

# Colona School

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## Athletic Handbook

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**PROGRAM PHILOSOPHY**

Extracurricular activities are privileges extended by Colona School District #190 to full time Colona School students who wish to participate and who agree to comply with the code as well as the rules and regulations established for the respective activity. Compliance allows for on-going participation in the particular activity. Failure to comply with the rules and regulations shall result in appropriate sanctions as listed in this handbook or within the individual team rules.

**HANDBOOK DISCLAIMER**

This handbook is not intended to create a contractual responsibility with the student. Rather, it is intended to describe the school; its current practices, procedures, rules, and regulations (or code of conduct). Items in this handbook are subject to change by the administration or School Board.

**SPORTS OFFERED**

Our sports program has activities going almost the entire year and participation begins in the 5<sup>th</sup> grade. We encourage all who have an interest to try out. However, no student should participate in so many sports that his/her academics suffer.

Following is a list of the sports we offer in our program:

Volleyball-----August--October  
5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

Cheerleading-----October--January  
7<sup>th</sup>, 8<sup>th</sup> Grade

Boy's Basketball-----October--January  
5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Grade

Girl's Basketball----December--March  
5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Grade

Track-----March--May  
5<sup>th</sup> – 8<sup>th</sup> Grade  
Girls and Boys

**SIGN-UP**

Sometime before tryouts for a particular sport, a student should pick up a permission form from the coach. This form must be completed and a physical exam for the current school year, physicals are valid for **one** calendar year, must be on file before practice begins.

## **PLAYING TIME**

At Colona, we stress Team Sports. When the team wins, we all win. Our team wins when:

1. We have done our best.
2. We have shown good sportsmanship throughout the competition.
3. We have impressed other schools with our hard work, talent, and good behavior.

We feel that sometimes for the team to do its best, not every player may get to participate in every contest. It is a hard decision to make, and one that a coach must make every contest. Make it an easier decision by caring whether or not your team does its best, as your coach does.

## **TEAM RULES**

Specific team rules about attendance and other matters will be discussed by the coach at the beginning of each sport's season. Students are expected to abide by all team rules.

## **AWARDS**

For participation in our program, the following awards can be earned:

1. A Four inch Colona "C", once during 5<sup>th</sup> and 6<sup>th</sup> grade
2. A Five inch Colona "C", once during 7<sup>th</sup> and 8<sup>th</sup> grade
3. A Sport Pin for each sport
4. A special Scholar Athlete certificate will be awarded to student athletes who achieve an overall GPA of 3.0 or better, with no failing grades, at the end of the sport's season

\*A student must complete the sport's season in good standing in order to earn these awards.

\*Uniforms must be returned and/or paid for in order to receive an award.

\*There may be other awards given for individual sports, at the discretion of the coach.

## **TRANSPORTATION TO AND FROM CONTESTS**

Transportation is provided for our athletes to and from most contests. Our athletes are expected to ride the bus to and from the competition. Athletes may be taken home by parents (or designee) if authorized in writing to the coach.

## **SCHOOL ATTENDANCE**

Students must be in attendance for a full day to be able to participate in practice or a contest that day or the following weekend. Students who miss due to illness may not participate in practice or a contest that day or the following weekend. Students who leave school at any time during the day because of illness, are not permitted to take part in any athletic practice or contest for that day or the following weekend. Extenuating circumstances will be addressed by the Athletic Director and the Administration.

## **INJURIES**

### **AT PRACTICE OR A GAME:**

In the event of an injury, the coach will decide what action to take, unless a parent is present. Depending upon the seriousness of the injury, the coach may decide the athlete needs a doctor's care. Before a doctor is called, or the athlete is taken to the hospital, parents will be called, if possible. In the case of an injury not involving a 'life or death situation', we prefer that the parents of the child come to school to transport the athlete to the hospital.

If you have any questions about our procedure or have a personal objection to it, please contact school before your child participates in any sports at Colona School.

### **PARTICIPATION AFTER AN INJURY:**

If a student is excused from Physical Education class during the day with a parent or doctor note, the athlete will not be allowed to participate in a team practice or contest that day. Participation in the sport will be allowed when the student has a note from parent or doctor to return to Physical Education.

### **Definitions**

1. Student Participant. Any student who is trying out for or who participates in any school-sponsored extracurricular activity at the district.
2. Alcohol. Any liquor, wine, beer, or other drink containing alcohol as defined in the Liquor Control Act (235 ILCA 5/1-1 et seq.)
3. Illegal Drugs. All controlled substances under the Controlled Substance Act (720 ILCS 570/100 et seq.) except when prescribed by a licensed physician, cannabis under the Cannabis Control Act (720 ILCS 550/1 et seq.) and all anabolic steroids.

## **ATHLETIC ELIGIBILITY (ACADEMIC and CONDUCT)**

### **Academic**

At Colona Grade School all activities (athletic as well as non-athletic) are subject to academic eligibility requirements. Students will have their grades checked weekly at 3 PM on Wednesdays (or the last school attendance day before that Wednesday in the event that there is no school that day). The first eligibility check will be:

- Volleyball – the week prior to the first game (continuing weekly through the season)
- Boys' Basketball / Cheerleading – the 2<sup>nd</sup> week of the 2<sup>nd</sup> quarter, continuing weekly through the 2<sup>nd</sup> quarter, resuming the second week of the 3<sup>rd</sup> quarter, continuing weekly through the season
- Girls' Basketball – the 2<sup>nd</sup> week of the 3<sup>rd</sup> quarter, continuing weekly through the season
- Track – the 2<sup>nd</sup> week of the 4<sup>th</sup> quarter, continuing weekly through the season

Grades will be cumulative for each class. Students must be passing all classes to remain eligible. Ineligibility is for the following Monday – Saturday. In the event of a postponed or rescheduled game, students will be determined academically eligible based on their grades the week of that event. Students who are ineligible due to academics must still participate in practices with the team, but may not participate in contests, games, or matches. The Athletic Director will notify the student and the coach of the student's status, and parents will also receive notice.

### **Conduct**

A student participating in an activity or athletic program will be subject to disciplinary action if he or she violates this Code of Conduct for Extracurricular Activities. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations.

#### **The student shall not:**

1. Violate the District's policies or procedures on student discipline;
2. Use a beverage containing alcohol (except for religious purposes);
3. Use tobacco in any form;
4. Use, possess, buy, sell, barter, or distribute any illegal substance or paraphernalia;
5. Use, possess, buy, sell, barter, or distribute any object that is or could be considered a weapon or any item that is a "look alike" weapon. This prohibition does not prohibit legal use of weapons in cooking and in sports, such as archery, martial arts practice, target shooting, hunting, and skeet;
6. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
7. Act in an unsportsmanlike manner;
8. Vandalize or steal;
9. Haze other students;
10. Violate the written rules for the activity or sport;
11. Behave in a manner that is detrimental to the good of the group or school;
12. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff;
13. Falsify any information contained on any permit or permission form required by the activity or sport.

**Referrals** Any major                      **Suspension** from one (1) Contest

**Full Day TEC Offense**                      **Suspension** from two (2) Contests

**OSS Offense**                                      **Conference** with the Athletic Director and Administration discussing consequences that may result in an additional suspension from Contests or up to dismissal from all Colona Student Sports for the remainder of his or her Colona School career.

The above mentioned conduct sanctions will be in effect for each sport's season. Conduct sanctions do carry over into the next sport's season. The above mentioned sanctions are connected to the sport's program and may be in addition to any actions of a teacher or the administration.

One last note on grades and conduct: Teacher or administrative actions, such as being held after school to make up work or for disciplinary reasons (but not limited to only these), always take priority over sport's activities at Colona School. We feel that success as a student is a prerequisite to success as an athlete.

### **Due Process Procedures**

Students who are accused of violating the Code of Conduct for Athletic Activities are entitled to the following due process:

1. The student should be advised of the disciplinary infraction with which he or she is being charged.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.
4. The student may provide any additional information he or she wishes for the administrator to consider.
5. The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
6. If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:
  - a. Sanctions for violations other than drug and alcohol will be based on the nature of the offense and the number of offenses, and may include suspension from all activities or sports:
    - A specified period of time or percentage of events, competitions, or practices
    - The remainder of the season or for the next season
    - The remainder of the student's Colona School career
  - b. Sanctions for alcohol and other drug violations will be based on the following:

All students remain subject to the Board's student discipline policy and/or the school's student handbook and the disciplinary measures listed in them.

**WITH THE COOPERATION OF OUR STUDENTS, PARENTS, TEACHERS, COACHES, AND ADMINISTRATORS, OUR ATHLETIC PROGRAM WILL BE A SUCCESS!**