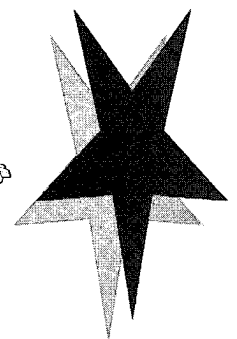
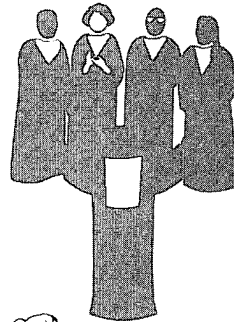




Extra-Curricular Student Handbook



**Jacksonville
School District #117**

EXTRA-CURRICULAR STUDENT HANDBOOK

This handbook was written for the students at Jacksonville High School who participate in Illinois High School Association sanctioned activities in order that students and their parents may be better informed of the rules and policies.

Regardless of how complete a handbook may be, it cannot anticipate all of the different situations that may occur. It is meant rather as a guide to point out the direction of Jacksonville High School. The penalties noted herein shall be considered minimal and in no way imply that more severe action cannot be taken.

Student participation in extra-curricular activities at Jacksonville High School distinguishes you as an individual with exceptional opportunities. By being a participant, you will have many worthwhile experiences and associations which non-participants will not have. We offer this program as a privilege and strongly encourage your 100% cooperation in any activity in which you wish to participate.

Jacksonville High School presently has an enrollment of approximately 1000 students. The school colors are scarlet and white, and the teams are nicknamed **CRIMSONS**.

The **CRIMSONS** are a member of the Central State 8 Conference which includes Chatham Glenwood, Lincoln, Springfield, Springfield Lanphier, Springfield Sacred Heart-Griffin, Springfield Southeast, and Taylorville.

Sports included in the program are football, boys'/girls' basketball, wrestling, baseball, boys'/girls' track, boys' golf, boys'/girls' cross country, boys'/girls' soccer, boys'/girls' swimming, boys'/girls' tennis, girls' volleyball, girls' softball, cheerleading, and J'ettes poms.

The activities that JHS offers will provide students the ability to appreciate the value of discipline and dedication. The activities provide a means of teaching desired values and goals that can aid in developing individuals into positive citizens in society. The different activities will allow students at all levels to participate against opponents of similar age, size and ability.

The activities provide a positive arena to narrow the gap between promise and reality by offering an opportunity for an individual to search for his or her identity. It is hoped that each student at Jacksonville High School will develop positive attitudes and traits from the program that is offered.

Mr. J. M. Lamb
Athletic Director

Top Ten Reasons To Be A Designated Good Sport

10. because taunting, trash talk and intimidating behaviors have no place in high school activities.
9. because your admission is to watch the performance of highly-impressionable 15 to 18 year-old kids - not a license to abuse coaches, officials, players and other spectators.
8. because you want others to treat you the way you want to be treated - and how many of us want to be treated with disrespect?
7. because we need more positive role models for our kids.
6. because people don't always remember the final score - but they always remember the fan in Section Three who made a fool out of him or herself.
5. because coaches and officials are also teachers. Why would you harass them in their classroom?
4. because national survey indicates kids are involved in extra-curricular activities to have fun not to be number one!
3. because it's how you play the game that counts.
2. because it's simply the right thing to do.
1. because sportsmanship begins with you!

Good Sports Are Winners!

SPORTSMANSHIP

J.H.S. students should set a good example in the matter of sportsmanship and should quickly condemn unsportsmanlike conduct on the part of other students or adults. To this end, they should:

1. Remember that a student spectator represents his school the same as a participant.
2. Recognize that the good name of the school is more valuable than any game won by unfair play.
3. Accept the decision of the officials without comment.
4. Recognize and applaud an exhibition of fine play or good sportsmanship on the part of the home and visiting teams.
5. Insist on the courteous treatment of the visiting team as it passes through the streets or visits the local school building, and extend the members every possible courtesy.
6. Acquaint the adults of the community and the elementary and junior high students with ideals of sportsmanship that are acceptable to the high school.
7. Advocate that any spectator who continually displays poor sportsmanship will not be allowed to attend future contests.
8. Insist on fair, courteous and truthful accounts of contests in local and school papers.
9. Encourage the full discussion of fair play, sportsmanship, and school spirit through class work and auditorium programs in order to discover ways by which students can develop and demonstrate good sportsmanship.

SPORTSMANSHIP CREED

Good sportsmanship is one of the primary purposes of the High School Interscholastic Programs. Participants of the Central State Eight Conference recognize that judgment calls are made in good faith and that they must abide by the decisions of the officials. Spectators can support member schools of the Central State Eight Conference by refraining from derogatory or intemperate remarks or cheers. We hope spectators will enjoy the game and support athletes in a positive and sportsmanlike manner!

TWO IMPORTANT DEFINITIONS

Fanatic (Fa-nat-ik) n. (From Latin fanaticus).

A person obsessed by an excessive and irrational zeal, usually for a cause. . . .
unreasonably enthusiastic, overly zealous, sometimes viewed as dangerous . . .
possessed or driven by excessive or irrational zeal . . . extreme or unscrupulous
dedication . . . advocates course of action to limits beyond those considered wise or
proper by the majority.

At an event, a fanatic is responsible for the following:

"Hey ref, you're blind."

"You, you, you."

"Pass the ball and let someone else shoot for awhile."

"C'mon coach. Why'd you call that silly play."

"Get your head in the game."

"Boooooooooo."

Fan (Fan) n. Informal.

An ardent devotee or admirer, as of a sport or athletic team . . . a person enthusiastic about a specified sport, performer, etc.

At a sporting event, a fan is responsible for the following:

"Great play."

"We're behind you."

"You can do it."

"Just keep working together."

"What a great game, great fun."

"Congratulations, your team was the best today."

Be a Fan - Not a Fanatic

JACKSONVILLE LOYALTY SONG

1. We're loyal to you, Jacksonville
We'll ever be true, Jacksonville
We'll back you to stand 'gainst the best in the land -
For we know you have sand - Jacksonville Rah! Rah!

2. So crack out that ball, Jacksonville
We're backing you all, Jacksonville
Our team is our fame protector
On boys, for we expect a victory from you Jacksonville Rah!
Rah!
Cha-hee, Cha-ha, cha-ha-ha-ha, Go J'ville, Go!
Cha-hee, Cha-ha, cha-ha-ha-ha, Go J'ville, Go!
Jacksonville, Jacksonville - Rah, Rah, Rah!

3. Bring out that dear old flag of crimson and white,
Lead on you sons and daughters, fighting for right,
Like men of old or giants, placing reliance, shouting defiance -
Oske-wah-wah

4. Among the broad green plains that nourish our land,
For honest labor and for learning we stand
And to thee we pledge our heart and hands,
Dear Alma Mater, Jacksonville!

THE EXTRA-CURRICULAR STUDENT CODE

FORWARD

Participation in high school extra-curricular activities at Jacksonville High School is a privilege which carries with it varying degrees of honor, responsibility and sacrifice. Since student participation on high school teams is a privilege and not a right, those who choose to participate will be expected to follow the Code of Conduct established by the administration, and other specific coaches' and sponsors' rules for their activity. Participants represent their school and student body. Participants are to conduct themselves in a manner that is becoming to Jacksonville High School.

OBJECTIVES

1. **TO LEARN SPORTSMANSHIP** – Accepting defeat is easier, knowing that participants have done their best. Being a gracious winner or loser is a quality that each student should be proud to possess.
2. **TO WIN** – Our society is very competitive. Participants will not always win, but they will succeed if they continually strive to do so. They can learn to be good losers if assured they have earnestly dedicated themselves in attempting to succeed.
3. **TO ENJOY EXTRA-CURRICULAR ACTIVITIES** – It is important that participants have satisfaction in their accomplishments and positive attitudes in their participation. They should willingly give of themselves to develop personally and to improve the total program.
4. **TO ACCEPT EXTRA ACTIVITIES AS PART OF THE SCHOOL** – Participants are an important part of the total school program and are sponsored by the school for the educational value. The academic achievement and the personal welfare of the participant are essential purposes of the program.

GENERAL CONDUCT

It is expected of members of the extra-curricular activities that they be good citizens in school and in the community. A team member is constantly in the public eye and in a position of influence. Young children, community members, and other school personnel will observe the participants, look to them for leadership, and expect them to set standards for others to follow. Self-discipline is essential in developing this high degree of social maturity.

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.

A participant must remember that coaches and sponsors are not policemen; violations of the rules cannot be tolerated. Attention is constantly focused on the individual, and he or she will be expected to set a good example so that the entire community can be proud of him or her. Participants must avoid situations that bring disrespect to themselves, their teammates, their coaches and sponsors, or their parents.

The interscholastic extra-curricular activities program shall be conducted in accordance with existing Board of Education policies, rules, and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressure which might tend to neglect good sportsmanship and good mental health. At all times the program must be conducted in a way that justifies it as an educational activity.

DEFINITION OF TERMS

Student Participant: Students enrolled at Jacksonville High School who participate in interscholastic activities at JHS.

Interscholastic Activities: Sanctioned activities, practices and competitions under the rules and regulations of the Illinois High School Association.

In-Season or Out-Of-Season: These phrases encompass the entire academic and calendar year (1-1 through 12-31). Since concerns for the health and reputation of the participants and the school go beyond any particular activity season, the code makes no distinction between in-season or out-of-season violations of this code.

Is Caught: This phrase means that (1) a student admits to a rule violation, or (2) an incident is reported in the media and is verified by law enforcement, or (3) an incident is directly reported by law enforcement to the school, or (4) an incident is witnessed and/or verified by school district officials. Just as our courts cannot convict suspects on the basis of hearsay evidence and rumors, neither can school officials impose penalties based solely on hearsay and rumors. If circumstances justify, school personnel may investigate accounts of a student violating behavior rules; however, real evidence of violations must be available before the athletic director can begin any procedures or impose any penalties.

ONLY IF THE STUDENT IS READY TO ACCEPT THIS, SHOULD HE OR SHE CONSIDER PARTICIPATING IN AN EXTRA-CURRICULAR ACTIVITY AS A CRIMSON!

ETHICAL AND MORAL STANDARDS FOR PARTICIPANTS

Extra-Curricular Activities offer experiences for encouraging desirable habits of discipline, for developing qualities of self-sacrifice and dedication for common goals, and for promoting an atmosphere of acceptable ethical and moral attitudes.

Extra-Curricular Activities being an elective part of the high school program, may not be for everyone. They are available for those students who desire to abide by the conditions established for the program and who desire to derive the benefits available through the program.

The nature of competition in some activities is to provide for individual development of character, personality, and discipline. In order to maintain the overall philosophy of high school competitive activities, it is necessary to establish guidelines that are consistent with this philosophical view.

This program attempts to reflect the attitude of the school and the community and will be maintained so that appropriate benefits will be available. The individual performers will be expected to behave and to perform in a manner that will inspire pride from the approval of the school community. The future of extra-curricular activities will be affected by the conduct of our present teams, since they set the example that will be followed by future teams.

A student's ethical and moral behavior should be exemplary not only during the season, but also during the off-season and summer months as well.

The following general rules and regulations will be considered as guidelines which student's are expected to respect and to maintain:

1. **SCHOOL ATTENDANCE:** Participants will be expected to exhibit exemplary student behavior in regard to attendance. Whenever possible, contests will be scheduled so as not to conflict with classes. The student must be in attendance all day on the day of a contest to be eligible, unless authorized by the Athletic Director and/or the Principal. The head coach, teacher or sponsor will insist upon attendance in all academic classes. Any missed class work should be made up immediately after returning to the class.
2. **PARTICIPATION:** Participation in extra-curricular activities is available to all students. Every student is expected to attend each practice unless excused by the coach in advance, or in an emergency. Promptness is also imperative if a person is to succeed as a student. It is considered an honor to participate in Jacksonville High School extra-curricular activities. The attitude and conduct of the student must coincide with the rules and regulations set forth and should be above reproach.

3. **APPEARANCE:** Dressing and grooming regulations will be in agreement with the rules established by the high school and particular activities.
4. **COMMITMENT:** The rules and regulations for students will be considered a commitment between the student and the school. Violations will be handled according to the procedures outlined in this handbook.
5. **REST:** Students will be expected to maintain regular hours and to restrict outside activities so that their physical performances will not be hampered in any way by improper rest.
6. **INJURIES:** Injuries should not be neglected under any circumstances, regardless of how minor. Proper reporting of injuries to the coach, teacher or supervisor is necessary for proper care. In addition, the student is obligated to report all injuries to the school nurse as soon as possible for insurance purposes.
7. **SCHOLARSHIP:** The student should maintain study habits so that maximum results will be derived from classes. Attendance at all classes, an attentive attitude, and an awareness of eligibility rules are necessary.
8. **TOBACCO-ALCOHOL-DRUGS:** It is obvious the use of tobacco, alcohol, and/or illegal or non-prescription drugs adversely affects the performance of students. A student's use of tobacco, alcohol, or drugs impairs his/her ability to perform and adversely affects the program in which he/she is participating and appropriate discipline shall be administered.
9. **OTHER ACTIVITIES:** Involvement in other activities should be considered as they could affect the performance of the individual. Any activity that would prevent maximum performance should be evaluated through consultation with the coach, teacher or supervisor.

JHS ELIGIBILITY RULES

Beginning with the 2009-2010 school year, a student must have a GPA of 2.0 during their activity season.

For eligibility, a student must also not have a summative course grade during the activity season of "F". A student will be deemed academically ineligible until the grade of "F" is raised to a level that will meet the 2.0 GPA beginning in the school year of 2009-2010.

Eligibility lists are distributed every week to all faculty. If a student is declared academically ineligible he/she will not participate in a contest until declared eligible on the next eligibility list. Students who fail to meet the academic standards at the end of the semester will be declared ineligible for the entire next semester and will be dismissed from the current team on which they are participating.

J.H.S. "CITIZENSHIP CODE"

Any student participating in an extra-curricular activity at Jacksonville High School who repeatedly receives behavioral references, in-school suspensions, and external suspensions or has excessive absences will forfeit privileges of participation.

BULLYING, INTIMIDATION AND HARASSMENT

Bullying, intimidation and harassment in any form will not be tolerated. This includes sponsor to student, student to student, student to sponsor and sponsor to sponsor. Upon report of an incident there will be an investigation of the alleged incident and with validation of the incident, appropriate consequences and remedial action will be administered.

NCAA FRESHMAN ELIGIBILITY REQUIREMENTS

If you are a student-athlete hopeful of a NCAA Division I or II Athletic Scholarship, you should check with your guidance counselor early to understand requirements. At the end of your junior year, you need to complete the NCAA Clearinghouse form in the Guidance Office. This is required for Division I & II Athletic Scholarship qualifiers.

EXTRA-CURRICULAR ACTIVITIES POLICIES

1. **DROPPING OR TRANSFERRING SPORTS:** A person who quits loses the privilege of participation in athletics. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following consideration and procedure must be followed:
 - a. Talk to your immediate coach and then to the head coach.
 - b. Report your situation to the Athletic Director.
 - c. Check in all equipment issued to you.
2. **EQUIPMENT:** School equipment checked out by the student is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the student's financial obligation.
3. **MISSING PRACTICE:** A student should always consult his/her coach, teacher or sponsor before missing practice.
4. **SCHOOL ATTENDANCE:** On the day of a contest, a Jacksonville High School student shall be in attendance that full day. Exceptions must be cleared in advance with the Athletic Director coach, teacher, or sponsor.
5. **TRAVEL:** All students should travel to and from out-of-town contests in transportation provided by the school district. Students will remain with their squad and under the supervision of the coach, teacher or supervisor when attending away contests unless written permission has been given to the Athletic Director or supervisor by the parents/guardian for approval to ride home with them.
6. **DRESS ON TRIPS:** Students will be expected to dress appropriately for all trips. The coach, teacher or sponsor is responsible for advising the students what they will need for a trip.

7. **DRESSING ROOM REGULATIONS:** A student should show proper respect for any visitors and their facilities. "Horseplay" can be dangerous on the slick floors in a dressing room and will not be tolerated at any time. Students should safeguard their equipment, clothing, and valuables at all times and be sure to turn off all the showers.
8. **UNSPORTSMANSHIP ACTIONS:** Any student or parent spectator who is asked to leave any extra-curricular contest for unsportsmanlike actions will not be allowed to the next home contest. Continuance of such actions or behavior will result in no admission to any extra-curricular events at Jacksonville High School for an entire year.

BEHAVIOR CODE

A. PURPOSE

The dual purpose of this document is to state the rules relating to the Behavior Code for students at Jacksonville High School and to outline the process which takes place when Jacksonville High School becomes aware that student has violated any of those rules.

The policies, rules and procedures written in this Code reflect the general educational philosophy of the coaches, sponsors and administrators at Jacksonville High School and have been reviewed and endorsed by the Board of Education of School District 117. The primary purpose of the Jacksonville High School Extra-Curricular Behavior Code is to promote a positive attitude and image for JHS students and teams which represent the school and community in interscholastic competition. The rules contained in the Code are not meant to be restrictive; rather, regulations are designed to protect the health and reputation of the student and the extra-curricular programs.

B. REQUIREMENTS

Prior to trying out for his/her first extra-curricular activity at Jacksonville High School, the student and his/her parent/guardian must accompany the student to the meeting to receive an explanation of the Student Handbook. After receiving an explanation of the handbook and answers to any questions they may ask, the student and parent/guardian must sign a Student Handbook affirming that they understand the rules, penalties and process presented and which bind the student to adhere to that Student Handbook during his/her entire career at Jacksonville High School. The signed card will be then kept on file in the Athletic Director's office.

While the signed card remains in effect for the student's entire career at JHS, the rules and procedures contained in this code should be reviewed by the coach, teacher or sponsor at the beginning of each season. If any coach, teacher or sponsor wishes his/her training rules to be more stringent than the ones stated in this document, that coach, teacher or sponsor must submit the rules in writing and receive prior written approval from the Athletic Director and Principal before disseminating the rules to his/her students.

C. SUSPENSIONS

If a student is on external school suspension, he/she may not practice nor compete in JHS extra-curricular activities during that suspension.

If a student is on internal school suspension, he or she may practice and/or compete in JHS extra-curricular activities.

D. FIGHTING

A student who is caught fighting off campus will not be subject to the penalties defined by this Code unless the incident becomes a police matter. However, the coach, teacher or supervisor of that student may address the incident.

E. RULES

A student who is caught violating any laws will be subject to the penalties as defined within this Code.

For health, safety and legal reasons, student who participate in interscholastic activities at Jacksonville High School are prohibited in-season and out-of-season from using tobacco products, illegally possessing or consuming alcohol and possessing or consuming illegal nonprescription drugs. A student who is caught violating this rule will be subject to the penalties as defined within this Code.

F. INVESTIGATION

Violations of this code will be investigated and handled individually by the Jacksonville High School Athletic Director and/or the Jacksonville High Administration.

During an investigation of an alleged code violation, the Jacksonville High School Athletic Director and/or the Jacksonville High School Administration may rely upon law enforcement officials, news media, eyewitnesses or school district officials. Just as our courts cannot convict suspects on the basis of hearsay evidence and rumors, neither can school officials impose penalties without real evidence of violations.

G. PENALTIES FOR CODE VIOLATIONS

First Offense: After the first offense against the Behavior Code, a student will be suspended immediately for a minimum of 1/9 of the competition which will include at least one contest. Any student will be allowed to practice with the team during his/her suspension. If the violation occurs out-of-season, the student's suspension will begin on the Monday prior to his/her first interscholastic competition of the new season.

Before resumption of competition, the student and his/her parent/guardian must contact the Head Coach or teacher, Athletic Director or JHS Administration to arrange a conference. The purpose of the conference is to review the facts and circumstances surrounding the rules infraction, the present situation and the future implications.

Second Offense: After a second offense against the Behavior Code, the student will be immediately dismissed from the team for the remainder of the season and will forfeit all awards he/she is eligible to receive. If the second violation occurs out-of-season, the student will not be considered to resume participation practices or events at Jacksonville High School until he/she meets the following requirements:

1. Agree to attend a mandatory counseling program;
2. Prior to season starting and with the coach's or teacher's approval, work as a manager or statistician for an entire season for any Jacksonville High School Interscholastic activity, attend all practices and activities;
3. Enact the Appeal Process at the Principal level for reinstatement. Reinstatement is not guaranteed by simply completing items 1 and 2.

Third Offense (in-season/out-of-season): After the third offense in-season/out-of-season, the student is declared ineligible for one 1 calendar year. After one year, the student may petition in writing the Appeal Process to hear any evidence to be considered for reinstatement to participation at Jacksonville High School.

ADDITIONAL OFFENSES and PROVISIONS:

Should a student receive a major suspension of 5 or more days this will be considered a First Offense Extra-Curricular Code violation. Any additional major suspension will be considered a Second Offense. A third major suspension will be considered a Third Offense of the Code.

Inappropriate pictures posted on the web or produced in a hard copy format will be investigated by the appropriate individuals at JHS. Upon completion of the investigation, a decision will be made if the pictures constitute a violation of the Code.

Should a student not be able to complete the penalties during the current activity, all penalties will carryover to the next activity. This may carry over from one school year to the next school year.

Truth Provision: If a student's denial of an offense is found to be false, all consequences will be doubled.

Admission Provision: If a student informs a school official they may have a dependency problem, and the student completes a counseling program related to the dependency, the student may receive a one time "no penalty." This Provision can only be enacted if the student admits to a school official of a dependency problem prior to any incident where the student has been found to be involved. A student is not eligible to use this Provision after they have been found in violation.

H. JACKSONVILLE HIGH SCHOOL APPEAL/REVIEW PROCESS

Any participant of an extra-curricular activity may appeal a consequence imposed upon them. The participant or parent/guardian must initiate the appeal process. The appeal will follow the Jacksonville School District appeal process. The first level of appeal will be to the JHS Principal. The second level will be to the District Hearing Officer. The final appeal will be to the Board of Education.

VARSITY LETTER REQUIREMENTS

All athletes:

1. Must end the season in good standing. Ending the season in good standing includes being academically eligible. Individual circumstances may be arranged with the consent of the Athletic Director and teacher/coach.
2. Must be present at the Athletic Awards Presentation (Banquet) in order to receive their award or letter.
3. Who participate in a given sport for four consecutive years (9-12) will receive a letter his/her senior year.
4. Citizenship eligibility will be evaluated by the Athletic Director and coaching staff.

A. SPECIFIC SPORT REQUIREMENTS

1. BASEBALL/SOFTBALL –

Athlete must--

- a) Participate in at least 50% of all innings played during the season
- b) Pitch 20 innings or more on the varsity level during the season
- c) Attend all practices unless excused by the coach
- d) Return equipment and uniforms issued in good condition at the end of the season
- e) Exhibit a team-concept attitude during the season

2. BASKETBALL –

Athlete must--

- a) Attend every practice during the season
- b) Have participated in 50% of all quarters
- c) Have all playing equipment that was issued checked in at the end of the season. (Each individual is responsible for his/her equipment.)
- d) Display team spirit

3. GOLF

Athlete must--

- a) Participate as a contestant in every scheduled match for the year and score four (4) or more points
- b) Score sixteen (16) points for the year
- c) Place in the District Tournament or shoot a score of 76 or less in the District or Conference
- d) Play on the golf team for four (4) years
- e) Display an attitude satisfactory to the coach

4. CHEERLEADERS/POM PON

Cheerleaders/Poms are considered the same as an athlete and therefore are required to adhere to all rules and regulations of the athletic department. Awards will parallel the regular awards system and will be made only upon the recommendation of the sponsor.

5. BOYS/GIRLS TENNIS –

Athlete must--

- a) Attend every practice during the season
- b) Score 14 points for the year
- c) Display an attitude of team spirit and cooperation
- d) Properly check in all equipment at the end of the season

6. BOYS/GIRLS CROSS-COUNTRY –

Athlete must--

- a) Attend every practice during the season, unless excused by the coaching staff
- b) Compete on the Varsity squad and be a scoring team member in 50% of the meet or
- c) Compete on the Varsity squad in any District, Sectional or State competition or
- d) Finish ahead of the number five runner of the opposing team seven (7) times during the regular season

7. BOYS/GIRLS SOCCER --

Athlete must--

- a) Attend all practice sessions unless excused by coach
- b) Participate in at least ¼ of quarters of varsity game
- c) Return all equipment issued
- d) Attain achievements in tournament play-offs

8. VOLLEYBALL --

Athlete must--

- a) Attend every practice unless excused by coach one (1) day in advance or show a written excuse from parent
- b) Participate in 50% of the games, including tournaments
- c) Have been a member of the volleyball team for four (4) years
- d) Exhibit qualities of good sportsmanship, team spirit, and mature athletic responsibility

9. BOYS/GIRLS SWIMMING --

Athlete must--

- a) Earn 10 points during the season
- b) Place in the top five in the sectional as an individual or on a relay
- c) Record a time within 10% of the state qualifying times (individual events or relays)
- d) Compete for the entire season and is in good standing throughout that year as a senior
- e) Be in good standing with the team and remain on the team to the end of the year

10. WRESTLING –

Athlete must--

- a) Score a total of 34 points for the year.
 - 1 point for participating in a match
 - 3 points if a match is won by a decision of fewer than 10 points
 - 4 points if a match is won by a decision over 10 points
 - 2 points if a match is a tie
 - 6 points if a match is won by a pin
 - 5 points if a match is won by a technical foul

11. BOYS/GIRLS TRACK –

Athlete must--

- a) Attend every practice session during the season unless excused
- b) Make 15 points throughout the season (not including Frosh.-Soph. Meets)
- c) Participate in the Conference and Section track meets and win first, second, or third in the Conference (any place in the sectional meet)
- d) Properly check in all equipment at the close of the season
- e) Display an attitude of cooperation
- f) Finish the entire scheduled season

12 FOOTBALL –

Athlete must--

- a) Attend every practice during the season unless excused
- b) Play in a minimum of 12 quarters
- c) Display an attitude reflective of what is taught by the coaches (Pride)
- d) Return all equipment checked out to the athlete

SUMMARY OF ATHLETIC AWARDS –

First Freshman Award	- Numerals
Other Freshman Awards	- Certificate
All Sophomore Awards	- Certificate
All Junior Awards	- Certificate & Pin
First Varsity Award	- Varsity “J” letter & Pin (first varsity sport)
All Other Varsity Awards	- Varsity Certificate & Pin
Senior Varsity Award	- Plaque

ADDITIONAL AWARDS

A. Jake DeOrnellas Memorial Award

The Senior student who best exemplifies the characteristics of leadership, cooperation and a genuine, good student/athlete will be honored each spring as a recipient of this award. Each head coach of all the interscholastic sports will determine the name of the senior who they feel exemplifies the criteria for the selection of such a recipient. If a coach decides not to submit a candidate, the high school Athletic Director may reserve the right to make such a selection for consideration by the committee.

B. Central State Eight Academic All-Conference

An Academic All-Conference Team shall be selected at the conclusion of each season to include all activities which ended during that season by the following criteria:

- a. One all-activity team will be selected
- b. Sophomores, juniors, and seniors shall be eligible
- c. Students attain a cumulative, weighted GPA of 3.6 of the preceding semester
- d. Students must complete a varsity season and appear on the eligibility roster. Student managers and helpers are not eligible

C. Rotary Scholar Athletic Award

Recognizes high school seniors who have outstanding contributions both academically and athletically. The athletic committee selects one senior.

D. Brandon Bork Memorial Award

Given to a junior varsity athlete in football, boys' soccer, boys' basketball, baseball or boys' track who demonstrates a positive attitude which creates team spirit that contributes to a successful program. Coaches nominate this individual.

E. Don Waggener Memorial Award

This award is presented annually to a baseball player who exemplifies a great work ethic, dedication and determination to play the game of baseball

F. Kraushaar-Rosenberger Sportsmanship Award

This award is presented annually to a football player who consistently displays good sportsmanship towards teammates, opponents, coaches and officials.

ATHLETIC INSURANCE

The program is through a local insurance agency. Any athlete out for any sport (with the exception of football) is covered to participate in that sport if he/she purchases the school insurance. They need to complete the applications available at registration in August. **Football only:** Any athlete wanting to participate in football must have paid the added premium for the sport or sign an insurance waiver before being allowed to participate. The football coach will distribute the special football applications.

CONCLUSION

The primary purpose of our athletic program is to develop individuals who would be considered "winners." The individuals who are "winners" will be useful and loyal members of society, will desire to achieve excellence, will strive to live a healthful and purposeful life, have a deep respect for their fellow men, and be willing to make personal sacrifices for the benefit of the majority.

Probably the most important factor is that a "winner" is willing to live by high moral codes.

Athletes are challenged in athletics to become "winners." It is hoped that they can accept and successfully meet this challenge.

WAIVER

To the best of our knowledge, the rules and procedures stated in this Student Extra-Curricular Handbook are in accordance with national, state and local laws and the policies of the Illinois High School Association.

PRINT NAME: _____ **GRADE:** _____

BIRTHDATE: _____ **BIRTHPLACE-COUNTY/STATE:** _____

**JACKSONVILLE HIGH SCHOOL AGREEMENT TO PARTICIPATE
TO BE COMPLETED BY THE STUDENT**

1. I have read the training rules and policies. I completely understand, and I agree to conform to the terms and conditions of the program while participating in any of the Jacksonville High School interscholastic activities.
2. I will abide by all conduct rules and will behave in a sportsman-like manner.
3. I will follow the coach's, teacher's and sponsor's instructions, playing techniques, training schedule and safety rules.
4. I acknowledge that I am aware that participation in interscholastic activities may involve **MANY RISKS OF INJURY**. A serious injury may result in physical impairment or even death. I hereby assume all the risks associated with participation and agree to the #117 School District, its employees, agents, coaches, School Board members, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

DATE: _____ **SIGNATURE:** _____

TO BE COMPLETED BY THE PARENT/GUARDIAN

1. _____ has my permission to participate in sanctioned Illinois High School Association activities under the terms of the Jacksonville High School Program. I also authorize the coach, teacher or sponsor in charge to act in the best interest of my son/daughter in an emergency i.e. calling a physician.
2. I consent to coaches, teachers or sponsors providing news releases and photos of my son/daughter.
3. I am the parent/guardian of the above named student. I have read the Agreement to Participate and understand its terms. I understand that all activities can involve many **RISKS OF INJURY**. In consideration of the School District permitting my child/ward to participate in interscholastic activities. I agree to hold the #117 School District, its employees, agents, coaches, School Board members and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of any kind and nature whatsoever which may arise by or in connection with the participation of my child/ward in interscholastic activities. I assume all responsibility and certify that my child is in good physical health and is capable of participation in interscholastic activities at JHS.

DATE: _____ **SIGNATURE:** _____

Authorization for Medical Services

Student Name _____ Age _____

As legal guardian for the student indicated above, I give my permission for necessary medical services to be administered to the student in case of illness or accident. Every attempt will be made to contact the parent/guardian should we need to seek medical services.

Parent/Guardian Signature _____ Date _____

Address _____

Phone: Home _____ Work: _____ Cell: _____

Student's Physician: _____ Office Phone: _____

Insurance Carrier: _____

Policy Number: _____

Allergies or Special Concerns _____

