

2011/12

Athletic Participation Form

2011/12

NAME _____ ID# _____ M / F _____
 ADDRESS _____ CITY, STATE, ZIP _____
 SAME ADDRESS AS LAST YEAR YES NO HOME PHONE # _____
 WORK PHONE NUMBERS: FATHER'S # _____ MOTHER'S # _____
EMERGENCY CONTACT / NAME & PHONE # _____
 (Must be name and number other than parents)
 BIRTH DATE _____ COUNTY & STATE BORN IN _____
 GRADE FOR 2011/2012 SCHOOL YEAR (circle one): FR SO JR SR
Transfer Student: Yes ____ No ____
 If yes, has there been a change in guardianship or custody in conjunction with this transfer? Yes ____ No ____

STUDENT LIVES WITH:
 Both Parents ____ Mother ____ Father ____ Step-parent ____ Legal Guardian ____ Other ____
How long has student lived in this home relationship? _____
If parents are divorced or legally separated which parent is assigned custody?
 Mother ____ Father ____ Joint ____
***If not on file already, please submit a copy of the Custody Agreement and page with court stamp**

SPORTS - Please indicate in which sport you would like to participate, even those you are considering. This will insure your name being on the list for try outs. (You may try out for more than one sport per season but may only participate in one sport per season.)

FALL

<input type="checkbox"/> BOYS' CROSS COUNTRY	<input type="checkbox"/> GIRLS' CROSS COUNTRY	<input type="checkbox"/> BOYS' & GIRLS CHEERLEADING
<input type="checkbox"/> BOYS' FOOTBALL	<input type="checkbox"/> GIRLS' SWIMMING & DIVING	<input type="checkbox"/> POM PON
<input type="checkbox"/> BOYS' GOLF	<input type="checkbox"/> GIRLS' TENNIS	<input type="checkbox"/> GIRLS' FIELD HOCKEY
<input type="checkbox"/> BOYS' SOCCER	<input type="checkbox"/> GIRLS' VOLLEYBALL	<input type="checkbox"/> STUDENT TRAINER
	<input type="checkbox"/> GIRLS' GOLF	

WINTER

<input type="checkbox"/> BOYS' BASKETBALL	<input type="checkbox"/> GIRLS' BASKETBALL	<input type="checkbox"/> BOYS' & GIRLS' FENCING
<input type="checkbox"/> BOYS' BOWLING	<input type="checkbox"/> GIRLS' BOWLING	<input type="checkbox"/> BOYS' HOCKEY
<input type="checkbox"/> BOYS' SWIMMING & DIVING	<input type="checkbox"/> GIRLS' GYMNASTICS	<input type="checkbox"/> STUDENT TRAINER
<input type="checkbox"/> BOYS' WRESTLING		

SPRING

<input type="checkbox"/> BOYS' BASEBALL	<input type="checkbox"/> GIRLS' BADMINTON	<input type="checkbox"/> BOYS' GYMNASTICS
<input type="checkbox"/> BOYS' LACROSSE	<input type="checkbox"/> GIRLS' LACROSSE	<input type="checkbox"/> STUDENT TRAINER
<input type="checkbox"/> BOYS' TENNIS	<input type="checkbox"/> GIRLS' SOCCER	
<input type="checkbox"/> BOYS' TRACK	<input type="checkbox"/> GIRLS' SOFTBALL	
<input type="checkbox"/> BOYS' VOLLEYBALL	<input type="checkbox"/> GIRLS' TRACK	
<input type="checkbox"/> BOYS' WATER POLO	<input type="checkbox"/> GIRLS' WATER POLO	

Parental/Guardian permission is needed for students to participate in the Athletic Program. Your signatures below indicate that you have read, understand, and are willing to comply with all sections of the Stevenson High School athletic policies and code, and parental permission is granted for your son/daughter to participate.

 Parent/Guardian signature

 Athlete signature

Name: _____ ID# _____
 (Please print name)

Past Medical History

Yes No If yes, please explain (what, where, when)

- 1. Presently taking medication (including birth control pills)? _____
- 2. Allergic to medicine, foods, bee stings? _____
- 3. Wears any appliances-glasses, contact lenses? _____
- 4. History of braces, chipped teeth, bridges? _____
- 5. Has ongoing medical problem? _____
- 6. Had serious or significant illness in past? _____
- 7. Any past surgical operations, accidents, non-sports or related injuries? _____
- 8. Any past injuries directly related to sports? _____
- 9. Any hospitalization not explained above? _____
- 10. Any known deformities (such as curvature of back, heart problems, one kidney, blindness in one eye, one testicle, etc.) _____
- 11. Any serious family illness (such as diabetes, bleeding disorders, etc.)? _____
- 12. Any family history of cancer? _____
- 13. Have you had or do you have problems with Anemia, Arthritis, Pneumonia, Hepatitis, Thyroid, Ulcers? _____
- 14. Heart
 - Have you ever passed out during or after exercise? _____
 - Have you ever been dizzy during or after exercise? _____
 - Have you ever had chest pain during or after exercise? _____
 - Do you get tired more quickly than your friends do during exercise? _____
 - Have you ever had racing of your heart or skipped heartbeats? _____
 - Have you had high blood pressure or high cholesterol? _____
 - Have you ever been told you have a heart murmur? _____
 - Has any family member or relative died of heart problems or of sudden death before age 50? _____
 - Have you had a severe viral infection (for example myocarditis or mononucleosis) within the last month? _____
 - Has a physician ever denied or restricted your participation in sports for any heart problems? _____
 - Has anyone in your family had a heart attack before the age of 50? _____
- 15. Head and Nerve
 - Have you ever had a head injury or concussion? _____
 - Have you ever been knocked out, become unconscious or lost your memory? _____
 - Have you ever had a seizure? _____
 - Do you have frequent or severe headaches? _____
 - Have you ever had numbness or tingling in your arms, hands, legs, or feet? _____
 - Have you ever had a stinger, burner or pinched nerve? _____
- 16. Have you ever had any problems with environmental heat: Heat Fatigue, Heat Stroke or Heat Exhaustion? _____
- 17. Have you been screened for Marfan's Syndrome? _____
- 18. Last tetanus shot? Date _____
- 19. Last eye exam? Date _____
- 20. Last menstrual period (if women) Date _____

I certify that the above information is correct to the best of my knowledge.

 Parent/Guardian signature

 Athlete signature



Parent and Student Agreement/Acknowledgement Form Performance-Enhancing Substance Testing Policy

- Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in IHSA athletic activities, I agree that I will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of performance-enhancing substances in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I understand that testing may occur during selected IHSA state series events or during the school day. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by IHSA.

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in IHSA athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from performance-enhancing substance use and may be asked to submit to testing for the presence of performance-enhancing substances in his/her body. I understand that testing may occur during selected IHSA state series events or during the school day. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by IHSA.

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____

Concussion Information Sheet

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/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Student's Name	Birth Date	Sex	School	Grade Level/ ID #
Last First Middle	Month/Day/ Year			

HEALTH HISTORY TO BE COMPLETED AND SIGNED BY PARENT/GUARDIAN AND VERIFIED BY HEALTH CARE PROVIDER

ALLERGIES (Food, drug, insect, other)			MEDICATION (List all prescribed or taken on a regular basis.)		
Diagnosis of asthma? Child wakes during the night coughing	Yes Yes	No No	Indicate Severity	Loss of function of one of paired organs? (eye/ear/kidney/testicle)	Yes No
Birth defects?	Yes	No		Hospitalizations? When? What for?	Yes No
Developmental delay?	Yes	No		Surgery? (List all.) When? What for?	Yes No
Blood disorders? Hemophilia, Sickle Cell, Other? Explain.	Yes	No		Serious injury or illness?	Yes No
Diabetes?	Yes	No		TB skin test positive (past/present)?	Yes* No
Head injury/Concussion/Passed out?	Yes	No		TB disease (past or present)?	Yes* No
Seizures? What are they like?	Yes	No		Tobacco use (type, frequency)?	Yes No
Heart problem/Shortness of breath?	Yes	No		Alcohol/Drug use?	Yes No
Heart murmur/High blood pressure?	Yes	No		Family history of sudden death before age 50? (Cause?)	Yes No
Dizziness or chest pain with exercise?	Yes	No		Dental <input type="checkbox"/> Braces <input type="checkbox"/> Bridge <input type="checkbox"/> Plate <input type="checkbox"/> Other	
Eye/Vision problems? <input type="checkbox"/> Glasses <input type="checkbox"/> Contacts <input type="checkbox"/> Last exam by eye doctor _____			Other concerns?		
Other concerns? (crossed eye, drooping lids, squinting, difficulty reading)			Information may be shared with appropriate personnel for health and educational purposes.		
Ear/Hearing problems?	Yes	No		Parent/Guardian Signature	Date
Bone/Joint problem/injury/scoliosis?	Yes	No			

Entire section below to be completed by MD/DO/APN/PA (*INDICATES TESTING MANDATED FOR STATE LICENSED CHILD CARE FACILITIES)

PHYSICAL EXAMINATION REQUIREMENTS	HEIGHT	WEIGHT	BMI	B/P
DIABETES SCREENING BMI>85% age/sex Yes <input type="checkbox"/> No <input type="checkbox"/> And any two of the following: Family History Yes <input type="checkbox"/> No <input type="checkbox"/> Ethnic Minority Yes <input type="checkbox"/> No <input type="checkbox"/> Signs of Insulin Resistance (hypertension, dyslipidemia, polycystic ovarian syndrome, acanthosis nigricans) Yes <input type="checkbox"/> No <input type="checkbox"/> At Risk Yes <input type="checkbox"/> No <input type="checkbox"/>				
LEAD RISK QUESTIONNAIRE* Required for children age 6 months through 6 years enrolled in licensed or public school operated day care, preschool, nursery school and/or kindergarten. Blood Test Indicated? Yes <input type="checkbox"/> No <input type="checkbox"/> Blood Test Date Blood Test Result (Blood test required in Chicago and other high risk zip codes.)				
TB SKIN TEST Recommended only for children in high-risk groups including children who are immunosuppressed due to HIV infection or other conditions, recent immigrants from high prevalence countries, or those exposed to adults in high-risk categories. See CDC guidelines. Date Read / / Result mm				
LAB TESTS *INDICATES TESTING MANDATED FOR STATE LICENSED CHILD CARE FACILITIES	Date	Results	Date	Results
Hemoglobin * or Hematocrit *				Sickle Cell * (as indicated)
Urinalysis				Other
SYSTEM REVIEW	Normal	Comments/Follow-up/Needs	Normal	Comments/Follow-up/Needs
Skin			Endocrine	
Ears			Gastrointestinal	
Eyes Normal Yes <input type="checkbox"/> No <input type="checkbox"/> Amblyopia Yes <input type="checkbox"/> No <input type="checkbox"/>		Objective screening Yes <input type="checkbox"/> No <input type="checkbox"/> Result _____ Referred to Ophthalmologist/Optometrist Yes <input type="checkbox"/> No <input type="checkbox"/>	Genito-Urinary	LMP
Nose			Neurological	
Throat			Musculoskeletal	
Mouth/Dental			Spinal examination	
Cardiovascular/HTN			Nutritional status	
Respiratory			Mental Health	
NEEDS/MODIFICATIONS required in the school setting			DIETARY Needs/Restrictions	
SPECIAL INSTRUCTIONS/DEVICES e.g. safety glasses, glass eye, chest protector for arrhythmia, pacemaker, prosthetic device, dental bridge, false teeth, athletic support/cup				
MENTAL HEALTH/OTHER Is there anything else the school should know about this student? If you would like to discuss this student's health with school or school health personnel, check title: <input type="checkbox"/> Nurse <input type="checkbox"/> Teacher <input type="checkbox"/> Counselor <input type="checkbox"/> Principal				
EMERGENCY ACTION needed while at school due to child's health condition (e.g., seizures, asthma, insect sting, food, peanut allergy, bleeding problem, diabetes, heart problem)? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please describe.				
On the basis of the examination on this day, I approve this child's participation in (If No or Modified, please attach explanation.) PHYSICAL EDUCATION Yes <input type="checkbox"/> No <input type="checkbox"/> Modified <input type="checkbox"/> INTERSCHOLASTIC SPORTS (for one year) Yes <input type="checkbox"/> No <input type="checkbox"/> Limited <input type="checkbox"/>				
Physician/Advanced Practice Nurse/Physician Assistant performing examination				
Print Name	Signature			Date
Address	Phone			



**STATE OF ILLINOIS
DEPARTMENT OF HUMAN SERVICES
CERTIFICATE OF CHILD HEALTH EXAMINATION**

Please Print

Student's Name			Birth Date	Sex	School	Grade Level /ID#
Last	First	Middle	Month/Day/ Year			

Address			Parent/ Guardian	Telephone # Home	Work
Street	City	ZIP code			

IMMUNIZATIONS: To be completed by health care provider. Note the mo/da/yr for *every* dose administered. The day and month is required if you cannot determine if the vaccine was given *after* the minimum interval or age. **If a specific vaccine is medically contraindicated, a separate written statement must be attached explaining the medical reason for the contraindication.**

VACCINE/DOSE	1			2			3			4			5			6		
	MO	DA	YR	MO	DA	YR	MO	DA	YR	MO	DA	YR	MO	DA	YR	MO	DA	YR
Diphtheria, Tetanus and Pertussis (DTP or DTaP)																		
Diphtheria and Tetanus (Pediatric DT or Td)																		
Inactivated Polio (IPV)																		
Oral Polio (OPV)																		
Haemophilus influenzae type b (Hib)																		
Hepatitis B (HB)																		
Varicella (Chickenpox)																		Comments
Combined Measles, Mumps and Rubella (MMR)																		
Measles (Rubeola)																		
Rubella (3-day measles)																		
Mumps																		
Pneumococcal (not required for school entry)	<input type="checkbox"/> PCV7	<input type="checkbox"/> PPV23	<input type="checkbox"/> PCV7	<input type="checkbox"/> PPV23	<input type="checkbox"/> PCV7	<input type="checkbox"/> PPV23	<input type="checkbox"/> PCV7	<input type="checkbox"/> PPV23	<input type="checkbox"/> PCV7	<input type="checkbox"/> PPV23	<input type="checkbox"/> PCV7	<input type="checkbox"/> PPV23	<input type="checkbox"/> PCV7	<input type="checkbox"/> PPV23	<input type="checkbox"/> PCV7	<input type="checkbox"/> PPV23	<input type="checkbox"/> PCV7	<input type="checkbox"/> PPV23
Check specific type (PCV7, PPV23)																		
Other (Specify hepatitis A, meningococcal, etc.)																		

Health care provider (MD, DO, APN, PA, school health professional, health official) verifying above immunization history must sign below.

Signature	Title	Date
Signature (If adding dates to the above immunization history section, put your initials by date(s) and sign here.)	Title	Date
Signature (If adding dates to the above immunization history section, put your initials by date(s) and sign here.)	Title	Date

ALTERNATIVE PROOF OF IMMUNITY

1. **Clinical diagnosis is acceptable if verified by physician.** *(All measles cases diagnosed on or after July 1, 2002, must be confirmed by laboratory evidence.)

*MEASLES (Rubeola) MO DA YR MUMPS MO DA YR VARICELLA MO DA YR Physician's Signature

2. **History of varicella (chickenpox) disease is acceptable if verified by health care provider, school health professional or health official.**
Person signing below is verifying that the parent/guardian's description of varicella disease history is indicative of past infection and is accepting such history as documentation of disease.

Date of Disease Signature Title Date

3. **Laboratory confirmation (check one)** Measles Mumps Rubella Hepatitis B Varicella
Lab Results Date MO DA YR (Attach copy of lab report, if available.)

VISION AND HEARING SCREENING DATA

Pre-school – annually beginning at age 3; School age – during school year at required grade levels														
Date														
Age/Grade	R	L	R	L	R	L	R	L	R	L	R	L	R	L
Vision														
Hearing														

Code:
P = Pass
F = Fail
U = Unable to test
R = Referred
G/C = Glasses/Contacts

ADLAI E. STEVENSON HIGH SCHOOL

INSURANCE

Stevenson High School requires each student athlete be covered by accident insurance. Your signature on the athletic participation form indicates that, along with your permission for your son or daughter to participate, you accept the responsibility of maintaining an insurance program to cover him or her in the event of injury.

WARNING OF PHYSICAL RISK

We, acknowledge that our son/daughter may sustain injury while participating in athletics and under the supervision of Stevenson High School and its staff even though proper and safe coaching techniques are implemented or utilized.

We understand the term “injury” includes a scope of mild, moderate, severe, and/or catastrophic physical ailments, harms, wounds, or consequences that may result from normal and natural participation in athletics.

We realize that it is necessary for our son/daughter to report promptly to the faculty sponsor any signs or symptoms of any physical distress, as well as to act in a responsible manner at all times, in order to minimize the risk of receiving any injury while participating in the athletic program.

ACADEMIC WARNING

The National Collegiate Athletic Association (NCAA) has established certain guidelines by which athletes may be rendered eligible or ineligible for athletic participation at the collegiate level. These include a set curriculum of core courses which must be completed during high school; a minimum grade point average to be achieved in these core courses; a minimum proficiency level on national college board examinations (ACT/SAT); and submission of a student release form to the NCAA Initial Eligibility Clearinghouse. Parents and athletes are encouraged to obtain and review a copy of a Guidebook For The College-Bound Patriot Athlete. Copies are available in the College Resource Center.

You should select your high school classes in consultation with your high school counselor, who has a list of Stevenson courses which are approved by the NCAA.

ALL Division I and II prospective athletes must register with the NCAA Initial Eligibility Clearinghouse. This registration must be completed prior to any recruitment by colleges or universities. It is highly recommended that athletes register with the Clearinghouse at the end of their Junior year, when ACT and/or SAT scores are available. Information packets and registration forms are available in the Registrar’s Office.

* PLEASE NOTE: The required registration applies to ALL collegiate athletes. Students who decide to “walk on” when they arrive at school often wait well into the start of the Fall season before obtaining eligibility clearance. As a participant in athletics, it is YOUR responsibility to ensure that your academic schedule in high school prepares you to meet these guidelines.

Certain courses, such as Basic or Modified level classes, may not count towards the required core curriculum. If you have any questions regarding your schedule, please contact your counselor, coach, the Athletic Director, or the College Resource Center.

ADLAI E. STEVENSON HIGH SCHOOL
ATHLETIC DEPARTMENT RULES OF TRAINING AND CONDUCT

Stevenson High School's Athletic Department has as the purpose of its interscholastic athletic program these objectives: development and maintenance of individual health and vigor, perfection of playing skills, enjoyment of competitive play, development of sportsmanship and citizenship, and contribution to school and community spirit and morale.

Those students who participate in the interscholastic athletic program commit themselves to the following personal goals: a primary focus on academic development and attendance; the presentation of a positive image through dress and grooming; avoidance of any action which would bring embarrassment or disrepute to themselves or their team; development of desirable personal health standards (which includes the avoidance of tobacco of any kind, alcoholic beverages, and illegal drugs and substances); development of athletic skills; and the growth of a competitive philosophy which includes sportsmanship and a consistent awareness of school and community pride.

As a member of the Illinois High School Association, Stevenson adheres to and enforces a policy of academic eligibility. Briefly, this policy requires an athlete to attend a study table any week he or she is failing two or more classes or is not passing a minimum of four classes. In addition, an athlete must pass a minimum of four classes each semester to be eligible for the next semester. Details regarding the academic eligibility policy are reinforced each season by the coaching staff and are printed in the Student Guidebook.

The players on each team will be governed, at the minimum, by the following Athletic Department training rules. Each head coach may establish additional, individual sports rules for his/her team regarding curfew, attendance at practice sessions, personal conduct, and personal appearance. These rules must be distributed to team members at or before tryouts and must be on file in the Athletic Office.

These rules are in effect year-round, not just during seasons of participation or the school year.

I. CONDUCT/BEHAVIOR

A. INAPPROPRIATE CONDUCT

As stated in Paragraph Two, athletes are expected to maintain a level of conduct which does not discredit themselves or their teams. Violations of this standard would include, but are not limited to, Insubordination, Lying to School Officials, Cheating/Plagiarism, Gang-Related Activities, Inappropriate Physical Conduct, Vandalism, and Theft.

The minimum penalty for a first offense of behavior which is inappropriate for or unbecoming an athlete is a one contest suspension. The penalty for first offenses which are deemed severe and for succeeding infractions shall be determined by the Athletic Director, with the minimum penalty for a second offense being a one week (minimum one contest) suspension.

B. DANGEROUS/CRIMINAL BEHAVIOR

This would include, but is not limited to, Fighting, the Sounding of False Fire Alarms, the Possession of Dangerous Materials or Weapons, and any criminal activity.

The penalty for dangerous/criminal behavior will be assessed according to the guidelines listed in V. B.

C. HAZING

Athletes at Stevenson High School commit to supporting, encouraging, and mentoring each other in their efforts to achieve individual and team goals within the vision and mission of District 125. Engaging in or encouraging hazing is strictly prohibited. *Hazing occurs when any person knowingly requires the performance of any act by a student, or the acquiescence to any act performed by or upon a student, for the purpose of induction into, admission into, initiation into, affiliation with, or maintaining membership in, any group, organization, society, club or team, or any action or statement which harasses, threatens, humiliates, or intimidates another student.*

Athletes who engage in any form of hazing, or who do not report acts of hazing which they witness, will be subject to one or more of the following disciplinary actions: expulsion, suspension from school, loss of privilege; athletic suspension according to the guidelines listed in V.B.; referral to appropriate law enforcement agencies.

II. UNEXCUSED ABSENCE AT SCHEDULED ATHLETIC EVENTS

1. Absence from scheduled athletic events shall be prearranged and approved by the particular coach. Extenuating circumstances will be reviewed by the administration. The penalty for a first offense will be suspension from one athletic contest. For any succeeding offense during that season, the penalty will be expulsion from the team for the remainder of the season.

III. PARTICIPATION ON DAYS OF ABSENCE

An athlete's participation in athletic practices or contests on days of partial or complete absence from school must be cleared through the Athletic Director's office. A student-athlete will not be cleared to participate if he or she has an absence of more than one academic period for something other than a non-discretionary (i.e. court, wake, funeral) or school-related (i.e. field trip, performance) event. If the absence is due to a doctor's appointment or illness, the student-athlete is required to provide the Athletic Director with a note of clearance from the doctor before the end of the school day.

According to the School Code of Illinois, if a student is suspended from school, he/she may not be on the campus or attend any school function for any reason. This applies to athletic contests (home and away) and practices as well. Students are also not allowed to participate in any athletic practice session or contest on the day of an Alternate Day Assignment (in-school suspension).

A student may participate on Saturday following a Friday ADA, but many coaches have a team policy that would prohibit an athlete from doing this after missing practice on Friday. In regard to Saturday School, athletes who accept Saturday School assignments during the season must fulfill these obligations as scheduled. No participation of any kind (i.e. registration, weigh-ins, warm-ups, practice) is allowed on a Saturday prior to the completion of the Saturday School obligation. A student may participate in a contest or practice once all obligations have been fulfilled.

IV. TRAVEL

All athletes shall travel to and from athletic events by school-sponsored transportation. Exception: Athletes may return from athletic events with their parents with the permission of the particular coach. Written parental permission must be submitted to the coach prior to the event. Extenuating circumstances will be handled by the Athletic Director. Parents should contact the Athletic Director well in advance of the event if there are any questions.

V. *SMOKING, CHEWING TOBACCO, ALCOHOLIC BEVERAGES, ILLEGAL DRUGS, CONTROLLED SUBSTANCES, AND/OR PARAPHERNALIA.*

A. *The possession or use of tobacco of any kind, alcoholic beverages, and/or the possession or use of illegal drugs or controlled substances or paraphernalia shall not be permitted for any athlete. This prohibition includes the sale, purchase, possession, consumption, distribution, and/or participation in a plan to sell, purchase, possess, consume, and/or distribute alcoholic beverages and/or illegal drugs or controlled substances, and/or paraphernalia, and/or any of the above mentioned items.*

B. Penalty for Violations

1. First Offense

Suspension from interscholastic competition (at least one contest) for at least seven (7) succeeding calendar days from the sport in which the athlete participates and in which practice is being held. The athlete must attend all practice sessions and/or contests in street clothes during the suspension, unless school penalty includes in or out of school suspension. An athlete completing a suspension must finish the season in good standing in the sport in which the suspension is being administered. The suspension will be completed during an athlete's current season and will carry over, if necessary, to subsequent seasons. Suspensions for out-of-season violations will be applied based on a number of factors (i.e. length of suspension, season of violation, and past participation record).

2. Succeeding Infractions

The penalty for each succeeding infraction of this rule shall be determined by the Athletic Director, with a maximum suspension of up to 365 consecutive days from participation in athletic events.

VI. UNAUTHORIZED POSSESSION OF EQUIPMENT AND/OR UNIFORMS

Any athlete in possession of Stevenson High School athletic equipment or uniforms not issued to him/her or who does not return athletic equipment or uniforms in an appropriate time period after the conclusion of his/her season may face disciplinary action through the school and/or athletic codes. *Athletes who are not cleared at the end of a season will not be allowed to participate in another sport until their equipment obligations have been satisfied.*

VII. DUE PROCESS

- A. A student athlete and/or his or her parents will be advised by the Athletic Director of the charges against him or her.
- B. The student athlete and his or her parents will be given the opportunity to respond to the charges.
- C. The student athlete and his or her parents will be advised by the Athletic Director of any disciplinary action taken as a result of the charges.
- D. The student athlete and his or her parents will be provided the opportunity to appeal the disciplinary action to the Principal.

The Steroid-free Choice

Given all of the negative aspects of steroid use, it just doesn't make sense to risk your health and your reputation. You have all sorts of great options when it comes to enhancing your sports performance or your appearance. Consider some of these.

- Talk with your coach, parent, teacher or counselor about any frustrations you might have about how you are performing in your sport.
- Set short-term and long-term goals that will help you excel.
- Be well-hydrated while you compete. That will give you a natural advantage over your competition.
- Focus on getting a proper diet and plenty of rest.
- Don't trust gimmicks or quick-fix approaches.
- Support your friends' decisions to be steroid-free. Talk to a trusted adult if you suspect a friend or teammate is using anabolic steroids.
- Ask your coaches to lead a team discussion about steroid abuse.
- Work with a registered dietician to develop a plan for weight gain or fat loss. Learn when and how much to eat to enhance your athletic performance and how you look.



Additional Help to make the Right Choice

There are many resources available to you to help you achieve your athletic and personal goals – resources geared specifically to athletes like you who want to succeed without using anabolic steroids. A listing of excellent online resources is available at www.nfhs.org.

References

- "Hormone Abuse." The Hormone Foundation.
- "Steroid Abuse by School-Age Children." U.S. Department of Justice, Drug Enforcement Administration.
- "Use of Performance-Enhancing Substances." American Academy of Pediatrics.

Special thanks to the Glell Wade Coaches Directory.

** This brochure, in a pdf format, can be downloaded from the NFHS Web site at www.nfhs.org.*



National Federation of State High School Associations
PO Box 690 | Indianapolis, Indiana 46206
317-972-6900 | Fax 317.822.5700

MAKE THE RIGHT CHOICE

It's not really winning if you cheat.

CHOICE ISN'T ALWAYS EASY. As an athlete, you make choices every day that can determine if you succeed or fail.

Split-second decisions made during competition can immediately affect whether you win or lose. Other choices – such as how hard you practice, what you eat and how much you sleep – will influence how well you perform on any given day. Decisions about the number of sports you play, who you work with as your coach and how you deal with injury and defeat have more long-term consequences. These choices aren't always easy.

Another choice athletes must make involves the use of drugs to enhance athletic performance or appearance. And like all other choices, the decision to use drugs such as anabolic steroids will have both immediate and long-term consequences. All choices have consequences, but those that affect your health are more serious than others.

Anabolic Steroids

The hormones used by some athletes to increase muscle mass and strength are **anabolic, androgenic steroids**. Anabolic, androgenic steroids are synthetic forms of the male hormone testosterone. Like testosterone, these steroids have anabolic effects – primarily the increase in muscle tissue – and androgenic effects – the masculinizing effects boys experience during puberty. No anabolic, androgenic steroid is purely anabolic. In other words, the use of the steroids won't lead to muscle growth without also leading to other unintended, undesirable side effects.

Anabolic, androgenic steroids are different from steroids doctors prescribe to treat asthma and inflammation. These steroids are **corticosteroids**. Corticosteroids might be abused by athletes too, but generally not for purposes related to gaining mass and strength.

The temptation to use anabolic steroids is understandable. There is a lot of pressure on young people to excel in athletics or to have a certain type of body. Research shows that athletes use steroids for one of two reasons: to gain strength or to recover more quickly from injury. In addition, studies show that nearly one third of high-school age steroid users do not participate in organized athletics and are taking the drugs primarily to modify their appearance.

Facts about Anabolic Steroids

These are facts that should be known to anyone who desires to be a better athlete or to change how he or she looks.

- Steroids are powerful drugs. Doctors prescribe them only for specific wasting diseases and for men who don't produce testosterone.
- The possession or sale of anabolic steroids in the United States without a prescription is illegal.
- The vast majority of high school and college athletes compete steroid free.
- Athletes who use injectable anabolic steroids in high school have tested positive in collegiate drug tests – months after they stop injecting steroids.
- Drug users who inject steroids are at greater risk for infections, including HIV and hepatitis.
- Avoid environments where steroid use might occur.
- Avoid people who you believe are involved with steroid use.
- Androstenedione and other similar hormonal substances are controlled substances and are no longer available in dietary supplements.

Side Effects from use of Anabolic Steroids

All professional and amateur sports organizations ban the use of steroids because of their dangerous side effects and because steroids give competitors an unfair advantage.

- The use of steroids by young people whose bones are still growing will result in stunted growth.
- Girls, like boys, use steroids to excel at their sport, recover from injury and modify their appearance.
- Girls who use steroids can grow body and facial hair and experience permanent voice lowering.
- Boys who use steroids can form breast tissue, begin to lose their hair (go bald) and have their testicles shrink.
- Boys and girls who use steroids can have thick, oily skin, which often leads to severe acne on the face and body.
- Steroid users report an initial feeling of well being that is later replaced by mood swings, loss of sleep and paranoia. Reports of depression are common in people who stop using steroids.
- Some athletes have died from steroid use either because of the effects of the steroids on their body or the effects of discontinuing steroid use without a doctor's help.

Athletes who are caught using steroids embarrass themselves, their parents, their coaches and their schools.



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:

- | | |
|--|--|
| <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 |
|--|--|

Signs observed by teammates, parents and coaches include:

- 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

Stevenson High School Athletic Program

Vision & Values

*Created October 2003-January 2004 by the SHS Athletic Task Force
Approved Feb. 17, 2004 by the District 125 Board of Education*

I. Mission Statement

Stevenson High School is an exemplary learning community. To ensure future development and growth in the Interscholastic Athletic Program, the school must have a clear sense of what the athletic program is to accomplish and the contributions that will be made by the various stakeholders. The vision and values will be based upon the fundamental purpose for the existence of the athletic program.

An exemplary high school athletic program exists in order to:

- *Enhance and support the broader educational vision and values of the school.*
- *Promote and develop the emotional, mental, physical, social growth, and personal responsibility of students within the context of a competitive environment.*

II. Vision and Values

The expectations and responsibilities for coaches, student athletes, parents, and the Administrative Leadership Team

A. Expectations and Responsibilities of the Administrative Leadership Team

1. The Administrative Leadership Team will provide the best available facilities for student athletes, ensuring safety and quality at all times by:
 - Scheduling for effective allocation and maximum utilization of facilities.
 - Prioritizing requests from coaches, staff, and buildings and grounds for maintenance and improvements.
 - Developing a strong relationship among building and grounds, maintenance, and athletic staff.
2. The Administrative Leadership Team of Stevenson High School will ensure a level of excellence in the coaching staff by:
 - Seeking out and hiring coaches with excellent qualifications, experience, and motivation.
 - Providing opportunities for continuing growth in the coaching profession (i.e. clinics, camps, etc.).
 - Hosting preseason meetings with all coaches in each sport at the beginning of each season.
 - Facilitating effective post-season performance reviews with each coach and seek their input for program improvement.
3. The Administrative Leadership Team of Stevenson High School will establish, maintain, and ensure the enforcement of an athletic code of conduct by:
 - Providing a reasonable and fair athletic code of conduct.
 - Educating students, coaches, parents, and community members as to the bylaws of the code of conduct.
4. The Administrative Leadership Team of Stevenson High School will demonstrate they value athletics and athletic endeavors by:
 - Facilitating effective collaboration between Stevenson High School athletics, co-curricular, and extra-curricular programs.
 - Enforcing the Athletic Code of Conduct.
 - Attending athletic contests of various sports and levels.
 - Attending various preseason player/parent/coach team meetings.
 - Developing rapport regarding athletics with players, coaches, parents, and the community at large.
 - Ensuring the fair recognition of athletes that supports all interscholastic sports.
5. The Administrative Leadership Team of Stevenson High School will encourage and promote good sportsmanship and community participation by:
 - Becoming role models of good sportsmanship.
 - Ensuring the Stevenson High School community will become educated in regard to IHSA Sportsmanship Bylaws.
 - Ensuring consistent enforcement of IHSA Sportsmanship Bylaws.
6. The Administrative Leadership Team of Stevenson High School will maintain an open channel of communication regarding athletic programs by:
 - Creating mechanisms for communication between each group of stakeholders in the athletic community.
 - Ensuring student athletes play in a safe and healthy environment.

B. Expectations and Responsibilities of Coaches

1. The coaches will maintain a role of coach as professional and will keep the role of coach in proper perspective by:
 - Developing and communicating clear and specific goals for the team and individual players throughout tryouts and the season.
 - Maintaining open and honest communication with students, parents, and other coaches.
 - Developing and demonstrating a good knowledge base of best practice specific to their coaching arena.
 - Supporting and collaborating with coaches in other athletic programs.
 - Modeling and teaching skills necessary to succeed.
 - Supporting student academic expectations, responsibilities, and achievements.
 - Developing the knowledge and understanding of Stevenson policies and procedures as it applies to athletics.
 - Promoting and enforcing the student athlete code of conduct.
2. The coaches will be positive role models in personal management, appearance, ethics, and behavior by:
 - Connecting athletic experiences with life experiences.
 - Providing an atmosphere of teamwork and collaboration among coaches and players.
 - Becoming an integral part of, and developing rapport with, the Stevenson community including administration, coaches, parents, and students.
 - Modeling good sportsmanship at all times.
 - Creating and maintaining a safe and healthy environment for student athletes.
 - Understanding their leadership style and its impact on student athletes.
 - Considering important commitments of student athletes outside their sports.

C. Expectations and Responsibilities of Parents

1. The parents will communicate fairly and openly with coaches by:
 - Communicating openly, honestly, and with respect.
 - Communicating issues and concerns in a timely manner including those of physical and emotional well-being on behalf of their student.
 - Following an appropriate chain of communication such as:
 - Parent and Coach/Assistant coach
 - Parent and Athletic Director
 - Parent/Principal/Superintendent
 - Attending parent meetings and reading information disseminated by the coaches.
2. The parents will demonstrate good sportsmanship by displaying the following behaviors:
 - Providing support for coaches and officials in order to provide a positive, enjoyable experience for all student athletes.
 - Understanding the game is for the students and not for the adults.
 - Recognizing that student participation in athletics is a privilege.

- Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and the school.
 - Promoting the team by being supportive and helpful of the school program.
 - Refraining from coaching their student from the stands or sidelines.
 - Expecting consistent student attendance at practices and games.
3. The parents will create a positive and supportive environment to promote their student/athlete's well-being by:
 - Supporting good conditioning and healthy life style habits.
 - Placing the emotional and physical well-being of their student ahead of any personal desire to win.
 - Expecting their student to play in a safe and healthy environment.
 - Supporting their student in planning how to meet their academic responsibilities given the demands of training and practice.
 - Being a role model for other parents by remaining positive at sporting events.

D. Expectations and Responsibilities of Student Athletes

1. The student athletes of Stevenson High School will be committed to the school athletic program on and off season by:
 - Following the rules set by the coaches and the school.
 - Participating enthusiastically.
 - Making appropriate personal sacrifices for the good of the team.
 - Recognizing that student participation in athletics is a privilege.
 - Setting challenging and realistic goals.
 - Developing a winning attitude.
 - Maintaining high academic standards.
 - Being committed to skill development in their sport.
2. The student athletes of Stevenson High School will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:
 - Developing a team attitude.
 - Being coachable and open to constructive feedback.
 - Sharing appropriate individual and team concerns with the coaching staff.
3. The student athletes of Stevenson High School will demonstrate good citizenship and sportsmanship by:
 - Behaving with integrity.
 - Exhibiting pride in their team and school.
 - Playing by the rules.
 - Accepting responsibility as a role model for others.
 - Supporting other sports and underlevel teams.
 - Playing with dignity and grace, regardless of winning or losing.
4. The student athletes of Stevenson High School will develop and maintain mental and physical (health) behaviors by:
 - Being alcohol and drug free.
 - Practicing self-discipline.
 - Demonstrating good personal health habits.
 - Dealing with challenges in a positive manner.



Illinois High School Association

(For 2011-12 School Term)

(Revised 3/8/11)

Key Provisions Regarding IHSA Rules

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection

for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

2. Scholastic Standing

- A. You must pass twenty (20) credit hours of high school work per week. Generally, twenty (20) credit hours is the equivalent of four (4) .5 credit courses (two full credits).
- B. You must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian.

You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
- B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
- C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
- D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
- E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
- F. You attend the private/parochial high school which one or both of your parents attended; or
- G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer

- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. *You cannot be eligible when you*

transfer until this form is fully executed and on file in the school office.

- B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.
- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
 2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
 3. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school concur with your transfer;
 4. Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian, you are changing high schools for the first time, and the principals of both your former and the new school concur with your transfer;
 5. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
- E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

Athletic Eligibility Rules—Page 2

- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

5. Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

6. Physical Examination

You must annually have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practitioner in order to practice or participate. Your physical examination each year is good for only one (1) year from the date of the exam. The physician's report must be on file with your high school principal/official representative.

7. Amateur Status

- A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.
- B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.
- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

8. Recruiting of Athletes

- A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.

- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.
- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.

Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

- A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
 - 1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.
 - 2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

10. Playing in Non-School Competition

- A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team

nor compete in non-school competition as an individual in that same sport or in any skill of that sport.

- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sponsored and conducted by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
- D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
- E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.

11. All-Star Participation

- A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
- B. You are not restricted from participating in all-star competition in sports other than football, basketball soccer or volleyball, except that you may not do so during the school season for the sport.

12. Misbehavior During Contests

- A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
- B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

The complete set of IHSA By-laws and Policies is available at www.ihsa.org

Division I Core GPA and Test Score Sliding Scale

Core GPA	SAT	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Remember

Meeting the NCAA academic requirements does not guarantee your admission into a college. You must apply for college admission.

Your Eligibility and You

Academic-Eligibility Requirements

Division I

If you want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 16 core courses:
 - 4 years of English
 - 3 years of math (Algebra 1 or higher)
 - 2 years of natural or physical science (including one year of lab science if offered by your high school)
 - 1 extra year of English, math, or natural or physical science
 - 2 years of social science
 - 4 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy);
- Earn a minimum required grade-point average in your core courses; and
- Earn a combined SAT or ACT sum score that matches your core-course grade-point average and test score sliding scale (for example, a 2.400 core-course grade-point average needs an 860 SAT).

Requirement to graduate with your high school class

You must complete the 16 core-course requirement in eight semesters, which begins when you initially started high school with your ninth-grade class. If you graduate from high school in eight semesters with your class, you may use **one** core-course unit completed within one year after graduation (summer or academic year) to meet NCAA Division I initial-eligibility requirements.

You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a collegiate institution at any time after completion of the core course.

Division I Qualifier

Being a qualifier enables you to:

- Practice or compete for your college or university during your first year of college;
- Receive an athletics scholarship during your first year of college; and
- Play four seasons in your sport if you maintain your eligibility from year to year.

Division I Nonqualifier

As a nonqualifier, you will not be able to:

- Practice or compete for your college or university during your first year of college; or
- Receive an athletics scholarship during your first year of college, although you may receive need-based financial aid.

You may be able to play only three seasons in your sport if you maintain your eligibility from year to year. To earn a fourth season you must complete at least 80 percent of your degree requirements before beginning your fifth year of college.

Division II

2010 - July 31, 2013

If you enroll in a Division II college and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 14 core courses:
 - 3 years of English
 - 2 years of math (Algebra 1 or higher)
 - 2 years of natural or physical science (including one year of lab science if offered by your high school)
 - 2 additional years of English, math, or natural or physical science
 - 2 years of social science
 - 3 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy);
- Earn a 2.000 grade-point average or better in your core courses; and
- Earn a combined SAT score of 820 or an ACT sum score of 68. For individuals enrolling at a college or university in Puerto Rico, earn a combined Prueba de Aptitud Academica score of 730.

August 1, 2013, and After

If you enroll in a Division II college on or after August 1, 2013, and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 16 core courses:
 - 3 years of English
 - 2 years of math (Algebra 1 or higher)
 - 2 years of natural or physical science (including one year of lab science if offered by your high school)
 - 3 additional years of English, math, or natural or physical science
 - 2 years of social science
 - 4 years of additional core courses (from any category above, or foreign language, nondoctrinal religion or philosophy);
- Earn a 2.000 grade-point average or better in your core courses; and
- Earn a combined SAT score of 820 or an ACT sum score of 68. For individuals enrolling at a college or university in Puerto Rico, earn a combined Prueba de Aptitud Academica score of 730.

Division II Qualifier

Being a qualifier enables you to:

- Practice or compete for your college or university during your first year of college;
- Receive an athletics scholarship during your first year of college; and
- Play four seasons in your sport if you maintain your eligibility from year to year.

Division II Partial Qualifier

You will be considered a partial qualifier if you do not meet all of the academic requirements listed above, but you have graduated from high school **and** meet one of the following:

- The combined SAT score of 820 or ACT sum score of 68; or
- Completion of the 14 core courses with a 2.000 core-course grade-point average.

As a partial qualifier, you:

- Can practice with your team at its home facility during your first year of college;
- Can receive an athletics scholarship during your first year of college;
- Cannot compete during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

Division II Nonqualifier

You will be considered a nonqualifier if you did not graduate from high school, or, if you graduated and are missing both the core-course grade-point average or minimum number of core courses and the required ACT or SAT scores.

As a nonqualifier, you:

- Cannot practice or compete for your college or university during your first year of college;
- Cannot receive an athletics scholarship during your first year of college, although you may receive need-based financial aid; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

Division III

Division III colleges and universities develop student-athlete potential through a holistic educational approach that includes rigorous academics, competitive athletics and opportunity to pursue many interests and passions. Student-athletes are responsible for their own paths and are provided with many opportunities to develop within a comprehensive educational experience. Division III minimizes the conflicts between athletics and academics through shorter playing and practicing seasons, a lower number of contests, no redshirting or out-of-season organized activities, and a focus on regional in-season and conference play.

Division III college-bound student-athletes are not certified by the Eligibility Center because Division III colleges and universities each set their own admissions standards and there are no initial-eligibility requirements in the division. College-bound student-athletes should contact their Division III college or university regarding policies on admission, financial aid and athletics eligibility.

Core Courses, Grade-Point Average, Tests and Special Conditions

What Is A Core Course?

A core course must:

- Be an academic course in one or a combination of these areas: English, mathematics, natural/physical science, social science, foreign language, nondoctrinal religion or philosophy;
- Be four-year college preparatory;
- Be at or above your high school's regular academic level (no remedial, special education or compensatory courses); and
- Be completed not later than the high school graduation date of your class [as determined by the first year of enrollment in high school (ninth grade) or the international equivalent].

Not all classes you take to meet high school graduation requirements may be used as core courses. Courses completed through credit-by-exam will not be used.

Check your high school's list of NCAA courses located on the Resources page of the Eligibility Center Web site at www.eligibilitycenter.org or ask your high school counselor.

Keep Track Of Your Courses, Units and Credits

By logging onto www.eligibilitycenter.org and clicking the "Resources" tab, then "U.S. Students" and "Are You on Track?" you will find the Divisions I and II worksheets, which will help you keep track of your completed core courses, units, grades and credits you received for them, plus your ongoing core-course grade-point average. Generally, you will receive the same credit from the Eligibility Center as you received from your high school. Examples are provided in the English and math sections of both worksheets:

1 trimester unit = 0.34 units
1 semester unit = 0.50 units
1 year = 1.0 unit

Nontraditional Courses

What are Nontraditional Courses?

Nontraditional courses are those taught through the Internet (online or virtual), distance learning, independent study, individualized instruction, correspondence, computer software programs or other similar means.

There are many types of nontraditional educational programs available to high school students. When considering an online, distance learning, correspondence or even a credit recovery program, there are several things to consider. However, the following themes should be kept in mind:

- There is no substitute for working hard and staying on course academically.



- NCAA rules require that all core courses are academic, four-year college preparatory courses. Also, courses that are taught through distance learning, online, credit recovery, etc. need to be comparable in length, content and rigor to courses taught in a traditional classroom setting.
- All courses must include ongoing access between the instructor and student, as well as regular interaction for purposes of teaching, evaluating and providing assistance. This may include, for example, exchanging of e-mails between the student and teacher, feedback on assignments, and the opportunity for the teacher to engage the student in individual instruction.
- Any course taken must have a defined time period for completion. For example, it should be clear whether the course is meant to be taken for an entire semester or during a more condensed time frame, such as six weeks, etc.
- Nontraditional courses should be clearly identified as such on the high school transcript.

A Note on Credit Recovery Courses

Many high schools offer credit recovery or credit retrieval programs for students to receive credit or new grades for courses that they took previously or to take courses for the first time to get ahead or catch up. If your high school offers credit recovery, students need to make sure the following conditions are met:

- The school must follow its credit recovery policies, whether the student is an athlete or not. The Eligibility Center may request the policy if necessary.
- The credit recovery course must be comparable to the regular course. There are many examples in which the course the student failed was a rigorous, college-preparatory course, and the credit recovery course is taught at a lower level and lacks adequate rigor.
- The credit recovery course must meet the NCAA legislated definition of a core course (including the new nontraditional definition).
- The credit recovery course should be clearly identified as such on the high school transcript.

Core-Course Grade-Point Average

How Your Core-Course Grade-Point Average is Calculated

The Eligibility Center will calculate the grade-point average of your core courses on a 4.000 scale. The best grades from classes taken on your school's list of NCAA courses will be used. Grades from additional core courses you took will be used only if they improve your grade-point average.

To determine your points earned for each course, multiply the points for the grade by the amount of credit earned. Use the following scale unless your high school has a different scale on file with the Eligibility Center:

A – 4 points **C – 2 points**
B – 3 points **D – 1 point**

Remember: The Eligibility Center does not use plus or minus grades when figuring your core-course grade-point average. For example, grades of B+, B and B- will each be worth 3 quality points.

Special High School Grades and Grade-Point Average

If your high school uses numeric grades (such as 92 or 93), those grades will be changed to your high school's letter grades (such as A or B). See your high school's grading scale by pulling up your school's list of NCAA courses at www.eligibilitycenter.org.

If your high school normally "weights" honors or advanced courses, these weighted courses may improve your core-course grade-point average. Your high school must notify the Eligibility Center of such weighting. To see if your high school has a weighted scale that is being used for calculating your core-course grade-point average, visit www.eligibilitycenter.org for an explanation of how these grade weights are handled.

Examples of total quality point calculation:

- An A grade (4 points) for a trimester course (0.34 units):
4 points x 0.34 units = 1.36 total quality points
- An A grade (4 points) for a semester course (0.50 units):
4 points x 0.50 units = 2.00 total quality points
- An A grade (4 points) for a full-year course (1.00 units):
4 points x 1.00 units = 4.00 quality points

Calculate Your Core-Course Grade-Point Average

To calculate your estimated core-course grade-point average, divide the total number of points for all of your core courses by the total number of core-course units you have completed.

Note: Your calculation helps you keep track of your core-course grade-point average. Should you have any questions, contact your high school counselor.

Test-Score Requirements

ACT and SAT Requirements

You must achieve the required score on the SAT or ACT before your full-time collegiate enrollment. You must do this whether you are a citizen of the United States or of a foreign country. Also, state-administered ACT exams will be accepted by the Eligibility Center. You may take the national test given on one or more of the dates shown below.

IMPORTANT CHANGE:

All SAT and ACT scores **must** be reported to the Eligibility Center **directly** from the testing agency. Test scores will **not** be accepted if reported on a high school transcript.

When registering for the SAT or ACT, input the Eligibility Center code of **9999** to make sure the score is reported directly to the Eligibility Center.

Prueba de Aptitud Académica (Division II)

If you enroll in a Division II college or university located in Puerto Rico, you may use a minimum combined score on the Prueba de Aptitud Académica verbal and math reasoning sections of 730 to satisfy the test-score requirement.

National Testing Dates

SAT	ACT
October 9, 2010	September 11, 2010
November 6, 2010	October 23, 2010
December 4, 2010	December 11, 2010
January 22, 2011	February 12, 2011
March 12, 2011	April 9, 2011
May 7, 2011	June 11, 2011
June 4, 2011	

Taking Tests More than Once

You may take the SAT or the ACT more than one time. If you take either test more than once, you may use your best subscore from different tests to meet the minimum test-score requirements. Here is an example:

	Math	Verbal/Critical Reading	Total Score
SAT (10/09)	350	470	820
SAT (12/09)	420	440	860
Scores used	420	470	890

Your test score will continue to be calculated using the math and verbal/critical reading subsections of the SAT and the math, science, English and reading subsections of the ACT. **The writing component of the ACT or SAT will not be used to determine your qualifier status.**