

Serena High School



2026-2027

Extracurricular Handbook

ATHLETICS & EXTRACURRICULAR ACTIVITIES HANDBOOK

(Updated July 2026)

This following Extracurricular Handbook applies to all school-sponsored athletic and extracurricular activities that are not part of an academic class nor otherwise carry credit for a grade.

Extracurricular activities and athletics are a privilege and not a right. Students who participate in all extracurricular activities and athletics are bound by the Serena High School Extracurricular Code of Conduct and must sign the code in order to participate. Students do not have a constitutional or statutory right to participate in extracurricular activities or athletics; therefore, students are not entitled to due process before suspension or removal from participation.

The Serena Board of Education recognizes extracurricular activities and athletics are a part of the total program of the school district. These programs are completely voluntary, but they do require extra effort and extra time. Those participating represent the school and district. Therefore, the standards must be kept high. These standards include academic requirements, citizenship, and sportsmanship.

Selection of participants may be necessary. This selection is to be based not only upon performance, but also upon attitude, conduct, cooperation, and an earnest and sincere desire to represent the student body in a manner, which complements the student body and the community.

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Section 1: Requirements for Participation in Extracurricular Activities

In order to participate in an extracurricular activity, participants and guardians need to have the necessary **forms** completed and returned, as well as all necessary **actions** completed prior to the beginning of extracurricular events and/or athletic contests. All forms can be found at the end of the Handbook and will be made available at the Mandatory Informational Session. Forms can also be requested from the office, athletic director, or coach/sponsor at any time.

Actions Necessary for Participation:

1. Extracurricular Mandatory Informational Session:

- a. Extracurricular participants, along with a guardian, are required to attend, or view, a mandatory informational session at the beginning of each activity. The Extracurricular Code of Conduct, Eligibility Requirements, Team/Club Expectations, and other important information will be covered at this session. Time and location will be determined by the head coach or sponsor.

2. Meet all Academic Eligibility Requirements

- a. Academic Eligibility Requirements can be found in Section 2 of this Extracurricular Handbook, as well as Chapter 9 of the Serena High School Student Handbook.

3. Proof the participant is covered by insurance (*applies to IHSA sanctioned activities*)

4. All necessary activity fees paid in full

Forms Necessary for Participation:

1. Extracurricular Handbook - Agreement to Participate Form

- a. Guardians and participants will also be expected to sign the **Extracurricular Handbook - Agreement to Participate**, acknowledging their understanding of the expectations involved in participating in an SHS Extracurricular Activity. This agreement will acknowledge the participant and guardians understanding of the Code of Conduct, Academic Eligibility Requirements, and Team/Club Expectations.

2. Emergency Contact Information Form

- a. Extracurricular participants and guardians will need to fill out the **Extracurricular Emergency Contact and Consent Form**, provided by the district. The form will be kept on file to be used in case of emergency while participating in the extracurricular activity.

3. IHSA Sports Medicine Acknowledgment & Consent Form (*applies to any IHSA sanctioned activities*):

- a. The signing of this form acknowledges that the participant and guardian have been provided information regarding concussions and the IHSA Performance-Enhancing Substance Policy.
 - i. **IHSA Performance Enhancing Substance Testing Policy:** In order to participate in any IHSA sponsored activity, the participant must agree not to use any performance-enhancing substances on the association's most current banned substances classes list, and the participant agrees to submit to random testing for the presence of these substances in the student's body, in accordance with the program established by the association.
 - ii. **IHSA Concussion Information Acknowledgment:** In order to participate in any IHSA sponsored activity, the participant must be provided information on Concussions and Concussion Protocol.

4. Current Certificate of Physical Fitness (*applies to IHSA sanctioned activities*):

- a. Participants must provide the school with a current certificate of physical fitness issued by a licensed physician, a physician's assistant or nurse practitioner as set forth in the *Illinois State Statutes not more than 395 days preceding any date of participation in any such practice, contest or activity*. The preferred certificate of physical fitness is the Illinois High School Association's **"Pre-Participation Physical Examination Form."**

Section 2: Serena High School & IHSA Academic Eligibility Policy

***In the case of a conflict between IHSA and this Policy, the most stringent rule will be enforced.*

Academic Eligibility for all Extracurricular Activities:

In order to participate in extracurricular and athletic activities, students must receive a passing grade in ALL subjects. Academic eligibility will be checked weekly and at each semester. Any student failing to meet academic requirements will be suspended from the sport or activity for a determined number of calendar days or until all academic requirements are met, whichever is longer.

When a participant is deemed academically ineligible, the participant will become a Practice Participant Only (P.P.O). A student who DOES NOT MEET eligibility can still participate in certain components, such as practices and meetings, but will be ineligible to participate in any games/competitions/events held by the activity. Participants may travel with the competitive team, but cannot dress in uniform (consider team manager, video operator, stats keeper, etc.).

WEEKLY ELIGIBILITY

- Eligibility is checked at the end of each week, starting approximately Week 3 of a new semester.
- Students must be passing all classes per week. If this requirement has not been met, students are ineligible to participate in games/competitions/club activities for a minimum of one week (Monday-Sunday).
 - If at the end of the week, at the next eligibility check, the student is passing the class (or the teacher has determined that enough work has been completed for the student to be in good standing), the student will be able to return to activity the following Monday, unless otherwise designated by the athletic director or administration.
 - If at the end of the week, at the next eligibility check, the student is still not passing the class, the student will remain ineligible for the next week of the season. This will continue until the student is passing all classes.

SEMESTER ELIGIBILITY

- At the end of the semester, the student must receive a passing grade in all classes on the semester report card.
- Students who do not receive a passing grade in any class on the semester report card will be ineligible to participate in games/competitions/club activities for a designated amount of time.
 - This means that the student will be considered ineligible (but can be a P.P.O) from competition for 30% of games/competitions/activities, including IHSA series. If less than 30% of the events remain in that activity, the remainder shall be carried forward and either served during the season of the same activity during the following academic year, or during the season of a different activity, whichever comes first.
 - In the event of an extracurricular without a designated number of activities, administration reserves the right to adjust the ineligibility accordingly.

Section 3: School Attendance Requirements

Absence from School on Day of Extracurricular or Athletic Activity

A student who is absent from school after noon is ineligible for any extracurricular or athletic activity on that day unless the absence has been approved by administration or athletic director. Exceptions may be made by the designated 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 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.

Section 4: School Suspension Restrictions

A student who has been **In School Suspended or Out of School Suspended** from school is also suspended from participation in all extracurricular and athletic activities for the duration of the suspension.

Section 5: Travel for Extracurricular Contests/Games/Events

All students must travel to extracurricular and athletic activities and return home from such activities with his or her team by use of school approved transportation. A written waiver of this rule may be issued by the sponsor or coach in charge of the extracurricular or athletic activity upon advance written request of a student's parent/guardian and provided the parent/guardian appears and accepts custody of the student. Oral requests will not be honored and oral permissions are not valid.

Students traveling by bus to and from extracurricular activities are subject to Bus Transportation and Bus Conduct rules listed in Chapter 4 of the Serena High School Student Handbook. Students that do not comply with these rules may be subject to bus suspension, and will not be given permission to find alternate transportation to and from future events as deemed by the coach, sponsor, athletic director, administration, or transportation director.

Section 6: Extracurricular Code of Conduct & Subsequent Discipline

In the case of a conflict between IHSA and this Policy, the most stringent rule will be enforced.

“Participation in extracurricular activities is a privilege, not a right.” Serena is very proud of the students who represent the school via participation in athletics and clubs including sportsmanship, good decision-making, and citizenship. However, this privilege requires responsibility and discipline. The following **Extracurricular Code of Conduct** applies **365 days/year, 24 hours a day**, as long as students are recognized as Serena athletes and/or club members.

The following list of Extracurricular Code Violations is not exhaustive and includes violations involving Serena High School Handbook Policies, Unit 2 Board Policies, IHSA Policies, Illinois School Code, and Legal Infractions.

Violations will be **treated cumulatively and will not reset each year. Under this policy, a violation as a freshman could make a later violation as a junior a "second offense."** Disciplinary penalties increase with subsequent violations and are listed in this section. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct.

**For any school handbook infractions, disciplinary measures from an administrator, club sponsor, and/or athletic director will prioritize the Code of Conduct.*

Code of Conduct infractions include, but are not limited to, the following restrictions:

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 be present in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors (even if the participant in question did not consume any substances);
7. Act in an unsportsmanlike manner or commit any gross unsportsmanlike conduct (e.g. ejection) while a participant or spectator.
8. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving
9. Be involved with harassment, bullying (cyber-bullying), fighting, or hazing.
 - a. *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:
 - i. Placing the student or students in reasonable fear of harm to the student's or students' person or property;
 - ii. Causing a detrimental effect on the student's or students' physical or mental health;
 - iii. Interfering with the student's or students' academic performance; or
 - iv. Interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.
 - b. 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.

10. Be involved in the theft or damage of possessions and/or property that are not their personal belongings
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;
14. Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity;
15. Violate any of the team's philosophy and expectations. Coaches, Sponsors, and Administration have discretion as to what discipline is appropriate – team discipline or code of conduct discipline.

Violations of the Extracurricular Code of Conduct are subject to the following procedures:

A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct.

1. The student should be advised of the disciplinary infraction with which he or she is being charged.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.
4. The student 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:

1. Sanctions for **violations other than drug and alcohol** will be based on the nature of the offense and the number of offenses, and may include suspension from all extracurricular or athletic activities for one of the time periods described below:

- A specified period of time or percentage of performances, activities or competitions;
- The remainder of the season or for the next season, or academic year; or
- The remainder of the student's school career.

2. 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:

■ **First Violation:**

1. **Suspension of 30% of scheduled games/competitions/meetings/activities, including IHSA series.**

- a. If less than 30% of the events remain, the remainder shall be carried forward and either served during the season of the same activity during the following academic year, or during the season of a different activity, whichever comes first.
- b. In the event of an extracurricular without a designated number of activities, administration reserves the right to adjust the ineligibility accordingly.
- c. Students must attend practices during their suspension. Students must also attend games/contests, but cannot be in uniform. Any unexcused absence from practices or games will result in normal team discipline rules that each coach has implemented.

2. **INTERVENTION:** A student may reduce the suspension of games to 15% if the following requirements are met:

- a. If offense is drugs, alcohol, or vaping-related, then the student may enroll in an intervention program approved by Serena administration. It is the responsibility of the student/guardian to find an appropriate program outside of the school and obtain approval prior to beginning the program.
- b. Once proof of completion of the program is provided to administration, the student may benefit from the reduced suspension.

- **Second Violation:** *(regardless of how much time has passed since the First Violation)*
 1. **Suspended for 60% of scheduled games/competitions/meetings/activities, including IHSA state series.**
 - a. If less than 60% of the events remain, the remainder shall be carried forward and either served during the season of the same activity during the following academic year, or during the season of a different activity, whichever comes first.
 - b. In the event of an extracurricular without a designated number of activities, administration reserves the right to adjust the ineligibility accordingly.
 - c. Students must attend practices during their suspension. Students must also attend games/contests, but cannot be in uniform. Any unexcused absence from practices or games will result in normal team discipline rules that each coach has implemented.
 2. **INTERVENTION:** A student may reduce the suspension of games to 45% if the following requirements are met:
 - a. If offense is drugs, alcohol, or vaping-related, then the student may enroll in an intervention program approved by Serena administration. It is the responsibility of the student/guardian to find an appropriate program outside of the school and obtain approval prior to beginning the program.
 - b. Once proof of completion of the program is provided to administration, the student may benefit from the reduced suspension.
- **Third Violation:**
 1. **Suspended from all extracurricular activities for one calendar year** from the date of athletic code violation. Subsequent violations will result in an additional calendar year suspension.
 7. The appropriate administrator will make a written report of his or her decision and rationale. The student may appeal the decision to the Principal or Superintendent..
 8. All students remain subject to all the School District's policies and the school's student/parent handbook.
 9. The number of contests suspended shall be the number actually contested. Postponements, cancellations, JV contests, scrimmages, B games, and summer contests DO NOT count toward suspension.
 10. When a violation occurs by a student participating in an individual IHSA sport in which Serena does not field a team, consequences will be determined on an individual basis.

Procedure for Participants Charged/Convicted with a Felony:

In the event that administration is able to officially confirm that a student has been charged with or arrested for a felony, and the administration becomes aware of any evidence in support of such charges or arrest, that student will be immediately suspended from all practices, games, meetings, or any team activity.

If the student is convicted of a felony they will be no longer allowed to participate in any extracurricular activity for the remainder of their high school career at Serena High School. If the student is found to be innocent or charges are dropped the student will be reinstated to the team immediately.

Appeal Process for Code Violation Consequences:

The student and his or her parent/guardian has the option to appeal the disciplinary action to the Administration. The appeal must be submitted in writing to the Administrator within two school days after being notified of the disciplinary consequences. The written appeal must include: ~Student name~Head Coach/Sponsor ~Present date ~Details of the issue being appealed ~Name of extracurricular activity ~Rationale for reconsideration of the issue ~Date of occurrence. The Administrator will respond within two school days after the receipt of the written appeal request. The discipline will be in effect during the appeals process. The decision of the Administration after appeal is final.

- This process may be terminated if there is a time delay or violation of the process by the parent/guardian. If the process is terminated in this manner, the original discipline specified shall remain in effect. Administration has the right to make exceptions to the time frame for responses but only in rare cases where extenuating circumstances are evident.

Section 7: Administrative Discretion & Handbook Provisions

The provisions contained in this handbook are intended to provide students and parents/guardians with general expectations and guidelines for participation in extracurricular activities. While every effort has been made to address common situations, it is not possible to anticipate every circumstance that may arise.

The administration reserves the right to interpret, apply, and enforce the provisions of this handbook and to make decisions regarding student participation on a case-by-case basis when unique circumstances warrant. Such decisions will be made in a manner that is consistent with Board of Education policy, applicable laws, and the best interests of the student, school, and extracurricular program.

The administration also reserves the right to modify, amend, suspend, or waive provisions of this handbook when deemed necessary due to changes in law, Illinois High School Association (IHSA) rules, Board of Education policy, or other circumstances affecting the operation of extracurricular programs. Reasonable notice of significant changes will be provided when practical.

Participation in extracurricular activities is a privilege rather than a right. Students are expected to comply with all district policies, school rules, team or activity expectations, and applicable IHSA regulations as a condition of participation.

Nothing in this handbook shall be interpreted as limiting the authority of the Superintendent, Principal, Athletic Director, or their designees to address situations not specifically covered herein or to take appropriate action to maintain the safety, integrity, and orderly operation of school-sponsored extracurricular activities.

This handbook is intended to supplement, not replace, Board of Education policies, administrative procedures, and the Student Handbook. In the event of a conflict, Board policy, applicable law, and the Student Handbook shall govern.

Section 8: Exhibits and Forms

The following pages in this handbook consist of:

1. Additional Information:
 - a. Pg. 10-13: List of Sports Offered & Awards Presented for Each Sport
 - b. Pg. 14-15: IHSA Concussion Information
 - c. Pg. 16: IHSA Performance Enhancing Substance Testing Policy
2. Forms Necessary for Participation:
 - a. Pg. 17-18: Extracurricular Handbook - Agreement to Participate Form: Student & Parent
 - b. Pg. 19: Extracurricular Emergency Contact and Consent Form
 - c. Pg 20: IHSA Sports Medicine Acknowledgment & Consent Form (*Athletics Only*)
 - d. Pg. 21-22: Student Athlete Concussion & Head Injury information; Serena Concussion Protocol; Return to Learn Policy (*Athletics Only*)

Serena High School Extracurricular Descriptions

Academic Team

The members of this team are students interested in competing in academic bowl contests, which are patterned after the "college bowl." In these contests questions are asked and teams compete against each other to see who can answer the question first. Questions come from a variety of fields such as literature, history, science, math, music, religion, and current events.

Practices are held after school, and students are expected to do outside studying to increase their knowledge in the different fields.

Five members and an alternate are usually selected from the group to represent the team at specific competitions.

ESports

E-sports is for any student interested in video game competition. Students meet twice per week on Wednesdays and Thursdays from 3-5pm, practicing for an hour prior to competing against other high schools both in the area and beyond. Matches are held on the *Play Vs.* platform and are virtual, so no travel is required. The Nintendo Switch is used as the primary platform for gameplay. Students interested should see Mr. Englert for more details.

Art Club

Art club is for any student interested in art or any student who would like to learn more about it. Club members meet at least once a month after school to plan or work on an art project selected by the club. Members are also involved with the sets for all school plays and plan extra activities for the club throughout the year. Art club is open to all students, whether or not they have had art classes

FFA- National FFA Organization

The National FFA Organization is an organization of, by, and for students studying vocational agriculture. It is for students who plan to work in agri-business or return to the farm for employment upon completion of high school, junior college or a four-year program.

The FFA is an intra-curricular activity, having its origin in a definite part of the school curriculum - vocational agriculture. Among other things, members learn, through active participation, how to conduct and take part in a public meeting; to speak in public; to buy and sell cooperatively; to solve their own problems; to finance themselves; and to assume civic responsibility. The foundation upon which the Future Farmers of America organization is built includes leadership and character development, sportsmanship, co-operation, service, thrift scholarship, improved agriculture, organized recreation, citizenship, and patriotism. The FFA Motto is "Learning to Do, Doing to Learn, Earning to Live, and Living to Serve".

The four degrees of active membership in FFA are Greenhand, Chapter Farmer, State Farmer, and the American Farmer. In order to earn the last two degrees a student must carry a B average, have a sound supervised program, and be active in the FFA organization.

Future Farmers of America is an organization of, by, and for students studying vocational agriculture. It is for students who plan to work in agri-business or return to the farm for employment upon completion of high school, junior college or a four-year program.

The FFA is an intra-curricular activity, having its origin in a definite part of the school curriculum - vocational agriculture. Among other things, members learn, through active participation, how to conduct and take part in a public meeting; to speak in public; to buy and sell cooperatively; to solve their own problems; to finance themselves; and to assume civic responsibility. The foundation upon which the Future Farmers of America organization is built includes leadership and character development, sportsmanship, co-operation, service, thrift scholarship, improved agriculture, organized recreation, citizenship, and patriotism. The FFA Motto is "Learning to Do, Doing to Learn, Earning to Live, and Living to Serve".

The four degrees of active membership in FFA are Greenhand, Chapter Farmer, State Farmer, and the American Farmer. In order to earn the last two degrees a student must carry a B average, have a sound supervised program, and be active in the FFA organization.

National Honor Society

National Honor Society members are expected to be of high character, possess leadership qualities, maintain a high scholastic average, and contribute to the functioning of their school and community.

Selection Procedure:

1. Any junior or senior who has been in the school the equivalent of one semester may be considered for membership
2. Students' academic records are reviewed to determine scholastic eligibility. A student must maintain a GPA of 3.5 to qualify.
3. Students who are eligible scholastically are notified and told that for further consideration for selection to the NHS Chapter they must complete the Student Activity Information Form.
4. Candidates are then evaluated based on service, leadership, and character by the faculty. The faculty council considers the evaluations, and members are accepted by a majority vote of the faculty council.

New members are inducted in the fall at a ceremony held at the school. The public is invited, and refreshments are served. First-year members are required to complete 8 volunteer hours in the school or community. Second-year members are required to complete 12 volunteer hours in the school or community. A total of 20 cumulative community service hours.

SADD (Students Against Destructive Decisions)

SADD has become a peer leadership organization dedicated to preventing destructive decisions, particularly underage drinking, other drug use, impaired driving, teen violence and teen depression and suicide.

SADD's mission simply stated is to provide students with the best prevention and intervention tools possible to deal with the issues of underage drinking, other drug use, impaired driving and other destructive decisions.

Student Council

The Serena Student Council serves as the representative voice of the student body, dedicated to fostering school pride, encouraging strong citizenship, and developing impactful student leaders.

The Student Council is actively involved in driving school culture and serving the local community. Key responsibilities and annual initiatives include:

- School Events & Culture: Planning and leading all student activities during Homecoming Week, organizing the annual Sadie Hawkins dance, and hosting school spirit events.
- Community Service: Hosting two annual community blood drives in partnership with the American Red Cross and organizing local service projects.
- Fundraising & Leadership: Managing fundraisers to support student events and participating in leadership workshops and conventions to build real-world leadership skills.

Membership & Leadership Team Structure: The Student Council leadership team is composed of four executive officers: President, Vice President, Treasurer, and Secretary; along with up to two representatives from each class.

- Class Representatives: Up to two representatives per class are elected by a vote of their respective classmates.
- Executive Officers: Officers are elected by a vote of the entire high school student body. Senior students receive first priority when running for officer roles; junior students are eligible to run if a position has no senior candidates.

Requirements & Meetings: Members are expected to maintain active participation by attending meetings held twice monthly during Husker Hour (with additional meetings scheduled as needed) and actively volunteering their time for council-sponsored events throughout the school year. Active senior members who meet all service and participation requirements have the opportunity to earn official Student Council graduation cords.

Serena High School Athletics Descriptions & Awards

Serena High School offers the following board approved sports options:

***These offerings are subject to change.*

Fall Sports:	Winter Sports:	Spring Sports:
- Boys Soccer - Girls Volleyball - Golf	- Boys Basketball - Girls Basketball - Spirit Squad	- Track - Girls Soccer - Softball - Baseball

Serena High School typically presents the following awards at the end of each season:

***The coaches and the athletic director reserve the right to present awards not listed here, depending on circumstances that change from year to year.*

Soccer Awards (Boys & Girls)

Most Valuable Player - Vote by team and coach as to who was the most valuable player.

Captain - This would be a player voted upon by the team who was a leader by action and/or words.

Most Improved Player - Coach's choice of the player who improved the most as a soccer player from last season to the present or from the start to the end of the present season. (Judgment of coach)

Defensive Player - Regular player who had the most impact in preventing goals. The coach will use statistics, his judgment, and the judgment of others.

Sportsmanship - Coach's choice of the player (regular or not) who exemplifies the ideals of athletic competition. (Judgment of coach)

Desire & Dedication - A player who has played hard every day, helps the team by his/her actions and attitude, takes interest in the team over himself/herself. (Judgment of coach)

Volleyball Awards

Most Valuable Player - Voted on by team

Captain - Voted on by team

Best Serve Percentage - Must be better than 90% and has served in over 50% of the matches.

Outstanding Defensive Player - Best at any combination of serve reception, digging and blocking skills and has played in over 50% of the matches. (Judgment of coach)

Most Improved Player - Athlete whose skills and team play have improved the most from previous seasons or during the course of the season. (Judgment of coach)

Desire & Dedication - A player who has played hard every day, helps the team by her actions and attitude, takes interest in the team over herself. (Judgment of coach)

Spirit Squad

Captain - Voted on by squad.

Desire and Dedication - Participant who has attended every practice and game, helps squad members by her actions and attitude, takes interest in the team over herself. (Judgment of the Coach)

A fourth year Spirit Squad participant, having met all the requirements, receives an inscribed twelve-inch gold trophy and certificate.

Varsity Basketball Awards (Boys and Girls)

Most Valuable Player - Voted on by team

Captain - Voted on by team

Free throw - Highest free throw % (American Legion) Have to shoot minimum of 1 per game average (22 games = at least 22 free throws must be shot)

Rebound Award - Highest number of rebounds in a season (per game average) based on statistics

Assists - Highest number of assists in a season (per game average) based on statistics

Defensive Award - Player showing great defensive play throughout the season, consider steals and defensive rebounds, players having to guard, overall "get after it" type of play. (Judgment of coach)

Desire & Dedication - A player who has played hard every day, helps the team by his/her actions and attitude, takes interest in the team over himself/herself. (Judgment of coach)

Baseball Awards

Most Valuable Player - Vote by team and coach as to who was the player most valuable to the team's success.

Captain - Honorary award voted upon by the team. This would be a person who was a leader of the team by actions and/or words.

Batting Average - Sponsored by the American Legion. The regular player who had the highest batting average during the season.

Most Improved Player - Coach's choice of the player who improved the most as a baseball player from last season to this or from the start of the present season. The coach will use offensive and defensive statistics, as well as other performance indicators. (Judgment of coach)

Golden Glove - (Defensive Award) Regular player who led the team in defense based on fielding average and other performance indicators. (Judgment of coach)

Cy Young Award - Regular player who led the team in pitching based upon statistics and other performance indicators. (Judgment of Coach)

Desire & Dedication - A player who has played hard every day, helps the team by his actions and attitude, takes interest in the team over himself. (Judgment of coach)

Softball Awards

Most Valuable Player - Voted on by team.

Captain - Voted on by team.

Batting Average - Sponsored by the American Legion. The regular player who had the highest batting average during the season.

Golden Glove - Best at fielding, throwing, and executing defensive strategies; few errors. Played in over 50% of games. (Judgment of coach)

Cy Young Award - Regular player who led the team in pitching based upon statistics and other performance indicators. (Judgment of Coach)

Most Improved Player - Athlete whose skills and team play have improved the most from previous seasons or during the course of the season. (Judgment of coach)

Desire & Dedication - Player who has played every day, helps the team by her actions and attitude, takes interest in the team over herself. (Judgment of coach)

Senior Plaque (1 Boy and 1 Girl)

A senior plaque is awarded to two seniors who earn a minimum of two varsity awards during their high school career, at least one of which must be earned during their senior year.

Athletic Letters

A student can earn a chenille varsity and/or junior varsity letter for each sport in which he/she participates. A certificate award is given, however, each time an individual earns an award.



IHSA Sports Medicine Acknowledgement & Consent Form

Concussion Information Sheet

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:

- | | |
|--|---|
| <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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:

- | |
|--|
| <ul style="list-style-type: none"> • 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 |
|--|



IHSA Sports Medicine Acknowledgement & Consent Form

Concussion Information Sheet (Cont.)

What can happen if my 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. The Youth Sports Concussion Safety Act requires athletes to complete the Return to Play (RTP) protocols for their school 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.

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 you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>



IHSA Sports Medicine Acknowledgement & Consent Form

IHSA Performance-Enhancing Substance Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Policy. A full copy of the policy and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for policy implementation in the IHSA Schools Center.

As a prerequisite to participation in IHSA athletic activities, we have reviewed the policy agree that I/our student will not use performance-enhancing substances as defined by the policy. We understand that failure to follow the policy could result in penalties being assigned to me/our student either by the my/our student's school or the IHSA.

IHSA PES Policy

<http://www.ihsa.org/documents/sportsMedicine/2017-18/2017-18 PES policy.pdf>

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/current/IHSA Banned Drugs.pdf>

Extracurricular Handbook - Agreement to Participate

*Each student and his or her parent/guardian must read and sign this **Agreement to Participate** each year, and will apply to any extracurricular activity the student lists to participate in for the school year. The completed Agreement should be returned to the high school office.*

Students - Read through the Student Section of this Form and Sign where indicated.

Guardians - Read through the Guardian Section of this Form and Sign where indicated.

Student Name (printed): _____

Extracurricular Activity(ies): _____

List of Activities: Student Council, ESports, Academic Team, NHS, Art Club, FFA, SADD, Golf, Boys Soccer, Volleyball, Boys Basketball, Girls Basketball, Cheer, Track, Girls Soccer, Baseball, Softball

Student Section:

1. I acknowledge reading the eligibility rules, including the Extracurricular Code of Conduct in Section 6, the Academic Eligibility in Section 2, and any expectations specific to this extracurricular activity provided by the coach/sponsor. I agree to abide by them.
2. Before I am allowed to participate, I am aware that I need to fulfill the Requirements for Participation listed in Section 1 of this Extracurricular Handbook.
3. I agree to abide by all conduct rules and will behave in a sportsmanlike manner. I agree to follow the sponsor/coach's instructions, playing techniques, and training schedule as well as all safety rules.
4. I am aware that participating in extracurricular activities may involve travel with the team or club. I acknowledge and will abide by the transportation requirements as outlined in Section 5.
5. I understand that Board policy 7:305, *Student Athlete Concussions and Head Injuries*, requires, among other things, that a student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion or head injury must be removed from practice or competition at that time and that the student will not be allowed to return to play or practice until he or she has successfully completed return-to-play and return-to-learn protocols, including having been cleared to return by the treating physician licensed to practice medicine in all its branches, physician assistant, treating advanced practice registered nurse, or a certified athletic trainer working under the supervision of a physician.
6. I am aware that with participation in sports comes the risk of injury, and I understand that the degree of danger and seriousness of risk vary significantly from one sport to another with contact sports carrying the highest risk.

Student Signature: _____

Date: _____

Extracurricular Handbook - Agreement to Participate

*Each student and his or her parent/guardian must read and sign this **Agreement to Participate** at the beginning of each extracurricular activity the student wishes to participate in. The completed Agreement should be returned to the Coach or Sponsor.*

Students - Read through the Student Section of this Form and Sign where indicated.

Guardians - Read through the Guardian Section of this Form and Sign where indicated.

Student Name (printed): _____

Guardian Section:

1. I give permission for my child to participate in this extracurricular activity.
2. I acknowledge reading the eligibility rules, including the Extracurricular Code of Conduct in Section 6, the Academic Eligibility in Section 2, and any expectations specific to this extracurricular activity provided by the coach/sponsor. I agree to abide by them and accept the consequences as listed in this Handbook.
3. I agree to abide by all conduct rules and will behave in a sportsmanlike manner. I agree to follow the sponsor/coach's instructions, playing techniques, and training schedule as well as all safety rules.
4. Before my student is allowed to participate, I am aware that we must fulfill the Requirements for Participation listed in Section 1 of this Extracurricular Handbook.
5. I am aware that participating in extracurricular activities may involve travel with the team or club. I acknowledge and my student will abide by the transportation requirements as outlined in Section 5.
6. I understand that Board policy 7:305, *Student Athlete Concussions and Head Injuries*, requires, among other things, that a student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion or head injury must be removed from practice or competition at that time and that the student will not be allowed to return to play or practice until he or she has successfully completed return-to-play and return-to-learn protocols, including having been cleared to return by the treating physician licensed to practice medicine in all its branches, physician assistant, treating advanced practice registered nurse, or a certified athletic trainer working under the supervision of a physician.
7. I am aware that with participation in sports comes the risk of injury, and I understand that the degree of danger and seriousness of risk vary significantly from one sport to another with contact sports carrying the highest risk.
8. I assume all responsibility and certify that my child is/I am in good physical health and is capable of participation in the above indicated sport or athletics.

Guardian Signature: _____

Date: _____

Emergency Contact & Consent Form

*****Add in Form used in Athletics*****



IHSA Sports Medicine Acknowledgement & Consent Form

Acknowledgement and Consent

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions and the IHSA Performance-Enhancing Substance Policy.

STUDENT

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT or LEGAL GUARDIAN

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____

Consent to Self Administer Asthma Medication

Illinois Public Act 098-0795 provides new directions for schools concerning the self-carry and self-administration of asthma medication by students. In order for students to carry and self-administer asthma medication, parents or guardians must provide schools with the following:

- Written authorization from a student's parents or guardians to allow the student to self-carry and self-administer the medication.
- The prescription label, which must contain the name of the asthma medication, the prescribed dosage, and the time at which or circumstances under which the asthma medication is to be administered.

A full copy of the law can be found at <http://www.ilga.gov/legislation/publicacts/98/PDF/098-0795.pdf>.

Each year IHSA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

Student Athlete Concussions and Head Injuries

(MSH Updated: February 2016)

Student athletes must comply with Illinois' Youth Sports Concussion Safety Act and all protocols, policies and bylaws of the Illinois High 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.

Cross-References: PRESS 7:305, Student Athlete Concussions and Head Injuries

Prevention/Signs/Symptoms/Treatment of Concussions

- **Concussion:** A concussion is a brain injury. A concussion occurs from force(s) applied directly or indirectly to the skull that results in the rapid acceleration and deceleration of the brain. All concussions are serious.
- **Prevention:** Concussions can be prevented with proper technique, proper equipment, proper coordination with sport specific movements including but not limited to neck and core strength.
- **Symptoms:** In some instances, signs and symptoms of a concussion may not become apparent until several hours or even days after injury. Therefore, the student needs to be monitored closely over time and checked for any signs and symptoms such as: headache, nausea, dizziness, balance problems, difficulty concentrating, cannot recall events prior to injury, cannot recall events after injury, feeling slowed down, feeling in a fog, difficulty remembering, blurred or double vision, sensitivity to light or noise, fatigue, answers questions slowly, confused, and/or more emotional. If student experiences severe symptoms such as vomiting, drink fluids to stay hydrated, after 24 hours use Acetaminophen (Tylenol) for headaches.
- **Treatment:**
 - **Be evaluated:** Student should be evaluated by a licensed healthcare professional (LHCP) as soon as possible.
 - **It's ok to:** go to sleep, rest, periodic naps when tired/fatigued, use ice pack on head and/or neck for discomfort, eat light diet, lift weights, do not perform strenuous activity including PE, sports, video gaming, texting, do not drive vehicle while having symptoms, do not drink alcohol. There is NO need to: check eyes with flashlight, wake up every hour unless directed by a Physician, test reflexes, stay in bed.
 - **DO NOT:** DO NOT take ibuprofen, Advil, aspirin, naproxen, or other non-steroidal anti-inflammatory medication, do not exercise or as: headache that increases in intensity, vomiting, slurred speech, seizure activity, changes in level of consciousness, inability to recognize people or places they need to be taken to the nearest Emergency Room or EMS activated by calling 911.

Serena Concussion Policy

According to the Youth Sports Concussion Safety Act:

- Any student suspected of suffering a concussion MUST BE removed from the game, practice, or activity immediately. No student may return to activity that day after an apparent head injury or concussion regardless of how mild it seems or how quickly symptoms clear. Close observation of the student should continue for several hours.
- Students must provide the school with written clearance from a licensed healthcare professional 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.

Return-to-Learn Protocol:

In order for return-to-learn protocol to begin, documentation must be provided to the school from a Licensed Healthcare Professional treating the student and at what stage to begin.

- **Stage 1:** No school attendance, emphasize cognitive and physical rest
- **Stage 2:** Limited School Attendance (half days/part-time) with Accommodations
- **Stage 3:** Full Day School Attendance with Accommodations
- **Stage 4:** Full Day School Attendance WITHOUT accommodations

Return-to-Play Protocol:

In order to “Return to Play” following a concussion the following must be completed:

- Have written clearance from a licensed healthcare professional along with having completed RTP concussion protocol which includes graded exercises without return of symptoms.
- Parent/guardian and student must sign Post-concussion Consent Form (*RTP/RTL Below*)

Post-Concussion Return-to-Learn (RTL) and Return-to-Play (RTP) Guidelines

To be signed by Student & Guardian only if Student is returning to play from Concussion Protocol

A student’s best chance of full recovery from a concussion involves two critical components: cognitive and physical rest. Continued research has focused on the fact that cognitive rest is essential to the quick resolution of concussion symptom. Cognitive stimulation includes: driving, video games, computers, text messaging, cell phone use, loud and / or bright environments, television, reading and studying; these must be limited, and in most cases, completely avoided. Physical activity such as physical education, sports, activities, and strength or cardiovascular conditioning must be regulated or avoided while recovering from a concussion.

Points of Emphasis: It is important to note that the recovery from a concussion is a very individualized process. Caution must be taken not to compare students with concussions as they progress through the recovery process. The information below is provided to physicians, certified athletic trainers, teachers, parents and students as a guide to assist with concussion recovery.

- It is mandated by the State of Illinois Law (Public Act 99-0245) that a student who is experiencing concussion-like symptoms may not return to practice or compete again until the student has been examined by their physician or a certified athletic trainer working under the supervision of a physician.
- For the academic Return to Learn (RTL) protocol to be initiated, the student must be evaluated by a physician or an athletic trainer working under the supervision of a physician and documentation must be provided to the school. The documentation must include a prescribed stage per Serena CUSD 2 RTL and RTP (Return to Play) protocol.
- Concussed students **MUST** complete both the RTL and RTP protocols as set forth by Serena Community School District 2. **The RTL must be completed prior to initiating and progressing through RTP.**
- The Doctor or certified athletic trainer will determine the initial stage of the protocol and progression through the stages.
- The student will be granted adequate time to complete missed academic work based on the amount of time needed for complete recovery. In cooperation with the guidance counselor and teachers, a plan will be created for possible modification and the gradual completion of missed tests, quizzes, and homework for all courses of the student’s schedule.
- The teacher has the option of assigning the student a grade of incomplete (I) for the quarter, final and/or semester grade.
- ***When the student is evaluated by a physician, it is suggested that this information is shared with the physician during the initial visit.***
- For the student athlete: the student will report to the athletic trainer and the school nurse daily to monitor symptoms. The athletic trainer may determine progression to the next stage within the RTL and RTP. This includes all student athletes, even if they are not in season.
- For the non-athlete student: the student will report only to the school nurse daily. The physician will determine the progression to the next stage within the concussion care protocol.
- If school nurse assessment supports consultation with physician or designee prior to re-evaluation date / doctor’s appointment the school nurse will contact physician’s office for recommendations if a signed release is provided by the parent.
- **All athletes must be approved in writing by a physician or athletic trainer working under a physician as well as the parent / guardian to return to athletic participation. (Parent’s/ Guardian and student will complete IHSA / RTL Post-concussion Consent Form when student reaches both stage 4, completing RTL, and stage 5, completing RTP.)**

I acknowledge the Concussion Risks, Restrictions, and Protocol for the affected Concussed Student-Athlete to Return to Play.

Student Signature: _____

Date: _____

Guardian Signature: _____

Date: _____