

Gavin South Middle School Athletics & Clubs Handbook

(Revised October 2023)



Gavin 37 Mission

We engage, grow, and empower every learner, every day.

[Gavin South Middle School](#)

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Superintendent: Dr. Scott Schwartz
Principal: Mr. Jason Jurgaitis
Athletic Director: Mr. Mark Hannan
Mascot: Tigers

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A Note to Athletes and Club Members

We are excited about your participation in athletics and/or clubs, and we congratulate you on your decision to put in the time and effort necessary to successfully engage in your academic and athletic/club pursuits!

Sports/Clubs Participation Philosophy

Gavin School District 37 believes that students benefit from participation in athletics and clubs. Through participation, students develop a variety of essential life skills, including sportsmanship, teamwork, work ethic, communication, leadership, resilience, etc. Participation in athletics/clubs is a privilege that carries the responsibilities of representing Gavin School District 37 and serving as role models for other students. Students who choose to participate are expected to conduct themselves at all times during their season of participation and between consecutive seasons in a manner consistent with District expectations.

Eligibility - Sports/Clubs

To participate in sports and clubs, students must meet both academic and behavioral eligibility requirements. Eligibility requirements include:

- Missing Assignments - if a teacher informs a coach/sponsor about a significant number of missing assignments, a student may be required to attend Homework Club instead of practice/club meeting
- Discipline Referral - verbal warning from the coach/sponsor; subsequent disciplinary referrals may result in missing playing time/meetings
- After School Detention - miss practice/meeting/competition that day and return to participation the next day
- In-School Suspension (ISS) - no practice/meeting the day of the suspension and miss one competition/event
- Out-of-School Suspension (OSS) - removed from the team/club

Eligibility resets at the beginning of each new athletic season for sports and each trimester for clubs. If a student-athlete makes a team in a “cut” sport, that student-athlete is not eligible to participate in another sport during the same sports season.

In addition to the above, student comply with Extracurricular Code of Conduct.

Requirements for Participation in Athletic Activities

To be allowed to participate in a sport, a student-athlete must:

- meet eligibility requirements
- pay the sports fee or obtain a waiver - student-athletes must pay a \$60 fee per sport (maximum of \$180 per individual, or \$300 per family, for one school year). Athletes are also responsible for replacement of lost or damaged uniforms, items, and equipment.

- have a current physical on file in the school office

D37 Extracurricular Code of Conduct

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day. All coaches and sponsors of extracurricular activities shall annually review the conduct code with student participants and provide a copy. This Code does not contain a complete list of inappropriate behaviors. Failure to abide by the conduct code may result in discipline, up to and including permanent ineligibility for extracurricular activities. Students who violate the conduct code will be provided an opportunity to provide an opportunity to explain their conduct or perspective prior to the implementation of a consequences. Repeated violations may result in progressive discipline. . A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct. **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;
4. Use, possess, buy, sell, barter, or distribute cannabis in any form, unless exempted under *Ashley's Law*;
5. 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;
6. 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 in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet;
7. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
8. Act in an unsportsmanlike manner;
9. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving;
10. Haze or bully other students;
11. Violate the written rules for the extracurricular or athletic activity;
12. Behave in a manner that disrupts or adversely affects the group or school;
13. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff; or
14. Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity.

Hazing and bullying activities are strictly forbidden at any time and in any location. *Hazing* is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. *Bullying* includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any 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 detrimental effect on the student's or students' physical or mental health;
3. Interfering with the student's or students' academic performance;
4. 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, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above. All students remain subject to all the School District's policies and the school's Student and Parent Handbook.

If a student is found in violation of the D37 Extracurricular Code of Conduct, the student may face discipline.

Discipline measures including, without limitation, any of the following measures:

1. Notifying parents/guardians.
2. Disciplinary conference.
3. Withholding of privileges.
4. Temporary or permanent suspension or removal from the extracurricular activit(ies) club(s)/sport(s)/team(s).
5. Return of property or restitution for lost, stolen or damaged property.
6. Seizure of contraband; confiscation and temporary retention of the personal property that was used to violate school rules.
7. Notifying juvenile authorities or other law enforcement whenever the conduct involves criminal activity, such as, illegal drugs (controlled substances), "look-alikes," alcohol or weapons or in other circumstances as authorized by the reciprocal reporting agreement between the District and local law enforcement agencies.

Students may also be subject to Board Policies including 7:190 – Student Behavior as appropriate.

Spectator Conduct

Gavin South District 37 expects that spectators act civil and appropriate during at all contests and extracurricular sponsored events:

- The following is prohibited ...
 - Vulgar or obscene language.
 - Derogatory comments.
 - Officiating and/or coaching from the sidelines.
 - Possession of, or under the influence of, tobacco products, alcohol, or other illegal substances.
 - Possession of weapons of any kind.

- In appropriate conduct towards staff, coaches, student participants and/or officials/judges.
- Physical or verbal altercations.
- The following is expected
 - remain in the spectator area for the entire contest/event.
 - respect the instructions of school district employees, including coaches, event supervisors/scorers, and administrators.
 - show enthusiastic support for all student-athletes
 - demonstrate impeccable sportsmanship and other positive values.

Spectators that fail to follow the guidelines may be removed from the premises and further subject to Board Policies governing presence at District property and activities.

Late to School - Day of Practice/Game/Meeting

Students must be at school no later than the beginning of module 9 in order to participate in that day's activity.

Absence from School - Day of Practice/Game/Meeting

A student-athlete who is absent from school after noon is ineligible for any athletic activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made by the designated teacher, sponsor or coach for justifiable reasons, including:

1. a pre-arranged medical absence;
2. a death in the student's family; or
3. a religious ceremony or event.

A student who has been suspended from school is also suspended from participation in all extracurricular and athletic activities for the duration of the suspension. A student who is absent from school on a Friday before a Saturday event may be withheld from Saturday extracurricular or athletic activities. Exceptions may be made by the designated teacher, sponsor or coach for justifiable reasons, including:

1. a pre-arranged medical absence;
2. a death in the student's family; or
3. a religious ceremony or event.

Physical Education Participation

If a student-athlete is unable to participate in physical education because of injury or illness, he/she is not allowed to participate in extracurricular activities which subject the student to similar physical demands until physical education participation resumes. Athletes are not allowed to use athletic uniforms in physical education class.

Transportation

Sports

- Bus transportation is provided for student-athletes to get home after practices. Bus transportation is also provided from Gavin South to and from away games/meets (Student-athletes need to arrange for self transport/their own rides home from contests at Grant, Stanton, and Big Hollow since those schools are so close to Gavin South). Student-athletes arrange for rides home when buses return to Gavin South after games/meets. Rides home should be prompt since coaches are responsible for supervising student-athletes until their rides home arrive.
- The 5th/6th grade boys' and girls' basketball teams will be provided bus transportation to Gavin Central for home games and practices but will need a ride after games and practices.
- Parents may transport their student/athlete home from any away meets/game provided they communicate clearly with the student-athlete's coach.
- For Saturday contests and contests later in the evening, student-athletes need to arrange for self transport/their own transportation unless otherwise notified by their coach.

Clubs

- A 3:25 PM bus is provided to get club members who qualify for bus service home after scheduled meetings.

Modification of Athletic or Team Uniform

Students may modify their athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of the student's religion or the student's cultural values or modesty preferences.

Care of Team Uniforms

Student-athletes are responsible for the care of team uniforms, including laundering, and for notifying his/her coach of any damage to team uniforms. The student-athlete will be responsible for the cost of replacing a uniform if they fail to return their uniform at the end of the season.

Student-Athlete Concussions and Head Injuries

Student athletes must comply with Illinois' Youth Sports Concussion Safety Act and all protocols, policies and bylaws of the Illinois Elementary School Association before being allowed to participate in any athletic activity, including practice or competition. Student athletes must also comply with Board Policies 7:300, *Extracurricular Athletics*, and 7:305, *Student Athlete Concussions and Head Injuries*. A student who was removed from practice or competition because of a suspected concussion shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the School District's return-to-play and return-to-learn protocols, including those created by the Concussion Oversight Team pursuant to Board Policy 7:305.

IESA Sports

Gavin School District 37 is a member of the Illinois Elementary School Association (IESA) in cross country, wrestling, and track, meaning that student-athletes in these sports participate in a state series and must comply with all IESA regulations. The coach makes the final decision as to which student-athletes compete in state series contests. In the event that a student-athlete qualifies for a state meet, Gavin School District will pay for hotel accommodations for one coach, the student-athlete, and one person attending the state meet with the student-athlete.

Coach/Sponsor Philosophy

Coaches/sponsors are uniquely positioned to facilitate experiences in which all students develop important life skills.

Coach Responsibilities

Coaches will...

- promote their season to heighten interest in their sport.
- run tryouts fairly, utilizing an assessment tool of their creation.
- share team rosters with the athletic director.
- determine practice/game attendance policies.
- collect participation fees from athletes who earn a spot on a team (subject to fee a fee waivers).
- teach the fundamentals of their sport.
- consult with other coaches to prioritize skills to be developed.
- ensure all players play meaningful minutes (when the outcome of the contest is still undecided) in every regular season game. This requirement does not apply to tournament games.
- promote and expect a team-first culture.
- supervise athletes at practices and games.
- be trained to respond in an emergency for the safety and security of our student-athletes. Training includes, but may not be limited to:
 - AED training
 - CPR/Concussion module training
- adhere to the practice schedule generated by the athletic director.
- communicate proactively with parents using an agreed-upon medium. (e.g. ParentSquare)
- offer team spirit wear (vendor suggestion).
- follow eligibility guidelines.
- report incidents of student misconduct to the Superintendent or designee.
- enforce discipline measures and the Extracurricular Code of Code.
- attend the annual Athletic Awards Ceremony.
- follow proper procedures if an athlete does not have a ride after practice/games.

Club Sponsor Responsibilities

Club Sponsors will...

- promote their club to heighten interest.
- share the club roster with the main office.
- determine meeting attendance policies.
- teach the fundamentals of their club focus.
- promote and expect a club-first culture.
- supervise students at meetings and events.
- adhere to scheduled meetings.
- communicate proactively with parents using an agreed-upon medium. (e.g. ParentSquare)
- offer team spirit wear (vendor suggestion).
- follow eligibility guidelines (see below).
- report incidents of student misconduct to the Superintendent or designee.
- enforce discipline measures and the Extracurricular Code of Code.

Athletic Director Responsibilities

The athletic director will...

- schedule and confirm all athletic contests.
- schedule all practices.
- arrange for bus transportation to and from contests.
- communicate the athletics schedule to coaches, custodians, the main office at South and Central, and both building principals.
- communicate general athletics information to the Gavin South community.
- arrange for certified referees to work contests.
- arrange for contest scorekeepers, scoreboard operators, and supervisors.
- provide the [Lakes Region Athletic Conference “Sportsmanship Statement”](#) to be read before all Lakes Region Athletic Conference contests.
- communicate with coaches about canceled and rescheduled contests.
- order athletics awards.
- coordinate with photographers for team/individual photos.
- plan athletics awards ceremonies.
- order new uniforms.
- manage the athletics/concessions budgets and initiate payments for officials, equipment/uniform vendors, tournament/meet host schools, and conference/IESA dues.
- initiate updates to this Athletics Handbook.
- report incidents of student misconduct to the Superintendent or designee.
- enforce discipline measures and the Extracurricular Code of Code.

Sports Seasons (*no-cut sport)

Season 1 (Aug – Oct)	Season 2 (Oct – Dec)	Season 3 (Jan – Mar)	Season 4 (Apr – May)
Cross Country* Soccer 7 th Girls Vball 8 th Girls Vball	5 th /6 th Boys Bball 7 th Boys Bball 8 th Boys Bball Cheer/Poms	5 th /6 th Girls Bball 7 th Girls Bball 8 th Girls Bball 7 th Boys Vball 8 th Boys Vball Wrestling*	Track*

Competition Sites

Lakes Region Athletic Conference Schools	
Alden-Hebron Middle School	9604 Illinois Street Hebron, IL 60034 815-648-2442
Emmons School	24226 W. Beach Grove Rd. Antioch, IL 60002 847-395-1105
Gavin Central School	36414 N Ridge Rd, Ingleside, IL 60041 847-973-3280
Gavin South Middle School	25775 W. Hwy. 134 Ingleside, IL 60041 847-546-9336
Grass Lake School	26177 W. Grass Lake Rd. Antioch, IL 60002 847-395-1550
Johnsburg Junior High School (Soccer Only)	2220 W. Church St. McHenry, IL 60051 815-385-6210
North Prairie Middle School	500 North Ave, Winthrop Harbor, IL 60096 847-731-3085
Park School	400 W. Townline Rd., Round Lake, IL 60073 847-201-7010
Prairie Crossing Charter School	1571 Jones Point Rd., Grayslake, IL 60030 847-543-9722
Stanton School	101 Hawthorne Lane, Fox Lake, IL 60020 847-973-4200

Other Schools for XC, 5th/6th Basketball, Wrestling, and Track

<u>Antioch High School</u>	1133 Main St, Antioch, IL 60002 847-395-1421
<u>Antioch Unified Grade School</u>	800 Highview Dr, Antioch, IL 60002 847-838-8301
<u>Beach Park Middle School</u>	40667 N. Green Bay Rd. Beach Park, IL 60099 847-596-5860
<u>Big Hollow Middle School</u>	26051 W. Nippersink Rd. Ingleside, IL 60041 847-740-1490
<u>Caruso Middle School</u>	1801 Montgomery Rd. Deerfield, IL 60015 847-945-8430
<u>Deerpath Middle School</u>	95 W. Deerpath Rd. Lake Forest, Illinois 60045 847-604-7400
<u>Grant High School</u>	285 E Grand Ave Fox Lake, IL 60020 847-587-2561
<u>Grayslake Middle School</u>	440 North Barron Blvd. Grayslake, IL 60030 847-223-3680
<u>Harrison Middle School</u>	6809 McCullom Lake Rd Wonder Lake, IL 60097 815-653-2311
<u>Hawthorn Middle School - North</u>	201 Hawthorn Parkway Vernon Hills, IL 60061 847-990-440
<u>Hawthorn Middle School - South</u>	600 North Aspen Drive Vernon Hills, IL 60061 847-990-4100
<u>Lakes High School</u>	1600 Eagle Way Lake Villa, IL 60046 847-838-7100

McGee Middle School	500 N. Cedar Lake Road Round Lake, IL 60073 847-270-9060
Millburn Middle School	18550 Millburn Rd. Wadsworth, IL 60083 847-356-8331
Nippersink Middle School	10006 Main Street Richmond, IL 60071 815-678-7129
Palombi Middle School	133 McKinley Avenue Lake Villa, IL 60046 847-356-2118
Prairie Grove Middle School	3223 IL Route 176 Crystal Lake, IL 60014 815-459-3023
Round Lake Middle School	2000 N. Lotus Drive Round Lake Heights, IL 60073 847-270-9400
St. Bede School	36399 N. Wilson Rd. Ingleside, IL 60041 847-587-5541
Viking Middle School	4460 Old Grand Ave. Gurnee, IL 60031 847-336-2108
Woodland Middle School	7000 Washington St. Gurnee, IL 60031 847-856-3400

Student Commitments

Be **coachable**. He/she...

- ...**listens** to constructive feedback.
- ...**practices** what he/she is asked to do by coaches/staff and leaders.
- ...**tries** his/her best at all times.
- ...**respects** him/her-self and others.
- ...**commits** to the agreements and understandings of Gavin District 37 Extracurricular Code of Conduct and sport/club/activity specific rules and expectations. .

Agreements/Understandings:

1. I agree to be prepared and timely.

2. I agree to comply with activity specific rules and expectations.
3. I agree to communicate with my coach/club sponsor regarding my attendance for practice, meetings and consents/games.
4. I agree to arrange for my punctual transportation as appropriated.
5. I agree to treat others with respect.
6. I understand that as a member of a team I represent the Gavin South Middle School athletics program. I will behave appropriately in school, on the bus, at games/consents/activities, and in my community.
7. I understand that inappropriate behavior in school will directly affect my participation as a student-athlete.
8. I understand extracurricular activities are a privilege in which I may not be allowed to participate if I do not maintain eligibility requirements.
9. I understand and agree to follow the Extracurricular Code of Code and this Handbook.

Acknowledgments and Permissions

Log into Family Access to acknowledge receipt of this handbook. Click on “Online Forms,” select “Athletic Handbook,” and type in your name and date. Please be sure to save your work in Family Access.

Concussion Information

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. Symptoms may include one or more of the following:

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

Signs observed by teammates, parents and coaches include:

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

If a child keeps on playing with a concussion or returns too soon

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy. You should also inform your child’s coach if you think that your child may have a concussion.

Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions go to <http://www.cdc.gov/ConcussionInYouthSports>.

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