

APPENDIX B - EXTRA-CURRICULAR/ATHLETIC TEAM GUIDELINES

Fox River Grove School District 3 recognizes its athletes as students, members of our school community, representatives of our school, and finally as athletes. With this in mind, the District Athletics Program has established the following objectives:

- To instill good sportsmanship
- To develop a competitive skill level and knowledge of each sport in each participant
- To provide the best instruction in skill and attitude as possible
- To provide an excellent opportunity for maximum participation in athletic or other activities.

Due to the current fee structure for athletics, all athletes that dress for a regular season contest will have similar (equal as possible) playing time. This does not include conference tournaments, although coaches will attempt to maximize playing time.

To achieve these objectives, it is imperative that the following guidelines be adhered to by all students, parents, and coaches. **THERE SHALL BE NO EXCEPTIONS TO THESE GUIDELINES.**

1. Prior to trying out for any team, all athletes must have a release of indemnity agreement and a current physical on file in the school office. Physicals are current for one year from the date of the physical. If a student's physical lapses during the course of an activity, the student will be excluded from further participation in that activity. Students may attend, but not participate in a tryout without a physical. This will not count as a tryout if cut considerations need to be made.
2. At the beginning of each sport's season, a parent-athlete meeting will be held at the end of the first practice to explain the athletic guidelines and to distribute practice and games schedules. If a coach has additional team rules, they will be presented in writing at this meeting. Parents are encouraged to attend, but minimally athletes must return athletic guidelines signed by a parent/guardian prior to participating in the next practice.
3. When the number of students trying out exceeds the maximum number, a cut will be necessary. If a cut is necessary, students must make 2 of 3 tryouts and first consideration will be given to those attending all three tryouts.
4. All athletes shall be evaluated in a fair and consistent manner. The evaluation should center around: **SKILL, SPORTSMANSHIP AND EFFORT.** Other considerations would be: conditioning, adaptability, speed/athleticism, and knowledge of games and team concepts.
5. Team (conference) sizes will be as follows:

	<u>Min</u>	<u>Max</u>		<u>Min</u>	<u>Max</u>
Boys 7th Basketball	8	12	Girls 7th Basketball	8	12
Boys 8th Basketball	8	12	Girls 8th Basketball	8	12
Boys 7th Volleyball	8	12	Girls 7th Volleyball	8	12
Boys 8th Volleyball	8	12	Girls 8th Volleyball	8	12
Boys Soccer (6 th -8 th)	15	20	Girls Soccer (6 th -8 th)	15	20
Girls Softball (6 th -8 th)	12	15	Cheerleading (6 th -8 th)	15	NC
Cross-Country (6 th -8 th)	12	NA	Scholastic Bowl	8	NC
Track (6 th -8 th)	30	NC			

All teams can keep 0, 1 or 2 non-playing managers who are not subject to participation fee.
Sixth graders may try-out for the seventh grade teams

Clubs/Activities

	<u>Min</u>	<u>Max</u>		<u>Min</u>	<u>Max</u>	
Play	20	NC	Beta Club	20	NC	
Art Club	20	NC	Chorus	25	NC	
Band	25	NC	Jazz Band	12	NC	

- The following activity fees per participant are necessary to fund each activity. Fees are based upon parent/community volunteers. Fees may be reduced upon receipt of donated funds specific to said activity.
 - \$100: Soccer, Softball, Volleyball, Basketball and Scholastic Bowl
 - \$75: Band, Jazz Band, Cross Country and Gifted
 - \$50: Chorus, Track, Cheerleading and Art Club
 - \$20: Beta Club
 - No Fees due to self funding: Play (admission) 8th Grade Activities (fundraising)

***If funding for minimum team/group sizes are not received by the fee deadline below, the extra-curricular activity will be canceled.**

All activity fees are due **prior** to the first date of the activity or conference game/match if athletic. There is no refund of an activity fee for a student being removed from any extra-curricular activity or who quits the activity.

- An athlete must ride the bus to and from a school sponsored activity unless permission is given by the office. Permission will only be granted to a contest in an emergency situation and if a written request is given to the office and signed by the child's parent. Parents who wish to take their student home from an event must sign their student out with the coach after the event. The coach must see the child with the parent when signing out. Any student riding home with another parent from an event must have a pre-approved note from the parent, with a signature, signed by the office.
- An athlete must attend all practices except for the following reasons: a) illness; b) emergency; c) a doctor's appointment that cannot be rescheduled at any other time; d) family vacations; e) death in the family; or f) conflicts with other scheduled school activities (arrangements must be made with respective activity sponsor).
- The second unexcused absence results in the athlete missing one game. A third unexcused absence results in the athlete missing two consecutive games (for a total of three). The fourth unexcused absence results in removal from the team.
- Athletes/students must be in attendance for a minimum of four full academic periods (not including lunch or study hall) on the day of a game/activity in order to participate in the after school/evening event. Exceptions are made due to a funeral of a family member.

*if a child leaves school early due to illness or injury (regardless of academic periods attended) the student will not be able to participate in the after school/evening event without a doctor's note indicating they are "ok" to participate.

- All athletes must keep their work at a satisfactory level in order to play. Students cannot have 2 "D's" (D+, D or D-) or any failing "F" grades.

12. Each Friday, teachers will let the coach or Athletic Director know if an athlete's school work is unsatisfactory. An ineligible athlete will remain so for that week (Monday through Sunday) regardless of the number of games. The athlete will be notified of ineligibility status and it is his/her responsibility to notify the parents. Any athlete who is ineligible for a total of three weekly periods due to unsatisfactory school work will be dropped from the team. The first week of a marking period (each quarter) and weeks with fewer than 4 days will be counted with the following week regarding eligibility.
13. Athletes are expected to follow school, classroom, and team rules. They are expected to project an image of positive leadership in the school and to show respect to students and teachers alike. If an athlete must serve a detention because of discipline consequences, the coach will be notified by the building principal. If a second detention is issued, the coach will again be notified by the principal, and the athlete will miss the next game that he/she attends. If an athlete receives three detentions within the season, he/she will be dropped from the team.

In-school isolation or suspension will result in an athlete missing any games during the consequence, or at least one game. A second in-school isolation or suspension will result in removal from the team.

14. Use or possession of alcohol, inhalants, tobacco, or controlled substances, or misuse of non-prescription drugs or look-alikes (including steroids), will be considered a violation of the student athletic guidelines. On the first offense any student athlete found using or possessing these items at **ANY TIME OR ANY PLACE** will be prohibited from participation in any school related activity for the next 15 days that school is in session; however, the athlete must attend practices. On the second offense the student will be prohibited from participation in any inter-scholastic sport for the remainder of the school year.
15. Each athlete is issued a uniform, and it is her/his responsibility to return it in good condition at the end of the season to their coach or athletic director if their coach is not a staff member. If it is not returned within two weeks after the season ends, it is the parent's responsibility to pay for the missing uniform.

We have read and agree to abide by all these stated guidelines. Any violation of such stated guidelines may result in disciplinary action or removal from the team.

STUDENT: _____ **DATE:** _____

PARENT: _____ **DATE:** _____