

# **2023-2024 Deer Creek Mackinaw #701 Junior High and High School Activities Code**

## **Student Conduct**

Dee-Mack student participants who have agreed to abide by this code have also agreed to conduct themselves in a manner that will reflect themselves, their parents, the school and the Dee-Mack community in a positive light. Any behavior or conduct that does not reflect themselves, their parents, the school and the Dee-Mack community in a positive light will be subject to game/contest suspension.

Students participating in athletics and activities are under the guidelines of the Deer Creek Mackinaw #701 Junior High and High School Activities Code starting with the first time they join a sport or activity until they are no longer on, nor will be on, a roster for a current Dee-Mack sport or activity. This may start as early as 5th grade for certain sports and activities. This code is to be followed in the off-seasons, including summer.

- Conduct unbecoming will be determined on a case by case basis by the Coach or Athletic Director and include, but are not limited to the following behaviors: Bullying, Inappropriate language, Inappropriate social media usage, Unsportsmanlike behaviors. These behaviors could result in a suspension from activity separate from the illegal substance violations outlined below.

## **Philosophy**

Schools exist for educational purposes, and extracurricular activities should be administered on the basis of educational values. We believe that interscholastic athletics/activities are an integral part of the school's total curriculum.

Athletics/activities should help to establish standards of behavior that represent the best in good citizenship. These athletics/activities should stress the will to win, but also such virtues as courtesy, truthfulness, fair play, honesty, modesty, self discipline, courage and loyalty.

Our aim is to develop highly competitive programs and to aid in promoting positive school morale. In an effort to further communicate our philosophy, we are asking all participant's parents/guardians to attend one Activities Code Parent Meeting per year to gain information regarding expectations for both the student and the parent.

## **Sportsmanship**

Dee-Mack believes that sportsmanship is a core value and its promotion and practice are essential. Student participants have a duty to ensure that their team promotes the development of good character. This code of conduct applies to all student participants involved in interscholastic activities.

- Student participants will support the value of academics and the educational process.
- Student participants will advocate, model and promote the development of good

sportsmanship and character to include: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.

- Student participants will respect peers, officials, opponents, parents and all others associated with the event.
- Student participants will promote fair play and uphold the spirit of the rules in the activity.
- Student participants will model appropriate behavior at all times.

All fans, spectators, and parents are expected to show good sportsmanship while attending Dee-Mack events, but it is the coaches and student participants that need to demonstrate this behavior for all to see.

### **Student Participant Responsibilities**

- Attend your classes and all practices regularly. You are in school to secure an education. The books come first, athletics/activities second. Be at the top in both.
- If necessary to be absent from a practice session, get permission from your head coach/sponsor. He or she will be fair or reasonable with your request.
- Participation in athletics/activities contests on the day a student is absent from school the entire day is prohibited. A student must attend school a minimum of 4 periods to be eligible that day.
  - Exceptions to this rule are absences due to bereavement, medical visits, or other similar instances determined by administration.
- All students who participate in interscholastic athletics are required by the IHSA and IESA to have a complete physical examination every school year in which they compete. This examination must come prior to any form of tryout or practice. A physical examination is good for 13 months.
- Each student is responsible for the equipment checked out to him or her. If equipment is lost, stolen or damaged unnecessarily, the student must pay the replacement cost of the equipment.
- In the event that a student participant is involved in an athletic activity and a member of an activity, it may become impossible to participate in both because they are scheduled at the same time. In this case, the athletic contest will take priority over the activity.
- For students at the high school level, an athlete wanting to participate in more than one interscholastic sport in the same season must follow these steps before the start of the season. This process must be completed at least 14 days prior to the first official practice of the applicable seasons.
  - a). Meet with the coach of each program and discuss your desire to participate in more than one sport during the same season;
  - b). Receive approval from both coaches;
  - c). Meet with the athletic director to discuss the procedures that will be

- followed;
- d). Choose the “major” sport that will take precedence when there is a conflict.

### **Participation in Extracurricular Activities**

Selection of members or participants is at the discretion of the teachers, sponsors, and/or coaches, provided that the selection criteria conform to all Deer Creek Mackinaw District 701 policies and practices. All participants will need to meet all IESA or IHSA requirements (including a physical) before participating in any practices. Registration via the 8 to 18 system is also required before the first competitive event of the season. Also, continued participation in extracurricular activities is dependent upon course selection and successful progress in those courses.

### **Parent / Coach/Sponsor Relationships**

Both parenting and coaching/sponsoring are very difficult vocations. By establishing an understanding between coaches/sponsors and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know and understand the expectations placed on them and their children. Coaches/sponsors have the right to know that if parents have a concern they will discuss it with the coach/sponsor at the appropriate time and place.

*Communication parents should expect from their child's coach /sponsor:*

- Coach/sponsor's philosophy.
- Expectations the coach/sponsor has for your child, as well as other student participants on the team.
- Locations and times of practices and contests.
- Team requirements (i.e., fees, special equipment needed, school and team rules, off-season expectations).
- Procedures that will be followed if your child becomes injured during participation.

*Communication coaches/sponsors will expect from parents:*

- Concerns regarding their child expressed directly to the coach/sponsor at an appropriate time and place.
- Specific concerns in regard to the coach/sponsor's philosophy and/or expectations.
- Notification of any schedule conflicts well in advance.

As your child becomes involved in extracurricular activities, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. These are the

times discussion with the coach/sponsor is encouraged.

*Appropriate concerns to discuss with a coach/sponsor:*

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Concerns about your child's behavior.

It is very difficult to accept that your child is not playing as much as you may hope. Coaches/sponsors make decisions based on what they believe is in the best interests of all student participants. As you can see from the list above, certain things can and should be discussed with your child's coach /sponsor. Other things, such as those listed below, must be left to the discretion of the coach/sponsor.

*Issues NOT appropriate for discussion with your child's coach/sponsor:*

- How much playing time each student participant is getting.
- Team strategy and play calling.
- Any situation that deals with other student participants.

There are situations that may require a conference between the coach/sponsor and the parent. These are not discouraged, as it is important for each party to have a clear understanding of the other's position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

Before addressing a coach please follow the **24 hour rule** and wait a full 24 hours before approaching your child's coach with concerns.

### **Standard Operating Procedure for Problems**

1. The student participants should discuss the problem with the coach/sponsor at a pre-arranged meeting. Student participants need to be clear in their request for a meeting and make sure it occurs at a time other than during a scheduled practice.
2. Should the student participants be dissatisfied with the results of the discussion, their parents should make an appointment to speak with the coach/sponsor.
  - Call the coach/sponsor to set up an appointment; if the coach/sponsor cannot be reached, call the Athletic Director and ask him to set up a meeting with the coach/sponsor for you.
  - Think about what you expect to accomplish as a result of the meeting; stick to discussing the facts, as you understand them.
  - **Do not confront the coach/sponsor before, during, or immediately after a practice or contest.** These can be emotional times for both the parent and

**coach/sponsor. Meetings of this nature do not promote resolution of the situation, but often escalate it (See 24 Hour Rule).**

3. Should the parents and student be dissatisfied with the results of the discussion, they should be directed to the Athletic Director to set up a meeting.
4. Should the situation still not be resolved, the meeting should move to the Principal.
5. The next step would be an appeal to the Superintendent.
6. The final appeal would be to the Board of Education.
7. Court Appeal.

The system outlined above will only be successful if the following principles are applied.

- Do not skip any steps in the chain of command.
- Snap judgments and decisions need to be avoided.
- Spot potential problems and communicate them as early as possible.
- When confronted with a problem that catches you off guard, make no decision or judgment. Listen and tell them you'll get back to them later.
- Communication and discussion are a must and our best results will come about when communication takes place prior to decision-making.

All parties involved need to be open-minded and supportive of the decisions that are made. If a parent fails to comply with the above guidelines, they can be subject to suspension from attending events within the building.

### Student Participant Eligibility

In order to represent Deer Creek-Mackinaw #701 in any interscholastic competition, a student participant must meet all eligibility requirements of the Illinois Elementary School Association or the Illinois High School Association (respectively per school), as well as the requirements at Deer Creek-Mackinaw #701.

By IHSA rules, any student participants transferring in from another school who may have un-served suspensions in athletics must serve the assigned suspension before becoming eligible to participate in any games.

### Weekly Academic Eligibility

#### **Dee-Mack Junior High**

By IESA rules, a student participant must be “passing per week”, which means they cannot be failing any subjects and be eligible. The standard policy at Dee-Mack Junior High will be to check grades on Thursday afternoons. Coaches, parents, and student participants will be made aware if they are ineligible on Fridays. The ineligibility will be for the next week, lasting from Monday through Saturday. Student participants may still be expected to attend practices and events, or they may be asked to stay home. This will be determined based on what is in the best interest of the student participant. Failing is defined as any grade lower than a 1 for a course.

Variations to when eligibility is determined may occur when school is not in session for the entire week. Regardless, every attempt will be made to inform the coaches, parents, and student participants of a student participant’s ineligibility for the upcoming week.

Any student participant found to be ineligible three times during a season will be removed from the team roster. If removed from the team due to academic eligibility a student participant will not be eligible for postseason recognition or awards.

#### **Dee-Mack High School**

In order to be eligible to participate in any school-sponsored extracurricular activity, a **student participant must be passing five (5) academic classes (IHSA Policy) and may not be failing more than 1 class on the weekly eligibility.** All student participants must maintain a 1.0 grade point average to be academically eligible, regardless of how many passing or failing grades they have at the time eligibility is determined. The weekly eligibility grade would be such a grade the student participant would receive if they were to transfer to another school on that date. Weekly eligibility will be collected each Thursday. Failing is defined as any grade lower than a 1 for a course.

Any student participant failing to meet these academic criteria shall be suspended from participation for the following Monday through Saturday activities. The coaches, student participant, and parent will be notified via email of the ineligibility on Friday concerning the next week.

**Concerning athletics** - being ineligible three times during the fall and spring seasons will result in dismissal from the team. During the longer winter season, four times of ineligibility will result in dismissal.

**Concerning activities** - being ineligible 6 times will result in dismissal.

### **Semester Eligibility**

To be eligible for the next semester, any student participant must be passing five (5) academic classes.

Any student participant who fails two (2) classes or does not maintain a 1.0 GPA will be declared ineligible for the entire upcoming semester with no provisions to be eligible by attending study hall. For eligibility purposes, ONE second semester failed class may be retaken and the grade recorded if the exact course is repeated and passed during summer school. There are no such provisions for a first semester failure. Semester eligibility does not apply to activities.

The High School Principal is responsible for assuring compliance with this policy.

### **Illegal Substance Policy**

Dee-Mack student participants will not use or possess any substance that is illegal for them to use or possess under current Illinois law. This includes but is not limited to tobacco, E-cigarettes, nicotine products, alcohol or any other controlled/behavior altering substances (CBAS). CBAS (Controlled or behavior-altering substances) include, but are not limited to alcohol, illegal drugs, controlled substances, look-alikes, synthetic drugs, drug paraphernalia, E-Cigarettes/Vape Pens, and substances as described in the Intoxicating Compounds Act (i.e. inhalants.) Ephedra-based products are now illegal in Illinois and will be considered to be a controlled substance.

Also, student participants will not remain in situations where these substances are being used by other student participants in a manner that would violate this code. When student participants find themselves in any situation where alcohol or a CBAS substance is present, other than a family gathering with parents/guardians present, they must leave or make a reasonable effort to leave the situation immediately. Remaining in that situation longer than is necessary and/or making no attempt to leave the situation, facilitating, assisting, or being an accomplice in the planning or organization of an event with the purpose of using illegal substances; will result in the same consequence as if the student participant were using and/or possessing an illegal substance.

◦ **The IHSA, IESA, and Dee-Mack H.S. strongly discourage the use of creatine due to health and safety reasons.**

- For the purpose of these rules, the term “possession” includes having control, custody, or care, currently or in the past, of an object or substance, including situations in which the item is: (a) on the student participant’s person; (b) contained in another item belonging to, or under the control of, the student participant, such as in the student participant’s clothing, backpack, or automobile; (c) in a school’s student participant locker, desk, or other school property; (d) at any location on school property or at a school sponsored event; or (e) in the case of drugs and alcohol, substances ingested by the person.
- Student discipline shall be based on an official police report for any illegal offenses or direct observation of an offense by school personnel. (Pictures of engaging in conduct can count as observation).

### **FIRST VIOLATION – Illegal Substances:**

In the event a student participant uses, is in possession of, or remains in a situation involving any Illegal Substance the student participant shall be suspended from participation in interscholastic athletic competitions for a duration determined by factors listed below:

- A. **Self Reporting:** If a student participant comes forward to school personnel to report a Illegal Substance violation within the first twenty-four hours after the



incident the suspension shall be 10% of the games scheduled for the current or upcoming season.

**B. Admittance of Violation:** If the student participant is contacted by school personnel to discuss a Illegal Substance violation, and admits to the violation, the suspension shall be 33% of the games scheduled for the current or upcoming season.

**a. Mitigation of Suspension through Community Service**

Students may reduce this 33% suspension to a 10% of the scheduled games provided that they complete 16 hours of community service under the guidelines explained below.

- The project/work chosen must be approved in writing using the Community Service for Suspension Form. It must be signed by the student participant, the student participant's coach, the community member overseeing the work and a member of Deer Creek Mackinaw administrative team prior to beginning community service work. Service projects should be chosen from a list provided by administration or well described in detail and approved by administration.
- Athletes can return to play only after the 16 hours of community service is completed.
- Community service can only be used to reduce a 33% suspension to a 10% suspension. "Self Reporting" and "Refusal to Admit Violation" situations cannot be mitigated. Also, Second and Third Illegal Substance Violations cannot be mitigated through community service.

**C. Refusal to Admit to Violation:** If the student participant is contacted by school personnel to discuss a Illegal Substance violation and is found to be uncooperative/dishonest about the incident, yet it is determined through preponderance of evidence that the student participant has indeed violated the athletic code, the suspension shall be 50% of the games scheduled for the current or upcoming season

\*Violations for Dance Team student participants will be halved since they only perform at home games.

**SECOND VIOLATION – Illegal Substances:**

If there is a second training violation of any kind, for use or illegal substances at any time during Junior High or High School, the penalty shall be the loss of interscholastic eligibility for one calendar year.

Also, participants who have received a second training violation will forfeit all awards, honors, or recognitions for the affected season(s). Specifically, seniors who have a 2<sup>nd</sup> violation will not be invited to participate in Senior Night or the awards ceremony held at the conclusion of the season.

### **THIRD VIOLATION - Illegal Substances:**

A third Illegal Substance violation of any kind, at any time during Junior High or High School will result in the loss of their interscholastic eligibility for the remainder of the student's career in either Junior High or High School.

### **Illegal Substance Policy Clarifications**

- For any 1st or 2nd violation, a date for the end of the suspension will be determined and communicated when the suspension is first initiated. This date will be based on the scheduled games and/or the calendar the time of the suspension. Canceled or added games may cause the actual percentage of games suspended to deviate from the intended percentage.
- In the event that a contest is canceled or not played during an athlete's suspension period, the athlete's return date will remain the same as was determined at the time of the suspension.
- For non-athletic activities, the penalty will be determined by the sponsor, Activities Director, and Principal.
- Should a violation occur during the summer or at any other time when the student participant is not an active member of a squad, the suspension will start on the Sunday of the first week of scheduled contests.
- If the student participant does not complete the assigned suspensions due to the end of a season, the ineligibility will be carried over into the next season in which the student participant participates. Also, the student participant must complete the season in good standing in order for the violation consequences to be 100% fulfilled.
- Game suspensions for a violation of the athletic codes shall not be counted unless the student participant is eligible for participation. Example: A student participant has a 2 game Illegal Substance suspension, but is also academically ineligible. The suspension does not count until after the academic issue has been resolved.
- Suspended student participants may continue to practice with the team <sup>10</sup> during the time of the suspension (in or out of season), provided the student participant and coach agree that it will benefit both the student participant and the team.
- Students in all levels of athletics and activities at Deer Creek Mackinaw CUSD #701 will abide by the same code and will be subject to the same consequences for violations. All Junior High and High School student participants will sign and be expected to abide by this code. On the day of 8th grade completion, any participant that has previously signed the code

will have all previous violations removed from their total count of violations; however, any suspension given to an 8th grade student participant prior to graduation will be continued on and/or completely served by the student participant during their Freshman season. Any violation of the code that occurs between 8th grade graduation and the first day of an official high school practice will be served their Freshman year and will count towards their total number of violations in their high school career.

## **RANDOM DRUG TESTING POLICY**

The purpose of this program is to deter the use of alcohol or controlled substances among the student participant body. The intent is not to "catch" or police our student participants. We believe that the use of drugs is damaging to the body, physically, psychologically, and emotionally; therefore, it is imperative that we do all that we can do to ensure that our students are not using dangerous drugs. It is in their best interest, as well as the schools' communities, and society in general that they be drug free.

The Deer Creek-Mackinaw Drug Testing Program is to function under the guidelines described below.

Extracurricular student participants who conspire or engage in behaviors designed to alter or circumvent the drug testing procedures for themselves or others will be considered "in violation" of the training procedures and face the appropriate CBAS consequences.

**First failure or refusal of drug testing:** The student participant will be subject to the consequences detailed under "First Violation-Illegal Substances" "Admittance of Violation", which requires a 33% suspension of scheduled games.

**Second failure or refusal of drug testing:** The student participant will be subject to the consequences detailed under "Second Violation-Illegal Substances", which requires a 1 calendar year suspension

**Third failure or refusal of drug testing:** The student participant will be subject to the consequences detailed under "Third Violation-Illegal Substances", which results in the loss of their interscholastic eligibility for the remainder of a student's Junior High or High School career at Dee-Mack.

**\*\*** Subsequent testing for these students shall take place at the discretion of the building principal for the remainder of the student's high school career.

## **RANDOM TESTING PROCEDURES**

All extracurricular student participants (athletics, clubs, organizations, etc.) will be randomly selected for testing on different test dates during the school year. All students tested will have their names placed back into the pool after each test and

will be eligible for the next random sampling. A student could be tested several times during the school year.

All testing will be completed at the high school during the school day. All dates will be confidential. Testing may include urinalysis, hair testing, or other available methods.

The school may be involved in the collection and handling of any samples. The students will be randomly selected through the use of a computer program. The school will be responsible for reporting results to parents.

The school will quarantine the testing area and be fully responsible for maintaining security of the testing room. School personnel will ensure the security of the testing area by providing adequate supervision and locking appropriate doors. Non-school agencies may be contracted to administer, collect, and test the samples. Privacy, confidentiality, and authenticity of the collection process will be given priority.

All samples, which result in a positive finding, will undergo additional tests to provide added reliability. Those students who test positive shall be referred to the building principal and Athletic Director, who will in turn call for a conference with the student and parents.

Any incidence of drug/alcohol use of the same drug/alcohol that the student is enrolled in the substance abuse program for will not necessarily result in a third code violation while the student is enrolled in the program. A violation of a different drug/alcohol use during the period of evaluation, counseling, treatment, etc. could result in further suspension from all extracurricular activities. Verified cooperation and participation throughout the length of the recommended substance abuse program is necessary to continue athletic/activity participation in practices. Game participation will be reinstated upon notification of the successful completion of the substance abuse program, a verified clean drug test, and the completed game suspension from section IA, IB or IC of the activities handbook.

### **IHSA RANDOM DRUG TESTING**

All activity participants will be required to submit to any random drug testing required by the IHSA. Positive drug tests or failure to comply could result in 12 individual or team sanctions. Also, failure of an IHSA drug test would be counted as though the student participant failed a test administered by Dee-Mack.

### **VIOLATION OF THE ILLINOIS CRIMINAL CODE**

Dee-Mack student participants are expected to abide by all local, state, and federal laws. Any student participant that violates the criminal code will be subject to due process and consequences set for by the local, state, and federal authorities. For purposes of participation in athletics and activities, Dee-Mack administration reserves the right to determine violation of the criminal code separate from and prior to final legal decisions.

Should the administration determine that a violation of the criminal code occurred, consequences identical to those set forth for violation of the “Illegal Substance Policy” will be administered. Opportunity for mitigation through community service will be offered.

### **Multiple Violations of the Activities Code**

Violations of the Illegal Substance Policy and the Criminal Code will be deemed identical so far as advancement to the next violation is concerned. For example, if a student participant is found determined to have violated the Illegal Substance policy, they will serve the consequences outlined for “First Violation”. If they then violate any portion of the Criminal Code, regardless of whether it is related to illegal substances, it will be deemed a “Second Violation” and they will serve those consequences.

### **FELONY VIOLATIONS**

If a student participant violates the Illinois Criminal Code at the felony level, the case will be reviewed by school officials and appropriate consequences administered on an individual basis. Felony violations could result in suspensions ranging from several games to the remainder of the student's athletic/activities career, depending on the severity of the violation.

### **Extracurricular Violations**

Student participants in clubs or extracurricular activities (such as Band, Chorus, Scholastic Bowl and Clubs) who face violations of the Activities Code will be suspended as follows:

First Violation: Suspension from the very next major event or competition sponsored by that club (Example: No participation in opening night of the play, or no attendance allowed during a club field trip).

Second Violation: Suspended from all activities for the remainder of their career or for 1 calendar year if submitting to a substance abuse program.

Third Violation: Suspended from all activities for the remainder of their high school career.

Band/Chorus students who face violations may be suspended as above for IESA, IHSA, or HOIC events and competitions. Band/Chorus suspensions will not affect seasonal concerts or musical participation during athletic events.

Band and Chorus are unique co-curricular courses with necessary after-school obligations such as practices and performances. Due to this reason, both of these courses will have the Activity Fee assessed. Student participants who are not present for planned after-school events may be given alternative academic assignments and/or have grade reduction penalties.

Band and Chorus student participants will need to sign and follow this Activity Code in order to participate, although the drug testing and grade eligibility requirements will

only be necessary for those students entering IHSA or HOIC competitions.

### **Team Expectations**

Coaches may develop team rules/expectations to cover individual areas not discussed elsewhere in this handbook, including additional disciplinary consequences. Such rules/expectations shall be discussed and distributed to the team and parents at the start of the season.

### **Students Participating in Multiple Activities**

Students participating in two activities at the same time shall serve suspensions in both activities. Example: a volleyball/cheerleader would serve the prescribed suspension in each of the two activities.

A student who is suspended will be suspended at the highest level of competition, in which he/she competes. The suspension will include all games being played between the 1<sup>st</sup> game at the highest level and the last game of the suspension at the highest level. During this time frame, there shall be no participation in competition at any level.

For student participants involved in both athletics and extracurricular activities listed above, any First Violation requiring the suspension of a percentage of scheduled games may be assessed to both the activity and sport. For example a suspension cannot be met for an “athlete” by being suspended for a group field trip.

### **Insubordination**

Such infractions as conduct, attitude, unexcused absence; etc. will be determined by the coach/sponsor of that activity and can possibly result in suspension or dismissal from the team.

Obstruction– student participants who provide false testimony/information/ evidence may face suspension or dismissal from the team.

### **Practice/Game Attendance**

Dee-Mack High School believes that a student participant’s attendance at practice is the single most important requirement for athletic success.

The head coach and their coaching staff will set the practice guidelines for each season. They will clearly define what they determine as excused and unexcused absences from practices/games. These guidelines will be communicated with both the parents and the student participant **prior** to the start of the season.

All practice guidelines will be approved by the Athletic Director.

In the event of an unexcused absence, the following consequences will apply:

*Freshman, Sophomore, JV, or Junior High Unexcused.*

- Each unexcused will be up to the coach’s discretion

### *Varsity student participant Unexcused*

- 1st unexcused - will be up to the coach's discretion
- 2nd unexcused and subsequent offenses - will result in a one-game suspension for each offense

Coaches will determine what absences are excused and unexcused.

In sports that do not have a tryout that results in cuts, student participants may be added to the team after the season has begun, but will face consequences determined by the coach/sponsor.

Student participants who face an out-of-school disciplinary suspension for violations of the Student Handbook may consider their suspension to be considered 1 day of unexcused absence for each occurrence of suspension, regardless of the length of OSS. Participants facing an OSS are prevented from attending practices or events during their suspension. (Example- A 5 day OSS for fighting would be considered 1 unexcused absence, and not necessarily cause for removal from the team. A varsity participant with other unexcused absences and an OSS could face removal from the team.)

### **Dance Team - Cheerleading**

A student participant may be chosen for only one of the following: Dance Team or Cheerleading and may not try out for either of the other teams once chosen for one of the above. Alternates from one team may try out for another team. At the high school, we have combined this into one team - The Spirit Team.

### **Travel Policy**

**Dee-Mack Junior High** Students are allowed to ride home with parents after an away contest. They must sign out with a coach provided sheet. If parents wish to have their child ride home with someone other than the legal guardian they must gain permission prior to the event by sending an email to the athletic director AND the coach.

### **Dee-Mack High School**

Each individual program/coach can choose from one of the two options for travel home after away contests.

- Student participants are required to ride the bus home from an away contest
- or
- Student participants will be allowed to sign out and ride home with a parent/guardian or another adult that has been approved by the Athletic Director.

Coaches will communicate which option they will enforce for the season or for each individual away contest.

## **Awards**

If a student participant is suspended during the season and returns in good standing to their respective squad, they will be allowed to receive all the honors earned. Student participants who face a suspension at the end of the season, or a suspension that extends past the end of the season, may receive earned honors once the suspension is satisfied and they have returned to the sport in good standing.

Student participants who have received a second violation will forfeit all awards, honors, or recognitions for the affected season(s). Specifically, seniors who have a Second violation will not be invited to participate in the Awards Ceremony.

\*A student participant who continues to represent Dee-Mack after graduation will remain under the guidelines of the athletic/activities code.

## **Junior High Awards**

Junior high recognition and individual awards will differ by program and will be determined by the coaching staff. The primary goal of Junior High athletics at Dee-Mack Junior High is to prepare student participants for athletics at Dee-Mack High School. Pins and/or certificates may be awarded, but it is intended to be less than is given at all high school levels.

## **High School Recognition Awards**

Freshmen - Numerals 2-inch chenille

Fresh/Soph - 6 inch D-M chenille letter with sport symbol insert

Varsity - 8 inch D-M chenille letter with sport insert and bar Manager

- 6 inch or 8 inch D-M Chenille letter with MGR insert

## **High School Requirements for Receiving Letters**

Requirements for receiving letters will be established by the coach of the sport. The criteria that the coach decides on for receiving a letter will be reviewed by the Athletic Director/Administration for approval. These requirements **will be** addressed by the coach with the parents and student participants at their initial coaches/parents/student participants meeting before the first game of the season.

- **Freshmen** - Every freshman completing a full season in good standing will receive numerals as an award for participation regardless of playing time.
- **Varsity "White Letter"** - Any senior who earns a Varsity letter in all sports their senior year will also receive a white letter for their accomplishment.
- **Additions:** Any student participant who is injured during the season and forced



to miss the remainder of the season will receive their respective award on that level of competition providing they participated in 50% or more of the quarters or games at the time of injury.

- Any student participant who is injured between the first official practice and first official game will receive a letter on the following two conditions. First, in the coaches/sponsors opinion the student participant should have participated in 50% or more of the total quarters or games for that season. Second the student participant must attend all the practices and games expected of a student participant who is participating.
- Any student participant who has participated in the program for 4 years regardless of the amount of playing time will receive a Varsity letter his or her senior year.
- Any team on any level (Freshmen, Fresh-Soph or Varsity) that goes undefeated or wins a conference championship, all student participants of that team will receive a letter. Players must have been on the team for the entire season to qualify for this award. **There are no conference champions named at any level other than varsity.**

NOTE: A student participant could be denied a letter for such reasons as eligibility, severe infraction of the athletic/activities code, or unexcused absences from practice. The final decision will be up to the discretion of the coach/sponsor, Athletic Director, Principal and Superintendent.

### Awards Ceremonies

All student participants are expected to be present for awards ceremonies to receive their respective awards. If for some reason a student can't attend he or she must contact the coach/sponsor of their sport to receive their awards. If the student participant does not make contact with their coach/sponsor within 2 weeks of the awards night, then the student participant will forfeit their awards.

### **STATEMENT OF NONDISCRIMINATION**

- No employee, student, parent, or any other person having affiliation with the Deer Creek-Mackinaw School District #701 shall on the basis of age, color, gender, race, national origin, religion or disability be excluded from participation in, be denied the benefits of, or be subjected to discrimination in any program or activity under the jurisdiction of the Deer Creek-Mackinaw School District #701.
- A grievance procedure is on file in the Superintendent's office. Please contact the Superintendent's office at (309) 359-8965 for full details if you feel that your rights have been violated.

NOTE: Activities shall include, but not be limited to - football, volleyball, basketball, wrestling, swimming, baseball, softball, track, dance team, cheerleading, scholastic bowl, and all clubs.

**IMPORTANT NOTE: Signing in the appropriate spaces indicates agreement to participate and/or allow participation in the drug-testing program.**

The Activities Handbook has been prepared to give you information concerning the athletic/activities program at Deer Creek-Mackinaw High School. It is hoped that through a careful study of the contents that you will gain an understanding of the operation of athletics/activities and what is expected of you as an athletic/activity participant.

### **CONCUSSION INFORMATION**

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:**

- |                                    |                          |
|------------------------------------|--------------------------|
| • Headaches                        | • Amnesia                |
| • “Pressure in head”               | • “Don’t feel right”     |
| • Nausea or vomiting               | • Fatigue or low energy  |
| • Neck pain                        | • Sadness                |
| • Balance problems or dizziness    | • Nervousness or anxiety |
| • Blurred, double, or fuzzy vision | • Irritability           |
| • Sensitivity to light or noise    | • More emotional         |
|                                    | • Confusion              |

- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- 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 poor coordination
- 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

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Student participants 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 student participant 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 student participant 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 student participants will often fail to report symptoms of injuries. Concussions are no different. As a result, the education of administrators, coaches, parents and students is the key to student-student participant's safety.

### **If you think your child has suffered a concussion**

Any student participant even suspected of suffering a concussion should be removed

from the game or practice immediately. No student participant 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 student participant should continue for several hours. IESA and IHSA Policy requires student participants 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 IESA and 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 student participant sits out.

For current and up-to-date information on concussions you can go to: All student participants are required to watch the IHSA concussion video at the link below. We strongly encourage all parents to watch this video as well. Everyone should be thoroughly educated on the signs, symptoms, and effects of concussion.

[https://www.brainshark.com/IllinoisPrincipalsAssoc/concussion\\_ihsa?&r3fl=](https://www.brainshark.com/IllinoisPrincipalsAssoc/concussion_ihsa?&r3fl=)

Student participants and Parent(s) – This Activities Handbook permission form will be completed during the online registration process and that will confirm that you have read the above information.

### **Release of Information For Random Drug Testing**

Term: This authorization if not revoked will expire on August 1, 2023.

Purpose of the Release: The protected health information is being used or disclosed for the following purpose: Urine Analysis Results.

I understand that Tazwood may, directly or indirectly, receive remuneration from a third party in connection with the use or disclosure of my health information.

I understand that I may revoke this authorization by notifying Tazwood Mental Health Center in writing. However, I understand that if I revoke this authorization, it will not have any impact on actions taken by Tazwood prior to notice of revocation.

I understand that I may refuse to sign or may revoke (at any time) this Authorization for any reason and that such refusal or revocation will not affect the commencement, continuation or quality of my Tazwood treatment.

I understand that I may inspect or copy the protected health information to be used or disclosed as permitted under federal (or state law to the extent the state law provides greater access rights).

I have read and understand the terms of this Authorization and I have had an opportunity to ask questions about the use and disclosure of my information. By my signature, I hereby, knowingly and voluntarily authorize Tazwood to use or disclose my information in the manner described above.

**NOTICE TO RECEIVING AGENCY/PERSON: Prohibition of Redisclosure:** Under the provisions of the Illinois Mental Health and Development Disabilities Act and/or under the Federal Act of July, 1, 1975, confidentiality of Alcohol and Drug Abuse client records, records of HTLV-III or HIV testing (AIDS test) results, and AIDS treatment records – no such records, nor information from such records may be further disclosed without specific authorization for such redisclosure. A facsimile or photocopy of the original consent of release of information is acceptable with telephone confirmation by the sender. The information that is not protected under the Illinois Mental Health Act and other state laws may be subject to redisclosure by the recipient and no longer be protected.

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