

**DAKOTA ATHLETIC/ACTIVITIES HANDBOOK**  
**SY 2017-2018**  
**ACTIVITIES POLICIES**

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## PHILOSOPHY OF ATHLETICS

The belief is held that:

1. Scholastic athletics are an integral part of the school's total curriculum.
2. Participation in interscholastic athletics should be a part of the total educational experience for youth.
3. Participation in a sound athletic program does contribute to the development of health, physical skills, emotional maturity and social confidence.
4. A sound athletic program should teach the participants the value of cooperation as well as a spirit of competition.
5. The ability to perform in vigorous play, to discipline oneself, to comply with the rules of the game, to exhibit good sportsmanship and above all to train ones body necessary for athletic participation are important in the development of youth.
6. Participation in athletics is a privilege earned not a right expected.
7. The athletic program should develop boys and girls teams of which the school and the community can be proud.

## THE SPORTING CREED

### **The Coach....**

Inspires in his athletes a love for the game and the desire to win  
Teaches them that it is better to lose fairly than to win unfairly  
Leads players and spectators to respect officials by setting them a good example.  
Is the type of person he wants his athletes to be.

### **The Official....**

Knows the rules  
Is fair and firm in all decisions. Calls them as he sees them.  
Treats players and coaches courteously and demands the same treatment  
Knows the game is for the athletes, and lets them have the spotlight.

### **The Player....**

Lives clean and plays hard. Plays for the love of the game.  
Wins without boasting, loses without excuses, and never quits.  
Respects officials and accepts their decisions without question.  
Never forgets that he represents his school.

### **The Spectator....**

Never boos a player or official  
Appreciates a good play, no matter who makes it.  
Knows the school gets the blame or the praise for his conduct.  
Recognizes the need for more sportsmen and fewer "sports".

## **DAKOTA HIGH SCHOOL ATHLETIC CODE**

- As a participant in athletics at Dakota High School, I:
- Recognize the privileges of representation and participation, which come to an athlete and assume sincerely the responsibilities and obligations that go with these privileges.
- Will know and practice correct health and training routines in accordance with the Dakota High School Training Regulations.
- Will work to apply the philosophy that nothing worthwhile is accomplished without hard work, application and the desire to succeed.
- Will strive to avoid cliques or special groups within the squads or in the school, which are operating under selfish motives rather than for the good of the team and the school.
- Will recognize that the school and I are judged by the company I keep.
- Will strive always to be "First-class" in appearance, conduct, and performance.
- Will respect and encourage excellence of performance and conduct regardless of who accomplishes it or where it is accomplished.
- Do believe that each squad member has his or her unique contribution to make in the position that he or she holds.
- Will recognize that a true athlete is one who, despite unjustified criticism, a losing season, or a better opponent, still had the determination to strive beyond his apparent ability.
- Appreciate that it is not how much I know or can do, but what I get done that counts.
- Realize that when I put a limitation on what I will do, I put a limit on what I can do.
- Will respect in good faith the role of teachers, coaches, officials, teammates, and students as they affect my daily life.

## **ATHLETIC EQUIPMENT**

One of the values of athletics is to teach responsibility and this should apply to the care of athletic equipment as well as school property. The best and safest equipment is issued, and each athlete is expected to take excellent care of this equipment.

If the equipment needs repair or is not the right size, the athlete will exchange it and see that the change is noted on the equipment sheet.

The athlete is held financially responsible for any lost or misplaced equipment. Even though the athlete pays for lost equipment it is often sometimes impossible to replace some equipment which is purchased in lots and identified by a certain number, material or style.

Any person with unauthorized and/or unissued athletic equipment may be subjected to legal action to obtain equipment or damages.

Parents can help here by seeing that the athlete does not have this lost equipment in the home.

When an athlete completes a sport season, they are ineligible to receive equipment for a new sport until they have paid all fees for lost equipment and turned in all other equipment previously checked out to them.

### **ATHLETIC INJURIES AND THEIR CARE**

A student participating in athletics should be familiar with the following instructions relative to injuries and illnesses:

1. All participants in the athletic program must carry school insurance or have an insurance waiver signed by their parent/guardian on file in the office.
2. Any school-connected injury shall be reported to the coach and the accident report form must be filed with the office secretary.
3. If an individual has any special medical problem the coach and athletic coordinator must be so informed.
4. Athletic training service is available for evaluation of sports related injuries and recommendations for treatment of those injuries from the Freeport Health Network.

### **SHOE REQUIREMENT**

All students/athletes must have gym shoes that are designated to only be worn on the gym floor.

### **TRANSPORTATION OF ATHLETES AND CHEERLEADERS**

All athletes and cheerleaders will ride to and from road games on the school bus, under the charge of his/her coach. Any exceptions must be cleared with the coach/supervisor in charge. Exceptions to this are limited to the following:

1. The coach provides a sign-out sheet for the parents to sign, indicating the student-athlete is riding home with their parents.
2. Prior arrangements are made in writing with the coach allowing another parent to sign an athlete out and drive them home.

### **EQUIPMENT AND TRAVEL FEES**

All high school sports will have a \$55.00 equipment fee in addition to a transportation fee. Junior high sports will have a \$35.00 equipment fee in addition to a transportation fee. All football players will also be assessed a special football equipment fee of \$70.00 for high school players and \$55.00 for junior high players.

All fees **must** be paid at the **beginning** of the sports season. No player may participate in contests until all fees are paid.

**High School Football**

Transportation Fee – \$15.00  
Football Equipment Fee - \$70.00  
General Equipment Fee - \$55.00  
HS Football Insurance Forms available

**Junior High Football**

Transportation Fee – \$6.00  
JH Football Equipment Fee - \$55.00  
General Equipment Fee - \$35.00

**High School Volleyball**

Transportation Fee - \$17.00  
Equipment Fee - \$55.00

**Junior High Volleyball**

Transportation Fee – \$16.00  
Equipment Fee – \$35.00

**High School Wrestling**

Transportation Fee – \$60.00  
Equipment Fee – \$55.00

**High School Boys/Girls Golf**

Transportation Fee \$75.00  
Equipment Fee \$55.00  
Green Fees - \$30.00

**High School Boys Basketball**

Transportation Fee - \$40.00  
Equipment Fee - \$55.00

**Junior High Boys Basketball**

Transportation Fee – \$21.00  
Equipment Fee – \$55.00

**High School Girls Basketball**

Transportation Fee - \$35.00  
Equipment Fee - \$55.00

**Junior High Girls Basketball**

Transportation Fee - \$21.00  
Equipment Fee - \$35.00

**High School Cheerleaders**

Football Transportation Fee - \$16.00  
Basketball Transportation Fee- \$40.00  
Equipment Fee - \$55.00

**Junior High Cheerleaders**

Basketball Transportation Fee- \$21.00  
Equipment Fee - \$35.00

**High School Baseball**

Transportation Fee - \$40.00  
Equipment Fee - \$55.00

**High School Softball**

Transportation Fee - \$40.00  
Equipment Fee - \$55.00

**High School Track (Boys & Girls)**

Transportation Fee Girls - \$40.00  
Transportation Fee Boys - \$23.00  
Equipment Fee - \$55.00

**Junior High Track (Boys & Girls)**

Transportation Fee - \$15.00  
Equipment Fee - \$35.00

**Academic Bowl**

Transportation Fee - \$10.00    Equipment Fee - 0

## **1. CODE OF CONDUCT AND TARGET POLICY**

1. Students will treat their coaches, directors, sponsors, teammates, opponents, fans, teachers, and facilities with respect. Gross or persistent disrespect will be cause for dismissal from the program. Each sport or activity may have more rules to fit their particular program.
2. Students will not engage in criminal actions. Students charged with a misdemeanor or felony may be suspended indefinitely pending a review made by the Principal, Activities Director, coach, director, or sponsor.

**It is the philosophy of Dakota High School that students should be encouraged and supported in their efforts to develop and maintain an alcohol, drug, and tobacco free lifestyle.**

3. Possession and/or use of tobacco, e-cigarettes, alcohol, drugs, including any type of mood altering or legal drugs taken inappropriately, performance enhancing drugs, any look-alike drugs and/or chemicals, and drug paraphernalia is prohibited.
4. If a student is PRESENT where illegal activity is being conducted, they will be considered in POSSESSION. The question of present and therefore in possession will be determined for each student involved in the incident. Should an extra-curricular participant find him/herself in a situation where illegal activities are taking place, that individual will be considered to be an active participant in those activities if he/she fails to leave the situation as soon as they become aware of those illegal activities.

**A student caught by a staff member, administrator, or law enforcement officer violating this rule at any time during the calendar year is subject to the disciplinary action of the school district and/or Activity & Athletic Handbook.**

### **FIRST OFFENSE**

#### **OPTION 1-**

1. Regular disciplinary action of the District, if during school hours, on school grounds, or at a school sponsored activity.
2. The student will be suspended for one calendar week of competition.
3. The student along with the parents or guardians agrees to be assessed by a student assistance Program (SAP) authorized and approved by the School Administration. The student must participate in the assessment process (the cost of any and all assessments will be the responsibility of the student and/or parents) and follow the counselor's recommendations to completion. If treatment or counseling is recommended, it must be completed with confidentiality so that verification of this assessment and a written report can be given to the principal. It is the responsibility of the student and parents to keep the principal apprised of the student's progress throughout this entire process. The student must follow the prescribed program or the consequences of option 2 will go into effect immediately. The sole cost of this program will be the responsibility of the student and/or parent.

### **SECOND OFFENSE**

#### **OPTION 1 –**

1. Regular disciplinary action of the District, if during school hours, on school grounds, or at a school sponsored activity.

2. The student will be suspended for six weeks or the remainder of the competitive season, whichever is longer. The student along with the parents or guardians agree to have the student complete a drug rehabilitation course as previous stated.

**OPTION 2-**The student is suspended for twelve calendar months from being a member of all teams/activities.

### **THIRD OFFENSE**

#### **OPTION 1 –**

1. Regular disciplinary action of the District, if during school hours, on school grounds, or at a school sponsored activity.

2. The student will be suspended for the remainder of the current or next competitive season or Twelve weeks, whichever is longer. The student along with the parents or guardians agree to have the student complete a drug rehabilitation course as previous stated.

**OPTION 2-**The student is suspended for the remainder of his/her high school career.

### **FOURTH OFFENSE**

1. Regular disciplinary action of the District, if during school hours, on school grounds, or at a school sponsored activity.

2. The student is suspended for the remainder of his/her high school career.

## **2. SCHOOL ATTENDANCE**

Athletes will not be allowed to practice unless they have attended school that day, with exceptions for Saturdays and holidays. Emergency exceptions will be reviewed by administrative discretion.

### **School Attendance on the day of event:**

An athlete must attend school hours set by the administration as the school day, the day of an athletic event in order to participate in the event. Students must arrive by **8:58 a.m.** (FIRST PERIOD) to be considered in attendance for that day. If the event is on Saturday, or a day when school is not in session, the athlete must attend all classes the preceding school day or have an excused absence.

**Pre-arranged absence or a bona-fide emergency must be pre-approved by the administration in order for the athlete to participate in an event.**

## **3. I.H.S.A. RULES AND REGULATIONS**

An athlete must abide by all rules and regulations of the Illinois High School Association.

## **4. REMOVAL FROM TEAM**

Participants may be removed from a team when, at the determination of the coaching staff, their continued participation would be detrimental to that team or individual. Parents/guardians of a student removed from participation may request a review of that removal by the Athletic Advisory Council.

## **5. IHSA CONSENT TO RANDOM STEROID TESTING**

Beginning with the 2008-09 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her

school. All Dakota high school students will have to sign the IHSA consent form before they can practice.

## **6. CONCUSSIONS AND HEAD INJURIES**

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. All Dakota student athletes will have to sign the Concussion Management Information sheet before they can practice.

## **7. OTHER INFRACTIONS**

All other infractions will be reviewed by the Athletic Advisory Council to determine course of action. The Athletic Advisory Council is comprised of the high school principal, the Athletic Director and the head coach of each sport.

## **8. APPEAL PROCEDURE**

A student has the right to fair treatment and to be made aware of the charges against him/her. He/she must be given an opportunity to respond to these charges. In cases of suspension or dismissal from the team, the student is entitled to due process as follows:

1. The Athletic Director will give the student-athlete oral or written notice of the charges and evidence to support the charges. If the student denies the charges, he/she will be given the opportunity to present an explanation in a conference with the Athletic Director and coach(es) involved. The student-athlete’s parent(s) will be notified of the charges and will be invited to attend the informal hearing. The Athletic Director must then inform the student whether or not the suspension is to be imposed.
2. Should the athlete believe that the Athletic Director has misinterpreted the athletic code or exceeded his/her authority, he/she may appeal that decision to the Athletic Advisory Council. The Athletic Advisory Council appeal board will review the reported violation; hear statements from the school officials, the student-athlete, and his or her parents. The appeal board will then determine to uphold, overturn, or amend the original action.

It should be noted that student behaviors that are violations of the school discipline code as well as the athletic code, may subject the student to multiple disciplinary actions.

## **9. “NO PASS/NO PLAY”**

Dakota’s scholastic requirements exceed the state standard in that all athletes must pass all classes. Students must be passing all current classes. In addition, students must pass all classes the previous semester.

### **Academic Eligibility for Athletics:**

Students must be passing all classes in which they are enrolled in order to participate in athletics (grade of D or better). Students who receive a failing grade at any time during the semester will be ineligible to participate and/or dress for contests for a minimum of one week. Nevertheless, students are required to participate in scheduled practices for athletics.

Any high school student who receives a failing grade for the semester will be ineligible to participate in athletics for the following semester. Students who fail a course may make-up that class through summer school or a correspondence class. Initial high school fall sports eligibility will not be determined by Junior High Academic performance. Any student repeating 8<sup>th</sup> grade due to academic failure will be ineligible to participate in athletics for the fall semester of the following school year.

Eligibility will be determined with the use of weekly eligibility reports. Weekly eligibility will be determined by the student's cumulative semester grade in a course. These reports are to be completed by the teacher and turned in to the office at the end of each week. Ineligibility will begin the following Monday and continue through Saturday. At the beginning of each semester, however, a two-week grace period will occur. Eligibility is not to be used as a threat. It is simply a fact students, coaches, and parents must deal with.

Any junior high school athlete that is ineligible for three consecutive weeks will be dropped from the current sport in which he/she is participating.

In addition to the initial two weeks, junior high and senior high students will be allowed one grace week per semester. The grace week allows for one "F" only and must be used at the first appearance of an "F" on the eligibility report once competition begins.

## **ATHLETIC AWARDS**

### **REQUIREMENTS FOR STUDENT ATHLETIC AWARDS**

The Coach of each sport shall be responsible for granting or withholding of awards for student participants.

#### **A. The following types of awards shall constitute our award system:**

1. Varsity - 7 inch chenille block "D" Letter
2. Frosh-Soph - 5 inch chenille block "D" Letter
3. Freshman - 3 inch numeral signifying year of graduation.
4. All levels - Participation Certificate

#### **B. The following factors shall guide each coach in the granting of awards:**

1. Amount of actual game participation.
2. Length of time spent in practice and faithfulness in attendance.
3. Number of seasons engaged in activity.
4. Attitude toward self-improvement, team play and general practice regulations.
5. Observance of training regulations.
6. Special factors such as injuries, illness, etc.
7. General conduct and sportsmanship in all school activities, including athletic and non-athletic activities.

An award may be withheld for failure to meet the requirements in any of the above factors.

#### **C. An athlete is expected to attend awards night unless excused by their coach.**

#### **D. General Requirements for Athletic Awards:**

1. Any student out for one full season for first time shall receive numerals.
2. Any Sophomore student out for two full seasons of same sport shall receive a Frosh-Soph letter

3. Any student out for four full seasons of same sport shall receive a Varsity letter.
4. Any Senior out for three full seasons of same sport may receive a Varsity letter at coaches discretion.
5. An athlete will receive only one set of numerals or letter of each type with metal inserts to indicate number of times letter earned.

### **Football Awards**

#### **Varsity Letter**

1. The player must meet all the requirements of the athletic code and training regulations, and
2. He must remain a member of the squad for the entire season.

#### **Frosh-Soph Letter**

Numbers 1 and 2 of varsity requirements must be met.

### **Basketball Awards**

#### **Varsity Letter**

1. The player must meet all the requirements of the athletic code and training regulations, and
2. The participant must remain a member of the squad for the entire season, and
3. The participant must participate in one-fourth of total quarters in the schedule.

#### **Frosh-Soph Letter (J.V.)**

Same requirements of varsity competition must be followed but at J.V. level.

#### **Freshman Numerals**

The requirements of 1 and 2 of the varsity competition shall be met.

### **Track Awards**

#### **Varsity Letter**

1. The participant must meet all training regulations, and
2. A participant must remain a member of the squad for the entire season, and
3. A participant must accumulate the number of points determined by the number of meets times three (3). (Example – 8 meets x 3 = 24 points necessary to qualify)
4. A participant who places 1st or 2nd in a major meet (six or more schools), or places in the Conference Meet or Sections.
5. A participant who places 1<sup>st</sup> in a triangular meet.

#### **Frosh-Soph Letter**

The same requirements of the varsity competition must be followed.

#### **Freshman Numerals**

The requirements of 1 and 2 of the varsity competition shall be met.

### **Volleyball Awards**

#### **Varsity Letter**

1. The player must meet all the requirements of the athletic code and training regulations, and
2. A participant must remain a member of the squad for the entire season, and
3. A participant must participate in one game more than one half of games team plays.  
(not matches team plays)

#### **Frosh-Soph Letter (J.V.)**

Same requirements of the varsity competition must be followed but at J.V. level.

#### **Freshman Numerals**

The requirements of 1 and 2 of the varsity competition shall be met.

### **Baseball/Softball Awards**

1. The player must meet all the requirements of the athletic code and training regulations.

- (Varsity letter, Fresh-Soph letter, Freshman numeral)
2. A participant must remain a member of the squad for the entire season, including the Awards Banquet. (Varsity letter, Fresh-Soph letter, Freshman numeral)
  3. A participant must participate in one game more than one-half of the games that the team plays. (Varsity letter, Fresh-Soph letter, Freshman numeral)

### **Wrestling Awards**

#### **Varsity Letter**

1. The wrestler must meet all the requirements of the athletic code and training regulations
2. A participant must remain a member of the squad for the entire season, including the Awards Night
3. Any wrestler who is a Sectional Qualifier
4. Any participant who wrestles in at least ½ of the teams matches over the course of the season

#### **Fresh-Soph Letter**

Meets numbers one and two about and participates in at least ½ of the teams matches at the fresh-soph level.

### **Cheerleading Awards**

Any cheerleaders must meet all the requirements of the athletic code and training regulations while also remaining a member of the squad for the entire season, shall receive a pin specifying the sport season (football or basketball).

### **Senior Outstanding Athlete Award**

Senior Outstanding Athlete Award - awarded to a senior boy or girl at the end of the school year provided he/she meets the following criterion:

1. Moral character
2. Scholastic standing (at least 3.00)
3. Sportsmanship
4. Participated all four years in more than one sport
5. Voted on by all coaches

### **Senior Athlete Plaques**

Senior Athlete Plaques will be presented to any graduating senior, provided they have been a team member in any combination of sports for at least four seasons.

### **Iron Chief Award**

Any student who meets the following criteria will be awarded the Iron Chief Award:

1. Participate in 3 sports all 4 years of high school.
2. Remain a member of each team for the entire season.
3. Have a minimum GPA of 3.0 at the end of high school.

### **MISCELLANEOUS**

#### **State Tournament Series - Advance Ticket Procedures**

In all sports where advance tickets are sold, the order of sale of tickets will be:

- A. Participants in that sport (including cheerleaders)
- B. Students and school staff

C. Season ticket holders (pass holders)

D. General public

All individuals, no matter what their status, will be limited to a purchase of ten tickets per session.

**The National Collegiate Athletic Association** instituted specific requirements concerning eligibility for participation in intercollegiate athletics and acceptance of athletic scholarships. These guidelines apply only to NCAA Division I and II schools. A qualifier must have obtained a minimum grade point average and SAT or ACT score as listed in a published index. Students must complete a minimum of 16 Core courses to be eligible.

4 years in English

3 years in mathematics (Algebra 1 or higher)

2 years in natural or physical science (including at least one laboratory)

1 year of additional English, math, or science

2 years in social science

4 years of additional courses from any area above and/or foreign language

(Note: Students should consult with school officials concerning which D.H.S. courses fulfill these requirements. The athletic handbook details other NCAA eligibility required procedures.)