

Ridgeview CUSD #19



Athletic Guide

District Mission:

Ridgeview CUSD #19 is committed to preparing all students for success.

Welcome & Introduction

As stated on the cover page of the handbook, Ridgeview's mission statement is as follows: "The Ridgeview School Community will encourage students to embrace the future by adapting to challenges, making decisions, and solving problems as respectful and responsible members of an ever-changing society." Not only do we expect excellence from our student-athletes, but from our coaches, parents, guardians, and fans as well. As a member of the Ridgeview community, we have a great responsibility because our participants rely on you for guidance, advice, and skills.

The following guide lists our department's operating procedures and guidelines. By following these procedures, our department will run smoothly and efficiently. The purpose of this guide is not to provide an all-encompassing document for district coaches and parents, but rather to introduce you to some of the policies of the Ridgeview CUSD #19 Athletic Department. This is a "living" document, not a contract, and may be changed at the administration's discretion. If you have any questions, please contact the Athletic Director. We look forward to working with our student athletes and families.

Respectfully,

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Ridgeview CUSD #19 Athletic Dept. Mission

To provide extra-curricular opportunities so that student-athletes may learn lifelong skills such as leadership, self-discipline, and sportsmanship.

Philosophy of the Ridgeview CUSD #19 Athletic Dept.

Extra-curricular activities are designed to enhance the quality education your student-athlete is already receiving. We strive to provide opportunities for young people to learn what they often cannot in the classroom. Our first priority as an athletic department is to develop each individual student-athlete and the overall quality of each program. This is important at all levels but should be the main focus for our junior high athletics and lower level high school teams. With this being said, even though being competitive at every level is important, coaches must never sacrifice improvement for winning. Therefore, as a coach and parent, you need to promote positivity and teamwork. This athletic department is committed to providing an environment in which all athletes can succeed.

Extra-Curricular Code for Ridgeview Junior/Senior High School

Student Participant

A student participant in any student who participates in extracurricular activities while attending Ridgeview Junior/Senior High School. Each participant is subject to the following rules, effective the first day of enrollment. Rules apply year-round, until the student participant completes his or her school career.

Academic Eligibility Requirements

- A. A student in grades 9-12 may fail only **one** academic core subject and maintain his or her eligibility (Example: must pass 4 of 5, 5 of 6, ect.).
- B. A student in grades 6-8 must pass **all** subjects in which an academic grade is given.
- C. The cumulative eligibility-grading period for a student in grades 9-12 is a semester; the period for a student in grades 6-8 is nine weeks.
- D. Any 9-12 participant may fail only **one** semester course of high school work the previous semester to be eligible for the current (next) semester. Any 9-12 participant must pass a minimum of twenty credit hours the previous semester to be IHSA eligible.
- E. If a student is ineligible for any four (4) weeks during the sport/activity, he or she will be removed from the activity roster for that activity and prohibited from continued participation in the activity. The weeks do not have to be consecutive.
- F. Eligibility shall include: Athletics, Cheerleading, Fall Play, FFA, Spring Musical, Spark Fest, Scholastic Bowl, All Clubs, Students Council, Marching Band Competitions, Flag Corps, Winter Guard, and any other school sanctioned Ridgeview activity/sport.

Attendance at School for Participation in Extra-Curricular Activities

- A. If a student is absent for more than one-half ($\frac{1}{2}$) day or leaves school early on the day of a school event, he or she will not participate in that event, except by permission of the Principal, Asst. Principal, or Athletic Director. One-half day is defined as (4) class periods, excluding lunch.
- B. Each student will be allowed 3 unexcused absences throughout a season. These absences include both practice, games, and competitions. On the 4th unexcused absences athlete can be removed from the activity/sport. Unexcused absences are defined as:
 - a. Work obligations
 - b. Travel/Club sports
 - c. No call/No show to practice, games, or competition
 - d. An Unexcused School Day will count as an unexcused absence

*We realize that our junior high students/athletes are still trying to find their niche when it comes to athletics/activities both in and out of the school district. It is encouraged that our parents and

coaches, if needed, work together if there will be an attendance issue during junior high seasons.

***The Head Coach and Administration have the authority to make any exceptions that might be needed.**

Participant Rules

- A. The student participant shall not consume, possess, or distribute tobacco in any form.
- B. The student participant shall not consume, possess, or distribute alcoholic beverages.
- C. The student participant shall not consume, possess, or distribute non-medical drugs.
- D. The student participant shall not be found guilty or have been confirmed through other means such as plea bargain or responsible arrangement in conjunction with a criminal offense as specified in Title III of IL Criminal Code.

*Action for violations of the Participant Rules can only be reported in the following manners:

- a. Self Report/Family Report
- b. Witnessed by a School Employee
- c. Police Report has been filed with local, county, state, or federal authorities

Violations and Consequences

- A. **First Offense:** All students will be offered counseling. Students participating in activities that occur annually will be removed from the next scheduled activity. Students participating in activities that have a season will be suspended for 20% of scheduled consecutive events. If the remaining events for the activity do not permit the full 20% penalty to be imposed for that activity, the penalty will be carried over and applied to the participant's next activity. Out of season violations will apply to the student's next activity. A participant's season suspension **may** be reduced to 10%, if he or she voluntarily completes counseling sessions with administration. In an event a student is in more than one activity at the same time, the administration will work with the student to determine which activity will be affected.
- B. **Second Offense:** Suspension from all interscholastic activities for one calendar year.
- C. **Third Offense:** Suspension from all interscholastic activities for the remainder of the student's school career.

Authority for Decision

- A. The Principal, Asst. Principal, and Athletic Director shall be responsible for decisions relative to a violation by a participant.
- B. The Principal, Asst. Principal, and Athletic Director shall be the final authority in matters of dress, grooming, conduct, attitude, and inappropriate language, as outlined in the Parent-Student Handbook.

Exclusion Rights for Review

- A. A student participant and parent have a right to request a hearing with the Principal, Asst. Principal, and Athletic Director within seven days of exclusion.
- B. If unsatisfied with the first hearing, a student participant may request a hearing with the Superintendent.

- C. If unsatisfied with the second hearing, a student participant and parent have the right to request a hearing with the Board of Education of Ridgeview CUSD #19.

Parents and Participants are urged to keep a copy of these extra-curricular rules. This form will be digitally signed during the registration process for your child on Snap. Students will not be allowed to participate until this form has been viewed and signed by a parent or guardian.

Coaches/Athletics/Parent Handbook for Ridgeview Athletics

Pre-Season:

1. All paperwork must be **FILLED OUT/Turned in on SNAP (formerly 8to18)** or turned into the office before an athlete can participate in practice:
 - A. Physical: Signed by doctor, parent, and athlete
 - B. Proof of insurance: Make sure it is up to date
 - C. Insurance Waiver
 - D. Signed Athletic Code of Conduct
 - E. Medical Release Form/Medical Action Plan
 - F. Concussion informational form
 - G. GAH Sports Medicine release of information sheet (High School Only)
 - H. IHSA Performance-Enhancing Substance Testing Policy (High School Only)
 - I. Programs will follow all legal documents and accommodations for students/athletes.
2. Roster to office: 1 Alphabetically and 1 Numerical in a **Google Doc**(We have to send this out to many schools, so it is easier in a **Google Doc**)
3. You must have a Parent's Meeting before the first contest of the season. Items that must be discussed at the Parent's Meeting:
 - A. Overall explanation and expectation of your program
 - B. Transportation to and from games
 - C. Explanation of eligibility policy
 - D. How playing time is determined
 - E. 24 Hour Rule for parents after a game
 - F. How to utilize our Athletic Trainer
 - G. Handout Practice and Game Schedules.
 - H. All coaches will use Team Reach, Game Changer, or Ridgeview email for communication between players and families.
 - I. **Chain of Command Chain of Communication:**
 1. **Coach and player**
 2. **Coach, player, and parent,**
 3. **Coach, player, parent and AD**
 4. **Coach, player, parent, AD, and JR/SR Principal**
 - J. Proper care and return of equipment
4. Double check all equipment and uniforms. Look over your inventory list.
5. Double check your schedule.

6. Turn in bus request times.
7. Turn in Practice Schedule to the athletic director.

DURING SEASON RESPONSIBILITIES

1. Make sure to report all injuries to our athletic trainer and school nurse for documentation.
 - a. If the trainer is not there, fill out an accident report and submit it to the AD and school Nurse.
2. **Have a sign-out sheet for athletes to sign if they ride home with parents after away contests.**
 - a. **Students are not allowed to ride home with anyone other than their parent/guardian unless authorized by the student's parent/guardian.**
 - b. **If they do not have a paper signed by the administration, they are not allowed to ride home with another high school student that is driving.**
3. No students are allowed in the Training Room unless the Trainer or a coach is in there.
4. Keep an eye on eligibility. Remind your athletes that they are students first. If you have an athlete that becomes ineligible, you need to notify the athlete and parents/guardians.
5. Double check bus schedules weekly.
6. Pass out or post (on Team Reach) practice and game schedules to athletes, parents/guardians.
7. All Coaches must use **Team Reach/Rooms** to communicate with their athletes and parents/guardians.
 - a. When a message is sent to an athlete, a parent should be included.
 - b. If the message is for two or more athletes, parent(s) are not required to be, but it is encouraged to add them or a coach to the message.
 - c. **All Team Reach accounts should be set to "Allow Direct Replies" and for direct messages it should be set to "Leader".**

RESPONSIBILITIES AT THE CONCLUSION OF THE SEASON

1. Turn in a completed inventory list & records within two weeks of the conclusion of your season.
2. Turn in a list of your award winners to the Athletic Director for Awards Night.
3. Put all equipment away neatly.
4. Put together recruiting information for those athletes looking to participate in college.
5. Meet with your Athletic Director for a Season Summary Meeting within two weeks after your season is complete.

RESPONSIBILITIES DURING THE OFF-SEASON

1. **Must help supervise the weight room and encourage your athletes not in a sport to lift weights.**
2. **Keep an eye on your athletes' grades. They cannot participate during the next semester if they fail two classes for the previous semester.**

SUMMER ACTIVITIES

1. If you need help setting something up during the summer, please communicate with the Athletic Director in advance.
2. You are in charge of supervising activities.
3. If you need money from the office, you will need to communicate with the secretaries before the conclusion of the school year or throughout the summer.
4. You must double check all doors when you leave the facilities. If you need doors unlocked for events please notify Mr. Brandon Kessinger or the Athletic Director.
5. Turn in dates to your Athletic Director so dates can be reserved on the District Calendar.
6. Turn in transportation needs well in advance.
7. Communication between high school and middle school coaches is crucial. Make sure everyone knows when dates for camps and any open gyms are. Include all coaches within your programs for camps.

OPEN GYM POLICY

1. All Open Gyms must be approved by the Athletic Director/Administrative Assistant.
2. In-Season athletes may participate in open gyms, but are not allowed to participate in games.
3. Must be open to all students.
4. An announcement must be made ahead of time.
5. Provide Open Gym schedule to the Athletic Director/Administrative Assistant.
6. In-season athletes are not allowed to attend Open Gyms during the postseason.
7. Coaches must check all doors before leaving.
8. If an athlete quits a sport, they are not allowed to participate in Open Gyms until their season is over.
9. Must be supervised by Ridgeview Staff at all times.
10. Participants must be Ridgeview students or staff members.

COACHES HIRING PROCESS

1. Coaching positions will be posted on the district website for both internal and external candidates to apply.
2. For a head coaching position, the Principal and Athletic Director will conduct the interview.
3. For an assistant coaching position, Athletic Director and Head Coach of the program with the opening will conduct the interview.
4. Names will then be submitted to be approved by the Ridgeview Board of Education.
5. Must complete the following requirements:
 - A. Concussion Exam (IESA and IHSA)
 - B. PES Exam (IHSA)
 - C. Watch the Hate Speech & Harassment video (IHSA)
 - D. Be certified in CPR/AED Training (IESA and IHSA)
 - E. Complete the required coaching certification exams (IESA and IHSA)

VOLUNTEER/3rd-6th GRADE COACHES

1. Head Coaches will turn in a list of Volunteers to the Athletic Director.
 2. All Volunteers need to be approved by the Head Coach, Athletic Director, Administration, and the Ridgeview Board of Education.
 3. Must take the required coaching certification exams (IESA and IHSA). This is found on the IESA/IHSA website.
- *3rd-6th grade coaches will complete the IESA coaching requirements*
4. Coaches must complete the following requirements from the IESA/IHSA depending on the level in which they will be coaching.
 - A. Concussion Exam (IESA and IHSA)
 - B. PES Exam (IHSA)
 - C. Watch the Hate Speech & Harassment video (IHSA)
 - D. Be certified in CPR/AED Training (IESA and IHSA)

ACTIVITY ACCOUNT

The Administrative Assistant has the Activity Account forms. All Activity Account purchases must be approved by the Athletic Director or Principal before ordering. Use Activity Accounts wisely.

ACTIVITY ACCOUNTS CAN BE USED FOR:

1. Extra equipment that wasn't able to be purchased through the regular budget.
2. Coaches shirts for coaching staff.
3. Summer Tournament entry fees.
4. Summer Activities.
5. Team Dinners.
6. Instructional materials.
7. Officials during summer.
8. Clinics.
9. Camp items.
10. Or any other items that are not listed above but have been approved by the Athletic Director or Principal.

ACTIVITY ACCOUNTS CAN NOT BE USED FOR:

1. Personal items.
2. Paying JH/HS assistant coaches

Programs are not allowed to have outside financial accounts

REGULAR BUDGET

1. Programs/Activities that have a school budget line must follow the district's Purchase Order policy before purchasing items.

BOOSTER CLUB REQUESTS

1. Booster Club request forms must be filled out and turned into the Athletic Director to be approved. The Athletic Director will then submit requests to the Booster Club. **Coaches should not submit requests directly to the Ridgeview Athletic Boosters.**

CODE OF CONDUCT

Spectators:

Ridgeview Junior-Senior High School has scheduled an active and highly competitive extra-curricular program for both boys and girls. We encourage your attendance at these events and hope to see many of you during the school year. However, we do expect certain standards of conduct at all activities and we will endeavor to maintain proper sportsmanship by all who attend. Listed below are some of our rules and regulations that must be followed by all students and adults attending Ridgeview Junior-Senior High extra-curricular contests.

1. Do not heckle, jeer, or distract any contest participant. This includes players, coaches, officials, cheerleaders, etc.
2. Do not use profane language or gestures.
3. Respect school and community property.

FAILURE TO COMPLY WITH THE ABOVE REQUIREMENTS WILL RESULT IN REMOVAL FROM THE CONTEST.

If removed from a contest the following steps will be taken:

First Offense:

Person(s) removed will be suspended from 20% of the remaining games for the sport/activity they were removed from for that season.. An in person meeting with the Athletic Director and another Administrator will take place, and an online training must be completed with evidence of completion shared with the Athletic Director.

Second Offense:

Person(s) removed will be suspended from 50% of the remaining games for the sport/activity they were removed from for that season. An in person meeting with the Athletic Director and another Administrator will take place, and an online training must be completed with evidence of completion shared with the Athletic Director.

Third Offense:

Person(s) removed will be suspended for the remaining games for the sport/activity

they were removed from for that season.

***Please note that if you are removed from an IESA event they require the person who was removed to take an online training course. This training cost around \$100-\$150 dollars. This fee must be paid by the individual who was removed from the event before they can return.**

The district will adhere to the IHSA and IESA procedures when a student, athlete, coach, parent, or community member is removed from an event.

Athletes:

1. **Respect and Sportsmanship:** Always show respect for your coaches, teammates, opponents, and officials. This means listening attentively, following instructions, and treating everyone with courtesy, whether you win or lose. Good sportsmanship is crucial; avoid taunting, complaining, or engaging in any behavior that discredits yourself or your school.

2. **Commitment and Discipline:** Your team relies on you. This means demonstrating commitment by attending all practices, games, and team meetings on time and prepared. Show discipline by working hard, pushing yourself, and staying focused on improving your skills and contributing to the team's success. Your effort directly impacts the team's performance. Failure to comply with school and class behavior standards may result in consequences for students' participation in extracurricular activities or sports.

3. **Academic Priority:** You're a student first and an athlete second. Academic success is paramount. You're expected to maintain good grades, complete your assignments, and prioritize your studies. If your grades slip, your eligibility to play could be affected, and your coaches will expect you to address academic issues promptly.

4. **Positive Representation:** As a member of a school athletic team, you are a representative of your school and community both on and off the field. Your actions, language, and behavior reflect on everyone. Uphold a positive image by being a role model, demonstrating good character, and avoiding any actions that could bring discredit to yourself, your team, or your school. This includes your conduct on social media.

5. **Communication and Accountability:** Communicate openly and honestly with your coaches

about any issues, concerns, or conflicts that might affect your participation or performance. If you make a mistake, take accountability for it. Being responsible for your actions and learning from them is a sign of maturity and helps build trust within the team.

Coaches:

1. Professionalism and Ethical Conduct: Coaches are highly visible figures within the school and community, and their professionalism and ethical conduct must be impeccable. This involves maintaining appropriate boundaries with students, parents, and colleagues. They should dress appropriately, use respectful and encouraging language, and avoid any behavior that could be perceived as unethical, biased, or discriminatory. This also extends to their conduct on social media, which should always align with the school's values and professional standards.

2. Compliance with School and District Policies: Coaches must be thoroughly familiar with and strictly adhere to all school and district policies, as well as athletic association rules (e.g., state high school athletic associations). This includes policies regarding eligibility, academic standards, travel, equipment use, fundraising, and disciplinary procedures. Ignorance of a policy is not an excuse. Their conduct should consistently model compliance, ensuring fair play and equity for all student-athletes and upholding the integrity of the athletic program and the school. Noncompliance with school and class behavior standards may necessitate consequences related to a student's participation in extracurricular activities or sports. Coaches and activity leaders are responsible for ensuring appropriate conduct during the school day and determining consequences during extracurricular activities when necessary.

3. Effective Communication and Collaboration: Effective communication is crucial for a successful coach. This includes clear and consistent communication with student-athletes about expectations, strategies, and performance feedback. Coaches must also communicate proactively and professionally with parents, addressing concerns respectfully and transparently. Furthermore, strong collaboration with school administration, faculty (especially regarding academic performance), and other school staff is essential to ensure a cohesive and supportive environment for student-athletes.

4. Role Model and Community Ambassador: As a coach, you are a powerful role model for young people and an ambassador for the school in the broader community. Your conduct, both during practices and games, and in your personal life, should reflect the positive values the school aims to instill. This means demonstrating integrity, resilience, composure under pressure, and a deep commitment to sportsmanship. Your behavior contributes significantly to the perception of the school's athletic program and the institution as a whole.

Mandated Reporter:

As a coach, it's crucial to understand your role as a mandated reporter. This means you have a legal and ethical responsibility to report any suspected child abuse or neglect to the appropriate authorities. Your position often gives you unique insight into the well-being of the children you coach, and you may be the first to notice signs of trouble. Familiarize yourself with your organization's policies and local laws regarding reporting procedures. Prioritizing the safety of your athletes by promptly reporting concerns isn't just a legal obligation; it's a vital part of creating a safe and supportive environment for every child.

Understanding Your Mandated Reporter Duty:

If you have a reasonable suspicion that child abuse or neglect is occurring, it is your legal and ethical responsibility to make a report. You do not need to investigate or gather definitive proof; your role is to report your concerns to the appropriate authorities.

In Illinois, the primary point of contact for such concerns is the state's dedicated child welfare agency. In Illinois, this is the Department of Children and Family Services (DCFS).

To fulfill your duty as a mandated reporter, you must promptly contact DCFS by calling their hotline at 1-800-25-ABUSE (1-800-252-2873). This immediate report ensures that trained professionals can assess the situation and intervene if necessary to protect the child. Remember, making a report in good faith protects you legally and prioritizes the safety and well-being of the child.

Requirements to earn a Junior-Senior High Athletic/Extra-Curricular Letter**BOYS'/GIRLS' BASKETBALL**

1. Must be a team member in good standing.
2. Participation in 50% of total games.
3. Athletic Director Recommendation.
4. A senior who has been a loyal member of the varsity team for two years will be awarded a letter.

VOLLEYBALL

1. Must be a team member in good standing.
2. Participation in 50% of total matches.
3. Athletic Director Recommendation.
4. A senior who has been a loyal member of the varsity team for two years will be awarded a letter.

SOFTBALL / BASEBALL

1. Must be a team member in good standing.
2. Participation in 50% of total games.
3. Athletic Director Recommendation.
4. A senior who has been a loyal member of the varsity team for two years will be awarded a letter.

BOYS' / GIRLS' TRACK

1. Must be a team member in good standing.
2. Must accumulate a total of 15 points in competition.
3. Athletic Director Recommendation.
4. A senior who has been a loyal member of the varsity team for two years will be awarded a letter.

FOOTBALL

1. Must be a team member in good standing.
2. Participation in 50% of total games.
3. Athletic Director Recommendation.
4. A senior who has been a loyal member of the varsity team for two years will be awarded a letter.

GOLF

1. Must be a team member in good standing.
2. Must score in at least 50% of all varsity meets or be a team medalist at least twice.
3. Athletic director recommendation.
4. A senior who has been a loyal member of the varsity team for two years will be awarded a letter.

SCHOLASTIC BOWL

1. Must be a team member in good standing.
2. Participation in conference matches and the conference tournament.
3. A senior who has been a loyal member of the varsity scholastic team for two years will be awarded a letter.

CHEERLEADING

1. Must be a team member in good standing.
2. Must participate in all scheduled events. The coach or athletic director will grant excused

absences.

3. Athletic Director Recommendation.
4. A senior who has been a loyal member of the varsity team for two years will be awarded a letter.

JH WRESTLING

1. Must be a team member in good standing.
2. Must participate in 50% of wrestling meets and tournaments.
3. Athletic Director Recommendation.
4. A senior who has been a loyal member of the varsity team.

HS WRESTLING

1. Must be a team member in good standing.
2. Must participate in 50% of wrestling meets and tournaments.
3. Athletic Director Recommendation.
4. A senior who has been a loyal member of the varsity team.

NUMERALS

- Numerals will be awarded to high school participants following completion of their first activity.

PARTICIPATION CERTIFICATES

- Participation certificates will be awarded to grades 9–12 athletes who do not earn a letter.

VARSITY LETTER CERTIFICATE

- Only one chenille letter will be awarded to each student participant. Additional earned letters will result in a varsity letter certificate and a pin insert.

SPECIAL PATCHES

- Special patches will be awarded to participants on teams who win the conference, county tournament, etc.

The Athletic Director and head coach have the final decision for all awards.

*****GIVE A LIST OF WHO RECEIVED WHICH AWARDS TO THE ATHLETIC DIRECTOR AND THEY WILL INPUT THE AWARD WINNERS FOR EACH CLASS.*****

Junior High:

For any Junior High Student who participated in a Junior High Activity they will receive a Participation Certificate at the awards ceremony for the completed activity/sport.

***If a Junior High/High School Athlete at any time QUITS the activity/sport they will not receive an end of the year award.**

Senior Night:

- Student/Athletes must complete the season in order to be honored at Senior Night.
- Student/Athletes that graduate early in their senior year will not be reorganized for any Senior Night celebration/activities.
- The district will provide a flower(s) for parents and a banner for the child. Any additional items will be covered by the Head Coach and the program's activity account.

8th Grade Night:

The school does not organize any 8th grade night activities/celebrations. If Coaches would like to organize their own event that is 100% on the Coach and program to do that. This is not a requirement for our junior high programs to have an 8th grade night.

Sportsmanship

Parents and Guardians Responsibilities

1. Support the decisions of the coach.
2. Expect and support student attendance at practices and games.
3. Use good sportsmanship as a spectator and conduct themselves in a manner that reflects positively on both the team and the school.
4. Respect officials, opponents, peers, and all others associated with an event.
5. Understand that the game is for the students, not the adults.
6. 24 hour rule before a parent shall have a vocal conversation with the Coach after an event.

Fans and Supporters Responsibilities

1. Recognize that a ticket to an athletic contest is a privilege to observe a game.
2. Cheer for your team, not against officials and opponents.
3. Demonstrate good sportsmanship and citizenship.

Student Athletes Responsibilities

1. Demonstrate good sportsmanship and respect for coaches, opponents, fellow athletes and players, parents, and the community.

2. Maintain and practice good health habits by being alcohol and drug-free and participating in off-season training to avoid injury.
3. Follow all rules as set by the coach and the school.
4. Seek high academic standards to be the best students they can be.
5. Be an active participant and promoter of a positive team attitude.
6. Communicate with coaches openly and honestly.

Coaches Responsibilities

1. Create a positive environment through sincere praise, immediate encouragement, and corrective instruction.
2. Develop and communicate clear and specific goals for the team and for individuals.
3. Set the benchmark for sportsmanship by modeling and enforcing a strict code of ethics.
4. Maintain open and honest communication.
5. Provide enjoyable experiences for the student athletes.
6. Support student academic expectations, responsibilities and achievements.

Hazing

The Ridgeview Athletic Department, in an effort to promote a positive atmosphere in all student activities, subscribes to the following anti-hazing statement set forth below. It is the intention of the athletic department that this information be shared with all members of the school community.

The definition of hazing is as follows: Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity, or organization.

Hazing includes but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participation in physically dangerous activities
- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature
- Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment
- Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations

Monitoring Ongoing Compliance with the Anti-Hazing Statement

Administrators, coaches/sponsors, and the athletic director should maintain an on-going plan of monitoring for such activities that would be deemed unacceptable according to this statement. All instances in question will be investigated.

Process for the Reporting of Suspected Instances of Hazing

All incidents of hazing should be reported immediately to school administrators.

Social Media

Social Media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social media technologies such as Twitter, Facebook, Internet forums, weblogs, social blogs, micro blogging, Wikis, podcasts, photographs, video rating, social bookmarking, and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

The Ridgeview Athletic Department recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for the Ridgeview School District is a privilege, not a right. The student-athlete and coach represent his or her school and the Ridgeview School District, and therefore, they are expected to portray themselves, their team, and their school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, and Ridgeview School District rules and regulations (including but not limited to those listed below).

Specifically prohibited behaviors include but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions.
- Derogatory language regarding school personnel or other students, including opponents.
- Comments designed to harass or bully students and/or school personnel, including opponents.
- Nude, sexually-oriented, or indecent photos, images or altered pictures.
- Use of school computers to view off-campus postings.
- Students accessing posts at school on their own devices.
- Distribution of hard copies of posts on school property.
- Re-communication on campus of the content of the posts.

PARENT/GUARDIAN AND STUDENT RULES AND RULES AND REGULATIONS AGREEMENT

As parents/guardians we agree to cooperate with school officials in the enforcement of the attached training rules and regulations. These rules and regulations have been developed and written with

the intent of contributing to the total development of each student. As an interscholastic participant of Ridgeview Unit #19, I will act in a manner that will bring favorable comments from my peers, family, and community.

Parent/Guardian **Signature:** Student **Signature:** for the 25-26 School Year

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. 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. 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/>

Student-athlete **Signature** Date

Parent or Legal Guardian Signature Date

IHSA

ILLINOIS HIGH SCHOOL
ASSOCIATION

Parent and Student Agreement/Acknowledgement Form Performance-Enhancing Substance Testing Policy

Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.

Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.

Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.

Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in IHSA athletic activities, I agree that I will not use performance- enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of performance-enhancing substances in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I understand that testing may occur during selected IHSA state series events or during the school day. I further understand and agree that the results of the performance- enhancing substance testing may be provided to certain individuals in my high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing

will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by IHSA.

Student Name
(Print):

Student
Signature:

PARENT/GUARDIAN CERTIFICATION AND
ACKNOWLEDGEMENT

Grade (9-12)

As a prerequisite to participation by my student in IHSA athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from performance-enhancing substance use and may be asked to submit to testing for the presence of performance-enhancing substances in his/her body. I understand that testing may occur during selected IHSA state series events or during the school day. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my 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. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by IHSA.

Name (Print):

Signature:

Relationship to Student/Athlete: