

# **Minooka Community High School**



**2009-2010**

**Student/Parent  
Athletic Handbook**

## General Information

<b>CENTRAL CAMPUS</b>	<b>(815) 467.2140</b>		<b>SOUTH CAMPUS</b>	<b>(815) 521.4001</b>	
<b>Athletic Director</b>	Mr. Robert Tyrell	<b>EXT. 155</b>	<b>Assist. Athletic Director</b>	Ms. Kim Swanson	<b>EXT. 4175</b>

## HEAD COACHES

<b>Fall Sport</b>	<b>Coach</b>	<b>Email</b>
Boys Golf	Brian Petrovic	<a href="mailto:bpetrovic@mchs.net">bpetrovic@mchs.net</a>
Girls Golf	Joe Host	<a href="mailto:jhost@mchs.net">jhost@mchs.net</a>
Girls Tennis	Jessica Carter	<a href="mailto:jcarter@mchs.net">jcarter@mchs.net</a>
Boys Soccer	Jason Boe	<a href="mailto:jboe@mchs.net">jboe@mchs.net</a>
Boys & Girls Cross Country	Kevin Gummerson	<a href="mailto:kgummerson@mchs.net">kgummerson@mchs.net</a>
Girls Volleyball	Jill Nehring	<a href="mailto:jnehring@mchs.net">jnehring@mchs.net</a>
Cheerleading	Jenna Ponio	<a href="mailto:jponio@mchs.net">jponio@mchs.net</a>
Pom Pons	Sabrina Dubik	<a href="mailto:sdubik@mchs.net">sdubik@mchs.net</a>
Football	Bert Kooi	<a href="mailto:bkooi@mchs.net">bkooi@mchs.net</a>

<b>Winter Sport</b>	<b>Coach</b>	<b>Email</b>
Boys Bowling	Derrick Rapsky	<a href="mailto:drapsky@mchs.net">drapsky@mchs.net</a>
Girls Bowling	Frank Yudzentis	<a href="mailto:fyudzentis@mchs.net">fyudzentis@mchs.net</a>
Girls Basketball	Ray Liberatore	<a href="mailto:rliberatore@mchs.net">rliberatore@mchs.net</a>
Boys Basketball	Scott Tanaka	<a href="mailto:stanaka@mchs.net">stanaka@mchs.net</a>
Wrestling	Bernie Ruettiger	<a href="mailto:bruettiger@mchs.net">bruettiger@mchs.net</a>

<b>Spring Sport</b>	<b>Coach</b>	<b>Email</b>
Boys Track & Field	Joe Urbelis	<a href="mailto:jurbelis@mchs.net">jurbelis@mchs.net</a>
Girls Track & Field	Kevin Gummerson	<a href="mailto:kgummerson@mchs.net">kgummerson@mchs.net</a>
Boys Tennis	Jessica Carter	<a href="mailto:jcarter@mchs.net">jcarter@mchs.net</a>
Baseball	Jeff Petrovic	<a href="mailto:jpetrovic@mchs.net">jpetrovic@mchs.net</a>
Softball	Amy Saelens	<a href="mailto:asaelens@mchs.net">asaelens@mchs.net</a>
Girls Soccer	Chris Brolley	<a href="mailto:cbrolley@mchs.net">cbrolley@mchs.net</a>
Boys Volleyball	Janel Grzetich	<a href="mailto:jgrzetich@mchs.net">jgrzetich@mchs.net</a>
*Lacrosse	Dave McAtee	<a href="mailto:mchslacrosse@comcast.net">mchslacrosse@comcast.net</a>
* Lacrosse is an IHSA emerging sport		





## IHSA Steroid Testing Policy Consent to Random Testing

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

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.

By signing below, we consent to random testing in accordance with the IHSA's steroid testing policy. We understand that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances.

No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.

A complete list of the current IHSA Banned Drug Classes can be accessed at  
[http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA\\_banned\\_list-2008-09.pdf](http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_list-2008-09.pdf).

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Signature of student-athlete

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Date

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Signature of parent/guardian

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Date

## *Minooka Community High School*

### **2009-2010 STUDENT/PARENT ATHLETIC HANDBOOK**

Minooka community high school is a member of the Illinois high school association (IHSA), based in Bloomington, Illinois.

#### **MCHS ATHLETIC MISSION STATEMENT**

It is the responsibility of MCHS students, staff, and community to create an environment for athletics that promotes sportsmanship and a strong work ethic with an emphasis on team first, through the guidance of the coaching staff.

#### **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 such programs. People involved in all facets of the interscholastic program are expected to demonstrate respect for others and display good sportsmanship.

#### **SPORTSMANSHIP IS EVERYBODY'S RESPONSIBILITY**

Sportsmanship starts on the court or athletic field and extends into the bleachers and beyond. In today's increasingly competitive environment, the thrill of victory and the agony of defeat seem to be more intensified than ever before. It is important to raise the public awareness of sportsmanship and interscholastic activities. It is everyone's responsibility to practice good sportsmanship. Recognizing the efforts by students, coaches, administrators, spirit groups, and fans is a valuable part of the interscholastic experience.

#### **MINOOKA COMMUNITY HIGH SCHOOL ATHLETIC DEPARTMENT SLOGAN**

**"WORK TOGETHER WIN TOGETHER"**

#### **SPORT A WINNING ATTITUDE (THE SPORTING CREED)**

*The Participant . . .*

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

*The Coach . . .*

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

*The Spectator . . .*

1. Acknowledges the efforts of participants involved in interscholastic activities.
2. Respects officials, players, and coaches of all teams, and treats them courteously.
3. Always demonstrates behavior that is conducive to good sportsmanship.
4. Never forgets that he/she also represents the school.

#### **ATHLETIC PHILOSOPHY**

A broad and varied program of interscholastic athletics, that meets the needs of our students. Participation in athletic programs will provide athletes with the opportunity to develop their skills in the areas of sportsmanship, teamwork, dedication, loyalty, work ethic, character, commitment, and responsibility. The administration and coaching staff will provide an environment that is conducive to the development of these skills.

#### **GENERAL PROVISIONS**

1. Participation in athletics is a privilege, not a right. This privilege carries with it responsibilities to one's community, school, team, and coaches.
2. As representatives of the school, athletes are expected to exhibit good sportsmanship and ethical behavior at all times.
3. Athletes must meet all academic and behavioral guidelines in order to participate.
4. Athletes are encouraged to participate in multiple school-sponsored activities (i.e. other athletics, band, FFA, Speech, etc.).
5. Athletes are expected to follow the guidelines and team rules provided by the head coach.

#### **ATHLETIC CODE OF CONDUCT**

1. Athletes are representatives of their school and community. Their conduct must reflect this responsibility before, during, and after contests.
2. Athletes are to conduct themselves in a sportsmanlike manner at all times. Be humble in victory and gracious in defeat. Good sportsmanship is a prime objective at Minooka Community High School and is expected of its participants.
3. Players must abide by the decisions of the game officials who are charged with administering the contest.
4. Players are to respect the talent and efforts of opposing players and coaches. Any disrespect shown to opposing players and coaches is inappropriate and will not be tolerated.
5. Control your emotions. Develop good attitudes and character. Use your energies to develop your ability and your team. Keep your cool when players' and fans' emotions are high.
6. Racial and ethnic prejudice has NO place in competitive athletics. Respect your fellow athletes for themselves and not according to race, creed or religious belief.
7. It is the responsibility of Minooka Community High School players, coaches, athletic director, and principal to ensure that their code is in effect at their school.

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#### **SPECTATOR CODE OF CONDUCT**

All spectators, adults and students, are to respect the talents and efforts put forth by the players and coaches of all teams. This courtesy will also be extended to all game officials. Furthermore, spectators are to treat school representatives and other spectators with dignity and respect. Any actions that are counterproductive to these expectations are inappropriate and will not be tolerated. Spectators not conducting themselves appropriately will be subject to any of following actions, depending on the severity of the incident:

1. The spectator may be asked by any school representative to refrain from further inappropriate actions.
2. The spectator may be asked by any school representative to leave an athletic event. Should a spectator refuse to leave when requested, local law enforcement agencies will be contacted for assistance. Once a spectator has been removed from an athletic event, the Athletic Director will hold a conference with the spectator to resolve the issue.
3. Severe or repeated offenses may result in the Athletic Director's requesting a "No Trespassing" letter from the Superintendent and/or the contacting of local law enforcement officials.

#### **ATHLETIC ELIGIBILITY**

Every student interested in the interscholastic athletic programs must be in strict compliance with the IHSA, Southwest Prairie Conference, and Minooka Community High School District eligibility requirements.

#### **IHSA ELIGIBILITY RULES**

Each high school student in the State of Illinois desiring to participate in interscholastic athletics must meet all the rules and regulations of the IHSA. (A summary of these rules can be found at the end of the handbook). The Athletic Director examines the official transcripts of each interested student to make certain they meet all the "IHSA Eligibility Rules."

Questions regarding the "IHSA Eligibility Rules" by any student or parent should be directed to the Athletic Director. Both the Athletic Director and the Principal have a complete copy of all the "IHSA Eligibility Rules."

#### **ELIGIBILITY CLEARANCE PROCEDURE**

To check the eligibility of each student interested in participating in the school's interscholastic athletic program, each interested student must clear the eligibility clearance procedure that has been developed for the Minooka Community High School District. To do so, the interested student must:

1. Obtain an Athletic Handbook from their Coach or the Athletic Director. The last page of the Athletic Handbook contains a form verifying proof of medical insurance, and athletic information that must be completed and returned to the athletic director's office.
2. All student-athletes must have a current physical on file in the school nurse's office. Every physical must have been performed within 365 days to be current. Freshman students may use their freshman entrance physical examination toward their requirement. Sophomore, junior and senior students must turn in a completed IHSA physical form to the athletic office. These forms are available in the Athletic Director's office.
3. When the student has correctly completed steps one and two of the eligibility clearance procedure, he/she may try out for the team. **NOBODY WILL BE ALLOWED TO BEGIN PRACTICE WITHOUT COMPLETING STEPS 1 & 2.**
4. After the student has submitted all necessary documentation, the Athletic Director will rule on the student's eligibility.

#### **MAINTAINING ELIGIBILITY**

Once a student is declared eligible, it is the student's responsibility to maintain eligibility.

#### **ATTENDANCE ELIGIBILITY**

A student must be in school the day of practice or an athletic event, or have an excused absence.

#### **ACADEMIC ELIGIBILITY**

School Board Policy No. 7.245 requires that each student attain a 1.5 grade point average at the end of each semester, to be eligible for participation in athletics. Any student who fails to meet the aforesaid requirement will be suspended from further participation until the student attains an overall grade point average of 1.5 in a subsequent quarter.

Student-athletes must also meet the additional eligibility requirements imposed by the I.H.S.A. In order to maintain eligibility from one semester to the next, the athlete must pass and receive credit for a minimum of four semester hours. In order to maintain eligibility in season, each athlete must be passing a minimum of four classes each week. The weekly eligibility will be checked on the last school day of each week. Students not meeting the weekly requirements will be ineligible for one calendar week starting the following Monday.

#### **INTERSCHOLASTIC ATHLETICS**

Minooka Community High School is a member of the Illinois High School Association and the Southwest Prairie Conference. Students are encouraged to participate in interscholastic athletics. Participation is subject to both academics and IHSA eligibility requirements.

For further information contact the Athletic Director, at **467-2140, Ext. 155** or the A.D. secretary, at **Ext. 135**.

Minooka Community High School Athletic Handbook lists the specific policies, descriptions and principles on which the athletic program is based. Athletes are referred to this handbook for additional information.

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The following sports will be offered:

#### **Fall Sports**

Boys Cross Country  
Boys Golf  
Boys Soccer  
Football  
Girls Cross Country  
Girls Tennis

Girls Volleyball  
Girls Golf  
Cheerleading  
Pom Poms (Arrowettes & Indianettes)

#### **Spring Sports**

Boys Baseball  
Boys Tennis  
Boys Track  
Boys Volleyball  
Girls Softball  
Girls Track

#### **Winter Sports**

Girls Soccer  
\*Lacrosse  
Boys Basketball  
Girls Basketball  
Girls Bowling  
Boys Bowling  
Wrestling

\* Under the IHSA guidelines Lacrosse is considered an emerging sport. The definition of an emerging sport is any sport for which IHSA does not conduct a state tournament series and which a member school elects to sponsor as either a sport under the auspices of its athletic administration or as a club or other informal sports activity shall be considered an emerging sport.

#### **SPECIFIC DISCIPLINARY GUIDELINES**

The following rules and consequences are general guidelines only. No list of rules can be all - inclusive. Student-athletes will be subject to disciplinary action anytime their behavior is disruptive, illegal or inconsiderate of others. Furthermore, the specific consequences listed below may be modified at the discretion of the administration.

#### **STUDENT-ATHLETE DISCIPLINARY CODE**

**Students are reminded that participation in athletics is a privilege and entered into on a voluntary basis. Athletes are expected to act appropriately both in and out of school, as well as in and out of season.** A student-athlete will be subject to disciplinary action during the school year or athletic season (whichever is longer) when he or she commits any of the following:

- a. Severe violation of the MCHS Student Handbook Disciplinary Code.
- b. Use and/or possession of tobacco, drugs or alcohol.
- c. Being in attendance where there is illegal use or possession of drugs or alcohol.
- d. Theft or vandalism of personal or school property.
- e. Acts of unsportsmanlike conduct, in any form, both in and out of school.
- f. Violation of any handbook or team guidelines, rules or policies.
- g. Falsification of signatures on any athletic form.

The conduct listed above reflects negatively upon the athlete's school and community, and has a negative impact on the student's athletic performance, the school's athletic program and the purposes of the Student-Athletic Disciplinary Code.

#### **THE ATHLETIC HANDBOOK POLICIES**

The parts of the Athletic Handbook are in effect from the day you enroll at Minooka Community High School until the day you graduate or the team you are a member of finishes the I.H.S.A. state series.

#### **SUPPORT SERVICES**

Students, and/or parents that have a concern about drug and/or alcohol use are urged to take advantage of the student services available through the high school. Counselors are available at all time as a resource for these issues. If so desired, counselors may also refer to outside agencies. All information shared with counselors is strictly confidential and not used as a basis for reprimand.

#### **STUDENT-ATHLETE DISCIPLINARY ACTION**

A student accused of a violation will be informed of the charge and given an opportunity to respond. Any student found to be in violation of the Student-Athlete Disciplinary Code is subject to disciplinary action.

Penalties for violations of the above disciplinary code may be carried over from one sport season to another or from one year to the next. If a violation occurs out of season, the penalty will begin at the start of the athlete's next season. Student-athletes must successfully complete the current season for the penalty to count. Failure to complete the season will result in the penalty being served in the athlete's next season. Student-athletes are expected to attend all practices and games while serving a suspension that will end before the conclusion of the season. Student-athletes serving a Level year suspension will not be allowed to participate with any athletic team until the season their suspension ends. If a student-athlete's suspension ends during an upcoming season, the student-athlete will be allowed to try out in that season.

#### **PROBATION**

Probation is a warning to a student-athlete that any further violations of the student-athlete disciplinary code will result in some type of an athletic suspension. Probation lasts for one calendar year from the date of occurrence. The following actions will cause a student-athlete to be placed on probation, in addition to any other discipline that may be imposed:

- a. Falsification of signatures on any athletic form.
- b. Being in attendance where there is illegal use or possession of drugs or alcohol, if the student can supply documented evidence that he or she was not using drugs or alcohol.
- c. Other misconduct, at the discretion of the administration.

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#### **SUSPENSION**

##### Level One

Any use of tobacco products will result in the loss of 10% of the regular season.

##### Level Two

A Level Two violation will result in loss of 20% of the regular season dates. The following are Level Two violations:

- a. Severe violations of the MCHS student handbook disciplinary code.
- b. Repeated or serious acts of unsportsmanlike conduct.
- c. Theft or vandalism of personal or school property.
- d. Use of drugs or alcohol on or off school grounds. This includes school-sponsored transportation to and from away events.
- e. When an athlete has received probation for a second time.

##### Level Three

An athlete is assigned the Level Three consequence when they have violated a Level Two incident for the second time. A Level Three violation will result in a one calendar year suspension from the date of occurrence. If the violation is related to alcohol or drugs and the athlete enrolls and successfully completes an alcohol or substance abuse education program approved by the Athletic Director, the suspension can be reduced to 40% of the regular season. If the student fails to complete, attend, or choose to not take the education option, they will then be suspended for one calendar year. If a Level Three consequence is given a second time to a student/athlete, there will be no reduction in the calendar year suspension.

#### **IHSA Steroid Testing Policy**

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of team and individuals qualifying for state final competition.

Beginning with the 2008-09 school term, any student-athlete who test positive for substances from the association's banned drug classes, without written permission by a licensed physician to treat a medical condition, is subject to IHSA penalties, including ineligibility from competition.

Parents and Athletes will be required each school year by the IHSA to sign a "Consent to Random Testing" form. The IHSA requires that the signed consent form must be on file prior to participating in an IHSA state series competition. For convenience, the consent form has been incorporated into the IHSA physical form. Additional consent forms will also be available on the website and in the Athletic Office.

#### **GENERAL INFORMATION**

##### Squad Selection

1. Selection of team members to a squad/team is the responsibility of the coach.
2. The procedure for selecting team members for each sport will be announced by the coach prior to making team selections.

##### Playing Time

Participation does not guarantee playing time. Playing time is determined by the coaching staff.

##### Limitation of Activities

Athletes may compete in only one sport per season. Exceptions will be granted only with approval of the two head coaches involved and the Athletic Director.

##### Injuries

Minooka Community High School (MCHS) has a certified athletic trainer on staff to help with injury diagnosis and treatment. Athletes should report all injuries and illnesses, no matter how minor in nature to the coach immediately. The coach will refer all appropriate injuries and illnesses to the athletic trainer. The athletic trainer will determine the best course of action to protect the athlete and hasten his/her return to the team. Any athlete who is examined by a physician and the physician states they cannot participate must have a signed release from a physician before the athlete can return to practice or competition. Athletes at MCHS can be treated for most common sports injuries, which saves the family travel, time and money. Please refer to the athletic training policies on the web site [www.mchs.net](http://www.mchs.net).

##### Athletes Changing Sports in Season

No athlete removed from or who removes him/herself from an athletic team will be permitted to begin practice in another sport, open gym or any other conditioning program offered at MCHS until the final regular season contest has been played by the team on which he/she was involved, unless special permission to do so has been granted, in writing, by the Head Varsity Coaches of two sports involved and the Athletic Director.

##### Practice

- a. Athletes are expected to attend all scheduled practices and athletic contests, unless prior excused clearance is given by the coach.
- b. Work hours must be scheduled around athletic practices and contests.

##### Appearance

Students who represent the school in interscholastic athletic competitions are expected to dress in a neat, respectable manner. Their actions and conduct are a direct reflection upon the overall quality of our athletic program and school. The coach or sponsor may establish rules regarding a particular dress style for their own squad.

##### Transportation

Participants in out-of-district extracurricular activities and events will be provided free transportation by the District to and from such events and will be expected to use such transportation, unless the parent or guardian is granted prior approval by the appropriate administration.

Any parent wishing to transport their child to and or from a school sponsored out-of-district athletic event must contact the Athletic Director for approval. No school employee may transport students in school or private vehicles unless authorized by the administration.

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**Equipment/Uniforms**

Students participating in athletics are responsible for the safe return of all equipment and uniforms issued to them. They are expected to keep their equipment clean and in good repair. Athletes should inspect all personal athletic equipment each day before practice. Athletes should inspect all equipment before practice each day. Unsafe equipment should be reported immediately to the coach. Athletes will not be allowed to receive awards or participate further in the athletic program until all equipment and uniforms are returned or paid for.

**Off Season/Summer Programs**

Athletes are encouraged to participate in any school sponsored athletic program that they enjoy and/or might help them in another sport. Also, athletes are encouraged to participate in a year round weight training program.

Athletes are encouraged to participate in summer camps for their sport(s). If there are conflicts with other high school sports, family commitments or work, these should be addressed on an individual basis with each head coach.

Coaches need to be sensitive to the family needs of each athlete, especially in the summer. Coaches must be willing to work with one another regarding an athlete's off-season time. Any conflicts that cannot be resolved regarding these issues should be brought to the attention of the Athletic Director.

**Athletic Awards**

The coach of each team recommends to the Athletic Director team members for the end-of-the-season awards. These awards are based on criteria established by the respective coach/program before the start of the season. The following procedures will govern the athletic award policy:

1. At the beginning of the athletic season, the team coach will establish specific criteria for the end-of-the-season awards and explain the criteria to their squad members.
2. An end-of-the-season athletic award program will be held.

**Letters:** Awarded once each year.

**Varsity:** Large orange "M" awarded to varsity letter winners based on coaches criteria, including managers.

**Sophomore:** Small orange "M" awarded to sophomore or freshman that play on sophomore teams, also managers.

**Numerals:** Awarded to all freshmen and given to athletes who participate for the first time. If athletes receive letters or numerals in the fall or winter, they do not get them again that year.

**Certificates/Pins:** Awarded to all members of team and managers.

**Tri-Athlete Patches:** Patch given in the spring to an athlete who was out for three sports and completed each season. This includes anyone who was out for cheerleading or pom poms, and also participated in a spring sport. This patch is awarded only once. After that they receive a year pin.

**Scholar Athlete Certificate:** Awarded to athletes who maintain a 3.5 or above grade point average. (Fall – 1st quarter, Winter – 2nd quarter, Spring – 3rd quarter)

**To Parents of Student-Athletes**

Please do not park along the curb by the stadium to pick up your student-athlete after practice or a game. This is an access road (emergency entrance) to the back parking lot and the back of the school. Please either park in the back parking lot by the stadium or the parking lot located in front of school.