

Pontiac Junior High
Athletic & Club
Handbook
2025-2026

TABLE OF CONTENTS

PJH Mission Statement 1

Athletic Association Affiliations 2

Pontiac AD, Coaches and Sponsors 3

Sports Offered 4

Requirements for Participation in Athletic Activities..... 4

Academic Requirements and Eligibility 5

Athletic Fees 5

Southern Illinois Junior High Athletic Association (SIJHSAA)..... 5

Athletic/Extracurricular Rules and Code 6

Code of Conduct 4-5

Behavioral Conduct 7

Due Process 8

Drugs, Alcohol, and Tobacco 9

Rules in Effect 9-10

Parent/Coach Relationships 10-11

Absence from School on Day of Activity 12

PE Participation 12

Transportation 12

Directions to schools..... 13-16

Excessive Heat 16

Student Athlete Concussions and Head Injuries 16

Concussions Information Sheet 17

DISTRICT 105 MISSION
*To **engage** all stakeholders and **empower** students to **grow** academically, socially, and emotionally.*

#105Percent

DISTRICT 105 VISION
To create an innovative learning community and a culture of collaboration with a focus on student success.

DISTRICT 105 CORE VALUES
 Belonging
 Integrity
 Respect
 Responsibility

ENGAGE-EMPOWER-GROW

Welcome

Welcome to Pontiac Junior High. This athletic handbook is not intended to answer every question or situation concerning athletics, but it is merely to serve as a quick reference/guide to answer some of your questions. This is a summary of the school's rules and expectations, and is not a comprehensive statement of school procedures. The Board's comprehensive policy manual is available for public inspection through the District's website pwh105.org. If you have a specific question or problem, feel free to contact the Athletic Director.

Athletics and extra-curricular activities provide another means by which our students may demonstrate their personal abilities. Pontiac-Wm. Holliday School District #105 is proud to offer a diverse athletic and extra-curricular program. Students are reminded that they are representatives of the school when events take place either at this school or another campus.

This Code of Conduct applies to all school-sponsored activities that are neither part of an academic class nor otherwise carry credit or a grade.

The goal of the extracurricular program is to provide opportunities for students to pursue interests and develop life skills beyond the classroom. An additional goal of the athletic program is to develop the physical skills of student athletes, which will allow them to compete to the best of their ability within the School Board policies and the by-laws of any association of which the school is a member.

Members must conduct themselves at all times, including after school and on days school is not in session, as good citizens and exemplars of their school - they must behave in ways that are consistent with good sportsmanship, leadership, and appropriate moral conduct. They are expected to demonstrate good citizenship and exemplary conduct in the classroom, in the community, and during all facets of the activity.

The Code of Conduct below describes the expectations and goals of the extracurricular and athletic programs. This Code does not contain a complete list of inappropriate behaviors for students in extracurricular activities and athletics. A student may be excluded from activities or competition while the school is conducting an investigation regarding that student's conduct.

Students and their parents/guardians are encouraged to seek assistance from the student assistance program regarding alcohol or other drug problems. Family-referrals or self-referrals will be taken into consideration in determining consequences for Code of Conduct violations.

Athletic Association Affiliations

PJH is a member of the Belle-Fair Conference. The conference consists of Central Junior High, and West Junior High in Belleville, Wolf Branch, Emge, Belle Valley, Pontiac, Signal Hill, Grant, Whiteside, High Mount, Joseph Arthur, and Shiloh. When competing as a member of a conference, the conference rules that have been established and approved by the Board of Education will supersede any guidelines.

Conference Fan, Guest and Spectator Rules: The following are rules that the member schools of the Belle-Fair Conference voted to promote and enforce at all conference home and away volleyball and basketball games this year.

- Appropriate behavior is expected at all activities. Poor sportsmanship or other inappropriate behavior will not be tolerated. Anyone exhibiting inappropriate behavior will be removed.
- Students must be picked up within 15 minutes after the scheduled event or they may forfeit the right to attend future events.
- Students 18 years and younger must be accompanied and supervised by an adult.
- All guests must remain seated in the gym when a game is in progress.
- Clothing should be appropriate for a school event.
- Guests must stay off the court at all times.
- Guests may not loiter outside the building.
- Doors will open for visitors **30 minutes** prior to the scheduled event.

Pontiac Athletic Director and Coaches

Athletic Director Jalen Williams and Pat Robien

Coaches

Cross-Country.....Bob Monroe
 BaseballGreg Cochran
 SoftballAaron Fredrich
 SoccerPatrick Robien
 CheerleadingCasey Mumper
 Girls’ VolleyballDawn Poe
 7/8 Boys’ BasketballTerrell Herring
 Scholar BowlChad Stultz
 Chess TeamJulee Baysinger
 BowlingChrista Black
 Boys’ VolleyballDawn Poe
 7/8 Girls’ Basketball
 TrackJalen Williams and Terrell Herring

Sponsors

Student Council (gr. 6-8).....Julee Baysinger
 Drama (gr. 6-8).....Jaime Juhas and April Sturgill
 Science Olympiad (gr. 6-8).....Jeremy Resillez
 Robotics (gr. 6-8).....Jeremy Resillez
 Math team (gr. 6-8)..... Pat Robien
 Chorus (gr. 5-8).....April Sturgill

Sports Offered

Fall Sports Offered at Pontiac-Wm. Holliday District #105

August through September

- Cross Country (gr. 6-8)
- Boys' Baseball (gr. 6-8)
- Girls' Softball (gr. 6-8)

Winter Sports Offered at Pontiac-Wm. Holliday District #105

October through January

- Boys' Basketball (gr. 6-8)
- Girls' Basketball (gr. 6-8)
- Cheerleading (gr. 6-8)

January through March

- Girls' Volleyball (gr. 6-8)
- Boys' Volleyball (gr. 6-8)
- Chess Club (gr. 6-8)
- Scholar Bowl (gr. 6-8)
- Boys' Bowling (gr. 6-8)
- Girls' Bowling (gr. 6-8)

Spring Sports Offered at Pontiac-Wm. Holliday District #105

- Boys' Track (gr. 6-8)
- Girls' Track (gr. 6-8)
- Coed Soccer (gr. 6-8)

Requirements for Participation in Athletic Activities

A student must meet all academic eligibility requirements and have the following fully executed documents on file in the school office before being allowed to participate in any athletic activity. Student participation in school-sponsored extracurricular activities is contingent upon the following and **all must be turned in prior to the scheduled tryout:**

1. All school/athletic/band fees must be paid and up to date. (No Pay No Play Policy)
2. Students are required to have a current physical exam (less than one year old) on file with the certified school nurse prior to trying out for a sport or participating in a sports clinic. If students are having difficulty scheduling a physical exam, they may contact the school nurse and the nurse will attempt to provide resources to assist the student in obtaining a physical. Prior to turning the physical into the school, please make a copy of the physical to keep for your records. The physical must be conducted by a licensed physician, an advanced practice nurse or physician assistant.
3. The student must meet the academic criteria set forth in the Board Policy on school sponsored extracurricular activities.
4. The parent(s)/guardian(s) must provide written permission for the student's participation, giving the District full waiver of responsibility of the risks involved, (athletic permission form)

5. Proof the student is covered by medical insurance (either school or a waiver)
6. Emergency consent
7. Signed documentation agreeing to comply with the School District's policies and procedures on student athletic concussions and head injuries.

The physical form and athletic form can be found on the Pontiac website at: www.pwh105.org

Please Note: Students may not tryout for nor participate in organized athletic events on a school-sponsored team or tryout nor participate in sports clinics until a current physical exam is on file with the school nurse. There are no exceptions. Please turn these documents into the school office or the school nurse.

Academic Requirements and Eligibility

Students who wish to try out and participate in sports, extracurriculars and/or clubs must maintain a grade average of 3.0 (A=5, B=4, C=3, D=2) and not carry an "F" in any subject. Grades will start being checked on the third Thursday of each new quarter. Eligibility reports will be pulled every Thursday in the evening. If the student is ineligible they will be notified by email by one of the Athletic Directors. An ineligible student will be unable to participate in activity until the next grade report is pulled. Students maintaining a grade average below 3.0 or carrying an "F" in any subject will be ineligible for participation for a period of one (1) week. After one (1) week, the student's grades will be reviewed and eligibility will be re-determined. Students who are found to be ineligible for three (3) individual or consecutive weeks will be dropped from the team's or activities' roster. Grades may be accessed regularly through the school's website.

Fees

If your child participates in sports during the school year, they will be assessed a fee of \$45 per sport, not to exceed \$125 per year per student. All school fees must be paid in full before a student is allowed to try out for any sports.

If your child participates in extra-curricular activities during the school year, they will be assessed a fee of \$30 per activity, not to exceed \$125. All school fees must be paid in full before a student is allowed to participate in any extra-curricular activity.

Southern Illinois Junior High School Athletic Association (SIJHSAA)

Eligibility for most athletics is also governed by the rules of the SIJHSAA and, if applicable, these rules will apply in addition to this Extracurricular and Athletic Activities Code of Conduct. In the case of a conflict between SIJHSAA and this Code, the most stringent rule will be enforced.

Athletic/Extra Curricular Rules & Code

The Athletic Code applies to all students who want to participate in athletics. Athletics includes competitive sports, extracurricular activities, and cheerleading. This code applies in addition to other rules and regulations concerning student conduct and imposes additional requirements on student athletes and cheerleaders.

Participation in athletics is a privilege. Those who participate in athletics have a responsibility to favorably represent the school and community. Student athletes are expected to conduct themselves both in and out of school in a manner appropriate to their responsibilities as representatives of the school and district. If a student fails to comply with the terms of this code, the privilege to participate in athletics may be lost in accordance with the terms of this Athletic Code.

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.

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

The student shall:

1. Abide by the District's policies or procedures on student discipline;
2. Abstain from using beverages containing alcohol;
3. Abstain from using tobacco in any form;
4. Abstain from using, possessing, buying, selling, bartering, or distributing any illegal substance or paraphernalia;
5. Abstain from using, possessing, buying, selling, bartering, or distributing any object that is or could be considered a weapon or any item that is a "look alike" weapon;
6. Abstain from attending any parties or other gatherings and/or ride in any vehicles where alcoholic beverages and/or controlled substances are being consumed by minors;
7. Act in a sportsmanlike manner;
8. Abstain from vandalism or stealing;
9. Abstain from participating in hazing of other students;
10. Abide by the written rules for the activity or sport;
11. Behave in a manner that is a positive representation of the good of the group or school;
12. Always be respectful toward the activity's sponsors or team's coaching staff;

13. Always be truthful on any information contained on any permit or permission form required by the activity or sport.

Behavioral Conduct

Misconduct by student-athletes will not be tolerated. Misconduct shall include but shall not be limited to:

1. Insubordination; or
2. Any behavior or action which is negligently or intentionally injurious to a person or property or which places a person or property at risk of injury or damage; or
3. Any behavior which disrupts the appropriate conduct of a school program or activity; or
4. Hazing, bullying, or harassment of any kind; or
5. Use of profanity; or
6. Exhibition of bad sportsmanship; or
7. Violation of any school rules or regulations or law.

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 severe or pervasive physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

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

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

Due Process

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:
 - a. 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 activities or sports:
 - A specified period of time or percentage of events, competitions, or practices
 - The remainder of the season or for the next season
 - The remainder of the student's school career
 - b. Sanctions for alcohol and other drug violations will be based on the following:

First violation:

- Use, ingestion, possession, buying, selling, bartering, or distributing: A suspension of one third of the total number of performances, activities, or competitions or the remainder of the season, whichever is shorter. This penalty will be reduced if the student successfully completes a school-approved chemical awareness program.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one sixth of the total number of performances, activities or competitions, or the remainder of the season, whichever is shorter.
- The student may be required to practice with the group, regardless of the violation (unless suspended or expelled from school).

Second violation:

- Use, ingestion, possession, buying, selling, bartering, or distributing: A suspension of 12 weeks or 1 season, including suspension from all performances, activities, or competitions during this period. To participate again in any activities, the student must successfully participate in and complete a school-approved alcohol and other drug abuse assessment and follow all recommendations from that assessment.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one third of the season and all extracurricular group performances, activities, or competitions during this period.
- The student may be required to practice with the group (unless suspended or expelled from school).

Third violation:

- Use, possession, buying, selling, bartering, or distributing: A suspension from extracurricular activities for the remainder of the student's school career.
- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one calendar year from the date of the suspension, including all extracurricular activities during this period.

7. The administrator will make a written report of his or her decision and rationale. The student may appeal the decision to the Building Principal.

All students remain subject to the School Board's student discipline policy and/or the school's student handbook and the disciplinary measures listed in them.

Coaches and school officials will impose disciplinary measures appropriate to the offenses committed. The discipline imposed for any particular offense shall be at the sole and exclusive discretion of the coaching staff and school officials.

Drugs, Alcohol and Tobacco

Except with respect to prescription drugs used by the person for whom such drugs were prescribed in the manner intended by the prescribing medical doctor, the possession, use, distribution, purchase or sale of any alcoholic beverage, drug, drug paraphernalia, controlled substance, look alike, tobacco or tobacco product or any other substance which, when taken into the human body is intended to enhance performance or alter mood or mental state, including any item or substance which is represented by a student to be, or is believed by a student to be any of the foregoing, regardless of the true nature or appearance of the substance, is prohibited in school buildings, on school buses and on all other school property or school related events at any time. This prohibition shall include all school sponsored or school related activities, whether held before or after school, evenings or weekends and shall additionally include a prohibition of use by a student athlete in any instance where the school can demonstrate a reasonable connection to the school program or school athletic program. For purposes of this procedure, students who are under the influence of prohibited substances shall be treated in the same manner as though they had prohibited substances in their possession.

Rules in Effect

The rules set forth in this Athletic Code are in effect throughout the school year from the first practice session for any particular sport during a particular school term until the last day of that sport or until the last day of the school term whichever comes last and twenty-four hours a day, whether or not school is in session and including vacation periods, and holidays. The rules apply on and off campus and whether or not the misconduct occurs at school or a school-sponsored activity or in some other locale. The rules apply to an athlete from the beginning of the athlete's first tryout or practice in the first sport which the athlete attempts until the completion of any school year or the completion of the athlete's season whichever comes last.

- **Non-Participants:** Non-participants are not allowed at tryouts or practices. Parents are welcome to observe the last fifteen minutes of practice or tryouts. Siblings or other visitors are not permitted at practice due to supervision concerns.
- Players are not to arrive for games or practices prior to the time established by the coaching staff. To ensure the safety of players, please ensure that the coach is present before dropping off players. Students are to be picked up promptly when any event is finished. Late pick-ups will be handled as follows:
 - o 1st violation- written warning

- o 2nd violation- Game suspension
- o 3rd violation- Removal from roster
- **Suspension during a sports season**
 - o If a student receives an in school suspension they will be suspended one game.
 - o If a student receives an out of school suspension of 1 or 2 days they will be suspended one game.
 - o If a student receives a cumulative 3 or more days of in school (ISS) or out of school suspension (OSS) during the season, they will be removed from the roster.
- **Suspension while participating in a school club**
 - o If a student receives an in school suspension the student will not be allowed to participate during the suspension.
 - o If a student receives an out of school suspension of 1 or 2 days the student will not be allowed to participate during the suspension period.
 - o If a student receives a cumulative 3 or more days of in school (ISS) or out of school suspension (OSS) during the season, they will be removed from the roster.

Impact on Multiple Sports/Clubs: If a student is in multiple sports/clubs concurrently and suspended during a season, the suspension applies to *each* roster they are on.

- Students and parents must keep in contact with coaches/sponsors concerning absences. If no reason is given to the coach from the parent or directly from the student-athlete, then it will be an unexcused absence. These absences will be handled in the following manner:
 - o 1st violation- written warning
 - o 2nd violation- Game suspension
 - o 3rd violation- Removal from roster
- **Examples of unexcused absences: missing practice or game without contacting coach prior, student-athlete telling teammates to inform coach of their absence, attending a practice of another team**

Parent / Coach Relationships

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone.

Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

Playing time is determined by the coach. Attendance, attitude and performance may all be taken into consideration when determining playing time.

As a courtesy to all parties involved, please consider approaching your child's coach following practice rather than after games to discuss any issues. We request a 24 hour period before approaching a coach about concerns. It may be best to schedule an appointment with the coach.

Communication parents should expect from their child's coach:

- 1) Coach's philosophy.

- 2) Expectations the coach has for your son or daughter, as well as other players on the team.
- 3) Locations and times of practices and contests.
- 4) Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
- 5) Procedures that will be followed if your child becomes injured during participation.

Communication coaches expect from parents:

- 1) Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
- 2) Specific concerns in regard to the coach's philosophy and/or expectations.
- 3) Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child.
- 2) What your child needs to do to improve.
- 3) Concerns about your child's behavior.

It is very difficult to accept that your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach:

- 1) How much playing time each athlete is getting.
- 2) Team strategy.
- 3) Play calling.
- 4) Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

If a parent has a concern to discuss with the coach, the following procedure should be followed:

- 1) Call the coach to set up an appointment.
- 2) If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
- 3) Think about what you expect to accomplish as a result of the meeting.
- 4) Stick to discussing the facts, as you understand them.
- 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

Absence from School on Day of Activity

A student who is absent from school after 12 pm is ineligible for any extracurricular or athletic activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made by the designated sponsor or coach for: 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 sponsor or coach.

PE Participation

All participants on an athletic rosters are expected to participate in Physical Education daily. Any student who chooses not to participate in Physical Education, for medical or other reasons, will not be permitted to participate in that evening's practices or events.

Transportation

When the District provides transportation for school sponsored activities, all students will ride the bus to the activity, unless the parent/guardian has made prior arrangements, in writing, with the sponsor or coach responsible for the activity. **Verbal requests will not be honored and verbal permissions are not valid.** Transportation will not be provided from athletic events. All student-athletes will need to be signed out by their parent/guardian at all away events. If a parent/guardian is not able to transport their child, a waiver allowing another adult to transport them must be on file with the athletic director. Parents/guardians are expected to provide transportation or accompany students home at the end of school activities, which conclude after dark. No athlete will be permitted to walk home or ride bikes in the dark following games or practices.

Violation of any of the transportation rules including walking home in the dark, not having transportation from a parent/guardian with a note on file, or being picked up late will be handled as follows:

- 1st violation – written warning
- 2nd violation – suspension from next activity
- 3rd violation – removal from roster

Non-Participants: Non-participants are not allowed at practices or meetings.

Cross-References:

PRESS 6:190, *Extracurricular and Co-Curricular Activities*

PRESS 6:190-AP, *Eligibility for Participation in Extracurricular Activities*

PRESS 7:240, *Conduct Code for Participants in Extracurricular Activities*

PRESS 7:240-AP1, *Code of Conduct for Extracurricular Activities*

DIRECTIONS TO SCHOOLS WHO PARTICIPATE IN OUR CONFERENCE

You are encouraged to research these directions in advance or enter them into your cell or car GPS device. You may also choose to follow the player bus. Also, we cannot guarantee that bleachers and/or concessions will be provided at these locations.

Central Jr. High (618)233-5377:

1801 Central School Road – Belleville, IL 62220

FOR ALL SPORTS:

1. Head West on Ashland Ave toward Frey Lane.
2. Take the 1st left onto IL-159 S/Rte 159 S
3. At the traffic circle, continue straight to stay on IL-159 S/Rte 159 S
4. Turn left onto Westhaven School Rd
5. Take the 1st left onto Central School Rd.

Destination will be on the left.

Shiloh Middle School (618)632-7434

#1 Wildcat Crossing – Shiloh, IL 62269

FOR ALL SPORTS:

1. Head east on Ashland Ave toward St Clair Bowl
2. Turn left onto Frank Scott Pkwy
3. At T (Lincoln/Cross Rd), turn right onto Tamarack Lane
4. Take the 1st left onto Wildcat Cross

Destination is on the right.

Joseph Arthur Middle School /O’Fallon Central Grade School

BASEBALL/SOFTBALL/SOCCER GAMES HELD AT MIDDLE SCHOOL:

160 St. Ellen Mine Rd. – O’Fallon, IL 62269

1. Head east on Ashland toward St. Clair Bowl
2. Turn left at the light onto Old Collinsville Rd.
3. At Hwy 50 light, turn right
4. Cont on Hwy 50
5. Turn right onto St. Ellen Mine Rd (THIS IS RIGHT BEFORE ALDI’S)

Destination is on your left – you will need to make a left to get back to the school

BASKETBALL/VOLLEYBALL GAMES HELD AT GRADE SCHOOL:

309 Hartman Lane – O’Fallon, IL 62269

1. Head east on Ashland toward St. Clair Bowl.
2. Turn left at the light onto Old Collinsville Rd.
3. At Hwy 50 light, turn right
4. Cont on Hwy 50 to Hardees and turn right (towards O’Fallon 15 Theatre)
5. Cont straight on Hartman Lane

Destination is on your right

WEST JUNIOR HIGH SCHOOL (618)234-8200

840 Royal Heights Road – Belleville, IL 62226

FOR ALL SPORTS:

1. Head west on Ashland towards 159
2. Turn right on Frank Scott Pkwy W
3. Turn left onto IL 161 E
4. Turn right onto Royal Heights Rd.

Destination will be on the left (Memorial Hospital will be on your right)

HIGH MOUNT SCHOOL (618)233-1054

FOR BASEBALL/SOFTBALL/SOCCER – GAMES PLAYED AT MEL PRICE PARK

1500 Caseyville Ave – Swansea, IL 62226

1. Head west on Ashland towards 159
2. Turn left onto 159
3. Turn right onto N. Belt West
4. Turn left onto Morgan St.
5. Turn left onto Duncan St.
6. Turn left onto Caseyville Ave.

Destinations will vary...look for the kiddos 😊

FOR BASKETBALL/VOLLEYBALL – GAMES PLAYED AT HIGH MOUNT SCHOOL

1721 Boul Ave – Swansea, IL 62221

1. Head west on Ashland towards 159
2. Turn left onto 159
3. Turn right on Boul Ave (near Jack in the Box in Fairview Heights)

Destination will be on your right.

SIGNAL HILL SCHOOL (618)397-0325

FOR SOFTBALL/BASKETBALL/VOLLEYBALL:

40 Signal Hill Place – Belleville, IL 62223

1. Head west on Ashland towards 159
2. Turn right onto Rte 159 N
3. Turn left onto Lincoln Trail
4. Turn left onto Old Lincoln Trail
5. Continue onto Lebanon Rd.
6. Turn left onto W Main St.
7. Turn right onto S 95th St.
8. Continue onto Signal Hill Place

Destination is on your right (**softball fields are behind the school – you will have to walk back there**)

FOR BASEBALL/SOCCER – GAMES PLAYED ACROSS THE STREET FROM THE SCHOOL

GRANT MIDDLE SCHOOL (618)398-5577

FOR BASEBALL/SOFTBALL – GAMES ARE PLAYED AT THE FAIRVIEW KHOURY FIELDS, LOCATED ACROSS FROM THE LIBRARY/JUST PAST THE POLICE STATION

SOCCER – IS PLAYED AT THE FAIRVIEW HEIGHTS PARKS AND REC CENTER.

BASKETBALL/VOLLEYBALL – GAMES ARE PLAYED AT THE MIDDLE SCHOOL

10110 Old Lincoln Trail – Fairview Heights, IL 62208

1. Head west on Ashland Ave toward Frey Lane
2. Turn right onto Rte 159 N
3. Turn left onto Lincoln Trail
4. Turn left onto Old Lincoln Trail

Destination is on your left.

WOLF BRANCH MIDDLE SCHOOL (618)277-2100

410 Huntwood Rd. – Swansea, IL 62226

FOR ALL SPORTS –

1. Head west on Ashland Ave toward 159
2. Turn left onto 159
3. Turn right onto Huntwood Rd.

Destination will be on the left (**baseball/softball/soccer fields are on the opposite side of the street**)

WHITESIDE MIDDLE SCHOOL (618)239-9240

111 Warrior Way – Belleville, IL 62221

FOR ALL SPORTS –

1. Head east on Ashland Ave toward St. Clair Bowl
2. Turn right onto Old Collinsville Rd.
3. Turn left onto Frank Scott Parkway
4. Turn right onto Hartman Lane
5. Turn left onto Lebanon Ave.
6. Take the 3rd right onto Warrior Way

Destination will be on the right

EMGE SCHOOL (618)397-6557

FOR SOFTBALL –

1. Head east on Ashland Ave toward St. Clair Bowl
2. Turn right onto Old Collinsville Rd.
3. Turn right onto Frank Scott Parkway.
4. Follow Frank Scott Parkway to N. Belt West (Belleville)
5. Make a right
6. Continue on IL-13
7. Turn left onto Eiler Rd.
8. Arrive at West End Khoury League Fields

FOR SOCCER, VOLLEYBALL & BASKETBALL

7401 Westchester Dr. - Belleville, IL 62223

1. Head west on Ashland Ave toward Frey Lane
2. Take the 1st left onto Rte 159 S
3. Turn right onto Frank Scott Pkwy W
4. Turn right onto Southgate Dr.
5. Turn right to STAY on Southgate Dr.
6. Turn left to STAY on Southgate Dr.
7. Take 1st right onto Woodberry Lane

Belle Valley School (618)236-5200

FOR ALL SPORTS –

1. Head west on Ashland Ave toward Frey Lane
2. Take the 1st left onto Rte 159 S.
3. Turn left onto N. Belt East
4. Continue onto Sherman St.
5. Continue onto N. Belt East
6. Turn left onto IL-161 E/Carlyle Ave
7. Turn right onto S Green Mt. Rd.
8. Turn right onto Amann Dr.
Destination will be on the left

Excessive Heat

By 2:00 P.M., on days of excessive heat, the administration will cancel extracurricular practices and conference sporting events when the heat index reaches and/or exceeds 104°F. Staff and students are reminded to remain well hydrated on days when the outside temperature may be excessive due to heat.

Student Athlete Concussions and Head Injuries

A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game will be removed from participation or competition at that time. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer. If not cleared to return to that contest, a student athlete may not return to

play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

Cross Reference:

PRESS 7:305, Student Athlete Concussions and Head Injuries

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 furry 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
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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
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- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

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. 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 you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document
created 7/1/2011 Reviewed 4/24/2013

Pontiac Junior High District #105

TO BE COMPLETED BY THE STUDENT-PARTICIPANT

I agree to:

1. I will read and agree to the information provided in the athletic/extra-curricular handbook and will abide by all the conduct rules of Pontiac Junior High.
2. I will follow the coach/sponsor's instructions, playing techniques, schedule and safety rules for the sports/ extra-curricular activities.
3. I acknowledge having received and read *Student Athlete Concussions and Head Injuries* and the Concussions Information Sheet.

Student Name Printed

Student Signature

Date

TO BE COMPLETED BY THE PARENT/GUARDIAN

I agree to:

1. I will read and agree to the information provided in the athletic/extra-curricular handbook and will abide by all the conduct rules of Pontiac Junior High.
2. I will follow the coach/sponsor's instructions, playing techniques, schedule and safety rules for the sports/extra-curricular activities
3. I acknowledge having received and read *Student Athlete Concussions and Head Injuries* and the Concussions Information Sheet.

Parent/Guardian Name Printed

Parent/Guardian Signature

Date