

ATHLETIC HANDBOOK

AUBURN HIGH SCHOOL/AUBURN JR. HIGH SCHOOL

2019-2020

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I. Introduction

This athletic handbook is prepared for the benefit of prospective and current athletes and cheerleaders at Auburn Junior and Senior High Schools (6-12) and their parents. In addition to the information in this publication, there are other requirements and commitments which are asked of the participant. This information will be made known to the participants by the members of the coaching staff and/or announcements at school. The following rules and regulations have been established by the entire coaching staff, administration, and board of education. In addition to these rules and regulations each coach may have other training rules and regulations for their sport. Each coach is required to give a copy of their rules and regulations to each athlete. It is further recognized that the Principals of the Auburn School System maintains final authority regarding athletic eligibility and participation.

II. Philosophy

- A. Athletics can be one integral part of the total educational process.
- B. Athletic programs aim to develop leadership qualities, self-discipline, and good sportsmanship as well as physical development.
- C. The student athlete should be a positive example for all other students to follow.
- D. The student athlete should present an image of high moral standards, integrity, and pride not only in themselves but in their school, community, and while at the facilities of our opponents.

III. Athletic Information

- A. Participation Requirements: In order to practice or participate in any athletic activity the athlete must first have the following:
 - 1. A birth certificate on file with the athletic director.
 - 2. Pay the athletic fee established for that school year.
 - 3. A physical examination by a licensed physician.
 - 4. Insurance waiver or school insurance.

No Jr. High or H.S. student may be a member of two athletic squads or a cheerleading and an athletic squad at the same time.

Wednesday Night/Sunday Activities:

There shall be no school activities including practices scheduled for Wednesday evenings. All athletes must be ready to leave the facility by 6:00 P.M. on Wednesday. No activities shall be scheduled for Sunday by students or teachers/coaches. This policy does not apply to state, county, or conference sponsored activities. The school board/administration may make exceptions to the policy when unusual circumstances exist.

B. Sangamo (H.S.)

MSM Conference (JH)

| | |
|-------------------------|------------|
| Athens | Auburn |
| Auburn | Franklin |
| Illini Central (Not FB) | Girard |
| Mt. Pulaski (Not FB) | Kincaid |
| New Berlin (FB only) | New Berlin |
| Pleasant Plains | Pawnee |
| Petersburg PORTA | Virden |
| Riverton | Waverly |
| Rochester (1 more year) | |
| Sangamon Valley | |
| Williamsville | |

C. Injuries

1. Injuries, no matter how insignificant, shall be reported to the coach / athletic trainer.
2. Any injury the coach / athletic trainer deems as serious, the parents will be contacted.
3. The proper insurance forms must be completed by the parents which can be obtained in the school office.
4. The athlete is also responsible for filling out the accident report form located in the office.

D. Absences - Missing a practice or athletic contest.

1. An athlete must clear a pre-arranged absence with the coach.
2. If an athlete is in school and must leave because of an illness or any other reason he/she must report to the office and see the coach before leaving the building.
3. If an athlete cannot attend an athletic contest the athlete or parent must notify the coach before

the athletic event. If the contest is away the coach must be notified before the bus departs.

E. Extra-Curricular Participation When Absent

Any student who is absent from school the day of an extra-curricular event will not be permitted to participate at that event that evening or the following day if that day be a "no school" day or Saturday. However, under certain conditions, the principal may allow the student to participate if in his best judgment it is fair and proper thing to do. Hence, if a student is absent (for) the day before a vacation day or a "no school" day and wants to participate on that day, a parent or doctor must call the principal/A.D. to explain the absence.

F. Dress Code

1. All athletes must be dressed in appropriate attire for home and away contests. The principal and athletic director will have the authority to approve or disapprove all athletic squad attire.

G. Use of facilities

1. No student or group of students are allowed to practice, use school equipment, or facilities within the school building unless directly supervised by staff members.

H. Equipment

1. All equipment issued will be the responsibility of each individual team member with respect to care and maintenance as per instructions by the coach.
2. No awards will be given until the equipment and uniforms have either been turned in or paid for by the athlete.
3. Equipment and uniforms are not to be worn at any time other than at the athletic contest or at the direction of the coach.

Below is a list of sports that is offered at Auburn. Boys may participate in only those sports listed under

"boys" and girls may participate in only those sports listed under "girls".

1. Boys may participate in the following sports:

| HIGH SCHOOL ----- | JUNIOR HIGH ----- |
|----------------------|----------------------|
| Cross Country | |
| Golf | Cross Country |
| Football | Boys Baseball |
| Boys Basketball | Basketball |
| Baseball | Boys Track |
| Boys Track | Boys Wrestling |
| Boys Wrestling | |

2. Girls may participate in the following sports:

| HIGH SCHOOL ----- | JUNIOR HIGH ----- |
|----------------------|----------------------|
| Volleyball | Cross Country |
| Girls Basketball | Basketball |
| Girls Track | Volleyball |
| Softball | Track |
| Golf | Softball |
| Cross Country | |

IV. Eligibility - High School

Some of the rules that have been established in this handbook supersede the rules established by the IHSA. (See Appendix A for IHSA Eligibility Rules)

- A. Eligibility is done on a weekly basis and semester basis:
 1. A weekly eligibility check will be made by the athletic director. Each week a student must be passing at least four (4) academic classes and not be failing more than one if he/she is enrolled in six classes or more. An ineligible athlete may not participate or dress in any contest from the following Monday thru Saturday.
 2. A student athlete who has a failing semester average for a course and is only taking 4

academic subjects will be ineligible the following semester. An athlete who is taking more than 4 academic subjects may not fail more than one semester average (excluding P.E., band, and chorus).

3. A student who is ineligible 40 % of the weeks the sport is in session (not including post season tournaments) will be automatically dismissed from the squad and forfeits any potential award(s). This does not necessarily mean, but may, consecutive weeks of being ineligible. The following chart shows the number of weeks in the season and at what point an athlete is removed from the squad because of grades.

| <u>SPORT</u> | <u># OF SEASON WEEKS REMOVED FROM SQUAD</u> | |
|--------------------------|---|---|
| H.S. Cross-Country | 6 | 2 |
| H.S. Golf (Boys & Girls) | 6 | 2 |
| H.S. Football | 9 | 4 |
| H.S. Basketball (boys) | 12 | 5 |
| H.S. Track | 8 | 3 |
| H.S. Volleyball | 8 | 3 |
| H.S. Basketball (girls) | 10 | 4 |
| H.S. Baseball | 9 | 4 |
| H.S. Cheerleading | | |
| H.S. Football | 9 | 4 |
| H.S. Basketball | 12 | 5 |
| H.S. Wrestling | 9 | 4 |

V. Eligibility - Junior High School

ALL HOMEWORK ASSIGNED BY A TEACHER IS EXPECTED TO BE COMPLETED SATISFACTORY.

A. Any student who does not complete work as prescribed by a teacher and receives an "I" will be considered ineligible for athletic contests the following week. This may not necessarily mean the student is failing but rather the student is not working up to his or her potential. This raises the expectations of all students at all academic levels to

perform not by minimal standards but by standards by which that student should be achieving based on their own ability. Students will be warned in advance by the teacher if they are close to receiving an "incomplete" thus allowing them an opportunity to complete the work. Efforts will be made to keep parents informed of special situations that may be leading to a drop in academic performance. The principal shall be contacted in the event a student is in jeopardy of becoming ineligible.

B. A student who is ineligible 40 % of the weeks the sport is in session (not including post season tournaments) will be automatically dismissed from the squad and forfeits any potential award(s). This does not necessarily mean consecutive weeks of being ineligible. The following chart indicates the number of weeks in the season and at what point an athlete is removed from the squad because of grades.

| <u>SPORT</u> <u>SQUAD</u> | <u># OF SEASON WEEKS</u> | <u>REMOVED FROM</u> |
|------------------------------|--------------------------|---------------------|
| J.H. Cross Country | 6 | 2 |
| J.H. Softball | 6 | 2 |
| J.H. Baseball | 6 | 2 |
| J.H. Girls Basketball | 8 | 3 |
| J.H. Boys Basketball | 12 | 5 |
| 6th grade Boys Basketball | 8 | 3 |
| J.H. Volleyball | 8 | 3 |
| J.H. Track | 7 | 3 |
| J.H. Cheerleading | 12 | 5 |
| J.H. Wrestling | 9 | 4 |

VI. Violation of Training Rules

A. Substance Abuse

1. It has been proven that the use of drugs (tobacco in any form, alcohol, and other chemical substances) are physically and psychologically harmful. These deterrents retard development of the athlete's greatest potential. The harm an athlete does to his/her personal health is affected as well as damaging the reputation of the sport, the team's reputation, and the

school. Those people who follow an athlete's progress are careful to note their habits, and any deviation from acceptable training rules marks the athlete as unwilling to "pay the price" of being an Auburn athlete.

2. A violation may be made known through law enforcement officials, coaching staff, faculty or the administration. The administrator or coach will notify the parents and athlete. The student is entitled to a hearing within two (2) school days.
3. If knowledge of the violation comes from a source other than the sources listed in #2, the information will be investigated by the administration. A hearing with the principal, athletic director, respective coach and athlete will be held if a violation is reported by someone other than school district personnel.
4. Any athlete who is in possession of, in attendance at an underage drinking party, or has consumed alcohol, tobacco (in any form), or any other chemical substance not used as medically directed or prescribed, or possesses any drug paraphernalia, is in direct violation of this section and subject to the following:

First Offense: The athlete may be suspended from the squad for two weeks. The athlete must enroll in and complete the drug/alcohol evaluation program at the Triangle Center in Springfield or another school board approved program. (The Administration may waive the enrollment in the drug/alcohol evaluation program.) If the athlete drops from the program before completion or refuses to enroll, he/she will become ineligible for sport participation until completion of the program.

Second Offense: The athlete may be suspended from all sport participation for 90 school days

(1 semester) and must enroll again at the Triangle Center or another school board approved program.

Third Offense: The athlete may be suspended from all sport participation for one calendar year.

After a third offense, the athlete may be suspended from sport participation the remainder of their enrollment at Auburn High School.

Clarification: Athletes are subject to the "Athletic Handbook Policy" their entire enrollment at Auburn High School (summer months excluded). This means if an athlete commits a violation of the policy during his/her Freshman year, that would be the 1st offense. If later or during his/her Junior year, another violation occurred that would be the 2nd offense.

B. Criminal Activity

1. Any athlete who is involved with civil or school authorities concerning theft, vandalism or any other criminal activity will be disciplined as specified under Section VI of this handbook.

VII. Transportation

- A. Transportation to athletic events will be provided to athletes by the school district. Students will not be allowed to use their own transportation unless parental and administrative permission has been obtained.
- B. Athletes may ride home with a parent or guardian providing the coach has been personally contacted by the parent/guardian.
- C. Other athletes may not ride home with a friend unless the coach has been personally contacted beforehand by BOTH parents/guardians of the athlete and friend.

VIII. Athletic Awards

A. High School

1. Football - Varsity Letter- participate in $\frac{1}{2}$ quarters at Varsity level
Junior Varsity - participate in $\frac{1}{2}$ quarter at JV level

All participating freshman receive numerals

2. Volleyball - Varsity Letter- participate in $\frac{1}{2}$ of the games or at the coach's discretion.

Junior Varsity-participate in $\frac{1}{2}$ of the games at JV level

3. Basketball - Varsity Letter- participate in $\frac{1}{2}$ quarters at Varsity level

Junior Varsity - participate in $\frac{1}{2}$ quarters at JV level

Fresh/Soph Letter -participate in $\frac{1}{2}$ quarters at Fresh/Soph level

Frosh Numerals - All Freshmen will receive the numerals if not previously received.

Any senior who has participated in the program for 4 years will receive a major letter.

4. Track - Varsity Letter - 15 total points in a season or a ribbon (or top five places) in the Sangamon County Meet, Prairie State Varsity Meet, or Sectional Meet.
5. Cheerleading - A cheerleader must successfully complete the football or the basketball seasons to receive a letter. Being benched a total of 3 games throughout both seasons for reasons deemed necessary in accordance with cheerleading rules, will result in forfeiture of a letter.
6. Cross-Country - Varsity Letter - Receive a medal or ribbon at any varsity invitational. By the end of the season, run the following time or faster in at least one race. Boys - 20:00 for 3 miles (or its equivalent - 6:40/mile pace on a 2.9 mile course) Girls - 24:00 for 3 miles (or its equivalent-8:00/mile pace on a 2.9 mile course).

7. Golf -

8. Baseball – Trojan Award, Hitting Award, Pitching Award, Fielding Award

9. Softball - Hitting Award, Pitching Award

(Dismissal from the squad for any reason constitutes forfeiture of any award(s) in that sport}

B. High School - Outstanding Achievement Awards

The follow sports awards are given to those participants who are most deserving.
A "most valuable player" award is no longer given for any sport at Auburn.

FOOTBALL

Potts Memorial Scholastic Award
Rushing Award
Most Tackles
Parola Pre-season Football Conditioning Award
Rick Mullen Memorial Trophy for Pass Interceptions

VOLLEYBALL

Most Blocks, Most Assists, Serving, Most Kills and Most Digs

BOYS BASKETBALL

Free Throw Award*
Most Points
Most Assists
Most Rebounds

GIRLS BASKETBALL

Parola Miss Hustle Award
Free Throw Award*
Most Points
Most Assists
Most Rebounds

Cross-Country

Most Improved
Lowest Points

Golf

Low Medalist

*In order to qualify for these awards, a player must have attempted at least 10% of the team total free throw attempts for the entire season.

BASEBALL

Pitching Award
Hitting Award

GIRLS AND BOYS TRACK

Most Points

TONY PAROLA MEMORIAL AWARD -OVER-ALL AWARD

This award is presented to one senior boy and girl based on the following criteria: Leadership, Moral Character, Sportsmanship, and lettered in two sports during their senior year.

ATHLETIC AWARDS

SENIOR ATHLETE AWARD

Senior athlete award presented at end of year to any high school senior athlete who has participated and lettered in two (2) varsity sports for a minimum of two (2) years. One year of participation and letter award must be from senior year.

TRI-ATHLETE AWARD

Tri-Athlete Award presented to varsity letter winner in three (3) sports during each school year.

C. JUNIOR HIGH SCHOOL

1. Basketball - **Major Letter** - 1/3 regular season quarters (G&B)
Minor Letter - 1/4 regular season quarters
Certificate - less than 1/4 quarters
2. Baseball - **Major Letter** - 2/3 total innings OR if an 8th grader, you must have participated as a 7th grader, eligible every week, no unexcused absences
Minor Letter - 1/3 of total innings or more but less than 2/3
Certificate - less than 1/3 of the innings and no unexcused absences
3. Cross Country - **Major Letter** - Place in top 50% of runners at 1/2 of the meets.
Minor Letter - Complete the 2 mile race course at all scheduled meets.
Certificate - Successfully completing season
4. Volleyball - **Major Letter** - participate in 1/2 of the games OR be a volleyball participant as a 6th, 7th, and 8th grader.
Minor Letter - participate in 1/4 or more of the games
Certificate - less than 1/4 of the games
5. Track - **Major Letter** - 10 or more points or win a ribbon at any ribbon meet or 3 complete seasons as a team member
Minor Letter - 5 to 10 points
Certificate - less than 5 points
6. Softball
All players on the "A" team that have no

unexcused absences from practices and games will receive a **Major** letter. All players on the “B” team that have no unexcused absences from practices and games will receive a **Minor** letter. A hitting award will be given to the player from the “A” team that had the highest number of singles, doubles, triples, RBI’s, and home runs of the season.

** Points are earned as follows:

Dual Meets - 1st place = 5 pts

2nd place = 3 pts

3rd place = 1 pt

Relay teams split their points

Triangular Meets - 1st place = 5 pts
2nd place = 3 pts
3rd place = 2 pts
4th place = 1 pt

Relay teams split their points

6. Cheerleading - All cheerleaders will receive a letter.

**The letters will be kept by the cheerleaders unless they are removed from the squad.

Any 7th and 8th grade girl will be eligible to try out for the squad.

{Dismissal from any squad constitutes forfeiture of any award(s) in that sport}