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I. MISSION AND PHILOSOPHY STATEMENT

The mission of the East St. Louis Sr. High School Athletic Department is to develop and maintain a quality athletic program for our students that will provide positive opportunities for physical, mental and emotional growth through participation in athletics in support of the educational process. It is the belief of the department that participation in sport produces lessons that will be used in competition as well as in life. We will provide a safe environment that is conducive to learning where the student-athlete's well-being is paramount. Integrity, responsibility, discipline, hard work, citizenship, honesty and positive behavior are the foundations upon which the athletic department shall stand.

It is the philosophy of the East St. Louis Sr. High School Athletic Department that participation in athletics is an important facet in the education of our students. Athletics provides opportunities for students to learn lessons in teamwork, sportsmanship and citizenship. Important values such as honesty, integrity and self-discipline will be integral components of our program. Student-athletes will learn responsibility, how to win "the right way" and the importance of good decision-making and quality character.

As an extension of the curriculum and classroom, the athletic department will work to help students develop physically, mentally, socially and emotionally in a safe and secure environment that is conducive to learning. The athletic department will be conducted in accordance with the school board policy and will be consistent with the mission and objectives of the school. Student-athletes will be provided with opportunities to participate in a variety of activities, which will enhance their educational experience. As the public face of the school district, coaches and players will uphold the values of the department by showing a commitment to academic enrichment, providing leadership, displaying positive behavior and engaging in healthy activities through competition. While winning is important, it is not the ultimate goal. Enhancing learning, developing life skills and representing the school district and community are the primary objectives.

II. ATHLETIC OBJECTIVES AND OUTCOMES OF PARTICIPATION

- A. To balance athletics and other extracurricular activities with academic responsibilities and other considerations.
- B. To encourage, build and promote the moral character and physical development.
- C. To develop in each participant a feeling of pride, a sense of accomplishment and a desire to excel in the realm of sports.
- D. To develop athletic teams and extra-curricular programs of which the participants, school and community can be proud.
- E. To promote an appreciation of hard work and good sportsmanship at East St. Louis Sr. High School through adherence to the principles of the IHSA "Sport a Winning Attitude" campaign and the National High School Federation "Be a Sport" program.
- F. To promote drug/alcohol/tobacco free activities for all student-athletes who attend East St. Louis Senior High School.

As a result of their participation in interscholastic athletics, the student-athlete will be able to:

- Respect the integrity and judgement of officials, coaches, and school personnel
- Develop desirable personal health habits
- Identify and apply strategies necessary to successfully compete at their level of competition in the related sport
- Demonstrate the ability to work with others toward common goals and objectives

- Demonstrate high levels of skill and health related fitness appropriate to their developmental stage
- Most importantly, enjoy the involvement and participation in interscholastic athletics

III. STUDENT ATHLETIC/ACTIVITY REQUIREMENTS

A. Each student must have completed the following in order to participate in District #189 athletics:

1. *Current Physical Exam* – Each athlete must have a current physical exam form or statement from his/her doctor indicating that they are physically fit to participate in sports. A copy of this exam or statement must be on file in the athletic office BEFORE the student may practice or compete in a sport. All physical exams are good for one (1) calendar year. Once a year, East St. Louis Senior High School offers an athletic physical at no charge.
2. *Students must have proof of insurance on file in the athletic office.*

NOTE: District #189 no longer has athletic insurance. Personal insurance will be used as primary insurance for athletes.

3. *Parent/student permission and pledge sheet* – This is to be signed by the parent/guardian and the student-athlete regarding accepting the Athletic Handbook and the Code of Conduct.
4. The student-athlete and parent(s)/guardian should attend the PRE-SEASON MEETING before the beginning of the fall, winter or spring sports season. The East St. Louis Senior High School Athletic Handbook pledge sheet must be signed by the student-athlete and the parent/guardian ONCE A YEAR before a student-athlete can participate in any sport. If attendance at the scheduled pre-season meeting is impossible due to legitimate reasons, the parent/guardian or student-athlete should contact the Athletic Director to arrange a time to discuss the Athletic Handbook. Every effort will be made by the Athletic Department to meet the above requirements so the student-athlete is not prevented from trying out for a team or starting practice time.

IV. ATHLETIC CODE OF CONDUCT

Participation in athletics is a privilege and carries with it increased expectations. Students have a responsibility to themselves, the school district, the community, their families and their teammates. By choosing to participate, students also choose to extend the expectations for appropriate behavior.

This code of conduct is enforced on a year-round basis, 24 hours a day/7 days a week, on and off school grounds. The code of conduct takes effect at the start of freshman year, or at time of enrollment, and runs through the student's graduation. The following guidelines will be used. These sanctions will be in addition to any disciplinary actions taken by the school.

IN-SEASON VIOLATIONS

Violations in-season in which the penalty cannot be completed within the sport season will carry over to the next season in which the student participates. If a student is involved in more than one activity, the penalty will apply to both sports and will run concurrently. The length of the penalty should be proportional to opportunities to compete.

- Example – 1 game suspension for football = 2 basketball games

OUT-OF-SEASON VIOLATIONS

Violations that occur out-of-season will take effect at the start of the next season in which the student participates. If a student is involved in more than one activity, the penalty will apply to both sports and will run concurrently.

TRANSFERS

IHSA rules state that any student that transfers in or out of East St. Louis School District 189 must serve the remainder of any penalty before participating in activities at the new school. The building principal or athletic director is responsible for verifying code of conduct violations for transfer students. Coaches and students will be notified, in writing, of any code violations and subsequent decisions.

LEVEL I OFFENSES (CUMULATIVE DURING SCHOOL YEAR/RESETS YEARLY)

- Any violation of District #189 rules that results in an out-of-school suspension from one (1) to four (4) days
- Misconduct at a game, during practice or on the bus
- Activity that may be considered to be unsportsmanlike conduct
- Student placed in in-school suspension for a minimum of ½ day

CONSEQUENCES

First offense – punishment will be determined by coach with notification given to athletic director and principal

Second offense – student will be suspended from participation for one (1) contest

Third offense – student will be suspended from participation for a minimum of two (2) contests. Length of suspension to be determined by coach, athletic director and principal

LEVEL II OFFENSES (CUMULATIVE DURING ENROLLMENT/DOES NOT RESET)

- Use or possession of any tobacco product
- Theft or vandalism of school, community or personal property
- Use of force, violence, threats, coercion, hazing, bullying or other acts towards anyone or urging others to engage in such conduct. Conduct may occur on or off campus at any time in-or out-of-season
- Any violation of District #189 rules that results in an out-of-school suspension of five (5) to nine (9) days

CONSEQUENCES

First offense – student will be suspended from participation for one (1) contest

Second offense – student will be suspended from participation for 1/3 of the season

Third offense – student will be suspended from participation in all activities/athletics for one (1) calendar year

LEVEL III OFFENSES (CUMULATIVE DURING ENROLLMENT/DOES NOT RESET)

- Possession, purchase, distribution or being under the influence of alcohol, controlled substances, look-alike drugs, drug paraphernalia or the misuse of prescription drugs
- Possession of a weapon, explosive or incendiary device
- Any violation of District #189 rules that results in an out-of-school suspension of ten (10) or more days

CONSEQUENCES

First offense – student will be suspended from participation for 1/3 of the season. The student must also complete the assessment phase of the substance abuse policy, if applicable

Second offense – student will be suspended from participation in all activities/athletics for one (1) calendar year

Third offense – student will be suspended from participation in all activities/athletics for the remainder of his/her high school career

CRIMINAL OFFENSES

Southwestern Conference by-laws prohibit students from participating in conference events if the student is charged with a criminal felony. The student shall remain ineligible to participate until the charges are adjudicated or dismissed. School district #189 will apply this to include non-conference and IHSA state series events. If the student is convicted of a felony, the student shall be ineligible to participate in activities/athletics for one (1) calendar year from the date of conviction.

APPLICATION OF CONSEQUENCES

1. Student must attend all practices and games during suspension unless otherwise cleared of absence by the head coach or athletic director.
2. Student may not circumvent penalty by participating in an activity/sport they have not participated before. Student activity history will be consulted.
3. In-season violations carry over to the next season the student participates.
4. Out-of-season violations will be served in the next season the student participates.
5. Consequences listed are the minimum action that can be taken.
6. All coaches will review the code of conduct yearly with participants and provide copies of the code of conduct.
7. Students that participate in multiple sports will receive a copy **each** sport season, although only the one pledge needs to be signed.
8. Students and parents must sign and agree to the code of conduct before student participation.

DUE PROCESS

Students will be advised of charges/allegations against him/her and will be provided the opportunity to respond to the charges. The student and parents will be advised, in writing, by administration of any disciplinary action taken. The student or parent may appeal the disciplinary action by responding, in writing, to the principal/athletic director within five (5) working days of receiving the results of charges.

I have read and understand the code of conduct and agree to conduct myself in accordance with East St. Louis School District 189 policy.

Student signature

Date

I approve of my child's participation in District #189 activities/athletics and approve the terms of the code of conduct.

Parent signature

Date

V. SPORTS OFFERED AT EAST ST. LOUIS SENIOR HIGH SCHOOL (* is offered at middle schools)

BOYS SPORTS

CROSS COUNTRY*
BASKETBALL*
FOOTBALL*
WRESTLING*
TRACK AND FIELD*
BASEBALL
VOLLEYBALL*
GOLF

GIRLS SPORTS

CROSS COUNTRY*
BASKETBALL*
CHEERLEADING*
TENNIS
TRACK AND FIELD*
SOFTBALL
VOLLEYBALL*
POM/FLAG*

VI. ELIGIBILITY

Participation in extra-curricular activities is dependent upon course selection and satisfactory progress in these courses. To be eligible to participate in sponsored athletics, a student must:

- Be passing a minimum of 5 classes weekly
- Pass a minimum of 5 classes each semester

Middle school athletes must be passing all classes each week to be considered eligible per IESA policy.

WEEKLY ELIGIBILITY

- The week is considered Monday to Monday.
- All students will be eligible to participate during the first four (4) weeks of each semester unless ruled as semester ineligible or serving a penalty from a previous violation.
- Eligibility reports will be generated by the athletic director on Thursdays with students gaining/losing eligibility the following Monday.
- The first eligibility report of the semester will be generated Thursday of the fourth week and every Thursday thereafter.
- Students must have a passing grade (60%) to be considered eligible.
- Students that are ruled ineligible must attend mandatory study hall in the library for one hour every school day during their period of ineligibility. Students are allowed to attend practice when this condition is met.
- Ineligible athletes are not permitted to travel with the team during their ineligible period.
- If a student is ineligible during a week when eligibility is not run (ex. Thanksgiving), that student will remain ineligible until the next report is run.
- Coaches may request grade checks at any time. Athletes must use the grade check form and return to their coach.

SEMESTER ELIGIBILITY

- Per IHSA policy, students must pass a minimum of 5 classes each semester. If a student does not maintain passing grades in 5 courses, they lose eligibility for the following semester, even if the semester falls in a new school year. There is no semester eligibility requirement for IESA. All students "reset" each semester.
- Students should make progress towards graduation on a yearly basis. Students must accumulate 5 credits each year. If a student fails to meet this benchmark, they will be considered ineligible for the next semester.
- The athletic director will work with school guidance counselors to determine semester eligibility for athletes. Head coaches will be notified prior to the start of their season of any students that are ineligible to participate.
- Students with disabilities must meet the conditions of their Individualized Education Plan.

VII. ATHLETIC AWARDS

A. Varsity letters

1. Every player who becomes a member of a varsity team during a season, finishes the season in good standing and meets the criteria set forth by the Head Coach of the participating sport will earn a varsity letter.
2. Varsity athletes will receive one (1) varsity "E" and a sport-specific insert pin for their successfully completed varsity season.
3. For subsequent "first" varsity letters in other sports, the athlete will receive a sport-specific pin for that sport.
4. For each additional varsity award for the athlete's career at East St. Louis Senior High School, the athlete will receive a bar for each sport season in which they letter.

B. NON-LETTER WINNERS

1. Freshman or transfer students completing their first athletic season at East St. Louis Senior High School will earn numerals designating their year of graduation.
2. Junior varsity "E" will be presented to students who successfully complete their first season at this level of competition if they have previously earned numerals.
3. Certificates will be awarded to all athletes for each sport in which they participate if they have previously earned numerals or a junior varsity letter or do not qualify for a junior "E".

C. SENIOR AWARDS

1. In addition to varsity awards earned within the normal sequence, senior varsity letter-winners will receive individual plaques identifying the number of years in which he or she has earned a varsity letter.

D. "IN GOOD STANDING"

1. The coach will make the decision on the awards given to each athlete. In good standing refers to:
 - a. All equipment and uniforms have been returned or replaced at present day cost. An athlete will be denied future equipment and the privilege of participating in athletics until the financial charges have been paid.
 - b. The athlete has attended practices on a regular basis.
 - c. The coach may present an award if injury or illness has prevented the athlete from finishing the season with the team.

E. SPECIAL AWARDS

1. A variety of special awards will be presented in each sport at the discretion of the head coach.
 - a. East St. Louis Senior High School supplies 2 trophies per sport for special recognition to be presented by each varsity coach. The East St. Louis Senior High School coaches will determine the criteria for these awards
 - b. St. Louis Post-Dispatch Scholar Athlete
 - c. Belleville News-Democrat or St. Louis Post-Dispatch All-Area awards
 - d. SWC All-Conference Certificates

VIII. PRACTICE AND ATTENDANCE REQUIREMENTS

Student athletes must attend all practice sessions prior to a contest unless excused by the coach prior to any absence. If a practice is missed, the coach has the prerogative to penalize the athlete for the unexcused absence.

Students must be in attendance at school for a minimum of a half-day to be allowed to practice or participate in a game that day. If the student doesn't attend for a minimum half-day, they will not be allowed to compete that afternoon or evening.

IX. SUSPENSION FROM SCHOOL

A. Students who are suspended from school will not be allowed to participate in practice with their team during the duration of their suspension or athletic competition. Absence from practice may adversely affect playing time.

X. STUDENT ATHLETES' BEHAVIOR DURING PRACTICE AND COMPETITION

A. It is the student-athlete's responsibility to learn and demonstrate proper behavior. Such behavior can be described as actions by student-athletes who promote cooperation and learning during practice, encourage a constant work ethic, and demonstrate competitive good sportsmanship on the playing field.

B. The coaching staff, for the benefit of the community, will not accept the actions of athletes who show a lack of concern for the above behaviors and attitudes. Therefore, if improper behavior is observed in practice or game situations, corrective disciplinary actions will be taken.

C. The coach will establish guidelines to determine what corrective disciplinary action will be taken. A general explanation of expectations and consequences for failure to adhere to these guidelines should be explained fully to the student before the student starts, and it should be administered fairly and consistently.

D. Any student who uses profanity or demonstrates gross disrespect toward any faculty or staff member during the school day or at a school sponsored event will be disciplined according to the District Code of Conduct.

XI. QUITTING THE TEAM/ACTIVITY

Any student who quits the team by giving notice verbally or in writing to the coach before the season is complete will not be allowed back on the team for any reason for the remainder of the season. The student-athlete will not be allowed to participate in another sport during the same sport season from which they have quit or be allowed to participate in another sport season for the next sport season until the original sport season is finished unless given approval by the Head Coach of the previous sport. Emotional decisions made by a player or student on the spur of the moment should be taken into consideration by the coach involved.

XII. STAFF AND STUDENT EQUIPMENT POLICY

PRIOR TO FIRST GAME

1. Complete an initial pre-season inventory to verify all equipment is in place.
2. Issue uniforms and equipment to players. Keep accurate records of all assigned items.
3. Coaches must use department equipment/uniform inventory documents.
4. Uniform and equipment prices and instructions for care explained to athletes and given in writing.

5. All inventory and equipment lists must be copied and turned in to athletic director.
6. Public Act 102-0051 The district allows a student to modify his or her athletic uniform for the purpose of modesty in clothing or attire that is in accordance with requirements of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive prior approval of the school board for such modification.

DURING SEASON

1. All uniforms and equipment must be stored in designated location each night after practice/games.
2. Before conclusion of each season, head coach must schedule uniform/equipment turn-in for athletes.

AFTER SEASON IS COMPLETE

1. Head coaches are responsible for collection of all issued equipment.
2. All uniforms must be laundered and marked for identification.
3. Equipment must be inventoried and stored in designated location.
4. Coaches are responsible for storage of uniforms in designated area.
5. Forms for lost or damaged equipment must be filled out and turned in to athletic director within 2 weeks of season completion.
6. Coaches will submit inventories, uniform and equipment needs and requested budget at post-season evaluation meeting. Failure to submit inventory could result in consequences up to and including withholding of pay.

STUDENT POLICY FOR ATHLETIC EQUIPMENT

1. All uniforms and equipment issued to the athlete must be returned to the coach at scheduled turn-in day unless other arrangements have been made with head coach.
2. Lost or stolen items are the responsibility of the athlete and s/he must pay the present day replacement cost of any item issued but not returned.
3. Any returned items which have been damaged, not as a result of normal wear and tear, must be replaced or repaired. The replacement or repair bill becomes the responsibility of the athlete.
4. No awards are given to the athlete until all equipment and uniforms issued have been returned and inventoried.
5. No athlete will be allowed to begin the next athletic season until all equipment and uniforms have been returned and inventoried or paid for at present day cost if damaged or lost. Individuals that refuse to repair or replace will not have their diploma or records released until the athlete satisfies their account.

XIII. TRANSPORTATION POLICY

- A. In order to promote team spirit, all student-athletes are expected to ride the school bus to and from all away contests.
- B. Students may leave the bus after the contest if their parents or legal guardian signs the Athletic Request Form or notify the Head Coach personally. These forms may be obtained in the Athletic Director's office. At the game site, the athlete must present the forms signed by his/her parent to the coach. The student may leave with his/her parent, legal guardian or adult who has been given prior approval by the athlete's parent and NO ONE ELSE. Failure to follow this policy will result in a ONE WEEK SUSPENSION from all games for an initial infraction. The student-athlete may participate in practice.
- C. If an emergency arises and the parents are not at the game, the coach will make the decision about the student-athlete and his/her departure.
- D. Coaches should notify the team in advance of the trip if they plan to stop for a meal after the game.
- E. Coaches should not transport athletes in their personal vehicles unless the athlete's parents have notified the athletic department IN WRITING. Every attempt should be made to arrange transportation for athletes before coaches may transport students.

XIV. BUILDING SECURITY GUIDELINES FOR ATHLETES

- A. Student-athletes are to report to their respective locker rooms or practice area as soon as possible after school is over.
- B. When practice ends, athletes should leave the building as soon as possible. If they are waiting for a ride, they should be picked up from the East Wing main entrance outside or in the rear of the building in the parking lot. All student-athletes are to be supervised by their coach until the last athlete has been picked up.
- C. Student-athletes are not to loiter in the hallway before or after practice. They should take their books and personal belongings to the locker room after school and stay out of the hallways after practices are over for the day. Excessive noise and/or horseplay is not allowed. Athletes who are unruly on campus or in the hallways after school are subject to disciplinary actions.

XV. BUILDING SECURITY GUIDELINES FOR COACHING STAFF

- A. Coaching staff should enter and exit the building at certain points. No outer door keys will be issued to coaching staff. A designated coaching staff member will receive a key fob for building entry.
- B. If a team wishes to practice on weekends, the building must be clear by 3:00pm. The last coach in the building is responsible for ensuring all doors are locked and gym lights are turned off. Failure to adhere to these guidelines will result in the loss of weekend practice time. **NO PRACTICES ARE TO BE HELD ON SUNDAY.**
- C. Every attempt must be made to have a District #189 staff member on each sport's coaching staff. Key fobs and alarm codes will not be given to any coach that is not a district employee.
- D. Season practice schedules should be created and turned in to the athletic department prior to the beginning of practice so administration is aware of who is in the building and when.

XVI. DRESS CODE

- A. Each head coach should have a responsible dress code that stresses proper dress to and from a game. Standards above the wearing of the school clothes may be implemented by the head coach. Consideration should be given to athletes who cannot meet certain financial requirements to purchase certain types of clothes.

XVII. PLAYER/COACH/PARENT COMMUNICATION GUIDELINES

- A. If the players have any concerns or questions about the sports program, they should contact the coaching staff first.
- B. If the parents or guardians of the athlete have any questions or concerns about their son/daughter or the program, they should contact the coaching staff and arrange a meeting at a time that is mutually agreed upon. **BEFORE, DURING OR IMMEDIATELY AFTER A GAME OR CONTEST IS NOT CONSIDERED A MUTUALLY AGREED UPON TIME** by the coaching staff. If an incident occurs in any of the above stated times, it will be considered a violation of East St. Louis School District 189 sportsmanship guidelines.
- C. Parents should contact the Head Coach if they have a concern. It is the coach's responsibility to explain their decision. The coaching staff will be available at a mutually agreeable time to discuss parental concerns without repercussions to the student-athlete in that sport or any other sport or activity.
- D. If the players and parents have shared with the coaching staff their concerns and questions and feel the situation is still unresolved, they should contact the Athletic Director. Under no circumstances should the Principal, Superintendent or Board of Education be contacted unless the

coaching staff or Athletic Director has been contacted first. If they feel the situation is still unresolved after meeting with the Athletic Director, it would be appropriate to contact the Building Principal.

E. Many problems can be solved more efficiently and expeditiously by following the proper protocol.

XVIII. COACHES, PARENTS AND STUDENT ATHLETE EXPECTATIONS

Expectations of Coaches

The coaches will maintain a professional role and will keep the role of coach in proper perspective by:

- Developing and communicating clear and specific goals for the team and individual players through tryouts and the season.
- Maintaining open and honest communication with students, parents, coaches and administration.
- Developing and demonstrating a good knowledge base of best practices specific to their coaching area.
- Supporting and collaborating with coaches in other athletic programs.
- Modeling and teaching skills necessary to succeed on the field and in life.
- Supporting student academic expectations, responsibilities and achievement.
- Coaches will be positive role models in personal management, appearance, ethics and behavior by understanding that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child physically and mentally
- Ways to help your child improve
- Concerns about your child's behavior

It can be very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches

- Playing time
- Team strategy
- Play calling
- Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the procedures mentioned earlier should be followed to help promote a resolution to the issue of concern.

XIX. CUT POLICY

A. Student athletes may be cut from all levels of competition

- B. Coaches or advisors may cut squads based on the following criteria:
- Evaluation of candidate during pre-season workouts
 - Improper attitude of individuals
 - Failure to adhere to the principles of team play and work ethic
 - Deficiencies in skill for the level of competition
 - Disrespect to coaching staff or team policy
- C. The selection of the team members should be based upon:
- Overall talent and ability
 - Character and personality of the individual
 - Work habits and loyalty to the program
 - Positions needed on the team or activity

XX. RESIDENCY

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

XXI. TRANSFERS

- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA office.

You cannot be eligible when you transfer until this form is fully executed and filed in the school office.

- B. If you transfer after classes begin for the current school term, you will be ineligible for thirty (30) days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were trying out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.
- C. Per IESA policy, any middle school student that transfers will become eligible after the students tenth (10th) day of attendance at their receiving school.

XXII. AGE

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

XXIII. AMATEUR STATUS

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

XXIV. RECRUITING ATHLETES

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

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

XXV. NCAA CLEARINGHOUSE

Some student-athletes have a goal to participate in athletics at the collegiate level. East St. Louis High School Athletics and the Guidance staff are available to assist student-athletes in pursuit of this goal.

Here are some things that you should keep in mind:

- Communication with your coach is imperative. Student-athletes who have a strong desire to compete at the collegiate level should schedule an appointment with their coach to discuss this decision.
- The most important thing to consider in the college selection process is academic fit. Athletics are important, but they are secondary to academic opportunities.
- Coaches and student-athletes should work with guidance counselors to develop a realistic list of college choices.
- The student-athlete should create a resume that reflects their overall high school experience and that highlights athletic accomplishments. This should be reviewed by the coach, athletic director and guidance office.
- The student-athlete should create a letter of interest to be sent, along with the resume, to the coaches at the college you wish to attend. This letter should also be reviewed by coaches, athletic director and guidance office prior to mailing. The student-athlete should meet with their counselor to discuss the process of registering with the NCAA Clearinghouse. The NCAA home page is www.ncaa.org.

For High School Students who Plan to Enroll as College Freshman

Some points to consider...

- The requirements for eligibility to participate at Division I are different than those required for Division II and III.
- If you have been home-schooled during all of grades 9-12, you will have to register with the Clearinghouse. Your certification status will be determined through an initial eligibility process. Please contact the college/university that you plan to attend, or the NCAA Clearinghouse for more information.
- NCAA academic committees have the authority to grant waivers of the initial eligibility requirements based on objective evidence that demonstrates circumstances in which a student's overall academic record warrants the waiver of the normal application of the legislation.
- An initial eligibility waiver must be filed by an NCAA institution on behalf of the student.

The path to initial NCAA eligibility begins from the day you begin classes your freshman year of high school. The choices you make and the grades you receive your first two years of high school go a long way in determining if you will meet the initial requirements. Course selection, time management and

work ethic early in your high school career will make the possibility of attending the school of your choice more realistic if you make satisfactory progress in your classes. Don't wait until your junior year to decide to work harder, it will be too late.