

ATHLETIC HANDBOOK

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ATHLETIC PHILOSOPHY

The mission of the AJHS athletic program is to provide maximum opportunities for participation in a variety of athletic activities. Our interscholastic athletic program has the following objectives: development of sportsmanship and citizenship, development and maintenance of individual fitness, perfection of skills, enjoyment of competitive play, and contribution to school and community spirit and morals.

Aptakisic Junior High School will strive to employ coaches who are knowledgeable in their field. Coaches are expected to teach individual and group skills, create enthusiasm, encourage leadership, and promote high ideals. Coaches will strive to field competitive teams. However, coaches know that they are training young athletes, and they will be patient with mistakes while they work to improve the level of performance of their athletes. Coaches will attempt to allow all participants a reasonable amount of competitive time (e.g. one quarter per basketball game or one game per match in volleyball) in order to fulfill this mission.

PHYSICAL EXAMINATION

No student shall be permitted to compete in a tryout, practice, or game until they have turned in the completed Athletic Permit Form, and they have filed with the nurse a certificate of physical fitness issued by a licensed physician not more than one year preceding such tryout, practice, or contest in any athletic activity. The Illinois Elementary School Association has established this rule.

ATHLETIC FEES

Students who participate in the following activities will be charged fees in accordance with the schedule listed below. Students who try out for an activity, but are not selected, will not be charged a fee. Students who fail to pay the fee will not be allowed to participate in athletic contests until the fee is paid. Students who qualify for free/reduced lunches may request a waiver of the fee. Monies collected will be used for the maintenance and replacement of uniforms and equipment. *

Basketball	\$30	Cheerleading	\$30
Cross Country	\$30	Poms	\$30
Track & Field	\$30	Volleyball	\$30
Wrestling	\$30	Soccer	\$30
Scholastic Bowl	\$30		

*In many of these activities, the students may need to purchase items like athletic shoes, socks, and protective equipment. Purchase of these types of items is the responsibility of the student. Purchasing clothing items (i.e. sweatshirts) are optional and may be an additional fee.

ACADEMIC EXPECTATIONS

Please keep in mind that the primary purpose of Aptakisic Junior High School is to promote academic achievement. If you are engaged in an extra-curricular activity, which makes significant demands on your time, you must perform satisfactorily in the classroom to continue participation in that activity. Eligibility will begin the fifth (5th) Friday of the school year for the first quarter grades. Eligibility in subsequent quarters, for the first two (2) weeks, will be determined by the prior quarter grade, or the current grade, whichever is higher. After two (2) weeks into a new quarter, with the exception of the first quarter, current grades will be the basis for determining eligibility. Students who are deemed to have at least minimum passing grades, in all subjects, with consideration given to the guidelines of this policy, will be considered eligible. If a student has been absent and has not had an opportunity to complete homework or tests, the student's grade will be averaged without that component. Students will not be penalized for incomplete homework or tests when an absence is excused **AND IS WITHIN THE "Absent + ONE" TIMEFRAME**. Athletes/participants must arrange study habits to achieve maximum results in their classes. Participation in co-curricular activities requires a strong commitment and students will be expected to complete assignments on time.

Regular attendance in all classes and an attentive attitude are necessities for athletes. Participation in athletics requires a strong commitment and students will be expected to complete assignments on time.

TRY-OUTS

Students must try-out for basketball, volleyball, cheerleading, pom poms, and soccer. Cross-country, track and field, and wrestling have a no-cut policy. Sixth grade students may participate in cross-country, wrestling, and track and field. Criteria are established before try-outs by the coaches and are communicated to the students before try-outs occur. The criteria for assessing the students includes, but are not limited to, athleticism, skills, attitudes, behavior, attendance, and academic progress. Students are assigned a number before try-outs to identify the students. When try-outs are concluded, the coaches/judges discuss the strengths and weaknesses of each student. After careful analysis, a team is selected. Following selection, the student's assigned numbers are posted at the end of the day. In basketball and volleyball, two teams are selected at each grade level. It is the goal of the Patriot Middle School Conference to have balanced teams. There is **no** designated "A" or "B" team. Often, students who do not make the team as a member can be involved with the team as a manager, scorekeeper, or statistician. Students who do not make the team are encouraged to continue to develop their skills and try-out again in the future. Students are also encouraged to meet with the coaches to identify their weaknesses so they understand which areas to work on for improvement.

ATTENDANCE

Athletes will be expected to exhibit exemplary behavior in regard to attendance. The athlete **must** attend 1/2 day (5 periods) on the day of a contest to be eligible to participate, unless authorized by an administrator. Athletes **MUST** participate in their Physical Education (P.E.) class to be eligible to participate in a contest or practice on a given day, unless the absence was excused. Every athlete is expected to attend each practice or contest unless excused by the coach in advance or if the absence is due to an illness or emergency. An unexcused absence from a practice or contest may result in a suspension or loss of participation from the next contest. A repeat of this offense may result in another suspension or possible dismissal from the team.

TRANSPORTATION

Late buses are provided by the district to transport students home from after-school practices. All athletes will travel to athletic contests by school-sponsored transportation unless other arrangements have been announced. Athletes should be picked up promptly by their parents upon arrival at AJHS after contests. Athletes may return from athletic events with their parents. **THIS REQUIRES WRITTEN NOTIFICATION DELIVERED TO THE COACH BEFORE THE EVENT.** Parents may not give rides to other students without written notification from the parents of those students. In addition, parents will need to sign the "Parent Sign-Out" sheet, which the coach will have. Extenuating circumstances will be handled by the administration. Penalties for violation of this policy will be determined by the administration.

INJURY

Injuries should not be neglected under any circumstances, regardless of how minor. Proper reporting of injuries to the coach is necessary for proper care. In addition, the student is obligated to report all injuries to the school nurse as soon as possible. No student will be allowed to participate in a practice or contest following a disabling injury or illness without a physician's release.

LOCKER ROOMS

All students/athletes should **securely lock** all personal items in a gym or hallway locker. Never leave personal or valuable belongings unattended during practices or competitions. The school cannot assume responsibility for items that are not locked or unattended. Please report any missing, lost, or stolen items to your coach immediately.

BEHAVIORAL EXPECTATIONS

The athletic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations. In order to have the best possible athletic program, it is essential that athletes demonstrate an attitude of respect for discipline and a willingness to observe all school rules described in the District Policy Manual, Student Handbook, Universal Values of Integrity, and the Athletic Handbook.

It is expected of members of the athletic teams that they be good citizens in school and in the community. A team member is constantly in the public eye and in a position of influence. Students, young children, community members, and school personnel will observe the athletes, will look to them for leadership, and will expect them to set standards for others to follow. Self-discipline is essential in developing this high degree of social maturity.

Participation in athletics is a privilege, not a right, that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves. An athlete will be considered in violation of his or her participation obligations whether or not illegal or prohibited conduct occurs on, off school property, in, or out of the school day. This rule applies 24 hours a day, 7 days a week, 365 days a year relative to the athletic code.

In addition to the consequences for violating district policies or rules in the Student Handbook, the following consequences will apply to athletes.

- A detention will result in a one practice suspension or contest suspension pending the date of the consequence
- An In-School Suspension will result in a one-contest suspension.
- An Out-of-School Suspension will result in a three-contest suspension.
- Use, possession, sale, or distribution of tobacco products, alcoholic beverages, or drugs (including performance enhancing) may result in suspension or dismissal from the team for a length of time to be determined by the administration.
- Violation of gang activity or weapons policies may result in suspension or dismissal from the team for a length of time to be determined by the administration.
- Falsification of a signature on the parent permission form or repeated acts of poor sportsmanship will result in disciplinary action. Penalties will be imposed by the administration.

All students who are trying out, as well as students selected for an activity, are subject to the guidelines of this handbook.

Each coach/sponsor has the prerogative of establishing additional rules pertaining to his/her activity. These rules may include attendance at practices, detentions, curfew, dress, and general conduct of participants during practices, contests, and trips.

By no means does this handbook address or foresee all types of disciplinary problems that may arise during the school year. Therefore, in those offenses in which an athlete may get involved and are not specifically addressed in this handbook, decisions will be rendered by the administration. Athletes accused of a violation will be informed of the charges and given the opportunity to explain or respond.

SPORTSMANSHIP

Good sportsmanship is considered one of the important rewards of healthy competition. Athletes at Aptakisic Junior High School will:

- Treat competitors, teammates, coaches, officials, and fans with courtesy and respect.
- Continually strive to improve and excel both in the classroom and in the activities.
- Represent their team, their school, and their conference in a positive and responsible manner.
- Model and exhibit the principles of good sportsmanship in all contests and practices.

Guidelines for acceptable sportsmanship:

- Applause during the introduction of players, coaches and officials.
- Accept all decisions of officials.
- Lead cheers in a positive manner.
- Deliver handshakes between participants and coaches at the end of every contest, regardless of outcome.
- Treating competition as a game, not a war.
- Seek out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of the contest for performance of all participants.
- Show concern for an injured player, regardless of team membership.
- Encourage other fans to display only sportsmanlike conduct.
- Treat opponents the way you would like to be treated, as a guest or friend.

Examples of unacceptable behavior:

- Yelling, stomping feet, or waving arms during an opponent's free throw attempt, serve, etc.
- Disrespectful or derogatory yells, chants, songs, or gestures.
- Booming or heckling an official's decision.

- Criticizing officials in any way.
- Taunting or verbally abusing an official, coach, or opponent.
- Refusing to shake hands or give recognition for good performances.
- Laughing or name-calling to distract an opponent.
- Using profanity.
- Throwing debris onto the playing field/court.

JEWELRY

Due to rules in certain sports, as well as safety reasons, athletes may not wear jewelry during practices or contests. This would include, but not be limited to earrings, necklaces, watches, bracelets, and rings.

ELIGIBILITY SUMMARY

In general, a student is eligible if the following requirements are met.

- Seventh grade students are eligible for seventh grade activities through age fourteen.
- For all other activities, a student is eligible through age fifteen.
- A completed Athletic Permit Form is on file.
- A licensed physician's certificate of physical fitness to participate issued within a year preceding your current participation is filed with the school.
- A signed student/parent signature sheet turned in to the coach.
- Passing work is being done in all classes.
- All required fees have been paid or waived.
- The student is not suspended for disciplinary reasons.
- All practices and contests are attended, unless excused.

INTERSCHOLASTIC ATHLETICS

Cross Country

- Co-ed
- Open to 6th, 7th, and 8th grade students
- No try-outs required (non-cut)
- Practices or meets 4 times per week
- Season runs from late August to mid-October

Basketball – Girl's

- Open to 7th and 8th grade students
- Two teams per grade level (balanced)
- Try-outs required
- Practices or games 4 times per week
- Season runs from early September through October

Cheerleading

- Open to all 7th and 8th grade students
- One team per grade level
- Try-outs required
- Practices or games 4 times per week
- Season runs from September through mid-February

Basketball – Boy's

- Open to 7th and 8th grade students
- Two teams per grade level (balanced)
- Try-outs required
- Practices or games 4 times per week
- Season runs from mid-October to mid-January

Wrestling

- Open to all 5th, 6th, 7th, and 8th grade students
- One team
- No try-outs required (non-cut)
- Practices or meets 4 times per week
- Season runs from early December to mid-March

Volleyball – Girl's

- Open to 7th and 8th grade students
- Two teams per grade level (balanced)
- Try-outs required
- Practices or games 4 times per week
- Season runs from mid-January to mid-March

Pom Pons

- Open to all 7th and 8th grade students
- One team per grade level, 15-20 members per team
- Try-outs required
- Practices or games 4 times per week
- Season runs from mid-March to mid-May

Track and Field

- Co-ed
- Open to all 6th, 7th, and 8th grade students
- No try-outs required (non-cut)
- Practices or meets 4 times per week (weather permitting)
- Season runs from early April to mid-May

Volleyball – Boy's

- Open to 7th and 8th grade students
- Two teams per grade level (balanced)
- Try-outs required
- Practices and games 4 times per week
- Season runs from late March to mid-May

Soccer

- Co-ed
- Open to 7th and 8th grade students
- Two teams (both Co-Ed)
- Try-outs required
- Practices and games 4 times per week
- Season runs from early September to end of October

PATRIOT MIDDLE SCHOOL CONFERENCE

The following schools have are members of the Patriot Middle School Conference for athletic and academic competition:

Aptakisic Junior High School

1231 Weiland Road, Buffalo Grove
847-353-5500

Daniel Wright Middle School

1370 Riverwoods Road, Lincolnshire
847-295-1560

Directions – East on Rt. 22, turn North on Riverwoods Road

Fremont Middle School

28855 Fremont Center Road, Mundelein
847-566-9384

Directions – 83 to Gilmer left on Gilmer right on Fremont center road

Twin Groves Middle School

2600 N. Buffalo Grove Road, Buffalo Grove
847-821-8946

Directions – North on Buffalo Grove Road. Located on the Southwest corner of Buffalo Grove Road and Route 22.

West Oak Middle School

500 Acorn Lane, Mundelein
847-566-9220

Directions – Route 83 North, turn left onto Maple Avenue, turn right onto Acorn Lane

Woodlawn Middle School

6500 Gilmer Road, Long Grove
847-353-8500

Directions – Route 83 North or South to Gilmer Rd.

AJHS ATHLETIC HANDBOOK

Student Agreement

NAME OF STUDENT (PLEASE PRINT): _____

We have read the Aptakistic Junior High School Athletic Handbook and agree to abide by the rules and guidelines set forth.

STUDENT
SIGNATURE: _____ Date: _____

PARENT/GUARDIAN
SIGNATURE: _____ Date: _____

PLEASE RETURN THIS FORM AND THE ATHLETIC FEE TO YOUR COACH.

THANK YOU!