

NORTHLAWN



PANTHERS

Athletic Code of Conduct

From The Athletic Director:

My name is Michael “Mike” Burke, I am the Athletic Director at Northlawn Junior High School. I have several goals and high expectations for the athletic department. While being highly competitive in conference and state play, preparing our athletes for high school competition is also a top priority. I am excited and eager to work with the students, and staff at Northlawn, as well as the parents/guardians of our student-athletes.

Please read through this Code of Conduct thoroughly. If you have any questions, please feel free to email me at mburke@ses44.net. I will endeavor to answer you promptly.

Thank you

Background:

Graduated from:

Mattoon High School 1985

Indiana State University 1989, Bachelor of Science Journalism

Eastern Illinois University 1995, Elementary Teaching Certification



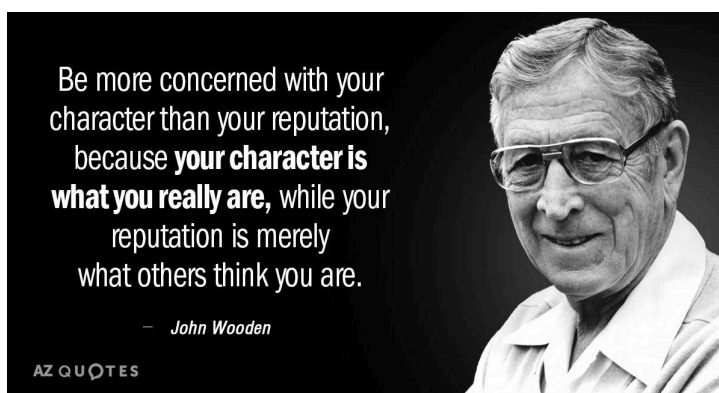
MISSION STATEMENT

Northlawn Junior High School considers interscholastic athletics to be an important and integral part of the educational program for every child. In keeping with the Streator Elementary District's (SES) mission statement, the athletic program provides experiences that will develop skills, self-esteem, and self-confidence in each student so that they can reach their greatest potential and develop lifetime skills that will enhance their life now and in the future.

Involvement in team sports offers students opportunities to achieve through participation in activities that require integration of mind and body, requiring them to strive for mental and physical excellence both in practice and in competition.

The Athletic Department seeks to hire highly qualified coaches, providing them with the unique opportunity to teach positive lifetime skills and values. To ensure that athletes are prepared for the commitment and personal sacrifice needed to be successful in athletics, coaches must help them develop and understand the roles that desire, dedication, and self-discipline play in reaching team and individual goals. These are lifetime values that promote and nurture integrity, pride, loyalty, and overall character.

While striving for victory is the nature of athletic competition, it is only one criterion when determining a season's success. Guiding a team as well as an individual to reach their maximum potential is the ultimate goal. Along with this comes an emphasis on good sportsmanship, including being modest in victory and accepting in defeat.



ATHLETIC PHILOSOPHY

Northlawn Junior High School (NJHS) believes that a dynamic program of student activities is vital to the educational development of the student. Parents/Guardians and students are reminded that participation in the regular curriculum is a right afforded to each student, while participation in the NJHS athletic program is a privilege that carries additional expectations for acceptable conduct. Such participation carries with it the responsibility of student-athletes to represent the school, the community, themselves, and their family in an exemplary manner while performing, competing, participating, or otherwise representing themselves as an SES District student to the community or public in any setting. Conduct by a student-athlete that is contrary to the principles and values of respect, responsibility, fair play, caring, and good citizenship of SES District's athletic program may be determined to be disruptive and/or harmful to the team and school unity will be addressed appropriately. In addition to abiding by the rules of the Athletic Handbook, students must also meet the standards of behavior outlined in the Student Handbook Code of Conduct.

Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are a part of our athletic program. Athletic team participation can aid the individual student to develop a healthy self-concept, including a healthy body as well as promote cohesion and school spirit to the participant, the student body, and the spectators.

Northlawn believes that all athletes should have an equal opportunity to participate in each sport, but we cannot promise an equal opportunity to play. Winning the conference and state championships is a goal of all of our athletic teams. However, the development and growth of every athlete is paramount to our success both on and off the playing field. All players should play, but not all players will earn equal playing time. All games/competitions are important. Coaches are instructed to do their best to get every athlete playing time. However, playing time may or may not be equal.

Our secondary goal is to foster a genuine interest and love for the athlete's chosen sport, enabling them to excel and progress to the next level.



PARTICIPANT CODE OF CONDUCT

1. I will abide by all conduct rules. My conduct, both in and out of school, shall not reflect negatively on my school and create a disruptive influence on the discipline, good order, morals, or educational environment in the school.
2. I will behave in a sportsmanlike manner at all times.
3. I will treat opponents with respect.
4. I will wish the opponent good luck before the game and congratulate them in a sincere manner following either victory or defeat.
5. I will respect the integrity and judgment of the game officials at all times.
6. I will follow the coach/sponsor's instructions, playing techniques, training schedule, and safety rules.
7. I will not use any social media platforms or device, including cell phones(texting, pictures, video), to post or communicate anything of a bullying, harassing, or threatening nature, or any other communication that would cause a substantial disruption or interfere with school activities, whether aimed at coaches, teachers, players, other students, administration, or officials, or anything that otherwise violates the specific rules laid out in this athletic code handbook or student code of conduct.
8. If my conduct warrants, I will be subject to removal from the activity for part or all of the remainder of the season at the discretion of the coach/sponsor, athletic director, and administration (in addition to other applicable consequences).
9. I will respect and properly care for any uniforms and equipment issued to me by the coach/sponsor and school.
10. I will turn in all school-issued uniforms and equipment promptly as directed by the coach/sponsor and athletic director. Failure to do so will result in monetary fines and appropriate school disciplinary actions.



NECESSARY DOCUMENTATION

The following list is of the necessary documentation for any athletes to be eligible for participation. Documentation may be submitted during online registration or at the main office in person.

1. Copy of birth certificate
2. Insurance Waiver Form
3. Physical examination form (must be current within 12 months of the date posted on the form)
4. Concussion Policy Signature Page
5. Signed Athletic Code by student(s) and parents/guardians (once per school calendar year per family)
6. Transportation Waiver
7. Student Grade Sheet

ROSTER ACTIVITY FEE

Sports, Clubs, and Teams will be operated on a pay-to-participate basis. The specific information concerning an activity will be disseminated throughout the school. It is the policy of Northlawn Junior High that there is **NO** refund for the participation fee. Payment of the fee *does not* guarantee playing time in a sport. Each sport will require a player to pay \$50 to participate. If they participate in an additional sport, it is an additional \$50. If they do participate in a third sport/activity, they will then only be required to pay \$20 to participate.

Coaches are expected to turn in their official roster as soon as tryouts have been completed. Based on this roster, students will be responsible for payment to the district for an Activity Fee to participate. This must be paid before competing/participating in the first contest of the season.



ELIGIBILITY

ACADEMICS

Any student trying out for a team will have an eligibility slip filled out by all their teachers the Friday before tryouts. Students receiving a minimum of one (1) F on their eligibility will NOT be able to try out. After first grades are reported, students with one (1) F, will be temporarily suspended from team activities for no more than one week. In that week, the student must raise his/her grade. If after one week the grade does not change, the student will be removed from the team/activity.

Eligibility is checked weekly, with the student being ineligible from Saturday through Friday of the following week when eligibility will be checked. When eligibility crosses from 1st trimester to 2nd trimester or 2nd trimester to 3rd trimester, the grade recognized for eligibility will be the grade issued on the report card.

Students achieving a cumulative grade point average of 2.5 or less will be required to attend the After School program to receive assistance in subjects they are either failing, or close to failing. This is mandatory. Students with a GPA below the standard of 2.5, will also be subject to the same guidelines as if they have received a failing grade. If the program dates fall on scheduled game days, students are still required to attend the Program. Playing time will be determined by the head coach.

When a student is deemed academically ineligible:

1. **FIRST OFFENSE:** The student may practice, but will not play in any games/matches that are scheduled during that week. They may attend home games, but not away games. They will be in dress code, but not in uniform.
2. **SECOND OFFENSE:** The student may not practice or attend any games during that week. They must continue to be in dress code compliance as a member of the team.
3. **THIRD OFFENSE:** The student will be dismissed from the team/activity.



BEHAVIOR

Student behavior and class conduct are also checked weekly as part of the academic eligibility check. Behavior may be recorded as satisfactory, needs improvement, or unsatisfactory. Unsatisfactory behavior is defined as any behavior that is not appropriate, detrimental to the learning environment, and/or violates the established classroom rules of the teacher. Any student removed from a team for unsatisfactory behavior will NOT be allowed to try out for another team/activity during the remainder of the school year. The following instances apply:

1. Any student-athlete who accumulates three (3) or more Out of School Suspensions will not be allowed to try out for any sport at Northlawn. OSS accrued during in season competitions, will result in suspension and/or removal from the team.
2. Any student-athlete accumulating five (5) or more In School Suspensions (full day LAC), will not be allowed to try out for any sport at Northlawn. LACs accrued during in season competition will result in (1) or more game suspensions.
3. Any student-athlete who accumulates a combination of six (6) ISS and OSS will be immediately removed from the team.
4. Violations of the School's Social Media policy will result in immediate removal from the team.
5. The student-athlete will be allowed to attend the games, matches, and meets; however, they will sit on the bench in their street clothes. The Athletic Director will communicate with the student-athletes, parents/guardians, and the respective head coach any students deemed ineligible.
6. Students receiving a Lunch Detention, and/or removed from lunch, will serve the same consequence as if receiving an after-school detention.



SUSPENSIONS

1. A student receiving a full day of in-school suspension discipline WILL NOT be allowed to practice nor play in any home, or away game/match the day of/or during the duration of suspension.
2. A student will be removed from the team upon receiving their second in or out-of-school suspension during the school year. A student receiving a single 10-day suspension will automatically be removed from the team.

DETENTIONS

1. A student having a detention must serve the detention on the day assigned.
2. A student accumulating five (5) detentions during the school year shall be removed from the team.
3. A parent/guardian may not bring a student to an away game until the detention is served.
4. Students serving detentions will be marked as “absent” from practice. This is an “unexcused” absence and is subject to the Northlawn Junior High Athletic Code regarding absences from organized/scheduled practices.

ABSENCES

1. All student-athletes must be in attendance for at least half of the school day when school is in session to participate in a practice, game, match or meet. Extenuating circumstances (i.e. scheduled doctor’s appointment) will not be held against him/her. This is an IESA and IHSA rule that we at Northlawn abide by.
2. Each head coach will be expected to communicate their own rules about absenteeism and consequences during their season. ***These expectations will be turned into the Athletic Director for pre-approval before the season begins.***



RECREATIONAL/CLUB SPORTS

Student-athletes may choose to participate in local recreational or club/private organization sports/activities. For the duration of the Northlawn Panther athletics season, all student-athletes on the active roster are required to fully commit and participate in all practices and scheduled contests.

Approximate Sport Seasons:

Aug-Sep: Baseball, Softball

Dec-March: Volleyball

Mid Sep-Nov: Girls Basketball

March-May: Track

Mid Oct-Feb: Boys Basketball

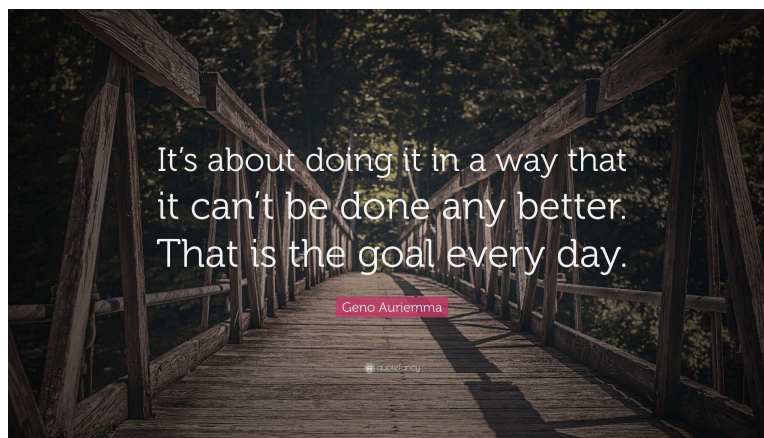
ATHLETIC DRESS CODE

All student athletes are representing Northlawn Junior High School during both home and away events and should present themselves in a clean and neat manner. Student athletes should wear clothing that allows them to present themselves in that manner while following the dress code outlined in the student handbook. As appropriate for their sport, student athletes should dress up in nicer clothes on game days. These clothes may include dress pants and shirts, dresses, and skirts without intentional or unintentional holes. Graphic t-shirts and hoodies should be Northlawn attire. The student is also required to be in athletic dress code even if deemed ineligible.

Students found in violation on game-day will be disciplined according to the rules and guidelines presented to them by their respective coach. If a student's attire is deemed to be an egregious violation of the Northlawn Junior High School dress code, the student will be subjected to disciplinary actions as outlined therein.

TEAM UNIFORM DRESS CODE

Students are expected to comply with athletic team uniform requirements. A student-athlete may modify their athletic or team uniform for modesty in clothing or attire that follows the requirements of their religion or cultural values or modesty preferences. A student or parent/guardian requested modification of a uniform may include, but is not limited to, the wearing of a hijab, an undershirt, or leggings and will be provided by the parent/guardian. If modifications are requested, please contact the Athletic Director.



FUNDAMENTALS OF SPORTSMANSHIP

Gain an understanding and appreciation for the rules of the contest. The necessity to be well-informed is essential. Know the rules.

Exercise representative behavior at all times. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base.

Recognize and appreciate skilled performances regardless of affiliation. Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced.

Exhibit respect for the officials. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game.

Display pride in your actions at every opportunity. Never allow your ego to interfere with good judgment and your responsibility as a school representative.

PARENTS/GUARDIANS' CODE OF ETHICS

As a parent/guardian, I realize that my student's participation in athletics is a privileged opportunity that is intended to be an enjoyable competitive learning experience. If my student participates, I understand that I will be expected to follow certain behavioral guidelines if I am going to attend their athletic contests. These behavioral guidelines are as follows:

As a positive adult example, I will:

1. I will put the emotional and physical well-being of participants ahead of a personal desire to win.
2. I will respect players, coaches, officials, spectators, and families at all times.
3. I will respect the decisions of officials and coaches.
4. I will not engage in any violence or verbal threats or use any profanity.
5. I will not yell advice to my student during a game and will be supportive of all participants.
6. I will model good sportsmanship for all participants.
7. I will not belittle or ridicule anyone involved in a sporting event—in public, private, in-person, or online.
8. I will encourage open communication between my student and the coach.
9. I will help my student set realistic goals, provide guidance to achieve them, and emphasize improved performance.
10. I will do my part to keep sports fun and positive for every participant.

****If you are removed from any athletic contest, home or away, by a game official or member of the administration, you will be required to meet with the Athletic Director. At this time, you will be given a link to the IESA website where you must successfully pass a test before you will be allowed to attend any contest home or away.***

TRANSPORTATION

All student-athletes will be transported to away contests by the SES 44 District athletic bus. If there are extenuating circumstances, the parent/guardian must contact both Athletic Director and Principal. The Athletic Director will communicate this information with the respective coach.

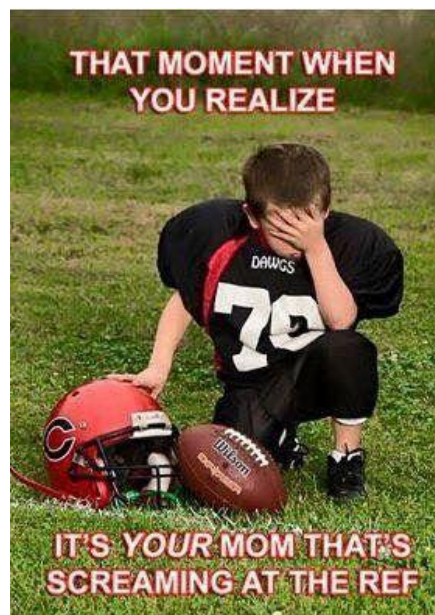
Parents/guardians may opt to transport their student athlete home after completion of the game/match/meet. Any student choosing to ride home from the game with a parent/guardian must have the parent/guardian sign them out with the coach before leaving the competition.

A transportation waiver must be signed by a parent/guardian indicating who is allowed to transport the student. If changes or additions need to be made to the transportation waiver, please contact the school office or Athletic Director before the event.

****A copy of the Transportation Waiver can be found in this packet.***

UNIFORM TURN IN

All school issued uniforms and equipment **MUST BE** turned in **NO LATER** than the first Friday following the conclusion of the season. Exceptions include: Season ends on a Friday, or in the event of State Final qualifications (Track & Field), coaches will communicate with student-athletes and parents/guardians.



COMMUNICATION EXPECTATIONS

The coach will communicate:

1. Expectations for your student to participate in tryouts as well as when your student makes the squad.
2. Copies of practice schedules, games schedules, directions to away games, and eligibility rules
3. Team requirements, i.e., fees, physical forms, insurance waiver forms, birth certificates, coach's information sheet, grade sheet, special equipment, and signed receipt of parent/guardian coach contact information.
4. The procedures that will be followed if your student is injured during participation.
5. Discipline penalties that could result in the denial of your student's participation.

Parent/guardians will:

1. Calmly direct concerns to the coach instead of posting issues on social media.
2. Notify of any non-emergency schedule conflict well in advance and as soon as possible.
3. Discuss specific concern regarding a coach's philosophy, and/or expectations.
4. Attend a conference involving the coach, student, and parent/guardian if the student wants to quit the team.

24 HOUR RULE

Immediately after a competitive competition is not the best time to approach any coach regarding concerns or complaints. Emotions are high. In our best effort to model proper adult conflict resolution, it is recommended to wait 24 hours before approaching a coach about any concerns. If a resolution cannot be reached, a meeting with the Athletic Director, Coach, and parent/guardian is suggested. We all want what's best for the team, program and each student-athlete. Modeling appropriate, positive conflict resolution is one of the best teaching tools we all have.

Consequences for violation of the 24 Hour Rule (pending internal investigation)

1. First Offense = Not allowed to attend next scheduled home game/contest
2. Second Offense = Not allowed to attend next two scheduled contests, home and/or away.
3. 3rd Offense = Full suspension for remainder of that specific sport's season. Plus completion of NFHS Sportsmanship Assessment.

Complaints

Appropriate topics to discuss with the coach:

1. The treatment of your student mentally and physically.
2. Ways to help your student improve.
3. Concerns about your student's behavior.

It is very difficult to accept when your student is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for the team and program. As you have seen from the list above, certain things can and should be discussed with your student's coach. Other things, such as playing time, team strategy, play calling, other student-athletes, and coaching philosophy must be left up to the discretion of the coach.

Some situations may require a conference between the coach and the parent/guardian. These are to be encouraged. Both parties involved must have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be implemented to help promote a resolution to the issue or concern.

If you have a concern to discuss with a coach, this is the procedure you should follow:

1. Call Northlawn Junior High at 815-672-4558 to schedule an appointment.
2. If the coach cannot be reached, please call Mike Burke, Athletic Director
3. Please do not attempt to approach a coach before or after a game. These can be emotional times for both. Meetings of this nature do not promote a positive outcome.
4. Please use the 24 Hour Rule

An individual who fails to follow the above procedure can have consequences up to and including suspension from the next game and/or a ban from Northlawn events.

What can a parent/guardian do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting, the next appropriate step can be determined.



**Don't
under-estimate
yourself.**

**You are more
capable than
you think.**

KEEP WORKING.

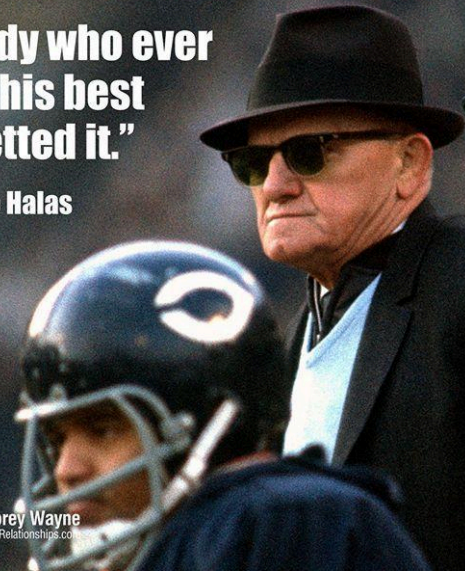
DON'T GIVE UP.

Jennie Finch

**“Nobody who ever
gave his best
regretted it.”**

~ George Halas

 **Coach Corey Wayne**
UnderstandingRelationships.com



Student Athletic Code/Handbook Agreement

I have read the Athletic Code/Handbook for Northlawn Junior High School and understand that participation on a Northlawn team is an honor. I agree to obey the Code and the rules of my coach. I further agree to be responsible for my actions and abide by the decision of the coach, Athletic Director and Principal when a rule has been violated.

Date _____ Student Signature _____

Parent/Guardian Athletic Code/Handbook Agreement

I have read the Athletic Code for Northlawn Junior High School and understand that participation on a Northlawn squad is an honor. I agree to help enforce the rules of the Code and will encourage my student to obey the said Code. I further agree that my student should be responsible for their actions and that I, as a parent/guardian, will abide by the decision of the school officials when a rule has been violated. I hereby consent to allow my student to participate in athletics at Northlawn Junior High School. I further agree to allow my student to receive emergency medical treatment by qualified personnel. I have kept a copy of this agreement.

Date _____ Parent/Guardian Signature _____

This contract must be signed and returned to the student's coach before their first athletic contest. No athlete will be allowed to play in an athletic contest until it has been returned to their coach.

ATHLETIC DIRECTOR COPY

Student Athletic Code/Handbook Agreement

I have read the Athletic Code/Handbook for Northlawn Junior High School and understand that participation on a Northlawn team is an honor. I agree to obey the Code and the rules of my coach. I further agree to be responsible for my actions and abide by the decision of the coach, Athletic Director and Principal when a rule has been violated.

Date

Student Signature

Parent/Guardian Athletic Code/Handbook Agreement

I have read the Athletic Code/Handbook for Northlawn Junior High School and understand that participation on a Northlawn squad is an honor. I agree to help enforce the rules of the Code and will encourage my student to obey the said Code. I further agree that my student should be responsible for their actions and that I, as a parent/guardian, will abide by the decision of the school officials when a rule has been violated. I hereby consent to allow my student to participate in athletics at Northlawn Junior High School. I further agree to allow my student to receive emergency medical treatment by qualified personnel. I have kept a copy of this agreement.

Date

Parent/Guardian Signature

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**Northlawn Junior High School
Athletic Contest Travel Release**

Date: _____

Student's Name: _____

Athletic Team: _____

I certify that I am personally transporting the above-named student or have arranged for transportation with an adult (non-student) of my choosing for this student. I agree to release the Northlawn Junior High School and its employees and officers from all liability with reference to the above-stated transportation issue. This form must be on file in the Athletic Director's Office prior to the start of the athletic season's contests.

Signature of Parent or Guardian

Signature of Athletic Director/Principal

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 student 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 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/comments

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 	<ul style="list-style-type: none"> ● Slurred speech ● Shows behavior or personality changes ● Can’t recall events prior to or after hit ● Seizures or convulsions ● Any changes in typical behavior or personality ● Loses consciousness

What can happen if my student 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 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 student 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. The Return-to- Play Policy of the IESA and IHSA 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 schools are required to follow this policy. You should also inform your student’s coach if you think that your student 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/>

StudentAthlete Name (Printed)

Student-Athlete Signature/Date

Parent/Legal Guardian (Printed)

Parent/Legal Guardian Signature/Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sports.