



Cobras Extracurricular Co-op Handbook

Home of the Cobras

Tonica Grade School * Lostant Grade School

Extracurricular Cooperative Code Handbook

Lostant Grade School #425 and Tonica Grade School #79 work cooperatively to provide sporting and extracurricular opportunities for students. Students who wish to participate in a co-op sport or activity will be expected to comply with the rules in that agreement as well as the coaches rules.

Interscholastic Philosophy Statement/Guidelines

We believe interscholastic athletics and extra-curricular activities are an integral part of the total curriculum of the school. It is believed the following statements reflect our philosophy:

- Activities must be for all boys and girls who wish to participate between grades 5-8. 4th graders may be asked to participate in various activities but none that are under the guidance of the IESA (7th and 8th grade level).
- Athletics and extra curricular activities must be educational and contain learning experiences that fit into the overall educational program; be controlled by school authorities, both local and state; and have been duly approved by the School Boards.
- Emphasis will be on fun, physical development, skills, social experience, good sportsmanship, and achieving team goals.
- 7th and 8th grade athletes will participate but may not get playing time in all games.
- Students will play at their grade level unless circumstances warrant a move to a higher level due to low numbers and with Athletic Director approval.

Sportsmanship Participants, coaches/sponsors, fans, community members, and any other representatives of Lostant Grade School #425 and Tonica Grade School #79 are expected to demonstrate the highest qualities of sportsmanship. Swearing, use of questionable language, obscene gestures, inappropriate body language, arguing, or insubordination towards game officials, coaches/sponsors, other athletes, and spectators will not be tolerated. The administration and coach/sponsor will handle these cases individually, but repeated instances will cause dismissal from the team or activity. Poor sportsmanship is never acceptable.

In addition, IESA has consequences for ejections. Both districts will follow the IESA rules for ejection and may also serve additional suspensions from events at the schools of the cooperative and be required to pay the IESA fine due to ejection.

Expectations for Participants

Participants are to fully comply with district policies and regulations for participation in athletics and co-curricular activities. Only athletes who are members of a team are to be present at practice. There shall be no parents, siblings or friends of athletes present. Coaches may ask high school athletes to help with practices.

- As long as a transfer student did not try out, practice, or participate in the previous school he/she can join the team. Participants are expected to observe all training/practice rules.

- Participants are expected to give their best effort at all times. This is for practices and contests.
- Participants are expected to represent their schools and the cooperative in a positive manner and display outstanding sportsmanship, and high standards of acceptable social behavior.
- IESA rule 3.042 states students may participate in non-school athletic competition, either as individuals or team members, at any time they are not members of a school team in that same sport. Participation in those teams is encouraged as long as the activity does not conflict with a school sponsored sport or activity. If there is a conflict the student must be in compliance with the school sponsored activity.
- Participants are to be present for and participate fully in all practices and games/events/contests with the exception of ineligible participants, unless excused by the coach or sponsor. Participants who know in advance that they will be absent from practice or an event for appointments or other good reasons (excluding participation on another athletic team) must discuss his/her absence with the coach/sponsor in advance. Unexcused absences from practices or games will carry penalties as determined by the coach/sponsor.
- It is required that every participant and parent/guardian sign off that they have read, understand, and will implement the activities handbook regulations.
- If a participant neglects or does not take proper care of his/her uniform, including lost items, they must pay the cost of replacing the individual uniform at a price determined by the activity director.
- Participants are expected to comply with all rules and directions governed by State sponsored events as well as all team and school rules when attending state events. This would also include any directions and rules given by coaches or other school affiliated adults during the event.
- It is the responsibility of the participant and their parents to pay for any expenses they committed to before the first contest of the season.
- It is the responsibility of the participant to return within one week from the end of the season clean uniforms and/or any other clothing or gear issued to the participant during the course of the activity.
- The student must be in attendance by 11:00 a.m. to participate in an event that evening unless a legitimate, prearranged excuse other than personal illness is used (examples: doctor or dentist appointment, funeral, or family emergency). An athlete who has one or more trancies or who has been suspended from school may be suspended from participation in athletic activities by administration.

Program Development

- The head coach or sponsor will be responsible for his/her own programs. In cases where there are disagreements about program development or coordination between levels, all coaches and sponsors involved shall meet with the administration to achieve a positive resolution of any problems.
- Coaches may hold camps to teach fundamentals and skills needed for their individual sports.

Students shall be encouraged to attend appropriate camps and clinics to learn fundamentals and to practice the basic skills and techniques of the activity, but attendance at camps or clinics is not mandatory to participate in athletics or co-curricular programs. Transportation must be coordinated and available if held during the season.

Eligibility Requirements

- The participant, coach/sponsor, and parents will be notified if a participant becomes ineligible. All eligibility is figured at 9am on Monday. Eligibility runs from Monday to Sunday. Administration and or the Activities Director will notify coaches, all participants and their parents of the ineligibility.
- Participants who are ineligible may not participate in games or practices and are expected to be spending time working on raising their grade.
 - Eligibility checks will begin the week after the start of the new quarter or report card period.
- Participants who are listed as ineligible for a third time during the course of a season are no longer allowed to be a member of the team.

Behavior Expectations

While being a member of the cooperative extracurricular team requires commitment, it is also important that our participants are not only showing positive behavior on the court, the field but also the classroom. Additional situations can be applied at the discretion of the administration of both schools.

It is expected that student participants of the cooperative program display themselves and their teams appropriately not only in school but also in the communities and via social media.

Participants in extracurricular activities are subject to the disciplinary procedures that are outlined in their respective school's student handbook. They are also subject to the team expectations and consequences as well. The season ends on the game of their last contest as a member of the team.

Participant Expectations for Practices

No missed practices are allowed unless prior approval is received from the coach. The athlete/parent is required to notify the head coach or front office prior to missing practice. (Participants may not tell a teammate; they can't give participant approval.)

- Participants must be on time: This means he/she is dressed and ready to play at 3:45 p.m. If an athlete is late to practice, the team coach will give the consequence.
- Other sports will not infringe on Cobras practices. If a participant misses a practice to go and practice another sport, this will count as an unexcused absence.
- Missing practice for a family function, emergency or vacation will be addressed with each individual family.
- Being present at practice but not participating will be considered a "missed practice".

Chain of Command

Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding rules, regulations and additional team rules will be distributed at that time. If at any time, an athlete or parent has an issue/concern with a coach or program, the below process should be followed:

- 1) Athlete meets with the coach to discuss the problem
- 2) Parents and/or athlete meet with the coach
- 3) Parents and/or athlete meet with the Athletic Director and/or Principal
- 4) Parents schedule a meeting with the District Superintendent

Coaches should never be approached to discuss a problem or complaint immediately following a game.

24 Hour Rule

Adults, parents, guardians and spectators, are not to approach a coach to discuss a situation, game, a game incident or a situation that occurred during the game that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact.

Procedures When a Participant is Ill or Injured

Athlete health is of concern to coaches and every member of the team. In the event an athlete feels ill or injured, the student participant should notify the coach. Even minor injuries can become serious; therefore, all injuries should be reported to the coach. Any sickness/injuries will be addressed with the athlete's best interests in mind. If an athlete is injured and has visited a doctor, a release note is REQUIRED from the doctor BEFORE the student will be allowed to resume practice. A participant who has been excluded from PE by a licensed medical professional will not be allowed to participate in practices or games until released. Whenever a student participant is injured or has an illness of a minor nature, he/she is required to dress out (but not participate) and stay with the team during the workout or practice. Participants learn from each practice session, whether he/she is actually practicing or simply observing.

Student Athlete Concussion Information

Before being allowed to participate in a sporting activity, a student must have a signed documentation agreeing to comply with the policies and procedures on student athletic concussions and head injuries. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or a game will be removed from participation or competition at that time. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer. If not cleared to return to that contest, a student athlete may not return to play, practice, P.E. or recess until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.