

***ATHLETE/PARENT
HANDBOOK &
EXTRA-CURRICULAR
CODE OF CONDUCT***



***“DO WHAT IS RIGHT, NOT
WHAT IS EASY”***

WELCOME

Welcome to Mascoutah Community School District 19. This handbook is not intended to answer every question or situation concerning athletics here at Mascoutah but merely serves as a quick reference to help guide you to your answer. Some areas are covered in more depth while others are only mentioned. If you have a specific question or problem, please contact the Athletic Director immediately.

VISION

Our district will provide every student the resources and opportunity for personal growth as they develop 21st century skills including critical thinking, communication, creativity and collaboration. Our students will be contributing members of society who value the pursuit of learning and service to others.

ATHLETICS MISSION STATEMENT

Our athletic program will provide competitive athletic programs for our student-athletes, motivating them to be their best while emphasizing fundamentals, teamwork, work ethic, sportsmanship and commitment.

The Mascoutah Athletic Department strives to support this mission statement by developing a well-rounded athletic program designed to enhance each students' athletic opportunities.

MHS ATHLETIC PROGRAMS

FALL SPORTS

Boys/Girls Cross-Country
Boys/Girls Golf
Girls Tennis
Boys Soccer
Boys Football
Girls Volleyball
Cheerleading
Dance

WINTER SPORTS

Boys/Girls Bowling
Boys/Girls Basketball
Wrestling
Cheerleading
Dance

SPRING SPORTS

Boys/Girls Track
Boys Tennis
Girls Soccer
Baseball
Softball
Bass Fishing

MASCOUTAH HIGH SCHOOL HEAD COACHES

ATHLETIC DIRECTOR	SCOTT BATTAS
FOOTBALL.....	JOSH LEE
VOLLEYBALL	TODD GOBER
GIRLS TENNIS	SCOTT SIMON
BOYS SOCCER.....	NICK CARR
BOYS GOLF	JOHN HINKLE
GIRLS GOLF	SCOTT OLTMANN
CROSS-COUNTY	DARREN LATHAM
BOYS BASKETBALL	JUSTIN LOVE
GIRLS BASKETBALL	ROBERT SEABERRY
WRESTLING.....	CHRIS LINDSAY
BOWLING (GIRLS/BOYS).....	MARK TUBB
CHEERLEADING.....	SAMANTHA PETERS
DANCE	MISSY WOMBACHER
SOFTBALL	FRANK EVANS
BASEBALL.....	DON EDDY
GIRLS SOCCER	NICK CARR
BOYS TRACK.....	DARREN LATHAM
GIRLS TRACK.....	RON HULLIUNG
BOYS TENNIS	SAM GRAF
BASS FISHING.....	DAN DEUTSCHMANN

ILLINOIS HIGH SCHOOL ASSOCIATION (IHSA)

The Illinois High School Association (IHSA) is the governing body of all Illinois High Schools. The IHSA also conducts all state championship tournaments. Most sports go through a regional, sectional, and super-sectional series to be able to play in the state finals.

MISSISSIPPI VALLEY CONFERENCE

MHS is a member of the Mississippi Valley Conference. The conference has six schools, Civic Memorial (Bethalto), Highland, Jersey (Jerseyville), Mascoutah, Triad, and Waterloo. Our conference is considered one of the best in the area and has produced a number of teams that have earned a place in state competition.

ELIGIBILITY/GRADE CHECKS

MHS conducts weekly grade checks as required by the IHSA. To remain eligible, an athlete must be passing five classes or 25 credit hours of work per week. The grade check is done on Monday of each week. If an athlete is not passing five classes or 25 credit hours, then he/she is declared ineligible from Monday to Monday. The athlete may continue to practice, but cannot participate in any interscholastic contest. The athlete will stay ineligible until he/she is again passing five classes or 25 credit hours.

If an athlete is not passing 25 credit hours of work at the end of the semester, they lose eligibility for the entire next semester. If an athlete is not passing 25 credit hours of work at the end of the semester, they are able to make up one class to be eligible for the next sports season. In order to do this, they must have principal approval.

MMS conducts weekly grades checks as required by the SIJHSAA. To remain eligible at MMS students must be passing all classes. If a student is not passing all classes they are declared ineligible from Monday to Monday.

ATHLETIC FEE POLICY

All MHS student athletes will be required to pay a participation fee. At MHS the fee is \$55.00 for the first sport and \$55.00 for the second. The maximum for an individual student is \$100. The maximum fee per FAMILY is \$220.00. The fee must be paid before the first scheduled contest for the sport in which the athlete is participating.

The athletic fee may be refunded if the athlete is injured before the first scheduled contest. The athletic department, upon request and a written verification by the Head Coach, will refund the fee. After the first scheduled game there will be absolutely no refunds for any reason.

PHYSICALS

The IHSA requires a yearly physical for all athletes. For incoming freshmen and 6th graders their school physical covers all athletics. All physicals must be on file before an individual will be allowed to go out for a sport

MHS and MMS may offer physicals for the athletes through the school. The athletic office will let parents know of facilities that are offering athletic physicals at a reasonable rate. This will be done as soon as the athletic office receives information on this service

INSURANCE WAIVER

Mascoutah District 19 requires all athletes to show proof of insurance. This insurance form ***must be completed each year*** and must be on file prior to the athlete participating in sports. Family insurance that covers athletic injuries is acceptable, as is purchasing school insurance.

Individuals with a son participating in football should ensure that their family policy covers football. If you elect to take school insurance, and your son plays football, be sure to make this known to the school. Military provided services for your son/daughter will meet this need for insurance.

Along with the insurance information, you will be asked to fill the Emergency Information and Parent Consent form. In the event that your son/daughter is injured, this will help us and may allow treatment to begin. These are only for emergency situations when you are not readily available.

IHSA/MHS DRUG TESTING POLICY

The Illinois High School Association has begun random testing for steroids and performance-enhancing dietary supplements. This takes place for individuals and teams who qualify for IHSA state series.

No student-athlete may participate in the IHSA state series competition unless the athlete and the athlete's parent/guardian have signed consent to random testing on the enhancing drug p Form.

MHS reserves the right to test student athletes for both performance enhancing drugs and street drugs at any time throughout the school year. Student athletes will be randomly selected throughout the school year. Should a positive test be found, that student athlete will be subjected to standard code of conduct consequences. Participating in athletics at MHS is a privilege and not a right.

NCAA CLEARINGHOUSE (MHS)

The NCAA Initial-Eligibility Clearinghouse is a central clearinghouse that will certify your athletic eligibility for Division I and II. If you intend to participate in Division I or II athletics you must register and be certified by the NCAA Initial-Clearinghouse.

At the end of your Junior Year, all interested athletes should complete the NCAA registration. The cost is \$50.00. It is better to register after your junior-year grades appear on your transcript. Athletes are encouraged to complete this application because sometimes scholarships are not offered until late in your senior year. The Guidance Office and the Athletic Director can help with any questions you may have.

When you register to take your ACT or the SAT, you mark code 9999 on your application, so that the clearinghouse will be one of the institutions receiving your scores. If you have any questions about the NCAA Clearinghouse, see the AD or the Guidance Office.

SUMMER SPORT CAMPS

The Mascoutah athletic department offers a number of sports camps for their athletes. The camps are held during the summer and usually will take place at the high school. The cost is set by the school and is very reasonable. Athletes are encouraged to attend these camps to improve their skill level; attendance at camps will not affect team selection if you are not able to attend.

The boys and girls basketball teams also play in league and tournaments during the summer. These league and tournament games help to keep the basketball programs at a competitive level. The volleyball team will also take part in some summer play and tournaments. Both golf teams will meet during the summer to play practice rounds at various golf courses. The weight room is also open at various times during the summer for weight lifting and conditioning.

The weight room is open during the summer for weight training and conditioning. Please contact your coaches for dates and times.

ATHLETIC COMPETITION LEVELS

MHS plays a full sport schedule at every available level in the athletic programs. Freshmen will play a separate level of competition in football, volleyball, boys' soccer, boys' basketball, girls' basketball and baseball. We have sophomore football and boys' basketball. We participate at the JV level in volleyball, boys' basketball, girls' basketball, golf, boys' soccer, girls' soccer and softball. We also participate in a number of underclass tournaments. The level at which an athlete play is contingent upon his/her athletic ability in that sport, seniors are not allowed to participate below the varsity level.

MMS plays 7th and 8th grade in basketball, baseball, softball and volleyball. MMS also offers 6th grade boy's basketball and girl's volleyball. MMS allows 6th graders to tryout for, baseball, softball, wrestling track, and girls' basketball.

SPORTSMANSHIP

The IHSA and SIJHSAA expect all participants who attend any athletic event to show great sportsmanship, this includes:

- **Never boo a player, coach or official**
- **Appreciate a good play, regardless of who makes it**
- **Know the school gets blame or praise for their conduct**
- **Recognizes the need for more good sports and fewer bad sports**

TRANSPORTATION POLICY

In order to promote TEAM SPIRIT, all student athletes are encouraged to ride the school provided transportation to and from all away games.

If an athlete must ride home with their parents or legal guardian they must have the Athletic Contest Parent Sign Out Form on file. Parents must also sign out their child on a sheet provided by the coach before leaving the athletic contest.

Arrangements must be made with the Athletic Director or School Principal if students need to be transported by someone other than their parent or guardian.

Coaches reserve the right to require members of their teams to ride together to and from contests.

INJURIES

All injuries regardless of type are to be reported to the coaching staff. Coaches need to be made aware of injuries so proper care can be recommended and given.

If the injury needs medical care and a medical excuse is given to prevent practice or game participation, a written release from the doctor will be needed before athlete can resume participation.

CONCUSSION POLICY

Anytime the athlete gets a concussion, either in practice or a game he/she will not be allowed to return to practice or competition until he/she gets medical clearance.

HAZING OR INITIATION

Mascoutah High School and Mascoutah Middle School recognizes the dignity and worth of all individuals and in keeping with that belief, prohibits any and all forms of hazing and initiation rites for any school-sponsored athletic team. This includes behavior, which is demeaning degrading, or contrary to accepted standards of common decency and is based upon affiliation with any group, sex, race, religion or economic status.

Any student athlete involved in hazing or initiation rites will be subject to disciplinary action. This action may include but is not limited to dismissal from the team; suspension or a recommendation to the school board for expulsion from school; and/or exclusion from participation in subsequent school events or activities.

Soliciting, encouraging, aiding or engaging in hazing is prohibited. "Hazing," means any intentional knowing or reckless act directed against a student for purpose of being initiated into, affiliating, or maintaining membership on the team whose members are, or include, other students.

PLAYER/PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other party and provide the greatest benefit to the athlete. As parents, you have the right to understand what is to be expected of your son/daughter and this begins with clear communication between all involved parties.

This is what you should expect from every coach:

- Philosophy of the coach
- Positive Motivations
- Constructive Criticism
- Expectations the coach has of all athletes
- Locations and times of practices/contest
- Team Requirements, (i.e., fees, equipment cost, off-season work)
- Procedures should your child be injured
- Discipline procedures
- Fairness and communication

The following is what coaches should expect from parents:

- **Concerns expressed directly to the coach**
- **Notification of any schedule conflicts in advance**
- **Support of son/daughter in all related activities**
- **Sportsmanship at all contests**
- **Understanding that there are always two sides to every story**
- **Sign athlete out if riding home with parent after a contest**

Athletics at MHS and MMS will bring many rewarding experiences but there will be times when things do not go the way you or your son/daughter wishes. At these times, discussion with the coach is encouraged.

The following are appropriate concerns to discuss with the coaches:

- **The treatment of your son/daughter, mentally and physically**
- **Ways to help your son/daughter improve**
- **Concerns about your son'/daughters' behavior**
- **Concerns about academics**
- **Guidance in relationship to possible college scholarships (MHS)**
- **Guidance in off-season activities.**

It is very difficult sometimes to accept the playing time or role your son/daughter has on the team. Please remember that coaches are professionals and make judgments based on what they believe is best for all team members. Certain issues should not be discussed and must be left to the discretion of the coach.

Issues not appropriate to discuss with the coaches:

- **Playing time of all team members**
- **Team Strategy**
- **Play calling**
- **Other student-athletes on the team**

There are situations that may require a conference between the coach and a parent. THIS IS ENCOURAGED. It is important that both parties have a clear understanding of each other's position. When a conference is necessary, the following procedures will be followed:

- **UNDERSTAND THAT YOU DO NOT CONFRONT A COACH AFTER A CONTEST OR PRACTICE = 24 Hour rule**
- **Call to set up an appointment to see the coach, either directly or through the high school or middle school office**
- **If the coach cannot be reached, contact the AD's office, who will in turn set up a meeting**
- **Profanity has no place in the discussion**

If this meeting does not provide a satisfactory resolution, then the following procedures will be followed:

- Call and set up an appointment with the Athletic Director, UNDERSTAND that the AD will insist that you speak with the coach before a meeting will be set with the AD
- At this meeting the discussion will only concern your son/daughter
- An appropriate next step will be determined

QUITTING A TEAM

If an athlete participates in ten practices (pre-season) for a sport he/she cannot quit that sport and join another sport until the sport season he/she quit is completed. The student athlete is also not allowed to participate in any workout or practices for the next sports season until the original sport season is finished.

Mutual consent by both coaches can waive this rule if the student athlete and team are better off for the change. This only applies to sports that occur during same sport season.

MASCOUTAH COMMUNITY UNIT SCHOOL DISTRICT #19 EXTRA-CURRICULAR CODE OF CONDUCT

Participation in extra-curricular activities is a **privilege** and not a right. Furthermore, participation is optional and voluntary and requires the acceptance of additional conditions, which do not necessarily apply to all students. One of these conditions and additional responsibilities is the maintenance of the highest degree of citizenship.

Extra-curricular activities are an extension of and adjunct to formal classroom education. Participants in extra-curricular activities are public representatives of their school, school district and community.

Accordingly, the administration of Mascoutah High School and the Mascoutah Middle School, with the consent and approval of the Superintendent of Schools and the Board of Education, has officially announced the following rules which shall apply to all high school students enrolled and engaged in any Illinois High School Association activities and all middle school extra-curricular activities on or after the date of adoption of this document.

Each participant and parent is asked to study these procedures closely and to agree in writing to conform. Participating students and parents must accept the fact that extra-curricular activities are controlled by the school. Since participation is voluntary, any student who cannot meet the procedures as set forth below shall refrain from participation. **The extra-curricular code is cumulative beginning with the student and parents signing of this code and continuing throughout the student's entire high school or middle school career. These procedures are in effect on or off campus throughout the entire calendar year, including weekends and summer, and do not supersede, but are in addition to, District #19 school disciplinary procedures.**

A signature by the participant and his or her parents indicates they are prepared to meet and accept these provisions.

1. A student may be suspended from participation in any activity according to the following procedure:
 - A.) All reports of violations of the Code of Conduct are to be made to either the Administration or the Director of Athletics.
 - B.) The Administration or Athletic Director will contact the student, the parents, the coach or sponsor to inform them of the violation and the penalty. If requested, a meeting is scheduled with the Activity Council within three (3) school days. The Activity Council includes the Assistant Principal, the Athletic Director and the Coach or Activity Sponsor if not athletics. His/her parents may attend if they desire. The Principal may substitute for any of the members.
 - C.) The Athletic Director or Activity Sponsor will notify the student and his/her parents of the decision and penalty, if to be imposed or confirmed, immediately following the conclusion of the scheduled meeting.
 - D.) Penalties will be applied to current or next area of activity in which a student participates. Any offense constitutes a violation in all activities covered under the guidelines.

2. The students participating in the following actions will be considered in violation of the extra-curricular code of conduct. **Under these procedures, a student who knowingly uses, attempts to use, possesses, sells or assists any other student in the following:**

E.) use of tobacco in any form, whether smokeless or otherwise on school property or in violation of rules promulgated by the coach or sponsor;

F.) possession, sale, distribution, transporting and/or use of beer, wine, whiskey or any other alcoholic beverage;

G.) possession and/or use of any form of controlled substance, illegal drugs, look-alikes, drug paraphernalia other than those prescribed by a physician.

Violation of the above listed activities will result in the following disciplinary measures.

1st OFFENSE

The first violation will result in a suspension of two weeks from all activities. The athletic representative will be suspended for 25% of the contests in their current season or the first scheduled sport in which the individual wishes to participate.

2nd OFFENSE

A second violation within a year of the first offense of any or more of the rules will result in a penalty of suspension from all activities for one year.

*If offending student is willing, and has permission from parents to enter a youth drug evaluation and treatment program, and completes the program in a specific month, that student's penalty will be reduced to half of the full season of their current sport or the next sport in which they participate in if they are not currently in a sport. If the offending student is in a season at the time of the offense, and completes the program, their penalty would be half of the remaining contests for that season. Students may continue, or begin practicing with their team once registered for the program. Any cost associated with the program is the responsibility of the student and their family. All programs must be pre-approved by District #19 Administration.

The student must also provide a presentation to teammates explaining their offense and what the program has done to help them make better decisions.

3RD OFFENSE

A third violation in the same or any prior year of any one or more of the rules shall result in the penalty of suspension from all activities during the balance of the student's enrollment in any Mascoutah school with no appeal process.

If the student is caught selling or distributing drugs or is driving a vehicle where alcohol/drugs contributes to an accident in which a personal injury is involved, the Activity Council will invoke a penalty of suspension for a season or the school year and by-pass the progressive penalty procedure.

3. **Attendance at Illegal Parties or Illegal Activities:** Attendance at illegal parties or other illegal activities, including while an occupant or passenger in a vehicle where alcohol or illegal substances are present, will be suspended for no less than 25% of scheduled contests for each occurrence.

4. Hosting of Illegal Parties: Exclusion from participation in athletics for one calendar year beginning with date of the administrator's awareness. Parental consent to possession and/or use shall not be a defense.
5. The Activity Council will review all situations in which a student: engages in vandalism or damages school property; convicted of a non-traffic misdemeanor or any felony. The Activity Council may suspend the student from all activities for the balance of the school year or impose a lesser penalty.
6. Eligibility (High School only): A student must be enrolled in and passing twenty (25) hours of classroom work each week in order to remain eligible. A classroom conduct mark will count the same as an academic failing mark. A student must have also passed twenty (25) hours of classroom work the previous semester. However, this previous semester rule does not apply to first semester entering freshmen. A person declared ineligible under the previous semester rule may, with the consent of the Activity Council and coach or sponsor of the activity in question, join a team for the purpose of practice only. This person will not be allowed to participate in any level of competition in any activity during the semester of ineligibility. During this semester of ineligibility, if a person is allowed to participate in practice sessions, he/she must maintain a minimum grade of "C" weekly in each class. Monitoring of the student's grades is the responsibility of the athletic director. If a student's grade in any class falls below a "C" at any time, the student will be declared ineligible for participation in all practice sessions until such time as a "C" grade is maintained in all subjects.
7. Required forms for participation: For athletic activities, a current physical exam less than 13 months. An athlete becomes ineligible on the day the physical date exceeds 395 days. Also required is the school insurance form or waiver in lieu of the insurance form, the Extra-Curricular Code of Conduct, Transportation Form, Emergency Contact Information Form, and the IHSA Concussion Form. Non-Athletic activities such as Scholar Bowl, Speech, Band and Chorus are required only to sign the Code of Conduct.
8. Absences: If a participant is not in attendance for ½ of the school day, he/she will not be eligible to practice or play in a contest with the following exceptions:
 - A.) Absence due to death in family.
 - B.) Absence due to school-sponsored field trip.
 - C.) Prior approval by principal or assistant principal.

Absence due to illness is not an exception because if a student is too ill to attend class, he or she should not, on the same day, participate in an activity or contest. Being in attendance and spending the majority of the day in the nurse's office will not be considered as being in attendance.

Students serving in-school suspensions or suspended from school will not be allowed to participate in activities or athletics while they are on suspension.

9. Each coach or sponsor has the prerogative to establish additional rules pertaining to the activity supervised. These rules may include attendance at practice, curfew, dress and general conduct of participants at practice, games or trips. Rules set by the individual coach

or sponsor must be in writing and approved by the Administration and communicated to student participants before activity begins.

10. Personal appearance: While at school and all school activities, students and their attire should be neat and clean at all times.
11. Equipment: Participants are responsible for all school equipment checked out to them. The participants must return all equipment no later than one week after the conclusion of the activity. If this is not done, the individual is prohibited from participating in all other activities until the equipment is paid for, or is returned to the school.
12. Awards: Awards are determined and issued at the discretion of each individual sponsor.
13. Appeal Process: A student and his or her parents may appeal a decision in writing within three (3) school days of the suspension. A Review Board, consisting of Head Coach, Athletic Director is athletics, Activity Sponsor if not athletics and Administrator will review the appeal within five (5) school days of receiving the appeal.

