

We believe that athletics is an essential part of the Mulberry Grove Junior and Senior High School curriculum. Athletics provide an opportunity for each person to be an individual, to exert his/her own individuality and yet become a part of a group. Cooperation of effort to achieve a common goal stresses the importance of depending on others. Participating in athletics should develop positive attitudes in cooperation, leadership, responsibility, scholarship, and loyalty. These values should be lasting and serve as guidelines throughout life.

The athletes are willing to give of themselves and their time to build a body and mind so that they will be able to participate successfully in a sport. A desire to improve, achieve, and excel is essential to all who are competing, either as an individual or as a member of a team. The athletes must make a total commitment to their sport in order to succeed.

The athletic department has the responsibility to guide the athletes so that they may realize their fullest potential for their own satisfaction and a further responsibility to help them become effective members of our democratic society.

The athlete, likewise, has certain responsibilities. This Athlete's Handbook will detail those responsibilities.

#### I. COVERAGE

This code covers all athletes, managers, trainers, color guard members, and cheerleaders of MGCUSD #, Mulberry Grove, Illinois, and is to be read to all these groups at the first practice session for each sport by the coach/sponsor in charge.

#### II. INJURIES

All athletic injuries must be reported to your coach first. All injuries must then in turn be reported by the coach in writing within three days to the building principal for the purpose of insurance and liability. Once under a doctor's care, the athlete must have a release from that doctor allowing the athlete to resume practice and game competition.

As we start a new sports season, you need to know that all students are covered by the school insurance. However, the way this insurance plan works is that the school insurance acts as a supplemental insurance. If a student-athlete is injured, the parents' existing insurance picks up the coverage, and then whatever is not covered by the parents' insurance plan is taken care of by the school insurance. The school policy is not the primary coverage on students.

Should a student not be covered by any insurance at all through his/her family, then the school insurance would become the primary coverage for sports related injuries.

### III. GROOMING

- A. Athletes may wear hair any style provided the hair does not interfere with vision during the season of participation. Should the hair length be of a longer style, it must be worn back in a braid or ponytail during practice and games.
- B. Athletes must be clean shaven during the season of participation

### IV. PHYSICAL EXAM, INSURANCE, AND BIRTH CERTIFICATE

Mulberry Grove Junior High School is a member of the Illinois Elementary School Association (IESA), which regulates all athletic teams and competition. The IESA requires all students who wish to participate in athletics to complete three requirements before they are allowed to take part in their first practice or try out session.

Mulberry Grove High School is a member of the Illinois High School Association (IHSA), which governs high school athletic teams and competition. Like the IESA, the IHSA has three requirements for all students who wish to participate in athletics before those students may be allowed to take part in their first practice or try out session.

Those three requirements of both IESA and IHSA are:

1. Must show proof of insurance.
2. Must have a current physical exam on record in the school office.
3. Must have a copy of his/her birth certificate on file in the school office.

In addition to these, MGJHS and MGHS require that the coach have on file the form found at the back of this book from each athlete, which has been signed by the athlete and his/her parent/guardian.

### V. SCHOOL ATTENDANCE

The athlete should make every effort to attend school on a regular basis. Regular, consistent school attendance helps the athletes maintain acceptable scholastic standing. Also, regular school attendance allows the athlete to attend practices on a regular basis, which helps both the athlete and the team.

An athlete who is absent from school may not participate that afternoon or evening in a practice or game unless the principal grants permission beforehand due to extenuating circumstances. An athlete who is absent with an excuse half-day absence will be allowed to participate in an afternoon or evening practice or game.

### VI. SCHOLASTIC ELIGIBILITY

Athletes are students first and athletes second. The athletes must maintain their grades at levels required by MGJHS, MGHS, the IESA and the IHSA. By meeting the challenge in the classroom, the athletes demonstrate that they are ready and capable of meeting additional challenges outside the classroom. Then, and only then, the athletes will be allowed to participate in the athletic program.

IESA requires that all athletes be doing passing work in all their school subjects in order to be eligible for participation in athletics. Passing work refers to at least a grade “D” in any given subject. An “F” in any subject will result in the athlete being suspended from the team. The IESA states that grade averages be cumulative during the grading period, and they start anew with the beginning of the next grading period. Grades are checked once a week.

IHSA state that student athletes must be passing in at least 20 credit hours of high school work per week. This means a grade of at least a “D”, and grades are checked once a week. High school athletes who are not passing the required 20 credit hours will be suspended from the team. The suspended athlete’s parents will be notified of the action, and the suspension will last until the next grade check is made. Grades for the grade check are a cumulative average for an entire semester. At the end of the semester, athletes must have passed 20 credit hours of work in semester grades or be ineligible for the entire next semester.

IESA and IHSA both state that during a suspension a student athlete must attend all practice sessions and games, which take place, but the athlete will not be allowed to be in uniform or participate in the game. Any athlete who has been suspended because of grades for a one-week period and does not correct the situation by the next grade check will be suspended again for one week. A student who is suspended from playing for three (3) weeks will be dismissed from the team for the remainder of the season.

To summarize, doing good work in one’s classes is an essential ingredient in being a good athlete. Without quality in the classroom, there can be no participation on the playing field or the court.

## VII. TURNING OUT FOR A SPORT

A student will not be permitted to turn out for any sport one week after practice has begun unless that student was unable to turn out at the proper time due to injury, illness, or a necessary trip/vacation with his/her parents. It is the student’s responsibility to notify the coach as to the reason for the absence. New students to the district who move in during a season will be permitted to turn out under the same rules as a regular student at the start of the season.

## VIII. PRACTICE RESPONSIBILITIES

Athletes are required to attend all practice sessions unless they are absent from school or have been excused by the coach from practice prior to the beginning of the practice. The athlete who has a schedule conflict and is unable to attend a practice session must clear this beforehand with the coach. If the athlete cannot contact the coach, a message shall be left with the Athletic Director (A.D.) or Principal. Excuses about a missed practice after the fact, with nothing said ahead of time, will rarely be accepted. Athletes owe it to themselves and their teammates to be at all practices.

Athletes are to be prompt and ready for all practice sessions. For those practices that are held immediately after school, the athletes are to make sure that ALL needed supplies (practice gear, coats, books, book bags, etc.) are taken to the gym or practice area with them. Once practice begins, the main part of the building will be **off limits** to athletes. In heading to practice, athletes are expected to enter the locker room through the school hallway, NOT through the gym. For Saturday and evening practices, entry and exit must be made through the northeast gym door.

## IX. ATHLETIC EQUIPMENT AND FACILITIES

At all times, athletes are expected to maintain school equipment and facilities properly.

- A. Mulberry Grove athletic equipment may not be worn in gym class or elsewhere other than in regular athletic practices or scheduled contests. Jerseys may be worn as a team function on game day when approved by the coach.
- B. Athletes are responsible for all equipment and clothing issued to them or entrusted to them for their use. Damaged or lost articles must be paid for at replacement cost. Failure to do so could limit further participation by the athlete.

## X. OUTSIDE PARTICIPATION IN ATHLETICS

As members of school teams, athletes are prohibited by IESA and IHSA rules from participating in non-school athletic events. Once a student becomes a member of a school team, and that team takes part in its first competition, the athlete is barred from taking part in any non-school event of the same sport during that sport season. For example, a basketball team member cannot compete in a church basketball league or the Knights of Columbus Free Throw Shooting contest.

## XI. DISCIPLINARY ACTION

The coach is totally responsible for his/her team. Over and above this handbook, each coach will have team rules applicable to that particular sport. The coach will inform team members of these rules, and athletes must abide by them. When an athlete disregards his/her responsibilities, disciplinary action may follow. All coaches' rules will be in writing and presented at the same time as this handbook. They will also be on file in the school office.

The purpose of all disciplinary action is to help students to grow as individuals and team members.

### STEPS IN APPEAL OF DISCIPLINARY ACTION

1. Athlete and parent/guardian meet with the head coach.
2. If not resolved, the athlete and parent/guardian meet with the head coach and A.D.
3. If not resolved, the athlete and parent/guardian meet with the head coach, A.D., and principal.
4. If not resolved, the athlete and parent/guardian meet with the head coach, A.D., principal, and superintendent.
5. The matter is turned over to the Board of Education to handle it as they see fit.

Step 5 may only be taken after steps 1 through 4 have been completed!

## XII. GAMES

Team members and squad members will be given a complete schedule of games within the bounds of the IESA and IHSA rules, facilities, athletic philosophy, and school district funds. Athletes are reminded that when competing for the school they always maintain the highest level of good behavior.

Whether participation in a home game or out-of-town games, athletes are expected to maintain a high standard for their personal appearance. Further, all athletes who are waiting to perform are expected to sit together as a group. They will remain in this group until their game begins.

## XIII. TRAVEL

Transportation to and from practice sessions is the responsibility of the athlete's family. The school is responsible for and will provide transportation to and from all games, tournaments, etc. that are held in other communities.

Everyone participating in an athletic event must ride the bus to the game. It is the responsibility of the athlete to be on time to leave. The bus will not wait for late athletes, and he/she who is late will not be permitted to play in the event if he/she does not ride the bus to that event.

A sign-out sheet will be available for parents to sign if their athlete is riding HOME from the game with them. A note from parents presented to the coach in charge will be necessary if the athlete is riding home with an adult other than his/her own parent. This note must be given to the coach in charge **before leaving school to go to the game.**

When a student athlete has two events on the same day in which he/she is participating, parents may contact the coaches or sponsors involved and make arrangements for the parents to transport the student from one event to the other.

Athletes must follow all rules of the bus driver and coach while riding the school bus. No food, drinks, candy, etc. will be allowed on the bus unless approved by the coach. Everyone on the bus must be silent at all railroad crossings. Normal bus safety regulations are to be followed.

## XIV. LETTERING AND AWARDS

Mulberry Grove offers as awards for athletic participation certificates of merit, chenille letters, and pins. All award winners will receive a certificate of merit. Any athlete who successfully completes a season of participation for the first time shall receive a set of numerals denoting the year of his/her graduation. Pins will be awarded to all athletes who have previously been awarded chenille letters during 7<sup>th</sup> grade or varsity competition.

In addition to the above awards, each team gives special awards (plaques or trophies) per season.

## XV. ATHLETES' CODE OF CONDUCT

Upon becoming a member of one of the many team sports that the Mulberry Grove School District offers boys and girls of all grade levels, a student athlete agrees to comply and cooperate with the following code:

1. Athletes are prohibited from smoking and/or drinking alcoholic beverages.
2. Athletes are prohibited from using narcotic drugs at all times. (Except as prescribed by a physician in treatment of an illness)
3. Athletes will be responsible for obeying all school rules as well as athletic rules. Athletes are regarded as students first and athletes second. Thus, any disciplinary offenses resulting in any form of student suspension will also result in suspension from athletic competition for the same period of time.
4. Athletes will obey their coach's directions.
5. Athletes will keep their grades at acceptable levels (refer to Section VI).
6. Athletes will be expected to always participate in an aggressive, sportsmanlike manner.
7. Athletes will be expected to be loyal to the school, their coach, and their teammates.
8. Athletes will be expected to accept an official's judgment, whether or not the athlete agrees with that judgment, in an appropriate manner.
9. Athletes will be expected to be in regular attendance at school.
10. Athletes will be expected to give 100% effort and concentration at all times in both practice and games.
11. Athletes will be expected to display a positive attitude and encourage their teammates.
12. Athletes will not taunt opponents or "trash-talk" and will not use foul language.

## XVI. SPORTSMANSHIP DO'S AND DON'TS

1. Do be a good sport at all times.
2. Do be fair.
3. Do respect the judgment of officials.
4. Do give everything your best effort.
5. Do be a positive influence on all around you.
6. Don't ever use profanity.
7. Don't loaf.
8. Don't engage in "horseplay".
9. Don't alibi.
10. Don't think negatively.

#### XVII. TWO SPORTS IN SAME SEASON

When two sports are overlapping one another in the same season, and an athlete wants to participate in both, the sport that began first will take precedence over the other. The athlete will be expected to participate in practices and games of the first sport before going to the second.

#### XVIII. SUMMARY

Being a Mulberry Grove athlete is an honor and PRIVILEGE. Athletes have a tremendous amount of pressure on them. How well they handle the pressure and responsibility will largely determine their success on the team or squad. The Athletic Department hopes that each athlete meets the challenge of becoming a successful person in athletics.

*Athletes are representing themselves, their families, their coaches, their school, and their community.*  
*Earn the respect of all!*

Dear Parent/Guardian:

As we start a new sports season, you need to know that all students are covered by the school insurance. However, the way this insurance plan works is that the school insurance acts as a supplemental insurance. If a student-athlete is injured, the parents' existing insurance picks up the coverage, and then whatever is not covered by the parents' insurance plan is taken care of by the school insurance. The school policy is not the primary coverage on students.

Should a student not be covered by any insurance at all through his/her family, then the school insurance would become the primary coverage for sports related injuries.

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I have reviewed this Athletic Handbook for the 20\_\_\_\_ - 20\_\_\_\_ school year and do hereby promise to obey these rules during the year.

Athletes signature \_\_\_\_\_

I have reviewed this Athletic Handbook for the 20\_\_\_\_ - 20\_\_\_\_ school year with my son/daughter and do hereby agree to help him/her to abide by these rules during the year.

Parent's signature \_\_\_\_\_

Parent's signature \_\_\_\_\_

I give permission for my son/daughter to participate in the following sports:

\_\_\_\_ Baseball

\_\_\_\_ Volleyball

\_\_\_\_ Basketball

\_\_\_\_ Softball

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\_\_\_ Cheerleading

\_\_\_ Color Guard