

MJHS Athletics

Tryout Packet

2017-2018

This packet must be read prior to tryouts for all students participating in interscholastic athletic activities. Students who do not read and complete the tryout form of agreement WILL NOT be allowed to tryout and will not be given an extension for tryouts.

Enclosed you should find:

- **Agreement to Participate in EC Activities** - Please fill in all blanks and sign.
- **Uniform Waiver**
- **Concussion Information Sheet**
- **IHSA/IESA Physical Form** - Please fill out both sides. Regular 6th grade physicals are adequate. 6th grade students do not need an additional physical to participate in athletics. We do not participate in random steroid testing.
This form MUST be completed prior to tryouts
- **Mokena Activity Fee Sheet** - Fees are only paid if a student makes the team.
- **Student-Athlete Code of Conduct**
- **Parent Code of Conduct**

First Day of Tryouts
Softball - July 24 th
Baseball - July 31 st
Cross Country - Aug 1 st
Boys' Volleyball - Aug 7 th
Poms - TBD
Girls' Basketball - Aug 28 th
Cheerleading - TBD
Boys' Basketball - Oct 16 th
Girls' Volleyball - Nov 27 th
Track - March 12 th

***** Dates are Tentative and Subject to Change**

MJHS Participation Permission Slip

_____ (student's name) has my permission to participate in _____
(name of activity). I know of nothing that would physically prohibit my son/daughter from safely participating in this activity. I have included an IHSA/IESA physical from a licensed medical professional that assures my child is physically able to participate. This physical must be completed and turned in **PRIOR** to tryouts. I have also included a completed emergency form with at least two emergency contact numbers.

I understand my child's ability to be on the team will be determined by his or her behavior including: school rules, eligibility, team rules, and IESA policy. Coaches may establish rules that are more restrictive than those set forth by the school or IESA. Coaches will review rules at a mandatory parent meeting. While coaches will make every attempt to allow all students to participate, there is no guarantee of playing time or that every student will participate in every competition.

All athletic activities involve physical exercise and movement. As a result, there is always some risk of injury. Such injuries may include but are not limited to, abrasions, sprains, muscle strains, and general soreness. I realize that Mokena Public School District #159 does not carry student accident insurance nor does it self-insure for such occurrences. I take full responsibility for any injuries that may occur.

Student insurance coverage is available from a company designated by the Board of Education policy 4.170, "...every student who participates in athletics must have school accident insurance unless they are covered under a family health insurance policy." Your signature below signifies your understanding of and compliance with this policy.

A completed athletics tryout packet must be completed and turned in to the coach prior to the first day of tryouts. Fees are to be paid **ONLY** if the student makes the team. Tryout dates, parent meeting dates and times, and fee due dates are listed on the cover page of the MJHS Athletics Tryout Packet.

MJHS Uniform Waiver

MJHS issues uniforms for each participant on the team. The uniform is the student's responsibility during the season. Lost or damaged uniforms must be replaced at the cost of a new uniform regardless of condition of the uniform. The cost of the uniform is dependent upon the sport and the number of uniform pieces that are lost or damaged.

Parents may be asked to purchase uniform parts during a season and may ask that those uniform parts meet certain requirements. For example, baseball and softball players will be required to purchase socks and pants. Parents must provide the appropriate footwear. Coaches will inform parents of any uniform requirements when the student makes the team.

If a parent must wash a uniform, we recommend that the item be washed in the gentle cycle / cold water and must be line dried (do not put uniforms in the dryer).

Concussion Information Sheet

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.

Symptoms may include one or more of the following:	
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<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:	
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<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness
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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. IHSA Policy 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 IHSA member 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.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

Mokena Junior High School
Student-Athlete
Code of Conduct

“Home of the Meteors”

Purpose

The goals of the athletic programs at MJHS include the following:

- To get each student to be the best athlete he/she can be;
- To learn the fundamentals of each sport;
- To develop a sense of good sportsmanship;
- To promote team and school spirit; and,
- To develop better relationships between the various schools during all contests.

Attendance

In an effort to achieve our goals and to work cohesively as a team, attendance at all practices and contests is extremely important. On an occasion when an absence is unavoidable, a note to the coaches seeking to be excused before the practice/game would be appreciated. The following are examples of reasons for missing a practice or contest, which would be considered an excused absence.

- Absence from school due to illness or family emergency
 - In accordance with Board policy 7:300, students must be in attendance for at least one half day (One hundred fifty [150] minutes).
- Religious instruction classes
- Any exemption (medical, parental, etc.) from physical education class (no participation in practices or contests for the duration of the exemption)

Students with unexcused absences from practices or contests will be penalized as follows:

- 1st unexcused absence – ineligible to participate in the next contest
- 2nd unexcused absence – may be dismissed from the team

Rules

As a participant in Mokena Junior High Athletics, I agree to conduct myself according to the following rules/expectations:

- I will adhere to all regular school policies as outlined in the current Mokena School District 159 Parent/Student Handbook.
- I will maintain or exceed the grade requirements as set forth by MJHS and IESA.
- Any student who is found to be in violation of IESA rules or school rules concerning athletics may be subject to one or more of the following consequences in addition to any levied by IESA.
 - Immediate suspension for an agreed upon number of contests as decided by the coach, athletic direction, and/or administration.
 - Immediate suspension for current athletic organization.
 - Suspension from attending all school-sponsored athletic competitions for the remainder of the season.
- Disciplinary/Detention Policy – Our student-athletes are expected to model good character at all times whether on the field or off. Participation in interscholastic athletics is a privilege that is an extension of our instructional mission and values. Student-athletes should be aware at all times that they not only represent their respective sport, but that they also represent Mokena Junior High

School and its entire community. The following policies outline the consequences for student-athletes who commit disciplinary infractions during their season:

- Teacher referral (minor infraction) – a student is issued a behavior consequence from a teacher for a violation of classroom and/or school rules. The action assigned from this referral by the teacher will be the consequence.
 - Office referral (major infraction) – a student is removed from the classroom for a major violation of the classroom and/or school rules. The action from this referral is assigned by an administrator. Coaches may impose further consequences.
 - Subsequent office referrals will require a meeting with the student-athlete, coach, athletic director, and parent.
 - In-School Suspension – will not participate in practices or contests for a week following the in-school suspension.
 - Out-of-School Suspension – a meeting with the student-athlete, coach, athletic director, administration, and parent will be held. The student will not participate in practices or contests until the meeting occurs. At this meeting, further disciplinary actions will be discussed.
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- I will not smoke and/or use any drug, which is illegal for me to use. Such items include, but are not limited to, alcohol, narcotics, tobacco, marijuana, prescription medications not prescribed to me, steroids, abuse of over-the-counter medicines, etc.
 - I will be the best student possible. I will be respectful, responsible, and safe.
 - I will be on time to all practices, contests, and bus departures.
 - I am aware that I must attend school, arriving no later than 10:20 am in order to participate in that day's contest.
 - I will have my ride at school within a reasonable amount of time after all practices and contests.
 - I will dress properly for all contests with all necessary equipment.
 - I will wear my uniform correctly at all times.
 - I will not get involved in any horseplay before, during, or after practices or contests. I will behave in a manner that will reflect well on the athletic programs, our school, and our community.
 - I will be responsible for turning in my school-issued equipment as directed. I will also be responsible for replacing or paying for any lost or damaged equipment not due to the rigors of competition.

- I will respect the rights and property of my team members. I will not make fun of or criticize other members nor will I in any way bother their belongings.
- I will conduct myself according to our school district rules and regulations while riding the bus to and from contests. I realize that I am expected to ride the bus home unless my parents have signed a Transportation Release form with my coach prior to the contest. (Appendix B)
- I will always do my best. I will not make excuses when things do not go well. When coaches are talking, I will give them my undivided attention.
- I will be sincere and loyal at all times to my coaches, fellow team members, and my school.
- I will display good sportsmanship during practices and contests, showing respect for the officials, coaches, and players.
- I will attempt to display leadership both on and off of the field or court, in the community, and in the classroom. I will encourage others around me to display the same characteristics of leadership.

Mokena School District 159 Interscholastic Activities Eligibility Policy

The goal of this Interscholastic Activities Eligibility policy is to impress upon our students the proper perspective of school priorities: academics first and interscholastic activities second. The policy prescribes a period of time during which a student, due to poor academic performance, may not be permitted to participate in practices as well as any contests.

Academic eligibility is checked every week on Thursday for the following week (Monday-Saturday). A student will be academically ineligible if he/she has an F in any scheduled class or a grade point average below a 2.33 on a 5.33 scale. Ineligible students will be reported to the coach, athletic director, and administration.

Consequences

Once a student has been found to be ineligible, he/she may not participate in any contest or practice during the next week, Monday through Saturday, regardless of his/her academic progress during that probationary period. Student-athletes will not be allowed to dress in uniform for any contest during the time of their ineligibility. With permission from the coach, athlete, and family, a student-athlete may attend home contests or travel to away contests.

Any student that receives probation for academic ineligibility for either three consecutive weeks or three separate times will be removed from the roster and have all practice and performance privileges revoked.

Coaches may have higher standards for their teams than the minimum policy stated above. A coach does reserve the right for full, limited, or no participation based on academic performance, e.g. missing assignments, consistent below average performance that does not fall into the ineligibility criteria.

Athletic Teams

The following athletic activities are available for students at Mokena Junior High School

Sport (all grades eligible unless noted)	Season
7 th & 8 th Grades Girls Softball	Summer/Fall
7 th & 8 th Grades Boys Baseball	Summer/Fall
Boys and Girls Cross Country	Fall
Boys Volleyball	Fall
Girls Poms	Fall
Girls Basketball	Fall
Girls Cheerleading	Fall
Boys Basketball	Fall/Winter
Girls Volleyball	Winter
Boys and Girls Track	Spring

Conference Affiliation

Mokena Junior High School athletic teams compete in the Des Plaines Valley Conference (DPVC). Participating schools in the conference include Hickory Creek Middle School (Frankfort), Summit Junior High School (Frankfort), Homer Junior High School (Homer Glen), Manhattan Junior High School (Manhattan), Liberty Junior High School (New Lenox), Martino Junior High School (New Lenox), and Troy Middle School (Plainfield).

A conference champion is crowned in each of activities. Conference standings in no way affect or reflect Mokena Junior High School's participation or opportunities in IESA regulated post-season play or tournaments.

State Organization Membership

Mokena Junior High School is a member of the Illinois Elementary School Association or IESA. MJHS works diligently to maintain compliance in all areas of student participation. While many policies of conduct are set forth by the Mokena School District 159 Board of Education and Illinois School Code, any and all

remaining matters of compliance are set forth by the IESA. MJHS strives to find itself competitive at the state level in all of its membership activities. A primary goal of both MJHS and IESA is to create successful and meaningful participation for students. An essential ingredient in this endeavor is sportsmanship. It should be the goal of each administrator, coach, player, and parent that we are recognized not only for our interscholastic success, but also for our sportsmanship.

Please note the following information regarding Mokena Junior High School and IESA state tournament play:

“Each member school acknowledges that athletic contests and interscholastic competition take place in public. As such, there is no expectation of privacy in the images of student athletes, coaches, or other participants at such events. The IESA and/or its agents or designees may take, distribute, and use photographs of student athletes, coaches, officials, and other participants at such events and use the same for publicity, marketing, and other appropriate purposes, including event programs. The member school will take appropriate actions to notify its student athletes, coaches, and participants of this provision.”

For more information about the IESA, please go to: www.iesa.org

Mokena Junior High School
Parent of Student-Athlete
Code of Conduct

Parent Pledge

As a parent, I acknowledge that I am a role model. I will remember that school athletics are an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the team involved. I understand the spirit of play and the good sportsmanship expected by our school and our conference. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

I also agree to conduct myself according to the following rules/expectations:

- I will support my son/daughter by getting them to practices and contests on time.
- I will encourage my son/daughter to talk to the coach on their own behalf before expecting me to make the contact.
- When I have concerns regarding my son/daughter, I will contact the coach and set up an appointment to discuss these concerns. It is discouraged for a parent to approach a coach directly preceding or following a contest. Coaches have been encouraged by the Athletic Director not to participate in matters of conflict before or after contests.
- Despite my understanding, experience, or expertise or a particular interscholastic activity, I will not attempt to supersede the coach's decisions or authority during the course of a contest.
- I will abide by the procedure set forth in the *Transportation Release Form* if I choose to transport my child from an away contest.
- I will treat officials, coaches, and other players with respect and refrain from using inappropriate language.
- I will help my child keep his or her priorities straight and maintain each sport in its proper perspective.
- I will be my child's best fan.