

# Momence Junior High School Extra-Curricular Activities Handbook

Rev. 8/6/19





## **Momence Jr. High Extra-Curricular Activity Handbook**

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## **Momence Jr. High Extra-Curricular Activity Handbook**

### **IMPORTANT NOTE TO PARENTS AND STUDENTS**

After reading the Momence Jr. High Extra-Curricular Activity Handbook, please sign all the form found in this handbook and return the completed forms to the respective head coach/sponsor of the sport/activity.

No student will be allowed to compete or perform until this form is turned in.

### **Athletic Director's Letter**

Dear Student Athletes and Parents:

On behalf of the entire faculty and staff, I am very pleased that you have expressed an interest in participating in an extracurricular activity at Momence Jr. High School. It has been my experience that students who get involved in extracurricular activities whether they are music, drama, clubs, student government or athletics have a much better and richer experience in Jr. High School and life. I am honored to be able to work with the athletes, scholar, coaches and community in making this experience both rewarding and positive.

I hope that you will take the time to familiarize yourself with this handbook and understand the school's guidelines, policies, and expectations for student-athletes.

Sincerely,

Brad Piper

Athletic Director

### **District Vision:**

**Inspiring Dreams \* Empowering Minds \* Strengthening Community**

### **District Mission Statement**

Our purpose is to create pathways to intellectual, social and emotional success for all individuals we serve by fostering positive relationships and adding value to the greater community.



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### **MJHS GOALS**

1. Student achievement is our highest priority.
2. We believe that integrity, trust, respect, responsibility, involvement, and courtesy are essential to positive interaction.
3. We strive to facilitate learning and help to develop mutual respect in a complex society.
4. Reduce use of reactive discipline measures in MJHS for all students through the practice of Positive Behavior Interventions and Supports (PBIS).

### **Extra-Curricular Philosophy**

The Momence Jr. High School Extra-Curricular Activity Programs are designed to accomplish several goals. They are . . .

1. To encourage participation by all students. Athletic participation can be a learning experience as well as being enjoyable.
2. To involve all students that wish to participate. Winning a contest is secondary to the student athlete enjoying the beneficial experience of being involved in a co-curricular activity.
3. To acquaint the student athlete with the basics of a given sport. By providing a foundation and the fundamentals of a sport, the individual may build upon that foundation in later years of involvement.
4. To teach responsibility and sportsmanship by learning to follow rules, maintaining eligibility and understanding how to work and play as a member of a team.
5. To enrich a student's school experiences and help develop the individual into becoming a well-rounded person.

### **Extra-Curricular Statement**

Participation in jr. high extracurricular activities at Momence is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since participation is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the administration and other specific coach's' rules for their activity. Each student-athlete represents



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his/her school and it is the student-athlete's duty to conduct himself/herself in a respectful manner that represents favorably the student-athlete, his/her family, Momence Community School District Unit #1 and the community.

### Extra-Curricular Activities

Momence Jr. High School has a long tradition of excellence in extracurricular activities competition and supports the following activities: **6th, 7th, and 8th grade students will be allowed to try-out for all sports team.** A student may participate in one sport during each season. An exception to this rule is made for students who are cut from a sport at the beginning of a season. These students may join a second sport, within two weeks of being cut, with the permission of the coach of the second sport.

#### Athletics

##### Early Fall

Girls Softball

Boys Baseball

##### Late Fall Season

7<sup>th</sup> & 8<sup>th</sup> grade Girls' Basketball

Cheerleading

##### Winter Season

7<sup>th</sup> & 8<sup>th</sup> grade Boys' Basketball

7<sup>th</sup> & 8<sup>th</sup> grade Girls' Volleyball

##### Spring

6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade Boys' and Girls' Track

#### Activities

Scholastic Bowl\*\* (\$65)

Robotics

NJHS

Math Team

Quest

Band\*\* (\$35)

Spelling Team

Newspaper\*

Choir\*\* (\$35)

Student Council\*

Science Club

\*5<sup>th</sup> graders are allowed to participate in these activities.

\*\* Activity fee requires. See Activity Fee Section

### Activity Fees

Students participating in IESA extracurricular activities will be assessed a fee of \$65.00 for the 2018-2019 school year and it needs to be paid in full before the first game.

For students in band and choir there will be a fee of \$35.00 per activity.



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### Eligibility

Weekly eligibility lists are issued by the athletic director every Friday during the season for each extracurricular activity. The eligibility week will begin on Monday and run through the following Saturday. A student who is receiving a failing grade in one or more subjects (Science, Language Arts, Math, Social Studies/History, Physical Education, and Music/Band), on the weekly eligibility list, will be ineligible for the week (Monday through Saturday). An ineligible student will not be allowed to participate in contests involving his/her team until eligibility is restored on the following week's eligibility sheet. **If a student is ineligible on any three weeks during the season, on the 3rd instance that student will be removed from the team.**

### Attendance at Practices and Games/ Meets

Each member of a Momence Jr. High Extracurricular Activity/Athletic team must assume the responsibilities associated with such a position. The participant has an ethical obligation to the team and the school. This obligation includes regular attendance at practices and extracurricular activity/ athletic contests.

It is possible, of course, that emergency situations may arise (e.g., illness, death in a family, etc.) that render it impossible for a participant to attend a practice session or an extracurricular activity/ athletic contest. Absences should be few and far between and arranged with the sponsor/coach as early as possible.

If a conflict arises and the athlete may have to miss a practice, it is of utmost importance that the participant communicates this with the sponsor/ coach immediately knowing that consequences may follow. Absences from practice sessions or extracurricular activity/ athletic contests will be handled in the following manner:

<b>ABSENCE FROM PRACTICE</b>
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Excused absence	No action
Unexcused absence – 1st Offense	Conference with coach Discipline of athlete
Unexcused absence – 2nd Offense	Conference with coach and parent Suspension from next contest.
Unexcused absence – 3rd Offense	Suspension from the next 3 contests
Unexcused absence – 4th Offense	Dismissal from team ( forfeiture of all awards)



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<b>ABSENCE FROM AN EXTRACURRICULAR ACTIVITY/ ATHLETIC CONTEST</b>	
Excused absence	No action
Unexcused absence – 1st Offense	Conference with coach and parent Discipline of athlete
Unexcused absence – 2nd Offense	Suspension from the next two contest
Unexcused absence – 3rd Offense	Dismissal from team ( forfeiture of all awards)

### **Absence from School on Day of Activity**

Any extracurricular activity participant who is absent from school after 9:30 AM on the day of an activity is ineligible for any activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made by the coach:

- 1) for a medical absence pre-arranged with the coach or
- 2) for a death in the athlete's family.

Any extracurricular activity participant who has one or more truancies or who has been suspended from school may be suspended from participation in athletic activities by administration.

Any extracurricular activity participant who is absent from school on a Friday before a Saturday event may be withheld from Saturday activities at the sole discretion of the coach.

### **24 Hour Rule**

The "24 HOUR RULE" needs to be followed by EVERYONE. This rule means that no one is to approach a coach or speak with a coach until 24 hours after a practice/game/scrimmage. Things can get heated and out of control quickly--that is why this rule is in place. 24 hours gives the parents as well as the coaches a "cooling off" period and time to think more rationally. We encourage you to go to the coach first with any problems, but we ask that you respect the 24 hour rule.

We also ask that you PLEASE let the coach and you be the parent while your children are participating in their sporting event. If you choose not to respect the 24 hour rule, it will be a warning. The second time it happens, it will cause your child to be suspended from a game. If it happens a third time your child will be removed from the team. We ask that you respect the coach's space and give the situation 24 hours. If you feel that you need to speak to someone other than the coach, feel free to contact the Athletic Director or Principal.



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### **IESA**

Momence Jr. High is a member of the Illinois Elementary School Association (IESA). Eligibility for most athletics is also governed by the rules of the IESA and, if applicable, these rules will apply in addition to the Athletic Code. In a case of a conflict between IESA and this Athletic Code, the most stringent rule will be enforced. The following athletic programs participate in the IESA state series competition, girls' softball, boys' baseball, 7<sup>th</sup> & 8<sup>th</sup> grade girls' basketball, 7<sup>th</sup> & 8<sup>th</sup> grade boys' basketball, 7<sup>th</sup> & 8<sup>th</sup> grade girls' volleyball, and 7<sup>th</sup>, & 8<sup>th</sup> grade boys' and girls' track. In addition the following activities are eligible to participate in the state series competition, band and choir solo and ensemble, and scholastic bowl.

### **Physicals for Student-Athletes**

No students shall be permitted to compete in a try-out, practice, or game unless such student has filed with the main office a certificate of physical fitness issued by a licensed physician not more than one year preceding such try-out, practice, or contest in any athletic activity. (I.E.S.A. By-law 3.061) The recommended Sports Pre-participation and Medical Examination form can be found at: <https://www.iesa.org/documents/general/IESA-PhysicalCard.pdf>

### **Requirements for Participation**

Any extracurricular participant must have the following fully executed documents on file in the school office before they are allowed first participation any activity:

1. A receipt showing the participant has completely paid the activity fee for that activity.
2. The District Trip Consent and Insurance Waiver Form.
3. All documentation signed from the handbook.
4. Athletes only need a current physical examination report completed by a physician licensed in Illinois to practice medicine in all its branches which finds the athlete is physically able to participate.

### **Travel**

Any extracurricular participant shall travel to events and return from events with the team on the school approved means of transportation. A written waiver of this rule may be issued by a coach or administrator upon advance written request of the participant's parent or guardian and provided the parent or guardian appears and accepts custody of the participant. In no case shall a waiver be issued unless the alternate means of transportation anticipated by the waiver will be





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provided by the parent. **Oral requests shall not be honored and oral permissions shall not be valid.** Any participant found to be in violation of this policy shall be subject to discipline in accordance with the school district's extracurricular discipline policies, rules and regulations as provided herein.

### **Try-Outs**

We attempt to accommodate the large number of students who wish to participate in athletic extracurricular activities. Those teams which can handle large numbers of participants, such as track, operate on a no try-out, no-cut basis.

Since a limited number of students can play at one time, baseball (9), softball (9), boys' basketball (5), girls' basketball (5), and volleyball (6), a limited number of players are selected for these teams through a try-out process. Coaches evaluate students during a careful selection process and team members are announced after this try-out period which is usually two to four days.

### **Fundraising**

All fundraising activities through the school must be approved by Athletic Directors, Principal, and Superintendent before they are started. Each extracurricular activity/ athletic team is limited to two (2) fundraiser per school year. Service projects are unlimited, but must be approved by the Athletic Director, Principal, & Superintendent. All sponsors/coaches are encouraged to actively participate in efforts to raise funds for their respective extracurricular/athletic program. All funds raised shall be submitted to school secretary and deposited into the extracurricular/ athletic team account.

### **Uniforms**

Uniforms/ warm-ups are supplied to the participant at the beginning of each season and are theirs for the entire season. It is the participant's responsibility to make sure uniform/ warm-up is clean and ready to go for each contest. At the conclusion of the season the participant has one week to return their uniforms. Any lost or damaged uniforms will be billed to the participant.



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### **Locker Room Policy**

Just as participating in interscholastic athletics is a privilege, so too is the use of all athletic facilities and equipment. Great care should be taken to be respectful of all facilities, equipment and resources that has been provided. Any misconduct or disrespect involving athletic facilities or equipment will be considered an “Other Code of Conduct Violation” and will the athlete will receive a consequence for his/ her action.

In order to promote a safe, respectful environment as it relates specifically to the use of locker rooms, it is our policy that a coach must be present in the locker room immediately prior to, during (if appropriate) and after all athletic practices and contests.

### **Hazing**

Definition: Any activity that a reasonable person believes would negatively impact the mental or physical health or safety of a student or put the student in a ridiculous, humiliating, stressful or disconcerting position for the purposes of initiation, affiliation, admission, membership or maintenance of membership in any group, class, organization, club or athletic team including, but not limited to, a grade level, student organization or school-sponsored activity.

Any student(s) found to have violated this policy will be subject to suspension from school and/or suspension and/or removal from the extracurricular activity/athletic participation depending on the severity of the misconduct.

### **Playing Time Policy**

While it is true that our coaches and administrative personnel believe it to be important to broaden the experience of Momence Jr. High athletic participants, and that broadening is enhanced by playing time, it is also an important goal of the Momence Jr. High athletic program to strive toward excellence. Therefore, no minimum per game playing time provisions or minimum numbers of athletic meets in which athletes must compete are established at the Jr. High level. **Playing time decisions are left up to the individual coaches.**

### **Accidents/Injuries**

Coaches are certified in CPR and the use of an AED (Automatic External Defibrillator.) If an accident or injury occurs and is witnessed by a coach, the athlete will be evaluated by our coach and/or Athletic Director. The coach will submit a written accident report to the Athletic



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Department within 24 hours. If the injury is serious, the coach will call emergency services and the parent(s).

All injuries should be treated with caution and handled with care. The parents will be contacted in the event of all injuries and consulted with in any decisions made in regard to treatment and rehabilitation.

Coaches treat any acknowledged conditions in the confidential manner with which the information is related by the parent or guardian. If an athlete misses practice on the request of a physician, the athlete should have a note of clearance before returning to practice.

### **Schedules**

The scheduling of all extracurricular activities/athletic events and practices is determined by the Athletic Director in cooperation with each sponsor/coach. The sponsor/coach may issue a schedule to the participant and parents as soon as possible in each season. If practice is understood to be every day, there may not be a printed practice schedule issued. Extra-curricular activities/ athletic practices **may** be scheduled on Saturdays. On occasion an extracurricular activities/athletic event may be scheduled on a day or weekend when school is out on vacation. When this is determined to be necessary, the dates will be given out as far ahead as possible.

### **Team Pictures**

A professional photographer will take team and individual pictures early in each season. These pictures are purchased by the students and must be prepaid in envelopes provided to the students about a week prior to picture day. Any problems or mistakes with the orders should be reported directly to the photograph company.

### **Event Cancellations**

It is necessary at times to cancel event and practices at the last minute due to inclement weather or scheduling conflicts. Cancellations and/or changes to any scheduled extracurricular activities/athletic event will be communicated as soon as the information becomes available on the school website and/or Dewsly.

If it is a home event that we have scheduled, the Athletic Director will make the cancellation call by 2:00 pm. If it is an away event, the opponent school Athletic Director makes the cancellation call. As soon as we receive that call we will send an update on Teacherease and our staff will notify players as soon as possible. The cancellation will be announced immediately by the main office and students will be allowed to call their parents at that time to make arrangements for pick up.



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### Parent Meetings

Parent Pre-Season Meetings – All parents of extracurricular activities/student athletics are required to attend a pre-season meeting with the sponsor/coaching staff of that activity/sport. The meeting shall be held before the first event/ contest. Parents will be informed of all rules/procedure for their activity/sport as well as the rules of Momence Jr. High and the IESA.

### Concussion Information/Protocol

*Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.*

The above language which first appeared in all National Federation sports rule books for 2010-11 school term reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion, but not a revision in primary responsibilities in these areas. Previous rules required officials to remove any athlete from play who was “unconscious or apparently unconscious.” This revised language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. However, the revised language does not create a duty that officials are expected to perform a medical diagnosis. The change in rule simply calls for officials to be cognizant of athletes who display signs, symptoms or behaviors of a concussion from the lists below and remove them from play.

#### Definition of a Concussion

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.



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### Symptoms of a Concussion

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>

Signs observed by teammates, parents and coaches include:
<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays incoordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can’t recall events prior to hit</li> <li>• Can’t recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>



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### **Concussion Information**

#### **What can happen if my child 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 of time 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 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. Close observation of the athlete should continue for several hours. The Return-to Play Policy of the School, 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 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.

### **Concussion Protocol**



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### Return to Learn Plan

Stage	Activity	Objective
Stage 1 No activity	Complete cognitive rest — no school, no homework, no reading, no texting, no video games, no computer work.	Recovery
Stage 2 Gradual reintroduction of cognitive activity	Relax previous restrictions on activities and add back for short periods of time (5-15 minutes at a time)	Gradual controlled increase in subsymptom threshold cognitive activities.
Stage 3 Homework at home before school work at school	Homework in longer increments (20-30 minutes at a time).	Increase cognitive stamina by repetition of short periods of self-paced cognitive activity.
Stage 4 School re-entry	Part day of school after tolerating 1-2 cumulative hours of homework at home.	Re-entry into school with accommodations to permit controlled subsymptom threshold increase in cognitive load
Stage 5 Gradual reintegration into school	Increase to full day of school.	Accommodations decrease as cognitive stamina improves.
Stage 6 Resumption of full cognitive workload	Introduce testing, catch up with essential work.	Full return to school; may commence Return-to-Play protocol



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### Return to Play Plan

Once a student-athlete has achieved return to a full day of school without symptoms while tolerating a normal course load, including testing, the formal return-to-play protocol may begin. Prior to this step, light activity as tolerated is permitted as long as symptoms are not triggered.

Stage	Activity	Objective
Stage 1 No activity	Complete physical rest	Recovery
Stage 2 Light aerobic exercise	Walking, swimming, aerobic exercise up to 70% of maximum predicted heart rate; no resistance training	Increase heart rate
Stage 3 Sport-specific exercise	Sport-specific exercise such as skating, running drills; no head impacts.	Add movement.
Stage 4 Noncontact training drills	Progress to complex drills; add resistance training.	Exercise, coordination, add cognitive load.
Stage 5 Full contact practice	Normal practice after cleared by medical personnel.	Restore confidence and timing, allow assessment of functional skills.
Stage 6 Return to play	Normal game play	Full return to play.

### Sportsmanship

Sportsmanship defined by the Illinois Elementary School Association (IESA) is playing fair, taking a loss or defeat without complaint, not gloating when winning, and generally treating opponents and officials with courtesy, generosity and fairness. These ideals represent the role of interscholastic activities included in our school. When these concepts are followed, interscholastic activities are shown as a positive and productive part of the total educational system.





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One of the main goals of the school is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness towards your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent.

Winning is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

### **Expectations of Behavior**

The next several sections are the expectations that the school has for all those involved in extracurricular activities.

#### **School Administrators**

- Develop a program for teaching and promoting the fundamentals of sportsmanship within the school
- Provide appropriate supervisory personnel for each interscholastic event
- Develop a crowd control plan for both home and away games
- Support participants, coaches and fans who teach and display good sportsmanship
- Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans
- Attend events whenever possible and function as a model of good sportsmanship.

#### **Coaches**

- Exemplify the highest moral character, behavior and leadership; adhere to strong ethical standards and practice being a good citizen
- Set a good example for players and spectators - refrain from arguments in front of the players and spectators, don't make gestures which indicate an official or opposing coach does not know what he or she is doing, do not throw objects in disgust, shake hands with opposing coaches and officials before and after each contest and demand the same of your players
- Respect the integrity and judgment of the game officials
- Avoid public criticism of game officials
- Display modesty in victory and graciousness in defeat in public and in meeting with media
- Teach sportsmanship and reward/acknowledge players that display good sportsmanship



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- Define respectful and disrespectful behavior for your team
- Stress that disrespectful behavior will not be tolerated
- Abide by and teach the rules of the game in letter and in spirit
- Respect the integrity and personalities of the individual athletes
- Do not use profanity, obscene language, or improper actions

### **Student/Athletes**

- Live up to the standards of sportsmanship established by the school and coaches
- Display modesty in victory and graciousness in defeat
- Avoid excessive celebrating after a play or end of a contest
- Learn and follow the rules of the game and share this knowledge with parents and fans to help them have a better understanding and appreciation of the game
- Respect your opponents and treat them the way you would wish to be treated, as a guest or friend
- Understand all the hard work and team effort that is required of the participants
- Respect the integrity and judgment of the game officials and avoid public criticism of game officials; accept the decision of contest officials
- Remember there is a difference between gamesmanship and sportsmanship; try not to push the limits of the rules to gain an advantage in competition; refrain from taunting, trash talking or making derogatory remarks to your opponents
- Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat

### **Of Spectators**

- Observe the contest and do not verbally assault others
- Remember that you are at the contest to support your team and enjoy the competition, not to intimidate or ridicule the other team, fans, or officials
- Remember that interscholastic activities are an extension of the classroom and a learning experience for students and that mistakes are sometimes made; praise student-athletes in their attempt to improve themselves
- Learn the rules of the game so that you may understand the game and appreciate the effort of the participants
- Avoid criticism of game officials and sideline coaching which detracts from the performance of the student athletes; understand that the officials are doing their best
- Recognize and show appreciation for outstanding play by either team
- Refrain from taunting or making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature
- Show respect for the opposing players, coaches, spectators and support groups



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### **Of Parents**

- Understand the purpose of educational athletics and that school sports are about kids learning and having fun; they are not about attempting to earn a college athletic scholarship
- Don't live your life through your child's activities - this is the student's time
- Accept all decisions of officials
- Applaud during the introduction of players, coaches, and officials
- Make your cheers supportive and not instructions as to how to play
- Be a positive role model through your own actions by remaining calm and composed during games - there is enough pressure on kids to perform as it is and your added pressure from reacting to mistakes they make, being critical and negative, and your high emotions create unneeded stress and take away from the fun of the game



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The following pages need  
to be signed and returned  
to the main office or the  
coach/sponsor before the  
student is allowed to  
participate in any  
extracurricular activity.



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### Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge that we have been provided and read the information regarding concussions.

**Student:**

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent:**

Parent or Legal Guardian Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.



## **Momence Jr. High Extra-Curricular Activity Handbook**

### **Code of Conduct**

The following are the Codes of Conduct needs to be signed by before your child is allowed to participate in any extracurricular activity

#### **For the Student-Athlete**

Momence Jr. High believes that sportsmanship is a core value and its promotion and practice are essential. Student-athletes have a duty to ensure that their team promotes the development of good character. This code of conduct applies to all student participants involved in interscholastic activities.

1. Student participants will support the value of academics and the educational process.
2. Student participants will advocate, model and promote the development of good.
3. Sportsmanship and character to include: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.
4. Student participants will respect peers, officials, opponents, parents and all others associated with the event.
5. Student participants will promote fair play and uphold the spirit of the rules in the activity.
6. Student participants will model appropriate behavior at all times.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.

---

Student Signature

Date



## **Momence Jr. High Extra-Curricular Activity Handbook**

### **Code of Conduct**

The following are the Codes of Conduct needs to be signed by before your child is allowed to participate in any extracurricular activity

#### **For Parents/Spectators**

Momence Jr. High believes that sportsmanship is a core value and its promotion and practice are essential. This code of conduct applies to all parents/spectators involved in any extracurricular activity.

1. Parents/Spectators will promote academics, and the emotional, physical and moral well-being of the student participants above the desires and pressures to win.
2. Parents/Spectators will teach, enforce, advocate, model and promote the development of good sportsmanship and character to include: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.
3. Parents/Spectators will respect participants, officials, opponents and all others associated with the event.
4. Parents/Spectators will promote fair play and uphold the spirit of the rules in the activity.
5. Parents/Spectators will model appropriate behavior at all times.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be forbidden from attending games or practices if I violate any of its provisions.

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Parent/Guardian Signature

Date



## Momence Jr. High Extra-Curricular Activity Handbook

### Athlete Emergency Contact Form

COACHES PLEASE KEEP A COPY OF THIS ON YOU AND RETURN TO THE  
ATHLETIC DEPARTMENT STUDENT INFORMATION:

This information will be kept with the coach during away games for your students safety.

**Student Name:** \_\_\_\_\_  
 Address: \_\_\_\_\_ City \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Year in school (please circle): 6, 7, 8

EMERGENCY CONTACT INFORMATION: Please provide information for primary and alternative contact persons who may be notified in case of an emergency.

**Name of Primary Contact:** \_\_\_\_\_ Relation: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Primary Phone: \_\_\_\_\_  
 Alternate Phone: \_\_\_\_\_

**Name of Alternative Contact:** \_\_\_\_\_ Relation: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Primary Phone: \_\_\_\_\_  
 Alternate Phone: \_\_\_\_\_

CONDITIONS/ISSUES: Please list any medical issues the student may have; i.e. asthma, allergies.....

\_\_\_\_\_

\_\_\_\_\_

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