

# Momence High School Extra-Curricular Activities Handbook

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

After reading the Momence High School Extra-Curricular Activity Handbook, please sign all the forms found at the end of 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 the forms are completed.

## **Athletic/Activity Director's Letter**

Dear Student Participants and Parents:

Participation in extracurricular activities at Momence High School is a privilege, so please remember that you represent yourself, your family, your school, and your community in all that you do as a member of one of our teams/programs. You, by choosing to participate shall be expected to follow the rules established by the school and other coaches' rules for that activity. Such participation is definitely a strong enhancement of the learning process, and I am delighted that you have chosen to make the extra effort to contribute to the positive reputation of our school. In all that you do however, always remember that your performance in the classroom comes first, and I expect you to excel academically as your highest priority.

William R. Geasa, Associate Principal

### **Extra-Curricular Philosophy**

Competitive Extra-Curricular Activities at the high school are an extension of the classroom with an increased emphasis on competition especially at the varsity level. Playing time is not guaranteed, but must be earned as outlined by each program as included in the coach's expectations. The junior varsity level does have a greater chance for developmental opportunities, however time on the court/field must still be earned rather than automatically given.

### **Extra-Curricular Activities**

A student may participate in one sport during each season, but may join a second activity other than a sport with the clear understanding that the 1<sup>st</sup> program takes priority when there is an event conflict. The associate principal must approve the dual participation and makes the final determination regarding which event the student should attend. A schedule of programs is listed below:

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
Cheerleading	Cheerleading Cont.	Girls Track
Volleyball	Girls Basketball	Softball
Boys Golf	Boys Basketball	Boys Track
Football	Scholastic Bowl	Baseball
Boys Soccer	Bass Fishing	Bass Fishing Cont.
	Speech	Girls Soccer
	Skeet/Trap Shooting	Scholastic Bowl Cont.

## **Activity Fees**

Students participating in competitive extra-curricular activities will be assessed a fee of \$65.00 for the 2018-2019 school year and it needs to be paid in full before tryouts/1<sup>st</sup> practice (except Bass Fishing and Skeet/Trap Shooting – no fee).

## **Eligibility**

The office will check eligibility beginning the third week of any semester:

- a. A student failing two or more classes during any week will be ineligible the following week with grades checked on Thursday for potential ineligibility with the opportunity to correct failing grades by the end of the school week. Eligibility for the week (Monday – Sunday) will then be determined by again checking the potential ineligible list prior to the start of school on Monday.
- b. Students who fail two classes for a semester are ineligible until week four of the following semester. Students failing more than two classes for a semester are ineligible for the entire following semester. Pre-approved credit recovery courses may allow a student to regain eligibility status if completed prior to beginning of new semester.

## **Attendance at Practices and Games/Events**

Each member of a Momence High School 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 extra-curricular 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 student 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 as specified in the team rules.

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

Students, who have been ill as determined by the principal/activities director, must be in attendance 5 clock hours if they are to attend or participate in an extracurricular activity on that day. Doctor, dental appointments and funerals are exempt from this requirement with verification, as well as students who have pre arranged their absence.

## **IHSA**

Momence High School is a member of the Illinois High School Association (IHSA). Sportsmanship and eligibility for most programs is also governed by the rules of the IHSA and, if applicable, these rules will apply in addition to the Activities Code. In a case of a conflict between IHSA and this Activities Code, the most stringent rule will be enforced. The following varsity sports programs participate in the IHSA state series competition: softball, baseball, girls' and boys' basketball, volleyball, girls' and boys' track, cheerleading, golf, football, and girls' and boys soccer. In addition the following activities are eligible to participate in the state series competition, band and choir solo and ensemble, band and choir organizational, scholastic bowl, speech individual events, and bass fishing.

## **Physicals for Student-Athletes**

No students shall be permitted to compete in a try-out, practice, or game unless such student has provided 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. The Sports Pre-participation and Medical Examination form may be obtained from the office.

## **Requirements for Participation**

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

1. Payment of activity fee
2. IHSA PES and Concussion Forms
3. ATI Treatment Waiver Forms
4. All signed documentation from the Handbook
5. Current physical exam report (within one year)

## **Travel**

- a. Travel arrangements will be made by the activities director.
- b. Teams will use school provided transportation whenever possible.
- c. Head coaches will insure that proper conduct and care by squad members is maintained while using the provided transportation.
- d. Students are not allowed to transport themselves to out of town contests. They **MUST** ride the provided transportation. Squads will travel together to and from all contests. Coaches may allow an athlete to ride home with his/her parents upon written request by the parent. A parent may request in writing for their son/daughter to ride home with another parent from out of town contest. The parent transporting the athlete must notify the coach prior to leaving the contest.

## **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 and football, may extend the number of participants at the coach's discretion at the start of the season. Since a limited number of students may participate at one time in the other competitive programs, the total number of players is limited by the rosters permitted by the IHSA. Coaches evaluate students during a careful selection process and team members are announced after this try-out period which is usually two to three days.

## **Fundraising**

All fundraising activities through the school must be approved by the Activities Director, Principal, Superintendent, & Board of Education before they are started, and must be included as part of the school fundraising calendar to limit as much overlap as possible. Service projects are unlimited, but also must be approved by the Activities 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 extra-curricular/ athletic team account.

## **Uniforms/Equipment**

Uniforms and any equipment are supplied to the participant by the coach. It is the participant's responsibility to make sure accountability and care are properly maintained throughout the season. At the conclusion of the season the participant has one week to return all issued items. Any lost or damaged uniforms/equipment will be billed to the participant.

## **Locker Room/Competitive Area Policy**

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

In order to promote a safe, respectful environment as it relates specifically to the use of locker rooms, 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.

Such behavior is absolutely unacceptable at Momence High School. Depending on the severity of the misconduct, if they occur the subsequent consequences may not be limited to just those pertaining to the extra-curricular program but may also involve school and even criminal consequences.

## **Playing Time Policy**

At the high school level, there are no minimum per game/event playing/participation time provisions established. **Playing time decisions are left up to the individual coaches.**

## **Accidents/Injuries**

In addition to the athletic trainer, 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 participant will be checked by the trainer if available. If not, the coach and/or Athletic Director will provide immediate aid as appropriate. The trainer/coach will submit a written accident report to the Athletic Department within 24 hours and notify the parent. If the injury is serious the trainer/coach will call emergency services in addition to the parent. All injuries will be treated with caution and handled with care. The parents will be contacted in the event of all injuries and consulted regarding any treatment and rehabilitation decisions.

Coaches will treat any acknowledged condition in a confidential manner especially any information shared by the parent or guardian. If an athlete misses practice by the guidance of a physician, the athlete should have a note of clearance before returning to practice.

## **Schedules**

The scheduling of all extra-curricular activities and practices are determined by the Activity 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 extra-curricular 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 photography company.



## **Event Cancellations**

It is necessary at times to cancel events and practices at the last minute due to inclement weather, scheduling conflicts or other sudden circumstances. Cancellations and/or changes to any scheduled extra-curricular activities/athletic event will be communicated as soon as the information becomes available on the school web and social media sites and/or by the emergency messaging system.

If it is a home event that is scheduled, the Activity Director will make the cancellation call by 2:00 pm if possible. If it is an away event, the opponent school administration makes the cancellation decision except for road conditions. As soon as known, the website, social media site, and/or the emergency messaging system will be updated. The cancellation will be announced during Redskin Hour from by the main office and students will be allowed to call their parents at that time to make arrangements for pick up.

## **Parent Meetings**

Parent Pre-Season Meetings – All parents of extra-curricular 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 High School and the IHSA.

Information at the parent meeting will include: Rules for the team/program as each coach/sponsor may establish. Each student will receive a written copy and a copy will also be placed on file in the activity director's office. Items which might be included:

- a. Promptness and regularity at practice
- b. School and Community citizenship
- c. Academic achievement
- d. Attitude
- e. Curfew hours
- f. Eating habits
- g. Dress and grooming
- h. Other items as determined by the coach

The Activity Director will highlight items from the Co-/Extracurricular Code of Conduct listed below:

## Co-/Extracurricular Code of Conduct

1. All participants are expected to respect the law as students, as participants, and as citizens. The Co-/Extracurricular Code of Conduct will be in effect for one calendar year whether or not the student is actively engaged in his competition(s) at the time or the violation.
2. Students participating in any of the extracurricular programs at Momence High School agree to abide by the policies outlined in this handbook and by the rules established by their particular coach/sponsor. Failure to do so will invoke consequences based on the severity of the situation. Violations of team rules will be handled by the coach/sponsor. Violations of this handbook will be handled by the Activities Director, who will begin an immediate investigation. If the athlete/student is found to be in violation of the Extra-Curricular Code of Conduct, the athlete/student will be suspended as per the policy, and his/her guardian will be invited to meet with the Administration
3. Any suspension not completed in a competitive season will carry over to the student's next competitive season. Suspension for a violation out of season will occur in the first competition the student participates in. If a student's suspension carries over to another competitive season, the student must complete that competitive season for the suspension to be considered served. If he/she fails to complete the competitive season, the suspension time will be voided, unless it is for serious illness, injury, or other reasons beyond the student's control. During academic ineligibility, suspension time will cease and not start again until the student is eligible. Students who are placed on social suspension for any reason will not be allowed to participate in competition during the social suspension.
4. Any student who is dropped from one squad for disciplinary reasons or quits a team shall not be eligible to compete in another sport for the remainder of that sports season. These students must receive approval from the Activity Director to participate on future teams.
5. Any students arrested for criminal activity on or off school grounds are subject to a suspension of up to one-third of the season or activity for the first offense. Additional incidents will face increasing consequences based on the nature of the reason for the arrest.
6. **Any student found in possession**, using, or distributing illegal substances including drugs, **tobacco**, and alcohol, all punishments are to be served simultaneously after external suspension.

First time offense in high school career

- Parental contact
- external suspension (If caught at school or school event)
- 2 week social suspension
- 3 week club non participation – NHS, Spanish, Science, Drama, Student Council, after school Band/ Chorus, Debate, Book, Gaming
- 20% of athletic season game suspension (If less than 20% of season remains than punishment to be carried over to next athletic season). Post season play can be counted as games served. Games suspension to be rounded to nearest percentage.
- Athletes who play at different levels must count the games for the level at which they play the most.
- At anytime 30% of an athletic is missed from the 2 week social suspension the athlete will be eligible to play in the next game.

Approximate suspension times based on Maximum allowable IHSA season

- |  |                                   |
|--|-----------------------------------|
| - football/trap/fishing 2 ---- 3 weeks total | - golf 4 ----- 3 weeks total      |
| - cheerleading comp 2----- 3 weeks total     | - volleyball 5 ---- 3 weeks total |
| - basketball/soccer b/g 5 ---- 3 weeks total | - softball 7 ----- 3 weeks total  |
| - baseball 7 ----- 3 weeks total             | - track 4 -----3 weeks total      |

Second offense in high school career

- external suspension
- Parental contact
- 6 month social suspension
- All athletic contests for 1 calendar year
- Possible recommendation for expulsion

Thirds offense in high school career

- external suspension
- Parental contact
- 1 year social suspension
- All athletic contests for remainder of high school career
- Recommendation for expulsion

All of the above drug/alcohol extracurricular policy is dependent upon the amount and severity of the offense and may be amended as per Administration and Board decision.

## 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.

### 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.

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></ul>

- Any change in typical behavior or personality
- Loses consciousness

## Concussion Protocol

### 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 sub symptom 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

## 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 as defined by the Illinois High School Association (IHSA) 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.

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 extra-curricular 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
- 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

### **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

*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*

# *extra-curricular activity.*

## **Student Participant Code of Conduct**

The following are Codes of Conduct needs to be signed by before your student is allowed to participate in any extra-curricular activity

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

Momence High School 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.

Print Student Name: \_\_\_\_\_

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Signature

Date

## Parent Code of Conduct

The following are Codes of Conduct needs to be signed by before your student is allowed to participate in any extra-curricular activity

### For Parents/Spectators

Momence High School 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 extra-curricular 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.

Print Student Name: \_\_\_\_\_

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Parent/Guardian Signature

Date

