

Herscher High School Athletic Policies & Procedures



The Herscher High School Athletic Policies & Procedures are outlined in the **Student Planner** under the section called **Co-Curricular/Extra Curricular Activities Policy** and have been approved by the Herscher High School Board of Education. In addition to those policies, the following procedures shall be observed until otherwise notified:

Practice

All athletes are to be at practice every day unless special arrangements have been made between the coach and the athlete.

Game Day & Day After Arrival Times

Athletes must be at school by 11:00 am unless pre-excused with a Doctor's note. Any athlete leaving school on game day for a doctor's appointment must present the coach with said note before play can resume. The day after a contest, athletes must arrive at school at 8:00 a.m.

Quitting a Sport

Quitting a sport is never recommended, but should the need arise; all equipment must be turned in to the coach immediately. Any equipment not turned in will be charged to your son/daughter's school account. An athlete may not quit a sport after the first contest and participate in another sport in that season. Likewise, an athlete cannot participate in any preseason conditioning for another sport until the final contest has been played in the sport that he/she quit.

Eligibility

All athletes must be passing 25 hours (5 classes) per week per IHSA guidelines. Grades are tabulated every Thursday and notification is on Friday for the following week which runs from Monday to Sunday. Ineligible players may practice, but may not dress or participate in contests until they become eligible.

Game Day Transportation

All athletes must ride the bus to the contest. They must be signed out by their parents or they may ride home with another parent provided the coach has a signed note giving permission for this activity.

Athletic Requirements

Every athlete must have a signed copy of the IHSA Physical Form on file, the Concussion/IHSA Performance Enhancing Substance Testing Release, Co-Curricular-Proof of Insurance Policy, ATI Physical Therapy Consent Form, and current Impact Test.

Fees

A \$25 athlete fee must be paid before the first practice. In addition to the athlete fee, all student fees must either be paid in full or the athlete must be on a current payment plan before practice may begin.

IMPACT TEST

An Impact Test gives the athletic trainer a baseline of the athletes' cognitive function of the brain in order to measure concussion injuries should a concussion incur. The test is given to all freshmen and is valid for two years. Thus, testing is given again during the junior year and to any new student athletes, as well as, to anyone who has received a concussion.

NCAA Clearinghouse-Division I

Athletes register through the NCAA Clearinghouse their junior year. They must complete 16 core courses and maintain a minimum grade point average. More information may be obtained through the Guidance Department.

Athletic Trainer

Herscher School District maintains an agreement with ATI Physical Therapy. The trainer is the Impact Test Coordinator, and attends as many home games and practices as possible. He/she may be reached by calling the high school.

Sportsmanship

All athletes, as well as their parents/guardians, are expected to exhibit good sportsmanship toward officials, opposing teams and fans, and their own coach. The worst time to confront a coach is immediately after a contest. Please wait 24 hours before contacting the Athletic Director or coach.

Herscher Athletic Boosters

The Athletic Booster Club provides the Impact Test for our athletes and raises money for our athletes and their needs through the selling of program ads, sportswear, and split-the-pot donations. Please get involved and support our teams.

Parent/Guardian Signature _____ Date: _____

Student Signature _____ Date: _____