

2021-2022
Tri-City Junior High and High School
Extra Curricular Handbook



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Extra curricular activities serve as an integral part of Tri-City High School, and its mission is to educate the whole person. Each coach/sponsor is considered an educator who aids in the physical, social, intellectual, and emotional growth of every student who chooses to participate.

Participation in extra - curricular activities will provide an educational experience that takes place outside the classroom and assists in the student's development of life-long values such as: leadership, teamwork, discipline, sportsmanship, and integrity.

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I. PRE-SEASON REQUIREMENTS

A. 1. ALL FORMS/ PAPERWORK COMPLETED ON FAMILY ID

2. Physical Exam – Both IHSA and IESA rules require athletes to have a current physical on file with the district before they are allowed to participate. Physical forms will be available through the HS Office, and the Athletic Director’s office. Physicals are good for a one-year period. Note that every incoming freshman must have a physical on file with the office; the freshman physical applies to High School sports.

3. Athletic Fee – There is an athletic fee of \$100.00 per sport per season. There is no discount for siblings in a sport in the same season. There is however a limit for a family of \$260.00.

B. PRE-SEASON PARENTAL MEETINGS

Tri-City administrators and coaches feel that it is extremely important to maintain an open line of communication between home and school. To facilitate this communication, school personnel are providing a pre-season meeting for all members of teams representing Tri-City in the IHSA and IESA. Meetings will be held at the start of the season. Coaches will disperse information to the parents of prospective players. These meetings will allow the coach a chance to communicate with the parents concerning the season, schedules, school, and sport rules, IHSA requirements, academic eligibility, drug and alcohol policies, and any other topic the coach needs to share with the parents and players. All athletes must attend these meetings before participating in a sport unless extenuating circumstances force otherwise. In the event there are good reasons for the student and parents missing a meeting, the parents and students must meet individually with the coach.

II. IN-SEASON REQUIREMENTS

A. HIGH SCHOOL ELIGIBILITY

High School students are required to pass 6 of 7 courses per week. They must also have passed 6 of 7 courses from the previous semester to be eligible for the (next) semester. The grade used to determine a passing grade for a high school participant will be the cumulative grade average from the first day of each semester. Eligibility will be determined on a weekly basis. The period of eligibility will run from Sunday to Saturday, grades will be collected at noon on Friday. Students may practice with the team while they are ineligible. The AD will provide the coaches/sponsor with a list of ineligible participants by the end of the school day Friday. The coach/sponsor is then required to speak to the participant and contact the parents. It is the parent's responsibility to contact the teacher and determine what remediation is needed.

B. MIDDLE SCHOOL ELIGIBILITY

Eligibility will be determined on a weekly basis. The period of eligibility will run from Sunday to Saturday. Grades will be collected by noon on Friday. Grades will be based on the quarterly average and will start over each quarter. Following IESA guidelines, students may not fail any subject or they become ineligible for that week. Students may practice with the team while they are ineligible. The AD will provide the coaches with a list of ineligible participants by the end of the school day Friday. The coach/sponsor is then required to speak to the participant and contact the parents. It is the parent's responsibility to contact the teacher and determine what remediation is needed.

C. RULES AND REGULATIONS

- Any participant with an unexcused absence for any part of the day without a doctor excuse or administrative approval may not be permitted to attend practice that day or night.
- If a participant goes to a doctor for any injury, he/she must obtain a written release from the doctor before he/she may return as a participant.
- Students suspended from school will not be eligible to participate in contests or practice during the suspension.
- To be excused for reasons other than illness, doctor's excuse, funeral, or school function the participant must contact the sponsor/coach ahead of time.

- Students may not miss any portion of the school day in order to participate in extra-curricular activities unless doctor or administrator excused. Students must be at school by 8:15am in order to participate/practice that day.
- Students need to show respect to coaches/sponsors, teammates, opposing players, and other staff members at school and extra-curricular activities. It is important for our participants to represent our school with integrity. This also includes using proper language.
- A conference with the coach/sponsor is not to immediately follow a contest. A twenty-four hour notice shall be given to the coach/sponsor prior to the conference.

Practice Rules – Participants are expected to attend every scheduled practice. Participants are expected to be ready for practice at the scheduled time. If participants cannot attend a practice for any reason they should notify the coach/sponsor to be personally excused. If a participant is absent from school the parent/guardian does not need to notify the coach/sponsor. The coach/sponsor can get the absent list from the office. Coaches/sponsors should work with the Athletic Director to set plans for practice and players must comply with the coaches/sponsors rules. All injuries should be reported to the coach/sponsor immediately. If a participant is injured and requires medical treatment, they must obtain a doctor's release before they are allowed to practice or play again. Students will not be allowed into the school halls or the teacher's lounge unsupervised after practice. Parents are urged to make transportation arrangements ahead of time to prevent any conflicts or delays. School Reach will be used to notify parents and the community on any events that are canceled. Students can use a phone in the HS Office or coach's phone while supervised. **Students may not stay after school unsupervised.** All athletes are responsible for the care of school equipment: uniforms, practice gear, weight room facilities, locker rooms, and gyms.

Game Rules- Coaches/sponsors and participants are expected to be at the school fifteen minutes prior to the scheduled bus time for away games. Participants are expected to attend every scheduled contest. All extra-curricular rules and bus rules apply during contests. Students need to remember they are representing Tri-City when they are at these contests, and any conduct detrimental to the team will not be tolerated.

Absences- The only automatic excused absences are for illness, doctor's appointments, funerals, or other school activities. The coach must approve all other absences.

Absences due to Detentions or Suspensions- Missing practice or games due to detentions or suspensions may result in loss of playing time. Repeated offenses may result in dismissal from the team. **Students who have an out of school suspension are not eligible to participate in competitions or practice.**

D. DISCIPLINARY ACTIONS

In making a decision relative to the type of punishment that should occur for non-conformance to these rules and regulations, the administration and coaches will consider four points:

1. The cause of the misbehavior
2. The severity of the offense
3. The habitualness of the offense
4. The attitude of the offender

The purpose of this is to distinguish severe infractions from minor infractions. **All participants in athletics will abide by the following training rules year round (365 days, 24/7) or risk suspension for the athletic season.** Violations will be cumulative for the entire school year and will apply to students in grades 5-12. When it is determined that athletes have used or have possessed tobacco, alcohol, or illegal drugs (including paraphernalia), those athletes will forfeit their eligibility in the following manner.

The following rules apply to any student participating on a Tri-City team or group, including cheerleaders, scholastic bowl members, and musical/madrigal performers. All existing rules and regulations found in the Student Handbook and Tri-City School CUSD #1 policies apply to all extra-curricular activities.

◆ TOBACCO/E-CIGARETTE (USE OF AND/OR POSSESSION OF)

Use of and/or possession of tobacco/E-Cigarettes are strictly prohibited.

First Offense: Suspended for * _____ competition(s) at their level of competition.

***Individual Activity Suspensions**

Sport	
Football	1 Game
Football Cheerleading	1 Game
Scholastic Bowl	1 Meet
Volleyball	2 Matches
Golf	2 Matches
Track	2 Meets
Basketball	2 Games
Basketball Cheerleading	2 Games
Softball	2 Games
Baseball	2 Games
Soccer	2 Games

Madrigals/Musical/Literary – Students participating in these activities will serve a one-week suspension (practice or performance) beginning on the date of the rule infraction. If this one-week suspension encompasses a performance, students will forfeit their right to perform.

Second Offense – Suspended for 1 year from the date of the offense for all sports/activities.

- ◆ **ALCOHOL (USE OF AND/OR POSSESSION OF)** – Use of and/or possession of alcohol is strictly prohibited at any time.

First Offense: This shall result in a 1/3 suspension of the regularly scheduled competitive season at the time of the violation.
EXAMPLE: If the first violation occurred during football and nine games were scheduled, the participant would be suspended for three games. If the violation occurred during track and eighteen meets were scheduled, the participant would be suspended for six meets. The suspension will be based upon the higher level at which the participant practices and participates in and will encompass all IHSA – Sanctioned contests in-between. Any suspension that was not completed within an activity will carry over to the next activity that participants participate in, if this happens, the number of suspensions left to serve will be re-calculated for the new activity. Suspensions may carry over into Post Season play or the next school year. These suspensions will be served by sitting out of uniform with the team.

Second Offense: Suspension will be for 1 year from the date of the offense for all sports/activities.

Third Offense: Suspension will be for the remainder of their high school career.

◆ **DRUGS (LEGAL/ILLEGAL) USE OF AND/OR POSSESSION OF** - Use of and/or possession of drugs or drug paraphernalia is strictly prohibited.

First Offense – Suspension for 1 year from the date of the offense for all sports/activities.

Second Offense – Suspension will be for the remainder of the athlete’s high school career.

E. COOPERATIVE SPORTS

Teachers and other employees of Tri-City shall have the right to maintain order and to discipline as necessary with students participating on cooperative athletic teams. Tri-City students shall be subject to discipline while at cooperating schools or while traveling to and from those schools to participate on cooperative athletic teams. Appropriate discipline may include removal from attendance or referral to the Tri-City administration for action as deemed appropriate at Tri-City. Tri-City will transport students to and from practice and games. Tri-City’s co-op teams include: Track and Field co-op with Sangamon Valley, Football and Football Cheerleading co-op with Sangamon Valley, and Soccer co-op with Riverton.

F. TRANSPORTATION

The Tri-City School District will provide transportation to all contests. Participants, managers, cheerleaders, and statisticians **MUST** ride school-provided transportation to each contest. Bus times will be announced. Students may be excused to ride home in other than school provided transportation after the following steps has been completed.

1. All athletes have been loaded on the bus and the coach has taken roll.
2. Parents or legal guardians may release their children from riding

the bus by signing a sheet with the coach/sponsor in charge of the bus. Once this sheet has been signed the parents are responsible for those children getting home from the event.

3. The coach/sponsor releases participants to the parents only. NOTE: The parents may allow the children to ride with someone else, but both sets of parents must have a note explaining the reason and both parents and an administrator must sign it. This is for extenuating circumstances only and is not to be a habit.

4. "Rule 1" can be waived by the permission of the coach as long as "Rule 2" is fulfilled.

Coaches/sponsors reserve the right to require participants to ride the bus back to the school from contests.

Coaches/sponsors will alert the administrator to any problems on the bus and inform the Principal of these problems if needed.

The only kind of radios and musical devices allowed on the bus will be those with personal headphones. Coaches/sponsors may see fit to limit the use of these personal stereos.

(Dismissal from the squad for any reason constitutes forfeiture of any award(s) in that sport). The coaching staff/sponsors reserve the right to implement any additional rules they deem necessary with approval of administration.

III. POSTSEASON REQUIREMENTS

A. UNIFORMS

The district will provide game uniforms and team equipment for each athlete. Uniforms shall be cleaned and returned following the completion of that season. If uniforms or parts of uniforms are not returned, players will be charged for the replacement cost of that item. Coaches may decide on the type of dress that they require for participants attending home and away contests. It is suggested that coaches/sponsors encourage participants to dress appropriately as they represent our school.

B. STATE TOURNAMENTS

Any High School program will be allowed to attend the state tournament of their class. State tournament trips must be approved by the administration at least two weeks in advance. Students participating in these trips must meet the eligibility guidelines outlined in the student handbook for school sponsored field trips. Any overnight trips must be approved by the Board of Education.

IV.CONDUCT OF SPECTATORS

Spectators, both students and adults, are an important and integral part of all athletic events. Spectators serve to validate the positive values earned through athletic experiences, and to support the efforts and successes of the athletes.

Attending an athletic event means the spectator has assumed a responsibility for proper representation of Tri-City School District. Unfortunately, on occasion, the excesses of spectator behavior can unnecessarily taint the activities at an athletic event.

At athletic events, it is inappropriate for spectators to engage in:

- violence
- verbal abuse
- vandalism
- throwing objects
- walking on the gym floor
- obscenity or obscene gestures
- possession or use of alcohol
- using illegal substances
- harassment of game officials

These rules are in effect at both home and away contests for Tri-City School District athletes, spectators and parents.

