

Northside College Preparatory High School Student-Athlete's Handbook



Introduction to Northside College Prep's Athletics Handbook

It is the intent of this handbook to make available information regarding athletics at Northside College Prep to all athletes who participate in the athletics program.

When you are a part of an athletics team, you are an ambassador of Northside Prep. You are expected to demonstrate appropriate behavior on and off the field, court, and or pool. We need quality athletes to have a quality athletics program. All participants of a quality program display good sportsmanship at all times.

The staff and administration welcome you to the Northside Prep's Athletics Program. Our mission is to assist you in any way necessary to make all athletes and programs as successful as possible.

Chief Executive Officer (CPS).....Ron Huberman

Director of Sports Administration (CPS).....Calvin Davis

Principal (Northside College Prep).....Barry Rodgers

Assistant Principal (Northside College Prep).....Margaret Murphy

Athletic Director (Northside College Prep)Andrew Mayer

Statement of Purpose (Chicago Public Schools)

The fundamental purpose of the Chicago Public High Schools Athletic Association ("Association") shall be to promote and regulate interscholastic athletics for students in the Chicago high schools so that participants will enjoy the benefits of physical fitness, teamwork and discipline that involvement in athletics can bring. The association recognizes high school athletics as an extracurricular activity and asserts that participation in high school athletics is a privilege and not a right for those student/athletes who take part in the variety of sports offered by Chicago public high schools. The Association dedicates itself to establishing and maintaining the highest standard of good sportsmanship, fair play and citizenship so that students' participation in athletics programs enriches their educational experience. The Association also commits itself to a principle of equal access to its interscholastic programs for all Chicago public students that takes into consideration factors that affect the ability of students to safely participate in Association sponsored athletics events.

Scholastic Eligibility

The student shall be passing in 20 credit hours (4 half credits or their equivalent) as checked every week by the Athletic Director. For purposes of scholastic eligibility, “passing” shall be determined by an athlete’s grades.

- A student-athlete who is failing one or more courses at the end of a week during the season shall be ineligible for the next week of competition.
- A student-athlete who is receiving three or more “D’s” at the end of any week during the season shall be ineligible for the next week of competition. They will be suspended from traveling to other schools for competition and must attend mandatory tutoring until their grades return to the acceptable level.
- Eligibility shall be determined every week by the teachers and Athletic Director as approved by the high school principal.
- Eligibility shall date from Monday through Sunday of each week of the semester.
- A student who has failed multiple courses at the 20th week will be ineligible for the succeeding semester. However, a student who fails multiple subjects at the end of the second semester may attend summer school. If he/she obtains passing grades which fulfill the eligibility requirements, he/she will be eligible for participation in August.

Northside Athletics Code of Conduct

Northside’s administrators and coaches believe that students who are selected for the privilege of representing Northside on athletic teams should conduct themselves in a positive manner. Staff, parents and students play a role in establishing and maintaining a positive and sportsman-like image for our school and community. Because the impact of ones’ actions reflect so widely, student athletes must be held to a high standard.

Athletics are a privilege and a fundamental part of our education process. The development of the physical capacities of youth can balance and augment the intellectual, emotional and social growth of each athlete. Our coaches’ mission is to give direction in developing time management, a healthy living lifestyle, discipline, leadership, teamwork, sportsmanship, and acceptance of responsibility. Students who receive the privilege of being on an athletic team will be presented with the opportunity to participate in practices and contests to demonstrate commitment, readiness and talent. Striving for success is the main element of interscholastic athletics programs.

All athletes have the responsibility to adhere to the policies and by-laws of Northside College Prep, Chicago Publics Schools and the Illinois High School Association, as set forth in the IHSA By-Laws, CPS Uniform Discipline Code, Northside College Prep Student Handbook, and the Athletic Handbook.

Athletics Code

The Athletics Code applies to any student who participates in voluntary, school-sponsored activities that are not part of academic classes. The Code seeks to foster the health, safety and welfare of the participants and requires high standards of conduct and citizenship in order to sustain a sound athletics program.

Participation in the Athletics Program is a Privilege

Participation in the athletics program is a privilege and not a right. Participants become visible representatives of Northside Prep, their fellow students, and the community; therefore, they have

additional responsibilities to be exemplars. Inappropriate behavior may jeopardize a student's privilege to participate in interscholastic athletic activities.

Participant Pledge & Prohibited Conduct

Participation in athletic activities is an honor and a privilege. As a visible representative of the school and community, I have the obligation and responsibility to represent myself, my family, my activity, my school and my community in an exemplary manner. I understand that if I violate the expressed or implied terms of the Athletics Code, or if I engage in any behavior that negatively affects my activity, fellow students, school or community, I will be subject to disciplinary measures that may include the immediate revocation of my privilege to participate in the athletics program. I further understand that conducts prohibited under this Code includes, but is not limited to the following:

- The purchase, possession, delivery, distribution or use of tobacco products
- The purchase, possession, delivery or distribution or being under the influence of alcohol, a controlled substance, other illegal mood-altering and or performance enhancing drugs, chemical, procedures, or any substance used to obtain and altered mental state or "high"
- The purchase, possession, delivery or distribution of look-alike drugs, drug paraphernalia and alcohol containers
- Hosting or organizing a gathering or providing a venue where minors and any of the above referenced prohibited substances are present
- Assault or battery
- Bullying and intimidation, hazing, and harassment of a written, verbal, physical, or sexual nature; including but not limited to hand written, technology generated or spoken
- Vandalism, theft, or property damage
- Violations of major school policies including, but not limited to , disobedience, excessive absenteeism, misuse of technology, etc
- Unsportsmanlike conduct
- Conduct resulting in a school suspension

Consequences

Facts, circumstances, and disciplinary measures are analyzed on a case-by-case basis. In addition to the following disciplinary consequences, Code violations may also result in loss of privileges in celebratory functions, recognition dinners, scholarships and/or awards. A student in violation of the Code will face consequences for the athletic teams in which he or she is involved. The Code provides a standard of conduct and guidelines for addressing certain behaviors. It does not and cannot specify each and every situation or conduct for which discipline may be imposed.

- **First Offense:** Suspension of the season and removed from captain status (if applicable).
- **Second Offense:** Dismissal from the team/athletics program for one calendar year.

Violations of the Academic Integrity.

- **First Offense:** Two week suspension from the team and removal from captain status (if applicable).
- **Second Offense:** Dismissal from the team/athletics program for one calendar year.

The Code of Conduct will be in continuous effect from the date that the student contract is signed until the student graduates, subject to revisions imposed by Northside College Prep.

Guidelines for School Suspensions

In addition to the consequences imposed by the Athletic Director, students suspended from school are not permitted to participate in practices, rehearsals, meetings, or contests during the period of suspension. Students may not participate in a practice or contest if it conflicts with an assigned school penalty (e.g., detention, in school suspension, etc.)

Options Related to Consequences for Drug/Alcohol Violations

Under certain circumstances, students in violation of the Code for substance abuse may be offered the option to participate in a recognized, community-based program. These programs are designed to provide education to the student and parents, to encourage the student to evaluate the consequences of drug and alcohol abuse on his/her behavior and education, and to provide support and referral services to students and their families. If a student chooses to enroll in such a program, the suspension from the athletics activity may be lessened. The Athletic Director will make such decisions. Participation in these programs will not be grounds for reinstatement of leadership positions. These programs are designed to allow students to evaluate the consequences of drug and alcohol use while also providing education in chemical use/abuse for students and their parents/guardians. The programs, conducted by certified addictions counselors, include both assessment and referral components. Participation in these programs is voluntary and at the student's sole expense.

Reports of Violations

Current Illinois law requires local law enforcement officials to share information with school personnel regarding certain crimes committed by athletes. Code violations are also reported by school faculty and staff members, confession of the offender, athletes, parents and other outside sources including, among other things, photographs and computer-based social networking websites.

Procedures

- Prior to the decision to impose any penalty, the student athlete will be informed of the alleged misbehavior and given the chance to speak on their own behalf
- Whenever a student athlete's actions are found to be inappropriate, the Athletic Director will consult the guidelines in the handbook and determine whether the student should still be allowed to participate in interscholastic sports activities.
- Where a penalty is imposed, the athlete-offender will be removed from a leadership position (if applicable) in any athletics for the duration of the season.

Statement of Affiliation

The Illinois High School Association (IHSA) regulates interscholastic athletics and various activities in the State of Illinois, including chess, journalism, music, scholastic bowl and speech. Participants in the athletics program must adhere to any and all policies established by Northside Prep, Chicago Public Schools and the applicable by-laws and policies of the IHSA.

School Day Attendance or Participation

If an athlete is too ill to come to school, then it's not appropriate for him/her to be a participant at practices or competitions unless they are in school by the end of the first class and stay for the remainder of the school day (unless they are on a school sponsored activity). We strongly disapprove

of athletes staying home on school days to rest for contests that day or night. Please remember to communicate with your coach regarding all absences.

Team Participation Attendance

Attendance for team participation may vary from team to team, and may also include a tardiness policy. The Athletic Department supports all individual team policies. .

Sportsmanship Mission Statement

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic programs of IHSA member schools, as well as for the individuals who participate in these programs. People involved in any facet of Northside Prep's interscholastic programs are expected to demonstrate respect for others and display good sportsmanship. Emphasizing and improving the sportsmanship of our athletes, athletes, parents and staff is one of our highest priorities. Each coach, athlete and parent has a role and responsibility to model and teach good sportsmanship.

Behavior Expectations of the Participant

Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community. Treat opponents the way you would like to be treated, as a guest or friend. Never direct remarks at opponents in a taunting manner. Respect the integrity and judgment of game officials. Respect the job and position of the officials and respect them as people. Treating them with dignity and respect, even if you disagree with their judgment, is a fundamental behavioral expectation.

Behavior Expectations of the Spectators

Remember that school athletics are learning experiences for athletes and the programs is part of the educational process. Adolescents learn proper behavior from watching adults. A ticket is a privilege to observe the contest, not a license to verbally abuse others. Positive fan support is an asset for the players, coaches and other spectators. Show respect for the opposing players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches and officials are not in keeping with our philosophy or good forms of modeling and will not be tolerated.

Expectations of Parents

Be positive with your son/daughter. Do not offer excuses to them if they are not playing. Encourage them to work hard and do their best. If they have questions about issues related to their playing time and performance encourage them to ask the coach for a meeting between the two of them. Encourage your son/daughter to follow all school, athletic code and team rules. Athletes should be role models. Show respect for the opposing players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches and officials are not in keeping with our philosophy or good forms of modeling and will not be tolerated.

Equipment

An athlete is responsible for each item of equipment issued to her/him. **Lost or stolen equipment must be paid for at the replacement cost.** An athlete will not be allowed to receive awards, participate in a subsequent sport or receive her/his diploma until the equipment record has been cleared. Please do not abuse your equipment. Considerable money is expended to supply the best equipment for your use and safety; please treat it with respect.

Physical Examination

A valid **Illinois High School Athletics Physical Form** must be on file in the athletics office on or before the first day of practice/tryouts of the athlete's specific sport season. It must be signed and have a physician's stamp to be valid for participation in athletics. Per Illinois High School Association (IHSA) rules, your physical examination is good for one calendar year from the date of the exam. Please put that date on your yearly schedule, as the athlete becomes ineligible and will not be allowed to practice or play unless a new physical is provided by that date. We strongly encourage all individuals who plan to participate in interscholastic athletics to get their physical exam in June, July or early August. Getting the exam during these months avoids ineligibility issues.

Player Record Card

A Player Record Card must be on file along with a physical to participate in practice/tryouts of the athlete's sport. Each player record card must be signed by both parent/guardian and athlete to be valid. A new player record card must be filed each season for each sport. When the player record card is signed, this is affirming that the athlete is an amateur at the sport they are participating and they are of an amateur status. Also, athletes may not represent another organization in the same sport during that same season.

Prospective College Athletes

- Some athletes have a goal to participate in athletics at the collegiate level. The Northside Prep's athletics and post high school counseling staffs are very willing to help athletes pursue this goal. To this end, we offer several important tips.
- Communication with the coach is imperative. Athletes who have a strong desire to compete at the collegiate level should schedule an appointment with their coach to discuss this important decision.
- The driving force behind college selection should ultimately be the academic fit. Athletic opportunities are important, yet secondary to the academic fit and opportunities.
- Coaches and athletes should work in conjunction with the assigned post-high school counselor to develop a 'reality' list of potential college choices.
- The athlete should create a resume that represents their overall high school experience and highlights athletic accomplishments. Coaches and counselors are available to assist if need be. The resume should be reviewed with their coach and post-high school counselor.
- The athlete should create a letter of interest to be sent, along with the resume, to the coaches at these respective colleges. This letter should be reviewed with the coach and counselor before finalizing and mailing it.
- The athlete should meet with their post-high school counselor to discuss the process for registering with the NCAA Clearinghouse. The counselor will also share with you key resource material from the NCAA. (NCAA Guide for the College-Bound Athlete).
- The NCAA home page is www.ncaa.org