

# Crete-Monee Middle School

Athletic & Activity Handbook  
2016-2017



## Athletic Directors

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## Introduction

Crete-Monee Middle School recognizes the value of interscholastic activities as an integral part of the total middle school experience for all students of the Crete-Monee School District and to the community. Interscholastic activities are defined as athletics, music, debate, drama, clubs, scholastic bowl, or any activity where students represent the school outside the regular program.

Participation in interscholastic activities is completely voluntary and shall not be required for graduation. Involvement in the activities program does, however, require extra effort and extra time beyond the school day. Participants in interscholastic activities represent their student bodies, families, and communities. Therefore, standards must be kept high. These include academic requirements, citizenship, sportsmanship, conduct, and loyalty. The image of the total school program is reflected in the activity program, and it is important that students conduct themselves in an exemplary manner. The athletic director shall establish regulations and guidelines for student participant in interscholastic activities. Such regulations shall be signed by each participant and his/her parent/guardian before the start of the activity.

## Regulations & Guidelines for Participation in Interscholastic Activities

Crete-Monee Middle School's interscholastic program develops sportsmanship, leadership, a strong school spirit, and friendly, positive interschool relationships. Students representing Crete-Monee School are expected to exemplify the highest standards of good sportsmanship. Sportsmanship includes the qualities of courteousness, fairness, and respectfulness to officials, teammates, opponents, coaches, and all others associated with the sport or activity.

1. In order to participate in practice or the activity itself, the participant must be in attendance at the school for more than half the school day (except Saturday). Any exception must be cleared through the building administration or the attendance secretary.
2. Possession or use of drugs, tobacco, or alcohol will result in the immediate removal of the participant from the athletic team or activity for the remainder of the season, term, or elected position, whichever is longer. The participant will also face further disciplinary action from the school district.
3. Uniform/equipment is to be worn only while participating in practice, during scheduled contests, or with the approval of the coach/supervisor. Team uniforms & equipment are checked out by the student and are his/her responsibility. The student is expected to keep all items clean and in good condition. Loss of or damage to an issued uniform or equipment will be the student's financial obligation and the district reserves the right to withhold transcripts until the obligation is satisfied.
4. The Crete-Monee Middle School will provide students with physical facilities for practices. All IESA competitions will be held at Crete-Monee Middle School or other sanctioned IESA locations.

Misuse of dressing areas, lockers, benches, gymnasiums, fields, or any school facilities will not be tolerated.

5. The coach/supervisor or athletic director has the authority to discipline a student who refuses to observe acceptable patterns of behavior. At the beginning of the season the head coach or director of an activity will provide student participants with a written outline of the training rules and criteria to be used in determining eligibility or other award applicable to that activity. In the event discipline is imposed, that discipline may result in denial of participation in a specified amount of games. The head coach/activity advisor also has authority to recommend suspension or expulsion of a student from the activity/sport. Because student participants in extracurricular activities are representatives of the school and are participating in a school activity, exceptional misconduct may result in imposition of both discipline related to athletics/activities and student discipline as outlined in Crete-Monee Middle School Student Handbook. Students will have access for appeal through the Activities Review Board and the school administration. Due process procedures will then be followed as set up by the Crete-Monee School District and the State of Illinois.

## Athletics & Activities at Crete-Monee Middle School

We are part of the South Suburban Junior High School Association (SSJHSA) Conference and the IESA League. We offer the following interscholastic activities:

- **Cross Country** – 7<sup>th</sup>/8<sup>th</sup> Boys & Girls
- **Girls Basketball** – (1 combined 7<sup>th</sup>/8<sup>th</sup> team)
- **Boys Basketball** – 7<sup>th</sup>/8<sup>th</sup> Boys
- **Girls Volleyball** – (1 combined 7<sup>th</sup>/8<sup>th</sup> team)
- **Track & Field** – 7<sup>th</sup>/8<sup>th</sup> Boys & Girls
- **Scholastic Bowl Team** – 7<sup>th</sup>/8<sup>th</sup> Boys & Girls

We also offer the following school activities:

- Band
- Battle of the Books
- Drama Club
- Illinois Math & Science Academy
- National Junior Honors Society
- Show Choir
- Student Council

## Eligibility Requirements

Students who attend Crete-Monee Middle School are eligible to participate. If a student recently moved into the school's attendance area, building administrators can determine eligibility. In order for a student to participate in an activity, the following items must be on file in the school office:

1. Physical examination and physician's signature (as required for sports and specific activities). The student shall not be eligible to represent their school unless a current physician's statement (sports physical) is submitted to the main office, certifying that the student has passed an adequate physical examination and, in the opinion of the certifying physician, is fully able to participate in the school's activities. The physical examination is valid for 395 days and must be renewed upon expiration. In case of serious injury or illness, the participating student must present to school officials a physician's release to resume participation.
2. Parent permission and emergency information form.
3. Signature of parent and student signifying that they have read and understand these regulations.

## Academic Eligibility Requirements

- IESA guidelines require participating students to maintain passing grades in all classes as set up by Crete-Monee Middle School.
- Crete-Monee Middle School requires all students participating in any athletic team or school activity to maintain passing grades as well as be without any D's or F's in any of their classes.
- Failure to have no D's or F's in all classes will result in a one week of academic probation or ineligibility, with the student ineligible to participate as stipulated in the IESA guidelines.
- Grades will be checked weekly, every Friday at noon. Eligibility to participate can be resumed on Monday of the next eligible week if the student is passing all classes at the time of the weekly grade check.
- Three or more weeks of academic ineligibility can result in removal from the activity/athletic team for the remainder of the season/school year.
- **All fees are NON-REFUNDABLE regardless of whether an athlete quits or is removed from the team**

## Athlete/Activity Participants are expected to:

- Be students first; maintain a "C" or better in all classes to be eligible to participate. Academically ineligible participants will not be allowed to travel with the team unless otherwise approved by a coach.
- Be at all scheduled practices and events. Unexcused absences from practices and events can result in loss of playing time and possible dismissal from the activity/team.
- Understand that afterschool detentions, doctor's appointments without documentation, and suspensions from school are considered unexcused absences.

- Be picked up after practices and home/away contests at the designated times. Failure to have rides arranged for pick up can result in removal from the team/activity.
- Demonstrate exceptional behavior mandatory in school, practice & at contests. Three or more disciplinary problems of any kind can result in being asked to leave the team/group.
- Follow all school rules during the school day and at practice.
- Stay below 25 demerit points to participate in any after-school activity.
- Demonstrate good sportsmanship whether you are winning, losing, playing, or sitting on the bench.
- Ride the bus back to school with the coaches after away competitions unless a parent or guardian that is on file with the school has signed them out.
- Work hard in every practice to earn playing time.
- Attend every practice & contest even if you are not participating due to an injury, illness, etc. You can keep stats, and cheer on your teammates.
- Stay and cheer on our other team (7<sup>th</sup> or 8<sup>th</sup>) during competition. Prior arrangements must be made with the coach/supervisor to be excused.
- Sit with their coaches/team while watching the other level during home & away events.
- Go straight home after every practice/contest.
- Follow the school dress code, ID policy, and all other expectations found in the Crete-Monee Middle School Student Handbook
- Wear the required team uniform, keep it clean, and return it once the season is over. Not returning the team uniform or returning a damaged/discolored/stained uniform will result in a fine to replace it.

## Additional Guidelines

1. A student is not to be given special treatment or privileges on a regular basis to enable him/her to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.
2. Students shall not compete in their Crete-Monee Middle School uniform at non-CMMS events.

## Parental Support

Parents are expected to conduct themselves in a positive manner. Our athletic program is designed to promote team play and positive attitudes. If you support your athlete and follow these guidelines, your athlete will have an enjoyable learning experience.

**Each parent is asked to volunteer at (1) home meet or game – See signup sheet**

**Supportive Parents:**

- Make sure their child knows that he or she has their support whether he or she wins or loses.
- Are honest with themselves about their child's ability, sportsmanship, and skill level.
- Teach their child to enjoy the sport/activity and develop a healthy competitive attitude.
- Try not to live their life through their child.
- Help their child understand the need for discipline, rules, and regulations.
- Do not compare their child to other members on the team.
- Get to know their child's coach/supervisor and athletic director.
- Understand that they cannot take your child from a competition until all levels have finished competing.
- Maintain appropriate conduct at any and all competitions!
- Do not show ANY form of disrespect directed at the referees, coaches, players, etc as this will result immediate removal from the premises.
- Understand that ALL practices are closed!
- Make appointments with their child's coach or the athletic director if they need to speak with them and understand that approaching a coach before or after a contest is not the time to approach them.
- Make sure they pick up their child at the appropriate designated times. Late pick-ups can result in removal from the team/activity.

## **Parent's Booster Club**

Parents interested in forming a booster club for the athletes of the school please contact or call 708-367-2400 for information.

## **Spectator Code of Conduct**

**These rules apply to all SPECTATORS at any Crete-Monee event**

1. All spectators must pay at the door before entering the gymnasium in the case of an indoor event.
2. Spectators are not to enter/exit the gym except during appropriate times (when play is paused) and at the end of the game unless a supervisor grants permission.
3. Spectators are not to be in and out of the building. If a spectator leaves the building after he/she has paid he/she will not be allowed to re-enter.
4. Concessions will be sold at most contests. All food and drink must be consumed in the area outside of the gymnasium. Absolutely NO food or drink in the gym!

5. During free throws, ball serving, etc., there is to be no booing, whistling or foot stomping. Supervisors have the right to ask any rude fans to leave the school.
6. All students/spectators should show proper sportsmanship and respect for all teams.
7. Spectators are not to be on the gym floor, track, or any other competition area at any time.
8. After the event has ended, spectators should clear the grounds of the school as soon as possible. Spectators should arrange for rides home well in advance, NOT after the games are over. Spectators should be picked up at Door 3 outside the gym.
9. Continuous failure to have rides scheduled at these times may result in a student being banned from attending future athletic contests.
10. Student spectators will NOT be allowed to return to their lockers after the game. Students should bring their books and jackets with them to the game.
11. Student spectators who have detentions after school on the day of the game may NOT go to the game. When the detention is over, you are to leave the building immediately.
12. If you are removed from a ball game by one of the supervisors, you must receive permission to attend any future games from an administrator.
13. All school rules are still in effect during extracurricular activities!

## Concussion Information

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.

<b>Symptoms may include one or more of the following:</b>	

<ul style="list-style-type: none"> <li>● Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>
<p><b>Signs observed by teammates, parents, and coaches include:</b></p>	
<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays in coordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> </ul>	<ul style="list-style-type: none"> <li>• Shows behavior or personality changes</li> <li>• Can’t recall events prior to hit</li> <li>• Can’t recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport  
Document created 7/1/2012 Reviewed 4/24/2013

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to-Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in



conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>

## Closing Statement

Any items not specially covered in this handbook will be handled at the discretion of the Administration.

## South Suburban Junior High School Association School Locations

Brookwood Junior High  
 201 E. Glenwood-Lansing Rd  
 Glenwood, IL 60425  
 708-758-5252

Colin Powell Middle School  
 20600 Matteson Ave  
 Matteson IL, 60443  
 708-283-9600

Columbia Central School  
 94 W. Richton Rd  
 Steger IL 60475  
 708-755-0021

Huth Middle School  
 3718 W. 213<sup>th</sup> Place  
 Matteson IL 60443  
 708-748-0470

James Hart Middle School  
 18220 Morgan St  
 Homewood, Il 60430  
 708-799-5544

Memorial Junior High School  
 2721 Ridge Rd  
 Lansing, IL  
 708-474-2383

Parker Junior High School  
 2810 School Street  
 Flossmoor, IL 60422  
 708-647-5400

School District 163 (Michelle Obama)  
 215 Wilson St.  
 Park Forest, IL 60466  
 708-668-9600

Washington Junior High  
 25 W. 16<sup>th</sup> Place  
 Chicago Heights, IL 60411  
 708-756-4841

# Athletic/Activity Handbook Agreement 2016-2017

This form must be completed & returned before the student can participate in any competitions.

## Student/Parent Consent and Acknowledgements

By signing this form:

1. We have received and read a Crete-Monee Middle School Athletic/Activity Handbook and agree to follow all guidelines.
2. We acknowledge we have been provided information regarding concussions.

## Student

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_  
 \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Parent or Legal Guardian

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

### Emergency Contact Information:

In case of an emergency during practice or a competition, please contact:

\_\_\_\_\_

After 2:45 p.m. this person can be reached at –

Home # \_\_\_\_\_, Cell # \_\_\_\_\_,

Work # \_\_\_\_\_

## Athletic/Activity Participation Agreement

I \_\_\_\_\_ agree to the following expectations  
while

I am an active member on any interscholastic sport/activity for the 2016-17 school year.

- Earn at least a "C" in each class. If I am not earning a "C," I am aware that I may not practice or compete until the following week after my grade has improved. It is my responsibility to turn in all assignments and make up missing work.
- Exhibit appropriate behavior in class, hallways, on school grounds, away games, and on the way home from practice. Failure to do so can result in possible removal from the team/activity.
- If I earn 3 or more detentions/disciplinary referrals of any kind, the athletic director or coach has the right to remove me from the team/activity.
- If I am suspended for, suspected of and/or reported having consumed or possessing any kind of drug, which includes alcohol; I am automatically removed from the team/activity.
- If I am suspended from school, I cannot practice nor play on those days. It is at the discretion of the athletic coordinator and administration when or if I shall return to the team/activity.
- If I have a detention, it is my responsibility to serve them on the given date and communicate with my Coach/Supervisor about the detention. I also understand I must serve all detentions instead of attending practices.
- If I have a detention on game day I am restricted from playing in that game.

- Follow all expectations of the school. (i.e. wearing IDs, dress code, etc.) If I am not following those expectations, I can be suspended from playing, at least but not limited to, 2 or more games/practices.
- I am to follow all guidelines stipulated in the Crete-Monee Middle School Athletic/Activity Handbook.
- If I have more than 2 late pick-ups after a game or practice, I will be removed from the team/activity.
- I must maintain less than 25 demerit points to remain active on any team/activity.

**I understand these expectations and will abide by them to remain an active member of the Crete-Monee Middle School Athletic/Activity Program.**

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Player's Signature

Date

Parent Name -----

Parent Signature -----

**Parents will be notified for any discipline issued to their athlete.**