

# **Gavin South Middle School Athletics & Clubs Handbook**

(Revised April 2025)



## **Athletics and Clubs Mission**

Gavin School District 37 encourages all interested students to participate in school-sponsored athletics and clubs for physical, mental, and social growth.

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| <b><u><a href="#">Gavin South Middle School</a></u></b> | Superintendent: Dr. Scott Schwartz<br>Principal: Mr. Jason Jurgaitis<br>Athletic Director: Clay Kovac/Mike Gigiano<br>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.

## **Eligibility - Sports/Clubs**

Since District 37 uses standards-based reporting for student academic achievement, the only measurable criteria for extracurricular eligibility is missing assignments, and student behavior as measured by discipline referral data:

- 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.

## **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 (unless a fee waiver is on file) - 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 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. This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. 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. 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 in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet;
6. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
7. Act in an unsportsmanlike manner;
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 extracurricular or athletic activity;
11. Behave in a manner that disrupts or adversely affects 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 extracurricular or athletic activity.

*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/parent handbook.

## **Spectator Conduct**

Gavin South District 37 expects that spectators follow these guidelines at all contests:

- Please don't...
  - use vulgar or obscene language.
  - make derogatory comments directed towards officials, coaches, or players.
  - officiate or coach from the sidelines.
  - be in possession of, or under the influence of, tobacco products, alcohol, or other illegal substances.
  - be in possession of weapons of any kind.
  - question/criticize coaches in front of student-athletes.
  - engage in physical or verbal altercations.
- Please do...
  - remain in the spectator area for the entire contest.
  - respect the instructions of school district employees, including coaches, event supervisors/scorers, and administrators.
  - understand that athletics are integral to the District's curriculum
  - support coaches and officials.
  - show enthusiastic support for all student-athletes
  - demonstrate impeccable sportsmanship and other positive values.

## **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 at the sole discretion of the designated teacher, sponsor or coach.

## **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 team activities until physical education participation resumes. If a student-athlete does not participate in physical education because of improper clothes or shoes, the athlete would still be allowed to participate in team activities. 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 will get 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.
- A 4:00 bus is provided to get athletes home after scheduled practices at Gavin South
- The 5<sup>th</sup>/6<sup>th</sup> 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 will arrange for their own transportation unless otherwise notified by their coach.

### Clubs

- A 3:30 bus is provided to get club members 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. 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.

## **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 (unless a fee waiver is on file).
- 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 spiritwear (vendor suggestion).
- follow eligibility guidelines (see below).
- attend the annual Athletic Awards Ceremony.
- follow proper procedures if an athlete does not have a ride after practice/games.
- required to remain after each game until every student and spectator has been safely picked up.

## **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. Spond)
- offer team spiritwear (vendor suggestion).
- follow eligibility guidelines (see below).
- required to remain after each game until every student and spectator has been safely picked up.

## **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.
- required to remain after each game until every student and spectator has been safely picked up.

### Sports Seasons (\*no-cut sport)

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

### Competition Sites

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

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| <a href="#"><u>Stanton School</u></a>                                 | 101 Hawthorne Lane,   Fox Lake, IL 60020<br>847-973-4200         |
| <b>Other Schools for XC, 5th/6th Basketball, Wrestling, and Track</b> |  |
| <a href="#"><u>Antioch High School</u></a>                            | 1133 Main St,   Antioch, IL 60002<br>847-395-1421                |
| <a href="#"><u>Antioch Unified Grade School</u></a>                   | 800 Highview Dr,   Antioch, IL 60002<br>847-838-8301             |
| <a href="#"><u>Beach Park Middle School</u></a>                       | 40667 N. Green Bay Rd.   Beach Park, IL 60099<br>847-596-5860    |
| <a href="#"><u>Big Hollow Middle School</u></a>                       | 26051 W. Nippersink Rd.   Ingleside, IL 60041<br>847-740-1490    |
| <a href="#"><u>Caruso Middle School</u></a>                           | 1801 Montgomery Rd.   Deerfield, IL 60015<br>847-945-8430        |
| <a href="#"><u>Deerpath Middle School</u></a>                         | 95 W. Deerpath Rd.   Lake Forest, Illinois 60045<br>847-604-7400 |
| <a href="#"><u>Grant High School</u></a>                              | 285 E Grand Ave   Fox Lake, IL 60020<br>847-587-2561             |
| <a href="#"><u>Grayslake Middle School</u></a>                        | 440 North Barron Blvd.   Grayslake, IL 60030<br>847-223-3680     |
| <a href="#"><u>Harrison Middle School</u></a>                         | 6809 McCullom Lake Rd   Wonder Lake, IL 60097<br>815-653-2311    |
| <a href="#"><u>Hawthorn Middle School - North</u></a>                 | 201 Hawthorn Parkway   Vernon Hills, IL 60061<br>847-990-440     |
| <a href="#"><u>Hawthorn Middle School - South</u></a>                 | 600 North Aspen Drive   Vernon Hills, IL 60061<br>847-990-4100   |
| <a href="#"><u>Lakes High School</u></a>                              | 1600 Eagle Way   Lake Villa, IL 60046<br>847-838-7100            |
| <a href="#"><u>McGee Middle School</u></a>                            | 500 N. Cedar Lake Road   Round Lake, IL 60073<br>847-270-9060    |
| <a href="#"><u>Millburn Middle School</u></a>                         | 18550 Millburn Rd.   Wadsworth, IL 60083<br>847-356-8331         |

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|--|--|
| <a href="#"><u>Nippersink Middle School</u></a>    | 10006 Main Street   Richmond, IL 60071<br>815-678-7129             |
| <a href="#"><u>Palombi Middle School</u></a>       | 133 McKinley Avenue   Lake Villa, IL 60046<br>847-356-2118         |
| <a href="#"><u>Prairie Grove Middle School</u></a> | 3223 IL Route 176   Crystal Lake, IL 60014<br>815-459-3023         |
| <a href="#"><u>Round Lake Middle School</u></a>    | 2000 N. Lotus Drive   Round Lake Heights, IL 60073<br>847-270-9400 |
| <a href="#"><u>St. Bede School</u></a>             | 36399 N. Wilson Rd. Ingleside, IL 60041<br>847-587-5541            |
| <a href="#"><u>Viking Middle School</u></a>        | 4460 Old Grand Ave.   Gurnee, IL 60031<br>847-336-2108             |
| <a href="#"><u>Woodland Middle School</u></a>      | 7000 Washington St.   Gurnee, IL 60031<br>847-856-3400             |

## Agreements/Understandings for Participation in Sports

The Gavin South Middle School student-athlete is **coachable**. He/she...

...**listens** to constructive feedback.

...**practices** what he/she is asked to do by coaches.

...**tries** his/her best at all times.

...**respects** him/her-self and others.

...**commits** to the agreements and understandings of Gavin District 37 athletics.

### Agreements/Understandings:

1. I agree to be dressed and ready when practice is scheduled to start.
2. I agree to be in our pregame room by 2:30 p.m. for meetings on game days, and I agree to remain in the pre-contest room until the team moves to the contest area.
3. I agree to communicate with my coach if I wish to be elsewhere in the building (to meet with a teacher, take a test, etc.) during team meeting time.
4. I agree to proactively communicate with my coach if I know I will be absent from a practice or a game.
5. I agree to arrange for my punctual ride home after practices and games.
6. I agree to treat players, coaches, managers, referees, custodians and scorekeepers, with respect.
7. I understand that as a member of a team I am a part of something bigger than myself, and I *put the team before myself*.
8. 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, and in my community.
9. I understand that inappropriate behavior in school will directly affect my participation as a student-athlete.
10. I understand that sports are extracurricular activities in which I will not be allowed to participate if I am not succeeding academically.
11. I understand that, in order to participate in practice or a game, on that day of school I must...
  - a. be in attendance at school.
  - b. dress and participate in P.E. class.

## Acknowledgments and Permissions

**[Click here](#) to acknowledge the receipt of this Athletics and Clubs Handbook, and to give your child permission to participate in sports. This form is only for participation in athletics; not required for club participation.**

## 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*