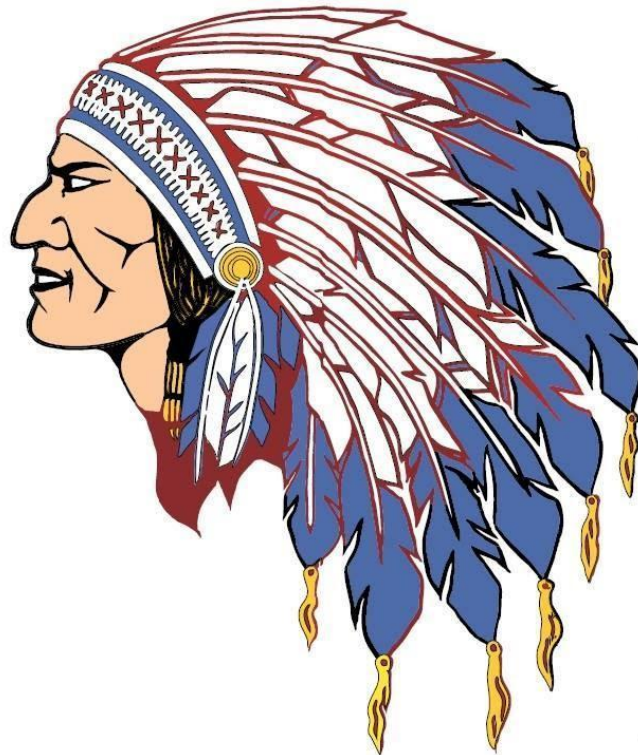


PAWNEE

COMMUNITY UNIT SCHOOL DISTRICT #11

Extra-Curricular Handbook
2026-2027



PURPOSE

This extra-curricular activities code covers both the Pawnee Junior High and High School. Its purpose is to provide a guideline for the students, their parents/guardians, and the school district. The school district's extra-curricular policies are provided in writing to ensure uniformity and to provide for all of those involved. All students who participate in extra-curricular activities, as well as a parent/guardian, will sign the extra-curricular policy each year. All students involved in extra-curricular activities will be under the guidelines of the extra-curricular policy every day, whether or not school is in session. The policy will be in effect 365 (366) days of the year.

Violation will be noted and recorded after the student is given notice of the charge and an opportunity to respond. The building principal will notify parents/guardians by phone and mail of the violation and subsequent penalty. Violations and penalties will accumulate throughout 6th, 7th, and 8th grade. Upon completion of 8th grade, the policy will start over for high school.

PHILOSOPHY

Extra-curricular activities help prepare one for life ahead in discipline, positive thinking, and cooperation and teamwork with others. Extra-curricular activities, if utilized properly, serve as an educational medium through which the optimum in growth - physical, mental, emotional, social, and moral - of the participant may be fostered.

There are few, if any, substitutes for building not only a strong mind and body but also a strong desire and will to succeed in extra-curricular activities and life by competing fairly and to the best of one's ability. Our extra-curricular activity programs are designed to be successful, not only through our victories in competition but also by better preparing young people for taking their places as responsible citizens of our community, state, and nation.

EXTRA-CURRICULAR ACTIVITIES

Extra-curricular activities covered by this handbook include: all I.E.S.A. and I.H.S.A. athletics, cheerleading, music solo and ensemble contests, and scholastic bowl; band, chorus events, and show choir that are not part of curricular graded performances; all National Honor Society and Junior Beta Club activities; all Student Council activities; all yearbook club activities; bass fishing meets, musical/play practices, and performances. This is a framework, but it is not all-inclusive of extra-curricular activities covered by the handbook.

Students will NOT be allowed to attend school dances if they are serving an out-of-school suspension or are banned from attending. All events open to the public are also open to students unless they are serving an out-of-school suspension or are banned from attending.

Portions of this policy, which are applicable to the above groups, involve: eligibility, attendance, attitude, citizenship, dismissal, and transportation. In addition, individual clubs/organizations such as Student Council, National Honor Society, and National Junior Beta Club have individual charters/constitutions, which address these issues. In all cases, the school's extra-curricular policy language, if stricter, shall prevail.

The senior class trip is school-sanctioned but not school-sponsored. Rules and policies are established, explained, and signed off on before the trip. The school disciplinary code is followed if violations occur.

ATHLETIC PARTICIPATION FEES

All school fees must be paid prior to participation in extracurricular activities. In order to participate in athletics/cheerleading, a participation fee will be charged to junior high and high school students. The participation fee is non-refundable for junior high and high school athletes/cheerleaders.

Athletic/Cheerleading Participation fees: \$50 per sport or \$100 for 2 more sports. There will be a per-family maximum of \$200.

ATTENDANCE

All students returning from doctor, dentist, orthodontist, etc., appointments must bring with them a slip provided by the medical professional and present it to the office staff upon their return. On the day of a school-related function, and the student has a medical appointment, the student must deliver the provider's note in order to participate and/or be a spectator of an extracurricular activity that day. Additionally, should a student utilize a mental health day, the parent will communicate with the administration or designee to determine participation prior to 11:00 am CST. In case of family emergencies, funerals, etc., participation may be allowed with consent of the principal or his/her designee. Students must be in school on a 11:30 dismissal at 10:00, a 2:00 dismissal at 10:45, and a full day at 12:05 in order to be able to participate and/or be a spectator of an extracurricular activity that day. If a student has an afternoon medical appointment, they must provide a slip provided by the medical professional and present it to the office staff upon their return in order to participate and/or be a spectator of an extracurricular activity that day.

DUAL SPORT /ACTIVITY STUDENT ATTENDANCE:

At the season's start, a student who is participating in two or more extra-curricular activities, the student must declare with the athletic director their primary, secondary, and tertiary activity. However, a game/meet/performance, etc., does take precedence over a practice.

ATTITUDES

Character-building aspects, as they are related to the winning and losing of games, are to be stressed by all coaches/sponsors. The conduct, appearance, and general behavior of all athletes/cheerleaders, both on and off the field, will be stressed by all coaches and sponsors. This includes the athletes who participate under co-opting agreements. Coaches/sponsors are expected to carry out the policies of the school and of the athletic department in addition to those of their individual sport.

In order to promote the ideals of good sportsmanship and respect for rules and authority; in order to establish leadership, team pride, teamwork, and team discipline; in order to eliminate disruptive influences in the locker room, on the practice field, and on trips away from school; and in order to provide conditions which promote health and safety of the individual team unit and its opponents, the following principles are established:

Principles:

1. When en route to and from a scheduled contest or activity, athletes/cheerleaders not attired in team uniforms shall dress neatly. Coaches may establish their own dress codes for travel to and from contests/activities. No denim blue jeans are to be worn by team members to any athletic contest in which they will be participating. Dress "jeans" are acceptable.
2. Student athletes must dress appropriately for all practices and activities.
3. Requirements for apparel, footwear, and equipment may vary by sport. Athletes are responsible for meeting the expectations and requirements set forth by their coach and team.
4. Athletes/Cheerleaders shall not wear their uniforms or parts of their uniforms other than at the contest in which they are participating or for related activities which have been approved by the principal. This includes students on co-op teams.

5. Pawnee School District-issued uniforms shall be worn at all contests unless approval has been granted by the athletic director or principal.

CHEERLEADING

Students trying out for cheerleading have the option of trying out for just the football cheerleading squad or just the basketball cheerleading squad. They may also try out for a cheerleading position on both squads. The total number of cheerleaders for football and the total number of cheerleaders for basketball cannot exceed 12. No more than 12 will be allowed to cheer for football and basketball games.

Exception: The team will not cut just one person who tries out. As a result, a team may have more than 12.

CODE OF CONDUCT

This Code of Conduct applies to all extra-curricular and athletic activities and is enforced 365 days a year, 24 hours a day. This Code does not contain a complete list of inappropriate behaviors. Violations will be as defined in this Code. A student may be excluded from extra-curricular or athletic activities while the school is conducting an investigation into the student's conduct.

Students and their parents/guardians are encouraged to seek assistance from the guidance office for alcohol or other drug problems. Participation in an alcohol or drug counseling program will be taken into consideration in determining consequences for Code of Conduct violations.

The student shall not:

1. Violate the school rules and School District policies on student discipline, including policies and procedures on student behavior;
2. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute a beverage containing alcohol (except for religious purposes);
3. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute tobacco or nicotine in any form, unless employment requires;
4. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance-enhancing drugs or chemicals) or paraphernalia;
5. Use, possess, buy, sell, offer to sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look-alike weapon. This prohibition does not prohibit legal use of weapons;
6. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being possessed, used, consumed, offered for sale or purchase, sold or purchased, or distributed by minors. Students who are in the presence of their parent and/or guardian and are not in the immediate presence of minors possessing, using, consuming, offering for sale or purchase, selling or purchasing, or distributing alcoholic beverages and/or controlled substances shall not be subject to this provision.
7. Act in an unsportsmanlike manner at any school activity or event;
8. Violate any criminal law, including but not limited to assault, battery, arson, theft, gambling, eavesdropping, vandalism, and reckless driving;
9. Haze or bully other students;
10. Violate the written rules for the extra-curricular or athletic activity;
11. Behave in a manner that is detrimental to the good of the group or school;
12. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff; or 13. Falsify any information contained on any permit or permission form required by the extra-curricular or athletic activity.

Hazing "Hazing" is defined as that treatment which tends to set a student apart from his/her school mates, requires performance of an act for the purpose of induction or admission to any group, or an act which results in bodily harm or excessive psychological harm.

Bullying includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any severe or pervasive physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

1. Placing the student or students in reasonable fear of harm to the student's or students' person or property;
2. Causing a substantially detrimental effect on the student's or students' physical or mental health; 3. Substantially interfering with the student's or students' academic performance; or
4. Substantially interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.

Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatening or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

Due Process Procedures

Students who are accused of violating the Code of Conduct are entitled to the following due process: 1. The student and Parent or Guardian shall be advised of the disciplinary infraction with which he or she is being accused.

2. The student shall be entitled to a hearing before an appropriate administrator
3. The student and Parent or Guardian will be able to respond to any accusations leveled against him or her.
4. The student and Parent or Guardian may provide any additional information he or she wishes for the administrator to consider.
5. The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
6. If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:
 - a. Sanctions for violations other than drug and alcohol will be based on the nature of the offense; may consider the number of offenses and prior offenses; and may include suspension from all extra-curricular or athletic activities for one of the time periods described below:
 - A specified period of time or percentage of events, performances, activities or competitions;
 - The remainder of the season or for the next season; or
 - The remainder of the student's school career.
 - b. Sanctions for alcohol and other drug violations, including tobacco, nicotine in any form, mood-altering or performance-enhancing drugs, products composed purely of caffeine in a loose powdered form, paraphernalia, or any other illegal substance, will be based on the following:

Self-Reporting

1. If the student self-reports the offense within 2 school days following the alleged offense, the student's punishment will be cut in half, and the student still may attend practice. If fewer than the said amount of contests remain, the punishment will carry over to the next extra-curricular season that the student participates in. If the student does not self-report the offense, the penalty will stay as is.

First Violation

1. Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of one-third of the total number of performances, activities, or competitions. In the event that less than one-third of the total number of performances, activities, or competitions remain in the season, the remaining suspension period shall carry over to the next season's performances, activities, or competitions.
2. Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being possessed, consumed, offered for sale or purchase, sold or purchased, or distributed by minors: A suspension of one-sixth of the total number of performances, activities, or competitions. In the event that less than one-sixth of the total number of performances, activities, or competitions remain in the season, the remaining suspension period shall carry over to the next season's performances, activities or competitions.
3. The student will be required to practice with the group, regardless of the violation (unless suspended or expelled from school).
4. The student must complete the season or activity in which they were participating to fulfill the terms of their suspension.

Second Violation

1. Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of 12 weeks, from all performances, activities, or competitions during this period. In the event that fewer than twelve weeks of the total number of performances, activities, or competitions remain in the season, the remaining suspension period shall carry over to the next season's performances, activities, or competitions.
2. Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being possessed, consumed, offered for sale or purchase, sold or purchased, or distributed by minors: A suspension of one-third of the season and all extra-curricular group performances, activities, or competitions during this period. In the event that less than one-third of the total number of performances, activities, or competitions remain in the season, the remaining suspension period shall carry over to the next season's performances, activities, or competitions.
3. The student will be required to practice with the group (unless suspended or expelled from school).
4. The student must complete the season or activity in which they were participating to fulfill the terms of their suspension.

Third Violation

1. Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing alcoholic beverages, tobacco, nicotine, and/or controlled substances: A suspension from extracurricular or athletic activities for the remainder of the student's school career.
2. Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being possessed, consumed, offered for sale or purchase, sold or purchased, or distributed by minors: A suspension of one calendar year from the date of the suspension, including all extracurricular and athletic activities during this period.
3. The appropriate administrator will make a written report of his or her decision and rationale. The student may appeal the decision to the Superintendent.
4. The student may appeal the decision of the Superintendent to the Board of Education.

Reinstatement

One (1) year after imposition of penalty for a student's third offense under the provisions of the Extra-curricular Code of Conduct related to alcohol and/or controlled substances, he/she may apply to the Board of Education to be reinstated in extra-curricular activities.

In addition to this Extra-curricular Code of Conduct, all students remain subject to all the School District's policies and the school's student/parent handbook.

- EXCEPTION: Student may be allowed to attend graduation, participate in cheerleading tryouts, class elections, and student council elections.
- NOTE: All organizational and club policies/constitutions must be followed; however, no policy/constitution preempts the district policy.

If a student is given an Alternative Education Room or In-School Suspension, the student may be allowed to attend practice, but NOT attend a game/performance or event; if this day falls on the last day of attendance prior to a weekend or break, the student may attend a game/performance or event.

If the student is given an Out of School Suspension, the student may NOT be allowed to attend practice, game/performance, or an event; if this day falls on the last day of attendance prior to a weekend or break, the student may NOT attend a game/performance or event until the next attendance day.

DISMISSAL

If it becomes necessary to dismiss a student from a team/squad, the coach shall meet with both the athletic director and principal and also provide details in writing. Following that step, the parents and/or guardians of the involved student(s) shall be informed by mail. The athlete has the right of administrative review.

ELIGIBILITY REQUIREMENTS

1. A high school athlete/cheerleader must meet the current Illinois High School Association (IHSA) standards for eligibility. Per Pawnee High School policy, no athlete/cheerleader shall be eligible if he or she is failing 3 or more. A junior high athlete/cheerleader must meet current Illinois Elementary School Association (IESA) standards. In junior high school, no athlete/cheerleader shall be eligible if he or she is receiving one "F" (failing grade).
2. If a student involved in extra-curricular activities receives three or more failing grades on his/her semester report card, he/she will be ineligible for the entire next semester. This includes all sports and other extracurricular activities. During the summer, correspondence or summer school classes may be taken to make up a failed course, thus allowing a student to be eligible. This course must be approved by the principal.
3. A high school athlete/cheerleader must meet current Illinois High School Association (IHSA) standards for eligibility. Per Pawnee High School policy, no athlete/cheerleader shall be eligible if he or she is failing 3 or more classes. Eligibility is determined by semester.
4. A junior high athlete/cheerleader must meet current Illinois Elementary School Association (IESA) standards. In junior high school, no athlete/cheerleader shall be eligible if he or she is receiving one "F" (failing grade). Eligibility is determined by quarter.
5. Eligibility checks will be made by the athletic director each Friday (or the last school day of the week) on the athletes/cheerleaders in season. If an athlete/cheerleader does not meet the above requirements on a given Friday, he/she is ineligible to participate or cheer in games for a minimum of one week, effective the following Sunday. He/She will remain ineligible until he/she again meets the requirements as stated above. The eligibility period runs from Sunday through Saturday.
6. An athlete/cheerleader may participate in practice even though he/she is scholastically ineligible, but he/she may not dress in a team uniform during games while he/she is ineligible.
7. The third time a student becomes ineligible during a sport/organization season, he/she may be removed from the team. A student ineligible for the third time cannot participate in contests or events, but may have limited participation or non-participation involvement in the program if an agreement is reached with the coach/sponsor, athletic director, and principal.

IHSA ELIGIBILITY RULES

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools that are members of IHSA as part of the Association's constitution and bylaws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible for seeing that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA bylaws regarding interscholastic eligibility. It is designed to make you aware of the major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the bylaws at www.ihsa.org. You may lose eligibility for interscholastic competition if you are not in compliance with IHSA bylaws.

Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is a "lapse in school connection" or not.

2. Scholastic Standing

- A. You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits).
- B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester

3. Residence

Your eligibility is dependent on the location of the residence where you live full-time with your parents, a parent who has been assigned custody by the court, or a court-appointed legal guardian. You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full-time with both of your parents, custodial parent, or court-appointed guardian; or

- B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full-time with your parents, custodial parent, or court-appointed guardian; or
- C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent, or court-appointed guardian, and you continue to pay tuition as a high school student in that same district; or
- D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent, or court-appointed guardian; or
- E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
- F. You attend the private/parochial high school in compliance with the by-laws. which one or both of your parents attended; or
- G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent, or court-appointed guardian.

4. *Transfer*

- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. You cannot be eligible when you transfer until this form is fully executed and on file in the school office.
- B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transferred and transferred after the IHSA sport season had begun, you would be ineligible for cross country that entire school term at the new school.
- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 - 1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent, or court-appointed guardian from one public school district to a different public school district;
 - 2. Your transfer is between high schools within a public school district, and both you and your parents, custodial parent, or court-appointed guardian change residence to the district attendance area for the school to which you transfer;
 - 3. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
- E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school will be enforced at the school to which you transfer, even if you are otherwise in
- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

5. *Age*

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sports season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

6. Physical Examination

You must have on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant, or nurse practitioner, in order to practice or participate. Your physical examination is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.

7. Amateur Status

A. If you win or place in an actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.

B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check, or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.

C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons, or coaching in a little kids' league, etc. It only applies to your own competition in an athletic contest.

D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

8. Recruiting of Athletes

A. The bylaws prohibit the recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited, and your eligibility is in jeopardy.

B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.

C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete that are not uniformly made available to all students who attend your school.

D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.

E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement that is not made available to all applicants who apply to or enroll in the school. F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity that is not also provided or made available to all prospective students at that school. Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice, or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:

1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the bylaws.

2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.

B. Violation of the sport season by-laws will result in a penalty to you and/or to your school's coaching personnel.

10. *Playing in Non-School Competition*

A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.

B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.

C. If you wish to participate in a competition sanctioned by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.

D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminate for the school term.

E. You will become ineligible if you participate in, practice with, or compete against any junior college, college, or university team during your high school career.

11. *All-Star Participation*

A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in an all-star competition in any of these sports under any other conditions.

B. You are not restricted from participating in all-star competition in sports other than football, basketball, soccer, or volleyball, except that you may not do so during the school season for the sport.

12. *Misbehavior During Contests*

A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.

B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

IHSA/IESA 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 a 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
- Confused about the assignment
- Is unsure of game, score, or opponent
- Shows behavior or personality changes. Can’t recall events prior to the hit
- Can’t recall events after the hit
- Any change in typical behavior or personality
- Vacant facial expression
- Forgets plays
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Seizures or convulsions
- Loses consciousness

What can happen if my child keeps playing with a concussion or returns too soon?

Athletes with the signs and symptoms of a 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, the education of administrators, coaches, parents, and students is the key to student-athletes’ 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 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.

IHSA DRUG POLICIES

The District maintains an extra-curricular drug and alcohol testing program in order to foster the health, safety, and welfare of its students. Participation in extra-curricular athletic activities is a privilege, and participants need to be exemplars. The program promotes healthy and drug-free participation.

Each student and his or her parent(s)/guardian(s) must consent to random drug and alcohol testing in order to participate in any extra-curricular athletic activity. Failure to sign the district's "Random Drug and Alcohol Testing Consent" form will result in non-participation.

If a test is positive, the student may not participate in sports or activities until after a follow-up test is requested by the building principal or designee and the results are reported. The building principal or designee will request a follow-up test after such an interval of time that the substance previously found would normally be eliminated from the body. If this follow-up test is negative, the student will be allowed to resume sports and activities. If a positive result is obtained from the follow-up test or any later test, the same previous procedure shall be followed.

Each high school student athlete/cheerleader must sign an agreement not to use any drugs on the IHSA's most current banned drug classes list, and the student athlete/cheerleader and his/her parent/guardian must sign an agreement to take part in random testing for these substances.

INSURANCE

All students participating in athletics/cheerleading must show proof of having health insurance and must sign a health insurance release form. Parents of students participating in extra-curricular activities must file with the school the data requested so that the school is assured that all participants have insurance coverage.

MEDICAL EXCUSES

All athletes/cheerleaders must be aware of the importance of reporting all injuries to their coach/sponsor immediately. An accident involving a student covered by insurance must be filed. If an athlete/cheerleader consults a doctor for any injury or has been under a doctor's care, a written release from the doctor is required before the athlete/cheerleader will be allowed to return to participate or practice. There will be NO exceptions. The treating physician may fax the information to the school at 217-625-2251.

PHYSICAL EXAM

Before any student can participate in any practice or athletic contest, each athlete/cheerleader must have on file with the school a current physical exam. The physical exam required by law of all students entering sixth and ninth grades may be used for athletes/cheerleaders, provided it meets the appropriate criteria.

STUDENT ATHLETE CONCUSSIONS AND HEAD INJURIES

A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or 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 or practice 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.

TRANSPORTATION OF EXTRA-CURRICULAR PARTICIPANTS

All extra-curricular participants will ride to and from road games on the team bus, under the charge of the coach. If the parents of athletes/participants would like to request that their son/daughter ride home with parents/guardians, they must receive permission from the coach. Athletes are allowed to sign out and ride home with their parents if the coach allows. In case of an emergency, the parent will notify the coach in writing at the conclusion of the event.

Cheerleaders will ride the fan bus if one is taken. If no fan bus is taken, they will ride on the players' bus or in a school-provided vehicle. If cheerleaders ride a team bus, they must sit together at the front of the bus. The advisor will be responsible for the cheerleaders. When riding a fan bus, cheerleaders must sit together at the front of the bus. Cheerleaders will not sit with athletes or other students on a fan or team bus.

UNIFORMS

All equipment and uniforms issued will be the responsibility of each individual team member with respect to care and maintenance. No awards will be given until the equipment and uniforms have either been turned in or paid for by the athlete. Equipment and uniforms are not to be worn at any time other than the athletic contest, at the direction of the coach, or for a special occasion approved by the administration.

ATHLETIC AWARDS

The following rules, regulations, and requirements will be used by the coaching staff and cheerleading sponsors to determine awards. The control of athletic awards shall be the responsibility of the athletic director with the approval of the building principal. The coaching staffs of the various teams are responsible for issuing awards to team members. Athletes/Cheerleaders **MUST** complete the season in good standing to be eligible to receive any individual or team awards.

HIGH SCHOOL AWARDS

Varsity Letter

The varsity letter shall be a 7-inch block-type "P". One varsity letter will be awarded to any student who meets the minimum qualifications and is recommended by the coach for a letter in that sport. Inserts, emblematic of the sport, and one service bar will be awarded with the first varsity letter, and service bars for each subsequent year an athlete earns a letter in that sport. A Captain's Star will be awarded to the Captain(s) in each sport.

1. Interpretation: Students shall be awarded only **ONE** varsity letter. After the letter award, service bars will be awarded annually.
2. Exception: In the event a student earns a letter in each of four years in only **ONE** sport and the letter becomes worn or damaged, he/she may exchange it for a new letter, provided such is requested during the student's senior year.

J.V. Letter

The J.V. letter shall be a 5-inch block "P". One J.V. letter shall be awarded to athletes who qualify in football, basketball, baseball, track, volleyball, or softball. NO inserts or service bars shall be awarded with J.V. letters. A J.V. letter is awarded each year in each sport to an athlete who qualifies.

Numerals

Numerals signifying the year the athlete will graduate from high school will be awarded to all high school athletes the first time they complete an entire season of a sport and are recommended by the coach for such numerals. Only ONE set of numerals shall be awarded to any high school athlete. A varsity or J.V. letter may also be awarded in the first year if the athlete meets the requirements for such an award.

Certificates

Certificates shall be awarded to those athletes who stay out for an entire season but do not meet the requirements for a varsity or J.V. letter.

JUNIOR HIGH AWARDS

Major Letter

The major letter shall be a 7-inch block "P". One major letter will be awarded to any student who meets the minimum qualifications and is recommended by the coach for a letter in that sport. Inserts, emblematic of the sport(s) in which the major letter was earned, will be awarded, and service bars for each subsequent year an athlete earns a letter in that sport.

Minor Letter

The minor letter will be a 5-inch block "P". One minor letter will be awarded each year the athlete participates in sports and does not meet the requirements for a major letter. Only ONE minor letter is awarded each year, and no emblems or service bars are awarded to minor letter winners.

Certificates

Certificates are awarded to those athletes who stay out for an entire season but do not meet the requirements for a major or minor letter.

REQUIREMENTS FOR AWARDS

Listed below are the minimum requirements. Individual coaches may require stricter regulations. In addition to the minimum requirements established, the coach of the sport MUST make a recommendation that the student is entitled to an award. The recommendation will be based primarily on the following: attendance, attitude, and participation. Meeting the minimum quarter or game requirement does NOT automatically qualify an athlete/cheerleader for an award. In the event a coach/sponsor does not recommend an athlete/cheerleader for an award, the coach/sponsor will explain in writing the reason(s). A copy is to be given to the athletic director and building principal. Also, in the event an athlete/cheerleader has participated in a sport for 4 years and is in good standing and still has not earned or met the minimum requirement, he/she will be awarded a varsity award

The current minimum requirements are:

1. Football, Basketball, Baseball, and Softball

- a. Athletes MUST participate in a minimum of one-third of the total quarters or innings to be eligible for a varsity or major letter.

2. Volleyball

- a. Athletes MUST participate in a minimum of one-third of the total games to be eligible for a varsity or major letter.

3. *Track*

- a. To earn a varsity or major letter, a track participant must meet the following minimum requirements:
- b. Earn twice the number of points as there are scheduled meets, or
- c. Earn the same number of points as there are meets and place first in any of the County, Conference, or IESA/IHSA meets.
- d. To earn a J.V. or minor letter, a track participant must meet the following minimum requirements:
- e. Earn the same number of points as there are scheduled meets, or f. Place first in any Conference, County, or IHSA/IESA meet.
- g. To determine points for members of relay teams, the points earned by the relay team shall be divided equally among the four members.
- h. All meets are counted toward the required number of points.
- i. Each student must participate in at least three-quarters of all scheduled meets for his/her age group in order to be eligible for any award, unless medically restricted.

4. *Managers*

- a. All first-year managers shall receive a certificate as a minimum award.
- b. Second-year managers shall receive a J.V. or minor letter, and third-year managers shall receive a major letter with inserts of the sport and MGR insert.

5. *Statisticians*

- a. Statisticians will receive a certificate as a minimum award.

6. *Cheerleading (High School)*

- a. If the twelve cheerleaders compete as two squads (JV and Varsity), the freshmen/sophomores will receive numerals and/or JV letters. (If cheerleaders have already received numerals, they will receive a JV letter. If cheerleaders have already received JV letters, they will receive numerals. If cheerleaders have received both numerals and a JV letter, they will receive a certificate indicating they have earned a JV letter. The juniors/seniors will receive a varsity letter along with the appropriate inserts and bars. (If juniors/seniors have not received numerals, they will also receive them with their first varsity letter.
- b. If the twelve cheerleaders compete as one squad, they will be considered as a varsity squad. They will receive a varsity letter along with the appropriate inserts and bars. (If cheerleaders are first-year cheerleaders and have not yet received their appropriate numerals, they will also receive those numerals.)
- c. After receiving their first varsity letter, the cheerleaders will receive a megaphone insert and a service bar for each year of cheerleading.
- d. In the event a student is a Cheerleader for two sports, he/she will receive only one letter per year, NOT per sport
- e. Cheerleaders must meet the requirements and be recommended by the sponsor to receive their awards.

7. *Cheerleading (Junior High)*

- a. Cheerleaders who meet the requirements and are recommended by the sponsor will receive a minor letter for their first year of cheerleading. For their second year of cheerleading, they will receive a major letter, megaphone insert, and service bar. (In the event a cheerleader has already received a major letter in another sport, the cheerleader will receive the megaphone insert and service bar.)

PAWNEE SCHOOL SONG

We're loyal to you, Pawnee High
We're red, white, and blue Pawnee High
We'll back you to stand against the best in the land,
For we know you can stand Pawnee High (rah, rah)

So send that ball in Pawnee High
Go crashing ahead, Pawnee High
Our team is our fame protector on boys for we expect,
A victory from you, Pawnee High.

Chee, cha, cha ha ha ha;
Chee, cha, cha ha ha ha;
Pawnee High, Pawnee High, Pawnee High

Send out that dear old flag of red, white, and blue
Send out your sons and daughters fighting for you
Like men of old on giants, facing reliance, shouting defiance
Oskewawa

Amid those broad green plains that nourish our land
For honest labor and for learning, we stand
For unto you we pledge our heartland hand
Dear Alma Mater, Pawnee High

Rah, rah, rah, rah, rah, rah, Pawnee High!