suspensions may be imposed pending suspension proceedings.

XII. Disciplinary Dismissal of a Participant from a Team

The coach, sponsor, or school administrator may dismiss participants in extracurricular activities for violation of the athletic/activities handbook or other appropriate policies and rules of the school district. Dismissal from a team is defined as removal of a participant from participation in a sport or event for the balance of a season. The following procedures shall apply to disciplinary dismissals:

- A. Prior to dismissal, the participant shall be provided an explanation of the charges against him/her. The participant shall be given the opportunity to respond to the charges to the disciplinary suspending school official, i.e., coach, sponsor, etc.**

- B. After Step A and upon written request, the participant may appeal his/her disciplinary dismissal within five (5) days of the first day of the dismissal to the school administration. The school administrator will then determine the appropriateness of the dismissal.**
- C. After step B and upon written request, the participant may appeal his/her disciplinary dismissal within ten (10) days of the first day of the dismissal to the superintendent and the school board. At the hearing, the participant shall be provided an explanation of the charges against him/her, may be represented by counsel at his/her expense, and may call witnesses, cross-examine adverse witnesses and may present evidence in his/her defense. After presentation of evidence, the Sandoval School Board of Education shall take such action as it finds appropriate.**

Disciplinary dismissals may be imposed pending dismissal proceedings.

Players' Code of Ethics

- **I hereby pledge to be positive about my sports experience and accept responsibility for my participation by following this Players' Code of Ethics.**
- **I will encourage good sportsmanship from other players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.**
- **I will attend every practice and game that I can, and will notify the coach in advance of a game or practice if I cannot make it.**
- **I will do my very best to listen and learn from my coaches.**
- **I will treat all coaches, players, officials, and fans with respect regardless of race, sex, creed, or ability and will expect to be treated accordingly.**
- **I deserve to play in an environment that is free of drugs, tobacco, and alcohol and will expect adults to refrain from their use at ALL sports events.**
- **I will encourage my parents to be involved with my team in some capacity because it important to me.**
- **I will do my very best in school.**
- **I will recognize and show appreciation for an outstanding play by either team.**
- **I will emphasize teamwork in sports.**
- **I will accept the responsibility and privilege of representing my school and community.**
- **I will lead by example in sportsmanship: Display modesty in victory and graciousness in defeat.**
- **I will remember that sports are an opportunity to learn and have fun!**
- **I will do what's right in sports!**
- **I know sportsmanship begins and ends with me!**

Adopted by the Sandoval CUSD #501 Board of Education on June 30, 2008