

MIDWEST CENTRAL UNIT SCHOOL DISTRICT #191

HIGH SCHOOL ACTIVITIES CODE

PHILOSOPHY

The Midwest Central School District #191 Board of Education, administration and faculty believe that a student who participates in extracurricular activities has a very strong influence both in the community and within the student body. Extracurricular activities will be a positive learning experience for students if they can recognize that they may achieve their highest potential by embracing a lifestyle dedicated to integrity, commitment, self-discipline, and competition. Selection to a team or club is both an honor and a privilege, and as such, carries responsibilities that go along with leadership roles. As leaders and as very visible representatives of Midwest Central schools, students involved in extracurricular activities have the obligation to represent themselves in an exemplary manner. Therefore, this written activities code, as detailed below, will be administered fairly but strictly for all students who choose to become involved in Midwest Central extracurricular activities.

APPLICABILITY

1. This Code is in effect twelve months a year. It takes effect when the acknowledgement of the Activities Code is first signed by the student and his or her parent/guardian, and it ends with the student's graduation from Midwest Central High School or the end of the student's final extracurricular activity at Midwest Central CUSD #191, whichever is later.
2. Athletic Code Violations which occur in middle school will not carry over into high school. Students will start high school with clean athletic code records. Middle School students are considered to become high school students immediately following their eighth-grade transition ceremony. Violations in the summer between eighth grade and the start of high school will be considered high school violations.
3. This Code covers all extracurricular activities, including but not limited to, IESA activities, any club or organization sponsored by the schools, and any activity in which participants represent the schools in the community such as musicals/plays, Prom court, Homecoming court, Meet the Raiders, Senior Night, and/or the Promenade.

OBJECTIVES

1. To place academic endeavors above all other activities.
2. To develop in each participant a feeling of pride, a sense of accomplishment and a respect of others' feelings and attitude.
3. To promote improvement in the individual's moral character, and physical and mental development.
4. To develop activities of superior quality by stressing teamwork, emotional self-control and constructive release of energies.

PARTICIPATION FEES - Midwest Central High School

All varsity and fresh-soph sports, including Cheerleading = \$50.00 per sport

Scholastic Bowl = \$30.00 each

Except Baseball = \$50.00 plus cost of hat

Bass Fishing = \$150 first time; \$50 each subsequent year

Policies for Participation Fees:

1. All participation fees should be paid in full by check no later than the first contest for each sport or activity. All checks are to be made out to "Midwest Central District 191" and presented to the Athletic Director, coach, or designated secretary.
2. Any student who is cut from a team as a result of tryouts will be returned the check for his/her participation fee.
3. No money will be refunded to a student who quits a team or activity.
4. No money will be refunded to a student who is dismissed from a team or activity due to disciplinary reasons, non-attendance, or academic ineligibility.
5. Athletes who have a season-ending injury, as verified by a doctor's note, will have their participation fee refunded at the end of the season on a prorated basis, upon request.
6. The maximum participation fee per year for any **one student** participating in School Board-supported activities (excluding bass fishing) at the high school will be \$100. Any sport or activity beyond that is free to the student. The maximum fee per year for any **one family** participating in School Board-supported activities at the high school level will be \$200. If a family has students at **both HS and MS**, the maximum fee per year for one family participating in School Board-supported activities per year will be \$260. PLEASE NOTE: These maximum fee limits do not apply to sports and activities that are funded by groups other than the Midwest Central Board of Education. If you have any questions, please contact the Athletic Director.
7. The participation fee provides the athlete an opportunity to draw equipment, receive coaching instruction, and practice time. ***It does not guarantee any certain amount of game time.*** *Payment of the participation fee does not preclude disciplinary consequences for violation of rules in the Activities Code including suspension or dismissal from participation.*
8. Any student who is eligible for free or reduced lunches or may otherwise be eligible for financial assistance must see the athletic director or his/her designee to request a fee waiver. Fee waivers must be submitted and approved PRIOR to the first day of practice for any sport or activity in order to be exempt from paying this participation fee.

ACADEMIC REQUIREMENTS

Midwest Central High School will be following IHSA Bylaw 3.021 for athletic eligibility.

- A. All student athletes shall be doing passing work in at least twenty-five (25) credit hours of high school work per week.
 1. Weekly grade checks will start on Thursday in the second week of the semester.
 2. Participants will have their grades checked at the end of the school day on Thursday by the athletic director or designee. Anyone not passing at least twenty-five (25) credit hours will be ineligible for extracurricular competition on the following Monday through Sunday.
 3. The grade reported by the teacher on Thursday will be the cumulative grade for the class at that point in the semester.
 4. If a student receives an "incomplete" in any class, it may be made up at any time during the week at the teacher's convenience. When an "incomplete" changes to a passing grade, the teacher will notify the athletic director and the student will regain his/her eligibility.
 5. If a student is ineligible as the result of a weekly check(s), he/she may continue to practice with the group at the sponsor's discretion, but may not dress for the activity nor travel with the team or group.
- B. In addition to the weekly eligibility checks, eligibility will be checked at the end of each semester. If a student is not passing at least twenty-five (25) credit hours at the end of each semester, then the student will be ineligible for all extracurricular activities for the next nine weeks. That student may practice the activity at the discretion of the coach/sponsor but may not dress for the activity. At the discretion of the coach/sponsor, the student must attend all games but may not travel with the team when it leaves early from school nor travel with the team or group. Then, if the student is not passing at least twenty-five (25) credit hours at the end of that nine weeks, the student is then ineligible for all sports and extracurricular activities for the remainder of that semester.

ATHLETIC POLICIES

1. All athletes must have a current physical examination (less than 395 days old) on file in the school office prior to participation in a practice, contest, or activity associated with athletics.
2. Prior to participating in any practice, all athletes must be enrolled in the school's student insurance program or provide a waiver signed by their parent or guardian stating they have insurance protection.
3. After an injury or illness serious enough to require a doctor's care, the participant must have a doctor's permit to resume participation.
4. On-line registration and a completed participant/parent acknowledgement form must be initialed, signed and turned in prior to the start of practice.

ATHLETIC CUT POLICY

The Midwest Central Board of Education, administration and coaches are committed to developing competitive teams at both the middle school and high school level. The numbers of students kept, after cuts have been made, on any given team or activity roster are **recommendations** made by the district, not requirements.

Recommendations:

HS volleyball - JV 15 players, Varsity 15 players
HS wrestling - 26 wrestlers
HS girls' basketball - JV 15 players, Varsity 15 players
HS boys' basketball - freshman 15 players, JV 15 players, Varsity 15
HS girls' track - 35 members
HS boys' track - 35 members
HS softball - JV 25 players, Varsity 20 players
HS baseball - JV 25 players, Varsity 20 players
HS cheerleaders – 16 members
HS cross country – 14 runners
HS golf - 12 players

During the course of the school year, it may occur that a student is involved in activities that overlap "seasons". The activity that involves competitive team participation will take priority over a non-competitive activity for both practice and game participation.

DISMISSAL AND SUSPENSION – EXTRACURRICULAR ACTIVITIES

A student may be suspended or dismissed from an extracurricular activity for:

1. Failure to maintain the academic standards set forth in the School's Handbook and Activities Code.
2. Violation(s) of the I.H.S.A. or Midwest Central Student Code of Conduct for Athletes.
3. After injury, failure to receive a medical release statement from a physician.

4. Failure to take a test under the District Extracurricular Drug and Alcohol Prevention Program, failing to cooperate with a medical review officer, or taking a test which has a "positive" result, as more particularly set forth in District Policy 7:245.
5. Violation of the provisions of the Activities Code or of any additional rules which the coach/sponsor of any activity may establish.
6. Accumulation of disciplinary actions resulting in 3 demerits.

TERMS OF SUSPENSION

~~**First violation:** Suspension from participation in all extracurricular contests or events representing Midwest Central for 30 calendar days. Days in the month of July do not count in this 30 calendar days.~~

~~**Second violation:** Suspension from participation in all extracurricular contests or events representing Midwest Central for 60 calendar days and forfeit all awards earned during the current activity. Days in the month of July do not count in this 60 calendar days.~~

~~**Third violation:** Suspension from participation in all extracurricular contests or events representing Midwest Central for one calendar year. Days in the month of July do not count in this calendar year.~~

~~**Fourth violation:** Suspension from all extracurricular contests or events representing Midwest Central for the remainder of his/her eligibility at Midwest Central High School.~~

Infractions

Any one or more of the following but not limited to shall be in a violation of this policy:

- Possession or use of any tobacco product, including electronic cigarette/vaping products
- Possession or consumption of any alcoholic beverage
- Possession or use of drugs or drug paraphernalia
- Participation in hazing

If a student-athlete/club member receives any type of 1st infraction, all future infractions are automatically moved to the consequence for a 2nd offense, regardless of the specific reason of the 1st infraction.

- 1st Infraction
 - Athletic & Co-Curricular – the student will be suspended for 1/3 (rounded to the nearest whole number) of the season. Only those contests played and not cancelled shall count toward the suspension. Each game of a double header or tournament will count as one contest towards the suspension. The suspension will only count if the student remains on the team and finishes the season in good standing.
- 2nd Infraction
 - Athletic & Co-Curricular – The student will be dropped from all athletics/co-curricular activities for one full calendar year from the date of the 2nd infraction.
- 3rd Infraction
 - Athletic & Co-Curricular – The student will be dropped from all athletics/co-curricular activities for the remainder of the student's eligibility from the date of the 3rd infraction.

Consequences for violations of the activity code may only be applied to activities in which the student has a history of participation as deemed sufficient by the school administration. In other words, students may not serve suspensions for activity code violations in activities in which they have not previously participated. This is to prevent students from joining a team or program for the sole purpose of serving a suspension.

Suspensions under the District Activity Code may be appealed to the Superintendent by submitting a written appeal within 10 days. The written appeal must include the basis for appeal. The Superintendent will review the written appeal and any other necessary information pertaining to the suspension and shall issue a written decision on the appeal which shall be final. The total number of violations is cumulative.

Any student serving an athletic code suspension for the use of drugs/tobacco/alcohol are encouraged to seek a drug/alcohol assessment by a chemical dependence or substance abuse agency.

He/she may attend extracurricular events, including dances, following all regular student handbook and demerit provisions. During a suspension, students are not authorized to: compete in IHSA sanctioned competition, represent any club/sport/or activity sponsored by the school, or attend events representing the schools in the community (such as musicals/plays, prom court, homecoming court, Meet the Raiders, Senior Night, and promenade).

~~During a student's suspension from extracurricular activities, he/she may attend extracurricular events, including dances, following all regular student handbook provisions. However, the student may not participate in any extracurricular field trips or activities as listed on page #2 in Applicability, item #2.~~

NOTE - It shall be the policy of this School District, when in the course of any investigation concerning a possible violation of the District's Activities Code, to report to local law enforcement officials any information indicating that someone other than a parent of a student made alcoholic beverages available to that parent's student.

TRAINING RULES

Participants in extracurricular activities perform best when they follow training rules which include abstinence from drugs and alcohol of any form. Medical research substantiates that the use of alcohol, tobacco and certain other drugs, including steroids, produces harmful effects. Illinois Law prohibits use or possession of alcohol and other controlled substances. Anyone who becomes ineligible (through random tests or other means) due to the use or possession of alcohol, tobacco, e-cigarettes or other controlled substances will be retested upon the next available test date. If a student is ineligible as the result of a tobacco/alcohol/drug violation, he/she may continue to practice (in season) at the sponsor's discretion but may not dress for the activity or travel with the team during the term of their suspension. Students suspended for violations of training rules will not be allowed to participate in any 'off season' activity (i.e. summer camps or open gym) for the duration of their suspension. Violation of this section of the activities code invokes the following penalties:

EXTRACURRICULAR DRUG AND ALCOHOL PREVENTION PROGRAM

Midwest Central Community Unit School District No. 191 conducts random alcohol and drug screening of students participating in extracurricular activities. Further, the District also conducts alcohol and drug screenings for any student who at the time exhibits cause for reasonable suspicion of drug and/or alcohol use. Participants in extracurricular activities consent to random alcohol and drug testing from the time the acknowledgement of the Activities Code is signed by the participant and his or her parent/guardian until the student's graduation or final participation in an extracurricular activity at Midwest Central Community Unit School District No. 191, whichever last occurs. If the student fails or refuses to properly perform a test, tampers with, or attempts to falsify a sample, or has a test result which is "positive," the student will be ineligible for participation in extracurricular contests as set forth in District policy.

DRUGS/ALCOHOL/TOBACCO

Students determined to have violated the Student Handbook policy under prohibited conduct for using, possessing, distributing, purchasing, selling, or admitting use of tobacco materials, e-cigarettes, drugs, alcohol or other controlled substances, or who has tested positive in the Extracurricular Drug and Alcohol Prevention Program, or who has refused such a test shall be suspended from extracurricular activities at whatever suspension level they are at.

Please refer to pg. 2 under ~~Terms of Suspension~~ Infractions for length of suspension.

TOBACCO CESSATION OPTION

~~Any student suspended from extra-curricular contests due to a tobacco violation will be permitted to participate in a tobacco cessation program, at the student's expense, approved by the athletic director, to expunge one tobacco suspension, after the term of the suspension has been served. This provision may only be exercised once in a student's high school career.~~

Any student suspended from extracurricular activities on the prior Athletic Code policy will be permitted to participate in a tobacco cessation program, at the students expense, approved by administration, to expunge one tobacco suspension, after the term of the suspension has been served. This provision is only for any athlete that has served a suspension on the prior policy.

CODE OF CONDUCT

All participants in extracurricular activities are required to conduct themselves as good citizens and exemplars of their school at all times, including after school, on days when school is not in session, and whether on or off school property. Hazing and bullying

activities are strictly prohibited. Students shall be expected to demonstrate the highest standards of moral integrity. Participants shall conduct themselves in a manner that shows pride in themselves, their activity, their school and their community. As noted in the student handbook, no student with three or more demerits will be allowed to participate in extracurricular activities for the remainder of the school year. Students with a felony conviction may be excluded from participation in extracurricular activities at the discretion of the athletic director. Failure to abide by this Code of Conduct could result in removal from the activity.

SPORTSMANSHIP

During competition in athletics and activities, students are representatives of Midwest Central Schools and the community. It is at the peak of competition that we expect our students to exhibit the peak of self-control, integrity, and respect. Approaching other schools, students, coaches, sponsors, officials and fans with excellent sportsmanship is a character expectation. Fairness, ethics, respect, and a sense of fellowship define good sportsmanship before, during, and after competition. Students exhibiting poor sportsmanship could face a suspension or dismissal from participation in extracurricular activities.

THEFT OR CONVICTIONS

Proven theft or the conviction of certain crimes may be grounds for suspension or dismissal from participation in all extracurricular activities at Midwest Central Middle School or Midwest Central High School.

VANDALISM

Destroying or seriously defacing school property or personal property of any student or employee of the district may be grounds for suspension or dismissal from participation in all extra-curricular activities at Midwest Central High School.

PROFANITY

Profane language, gestures or disrespectful behavior, such as taunting or baiting of officials or opponents, will not be tolerated on school premises or during extracurricular activities. Violators will be punished depending upon the seriousness and persistence of the problem.

CLASSROOM BEHAVIOR

Persistent and serious misbehavior within the school setting, including excessive detentions, may result in consequences under this Activities Code including suspension or dismissal from participation in activities as determined by the principal, athletic director, and coach/sponsor.

CHEATING

Students found cheating may be suspended or dismissed from participation in all extra-curricular activities at Midwest Central High School.

RECOMMENDATIONS

1. Participants' dress and grooming should conform to local standards of good taste and safety. Individual sponsors have the discretion to tailor expectations unique to the activity. Such expectations will be provided in writing to participants, their parents and athletic director.
2. When en-route to and from scheduled activities, participants not attired in team uniforms should dress neatly.
3. Proper nutrition is a necessary concern for adolescents. Good nutritional habits are encouraged for success in activities.
4. Adherence to curfew guidelines by participants, with parental encouragement, will enhance performance. Suggested curfews include weeknights 10:00 PM, weekends 11:00 PM, and the night before a contest 10:00 PM.

ATTENDANCE

1. All participants must be in attendance at school at least a half-day (3 1/2 clock hours) in order to attend practice or participate in an event. (Administrative exceptions may be granted.)
2. Participants who leave school because of illness will not be allowed to participate that night. Whether or not participants who leave school for other reasons on the day of an activity may participate will be the decision of the administrator. Students who are absent all day (excused or unexcused) will not be allowed to practice their activity that day without prior administrative approval.
3. Excessive student absences and/or tardiness to school may result in consequences under this Activities Code including suspension or dismissal from participation in activities as determined by the principal, athletic director, and coach/sponsor.
4. A participant who has been suspended out-of-school is also suspended from all extracurricular activities, including practice, for the duration of the suspension.

PRACTICE TIME/ATTENDANCE

1. Practices during the regular season and postseason for a sport or activity are mandatory for participants. Participants who miss any practice for any reason should expect a reduction of playing time.
2. There are certain times when vacation practices are needed. Sponsors have the right to practice during vacation if tournaments are scheduled or if a game is scheduled immediately following a vacation period. Vacation practices are not mandatory; however, Sponsors retain the right to determine whether a participant is ready for competition.

3. On Wednesday nights, all Midwest Central extracurricular events and/or practices should normally be finished by 6:00 PM at the High School.

TRANSPORTATION

1. All participants will ride to and from road activities only on the team-provided transportation. Being absent from the team transportation for an unexcused reason will result in the student not participating in the activity that day.
2. Participants will be allowed to ride home with their parents only after the parent has signed them out from the activity
3. Participants will be allowed to ride home with other students' parents only after their parent has notified the sponsor in advance. (ie: phone call, note, text, email) and additionally signed out by the driving adult.
4. Misbehavior on team transportation may result in consequences under this Activities Code including suspension or dismissal from participation in activities as determined by the principal, athletic director, and coach/sponsor.

EQUIPMENT

1. All participants will take proper care of equipment, uniforms and materials issued to them.
2. The school district will be reimbursed by the participant for any equipment, uniform or materials lost or damaged through negligence.
3. All equipment, uniforms and materials must be returned before another like item will be issued or a letter/award will be received.
4. Participants may not wear their uniforms, use school equipment and materials, or lend them to others unless directed by the sponsor.

COACH/SPONSOR RULES AND MEETINGS

Coaches and sponsors may institute additional rules which supplement the provisions of this code after consultation with the school principal and the athletic director. All coaches and sponsors shall annually review this code and their rules with participants and provide participants with a copy. Coaches shall hold a meeting at the beginning of each sport for participants and their parents for this purpose.

COMMUNICATION

Communication is an important concept regardless of whether it is sports, life, work, etc. Effective communication is critically important for team growth and fluidness to share expectations, information, and proper guidance to the athletes and parents.

The communication of the coach to the player is probably the most vital communication effort necessary. It is important for the coach to communicate what is expected/needed to athletes. Athletes should also feel comfortable to communicate with coaches, ask questions etc. It is the athletes' responsibility to communicate questions or concerns, appointments, etc.

It is essential to have open communication with players and parents. The chain of command approach will be used when it comes to communication, with the vast majority of the communication between coach and player. If a parent wants to discuss something with the coach, then that should never be done after a game or before a game, but rather after a practice and at least 24 hours removed from whatever event happened that they are upset with or concerned about. Playing time will only be discussed with the players and never with the parents.

TOWN RECOGNITION SIGNS

Midwest Central schools recognize state championships and state accomplishments. Town recognition signs are meant to commemorate students, activities, and teams that accomplish a state championship, 1st place in state competitions, and election to state level offices. High school recognition signs will be placed on the Manito recognition sign located on the Manito blacktop; Signs for individuals will be placed at the respective school sign location, but will also be installed in their hometown, where authorized by local officials. Signs for a team will be placed at the respective school sign location but may be duplicated to another town from the organization's internal account. Recognition signs will remain in place for up to ten years or when removed because of limited space; these signs will be given to either the individual with the accomplishment or returned to the team or activity group.

Adopted by the Board of Education on May 15, 2025.