

2014-2015 PRE-SEASON EXTRA-CURRICULAR MEETING

- Physical Exam
 - Required to begin practice and must have been within the last calendar year
 - **Turn into High School Office**

- Student Activities Code Acknowledgment form *
 - **Turn into High School Office**

- Insurance Waiver
 - **Turn into High School Office**

- IHSA Steroid Testing Policy
 - Consent to Random Testing
 - **Turn into High School Office**

- Midwest Orthopaedic Center
 - Student-Athlete Pre-Participation Form
 - **Turn into High School Office**

- Chain of Command – Coach – Athletic Director – Principal

- Extra Curricular Eligibility

- Attendance Requirements

- Academic Eligibility

- Athletic Code

- Extracurricular Drug and Alcohol Prevention Program

- Transportation to Contests
 - Bus to Contests
 - Sign-out Procedures

* *If you attend DMS or DVMS, please fill out the form and return it to the appropriate school.*

Dunlap High School



GREG CRIDER, DISTRICT ATHLETIC DIRECTOR
LINDSAY WINEINGER, ASSISTANT TO DISTRICT ATHLETIC DIRECTOR

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Follow us on Twitter @DunlapAthletics

School Year 2014-2015

Dear Dunlap Athlete and Parents,

The Illinois High School Association has instituted a random testing program for steroids and performance enhancing dietary supplements for teams and individuals qualifying for state finals competition beginning with the 2008-2009 school term. The IHSA will test certain randomly selected individuals and teams that participate in state series competition. The results of all tests shall be considered confidential and shall only be disclosed to the student, his/her parents and his/her school.

Because of the random nature of the test, we may have several students or teams that are tested or we may have none. The school will be given a 24 hour notice if an individual or a team has been selected to be tested.

The purpose of this letter is twofold. First, to inform the student and the parent that there is a possibility of being tested and secondly to obtain consent from the attached form. Please note that the student and parent must consent if the student would like to participate in the IHSA state series for their sport.

Please have your athlete return the signed form to the high school office to Lindsay Wineinger, Athletic Secretary or Greg Crider, Athletic Director. Please direct all questions to Greg Crider at (309) 243-7751 or via email at gcrider@dunlapcusd.net.

Sincerely,

A handwritten signature in black ink, appearing to read "Greg T. Crider".

Greg Crider
Athletic Director
Dunlap High School
5220 W. Legion Hall Road
Dunlap, IL 61525

EXTRA-CURRICULAR ACTIVITIES

A number of organizations in your high school offer you an opportunity to take an active part in extra-curricular activities. **DO NOT JOIN TOO MANY.** It is better to participate actively in a few rather than spread your interests in too many areas. You must remember that your first obligation is to your academic work.

The following is a sample of some of our clubs, organizations, and extra-curricular activities:

ART CLUB	BEST BUDDIES	CHEERLEADING
DANCE TEAM	EAGLE - School Yearbook	F.B.L.A.
F.C.C.L.A.	F.F.A.	FINE ARTS CLUB
KEY CLUB	MARCHING BAND/FLAGS	MULTI-CULTURAL
NATIONAL HONOR SOCIETY	OUTDOOR CLUB	ROBOTICS CLUB
SCHOLASTIC BOWL	SCHOOL PLAYS	SHOW CHOIR
SNOWBALL	SPEECH TEAM	STUDENT COUNCIL

BOYS SPORTS

FALL – Football, Golf, Cross Country, Soccer

WINTER – Basketball, Swimming

SPRING – Baseball, Tennis, Track, Fishing

GIRLS SPORTS

FALL – Golf, Swimming, Cross Country, Volleyball, Tennis

WINTER – Basketball

SPRING – Track, Soccer, Softball, Fishing

EXTRA-CURRICULAR ELIGIBILITY

Participation and attendance at school sponsored activities is encouraged. There are basic attendance and academic standards students must meet in order to participate in or attend these activities. These standards are the minimum requirements of the Illinois High School Association for all I.H.S.A. sanctioned activities. In order for a student to compete in any high school athletic contest, his/her name must appear on an eligibility list. This list is compiled by the Athletic Director and Principal and only students who are eligible under I.H.S.A. rules and regulations are listed. In an effort to be fair to all students and to increase pride and responsibility in all who participate in school events, we have set the following as minimum standards for all students who wish to participate in any public activity.

ATTENDANCE

It is preferred that the student be in attendance for the full day. If the reason for absence is because of *illness*, the student must be in attendance for at least four consecutive clock hours during the school day. If not present, the student may not participate in an event or practice that day. If a student is absent all day because of illness, he/she may not attend any school activity that evening. Exceptions to this rule are emergencies or planned absence through the office. Permission will be granted for special reasons such as funerals, doctor or dental appointments, college visitations, etc.

ACADEMIC

Grades will be checked at the end of each week during the fall, winter, and spring sports seasons. This grade check will determine the eligibility for the following week (Monday through Sunday). A student must be passing four (4) solid subjects (20 credit hours) to be eligible. Band, Chorus, Driver Education, and Physical Education do not count as solid subjects. If a student does not pass four solid subjects per semester, he/she will be ineligible for the following semester.

DUNLAP HIGH SCHOOL ACTIVITIES CODE

In order for a student to realize their full potential he/she must commit to a lifestyle which promotes physical and mental fitness. Therefore, the following activities code has been established to guide students who represent Dunlap High School in extra-curricular activities, clubs, and organizations.

Once a student begins participation in any extra-curricular activity he/she is subject to the Activities Code for the remainder of their years at Dunlap High School. This code is in force through all 12 months of the year. An activities participant shall be disciplined if he/she commits any of the following violations regardless of the time of year or whether they are on or off school ground:

1. Use of, possession of, or distribution of alcohol, marijuana, or any illicit drug, or abuse of prescription drugs.
2. Use of, or possession of, any tobacco product.
3. Theft or vandalism of any school or personal property.
4. Acts of inappropriate conduct in which the student is involved such as attending or participating in a fight, cheating, physical or verbal abuse of students, school personnel, contest officials, contests, coaches or sponsors.
5. Any activity that may detract from the image and standards of Dunlap High School may result in a penalty. Example: involvement in a criminal or immoral activity as determined by police or certified school personnel.
6. Being in the presence of the illegal use of drugs or alcohol.

An activity code violation to the above six areas will be substantiated by reports from District staff, reports from law enforcement officials, or as a result of self-admission. If a violation appears to have occurred from the information received, the student will be questioned by the Principal or

Assistant Principal. A meeting may also be scheduled with the student, his/her parents or guardians, and Principal and/or Assistant Principal. In either instance, the information received will be revealed and the student will be asked to make a statement as to the accuracy of this information. If an activities code violation has been committed in the opinion of the Administration, an activities code violation meeting will then be scheduled.

Parents or guardians are asked to assume the responsibility of insisting that their child be honest and accept the consequences for their actions if they have been improper. Parental support is vital in seeing that their child accepts responsibility regardless of how other students have acted or been disciplined in the past.

ACTIVITIES CODE VIOLATION MEETING

When a violation has been determined by the Administration to have occurred, there will be a meeting of the Activities board, which is comprised of the Principal, Assistant Principal, Athletic Director, and Coach(s) or Sponsor(s). The facts will be presented by the Administration and after discussion with all individuals present, a decision with all individuals present; a decision will be made as related to any disciplinary action that might be appropriate.

- A MANDATORY PARENT MEETING MUST BE ATTENDED BY A PARENT AND ATHLETE PRIOR TO THE BEGINNING OF THE FIRST SPORTS SEASON. STUDENTS WILL NOT BE ALLOWED TO PRACTICE OR TRY OUT FOR A TEAM, UNLESS THE MEETING HAS BEEN ATTENDED BY THE PARENT AND STUDENT. MEETINGS WILL BE HELD BEFORE THE START OF THE FALL, WINTER, AND SPRING SEASONS. BOTH A PARENT AND THE STUDENT ARE REQUIRED TO ATTEND ONLY ONE MEETING EACH YEAR.
- Any violation of the stated policy will result in one of the following:
 1. If a student violates the activity code during a season in which he/she is participating, they will be suspended from the activity for one-third (1/3) of the season. He/she will not receive an award and will not be allowed to attend the awards ceremony. NOTE: A season is defined as the first official practice day through awards night for that season.
 2. If a violation occurs in season and at least one-third (1/3) of the regular scheduled events remain, the student will be suspended for one-third (1/3) of the activities/games scheduled.
 3. If a violation occurs in season with less than one-third (1/3) of the regular season events remaining, the student will be suspended from all remaining regular and post season events. This suspension will then be carried over to the next activity in which he/she participates until the penalty has been satisfied. If a violation occurs out of the season, the student will be suspended from competition for one-third (1/3) of the regular season events of the next activity in which he/she participates.

4. If a student violates the activity code while out of season and it is a first offense, suspension from the next activity for one-third (1/3) of the regular contests (actual games played) will occur. The student will begin practice and continue to practice through the suspension. He/she will not be allowed to dress or participate in contests but would be required to be on the sidelines dressed in appropriate street clothes.
5. If a student has a second violation of the activities code within on calendar year of the first, the student will be suspended from all activities for one calendar year from the date of the second infraction.

NOTE: Students currently under activities code penalty will be held to conditions of that penalty.

RIGHT OF APPEAL

A student who feels that the Activities Board made an incorrect decision has the right to appeal the decision to the Superintendent of Schools.

RULES FOR THE GAME

1. As a representative of Dunlap High School, you should dress appropriately for all athletic activities.
2. Hustle and exert your best effort at all times.
3. No bickering with opposing players, spectators, officials or coaches.
4. No profanity.
5. No arguing with officials
6. When leaving the field or floor as a result of substitution, hustle to the bench.
7. When not in the game, all players on the bench must give their attention and loyalty to those players in the game.
8. Do not be a braggart in victory. Accept defeat humbly and without excuse.
9. When we play away from home, you must go and return with the team unless other arrangements are made with your coach in advance.

Extracurricular Drug and Alcohol Prevention Program

The Dunlap High School Drug and Alcohol Prevention Program is maintained in order to foster the health, safety, and welfare of all its students. In addition, Dunlap High School may offer educational programs to students and families which may include student and parent assemblies, and clubs such as Snowflake and Snowball whose mission is to address substance abuse and promote healthy lifestyles. Dunlap High School counselors also serve as a resource to students and families through the suggestion of agencies that address substance abuse.

Testing Procedures

1. Monthly, throughout the school year, the Building Principal or designee will randomly test six to ten extracurricular participants including club membership and parking permit holders for drug and alcohol testing. The random selection will be conducted by the testing agent.
2. All students will be offered a component of the program referred to as "Safe Harbor." A student is eligible for Safe Harbor when he/she refers himself/herself for voluntary evaluation and treatment for alcohol or drug problems. Students are eligible for the Safe Harbor component once throughout their high school career. A student is not eligible for Safe Harbor after he/she has been informed of an impending drug/alcohol test or after having received a positive finding on a Dunlap drug/alcohol test or are in the school discipline process for drug/alcohol violations. A student may remain in Safe Harbor for 6 weeks. The student must be administered a drug/alcohol test at the end of the Safe Harbor component at the parent/guardian expense. The student will be placed back in the random pool for drug and alcohol testing upon completion of Safe Harbor. Students request for entry into Safe Harbor and placement into Safe Harbor will be kept confidential.
3. A parent/guardian and their student who is involved in extra-curricular activities including club membership and parking permit holders must sign a consent form that allows drug and alcohol testing.
4. No student will be given advance notice or early warning of the testing.
5. If a student refuses to take a test when randomly selected, the student shall be considered to have received a "positive" result and the consequences of such will be invoked.
6. Drug and alcohol testing will be performed by urinalysis. Upon being selected for a urinalysis test, the student shall provide a sample of "fresh" urine according to the quality control standards and policy of the laboratory conducting the urinalysis.
7. A representative of the laboratory will accompany the student until he or she produces an adequate urine specimen. The representative will wait outside the restroom stall. If unable to produce a specimen, the student will be given fluid. If unable to produce a specimen within 2 hours, the student will be taken to the Building Principal's office or designee and told he/she is ineligible for participation in any extracurricular activity. In addition, the parent(s)/guardian(s) will be contacted and informed the student is unable to produce a sample for the testing procedure and he/she must be tested at a later date in order to be eligible.
8. A student will be ineligible for all extracurricular activities for 1 calendar year if he or she tampers or cheats during the collection. This will be reported to the parent(s)/guardian(s).

9. Immediately after the specimen is taken, the student may return to class with an admit slip or pass with the time he/she left the collection site.

10. Each specimen is given to the laboratory for testing for alcohol, marijuana, amphetamines, cocaine, opiates and phencyclidine and steroids.

Test Results/Consequences

1. The Building Principal or designee will be notified of a student testing “positive” The Building Principal or designee will notify the student and his or her parent(s)/guardian(s). In addition, a medical review officer will contact the parents(s)/guardian(s) to discuss the findings and inquire about possible prescription(s) that may have led to a student testing positive.

2. The student or his or her parent(s)/guardian(s) may submit any documented prescription or explanation of a “positive” test result. In addition, the student or parent/guardian may request that the same urine specimen be tested again by our testing agent at the parent/guardian’s expense. Students will be suspended from all activities pending the re-test of the specimen.

3. If the test is verified “positive,” the Building Principal or designee will meet with the student and his or her parent(s)/guardian(s). The student and parent(s)/guardian(s) will be given the names of counseling and assistance agencies.

a. If a student refuses to take a test when randomly selected, the student shall be considered to have received a “positive” result and the consequences of such will be invoked.

b. If a first “positive” result is obtained during the student’s attendance at Dunlap High School, the student will have parking privileges revoked for the remainder of the quarter they tested positive and the following quarter and they will be suspended from the activity, game, competition, event or club activity for one-third (1/3) of the season.

c. If a second “positive” result is obtained within one calendar year of the first, the student will have parking privileges revoked for the remainder of the school year and the student will be suspended from all activities, games, competitions, events or club activities for one calendar year from the date of the second infraction.

d. If a third positive result is obtained within one calendar year from the date of the second infraction, the participant shall not be allowed to participate in extracurricular activities including club membership for the remainder of his or her high school career and will have parking privileges revoked for one calendar year.

e. Students who test positive must be administered a drug/alcohol test at the parent/guardian expense prior to re-instatement of extracurricular activities.

If a positive result occurs in season with less than one-third (1/3) of the regular season events, competitions, events or club activities remaining, the student will be suspended from all remaining regular and post season events. This suspension will then be carried over to the next activity in which he/she participates until the penalty has been satisfied. If the student is involved in more than one activity at the time of a positive result, the applicable suspension will apply to each activity.

Financial Responsibility

1. Under this policy, the School District will pay for all initial random drug tests.
2. A request for another test of a “positive” urine specimen is the financial responsibility of the student’s parent(s)/guardian(s).
3. Counseling and subsequent treatment by non-school agencies is the financial responsibility of the student’s parent(s)/guardian(s).

Confidentiality

Information on a verified “positive” test result will be shared on a need-to-know basis with the student’s coach or sponsor. Under this drug testing program, no staff, coach, or sponsor shall divulge any information to anyone about a particular student or disposition of the student involved, other than in response to a legal subpoena. Positive results will not be disclosed to law enforcement authorities.

The results of “negative” tests will be kept confidential. Result sheets will be locked and secured in a location to which only the Building Principal or designee has access.

Other Rules

Apart from this drug-testing program, the Illinois High School Association as well as each activity’s coaching staff or sponsor may have their own rules and requirements. Coaches and sponsors have the necessary authority to enforce those rules. Any student participant who violates a team or activity rule or requirement is subject to the consequences as defined in those rules and requirements.



Parent and Student Agreement/Acknowledgement Form Performance-Enhancing Substance Testing Policy

- Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in IHSA athletic activities, I agree that I will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of performance-enhancing substances in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I understand that testing may occur during selected IHSA state series events or during the school day. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by IHSA.

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in IHSA athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from performance-enhancing substance use and may be asked to submit to testing for the presence of performance-enhancing substances in his/her body. I understand that testing may occur during selected IHSA state series events or during the school day. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by IHSA.

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____



MIDWEST
ORTHOPÆDIC
CENTER

6000 N. Allen Road | Peoria, Illinois 61614 | 309-691-1400

Student Name:

DOB:

Date:

Student-Athlete Pre-Participation Form

Consent to Treat

I hereby authorize the certified athletic trainers and sports medicine staff acting on behalf of Midwest Orthopaedic Center (MOC) to evaluate and treat any injury/illness that occurs as a result of my participation in intercollegiate athletics. This includes any and all reasonable and necessary preventative care, treatment, and rehabilitation for these injuries/illnesses. In addition, in the event my child needs urgent or emergency treatment off-site, I authorize staff at MOC to arrange for such care, including appropriate transportation. I understand that MOC will contact me as soon as possible in the event my child has an urgent or emergency condition.

Medical Clearance Policy:

When under medical care I may not return to participation until I have been given permission by the team physician, his/her delegate, or certified athletic trainer. This may occur during or at the conclusion of medical treatment. The team physicians of MOC have the FINAL authority regarding participation status following injury/illness. I understand and agree that if I experience an injury/illness or change in my health status it is my responsibility to inform my head coach and the certified athletic trainer. I also agree to adhere to the established injury management guidelines including rehabilitation and reassessment before I am released to return to full participation. Any athlete who sustains an injury or illness during his/her season that requires outside medical attention (Emergency Room, off-campus physician, etc.) will need to be given a written letter of medical clearance from the treating practitioner. The athlete will not be medically eligible to participate until the document is presented to the MOC athletic health care provider(s) and/or Health Services staff. *All students are responsible for notifying their MOC Health Care provider of any changes in health status.*

Statement of Confidentiality and Authorization to Release Information

All medical information is kept confidential and access is restricted to the Midwest Orthopaedic Center Athletic Health Care provider(s) that are responsible for your health care. General injury information and participation status will be released to coaches as needed. Medical information, only as it pertains to your participation, will be shared among the MOC Health Care provider(s) and the student/athlete's coaching staff. Any other medical information will not be shared without a written authorization to release. The authorization form must be signed by the athlete/ and or parent, indicating what specific information is to be released, to whom, and for what purpose.

Impact Concussion testing (if applicable per sport):

The ImPACT program is a computerized exam that the athlete takes prior to the season for a cognitive baseline measurement. Your son/daughter will be taking the exam on a school computer supervised by an athletic trainer or coach/school administrator. In the event of an injury and a concussion is suspected, the athlete may retake the exam to assess the severity of the concussion. These post-injury test results will be compared to the baseline measurements in order to provide the best information in returning your son/daughter to play and in keeping their health and safety our number one priority. All tests are free of charge. If physician evaluation is necessary, you will be responsible for any charges not covered by insurance.

My signature below indicates that I have read this entire document and understand it completely. These policies remain in effect until completion of the student's senior year.

Athlete's Signature*

Date

*Parent/Guardian must execute form if the athlete is under the age of eighteen (18) years.

Parent/Guardian Signature

Date

Concussion Information Sheet

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. IHSA Policy 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 IHSA member 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/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date