Nettle Creek School

2026-2027

Extra Curricular Handbook

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General Information

Superintendent/Principal**:** Merle Siefken
Athletic Director: Michael Gorham

Nettle Creek Community Consolidated School District #24C
8820 N. Scott School Rd.
Morris, IL 60450
Phone: (815) 942-0511

Extra Curricular Activity Dates

- Boys'/Girls' Golf - Late July until mid September (co-op with Morris Grade School)
- Boys'/Girls' Cross Country – Early August until mid October (co-op with Morris Grade School)
- Girls' Basketball – Late August until Late November
- Boys'/Girls' Speech – Early September until Early November
- Boys' Basketball – Early October until Late January
- Cheerleading – Early October until Late January
- Boys'/Girls' Wrestling – Late November until Early March (co-op with Morris Grade School)
- Girls' Volleyball – Early December until Early March
- Boys' Volleyball – Early February until Mid March
- Boys'/Girls' Scholastic Bowl – Late March until Late April
- Boys'/Girls' Track & Field – Late March until Mid May

Students must satisfy all academic standards and must comply with the activity's rules and the student conduct code.

Extra Curricular Activity Fees

Nettle Creek will be charging a $25.00 activity fee for all of the above activities, except for co-op sports. This fee is non-refundable and must be paid prior to the first game, match or meet. Nettle Creek will be charging a $50.00 volunteer fee for the following activities: girls/boys volleyball, girls/boys basketball. The volunteer fee will be returned to families when they have completed their assigned volunteer assignments.

Extra Curricular Eligibility & Attendance Policies

General Participation Policy

Extra Curricular Activities are available for Nettle Creek students in grades fifth through eighth. If the number of participants is low and a coach feels it is necessary to allow students from lower grades to participate, the coach must obtain approval from Administration.

All IESA games/meets/matches/tournaments that any team has on its schedule can only be played by participants in grades fifth through eighth.

Academic Eligibility

To be eligible for interscholastic competition and/or Co-curricular activities, a student must be doing passing work in all subjects. Passing work is defined as work receiving a "D" or above in each subject. If a child is failing any subject, he/she is ineligible.

Eligibility shall be on a week-by-week cumulative basis and shall be checked the first day of school each week. If a student is not passing all classes at the end of the week, he/she shall be ineligible during the entire next week, including Saturday. If at the end of a week of ineligibility, the student is passing all classes, he/she shall regain eligibility for the next week. The teacher is the final judge of the student's scholastic standing.

- During the first week of ineligibility in a given sport/activity, a student is restricted from taking part in a competition or performance. The coach may require the student to attend practices or contests/performances.

- During the second week of ineligibility in the same sport/activity, a student is restricted from attending practices or contests/performances.

- During the third week of ineligibility in the same sport/activity, a student will be removed from the team.

Attendance Policy

Students participating in any extra curricular activity must be in attendance for at least half of the school day in order to participate in practice, contests, or performances unless the absence is pre-approved by the Administration. If a student has an in or out of school suspension, he/she may not participate in extra-curricular activities the day of the suspension.

Extra Curricular Mission Statement

At Nettle Creek, we provide all students the opportunity to learn and grow in their athletic/scholastic abilities during the season. We will play to win each contest when possible with the coach's discretion to play as many team members as possible.

Nettle Creek Sportsmanship Philosophy

One of the goals of our extracurricular program is to set and maintain high standards of sportsmanship, ethics, and integrity for students, athletes, parents, and coaches. It is important that sportsmanship be an integral part of athletics at our school and that all of us should stress the need for exemplary behavior of everyone in attendance.

There are many important values and lifelong lessons that can be learned through athletic competition. The positive actions of a coach, athlete, or spectator at an event can influence how our school is perceived in our own community and the communities of those schools we compete against.

Nettle Creek School desires to continue to improve the level of the community sportsmanship displayed at our school so we can always take pride in all of our teams. We are asking for support in this effort to focus on good sportsmanship. Student athletes should exhibit the same type of respectful behavior on the playing field as they do in the classroom.

Remember, when a ticket is purchased, a privilege is given to view the action and to voice support of our teams. We want support to be in a positive manner that will help establish the tone so that all may enjoy the contest/performance involving our student athletes.

Orientation Meetings

Prior to the first game of each season, the Athletic Director, and coach will host an Orientation Meeting for any parents/guardians of students who are planning on being involved in the extra curricular activity. At this time, the Nettle Creek Extra Curricular Handbook will be discussed as well as any rules/regulations the coaches feel necessary to discuss.

Uniform Care

Uniforms are the property of Nettle Creek School. They need to be well cared for. Make sure they are washed prior to turning them in at the end of the season. If the uniform is not returned or is returned in a damaged condition, the cost to replace the uniform will be the athlete's responsibility.

Athletes' Code of Conduct

All Student Athletes shall:

- treat their own teammates with respect.
- treat their opponents with respect and shake hands after the contest is over.
- respect the judgment of the officials and abide by the rules.
- accept the responsibility of representing Nettle Creek School in a positive and exemplary manner. It is a privilege to represent our school and live up to high standards of sportsmanship.
- respect and obey the rules and regulations of any school or school representative to maintain common courtesy at all contests/performances both home and away.
- remember that at all times, they are a part of a team and will not place themselves above those of the team.
- refrain from casting blame upon their fellow teammates.
- accept victory with grace and defeat with dignity.
- demonstrate self-control and respect for others, including officials, parents, other spectators, coaches, and other participants at all times.

Any alleged student athlete displaying unsportsmanlike behavior will be investigated by the Coach, Athletic Director, and Principal/Superintendent. If necessary, appropriate disciplinary action, which may include suspension from contests or expulsion from the team, will follow.

Student Fans' Code of Conduct

All Students who attend extra curricular contests/performances shall:

- stand at attention when the National Anthem is being played.
- refrain from booing team players, referees, and other spectators.
- refrain from scuffling during the contest/performance and shall not run on the walkways around the gymnasium.
- refrain from loafing in the halls or the restrooms during the contest/performance.
- refrain from throwing paper or other objects on the floor or at each other while in the gymnasium, in the building, or on school grounds.
- respect the rule that only cheerleaders may be on the floor to lead cheers.
- make prior arrangements for parents to pick them up promptly after the conclusion of the contest/performance.
- respect the rule that once a student enters the gymnasium, he/she must not leave without permission.

Students misbehaving at school-sponsored activities may be asked to leave the school facilities. Continued violation of the rules will result in denial of attending activities both home and away that are sponsored by the school.

Coaches' Code of Conduct

Coaches have a tremendous influence on student athletes, and through competition, help students to achieve success in athletics and academics. All coaches are expected to use their influence to set an example of high ethical and moral conduct to model good sportsmanship.

All Coaches shall:

- take an active role in preventing their athletes from the use of drugs, alcohol, and tobacco products.
- always set a good example for the players and fans to follow.
- instruct their athletes to display good sportsmanship at all times.
- respect the judgment of the officials and abide by the rules of the contest/performance.
- treat opposing coaches and players with respect and shake hands with opposing coaches and players after the contest.
- work to improve sportsmanship of the fans by working closely with the cheerleaders, booster clubs, and administrators.
- be expected to accept the responsibility and privilege of representing this school and community.
- work with the assistants to ensure that all coaches within a program are promoting the ideals of good sportsmanship at all levels of competition.
- encourage fans and athletes attending the contest/performance to exhibit sportsmanlike behavior.
- respect and obey the rules and regulations of any school or school representative to maintain common courtesy at all games, both home and away.

If there are incidents of unsportsmanlike behavior, the following possible steps may be taken by the administration. The administration will thoroughly investigate any allegations by talking with everyone involved and then recommend the appropriate action. Each individual incident has to be viewed on its own facts, but the following steps may be used as guidelines in dealing with a situation of unsportsmanlike behavior:

1. The first incident of reported unsportsmanlike behavior by a coach would be investigated. If necessary, a letter of reprimand could be put in the administrative file with reference to the situation and remedial behavior expected of the coach.
2. The second incident will result in a letter of reprimand being placed in the coach's personnel file in the Office of the Principal/Superintendent.
3. The third incident may result in suspension or removal from the coaching position for the remainder of the season and possibly the future.

   There may be a first incident in which step three will need to be the action taken due to gross misconduct by the coach or coaches.

Parent Fans' (and other Adult Fans) Code of Conduct

Parent Fans play a vital role in the development of our student athletes and it is very important that all adults be positive role models at all extra curricular events. Please praise the student athletes after the game, no matter what the outcome, for their effort and help them to improve themselves as athletes, scholars, and people.

All Parent Fans (and other Adult Fans) should:

- treat competition between two schools as a game, not war.
- applaud during introductions of all players and coaches.
- respect the decisions made by the officials.
- applaud at the end of the contest/performance for all the athletes.
- show concern for any injured player.
- encourage those around them to display positive sportsmanship conduct during any contest/performance.
- respect the fact that a ticket to a contest/performance is a privilege to observe an athletic contest and be supportive of grade school extra curricular activities, NOT an opportunity to verbally assault others or be obnoxious.
- reinforce our drug and alcohol free policies by refraining from use of any controlled substances before and during athletic contests/performances.
- respect and abide by the Illinois State Law requiring that all public school properties must be tobacco free.
- respect the rules and regulations at contests/performances of opposing schools.
- avoid inappropriate or foul language during contests/performances.
- be realistic about your child's abilities and help him/her understand their role within a team concept.
- speak supportively of your child's coach if your child has questions about his/her role on the team.
- help your child set realistic goals and provide both encouragement and guidance in assisting him/her with achieving those goals.
- be a "cheerleader" for your child and other children on the team.
- refrain from coaching from the bleachers/stands that may distract the players.

Any person, who behaves in an unsportsmanlike manner during an extra curricular contest/performance may be ejected from the event and/or denied admission to future school events up to one calendar year after an official hearing is done by the Nettle Creek Board of Education. The Administration may seek to deny future admission to any person by delivering or mailing a notice, sent by certified mail with the return receipt requested, at least ten days before the school board hearing date, containing:

- The date, time, and place of the Board Hearing
- A description of the unsportsmanlike conduct
- The proposed time period that admission to school events will be denied
- Instructions on how to waive a hearing

Format for Filing a Complaint

A parent/guardian who has concerns or complaints regarding an extracurricular activity should pursue their complaints by addressing the following chain of command:

1. Set up a time with the coach to discuss concerns. This meeting should take place at a mutually convenient time. The coaches will NOT be available immediately before or after games for such discussions and should be contacted the following school day to set up a time for a meeting with the concerned parent/guardian.

2. If a resolution is not met after meeting with the coach, then the parent/guardian of the student should refer the matter to the Athletic Director and Principal/Superintendent to set up a time for a meeting that involves the parent/guardian, Athletic Director, Principal/Superintendent, and the coach.

3. If a resolution is not met through this meeting and the above options are exhausted and the parent/guardian is not satisfied with the resolution, he/she may then request a meeting with the Principal/Superintendent and the Nettle Creek School Board of Education if necessary to resolve their concerns.

THESE STEPS MUST BE FOLLOWED IN THE ORDER PRESENTED

Physical Exams

If an athlete is planning on participating in Golf, Cross Country, Wrestling, Cheerleading, Girls or Boys Basketball, Girls or Boys Volleyball, or Girls or Boys Track and Field, Nettle Creek School MUST have a copy of a valid Sports Physical, performed by a licensed physician, on file in the main office. Sports Physicals are valid for 395 days after the date in which they were done. If an athlete does not have a valid Sports Physical on file in the main office of Nettle Creek School, he/she will not be allowed to participate in any practices or contests until a copy of a valid Sports Physical is received.

Transportation

Nettle Creek School does not provide transportation to or from any extra curricular activity. It is the responsibility of the parent/guardian to provide or make arrangements with another adult to provide transportation both to and from all extra curricular activities.

Student Athlete Concussions and Head Injuries

(In addition to for Board Policy 7:305)

All Nettle Creek Athletic Programs Shall:

Comply with the concussion protocols, policies, and by-laws of the Illinois High School Association, including its *Protocol for NFHS Concussion Playing Rules* and its *Return to Play Policy*. [1] These specifically require that:

a. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game shall be removed from participation or competition at that time.
b. 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.
c. 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.

Extra Curricular and Co-Curricular Activities Policies

(Board Policy 6:190)

The Superintendent must approve an activity in order for it to be considered a District-sponsored extracurricular or co-curricular activity, using the following criteria:

1. The activity will contribute to the leadership abilities, social well-being, self-realization, good citizenship, or general growth of student-participants.
2. Fees assessed students are reasonable and do not exceed the actual cost of operation.
3. The District has sufficient financial resources for the activity.
4. Requests from students.
5. The activity will be supervised by a school-approved sponsor.

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[1]Educational materials related to concussions may be found at: www.ihsa.org/resources/sportsmedicine/concussionmanagement.aspx