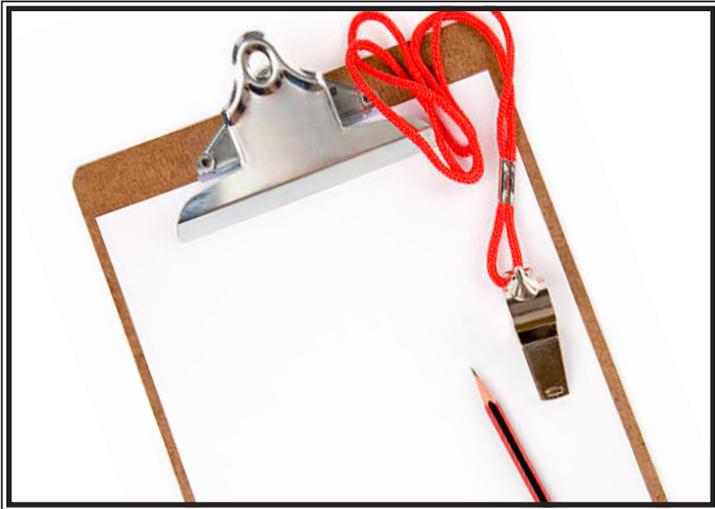


**2022-2023**

Athletic Guidelines  
for the Middle School  
Parent and Student



Champaign  
**4**  
UNIT  
SCHOOL  
DISTRICT

## Questions?

If you have questions, please feel free to contact the school office for more information.

### **Edison Middle School**

306 West Green Street

Champaign, IL 61821

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### **International Prep Academy**

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TBA

### **Jefferson Middle School**

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The Champaign middle school interscholastic teams abide by the interscholastic bylaws of the Illinois Elementary School Association.

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# Athletic Handbook for Middle School Athletes

## PART 1 INTRODUCTION

This brochure is designed for students and parents to help clarify the role of athletics in the Champaign community middle schools. This ready reference should assist anyone seeking information about how to become involved in middle school athletics and what rules apply to athletes in this school district. Further, it should serve as an additional instrument for coaching personnel to communicate with parents and students.

## PART 2 PHILOSOPHY OF ATHLETICS

Athletics in the Unit 4 middle schools are to provide a well-rounded program of varied athletic activities for sixth, seventh, and eighth grade students to freely participate and to grow physically, socially, and emotionally.

Students are given the opportunity to be members of a team until eligibility, behavior, ability, or violation of training policy limits or prohibits the students' participation. Athletics must always be available to the many, not just the few. Every attempt should be made to encourage as many students as possible to share in the benefits of athletic participation.

The welfare of students is always of extreme importance. The emphasis on athletic training shall reinforce the philosophy that the educational sports programs are an integral part of the educational program and are justifiable only to the extent that they, too, are desirable learning experiences. All athletic activities in the school district shall be coordinated with the general instructional program. The aims and objectives of middle school athletics will reflect the aims and objectives of the total school program.

## PART 3 GOVERNING BODY

The Board of Education, responsible to the people, is the governing agency for the Champaign Community School District.

The Board of Education is responsible for the following areas:

- **Interpreting** the needs of the community and requirements of the professional organization.
- **Developing** policies in accordance with state statutes and mandates in accordance with the educational needs and wishes of the people.
- **Approving** means by which professional staff may make these policies effective.
- **Evaluating** the interscholastic athletic program and staff in terms of their value to the community.

## **PART 4**

### **MESSAGE TO THE PARENT**

This handbook is sent to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which will assist students in personal adjustments and development. We take this opportunity to acquaint you with problems that could be detrimental to a well-organized program of athletics if parents are not informed.

We, who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well-organized sports program meets the students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline. This is the reason we place emphasis on good training habits. Failure to comply with the rules of training may lead to suspension or dismissal from the squad. Examples of improper conduct are listed on page 10. This concept of self-discipline is tempered by the coach's responsibility to recognize the rights of the individual within the objectives of the team. We do not want blind conformity as a means for achieving team responsibility and discipline. We are striving for excellence and do not want our athletes to settle for mediocrity.

## **PART 5**

### **MESSAGE TO THE STUDENT**

Being a member of an athletic team is the fulfillment of an early ambition for many students. A wholesome athletic tradition is not established overnight; it is the result of hard work by many people over many years. You inherited a wonderful tradition, a tradition you are challenged to maintain. A good athletic tradition is worthy of the best efforts of all concerned. Over the past years, Champaign Middle School teams have won regional/sectional, and/or state championships.

It will not be easy to represent your school in interscholastic athletics and to uphold a great athletic tradition; however, the contributions you make should be a satisfying accomplishment to you and your family. Some helpful hints to assist you in becoming a successful student-athlete follow:

- Develop your sport skill to the best of your ability.
- Achieve a thorough knowledge of your sport.
- Strive for further excellence in your sport by maintaining proper training and conditioning habits.
- Establish good nutritional habits.
- Conduct yourself in an appropriate manner in the classroom, on the field of play, and in the community.
- Adopt good study habits so that you maintain an acceptable scholarship standard.
- Respect and protect school equipment.

- Accept sports participation as an opportunity to foster a better understanding of other people's value systems.
- Accept sports participation as another opportunity to improve your educational opportunities.
- Consult your parents and coach before dropping out of sports participation.
- Consult your coach if it is necessary for you to be absent from practice or a contest.

## **Responsibilities**

### **To Yourself**

The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your middle school experiences. Your studies, your participation in other extracurricular activities, as well as in sports, prepare you for your life as an adult. Competition teaches a student to succeed and fail in an appropriate fashion.

### **To Your School**

Another responsibility you assume as a team member is to your school. Champaign cannot maintain its position as having outstanding schools unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, win or lose, you are contributing to the reputation of your school.

### **To Others**

As a team member, you also bear heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the idea. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability every day, and that you have played the game "all out," you keep your self-respect, and your family can be justly proud of you.

The younger students in the Champaign schools are watching you. They will emulate you in many ways. Do not do anything to let them down. Set good examples for them.

## **Conduct of an Athlete**

The conduct of an athlete is closely observed in many areas of life. It is important that his/her behavior be exemplary. In athletic competition an athlete must not use profanity or illegal tactics, and should learn that losing is part of the game and that one should be gracious in defeat and modest in victory. It is courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.

### **In the Classroom**

In the academic area, an athlete should become a good student. Academic achievement for athletes, as well as other students, must be the number one school priority.

- Athletes must plan their schedules so that they have sufficient time and energy for their studies.

- Athletes should have a good attendance record. Cutting classes or school may adversely affect participation in athletics.
- An individual athlete may inquire about his/her own grade from a teacher; however, questions pertaining to ineligibility or discipline records should be directed to an administrator.

**Outside of School**

Athletes represent their school and should exhibit appropriate behavior on and off campus.

**On the Bus**

Proper conduct as described in the student handbook is expected at all times.

**PART 6**

**ATHLETE ELIGIBILITY REQUIREMENTS**

**A. Athletic Offerings and Tryouts - Edison, Franklin, and Jefferson**

	Softball Girls Only	Cross Country Co-ed	Basketball Boys Team Girls Team	Baseball Co-ed	Volleyball Girls Only	Wrestling Co-ed Team	Track Co-ed
6th Grade	x	x	Try out for 7th grade team	x	Try out for 7th grade team	x	x
7th Grade	x	x	x Boys Team Girls Team	x	x	x	x
8th Grade	x	x	x Boys Team Girls Team	x	x	x	x

1. Sixth grade participation in sports: There is no limit on the number of sixth graders that may participate in cross country. Sixth graders may participate in softball and baseball within team maximums (see table below) and in wrestling based on tryouts. In girls and boys basketball and girls volleyball, the ratio of players is two seventh graders for every one sixth grader.
2. Sports where team size is limited are:

	Basketball (boys or girls)	Softball and Baseball		Volleyball	Track
Team Maximum	15 per grade level team	Junior Varsity	Combined Junior Varsity/ Varsity - 24	15	75
		Varsity - 18			

3. No sixth graders may participate on eighth grade teams.
4. For girls basketball, boys basketball, and volleyball, up to three seventh graders can participate at the eighth-grade level.

## B. Athletic Offerings and Tryouts - IPA

	1. Softball Girls Only  Co-op with Edison	2. Cross Country Co-ed  IPA Team	3. Boys Basketball  IPA Team	4. Girls Basketball  IPA Team	5. Baseball Co-ed  Co-op with Edison	6. Volleyball Girls Only  Co-op with Edison	7. Wrestling Co-ed  District Team	8. Track Co-ed  Co-op with Edison
5th Grade		x						
6th Grade	x	x	x	x	x	x	x	x
7th Grade	x	x	x	x	x	x	x	x
8th Grade	x	x	x	x	x	x	x	x

1. Softball will consist of a co-op, combined team with Edison.
2. Cross Country will consist of one team with students in grades 5-8.
3. Boys Basketball will consist of 6th, 7th, and 8th grade students that play on the 8th grade team.
4. Girls Basketball will consist of 6th, 7th, and 8th grade students that play on the 8th grade team.
5. Baseball will consist of a co-op, combined team with Edison.
6. Volleyball will consist of a co-op, combined team with Edison.
7. Wrestling is a combined middle school team with Edison, Franklin, Jefferson, and IPA.
8. Track will consist of a co-op, combined team with Edison.

## C. Tryout Rubric

1. Coaches may include attendance and disciplinary criteria when selecting their teams, not to exceed 10% of the rubric.
2. Final scoring of rubrics shall be done by the head coach and at least one other unbiased adult with knowledge of the sport who has no vested interest in the make-up of the final team.

## D. Academic/Attendance Eligibility

1. Teachers are required to verify academic eligibility by 4:00 p.m. every Tuesday and shall be checked each Thursday to determine eligibility.
2. Academic eligibility will be checked for all classes: Math, ELA 1/Reading, ELA 2/Writing, Science, Social Studies, Flex, Encore, PE, Band, Strings, and AVID, beginning with the first day of school.
3. The student will be notified no later than the Friday prior to the week the ineligibility occurs. Parents will be notified by the respective athletic director via mailed letter, email, or phone call if their child is ineligible. The coach will follow up with the athlete if he/she is receiving one or more failing (F) grades.

4. It is recommended that athletes complete assignments on time. Make-up work due to absence and late work will be accepted by teachers in accordance with the District grading policy. Such assignments should be turned in by 4:00 p.m. on Fridays to allow teachers time to score and enter these assignments into the system prior to the 4:00 p.m. Tuesday deadline. Academic eligibility will then be checked the following Thursday to determine eligibility for the following week. For students with missing assignments, the priority should be on completing academic studies rather than athletic participation.
5. In compliance with the Illinois Elementary State Association (IESA) rules, students who become academically ineligible are unable to participate in or dress for interscholastic games or meets during the following week (Monday-Saturday).
6. Once eligibility is submitted, it will take effect the upcoming week (Monday-Saturday). Athletes may become eligible for the following week when the next eligibility check is completed.
7. At the direction of the coach, the athlete may practice with the team during ineligibility period or be required to study. At the direction of the coach, the athlete may travel with the team to any contest and sit on the bench, but is not allowed to dress in uniform or participate.
8. In compliance with Unit 4 rules, students who are ineligible for any three weeks during the season will be dropped from the team upon the third ineligibility. Any roster openings that occur due to a player's ineligibility will not be filled for the remainder of the season.
9. An athlete must be in attendance for a minimum of one-half of the school day (3.5 hours) in order to participate in after-school practices or competitions.
10. Any student who transfers between schools will be eligible to participate on an IESA team upon the eleventh day of attendance provided all eligibility requirements have been met and they were part of that school's tryout. Any student who transfers after tryouts will not be allowed to participate.

## E. Athletic Probation

Athletic Probation includes the exclusion of a student athlete from his or her team competitions, and may include exclusion from practice. A student will be placed on Athletic Probation for the following week (Monday-Saturday) for any of the following occurrences:

- Sixth – Eighth Grades
  - A failing (F) grade in any subject
  - Three or more unexcused tardies second through ninth hour
  - One or more DR's

First and second offenses: Exclusion from competitions (*may include practice*) for the following week (Monday-Saturday).

Third offense: Will result in dismissal from the team.

## **F. Behavioral Eligibility**

In addition to athletic probation, students will be held to the following standards:

1. It should be noted that any act of gross disobedience or misconduct that results in an out-of-school suspension or an in-school suspension at ACTIONS is an Athletic Code of Conduct offense and will lead to:
  - a. First offense: Practice may be permitted. Suspension from athletic competition for a week.
  - b. Second offense: Practice may be permitted. Student is suspended for 20% of games/contests in the current sports season in the current year.
  - c. Third offense: Practice may be permitted. Student is suspended for 50% of games/contests in the current sports season in the current year.
  - d. Fourth offense: Student is not eligible to participate in sports for the remainder of the school year.

## **G. Participation in Multiple Sports Teams**

1. A student becomes a member of the school team when the player's name is included on a valid IESA certification list and no players will be added to any initial roster. Exceptions to this rule must be approved by the District athletic director.
2. Participation in one interscholastic contest in a sport constitutes one season of eligibility in that sport.
3. While members of a school team, students may participate (practice and/or play) on a non-school team in the same sport. Coaches and school athletic directors will set practice and play expectations prior to the season.
4. District coaches may not organize District teams to participate in summer games, leagues, or tournaments.

## **H. Alternative School/Homeschooled Students**

1. Students who are placed in an alternative educational setting (READY, Circle, Pavilion) for reasons other than disciplinary ones and who meet academic and behavioral criteria, are eligible to try out and play on an athletic team at their home school.
2. Students who do not meet the academic and behavioral criteria at the alternative educational setting may not try out or participate at any district school for the remainder of the school year.
3. Students who try out, make the team at their home school, and are then placed in an alternative educational setting for disciplinary reasons may not play on their home school team.
4. Students who meet criteria at an alternative educational setting and are allowed to return at mid-year to their home school may participate on an athletic team at that school for the remainder of the year, provided tryouts have not already been held.
5. Homeschooled students may not participate on middle school athletic teams.

## **PART 7 REQUIRED ATHLETIC PAPERWORK**

No student shall be permitted to compete in a tryout, practice, or game unless he/she has filed with his/her school's office manager, athletic director, or assigned personnel the following TWO items:

1. Current sports physical form completed by a licensed physician. (Sports physicals are valid for 395 days from the date signed.)
2. Completed Champaign Community School District #4 Middle School Athletic Participation/Waiver form.

No student shall be allowed to participate following a disabling illness or injury (concussion, etc.) without a physician's release.

## **PART 8 AMATEURISM**

After entering a member school, students shall not accept any cash, merchandise, remuneration, compensation, or award for their participation in an athletic contest in any of the following sports: baseball, basketball, cross country, volleyball, wrestling, and any additional sports in which a student's school provides interscholastic competition. Violation shall cause ineligibility.

### **Interscholastic Competition**

In the event students participate in interscholastic competition under any other name than their own, the principal shall immediately suspend violators from further interscholastic participation.

### **Coaching School**

In alignment with IESA bylaws, students may participate in any "coaching school" for any interscholastic sport. (A coaching school is defined as any program sponsored by an organization or individual who provides instruction in sports theory and skills to groups of people.)

### **All-Star Competition**

Students may participate in any all-star competition, either as a member of a team or as an individual athlete.

## **PART 9 MISCELLANEOUS**

### **Transportation**

For the safety of your athlete, please make sure his/her transportation home takes place within the 15-minute time frame. Athletes remaining on school grounds beyond 15 minutes are subject to dismissal from the team. Your attention to this matter is greatly appreciated.

Transportation to away contests will be provided by the school district; however, if approved by the head coach in advance, a team member may be released to the custody of his/her parent/guardian at the conclusion of the away contest. Requests to leave a contest with a parent/guardian must be submitted in writing to the head coach prior to the event. An athlete may not be released to anyone other than the athlete's parent/guardian.

Unit 4 transportation is provided only for coaches, players, and managers during the current sports season.

### **More about Competitions**

Students participating in interscholastic contests in violation of the bylaws, or other persons found to be in gross violation of the ethics of competition or the principles of good sportsmanship, may be barred by the Unit 4 Schools from interscholastic athletic contests.

### **Middle School Rules**

Each sport in the three Unit 4 middle schools has a starting and ending date. The sport season rules are the same for each school.

### **Banners**

Picture banners and/or individual team banners will be displayed for State champions only.

### **Sports Season**

No school can organize its team, begin practice, or participate in contests in a given sport until the authorized IESA starting date. Your school cannot continue to practice or participate in contests after the authorized ending date.

Any violation of the sport season bylaws shall result in a penalty to you and your school.

**Note:** A complete set of IESA bylaws can be reviewed at your son's/daughter's school or online at [www.iesa.org](http://www.iesa.org).

## **PART 10 SPORTSMANSHIP**

It is our expectation that all fans will conduct themselves at all times, with a level of sportsmanship and respect that expresses positive support for the school's team. Booing, swearing, or negative comments directed to the opposing team or officials will result in an invitation to leave the facility for the evening. Champaign Unit 4 School Board Policy 8:30 states, "No person on school property or at a school event (including visitors, students and employees) shall perform any of the following acts...Behave in an unsportsmanlike manner, or use vulgar or obscene language....Any person who engages in conduct prohibited by this policy may be ejected from school property. The person is also subject to being denied admission to school events or meetings for up to one calendar year" pending a hearing before the Board.

## **PART 11 PENALTIES AND APPEALS**

It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and to the orderly conduct of the sports program. The welfare of the student and appropriate administration of a complex program of interscholastic athletics is of primary importance.

Examples of improper conduct

- Failure to comply with eligibility requirements.
- Substance abuse violations.

- Violation of Student Code of Conduct or athletic guidelines for that sport.
- Game misconduct.
- Absenteeism from scheduled practices.
- Abuses of school equipment and property.
- Bus misconduct.

### **Penalty Enforcement**

The head coach has the authority to suspend or dismiss a student from the squad for a portion of/or the balance of the season in which the violation has occurred. The Board policy/procedures will cover all penalties for alcohol/drug infractions.

The athletic director may recommend that a student be suspended from athletics for a period of time not to exceed the school year.

### **Appeal Procedure**

A student may appeal a decision to the following offices in the order listed below:

1. Head coach
2. Campus athletic director
3. Assistant principal/principal
4. District athletic director

## **PART 12**

### **ATHLETIC INJURY PROCEDURES AND INFORMATION**

In the event of any injury during practice or competition in athletics, the care-of-injury procedures listed below are recommended for all coaches.

**For referral purposes, please make sure your son/daughter is aware of the type of health care your family carries or who your family physician is.**

It is our hope that an injury to an athlete will never occur. We will minimize injury with safe equipment, good facilities, and informed coaches. If an injury does occur, we will do everything that we can to ensure that your son/daughter has proper care and treatment.

The coach will:

1. Determine the severity of the injury (be familiar with the "First Aid Procedures for Accidents and Illness" for first aid treatment, Illinois Department of Public Health publication).
2. Call an ambulance if necessary.
3. Notify the parents of the injury by telephone (parent telephone numbers should be readily available on injury or equipment card).
4. Determine the hospital to which the injured athlete is to be taken.
5. Contact the home or hospital after the contest or practice to check on the condition of the injured athlete.
6. Fill out an accident report form in main office of the school as soon as possible.
7. Assist, as necessary, with the implementation of any rehabilitation

- program prescribed by the attending physician.
8. Require, when necessary, a medical clearance before practice and/or competition is resumed.

<b>Important Telephone Numbers</b>			
<b>Ambulance Services</b>		<b>Medical Facilities</b>	
337-3911	Carle Arrow Ambulance	383-3311	Carle Clinic
337-2911	Pro Ambulance Service	383-3319	Carle Emergency Room
		366-1200	Christie Clinic
		337-2131	OSF Heart of Mary Emergency Room

## PART 13

### AWARDS, SCHOOL EQUIPMENT, SAFETY

#### Certification Awards

It is middle school practice not to award individual trophies and/or letters. Certificates of participation may be presented.

#### School Equipment/Uniforms

- Only students who are currently eligible to participate in an activity shall appear at the contest in the uniform of their school.
- Uniforms and other equipment issued to an athlete must be returned to the coach on the designated return date. Athletes will be charged for any unreturned/lost uniforms and/or equipment. Athletes who fail to return such items or make recompense for them will not be permitted to try out for any other sports.
- Uniforms and equipment are to be used for the sole purpose of athletic participation within the confines school practices and contests.

#### School Safety

The District coaches will explain safety measures to every athlete before he/she participates in any sport.