

RANDALL
STUDENT
ATHLETIC
HANDBOOK



2011-2012

PHILOSOPHY OF ATHLETIC DEPARTMENT

Interscholastic athletics is an outgrowth of the physical education program and an integral part of the total educational process. Participation in athletics contributes to the development of physical skills, health, emotional maturity, self-discipline, moral value and social competence of the participants.

The primary purpose of junior high athletics is to build a foundation for total development. Consequently, emphasis will be placed on providing a positive educational experience rather than on producing winning teams. We will incorporate the will to win and to perform to the best of one's capabilities as valuable assets to a child's development.

Athletics enhance the individual's skills of cooperation and teamwork. Through working with teammates toward achieving a common goal, the athlete recognizes the importance of directing individual goals toward team success.

The development of sportsmanship, gracious acceptance of winning and losing and self-discipline with regard to game and team rules are vital ingredients to a youth's formative years.

In addition, the athletic experience should be fun, enjoyable and provide an incentive for continued participation.

Satisfactory academic achievement is paramount in the educational system and should not be superseded by an emphasis on fulfilling athletic endeavors.

Finally, it is the obligation of the Randall School District to make available the opportunity for students to participate in athletic events and provide competent coaching and adequate facilities.

The Randall School District does not discriminate against pupils on the basis of sex, race, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability or handicap in its education programs or activities. Federal law prohibits discrimination in employment on the basis of age, race, color, natural origin, sex, religion or handicap.

OBJECTIVES OF THE ATHLETIC DEPARTMENT

Administration

1. To provide adequate personnel to conduct the various sport activities, who are properly trained and motivated.
2. To provide sufficient supplies and materials, well maintained equipment and facilities, and transportation to meet the needs and assure the safety and welfare of all participants.
3. To provide a sportsmanlike contest environment for participants (including spectators) conducted in a manner which is worthy of the school community.
4. To conduct the interscholastic athletic programs for boys and girls under the general rules and regulations of the Westosha Conference and local Board of Education policies and procedures and with the federal requirements and guidelines.
5. To continue to expend school and community interest and supports through attendance of the interscholastic athletic contests.
6. To provide opportunities and encouragement for athletic personnel to secure creative coaching methods, procedures and innovative ideas through clinics and workshops.
7. To provide students with guidelines for acceptable behavior in both defeat and victory in competition and the consequences for failure to abide by that behavior.
8. To establish guidelines for behavior in both athletic training and athletic contests by which the student may experience consequences for failure to live by these guidelines.
9. To establish interscholastic athletic schedules with other schools.
10. To promote interscholastic athletic activities within the school through the supportive activities of pep rallies, bands, cheerleaders and special events designed to promote student spirit.

Coaches

1. To provide an athletic program that demands a student abide by rules of practice, games and training.
2. To teach the students the responsibility of team membership and recognize its contribution to a successful program.
3. To provide an athletic program which allows each person to succeed and give recognition to students for individual and team accomplishments.
4. To teach students the benefits of physical fitness and safety procedures.
5. To provide each participant with the opportunity to learn skills through the competitive experience.
6. To teach students sports skills and basic strategies which produces a building block toward growth in their athletic endeavors.
7. To develop among the competitors an understanding of cooperation, good sportsmanship and effective decision making.

Participants

1. To appreciate the relationship of athletic participation and scholastic achievement.
2. To have fun.
3. To feel good about themselves and their accomplishments.
4. To strive to develop good citizenship and respect for rules and authority.
5. To recognize the benefits of a healthy body and efficient skill development.
6. To develop a positive attitude toward working with others and the importance of dependability, responsibility and adaptability in achieving team success.

WESTOSHA ATHLETIC CONFERENCE

CODE OF CONDUCT

Teaching values that enrich the educational experience of our student athletes is one of the goals of extracurricular competition. The Westosha Conference views good sportsmanship as one of those important values and, therefore, continually works to instill that into their programs. We also believe that athletes, coaches, spectators and officials should work together to enhance the lessons of sporting behavior. This athletic code of conduct serves as a guideline to member schools as we work together to promote fair play, ethical behavior and integrity within our athletic programs.

Expectations of Coaches, Student Participants, Parents, Spectators and Officials.

Be an exemplary role model by positively supporting teams in every manner possible, including the content of cheers and signs.

Treat opponents, other fans, coaches and participants with respect at all times.

Recognize outstanding performances on either side of the playing field or court.

Realize that attending an event is a privilege to observe a contest and support the schools' activities, not a license to verbally assault others or be generally obnoxious.

Respect the judgment of contest officials, abide by rules of the event and display no behavior that could incite unsporting acts.

Respect the rules of each individual school and abide by them even though they may differ from your own school.

Support the coaches and officials working with the athletes. This encourages a positive and enjoyable experience for all.



MEDICAL POLICIES

Insurance

The school district provides insurance for all families. Students automatically receive coverage for all school extracurricular activities including interscholastic sports.

Physical Examinations

Students participating in interscholastic athletics must receive a medical exam. The school requires a physical for all students entering grade 6. Since grade 6 is the first opportunity for students to participate in athletics, their required physical will suffice in completing this requirement.(green card)

A medical waiver card may be used in lieu of a physical every second year. The form must be signed by the parent or guardian. (yellow card)

Eighth grade athletes must then receive a physical for participation.(blue card)

The athlete will not be permitted to try out or participate if the risk of injury, physical exam card and parental agreement are not returned to the coach or Athletic Director.

Policy Relative to Handling Pupil Injuries

1. First aid shall be given by the coach or other qualified person designated by the District Administrator.
2. When warranted, call the family of the injured athlete to see whether the parents can take him/her to the doctor.
3. In case of serious injury, call the rescue squad at once to transport injured party to the hospital. Notify the parent as soon as possible.
4. An athlete injured seriously enough to be under a doctor's care must not return to practice until he/she has a release from the doctor.
5. Fill out an accident report. The report must be completed by the end of the day on which the accident occurred.

RANDALL CONSOLIDATED SCHOOL

PHYSICAL EXAMINATION CARD

School Year 20__ - __

NAME _____
Last First Middle

Grade _____ Age _____ Sex _____

School _____ City _____

The above named student has been examined and there are no apparent contraindications to participating in interscholastic athletic activities except as follows:

Sport and school activities in which this student cannot participate are (if none-write NONE)

SIGNATURE OF LICENSED PHYSICIAN OR SURGEON _____

Address _____ City _____ State _____

Telephone _____ Date of Examination _____

ALL STUDENTS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS CARD ON FILE AT THEIR SCHOOL PRIOR TO PRACTICE OR PARTICIPATION.

NAME _____ DATE OF BIRTH _____

Present Address _____ Telephone _____

Family Physician _____ Family Dentist _____

Name of Private Insurance Carrier _____

Policy numbers and Address _____

1. I hereby give my permission for the above named student to practice and compete and represent Randall School in interscholastic sports except those restricted on this card.
2. I further grant permission for any medical records pertaining to the health of the above named student be made available as necessary to the proper school district personnel and appropriate health care providers, including emergency medical personnel.
3. It is recommended that information regarding your child's allergies and prescribed medication be made available.

Parent/Guardian Signature _____ Date _____

RANDALL CONSOLIDATED SCHOOL

Alternate Year Athletic Permit Card

School Year 20__ - __

Name _____ Grade _____ Date of Birth _____

I hereby give my permission for the above named student to compete and represent Randall School in approved sports.

I also attest to the fact that the above named student has not had a significant operation, serious injury requiring prolonged treatment since the last pre-participation evaluation.

Date

Signature of Parent or Guardian

ALL BOYS AND GIRLS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS ALTERNATE YEAR CARD ON FILE AT THEIR SCHOOL PRIOR TO PRACTICE OR PARTICIPATION.

RANDALL CONSOLIDATED SCHOOL

Alternate Year Athletic Permit Card

School Year 20__ - __

Name _____ Grade _____ Date of Birth _____

I hereby give my permission for the above named student to compete and represent Randall School in approved sports.

I also attest to the fact that the above named student has not had a significant operation, serious injury requiring prolonged treatment since the last pre-participation evaluation.

Date

Signature of Parent or Guardian

ALL BOYS AND GIRLS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS ALTERNATE YEAR CARD ON FILE AT THEIR SCHOOL PRIOR TO PRACTICE OR PARTICIPATION.

STUDENT ATHLETE CODE OF CONDUCT

The privilege of participating in the athletic program is extended to all students. With that advantage comes the assumption of certain responsibilities. The students ability to follow policies and procedures as well as attend practices are vital to the success of the program.

In promoting the athletic philosophy of discipline, teamwork and sportsmanship among participants, certain standards of conduct need to be developed. The following code will be followed by all athletes at Randall School. This includes all persons connected with the various teams including cheerleaders, managers, etc. The athletes should be informed of these policies by the coach. The Code of Conduct explaining these policies will be distributed to the student. Both the student and parent must read and sign this agreement.

Training Rules

Training rules are a matter of self-discipline. The best performance the individual is capable of producing comes only when the individual is willing to sacrifice his time and effort toward a conditioned training program which will help discipline his or her daily habits during their lifetime.

Drinking, smoking and the use of drugs in any form are regarded as detrimental habits for all persons, not just athletes. We hope that by putting restrictions on the use of these things, that the habits established here will be a profitable way of conduct, an example for all others to follow and that it may have a carry-over value in one's life after school is finished. We also hope this type of conduct will serve as an example to all younger people to follow. Abstinence is a 12 month a year job!

Team Rules

Each coach has the prerogative to establish minor team rules pertaining to his/her sport. These rules include attendance at practice, detentions, curfew, dress, general conduct of team members during practice, games, trips and in the locker room.

Violations pertaining to infractions of this nature will be handled by the respective coach. If for any reason the coach feels that the penalty should be of a severe nature, then the procedures as listed below should be followed.

1. All reports of violations of training rules or other infractions which may involve suspension are to be made to the District Administrator who will then contact the

- athlete and the parents by phone to inform them of the problem and the procedures to be followed.
2. A meeting will be set within three working days. This meeting will include the District Administrator, the Athletic Director, the athlete, his/her parents and the Athlete's coach. All the parties will receive a written report of the infractions. They will have an opportunity to discuss it and any defense which may be offered. The District Administrator, Athletic Director and the coach will then reach a decision regarding any penalty or suspension. The athlete and his/her parents will be notified of this decision on the same day as the meeting.
 3. Decisions involving training rules infractions, which occur during the school year should be based on the following guideline:

1st Offense - One contest to one-fourth of season

2nd Offense - One half season to full season

3rd Offense - One calendar year

All offenses beyond the third - One year suspension

These suspensions will carry over from season to season or year to year.

Right of Appeal - Due Process

A student and his/her parents who, after careful consideration and thought, do not agree with the decision reached at this meeting may appeal this decision by writing a letter to the District Administrator. This letter should request a hearing with the School Board.

Within five working days after the letter is received, the School Board will notify the parents and the athlete of the time and place of the appeal hearing. The School Board will hear both sides of the case and will take action, in the best interests of the student and the school, as it deems necessary and proper.

During the time between the original decision and the hearing, the District Administrator has the authority, if he/she chooses, to waive the participation or non-participation of the athlete.

Eligibility Rules

The following eligibility requirements must be met by all athletes at Randall School in order to participate in athletics. The succeeding infractions result in no participation for the next contest. Any students not participating in a contest will be expected to stay for the contest and sit with the team.

1. The student cannot receive two checks on an eligibility list given to the academic teachers and the encore areas of physical education, music, art, health, spanish and guidance. This list is circulated the day before a contest. Checks may be given for incomplete work, a D or F on tests, an F on quizzes, poor behavior or any action the teacher deems unacceptable for a specific individual. All academic and encore teachers may give one check per eligibility date for each subject that they teach. Academic performance may affect playing time, participation, games and tryouts.
2. A student ineligible for a certain number of contest will be dismissed from the team. For softball, volleyball and track the student is dismissed after missing two contests and for basketball, three.
3. The student must inform the coach prior to missing a practice. Otherwise, it is unexcused.
4. In order to participate, the student must be present in school by 10:00 a.m. on the day of the contest.
5. The required format for reporting an absence must be completed if a student is absent from school.

TRANSPORTATION POLICIES

Athletes

All competitors must travel to and from athletic contests with the team. School buses will be used for out of town trips. Athletes may return home with their parents as long as the coach is notified in person by the parent(s) or by a parent note.

Parents

Parents shall provide transportation home for their child following practices and/or games. Most teams practice from 3:30 to 5:00 p.m. with the exception of game days. Additional practice times are at the coach's discretion. School activities and practices during weekends, holidays and school recesses will be determined by the coach. Each athlete must turn in a permission slip stating such intent before being allowed to stay for practice.

Students

No spectator bus transports students to away activities except if a basketball team participates in the conference playoffs. Students may then ride the bus with written permission from the parents.

Conduct Policies

The head coach assumes responsibility for the conduct and discipline of the athletes. Dress must be suitable and appropriate. Manners in public should be top grade. Conduct causing an adverse reflection on the athlete, others or the school will be subject to dismissal from the team.

Athletes need to clearly understand what is expected of them.

Spectators are supervised by chaperones accompanying them. Good citizenship and behavior will do much to develop a good image of Randall School. Conduct causing an adverse reflection on the school will result in non-attendance at any future athletic event.

AWARDS

Athlete of the Year

One boy and one girl will receive this award for outstanding contributions to the athletic program. This award, presented at the Athletic Banquet, is based upon four criteria - sportsmanship, leadership, contribution to the team and enthusiasm.

Each coach evaluates the athletes in their sport at the conclusion of the season. Points are assigned on 1 - 5 (5 is high) basis. The participant receiving the highest cumulative point total, with a minimum of 58 points, is honored as the Athlete of the Year. The 58- point total may be waved in special circumstances, with permission of all involved coaches.

Athletic Awards

An athletic awards night honoring all athletic participants will be held in late May. Teams are acknowledged and ribbons, medals and awards for each sport are distributed. The Athletes of the Year are also recognized at the banquet.

DIRECTIONS TO WESTOSHA CONFERENCE SCHOOLS FROM RANDALL

Bristol – Take Hwy. 50 east to Hwy. 45 south. Turn right (west) on 82nd St., go two blocks and then turn left on 202nd Ave. The entrance to the school is at the end of the block.

Brookwood – Take Hwy. P south until it forms a “ T “. Turn right and then turn right on Hwy. O (1st right turn). Follow to Hunter’s Ridge Subdivision. Turn left and follow to the school located on the left side of the road.

Lakewood – Take Hwy. O south to 1st stop sign (Holy Hill Rd) and turn left. Turn right on Hwy. EM until you come to the first stop sign in Twin Lakes. Veer slightly left at the stop sign and follow “EM” out of town for approximately ½ mile. The school is located on the left side of the road.

Raymond – Take Hwy. 50 east to Hwy. 45 north. Go through Union Grove. Turn right on Hwy. 20 (east). Turn left or north on Hwy. U. Follow Hwy. U to Raymond School located on the left side of the road. (Approx. 4 ½ miles)

Riverview – Take Hwy. 50 east to Hwy. B. Turn right (south) on “B” into Silver Lake. Turn right on either Prosser or Evergreen St. The school is straight ahead.

Salem – Take Hwy. 50 east to Hwy. 75 (83) south. Travel 1 ½ miles south to the school, located on the corner of Hwy. 83 and AH.

Trevor-Wilmot - Take Cty. O south and turn left on Cty. F. Turn south (right) on Cty. Rd. W and go into Wilmot. Turn east (left) on Cty. C. Follow C until you see the school on the right.

Union Grove – Take Hwy. 50 east to Hwy. 45 north. Turn right on 18th Ave., then left on Milldrum. School is on the right side of the road.

Wheatland – Take Hwy. O north approximately 2 miles.

Yorkville – Take Hwy. 50 east to Hwy. 45 north. Go through Union Grove. Turn right on Hwy. 20. School is on the right side of the road.

WESTOSHA CONFERENCE ATHLETIC DATES FOR 2011-12

COACHES' MEETINGS

All Coaches – **Wednesday, August 31**

Basketball, Softball and Cheerleading Coaches – **Thursday, October 6**

Basketball, Cheerleading, Track and Volleyball Coaches – **Monday, February 20**

All Coaches – **Wednesday, May 30**

SOFTBALL DATES:

September- 8, 13, 15, 20, 22, 27

Tie-Breakers -September 29, 30

Playoffs- October 3- Girls at Central High School

Boys at Wilmot High School

October 5-Rain Date

School in charge: West-**Wheatland(Boys)** and East-**Raymond(Girls)**

GIRLS BASKETBALL

October –20, 25, 27

November – 1, 3, 8, 10, 15, 17, 22, 29

Playoffs- December 1, 6

School in charge: **Brookwood hosts Championship round**

Yorkville hosts Consolation round

BOYS BASKETBALL

January-5, 10, 12, 17, 19, 24, 26, 31

February – 2, 7, 9

Tiebreakers- Feb. 10, 13

Playoffs-February 14, 15

School in charge: **Lakewood hosts Championship round**

Salem hosts Consolation round

VOLLEYBALL

March –6, 8, 13, 15, 20

Divisionals- March 22

Conference-March 27

School in charge: West-**Randall(Boys Championship)**

Girls Divisional

East-**Union Grove (Girls Championship)**

Boys Divisional

Divisional Hosts –Trevor-Wilmot(Girls) Riverview(Boys)

***TRACK- Eastern Divisionals-May 10; rain date, May 11 at Westosha Central
Western Divisionals- May 15, rain date of May 17 at Badger
Conference – May 21; rain date, May 23 at Westosha Central***