

# ATHLETIC HANDBOOK

## AUBURN HIGH SCHOOL/AUBURN JR. HIGH SCHOOL

2024-2025



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**I. Introduction**

This athletic handbook is prepared for the benefit of prospective and current athletes and cheerleaders at Auburn Junior and Senior High Schools (612) and their parents. In addition to the information in this publication, there are other requirements and commitments which are asked of the participant. This information will be made known to the participants by the members of the coaching staff and/or announcements at school. The following rules and regulations have been established by the entire coaching staff, administration, and board of education. In addition to these rules and regulations each coach may have other training rules and regulations for their sport. Each coach is required to give a copy of their rules and regulations to each athlete. It is further recognized that the Principals of the Auburn School System maintains final authority regarding athletic eligibility and participation.

**II. Philosophy**

- A. Athletics can be one integral part of the total educational process.
- B. Athletic programs aim to develop leadership qualities, self discipline, and good sportsmanship as well as physical development.
- C. The student athlete should be a positive example for all other students to follow.
- D. The student athlete should present an image of high moral standards, integrity, and pride not only in themselves but in their school, community, and while at the facilities of our opponents.

**III. Athletic Information**

- A. Participation Requirements: In order to practice or participate in any athletic activity the athlete must first have the following:
  - 1. A birth certificate on file with the athletic director.
  - 2. Pay the athletic fee established for that school year.
  - 3. A physical examination by a licensed physician.
  - 4. Insurance waiver or school insurance.

High school and jr. high students will be able to participate in two sports/cheerleading. They will need to meet with coaches, athletic director, and possibly parents before starting practice. The student will have to choose their preferable sport if there is a conflict. Conference or major events will take precedence if there is a conflict.

**Wednesday Night/Sunday Activities:**

There shall be no school activities including practices scheduled for Wednesday evenings. All athletes must be ready to leave the facility by 6:00 p.m. on Wednesday. No activities shall be scheduled for Sunday by students or teachers/coaches. This policy does not apply to state, county, or conference sponsored activities. The school board/administration may make exceptions to the policy when unusual circumstances exist.

B. Conferences

<u>Sangamo (H.S.)</u>		<u>MSM (J.H.)</u>	
Athens	Pleasant Plains	Auburn	Northwestern
Auburn	Pittsfield (FB only)	Edinburg	Pawnee
Illini Central	Riverson	Franklin	South Fork
Olympia	Williamsville	Lincolnwood	Tri-City
New Berlin		New Berlin	Waverly
Petersburg PORTA		North Mac	

C. Injuries

1. Injuries, no matter how insignificant, shall be reported to the coach/athletic trainer.
2. Any injury the coach/athletic trainer deems as serious, the parents will be contacted.
3. The proper insurance forms must be completed by the parents which can be obtained in the school office.
4. The athlete is also responsible for filling out the accident report form located in the office.

D. Absences - Missing a practice or athletic contest.

1. An athlete must clear a prearranged absence with the coach.
2. If an athlete is in school and must leave because of an illness or any other reason, he/she must report to the office and see the coach before leaving the building or make arrangements to notify the coach.
3. If an athlete cannot attend an athletic contest, the athlete or parent must notify the coach before the athletic event. If the contest is away the coach must be notified before the bus departs.

E. Extracurricular Participation When Absent

Any student who is absent from school the day of an extracurricular event will not be permitted to participate at that event that evening or the following day if that day is a "no school" day or Saturday. However, under certain conditions, the principal may allow the student to participate if in his best judgment it is fair and the proper thing to do. Hence, if a student is absent (for) the day before a vacation day or a "no school" day and wants to participate on that day, a parent or doctor must call the principal/athletic director to explain the absence.

F. Dress Code

All athletes must be dressed in appropriate attire for home and away contests. The principal and athletic director will have the authority to approve or disapprove all athletic squad attire.

G. Use of facilities

No student or group of students are allowed to practice, use school equipment, or facilities within the school building unless directly supervised by staff members.

H. Equipment

1. All equipment issued will be the responsibility of each individual team member with respect to care and maintenance as per instructions by the coach.
2. No awards will be given until the equipment and uniforms have either been turned in or paid for by the athlete.
3. Equipment and uniforms are not to be worn at any time other than at the athletic contest or at the direction of the coach.

I. Sports offered

Below is a list of sports that are offered at Auburn. Boys may participate in only those sports listed under "boys" and girls may participate in only those sports listed under "girls".

1. Boys may participate in the following sports:

HIGH SCHOOL

Cross Country  
Golf  
Football  
Basketball  
Baseball  
Track  
Wrestling

JUNIOR HIGH

Cross Country  
Baseball  
Basketball  
Track  
Wrestling

2. Girls may participate in the following sports:

HIGH SCHOOL

Volleyball  
Basketball  
Track  
Softball  
Golf  
Cross Country  
Soccer

JUNIOR HIGH

Cross Country  
Basketball  
Volleyball  
Track  
Softball

**IV. High School - Athletic, Cheerleading and Extracurricular Academic Eligibility**

Some of the rules that have been established in this handbook supersede the rules established by the IHSA. (See Appendix A for IHSA Eligibility Rules)

A. Eligibility is done on a weekly basis and semester basis:

1. A weekly eligibility check will be made by the athletic director. Grade averages checked will be cumulative for the semester. Each week a student must be passing at least five (5) classes and not be failing more than one (1) academic class. An ineligible athlete/cheerleader may not participate or dress in any contest from the following Monday through Saturday.
2. A athlete/cheerleader who has a failing semester average for a course and is only taking 5 academic subjects will be ineligible the following semester. An athlete who is taking more than 5 academic subjects may not fail more than one semester average (excluding P.E., band, and chorus).
3. A student who is ineligible 40 % of the weeks the sport/cheerleading is in session (not including post season tournaments) will be automatically dismissed from the squad and forfeits any potential award(s). This does not necessarily mean, but may, consecutive weeks of being ineligible. The following chart shows the number of weeks in the season and at what point an athlete is removed from the squad because of grades.

<u>SPORT</u>	<u># OF SEASON WEEKS</u>	<u>REMOVED</u>
H.S. Cross-Country	9	4
H.S. Golf (Boys & Girls)	6	2
H.S. Football	9	4
H.S. Basketball(boys)	14	6
H.S. Track	12	5
H.S. Volleyball	10	4
H.S. Basketball(girls)	14	6
H.S. Baseball	10	4
H.S. Cheerleading (See Football & Basketball)		
H.S. Wrestling	10	4
H.S. Soccer	9	4
H.S. Softball	10	4
Scholastic Bowl	10	4

**V. Junior High School  
Athletic, Cheerleading and Extracurricular Academic Eligibility**

The following rules are those established by the IESA.

- A. Eligibility is done on a weekly basis.
  1. A student shall be doing work passing as determined by the local school district in all school subjects. (This includes P.E., band, chorus, exploratory courses, etc.)
  2. Passing work shall be checked weekly to govern eligibility for the following Monday through Saturday. For fall sports, the first eligibility check shall be made following the first full week of attendance at the beginning of the school year, the eligibility check shall begin the week prior to the first contest in any activity.
  3. Grades shall be accumulative for the school's grading period.
- B. A student who is ineligible for 40 % of the weeks the sport is in session (not including the post season tournaments) will be automatically dismissed from the squad and forfeits any potential award(s). This does not necessarily mean consecutive weeks of being ineligible. The following chart indicates the number of weeks in the season and at what point an athlete is removed from the squad because of grades.

<u>SPORT</u>	<u># OF SEASON WEEKS</u>	<u>REMOVED</u>
J.H. Cross Country	9	4
J.H. Softball	7	3
J.H. Baseball	7	3
J.H. Girls Basketball	10	4
J.H. Boys Basketball	12	5
6th Grade Boys Basketball	8	3
6th Grade Girls Basketball	5	2
J.H. Volleyball	9	4
J.H. Track	9	4
J.H. Cheerleading	12	5
J.H. Wrestling	10	4
Scholastic Bowl	10	4

## **VI. Violation of Training Rules**

### **A. Substance Abuse**

1. It has been proven that the use of drugs (tobacco in any form, vaping, alcohol, and other chemical substances) are physically and psychologically harmful. These deterrents retard development of the athlete's greatest potential. The harm an athlete does to his/her personal health is affected as well as damaging the reputation of the sport, the team's reputation, and the school. Those people who follow an athlete's progress are careful to note their habits, and any deviation from acceptable training rules marks the athlete as unwilling to "pay the price" of being an Auburn athlete.
2. A violation may be made known through law enforcement officials, coaching staff, faculty or the administration. The administrator or coach will notify the parents and athlete. The student is entitled to a hearing within two (2) school days.
3. If knowledge of the violation comes from a source other than the sources listed in #2, the information will be investigated by the administration. A hearing with the principal, athletic director, respective coach and athlete will be held if a violation is reported by someone other than school district personnel.
4. Any athlete who is in possession of, in attendance at an underage drinking party, or has consumed alcohol, tobacco (in any form), vaping or any other chemical substance not used as medically directed or prescribed, or possesses any drug paraphernalia, is in direct violation of this section and subject to the following:

**First Offense:** The athlete may be suspended from the squad for two weeks. The athlete must enroll in and complete the drug/alcohol evaluation program at the Triangle Center in Springfield or another school board approved program. (The Administration may waive the enrollment in the drug/alcohol evaluation program.) If the athlete drops from the program before completion or refuses to enroll, he/she will become ineligible for sport participation until completion of the program.

**Second Offense:** The athlete may be suspended from all sport participation for 90 school days (1 semester) and must enroll again at the Triangle Center or another school board approved program.

**Third Offense:** The athlete may be suspended from all sport participation for one calendar year.

After a third offense, the athlete may be suspended from sport participation the remainder of their enrollment at Auburn High School.

**Clarification:** Athletes are subject to the "Athletic Handbook Policy" their entire enrollment at Auburn High School (summer months excluded). This means if an athlete commits a violation of the policy during his/her Freshman year, that would be the 1st offense. If later or during his/her Junior year, another violation occurred that would be the 2nd offense.

### **B. Criminal Activity**

1. Any athlete who is involved with civil or school authorities concerning theft, vandalism or any other criminal activity will be disciplined as specified under Section VI of this handbook.

## **VII. Transportation**

- A. Transportation to athletic events will be provided to athletes by the school district. Students will not be allowed to use their own transportation unless parental and administrative permission has been obtained.
- B. Athletes may ride home with a parent or guardian providing the coach has been personally contacted by the parent/guardian.
- C. Other athletes may not ride home with a friend unless the coach has been personally contacted beforehand by BOTH parents/guardians of the athlete and friend.

## **VIII. Athletic Awards**

- A. High School Award Criteria
  - 1. Football  
Varsity Letter - participate in  $\frac{1}{2}$  quarters at Varsity level  
Junior Varsity - participate in  $\frac{1}{2}$  quarter at JV level
  - 2. Volleyball  
Varsity Letter - participate in  $\frac{1}{2}$  of the games or at the coach's discretion  
Junior Varsity - participate in  $\frac{1}{2}$  of the games at JV level
  - 3. Basketball  
Varsity Letter - participate in  $\frac{1}{2}$  quarters at Varsity level  
Junior Varsity - participate in  $\frac{1}{2}$  quarters at JV level  
Fresh/Soph Letter - participate in  $\frac{1}{2}$  quarters at Fresh/Soph level
  - 4. Track  
Varsity Letter - 15 total points in a season or a ribbon (or top five places) in the Sangamon County Meet, Prairie State Varsity Meet, or Sectional Meet.
  - 5. Cheerleading  
A cheerleader must successfully complete the football or the basketball seasons to receive a letter. Being benched a total of 3 games throughout both seasons for reasons deemed necessary in accordance with cheerleading rules, will result in forfeiture of a letter.
  - 6. Cross-Country  
Varsity Letter - Receive a medal or ribbon at any varsity meet or by the end of the season run the following time or faster at least once in a race. Boys - 20:00 for 3 miles (or its equivalent - 6:40/mile pace on a 2.9 mile course) Girls - 24:00 for 3 miles (or its equivalent-8:00/mile pace on a 2.9 mile course).
  - 7. Golf  
Varsity Letter - participant's score used at least once in a Varsity meet  
Junior Varsity - participate in at least one meet during the season
  - 8. Baseball  
Varsity Letter - participate in  $\frac{2}{3}$  innings or  $\frac{2}{3}$  games at Varsity level  
Junior Varsity - participate in  $\frac{2}{3}$  innings or  $\frac{2}{3}$  games at JV level
  - 9. Softball  
Varsity Letter - participate in  $\frac{2}{3}$  innings or  $\frac{2}{3}$  games at Varsity level  
Junior Varsity - participate in  $\frac{2}{3}$  innings or  $\frac{2}{3}$  games at JV level

10. Soccer  
Varsity Letter - participate in ½ Varsity games  
Junior Varsity - participate in ½ JV games
11. Wrestling  
Must have a .500 record or above and have wrestled 10 Varsity matches or more to earn a Varsity letter

\* All participating freshman athletes receive numerals.

\* Any senior who has participated in the program for 4 years will receive a major letter.

**( Dismissal from the squad for any reason constitutes forfeiture of any award(s) in that sport }**

B. High School Outstanding Achievement Awards

The following sports awards are given to those participants who are most deserving. A "most valuable player" award is no longer given for any sport at Auburn.

FOOTBALL

Potts Memorial Scholastic Award  
Rushing Award  
Most Tackles  
Parola Pre-season Football Conditioning Award  
Rick Mullen Memorial Trophy for Pass Interceptions  
Ron Ervin Memorial Most Pass Receptions Award  
Offensive Lineman  
Most Passing Yards

VOLLEYBALL

Most Blocks  
Most Assists  
Serving Percentage  
Most Kills  
Most Digs  
Trojan Award

BOYS BASKETBALL

Free Throw Award\*  
Most Points  
Most Assists  
Most Rebounds  
Heart & Hustle

GOLF

Lowest Medalist

BASEBALL

Pitching Award  
Silver Slugger Award  
Gold Glove Award  
Trojan Award

WRESTLING

Most Pins  
Most Wins  
Most Takedowns

CROSS COUNTRY

Most Improved  
Lowest Points

GIRLS BASKETBALL

Parola Miss Hustle Award  
Free Throw Award\*  
Most Points  
Most Assists  
Most Rebounds  
Most Steals  
Most 3 Point Field Goals

BOYS AND GIRLS TRACK

100 Point Club

SOFTBALL

Pitching Award  
Highest Batting Average  
Spirit Award



### SENIOR ATHLETE AWARD

Senior Athlete Award presented at the end of year to any high school senior athlete who has participated and lettered in two (2) varsity sports for a minimum of two (2) years. One year of participation and letter award must be from senior year.

### TRIATHLETE AWARD

TriAthlete Award presented to any athlete who is a varsity letter winner in three (3) sports during a school year.

### TONY PAROLA MEMORIAL AWARD OVERALL AWARD

This award is presented to one senior boy and girl based on the following criteria: Leadership, Moral Character, Sportsmanship, and lettering in two sports during their senior year.

#### C. Junior High School Award Criteria

1. All athletes will receive a certificate recognizing their participation in his/her respective sports (including cheerleading).
2. Any 8th Grader who participates in a sport (including cheerleading) during the year will receive a letter.

**{Dismissal from any squad constitutes forfeiture of any award(s) in that sport}**

### **CHAIN OF COMMAND**

All initial concerns from players, community members, staff or parents must first be addressed directly with the coach or sponsor. If no satisfactory resolution results, the matter is to be addressed with the athletic director or the building principal. If further consideration or interpretation is needed, the matter may go before the superintendent. If there is still no resolution, the matter may be given to the school board as a whole for final resolution.

Chain of Command practices will reflect that of Board Policy 2:140

"If contacted individually, Board members will refer the person to the appropriate level of authority, except in unusual situations. Board members' questions or communications to staff or about programs will be channeled through the Superintendent's office. Board members will not take individual action that might compromise the Board or District. There is no expectation of privacy for any communication sent to the Board or its members, whether sent by letter, email, or other means."