

Interscholastic Athletics Parent Handbook



**Lincoln Middle School
2011-2012**

LINCOLN MIDDLE SCHOOL
INTERSCHOLASTIC SPORTS PROGRAM
2011-2012

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LINCOLN ATHLETICS PHILOSOPHY STATEMENT

The Lincoln Athletic Department believes athletics are an important extension of the educational process; therefore, we encourage broad participation by all students. We view coaches as teachers first, providing instruction in skills and strategies of their activity. Coaches are expected to create enthusiasm for success, encourage leadership, and motivate high ideals in the process. They should encourage maximum participation in all sports and instill appreciation for competition. They will strive to field competitive teams, yet keep the welfare of the student, whether teammate or opponent, utmost in their minds. Our coaches recognize that they are training emerging athletes and strive to attain a high level of performance for both individual and team efforts.

Also, participation in Lincoln athletic programs enhances self-esteem, discipline, goal setting and attainment, respect for rules, teamwork, and healthy living habits. Proper sportsmanship and fair play are also stressed. Coaches, players, parents and spectators must display sportsmanlike conduct at all times. Individuals associated with Lincoln are reminded that they represent their school and should conduct themselves in an appropriate manner.

CONFERENCE SPORTS SCHEDULES

SPORT	GRADES	START/END DATES
Cross Country	6,7,8 Boys & Girls	August – October
Basketball	7 & 8 Boys & Girls	October – January
Poms	7 & 8 Girls	October – January
Wrestling	6,7, 8 Boys & Girls	December – March
Volleyball	7 & 8 Girls	January – March
Track & Field	6,7, 8 Boys & Girls	March – May

Cross Country, Wrestling and Track are no-cut sports. Coaches select athletes for Basketball, Poms, and Volleyball based on ability, potential, coachability and team size limitations.

Lincoln is a member of the Illinois Elementary School Association and competes at the state level in Cross Country, Wrestling, and Track and Field. If a student qualifies for competition at the state meet, it is the parent's responsibility for fees, transportation, and supervision. Blocks of rooms are reserved at various hotels in District 57's name. Parents must call the hotel and reserve one of the rooms on their personal credit card. Please be mindful of the number of competitors before you book rooms for your extended family. Athletes may be chaperoned by another parent as long as there is a parent in each room.

Dates for IESA Championships are posted on their website. When viewing the website keep in mind we are class AA.

Cross Country	October 10/14/11 1 night \$80.00	Hotel – Best Western University Inn 6 Traders Normal, Illinois 61761-4142 (309) 454-4070 # of Rooms in Block – 20 Rooms released on 10/12/11
Wrestling	March 3/9/12 1 night \$99.00	Hotel – Best Western-Dekalb 1212 Lincoln Hwy. Dekalb, Illinois 60115 (815) 758-8661 # of Rooms in Block-6 Rooms released on 3/6/12
Track & Field	May 5/18/12 1 night \$89.00	Four Points by Sheraton-City Centre 500 Hamilton Blvd. Peoria, Illinois 61602 (309) 495-6317 # of Rooms in Block – 20 Rooms released on 5/15/12

FEES/WAIVERS

Participation fees for all interscholastic athletic activities for the 2011/2012 school year are \$200.00. Athletic fees are included under approved fee waivers. If a student becomes injured, ineligible, or loses interest in the activity, the fee is nonrefundable.

School District 57 student fee structure gives recognition to the fact that some extracurricular programs cost more than others to provide; however, the overall intent is to provide an affordable wide range of activities without overburdening participants in one activity. Once the roster is determined, coaches will distribute permission slips and fee notification to each student on the team. If payment is not made within two weeks, the student will be excluded from the team pending payment of fees.

PHYSICAL EXAMINATION

Illinois School Code requires that a student have a current physical on file in the main office before they participate in tryouts. The physical is valid for one year, and additional forms are available from the school nurse located in the main office. A student who does not have a current physical on file may attend the tryout/practice session, observe, and listen to instruction, but the student may not participate in the tryout/practice. Students may check the date of their last physical with the school nurse. **If you are in need of financial assistance for your child's physical, please contact the school nurse who can refer you to various clinics.**

TRYOUTS/TEAM SELECTION

Coaches, with the approval of the administration, determine dates and times of tryouts. Tryouts are publicized in advance through morning announcements, newsletters, bulletin boards, PE classes and any other appropriate channels.

Cross Country, Wrestling and Track are no-cut sports. All students make these teams regardless of skill or ability. There are no tryouts for these sports. Coaches select athletes for Basketball, Poms, and Volleyball based on ability, potential, and team size limitations. Students must participate in scheduled tryouts for consideration. Once a team is determined, the list of team members will be posted in alphabetical or numerical order on the Athletics Bulletin Board located in the Commons or online TBD by the coach.

Participation in same-sport teams during a season is prohibited if the sport involved is in the IESA series. This means if your child is involved in Cross Country, Wrestling or Track they may not participate on a same sport team or club during the current season. If your child participates in Volleyball or Basketball, you may participate on a same sport team during the season.

However, students and parents should consider the possible conflicts that may arise before committing to any team. Also, students and parents should consider over use injuries and the physical/emotional stress involved with overscheduling.

STUDENT MANAGERS

Student managers, who are selected by the coach, may assist with the organizational needs of the team. Managers need not pay a fee.

COMMUNICATION

A parent meeting prior to the season is encouraged for the purpose of reviewing the program, rules, and philosophy. If there is no parent meeting, an informational letter will be sent home regarding the program.

Every parent should become familiar with the following websites. Check the MSMSAC athletic website <http://msmsac.ccsd21.org/> for regular updates. Parents should also become familiar with the Lincoln athletic web page: <http://lincoln.d57.org/athletics.htm> and the IESA website <http://www.iesa.org>.

ACADEMIC AND BEHAVIORAL GUIDELINES

Students must maintain appropriate academic and behavioral performance in order to fully participate in extra-curricular activities of the school. Lincoln staff monitors student performance weekly. Poor performance and behavior is reported to appropriate staff members.

A student is subject to ineligibility when any of three conditions exists:

- If the student receives two (2) detentions within the course of the extracurricular activity.
- If the student has an F in any class or two D's in a combination of classes.
- If the student receives either an in-school or out-of-school suspension.

If a student becomes ineligible, the student may be excluded from the activity for a specific amount of time as deemed appropriate by administration.

If a student becomes ineligible, the student may not attend game/meet as a spectator.

If a student must forfeit participation in any extracurricular activity for any portion of the school year, the student fee associated with the activity will not be refunded.

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.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays

- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

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/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

Document created 7/1/2011

HEAD INJURY CARE AND RETURN TO PLAY PROTOCOL

These guidelines define a step-by-step approach to *determining the extent of an injury and safe* return of an athlete to an activity as recommended by the National Federation of High School Sport (NFHS), The Illinois High School Association (IHSA), the Illinois Elementary School Association (IESA), School District 214 in Arlington Heights and the most current research in the field.

Dealing with head injuries is often difficult because the athlete may “seem” all right. Many schools in the area use the same procedures but do not have a policy in place. This policy gives the conference schools and administrators, coaches/sponsors, parent and athletes the tools to manage the care of those who participate in conference related activities.

Removal from Activity:

Step #1

If there are any signs AND/OR symptoms of a concussion, the athlete *should not be allowed to continue to practice or play*. If no *Medical Physician (Dr.), Physician’s Assistant (PA) or Advanced Nurse Practitioner (APN)* is *immediately* available, the athlete will not be allowed to return to practice or play.

Step #2

The presiding coach/sponsor will determine if 911 should be called, and will notify the athlete’s parents *as soon as possible*. When 911 is called, a building administrator will also be notified as soon as possible. The player will not be left alone and must be monitored for a change in condition over the next several hours.

Returning to Participation:

Before returning to any physical activity, play or practice, the athlete must be cleared by a *Medical Physician (Dr.), Physician’s Assistant (PA) or Advanced Nurse Practitioner (APN)*.

A written evaluation is required to be given to the school of the athlete’s post-injury status by a Medical Physician (Dr.), Physician’s Assistant (PA) or Advanced Nurse Practitioner (APN).

When released for participation from a *Medical Physician’s (Dr.), Physician’s Assistant’s (PA) or Advanced Nurse Practitioner’s (APN)* care, a signed note stating the date of release and any restrictions for participation *must be included*.

Also, the athlete must be symptom-free after the following recommended activities are screened by the coach:

- 1) light aerobic exercise is encouraged to increase heart rate and cranial blood pressure. If symptom free then,
- 2) moderate to heavy cardio and sport/specific drills will next be permitted. If symptom free then,
- 3) light contact with no head impact activities. If symptom free then,
- 4) full participation/full contact is allowed

If the athlete is NOT symptom free at any time, the coach/sponsor should refer back to Step #1 and #2 and notify parents.

It is recommended to parents that cognitive rest such as limiting TV viewing, video games, and texting, is limited during this recovery period.

PRACTICES

Athletes are expected to attend all games and practices. Disciplinary action for missed practices or games is at the discretion of the coach.

***Coaches will remain with the students at the conclusion of the activity until all team members have left the school property. Please be prompt in picking up your child after practices.

Students not participating in PE on a particular day because a physician or parent medically excused the student will not participate in practices or games on that day.

GAMES AND MEETS

On the day of an athletic contest, each athlete must attend school for at least one-half day in order to participate that day.

The building principals determine cancellation of a contest due to inclement weather by 2:00 p.m. on the day of the event.

Coaches will remain with the students after games/meets until all team members have been picked up or have left the property. Parents and students are informed of the "typical" conclusion time for practices, games, and meets. Please be prompt in picking up your child after games.

SPORTSMANSHIP EXPECTATION

Lincoln Middle School and the Mid-Suburban Middle School Athletic Conference believe that sportsmanship is a core value and its promotion and practice are essential.

ALL PARENTS, SPECTATORS, COACHES, OFFICIALS AND STUDENT PARTICIPANTS have a duty to ensure that their teams promote the development of good character and sportsmanship.

ALL PARENTS, SPECTATORS, COACHES, OFFICIALS AND STUDENT PARTICIPANTS ARE RESPONSIBLE FOR:

- 1) Supporting the value of the academic and educational process.
- 2) Advocating, modeling and promoting the development of good sportsmanship and character to include: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.
- 3) Respecting peers, participants, officials, opponents, parents, and all others associated with the event.
- 4) Promoting fair play and upholding the spirit of the rules.
- 5) Modeling appropriate behavior at all times.

TRANSPORTATION

There are no activity buses. Parents must make transportation arrangements for their child.

Students should ride the bus to all away games/meets unless arrangements have been discussed with the coach. Students who leave the away games/meets with parents or designated adults must notify the coach prior to leaving.

UNIFORMS

Each sport has a specific uniform that is provided to you at no additional cost. The cleaned uniform must be returned to the coach no later than **two weeks** after the end of the season. If the uniform is not returned, a fine sheet will be sent to parents. Students may not tryout for another sports team if they have not yet returned a uniform.

Track and Field athletes will purchase a t-shirt prior to the beginning of the season. The t-shirts are the athlete's personal property, and are not included in the athletic fee.

CONFERENCE PARTICIPANTS/DIRECTIONS

<p>Cooper Middle School District 21 1050 West Plum Grove Road Buffalo Grove IL 60089 847-520-2750 FAX 847-419-3071</p>	<p><u>Cooper</u></p>	<p>Arlington Heights Rd. north. Go past Buffalo Grove High School (Dundee and Arlington Heights Rd.) to Plum Grove Rd. Turn right. (If you get to Lake Cook Rd., you've gone too far).</p>
<p>Holmes Middle School District 21 221 South Wolf Road Wheeling, IL 60090 847-520-2790 FAX 847-419-3073</p>	<p><u>Holmes</u></p>	<p>Central Rd. to Wolf Rd. North on Wolf Rd. to Highland (1/2 mile south of Dundee Rd.). School is on east side of Wolf Rd.</p>
<p>London Middle School District 21 1001 W. Dundee Wheeling, IL. 60090 847-520-2745 Fax: 847-520-2842</p>	<p><u>London</u></p>	<p>Elmhurst Rd. north to Dundee Rd. West on Dundee Rd. about 1/2 mile. School is on the south side of Dundee Rd.</p>
<p>MacArthur Middle School District 23 700 North Schoenbeck Road Prospect Heights, IL 60070 847-870-3880 Fax: 847-870-3881</p>	<p><u>MacArthur</u></p>	<p>Elmhurst Rd. north to Willow Rd. in Prospect Heights. West on Willow Rd. to Schoenbeck Rd. North on Schoenbeck Rd. to Palatine Rd. (Turn left in to Betsy Ross School driveway 1 block before Palatine Rd. Follow driveway right until it leads to Mac located just west of school).</p>
<p>River Trails Middle School District 26 1000 North Wolf Road Mount Prospect, IL 60056 847-298-1750 Fax: 847-297-4124</p>	<p><u>River Trails</u></p>	<p>Central Rd. to Wolf Rd. North on Wolf Rd. two blocks north of Kensington Rd. School is on west side of Wolf Rd.</p>
<p>Saint Peter Lutheran School 111 West Olive Street Arlington Heights, IL 60004 847-253-6638 Fax: 847-259-4185</p>	<p><u>Saint Peter</u></p>	<p>Arlington Heights Rd. north to Olive St. West on Olive St. School is on the left.</p>
<p>Lincoln Middle School District 57 700 West Lincoln Street Mount Prospect IL 60056 847-394-7350 Fax: 847-394-7358</p>		

ANABOLIC STEROID LETTER TO PARENTS

Dear Parents/Guardians,

The use of anabolic steroids and supplements is a hot topic in America today for all ages. We believe the use of anabolic steroids and supplements is extremely dangerous. We want you to be informed about the risks and dangers of these products so you can discuss them with your children.

Anabolic steroids resemble the male sex hormone, testosterone. It is a powerful and dangerous chemical, which can greatly alter the body. The fact that they are illegal and offer an athlete an unfair advantage is important, but our primary concern is the health of our student athletes.

The uses of anabolic steroids greatly effect the heart, liver, and kidneys. It also raises blood pressure to unhealthy levels. Some research is even suggesting that young athletes are even more susceptible to the dangers of anabolic steroids, and that bones may stop growing if this product is put into the body. Other reports are saying that there is a link between brain cancer and steroid use.

Ephedrine is one of the most dangerous of the dietary supplements. It is marketed to improve athletic performance and enhance weight loss. It is a central nervous system stimulant and decongestant that is structurally similar to amphetamines. Possible adverse effects of ephedrine range from heart attacks, stroke, seizures, psychosis and death. Less significant effects include dizziness, headache, or irregular heartbeat.

Another supplement is human growth hormone (HGH). Doctors may prescribe growth hormone for some teens that have certain hormone or growth problems to help them develop normally. HGH can also be abused by athletes who want to build muscle mass. Teen athletes who abuse growth hormone may have impaired development and altered hormone levels.

We hope this helps as we continue to strive to partner with our parents in the education and safety of our children.

Sincerely,

The Athletic Coaching Staff at Lincoln Middle School.

