

# Student-Athlete Handbook

## Table of Contents



<b>Philosophy and Mission Statements .....</b>	<b>2</b>
<b>Athletic Department Contacts .....</b>	<b>3-4</b>
<b>Athletic Code of Conduct .....</b>	<b>5</b>
<b>Academic Requirements .....</b>	<b>6</b>
<b>Athletic Participation Rules/Fees .....</b>	<b>7</b>
<b>Insurance .....</b>	<b>7</b>
<b>Equipment .....</b>	<b>7</b>
<b>Transportation Policy .....</b>	<b>8</b>
<b>Athletic Trainers .....</b>	<b>8</b>
<b>Sportsmanship .....</b>	<b>8</b>
<b>Expectations .....</b>	<b>8</b>
<b>Parent and Coach Communication .....</b>	<b>9</b>
<b>Huskie Athletic Council .....</b>	<b>10</b>
<b>Booster Club .....</b>	<b>10</b>
<b>I.H.S.A. Rules and By-laws .....</b>	<b>11</b>
<b>West Suburban Conference Rules .....</b>	<b>11</b>
<b>N.C.A.A. Eligibility Requirements .....</b>	<b>12</b>
<b>Athletic Awards .....</b>	<b>13</b>
<b>Concussion Information .....</b>	<b>14</b>

# Student-Athlete Handbook



## **Introduction:**

We want to thank all students and parents for their participation and support of OPRFHS' Athletic Program. It is the intent of this handbook to provide information regarding athletics to all student-athletes who participate in our program. We ask that both students and parents review this handbook carefully and keep it throughout your participation as a Huskie Athlete.

When you are a member of an athletic team, you are a representative of Oak Park & River Forest High School. You are expected to demonstrate appropriate behavior both on and off the field. We need quality people and athletes to have a quality athletic program. Quality athletes display good sportsmanship at all times.

## **Philosophy Statement:**

The mission of Oak Park & River Forest High School's Athletic Program is to enhance the total student experience by promoting the image of sportsmanship and the benefits of interscholastic athletics, developing and providing leadership opportunities for student-athletes, and fostering activities that support school spirit.

To be successful, the coaches, athletes, and parents need to respect and empower each other. We encourage student participation in the athletic program and would like to involve as many students as possible in this interscholastic experience. High School athletics is a competitive experience; therefore, not all who try out will make the team, nor will all those who make the team receive equal participation opportunities during contests.

Oak Park & River Forest High School's motto, Those Things That Are Best, extends to our athletic program. The interscholastic athletic program serves as one of the extensions of the classroom, attempting to provide learning opportunities, as well as enhancing the learning which occurs within the classroom. All team members, regardless of ability, will be afforded opportunities to develop their social and athletic skills, work ethic and sense of commitment.

## **Mission Statement:**

Oak Park & River Forest High School exists to provide all students with a superior education so that they may achieve their full human potential.

The OPRFHS Athletic Department champions the values expressed in our Mission Statement.

We feel it is our responsibility:

- to establish and maintain an environment that values cultural diversity and gender equity;
- to provide a safe environment for our student-athletes;
- to establish and maintain an environment in which a student-athlete's activities are conducted as part of the total educational experience;
- to inspire our athletes to strive for academic and athletic excellence;
- to acquire a strong sense of pride, sportsmanship and personal integrity;
- to experience the positive effects of team work and develop a strong sense of loyalty;
- to carry forth into the community the values gained from a positive competitive experience.

# Athletic Office



[www.athletics2000.com/oprf](http://www.athletics2000.com/oprf)  
[www.oprfhs.org/athletics](http://www.oprfhs.org/athletics)

**Fax Number (708) 434-3913**

Athletic Director.....	434-3000
Mr. John Stelzer <a href="mailto:jstelzer@oprfhs.org">jstelzer@oprfhs.org</a>	
Assistant Athletic Director.....	434-3500
Mrs. Courtney Sakellaris <a href="mailto:csakellaris@oprfhs.org">csakellaris@oprfhs.org</a>	
Athletic Secretary .....	434-3600
Ms. Lori Foley <a href="mailto:lfoley@oprfhs.org">lfoley@oprfhs.org</a>	
Equipment Manager/Boys.....	434-3073
Mr. Gus Calderon <a href="mailto:gacalderon@oprfhs.org">gacalderon@oprfhs.org</a>	
Equipment Manager/Girls.....	434-3700
Ms. Lynn Granzyk <a href="mailto:lgranzyk@oprfhs.org">lgranzyk@oprfhs.org</a>	
Athletic Trainers:	
Dave Heidloff <a href="mailto:dheidloff@oprfhs.org">dheidloff@oprfhs.org</a>	
Audrey Gaberik <a href="mailto:agaberik@oprfhs.org">agaberik@oprfhs.org</a>	
Regina Topf <a href="mailto:rtopf@oprfhs.org">rtopf@oprfhs.org</a>	
Athletic Training Room/Fieldhouse .....	434-3025
Athletic Training Room/Stadium .....	434-3077

# Athletic Department Head Coaches



## FALL SPORTS

### Boys

Cross Country – [cbaldwin@oprfs.org](mailto:cbaldwin@oprfs.org)

Mr. Chris Baldwin

Football – [jhoerster@oprfs.org](mailto:jhoerster@oprfs.org)

Mr. John Hoerster

Golf – [byoung@oprfs.org](mailto:byoung@oprfs.org)

Mr. Bill Young

Soccer – [jfried@oprfs.org](mailto:jfried@oprfs.org)

Mr. Jason Fried

### Girls

Cross Country – [araymond@oprfs.org](mailto:araymond@oprfs.org)

Ms. Ashley Raymond

Field Hockey – [krwartz@oprfs.org](mailto:krwartz@oprfs.org)

Ms. Kristin Wirtz

Golf – [mmcmurray@oprfs.org](mailto:mmcmurray@oprfs.org)

Mr. Matt McMurray

Swimming – [clundgren@oprfs.org](mailto:clundgren@oprfs.org)

Mr. Clyde Lundgren

Tennis - [fgalluzzo@oprfs.org](mailto:fgalluzzo@oprfs.org)

Mr. Fred Galluzzo

Volleyball – [kcollins@oprfs.org](mailto:kcollins@oprfs.org)

Ms. Kelly Collins

Cheerleaders - [mbrown@oprfs.org](mailto:mbrown@oprfs.org)

Ms. Melody Brown

Drill Team – [ctarantino@oprfs.org](mailto:ctarantino@oprfs.org)

Ms. Carly Tarantino

## WINTER SPORTS

### Boys

Basketball – [mmaloney@oprfs.org](mailto:mmaloney@oprfs.org)

Mr. Matt Maloney

Swimming – [clundgren@oprfs.org](mailto:clundgren@oprfs.org)

Mr. Clyde Lundgren

Track – [thasso@oprfs.org](mailto:thasso@oprfs.org)

Mr. Tim Hasso

Wrestling - [pdcollins@oprfs.org](mailto:pdcollins@oprfs.org)

Mr. Paul Collins

### Girls

Basketball – [jcoughlin@oprfs.org](mailto:jcoughlin@oprfs.org)

Mr. J.P. Coughlin

Gymnastics - [kriswrightgymnastics@yahoo.com](mailto:kriswrightgymnastics@yahoo.com)

Mrs. Kris Wright

Track – [nmichalek@oprfs.org](mailto:nmichalek@oprfs.org)

Mr. Nick Michalek

## SPRING SPORTS

### Boys

Baseball – [jparenti@oprfs.org](mailto:jparenti@oprfs.org)

Mr. Joe Parenti

Lacrosse - [rocco1@bloomberg.net](mailto:rocco1@bloomberg.net)

Mr. Rocco Chierici

Tennis - [jbmorlidge@sbcglobal.net](mailto:jbmorlidge@sbcglobal.net)

Mr. John Morlidge

Volleyball - [daugust@oprfs.org](mailto:daugust@oprfs.org)

Mr. Don August

Water Polo - [jrapp85@gmail.com](mailto:jrapp85@gmail.com)

Mr. John Rapp

### Girls

Badminton – [pwright@oprfs.org](mailto:pwright@oprfs.org)

Mr. Paul Wright

Lacrosse -

TBD

Soccer –

TBD

Softball - [melkolbusz@comcast.net](mailto:melkolbusz@comcast.net)

Mr. Mel Kolbusz

Water Polo - [elizabeth.j.perez@gmail.com](mailto:elizabeth.j.perez@gmail.com)

Mrs. Beth Perez

# Athletic Code of Conduct



Participating in the athletic program is a privilege. Oak Park & River Forest High School administrators, coaches and teachers believe students who are involved in extra-curricular activities should conduct themselves as responsible representatives of their school and community. Students who represent their school are expected to maintain high standards of conduct **24 hours a day, 7 days a week, 365 days a year**. Parents and school staff share the responsibility for helping students adhere to these standards. Participants in the athletic program have a responsibility to adhere to the policies established by Oak Park & River Forest High School District 200, the West Suburban Conference and the Illinois High School Association. The parent/guardian will be notified of the student's violation. A student found in violation of the Athletic Code of Conduct may receive consequences up to and including dismissal from the team/activity. **Such violations include, but are not limited to:**

- Use or possession of alcohol, tobacco products and/or controlled/illegal substances
- Being present at an underage party or activity where illegal drugs or alcohol are available
- Violations of academic integrity and ethics
- Violations of the OPRFHS Code of Conduct, examples include, but are not limited to; sexual harassment, sexual misconduct, gang activity, fighting, vandalism, theft, harassment, bullying, cyber-bullying and hazing
- Any criminal offense or conduct or activity which is detrimental to OPRFHS or the Athletic Program

A student who is suspended for an alcohol or illegal substance violation will be required to meet with the OPRFHS Substance Abuse Counselor to determine a course of action. **If a student is in violation of a criminal offense, gross misconduct or sexual harassment the student may be dismissed from the athletic program for up to one calendar year.**

## Consequences for I.H.S.A. Activities and Athletics:

### First Offense:

- The student may be suspended from the team for **25%** of the competition dates **up to** suspension for the entire season, depending upon the severity and nature of the violation. The student will be allowed to practice and participate in all other team activities, except competition, during the suspension. If the violation occurs out of season or during the summer, the suspension will apply to the student's next season of competition. If the suspension is not completed during the season, it will be continued to the student's next season of competition.

### Second Offense:

- The student may be suspended for up to an entire season of competition. If the student is in season, he/she will receive a consequence of dismissal from the team for the remainder of the season. If the violation is considered gross misconduct, harassment or hazing the consequence may include suspension from the athletic program for up to one year.

### Third Offense:

- If a student commits a third violation he/she will be suspended from participating in the athletic program for one year, and may be prohibited for the remainder of his/her high school career.

## Appeals Procedure:

The student has the right to appeal any athletic consequence. This would be an opportunity to present extenuating circumstances that he/she believes could affect the consequences that have been administered.

The Appeals Procedure is as follows:

- The student or parent/guardian must appeal in writing within three (3) days of receipt of the written decision. This appeal must be directed to the Principal.
- The Principal, parent/guardian, and student will meet. The student must be present at the appeal meeting. The Principal, in conjunction with the Athletic Director will make the final decision on any appeal.
- If a decision is appealed, every effort will be made to hear the appeal in a timely manner. However, the student may NOT participate in competitions during the duration of the appeal.

# Extra-Curricular Academic Requirements for I.H.S.A. Athletics and Activities



I

## **Illinois High School Association Policies:**

IHSA Policy 3.21: Students shall be doing passing work in at least **five (5) classes** of high school work per week. If a student is not passing five (5) classes in any given week, he/she will be ineligible for competition the following week.

IHSA Policy 3.22: Students shall, unless they are entering high school for the first time, have credit on the school records for passing **twenty-five credit hours (5 classes)** of high school work the previous semester. Such work shall have been completed in the semester for which credit is granted or in a recognized summer school program which has been approved by the Board of Education and for which graduation credit is received. If a student is not passing twenty-five credit hours (5 classes) at the end of a semester, he/she will be ineligible the following semester.

HSA Policy 3.23: Passing work shall be defined as, work of such a grade that if on any given date a student would transfer to another school, assigned grades for that course would immediately be certified on a student's transcript to the school which a student transfer.

## **Oak Park & River Forest H.S. – “C” Pass-to-Play Policy:**

“Academic Alert” – Nine (9) Week Grade Check: Students must maintain a minimum of a 2.0 GPA and have not received an “F” in any class. If a student falls below a 2.0 GPA or has an “F” at the end of a nine-week grading period, that student is placed on “Academic Alert” and will be required to attend the nine-week Academic Support Program (study table), which consists of three (3) 50 minute Academic Assistance Sessions per week or 150 minutes of teacher assistance. If the student fails to complete the required hours, he/she will be ineligible for competition the following week.

Weekly Grade Check: Student grades are reported every Wednesday and distributed to coaches and students by Thursday or Friday of each week. If a student has two (2) “D’s” or an “F” on a weekly grade check, he/she will be placed on the Weekly Academic Support Program (study table) and be required to complete 120 minutes of academic assistance the following week. If the student fails to complete the required hours, he/she will be ineligible for competition the following week.

Athletic Ineligibility / Appeals Process: Students who have less than a 2.0 GPA or an “F” grade for two (2) consecutive nine-week grading periods will not be allowed to participate in the OPRFHS Athletic Program. Students are notified in writing of their ineligibility and may appeal this decision. The Appeals Process begins with the student submitting, in writing, the reasons that may have contributed to the level of achievement attained. The Appeals Committee meets with the student and renders a decision on whether to reinstate his/her athletic eligibility. The Appeals Committee consists of the Principal, Athletic Director and the student's Counselor.

- **Academic Assistance/Tutoring is available in the Tutor Center from 7:10AM – 5:00PM Monday – Friday.**
- **Academic Assistance/Tutoring is available at various times/locations throughout the school day. Please check with the Athletic Dept. or the Counselors Office for details.**

- All Verification Forms are due into the Athletic Dept. by 4:00 pm each Friday

## Athletic Participation Guidelines and Information



### Athletic Registration:

In order to participate in the Athletic Program, students are required to do the following:

- Fill out and have a parent/guardian sign the Athletic Registration/Parent Permission Form.
- Have a physical examination on file with the school, which is current for the entire sports season.
- Meet all eligibility requirements per OPRFHS and IHSA policies and by-laws.
- Have cleared all OPRFHS financial, medical and residency obligations.

### Physical Examination:

A valid physical examination form must be on file with the athletic department/school nurse before the student will be allowed to practice/tryout for a team. The student's physical must be current for the entire sport season. Per I.H.S.A. rules, your physical examination is good for 13 months from the date of the exam.

### Insurance:

OPRFHS has purchased student accident insurance coverage for all student-athletes. This policy provides secondary coverage for any injuries incurred while participating in any school sponsored athletic activity.

### Athletic Fees:

All athletes are required to pay a **\$55 fee for each sport season** in which they participate. The Athletic Participation Fee will be added to the student's financial obligations once an athlete "makes" a team. The fee can be paid on-line.

### Uniforms and Equipment:

All athletes will be issued the appropriate equipment, uniforms and warm-ups for their sport. All uniform items are numbered and checked out to the athlete, who is then responsible for returning the same items at the end of the season. **Athletes will be charged for lost, stolen, or damaged equipment, and/or uniforms.**

### School Code of Conduct:

A student who is suspended for any in-school or out-of-school violation of the OPRFHS Code of Conduct while an active member of a team is ineligible to participate in any team activities during the school suspension period.

### Steroid Education and Testing:

Per Illinois State School Code, the Athletic Program provides educational information regarding the dangers of anabolic steroid use. The IHSA has implemented a program for randomly testing steroids and performance-enhancing drugs for teams and individuals. For more detailed information, please refer to the IHSA website and By-Law 2.170 [www.ihsa.org](http://www.ihsa.org)

## **Transportation Policy:**

Oak Park & River Forest H.S. provides transportation to and from all athletic contests. All athletes are required to use school transportation. Only student-athletes and appropriate coaching staff members will be allowed to travel in school vehicles. In extenuating circumstances, OPRFHS allows a waiver of this policy with prior written permission from the parent/guardian. Students may NOT drive themselves to/from an event, and they will only be released to their parent/guardian. You MUST check with your coach to obtain an *OPRFHS Transportation Waiver Form*, and discuss the reason for the waiver with your coach at least 24 hours prior to the event. **Students are NOT allowed to travel with a coach/teacher in the coach's personal vehicle for any reason.**

**These transportation rules/policies are also in place for any and all Summer Leagues where travel is involved. Athletes will be required to use school transportation, when provided, and students/parents must agree to the on-line Travel Waiver when registering for summer camps/leagues.**

## **Sports Medicine and Athletic Trainers:**

OPRFHS has contracted with *AthletiCo* to provide certified athletic trainers to care for all athletic injuries sustained during school sponsored athletic activities. The athletic trainers provide prevention, emergency care, treatment and rehabilitation of athletic injuries under the direction of OPRFHS' team physicians from **Midwest Orthopedics**. Student-athletes are expected to abide by the protocol and procedures of the training room. Please report any and all injuries to your coach or the athletic trainers immediately. Use only **Rest, Ice, Compression and Elevation** to treat injuries until you have consulted with a doctor and/or athletic trainer. If you consult with your family doctor for an injury, you will need a note from the doctor before being cleared to return to practice and/or competition.

**Concussions:** Per IHSA by-laws and OPRFHS School Board Policy, if an athlete exhibits signs and symptoms consistent with a concussion or head injury he/she will be removed from participation/competition at that time, and will only be allowed to return to play when cleared by a licensed physician and OPRFHS' athletic trainers. A detailed Concussion Information Sheet is available in the back of this handbook, and will also be provided to you by your coach at your individual Team / Parent Meeting.

## **Parent Coach Communication:**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

### **Expected Communication from Coach to Parents:**

1. Philosophy of the program
2. Expectations of all players on the team
3. Locations and times of all practices and contests
4. Team Rules and Requirements

### **Expected Communication from Parents to Coach:**

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance

As your children become involved in the Athletic Program at Oak Park and River Forest High School,



they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### **Appropriate Concerns to Discuss with Coaches:**

1. The treatment of your child, emotionally and physically
2. Specific methods or skills that will help your child improve
3. Standards and/or criteria used to evaluate athletes
4. Concerns about your child's behavior on/off the field

It is very difficult to accept your child not playing as much as you would have hoped. Coaches are professionals, and they make judgment decisions based on what they believe to be best for all student-athletes involved. As you have seen from the list above, certain issues can be and should be discussed with your child's coach. Other items must be left to the discretion of the coach.

### **Issues Not Appropriate to Discuss with Coaches:**

1. Playing time
2. Team strategy/play calling
3. Other student-athletes

**Please do not attempt to contact or confront a coach before, during or directly after a practice or contest. These are emotional times for both parent and coach. Meetings of this nature do not promote positive resolutions.** There are situations which may require a conference between the coach and the parent. When these conferences are necessary, the following procedure should be followed: call the coach to set up an appointment; if the coach can not be reached, call the Athletic Director to set up the meeting for you.

**If the meeting with the coach did not provide a satisfactory resolution, please call the Athletic Director to discuss the next appropriate steps to be taken.**

### **Sportsmanship:**

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic programs of all IHSA member schools. People involved in any facet of OPRFHS' athletic program are expected to demonstrate respect for others and display good sportsmanship. Each coach, athlete and parent has a role and responsibility to model and teach good sportsmanship.

### **Behavior Expectations of the Student-Athletes:**

Accept and understand your responsibility and the privilege of representing your school and community.

- Have respect for the rules of your sport.
- Treat your opponents the way you would like to be treated.
- Respect the integrity and judgment of officials.

### **Behavior Expectations of the Parents/Spectators:**

Be positive with your son/daughter. Encourage them to work hard and do their best. If they have questions about issues relating to their performance, encourage them to speak with the coach. Encourage your son/daughter to follow all school, athletic and team rules. Student-athletes need to be positive role models. High school athletics are a learning experience and part of the educational process. Adolescents learn proper behavior from watching adults. Entrance to an event is not license to verbally abuse others. Positive fan support is an asset for the players, coaches and other spectators. Show respect for the opposing players, coaches other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches or officials will not be tolerated at OPRFHS athletic events.

## **School and Athletic Attendance:**

If students are **excused absent** for no more than 3 periods, in a given day, they are eligible for practice or competition on that day. **Unexcused absences will** result in an athlete being ineligible for any participation. Student-athletes are expected to attend all practices and competitions. **Each Head Coach will provide specific team rules and regulations regarding absences as they relate to his/her program.**

## **Co-curricular Conflicts:**

If a student has two (2) or more school sponsored events in which he/she is a participant that are scheduled for the same date/time, the student may select **without penalty** the activity in which he or she will participate. The student must notify all coaches and sponsors prior to the events (e.g. athletic contest and band concert).

## **Athletic/P.E. Study Hall:**

In accordance with Illinois School Code, Oak Park and River Forest High School District 200 has established a policy, which allows students enrolled in grades 11 and 12, the option, to exempt from participating in physical education courses while they are participating in an interscholastic athletic program. Students **MUST** attend the specified Study Hall in lieu of their P.E. class. Failure to attend the assigned study hall will result in the student being placed back into P.E. The policies of this program are administered by the Physical Education Division.

## **Huskie Booster Club:**

The Huskie Booster Club of Oak Park and River Forest High School is a not-for-profit organization composed of parents and interested residents, organized to support the educational, social, athletic and extra-curricular activities of the high school. The club is managed by a Board of Directors. Each sport program has a Satellite Booster group, which promotes and advocates on behalf of their sport to the Board of Directors. The main fundraising activity of the club is the Booster Dinner/Dance and Auction, which is held annually in the spring.

The Booster Club meets the first Wednesday of every month during the school year at 7:00pm in the Faculty Dining Room at the high school. Meetings are open to all interested parties.



## Summary of Illinois High School Association Rules and Regulations:

1. Athletes cannot participate in competition unless they have passed five (5) courses during the previous semester.
2. Athletes must pass five (5) academic courses each week. If they do not have a passing grade, they will be ineligible for competition, but not practice, until they are earning four passing grades.
3. Athletes must have a physical exam each 365 days, and the physical must be current through the season.
4. Amateur athlete status: athletes may not accept anything that has a cash value over \$75.00.
5. Athletes may not participate on any non-school team, or as an “unattached individual” in non-school competition in the given sport, or in any competition that involves the “skill of the sport”.
6. Athletes may participate in and tryout for a non-school athletic team while being a member of a high school team in that same sport, provided that the tryout is exclusively a demonstration of skills and no practice or instruction is involved. Once an individual begins practice on a given club team, there must be competition within two weeks for that club team.
7. Athletes shall not be permitted to participate on or practice with any college, junior college or university athletic team.
8. The IHSA has implemented policies and protocols regarding concussions and head injuries. Athletes will be removed from practice or competition if they exhibit symptoms of a concussion, and will not be allowed to return to play until cleared by a school approved doctor or athletic trainer.
9. Students may participate in non-sport specific physical conditioning programs throughout the year.
10. Per IHSA policy, student-athletes may be subject to random performance enhancing drugs and/or steroid testing.
11. Participation by high school students in summer programs must be voluntary and in no way be an actual or implied prerequisite for membership on a team.
12. Any coach or athlete ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level.

For additional information on I.H.S.A. Rules and By-laws, please refer to the pages at the back of this handbook or visit [www.ihsa.org](http://www.ihsa.org)

## Summary of West Suburban Conference Guidelines:

1. Athletes cannot participate in two sports at one time.
2. Athletes are not eligible for freshman competition if they have attended two semesters of school or if they will attain their 17<sup>th</sup> birthday during a sports season in which they wish to participate.
3. Athletes are not eligible for sophomore competition if they have attended four semesters of school or if they will attain their 18<sup>th</sup> birthday during a sport season in which they wish to participate.
4. Thanksgiving, Christmas, and New Year’s Day are not to be used for any kind of practice, competition event or team meeting.
5. Sunday practice, competition and/or team meetings are prohibited with the following exception: Sunday practice and team meetings may be allowed for Varsity teams when they are participating in a State Tournament series where games have been scheduled for either Monday or Tuesday.
6. Practice over winter vacation must be scheduled so that each team has at least five (5) days off from practice and contest obligations.
7. There will be conference champions only at the varsity level.
8. **Athletes must receive written permission from the Athletic Director in order to participate in intramural activities or attend “Open Gym” for another sport during an interscholastic season.**

For additional information on West Suburban Conference Rules and Guidelines please visit [www.athletics2000.com/wsc/](http://www.athletics2000.com/wsc/)

# Prospective College Athletes



Some student-athletes have a goal to participate in athletics at the collegiate level. The Oak Park and River Forest H.S. Athletic Department, Counselors and coaching staffs are very willing to help student-athletes pursue this goal. To this end, we offer the following advice for our student-athletes:

- Communication with the coach is essential. Student-athletes who have a strong desire to compete at the collegiate level should consult with their coach prior to their senior sport season.
- The driving force behind college selection should be the academic fit. Student-athletes should work in conjunction with their Counselor to develop their list of potential college choices.
- Create a resume and cover letter that represents your overall high school experience and highlights your athletic accomplishments. The resume should be reviewed by a coach and/or Counselor.
- Be proactive in marketing yourself to college coaches by creating a highlight video, forwarding game schedules, etc...
- Meet with your Counselor to discuss the process of registering with the **NCAA Eligibility Center**. This should be done during the student's Sophomore year.
- Review **all** NCAA Academic Eligibility Requirements with your Counselor or by visiting the following NCAA websites [www.eligibilitycenter.org](http://www.eligibilitycenter.org) and [www.ncaa.org](http://www.ncaa.org)

## Summary of NCAA Academic Eligibility Requirements:

- Student-athletes entering an **NCAA Division I** college or university will need to have completed the following:
  1. Graduate from high school
  2. Complete **16 core courses** as listed below
  3. Meet the NCAA Core G.P.A. / Test Score Index Standards – check NCAA website for this index

## NCAA Core Courses:

	<b>16 Core Courses</b>
	English – 4 years
	Mathematics (Algebra I or higher) – 3 years
	Natural/Physical Science (including 1 lab) – 2 years
	Social Science – 2 years
	Additional English, Math or Science – 1 year
	Additional Academic Courses – 4 years

**NCAA Division II and III institutions have separate academic requirements. For further information on these rules please visit the NCAA website at [www.ncaa.org](http://www.ncaa.org)**

# ATHLETIC AWARDS



## Award Guidelines:

### Freshman:

- The award for freshman competition will be **Numerals**.
- If a freshman earns the Varsity Monogram, he/she would also receive Numerals.
- Freshmen participating on more than one (1) Freshmen team will receive the freshmen pin.

### Sophomore:

- The award for sophomore competition will be the **Minor Monogram**.
- Sophomores participating on more than one (1) Sophomore team will receive the Minor pin.

### Junior Varsity:

- The award for junior varsity competition will be the **Varsity or Minor Monogram**.
- Insufficient participation at the varsity level may result in a Minor Monogram being awarded.

### Varsity:

- The award for seniors will be the **Varsity Monogram**.
- Athletes earning a Varsity letter in the same sport more than once shall be awarded a **Bar**.

## Proper Placement of Awards on Letterman Jacket:

- Numerals are to be placed below the left hand pocket.
- Minor Monogram is to be placed below the right hand pocket.
- Varsity Monogram is to be placed on the right chest area.
- State Championship and State Qualifier award patches are to be worn on the lower back or sleeves.

## Athletic Medal Award:

The Athletic Medal Award is given to a senior male and female student-athlete who has demonstrated, during his/her four years at Oak Park and River Forest HS, the highest achievements in athletics, academics and leadership. The award is based on an athletic and scholastic point system. The student-athlete must have earned a Varsity letter in a minimum of two (2) sports to be eligible. The awards are presented annually at the Senior Spring Awards Night.

## Huskie Athletic Council Athlete of the Year Award:

The H.A.C. Athlete of the Year Award is given to a senior male and female student-athlete. These awards are also presented at the Senior Spring Awards Night. The criteria for this award are:

- Is a Varsity letter winner
- Demonstrates leadership abilities in sports/activities
- Demonstrates character and sportsmanship both on and off the field
- Exemplifies the true spirit of OPRFHS Athletics

# OAK PARK and RIVER FOREST HIGH SCHOOL

## Athletic Department - Concussion Information & Management Plan

The student and the student's parent/guardian understand that District 200 Board Policy 7:305, *Student Athlete Concussions and Head Injuries*, requires, among other things, that a student athlete who exhibits signs and symptoms, or behaviors consistent with a concussion or head injury must be removed from participation or competition at that time and that such student will not be allowed to return to play unless cleared to do so by a physician licensed to practice medicine in all its branches or a certified athletic trainer, as well as a signed parental consent form.

**ROLE:** Along with the school's team physicians (Midwest Orthopedics at RUSH), our certified athletic trainers, which are contracted through AthletiCo Physical Therapy, act as the "point persons" for dealing with athletic injuries. This includes the care and management of concussions. The Athletic Trainer will provide initial evaluation of the injury, and see to it that the athlete is properly managed and attended to during the extent of the injury.

**EVALUATION:** Management of a concussion begins with a base-line test, which is conducted by our athletic trainers prior to the season. Proper evaluation of a concussion entails monitoring symptoms, as well as basic sideline screenings. Examples of such screenings would be the Standardized Assessment of Concussions and Graded Symptom Checklist.

**REFERRAL:** All concussions must be referred on to a physician. It is the AT's discretion if the athlete should be sent to an Emergency Room for closer evaluation. Signs such as abnormal pupil response, abnormal cognition, decreasing vital signs, or a sudden increase in amount and/or severity of symptoms should warrant an immediate referral to the Emergency Room.

**RETURN TO PARTICIPATION:** Once it has been determined that an athlete has sustained a concussion, they must be removed from athletic participation immediately. The athlete must remain completely removed from athletic participation and modify their academic participation until they are symptom free at rest. Upon being *symptom free at rest for 24 hours and passing an ImPACT test*, the student-athlete may begin a progression back to sports, under the supervision of an athletic trainer, and academic participation. Under no circumstances will this protocol be accelerated. There should be approximately 24 hours (or longer) for each stage, and the athlete may return to previous stages if symptoms recur. Resistance training should only be added in later stages.

***Physician clearance AND the Parent Consent Form must be received prior to the athlete starting the Return To Play protocol***

Rehabilitation Stage	Functional Exercise	Success Goal of Each Stage
1. No activity	Complete physical/mental rest	Recovery (symptom free at rest for 24 hours)
2. Biking	Stationary cycling (30 min.)	Increase heart rate without symptoms
3. Running	Running (treadmill – 30 min.)	Add movement without symptoms
4. Agility Exercises	Sport-specific exercises. <i>(No head impact activities)</i>	Add coordination without symptoms
5. Non-contact practice	Full practice without contact	Increase exercise without symptoms
6. Full contact practice	Full practice with contact	Assess functional skills without symptoms
7. Return to play	Normal game play	

It is determined that an athlete is able to return to play when they are symptom free at rest and at exertion, and have returned to a baseline state of any tests they were administered. An athlete will not return to participation the same day as a concussive event. Once the athlete has received clearance from a physician, and has parental consent, they may begin the return to play protocol. Although an athlete receives clearance from a physician, the athletic trainer still reserves the right to hold the athlete out of participation if they have not met all of the concussion protocols in progression. ***A parent's consent alone is not a sufficient means for an athlete to return to participation.*** Athletes who have not been cleared to participate cannot be in uniform for any games.

A concussion is a brain injury and all brain injuries are serious. It is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. 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, and contact the athletic trainers.

**SYMPTOMS may include one or more of the following:**

**SIGNS observed by teammates, parents & coaches include:**

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

**How can you help your child prevent a concussion or other serious brain injury?**

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet (e.g. football, lacrosse) is a must to reduce the risk of a serious brain injury or skull fracture. However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.
- Tell your child’s coaches if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

**Management of a Concussion:**

When a concussion is suspected, it should be brought to the attention of an athletic trainer and/or a physician for further evaluation. The athlete must be removed from play immediately. No athlete may return to play or physical activity, including the physical activity portion of physical education courses, after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance and parental consent. Board policy also requires the same clearance before such a student can return to intramural athletics and the physical activity portion of a physical education class.

What to avoid and do when a concussion is suspected: Things that should be considered so recovery is not delayed:

- Avoid any loud noises (Music, TV, band practices)
- Avoid texting, reading, video games, typing, or internet use. All of these activities cause an increase in cognitive function which puts a strain on the brain

- Avoid any over-the-counter medications (Advil, Motrin, Ibuprofen, Aleve)
- If studying is needed to be done for a quiz or test the next day or that week, the school nurse or guidance counselor should be contacted and made aware that a concussion is suspected and postponement of any quizzes or exams may be needed. (nurses and school counselors are notified of all concussions at OPRF)
- Staying home from school may be recommended if concussed individual begins to experience headaches right away

**You should also inform your child's coach if you think that your child may have a concussion, even if it resulted from an injury that occurred outside of school/school activities.** 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/>

This protocol is implemented to promote compliance with: Illinois House Bill SB 0007 – Youth Sports Concussion Safety Act.