

Alton High School



REDBIRDS

Freshmen Student-Athlete

Orientation

2022-2023

Superintendent

Dr. Kristie Baumgartner

kbaumgartner@altonschools.org

618-474-2600

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Assistant Principal

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Assistant Athletic Director

Eric Roberson

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Athletic Secretary

Lori Champion

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618-474-1800

SPORTS OFFERED AT ALTON HIGH SCHOOL

GIRLS

Fall

Volleyball:	Three levels: Varsity, JV, Freshmen #
Golf:	Two levels: Varsity, JV #
Cross Country:	Two levels: Varsity, JV
Tennis:	Two levels: Varsity, JV #
Swim:	One level: Varsity
Dance:	Two levels: Varsity, JV #
Sideline Cheer:	Two levels: Varsity, JV #

Winter

Basketball	Three levels: Varsity, JV, Freshmen #
Bowling:	Two levels: Varsity, JV #
Dance:	Two levels: Varsity, JV #
Competition Cheer:	Two levels: Varsity, JV #
Wrestling:	Three levels: Varsity, JV, Freshmen

Spring

Track:	Three levels: Varsity, JV, Fresh-Soph
Soccer:	Three levels: Varsity, JV, Freshmen #
Softball:	Two levels: Varsity, JV #

Cut sports: depending on the number the coaches have the right to limit rosters in this sport each year.

Levels Defined:

Varsity: Primarily meant for Jr. and Srs. – Sophomore and even some Freshmen have competed

JV: Could include only Freshmen and Sophomore, but may include Juniors

Sophomore: Made up mostly of Sophomores and possibly some Freshmen

Fresh-Soph: Made up of Sophomores and Freshmen – no Freshmen team offered

Freshmen: Made up entirely of Freshmen – may include A and B schedules

SPORTS OFFERED AT ALTON HIGH SCHOOL

BOYS

Fall

Football:	Three levels: Varsity, JV, Freshmen
Golf:	Two levels: Varsity, JV #
Cross Country:	Two levels: Varsity, JV
Soccer:	Three levels: Varsity, JV, Freshmen #

Winter

Basketball	Four levels: Varsity, JV, Sophomore, Freshmen #
Bowling:	Two levels: Varsity, JV #
Competition Cheer:	Two levels: Varsity, JV #
Wrestling:	Three levels: Varsity, JV, Freshmen
Swim:	One level: Varsity

Spring

Track:	Three levels: Varsity, JV, Fresh-Soph
Volleyball:	Two levels: Varsity, JV, #
Baseball:	Two levels: Varsity, JV, Freshmen #
Tennis:	Two levels: Varsity, JV #

Cut sports: depending on the number of student-athletes that tryout the coaches have the right to limit rosters in this sport each year.

Levels Defined:

Varsity: Primarily meant for Jr. and Srs. – Sophomore and even some Freshmen have competed

JV: Could include only Freshmen and Sophomore, but may include Juniors

Sophomore: Made up mostly of Sophomores and possibly some Freshmen

Fresh-Soph: Made up of Sophomores and Freshmen – no Freshmen team offered

Freshmen: Made up entirely of Freshmen – may include A and B schedules

COACHES

CHEERLEADING	POSITION	E-MAIL
Casey Hansen	Varsity Coach	chansen@altonschools.org
Lesley Elkins	V. Asst. Coach	bubleselkins@gmail.com
Chelsey Nolte	JV Coach	chelsey.nolte@gmail.com
CROSS COUNTRY		
Tammy Talbert	Varsity Coach	ttalbert@altonschools.org
Rebecca Adney	Asst. Coach	radneyxc@gmail.com
GOLF - BOYS		
Dylan Dudley	Varsity Coach	ddudley@altonschools.org
Pat Lawrence	Asst. Coach	plawrence@altonschools.org
GOLF - GIRLS		
John Kenney	Varsity Coach	jonkenney@hotmail.com
Mark Cappel	Volunteer Coach	mscappel@charter.net
FOOTBALL		
David Parker	Varsity Coach	dparker@altonschools.org
Wade Dobson	V Asst. Coach	wdobson@calbap.org
Jesse Simmons	V Asst. Coach	JesseSimmons98@gmail.com
Brian Sumpter	V. Asst. Coach	asphalt4u@yahoo.com
Chrystopher Colley	V. Asst. Coach	chrysColley24@gmail.com
Jeff White	V. Asst. Coach	jwhite@altonschools.org
Jessie Riley	V. Asst. Coach	jriley@altonschools.org
Cody Markle	V. Asst. Coach	lineman9874@gmail.com
SOCCER - BOYS		
Tyler Hamilton	Varsity Coach	tmh770@culver.edu
Kyle Hamilton	Asst. Coach	kyhammy999@gmail.com
Tom Clark	JV Coach	ctom1630@gmail.com
Mike Holliday	FR. Coach	mholliday1228@gmail.com
TENNIS - GIRLS		
Jesse Macias	Varsity Coach	jmacias@altonschools.org
Stephanie Kreitner	Asst. Coach	jskreit8@gmail.com
Phil Trapani	Volunteer Coach	philtrapani@gmail.com

VOLLEYBALL - GIRLS		
Dan Carter	Varsity Coach	dcarter@altonschools.org
Jennifer Carter	JV Coach	jcarter@altonschools.org
Mary Beth St. Peters-Winslow	FR Coach	mstpeterswinslow@altonschools.org
CHEERLEADING		
Casey Hansen	Varsity Coach	chansen@altonschools.org
Lesley Elkins	V. Asst. Coach	bubleselkins@gmail.com
Chelsey Nolte	JV Coach	chelsey.nolte@gmail.com
DANCE		
Nina Smith	V Coach	masmith@altonschools.org
Amanda Garcia	JV Coach	agarcia@altonschools.org
Natalie Smith	Volunteer Coach	natalie.smith24@live.com
BASKETBALL-BOYS		
Dylan Dudley	Varsity Coach	ddudley@altonschools.org
TBA	JV Coach	
TBA	SO Coach	
Ethan Bray	FR Coach	ebray@calbap.org
BASKETBALL-GIRLS		
Deserea Howard	Varsity Coach	dhoward@altonschools.org
Darnell Marshall	JV Coach	darnell.marshall@madisoncusd12.org
Donte Howard	FR Coach	donterhoward@gmail.com
Cameron Jackson	Volunteer Coach	cameronedj@aol.com
Johnica Gerhardt	Volunteer Coach	johnicagerhardt3@gmail.com
BOWLING		
Dave Meyer	Varsity Coach	drmeyer1987@gmail.com david.r.meyer@boeing.com
Brian Stawar	Asst. Coach	brianstawar@carrolltonbanking.com
SWIM/DIVE		
Nancy Miller	Head Coach	nmiller@altonschools.org
WRESTLING		
Eric Roberson	Varsity Coach	eroberson@altonschools.org
TBA	V Asst Coach	
Wade Lowe	V Asst. Coach	McKwrestler133@hotmail.com
DeShoun White	V Asst. Coach	dwhite@altonschools.org

BASEBALL		
Scott Harper	Varsity Coach	sharper@altonschoools.org
Pete Kleemann	V Asst. Coach	pkleeman@easd13.org
Brett Huff	V Asst. Coach	bhuff@altonschoools.org
TBA	JV Coach	
Jacob Jarvis	FR Coach	jjarvis@altonschoools.org
Ben Dell	FR Asst. Coach	bdell@altonschoools.org
TBA	V Volunteer Coach	
DeWayne Williams	JV Volunteer Coach	dewayne.williams1980@gmail.com
Joe Winkelmann	JV Volunteer Coach	jwinkelmann@altonschoools.org
SOCCER - GIRLS		
Gwen Sabo	Varsity Coach	gwensabo2@gmail.com
Kurt Atkinson	V Asst Coach	kurtatkinson13@gmail.com
Shayna Jones	JV Coach	sjones@lifelineyouth.org
Jaime Diggins	FR Coach	jdiggins@altonschoools.org
Kyle Hamilton	Volunteer Coach	kyhammy999@gmail.com
SOFTBALL		
Dan Carter	Varsity Coach	dcarter@altonschoools.org
Steve Slater	V Asst. Coach	sslater@altonschoools.org
Ashley Meyers	JV Coach	ameyers@altonschoools.org
Danielle DePew	JV Coach	dschaus@altonschoools.org
Tomi Dublo	Volunteer Coach	dublotomi00@gmail.com
TENNIS - BOYS		
Jesse Macias	Varsity Coach	jmacias@altonschoools.org
Christian Freeman	Asst. Coach	bigfree@live.com
Phil Trapani	Volunteer Coach	philtrapani@gmail.com
James Humphrey	Volunteer Coach	james.humphrey@gmail.com
TRACK - BOYS		
Jeff White	Varsity Coach	jwhite@altonschoools.org
Rebecca Adney	Asst. Coach	radneyxc@gmail.com
Eric Dickerson	Asst. Coach	edickerson@altonschoools.org
TRACK - GIRLS		
TBA	Varsity Coach	
TBA	Asst. Coach	
TBA	Asst. Coach	
VOLLEYBALL - BOYS		
Jenna Wiedman	Varsity Coach	jmschmidt1201@gmail.com
Robert Davis	JV Coach	

REQUIREMENTS FOR PARTICIPATION IN ATHLETICS

PHYSICAL EXAMINATIONS-Everyone (no exceptions) trying out for a sport is required to have taken a physical examination prior to the first day of tryouts/practices. The exam is good for the entire school year. **The exam information must be completed on the IHSA Physical form or State of Illinois Child Health Physical form. ALL INCOMING FRESHMEN MUST USE THE STATE OF ILLINOIS CHILD HEALTH PHYSICAL FORM.**

ADMIT CARDS- Practice/tryout admit cards can be picked up in Athletic Dept office. All Student-athletes need an Admit Card to be able to practice/tryout. Admit card signals all required paperwork is completed and turned in to the Athletic office.

INSURANCE-Anyone trying out for a sport is required to have insurance coverage provided by parents or guardians. **Alton High School does not carry regular medical insurance on its athletes.**

ELIGIBILITY TO COMPETE- Any freshman trying out for a fall sport is eligible if promoted directly from 8th to 9th grade. Any freshmen trying out for a spring sport must have earned a least 2.5 credits second semester of the 2022-2023 school year. If at any time an athlete's class load drops below 2.5 units of credit (5 classes), she/he becomes ineligible. Students are not allowed to be enrolled in the AHS Success Academy (Night School) to participate in athletics. Students attending Mark Twain Support Center will be ruled upon on a case by case basis on eligibility.

AGE REQUIREMENTS-All student-athletes are eligible through age nineteen (19) unless the student-athlete turns twenty (20) during a sport season, which would cause the student-athlete to be ineligible.

ATTENTION FRESHMAN-All student/athletes are important. Everyone makes their own unique contributions, but freshman athletes are particularly important because they represent the "future". A good freshman class, with many participating athletes makes for a "bright future". **Experience is not necessary.** Our coaches are very well prepared to help you become a "winner" if you are willing to give them the opportunity. Don't waste a year simply by getting older, use that time to gain a year of experience.

FEES FOR PARTICIPATION-Each student-athlete is expected to pay a one-time fee of \$85. This is good for the entire year and does not matter how many sports they participate in. The fee is set by the ACUSD # 11 Board of education and can change from year to year.

FURTHER INFORMATION-Please feel free to call Alton High School for clarification on any other type of information relating to Athletics at Alton High School. Call 474-1800 and ask for Chris Kusnerick, Athletic Director, or Mrs. Lori Champion, Athletic Secretary.

Q. and A.

Where do I get the Athletic forms to turn into the Athletic Office to get an Admit Card?

They can be found online under Files & Links at the Alton Athletic Webpage at:

<https://www.altonathletics.org/main/filesLinks/>

Or make sure they are completed online in the Skyward portal when a student-athlete registers for school.

What forms do I need to turn in to receive an Admit card?

Medical Consent and Emergency Information form, Student Participation Waiver & Concussion Sign-off form, IHSA PED policy, and an up to date valid physical.

What is cost to play sports?

\$85.00 is a flat fee per student-athlete. Does not matter how many sports you participate in.

What if I don't have the money right now to pay my fees?

Please talk to us and we will try to work something out – we cannot promise a simple solution, but we want our student-athletes involved.

What is the IHSA PED policy and who do I have to sign it?

Beginning on 2008, the IHSA began a policy of testing for steroid use in all post-season IHSA sponsored tournaments – Regionals, Sectionals, etc. The Illinois State Legislature mandated this happen for every student-athlete beginning in 2009, **YOU MUST SIGN THIS FORM TO PARTICIPATE**. By signing, you are agreeing that your son/daughter will take part, if randomly selected, in PED (Performance Enhancing Drugs) testing conducted by the IHSA. Without signing, YOUR SON/DAUGHTER CAN NOT PARTICIPATE IN ATHLETICS.

Do I need an Admit card just one time?

For each season a student-athlete will need to receive a new Admit card form the Athletic Office.

Who do I turn these cards into?

They should be given to the Head Coach of the individual sport you are trying out for on the 1st day of tryouts/practices.

Do I need a physical to try out for a sport? This cost money and I may not make the team.

Sorry, but at the high school level ALL STUDENT-ATHLETES must have a valid physical on file in the Alton Athletic Dept office before you take part in a tryout or practice.

Do I need a separate physical for sports other than the required freshmen physical for school?

NO - the physical required for your attendance as a freshmen, will also serve athletics. **ALL INCOMING FRESHMEN MUST USE THE STATE OF ILLINOIS CHILD HEALTH PHYSICAL FORM.**

SEASON STARTING DATES

2022-2023

BOYS

Fall

Football:	August 8, 2022
Golf:	August 8, 2022
Cross Country:	August 8, 2022
Soccer:	August 8, 2022

Winter

Bowling:	October 24, 2022
Basketball	November 7 2022
Wrestling:	November 7, 2022
Swim:	November 21, 2022

Spring

Track:	January 16, 2023
Tennis:	February 27, 2023
Baseball:	February 27. 2023
Volleyball:	March 6, 2023

Please get an physical appointment well ahead of the starting date for your sport to avoid having to miss practice/tryouts

GIRLS

Fall

Volleyball:	August 8, 2022
Golf:	August 8, 2022
Cross Country:	August 8, 2022
Tennis:	August 8, 2022
Swim:	August 8, 2022
Dance:	August 8, 2022
Sideline Cheer:	August 8, 2022

Winter

Dance:	October 24, 2022
Competition Cheer:	October 24, 2022
Basketball	October 31, 2022
Wrestling:	November 7, 2022
Bowling:	November 14, 2022

Spring

Track:	January 16, 2023
Soccer:	February 27, 2023
Softball:	February 27, 2023

Please get an physical appointment well ahead of the starting date for your sport to avoid having to miss practice/tryouts

Fall Cheerleading and Dance teams are typically selected in April/May of the preceding year.

TEAM SELECTION

The Following Teams may make cuts:

Cheerleading, Dance, Softball, Volleyball, Boys Soccer, Girls Basketball, Boys Basketball, Baseball, Boys Golf, Girls Golf, and Girls Soccer and occasionally Boys and Girls Tennis depending on numbers.

Teams that make cuts are required to have two days of tryouts. It is highly recommended that athletes be here for all two days of tryouts and there should be no expectations of making a team if any of these days are missed. For that reason, it is encouraged that families get the summer vacations in ahead of practices/tryouts starting so the athlete is here ready to participate on the first day of tryouts. Those athletes making the team are generally posted or notified and come back ready to practice the next day.

This is what we tell our coaches regarding cuts:

Choosing the members of the athletic squads is the sole responsibility of the coaches in that program.

Lower level coaches shall take into consideration the policies as established by the Head Coach in that particular program and should consult with the Head Coach regarding all final team roster decisions.

Prior to trying out, the coach should provide the following information to all candidates for the team:

- a. Extent of tryout period
- b. The criteria used to select the team
- c. The number to be selected (using a range if necessary)
- d. An explanation of the commitment expected of the successful candidates
- e. The process for communicating the final selections

When a squad cut becomes a necessity, the process will include three important elements. Each candidate shall:

- a. Have completed in a minimum of two practice sessions (first two days of the season)
- b. Had an opportunity to perform the various skills involved with the sport
- c. Have an opportunity to meet with the coach regarding not being selected. Coaches may post lists of selected members also.
- d. If the coach foresees difficulties arising as a result of the squad cuts, he/she discuss the situation with the Athletic Director.

Acceptable considerations when determining the members to keep:

- a. Skill level
- b. Work ethic
- c. Team chemistry
- d. Potential ability
- e. Coachability
- f. Practice attendance and performance
- g. Scholastic standing in terms of eligibility
- h. Grade level
- i. School related discipline issues

Coaches may include athletes that are unable to tryout based on prior knowledge of the athlete's ability and potential contributions to the team. NO athlete should rely on this happening however and should make every effort to be at the tryouts.

Q. and A.

We are going to be on vacation at the start of the season – can my student still try out when we get back?

Coaches around the state are starting practice that day and all of them expect that every athlete will be at practice and anxious to get started from day one. Having said that, I have seen many times where athletes are allowed to try out later. At the least, if an athlete is gone, every effort should be made to contact the coach well ahead of tryouts (you can work through our office for help on this) to communicate this information and get some answers well ahead of time. I cannot guarantee that this will work to everyone's satisfaction.

I am injured -what do I do about tryouts?

There is no easy answer for this as well. Coaches are allowed leeway on this and their professional opinion carries the day as to whether this athlete will be named to the team, will not be able to try out, or can try out later when healthy. We have seen each of these scenarios, but it is at the discretion of the coach. Communicate with the coach as early as possible.

If I don't make the team, can I join another sport?

Generally other non-cut sports will allow athletes after the two day try out period. This again is not a guarantee and is up to the coach of the 2nd sport. It is a great idea to have communicated this possibility with the coach ahead of time. If your student does not make the team of their choice they should have their Admit Card returned to them and give it to the 2nd sport Head Coach they are interested in trying out for.

I want to know why I didn't make the team - how do I get that information?

Each of our coaches is expected to meet with any athlete that wants to discuss his/her not being selected to a team. This is solely the coach's decision and rarely if ever will this decision be changed. The coach will meet with you to discuss the matter. These discussions are difficult for both parties and proper decorum is expected of all involved. The final decision concerning this matter rests with the coach.

Whats next if I am cut?

If you still would like to be involved in this program, you can possibly work as a manager, filmer, stats person, etc. This would have to be discussed and approved by the coach but most likely we could use the help. Often times athletes quickly join a different non-cut sport – as example, volleyball players that have been cut have often times joined the cross country team to stay active and get to compete. It would be a good idea to talk ahead of time to the cross country coach to let him know you would like to do this if your first sport does not work out. If your student does not make the team of their choice they should have their Admit Card returned to them and give it to the 2nd sport Head Coach they are interested in trying out for.

PRACTICES

Practices really begin the opening day of the season. Teams with try outs commonly refer to the first two days or more as tryouts, but these are also practices in preparation for the first contest. Once these two days are over for the tryout sports, practices will go on the next day for all the selected athletes. In general, most teams will practice on Saturdays and some holidays – particularly early in the season. We make an effort to communicate as much of this as we can on our Athletic website. Practices can be two hours or more in length. Below we have tried to put together a chart giving you a typical practice schedule for that sport including starting times, length of practice and location.

This chart notes typical practice times once school has started. At the beginning of the school year, practices will start before the school begins --- practice times on these days, and on days that we do not have school or have early dismissal will vary from the information below.

Sport	Weekday	Saturday	Location	Notes
Cross Country	3:30-5:30 pm	Some Saturday morning practices	AHS (home meets at Gordon Moore Park or AHS)	Not as many Saturday practices, but many Saturday meets
Football	3:30-6:00 pm	Morning practice on Saturday is typical	Alton High School and Pubic School Stadium at West Elementary	Film & short practice sessions during season on Saturdays are usual

Volleyball	3:30-5:30 pm	Morning practice on Saturday is typical	Alton High School	Will practice Saturday most of the season. Saturday Tournaments do occur
Tennis (Boys & Girls)	3:30-5:30 pm	Some Saturday morning practices	Alton High School	Some Saturday Tournaments
Golf (Boys & Girls)	3:45-5:30 pm	Some Saturday morning practices	Girls – Rolling Hills Boys – Spencer T. Olin	Most students drive to home courses. Bus will be provided if needed. Saturday Tournaments occur.
Boys Soccer	3:30-5:30 pm	Some Saturday practices	Alton High School & Public School Stadium	Some Saturday games
Cheer	TBA		Horace Mann Elementary	Not many Saturday practices but Saturday competitions after Dec through March
Dance Team	TBA	None. Usually practice on Wednesday, Thursdays & Sundays	Alton High School MPR and Alton High Aux Gym	Not many Saturday practices but Saturday competitions after Dec through March

Boys Basketball	Two hour practice: 3:30-5:30 pm, 4:30-6:30 pm, or 6:30-8:30 pm	Morning practice on Saturday is typical and Varsity Sunday practices the norm	Alton High School and West Elementary	4 levels of teams so practices changing daily. Some Saturday Tournaments and games. Holiday practices the norm
Girls Basketball	3:30-6:00 pm	Morning practice on Saturday is typical and Varsity Sunday practices the norm	Alton High School	Some Saturday Tournaments and games. Holiday practices the norm
Wrestling	3:30-6:00 pm	Some Saturday and Holiday practices	Alton High School Wrestling room	Saturday Tournaments all throughout the season
Bowling	3:30-5:30 pm	Some Saturday practices	Bowl Haven	Saturday Tournaments all throughout the season
Swimming (Girls & Boys)	TBA	Not many	LCCC Pool	Saturday Swim Meet
Girls Soccer	3:30-6:00 pm	Some Saturday practices	Alton High School & Public School Stadium	Some Saturday games
Baseball	3:30-6:00 pm	Some Saturday practices	Alton High School	Might use an off campus site for practice. Some Saturday Tournaments & games

Softball	3:30-5:30 pm	Some Saturday practices	Alton High School Softball Fields	Some Saturday Tournaments & games
Track (Girls & Boys)	3:30-5:30 pm		Alton Athletic Complex	Some Saturday Meets
Boys Volleyball	3:30-5:30 pm		Alton High School	Some Saturday Tournaments

Some Sport Specific Information Regarding Practices

Note: For all sports we make every effort to communicate changes in practice times or locations through the Alton Athletic Department website, Twitter, and individual coach messaging.

Cross Country

The Cross Country team meets outside behind Door 20 to start practice. The Cross Country team will use the roads/sidewalks near Alton High School to run as well as trail on campus and at times on the track at Piasa Motor Fuels Stadium.

Football

Football practices primarily on the football practice fields behind the high school. Some practices will take place on the artificial turf at Public School Stadium at West Elementary where all games are held. Most of the football players will be issued equipment during the summer contact days. Football can only practice in helmets the first two days. The IHSA has a strict acclimatization protocol that football has to follow. All football players must participate in twelve days of practice before they can play in a game – this is an IHSA rule. Practice of some sort will take place indoors or outside regardless of the weather.

Volleyball

The Volleyball team practices in the mornings before the school year starts. Once school begins, practice will be right after school with all 3 levels practicing together in the gym.

Girls & Boys Soccer

Boys practices will take place on campus on the practice soccer field and also on the turf at Public School Stadium. Transportation will be provided to Public School Stadium from Alton High School, but students will need to be picked up at Public School Stadium after practice.

Boys & Girls Golf

Boys Golf practice takes place at Spencer T. Olin GC. Transportation will be provided if needed to Spencer T. Olin GC from Alton High School, but students will need to be picked up at Rolling Hills GC after practice. Girls Golf practice takes place at Rolling Hills GC. Transportation will be provided if needed to Rolling Hills from Alton High School, but students will need to be picked up at Rolling Hills after practice.

Boys Basketball

Will take place in main gym at Alton High School. Periodically practices are held at West Elementary school and in the Aux Gym on campus.

Girls Basketball

Will take place in main gym at Alton High School. Periodically practices are held at West Elementary school and in the Aux Gym on campus.

Wrestling

Will take place in the Wrestling room at Alton High School in C building.

Boys & Girls Bowling

Practice will take place at Bowl Haven bowling alley on Humbert Road. Student-athletes will be expected to find their own transportation to and from this location. Lane fees for practice and matches are paid by the district,

Boys & Girls Tennis

Practice will take place on the courts at Alton High School.

Cheerleading

Practice will take place at Horace Mann Elementary school and student-athletes are expected to find their own transportation to and from this location. At times held at Alton High School.

Dance

Practice typically takes place in the multi-purpose room or Aux Gym at Alton High School.

Softball

Will take place at various locations inside at Alton High School until the weather is nice enough to practice outside. Outdoor practices will take place on the softball fields on campus.

Track

Will take place at various locations inside at Alton High School until the weather is nice enough to practice outside. Outdoor practices will take place on the track at the Alton Sports Complex on campus.

Baseball

Will take place at various locations inside at Alton High School until the weather is nice enough to practice outside. Some practices might occur at an off campus facility. Outdoor practices will take place on the baseball field at the Alton Sports Complex on campus or at the JV/Freshmen baseball field.

PRACTICE EXPECTATIONS

1. You cannot practice without receiving an Admit Card from the Alton Athletic Dept and have given it to your coach
2. The student-athlete is expected to be ta every practice
3. The student-athlete should be in provided practice apparel or acceptable attire
4. Try to schedule all orthodontist appointments, haircuts, etc. around practices as well as athletic contests
5. Clean and take care of equipment – wash practice gear regularly
6. Keep your locker room locker locked at all times
7. For outside sports, even if it is storming outside, report to practice unless your coach has notified you otherwise – good chance you will do something inside or wait out weather to practice
8. Activity buses are provided from Alton High School Monday through Friday and will drop you off close to home. No Activity buses on early out days.
9. Missing too many practices for whatever the reason can get you removed from the team

10. If affected by weekly academic eligibility you are expected to show up to practice and attend all games
11. You should make every effort to let the coach know you will be missing practice
12. You must be in school by 11 am in order to participate in practice or athletic contests that day. Exceptions can be made if only cleared through the Alton Athletic Dept.

Q. and A.

How do I know the practice schedule?

Coaches should make available practice schedules for all student-athletes – these also maybe be posted on the Alton Athletic Dept website or individual team websites or apps. High School students are expected to handle and communicate practice times to parents – this is part of the educational process provided by student-athletes – responsibility, organization, and expectation of increased responsibility.

How do I get in touch with the coach if I must miss practice?

The coach may communicate a preferred method of communication and that should be followed. If not the coach can be reached at school – at least a voice mail left – all contact information for every coach at Alton High School can be found under their individual sport on the Alton Athletic Dept website within their individual sport. If you are leaving school it is a good idea to try to make contact with that coach.

If it is storming, why should I assume there will be practice for an outdoor sport?

The coach may meet in a classroom to do a variety of things or utilize some space inside to go over some items. Don't assume practice is off and miss practice – this would most likely be treated as unexcused or a skipped practice.

COST INVLOVED WITH PARTICIPATION IN ATHLETICS

The costs for various programs and activities can vary. To get started, there is a participation fee, which you must pay at the time of registration. This is \$85.00 and is a flat fee per student-athlete.

You will find out quickly that there may well be additional costs; tennis shoes, racquet, protective gear, shorts, socks, t-shirts, spikes, bat, glove, etc. The list can go on and on. Sports as you well know are not cheap. We make every effort to provide the necessary equipment, but some things will fall to you. **Here are some sport specific thoughts:**

Football: Some students purchase protective wear beyond the gear typically supplied; arm pads, neck roll, ankle supports, elastic wraps, gloves, etc. Football spikes differ from baseball and soccer and will be the athlete's responsibility.

Volleyball: The athlete generally purchases knee pads, shoes, some buy a tooth guard and socks.

Girls & Boys Golf: Their own clubs if at all possible. Green fees are taken care by the district.

Girls & Boys Tennis: You will need appropriate practice clothing and shoes designated for practice/competition. Your own personal tennis racket is expected to be purchased.

Girls & Boys Soccer: The game uniform and warm-ups are supplied. The players have their own shin guards, or elastic wraps as needed. You will need soccer spikes and appropriate practice attire.

Cross Country: There is not a lot of extra expense with cross country after you get a good comfortable running shoe – and these can be expensive depending on how much you want to spend. Get some comfortable running clothes.

Dance: The Dance team will supply the outfit that athletes will perform in at athletic contests. Dance shoes will be needed.

Girls & Boys Basketball: The Boys and Girls both supply their own shoes. Some coaches will require the athletes to wear the same color or style of shoe and might even provide a discounted price through a sporting goods company.

Wrestling: Each wrestler will supply his own wrestling shoes and practice wear. Individual head gear is a must too.

Bowling: Bowling ball if possible.

Baseball: The baseball players provide their own glove, spikes, and athletic supporter cup.

Softball: The softball players provide their own glove and spikes.

Girls & Boys Track: You will need track spikes and some comfortable practice gear for both warm and cold weather. Early season practices are inside, so you need tennis shoes for running inside.

Girls & Boys Swimming: Swim suit, goggles, and cap

FUNDRAISING

Unfortunately fundraising is a part of participation in athletics at Alton High School. The Alton Athletic Association's mission is to support and promote all athletic teams at Alton High School and Alton Middle School. An athletic team is one whose participants pay an athletic fee to the school district. The Association works to unite parents, coaches, athletes, students, faculty/staff and the community in a way that enhances the sharing of school spirit and financial support to our athletic program. The objective of the organization is to enhance the sports programs in the Alton School District by using funds available to meet needs not covered by the Alton School District #11 Athletic budget. Also individual athletic teams will fundraise periodically too. These type of fundraisers must be approved the District Superintendent and the Athletic Director.

Guidelines:

- No student can be made to fundraise – we do hope all will do their share and not leave it to a few
- No student can be punished or threatened in regards to participation in fundraising or meeting a determined goal or amount – students may be rewarded for their participation or excelling
- Parents always have the option of donating funds rather than participating in the activity (buying out of the fundraiser)
- Money from the fund-raising effort should be used appropriately to benefit the program
- All ACUSD # 11 policies must be followed in regards to fundraising activities

ATHLETIC WEBSITES

We work hard at keeping relevant and up to date with the Athletic website. Our primary website is:

<https://www.altonathletics.org/>

Here you will find a lot of information regarding the athletic program. Specifically, you will find calendars, driving directions, various forms, sport results, announcements, rosters, photos, and schedules. The site is updated daily and used to communicate any breaking news – cancellations, practice changes are good examples of what you would find in the announcement section. If weather postpones an event for example, you would see it here first. Please Bookmark this site and be sure to utilize the information to the fullest extent. Parents and fans can sign up for email alerts at: <https://www.altonathletics.org/auth/new>

You can also follow the Alton High School on Facebook:

<https://www.facebook.com/AHS.Redbirds/>

or on TWITTER by following: <https://twitter.com/AltonAthletics>

CONFERENCE AFFILIATION

We are members of the Southwestern Conference. Currently there are 7 member schools: Alton, Belleville East, Belleville West, Collinsville, East St. Louis Sr., Edwardsville, and O'Fallon. (Collinsville is NOT a member in football)

There is some travel involved in this league, but the league is comprised of schools of similar size to Alton High School. The Southwestern Conference is a well-established and respected conference and has been around since 1923. Alton High School is an original member. We have a defined conference schedule for 22 of our 24 sports in all levels. We do not have conference champions at the freshmen level, but we do offer a few freshmen tournaments involving only conference schools.

ALTON ATHLETIC ASSOCIATION (AAA)

The Alton Athletic Association (AAA) is the Alton High School and Alton Middle School Booster Club. They meet once a month from August to June (They do not meet in July) typically in the Alton High School Library on the second Wednesday of the month at 7:00 pm. They have

officers and committee chairs for the various fund raising activities and all parents and community members are welcome to attend and participate. Parents are asked to help out in concession stands during all three athletic seasons. The AAA helps provide funds to support the various athletic teams at Alton High School and Alton Middle School. Coaches request funds that must be approved by the membership. The AAA also helps pay for the Athletic Award nights and athletic senior nights.

ATHLETIC TRAINER

Alton High School employs a Certified Athletic Trainer. The Trainer has an office located at Alton High School and the Athletic Training room is located by the nurse's office on the 1st floor by the wrestling room. On a typical day the trainer will be at school around 12:00 pm and stays through the completion of practices and most home events. The athletic trainer is a healthcare professional who collaborates with physicians to optimize activity and participation of our student-athletes. The duties encompass the prevention, evaluation, and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities. Specifically, the Athletic Trainer is involved with:

Protective equipment, conditioning, nutrition and hygiene, game coverage, follow-up injury care, all matters pertaining to the well-being and health of our student-athletes, oversight of rehabilitation, decisions regarding a return to competition, and maintenance of necessary medical records.

When we have multiple events the Athletic Trainer typically tries to visit each site, but generally camps the location deemed to be of greater risk. Coaches will use cell phones to be in constant contact with the trainer. The trainer travels with the Varsity Football team, but typically does not travel to away contests for most sports. Fortunately, all the schools in the Southwestern Conference have athletic trainers at their schools. All coaches for ACUSD # 11 must be certified in CPR/AED training every two years.

CONTACT INFORMATION: Trainer – Andy Renner 618-474-6954

ACADEMIC ELIGIBILITY

IHSA Academic Standards

All student-athletes must adhere to all IHSA academic eligibility rules and regulations (see IHSA Handbook). This includes enrollment in 2.5 credits (5 classes) during the semester of participation, and passing of 2.5 credits (5 classes) the previous semester (fall semesters can include credits earned from approved summer courses). Please see the Athletic Director for information pertaining to dual enrollment credit or off-campus courses, as they may not count towards IHSA eligibility.

IHSA In-Season Academic Procedures

All students participating in IHSA-sanctioned activities must meet minimum eligibility requirements set by the IHSA. ACUSD # 11 coaches can have higher academic expectation for their student-athletes. The IHSA allows schools to set higher academic requirements for eligibility. IHSA policy is a semester by semester policy as well as an in-season academic grade checks for student-athletes.

The Athletic Director's Office will generate a grade report for in-season athletics and activities using the Skyward system each week. The Athletic Director's Office will distribute this grade report list to the in-season coaching staff and notify the parents of the student athlete. The report will be run on Friday morning and grades are frozen at midnight on Thursday. The weekly ineligibility period runs from Monday – Sunday. It is setup this way so coaches can game plan for the following week. To help clarify, though the grades have been collected, he/she will still compete the rest of the week – Friday, Saturday (and on a rare a Sunday). This weekly grade check will be conducted each week until the end of the semester.

Academic Suspension

“Academic Suspension” can occur when the Athletic Director determines that student-athlete is not passing at least 2.5 credits (5 classes) during an academic week. Any student-athlete placed on “Academic Suspension” will not be allowed to participate in games, but are still expected to attend all practices and games. Academic Suspensions are at the discretion of the Athletic Director. When a student-athlete is placed on Academic Suspension, the Athletic Director must inform the coach, student-athlete, and parent.

Students attending Mark Twain Student Support Center may possibly participate in Activities or Athletics at AHS depending on the circumstances for their placement at the Mark Twain Student Support Center and whether they are academically eligible and taking 5 courses (2.5 credit hrs).

Online courses taken can be used to attain the necessary credits to gain eligibility for the previous semester requirement by IHSA. Online courses can also be used for in-season eligibility on a case by case basis and must be approved the AHS Guidance Dept and the AHS Athletic Director. Student athletes must be enrolled in 5 courses (2.5 credit hrs) total to be eligible in season.

Students enrolled in Night School at AHS **CAN NOT** participate in Athletics at AHS.

Summer School

Course taken during the summer can be used to attain academic eligibility for the fall semester. It must be complete before the Fall semester begins to count. Students must have passed 2.5 credits total to be eligible, which includes summer classes and any classes the student passed in the Spring.

Q. and A.

I was not passing 5 classes as of midnight on Thursday, but a teacher entered a grade Friday morning in Skyward to raise my grade to a passing grade. Am I now eligible?

NO- weekly eligibility grades are based on how you are doing through Thursday. Your work for Friday does not count this week, but will help you the following week. We have to have a deadline and the deadline for all grades to be updated is Thursday at midnight. Best recommendation we have is to check your grades on a daily basis through Skyward so you are not caught off guard by failing grades.

Can I try out for a sport if I am ineligible?

Generally, the answer is NO – if it is a Winter sport you have the chance to become eligible for the 2nd semester. It would be entirely up to the individual coach if he/she wants to reserve a roster spot for you until you are eligible the 2nd semester. If it is a Fall or Spring sport you are ineligible the entire semester, but could be a manager.

What is expected of me if I am ineligible for the week?

This may vary for sport to sport, but you may practice, attend all contests (can't dress out in uniform), and travel with the team. Some coaches might have you miss practice to work on your academics or attend tutoring.

CODE OF CONDUCT

The Board of Education, the community, and the administration and staff of Alton High School believe athletics are an important supplement to our schools' program, providing experiences that will enhance opportunities for personal growth. Further, that good citizenship and personal responsibility are among the most worthy of objectives to which we hope our students will aspire. The Board, Administration, and staff also believe that it is a privilege to participate in athletics. Therefore, students who choose to represent Alton High School as members of athletic teams shall be held to the highest standards.

The Athletic Code of Conduct is an opportunity for our students to commit to the high standards expected of student athletes who participate on any Alton High School athletic team. The Code is in effect throughout the calendar year. Penalties, regardless of the level of offense, shall be cumulative beginning with, and throughout, a student's participation in athletics at Alton High School. Penalties for infractions shall be applied during the first available season in which the student participates as an athlete. This code of conduct is consistent with existing school

discipline policies but does not take precedence over school policy. Athletic code violations are independent of and not subject to any other type of student discipline or requirements for the imposition of such other student discipline. Athletic code violations are enforced solely on the basis of the criteria contained herein. It is understood that any academic out-of-school suspension or expulsion will take precedence and preclude all participation in athletic extracurricular activities.

Q. and A.

My son/daughter was involved in an underage drinking party and we are aware that he/she has violated the athletic code ... what will happen in regards to athletics?

Best thing to do is to contact the Athletic Director immediately and report the incident. The Athletic Director will conduct an investigation to determine if a violation did occur. If the answer is yes than the Athletic Director will notify the student-athlete and his/her guardians/parents. The athletic code consequences will be applied to the in-season sport the student-athletes is currently participating or the next sport season he/she participates in.

I know other student-athletes were drinking at the party that was busted and they did not get in trouble --- why doesn't the school enforce the code and punish these student-athletes --- OR we reported our son's/daughter's infraction and our athlete was punished but nothing happened to the other student-athletes at the same party --- why weren't they punished?

Very good questions --- The Athletic Code is a tool aimed at encouraging appropriate behavior. It is also a document that we hope creates a partnership between home and school rather than a point of contention. We believe that if a student-athlete violated the code they should self-report the violation and accept the punishment that goes along with the violation. We can only act on information that we are able to gather such as from a staff member, the police, or the student or family.

My son plays football and got in trouble and now has to miss three games. He is going out for track this spring so can he miss three of those meets instead --- does that work?

Any violation committed in-season must be completed in that particular sport for the punishment to count. A student-athlete is expected to end the season in good standing. If for some reason he/she cannot complete the punishment it could carry over to the next sport he/she participates in.

DRIVING DIRECTIONS

Most of the driving directions for our away contests can be found at our Athletic website: <https://www.altonathletics.org/> The driving directions can be found on each individual sport page by looking the schedule and clicking on the INFO icon. Once the icon opens up you will be able to click on the address, which takes you to Google Maps. Also can see bus departure time, class dismissal time if applicable, and estimated return time back to Alton High School.

PICTURE DAYS

The Athletic Department will designate dates for athletic pictures each Fall, Winter, and Spring season. These photos are taken by Wagner Photography. We have team photos taken for the athletic website. Picture packets are available for purchase, which include individual and team photos. We do need every student-athlete here and on time (a time schedule will be handed out and posted on the website and shared with coaches).

TRANSPORTATION

The vast majority of our away contests involve travel by bus with Illinois Central Bus Company bus service. As part of building team unity and bonding, as well as for their safety, we ask that all student-athletes travel to and from contests on the bus together. There are exceptions to this, but we ask that be kept to a minimum. Part of participation in sports is being part of the “team” and being part of the team means group rules and norms --- thus riding together as a team is one of those practices. When a student-athlete has to make other plans for an approved reason, the student-athlete will have to travel with his/her parents and get written approval from the Athletic Director. The form to be filled out and signed by the Athletic Director can be found at: <file:///C:/Users/ckusnerick/Downloads/path-to-file.pdf> A copy will be made and given to the student-athlete to give to his/her coach. Remember when joining the team that inconvenience will at times be a part of the athletic experience and some give and take on both sides can make this work.

For smaller groups, we sometimes take vans rented from Enterprise Rental with the coach driving. Usually occurs in sports such as Boys/Girls Bowling, Boys/Girls Golf, or Boys/Girls Swim. On very rare occasions parents might transport their student-athlete in their own vehicle and your insurance will be in force and there would not be district coverage in force should an accident occurred. A good example would be a parent taking a single son/daughter to a IHSA State Competition in such as Golf or Swim.

Proper behavior on the bus is required to assist the driver and for concentration on the task of getting everyone to the destination safely. Improper behavior can get a student-athlete banned from traveling with the team. This also applies to the Activity busses that ACUSD # 11 provides all year long to take student-athletes home after practices.

If you are picking up your student-athlete when the bus returns, please be at the High School ahead of time so the coaches are not required to wait long periods of time waiting for rides. Please try to communicate with your son/daughter by cell phone to coordinate pick up time.

SCHOOL CALENDAR

The ACUSD # 11 District calendar is a great scheduling tool for keeping abreast of much of what goes on in the school district and at the high school. Unfortunately, from time to time there are changes to the calendar. Best thing to do is to use the calendar on the Alton Athletic website as this is updated daily and will be accurate. (<https://www.altonathletics.org/main/calendar/>) You also can follow individual teams calendars on their individual pages on the Alton Athletic website.

CONCESSIONS

This are handled by the AAA (Alton Athletic Association), but we can't put enough emphasis on the need for parental help. The AAA relies a great deal of their income from concession sales. All Athletic teams are expected to help out by working a few times each year in the various concession stands. This will be set up within your team by the Head Coach or AAA Team representative. ALL PROGRAMS get financial assistance from the AAA and this is your way to give back as well as making sure the funds are there to support our programs.

IHSA

ILLINOIS HIGH SCHOOL ASSOCIATION

At various times you will hear us refer to the IHSA. They are the governing body for athletics and activities for the high schools in the state of Illinois. They set up the post season tournaments – write and enforce the rules and regulations and license officials, etc. At times we will talk about school rules and or IHSA rules in regards to eligibility and season limitations. Tons of information can be found at their website: <https://www.ihsa.org/default.aspx>

A great handout to refer to can be found at:

https://www.ihsa.org/documents/forms/current/elg_rules_lg.pdf Best thing to do is to contact the Athletic office if you have any questions. The IHSA has rules that govern our student-athletes concerning transferring of schools, residency, amateurism, attendance, physical examinations, misbehavior at contests, recruitment, age restrictions, and out of season sports participation. Please ask so your student-athlete does not jeopardize their individual athletic eligibility as well as the eligibility of the team they are attached to.

LOCKER ROOMS – SCHOOL FACILITIES – RULES

For everyone's protection, there are rules of conduct and a level of cooperation that must be adhered to in regards to use of the facilities at the High School. The locker room has to be a safe environment – meaning no horseplay or unauthorized use can be allowed. We also have visitors here for games, and that limits the availability for entry to the locker rooms. Therefore, it is necessary to get personal belongings out after practice to not need entry during the competitions. Securing your belongings with a lock is a must. All student-athletes must be supervised at all times and cannot remain on campus if this is not the case.

SPRING BREAK – VACATIONS – START OF THE SEASON

A commitment to be a part of an athletic program carries with it a responsibility to attend scheduled athletic team events and practices at the start of the season, as well as during Thanksgiving, Christmas, and Spring Break vacation periods. This is especially true at the Varsity level. At the same time, we realize that occasionally it may be desirable or necessary for a student-athlete to travel with his/her family during one of these vacation periods and miss scheduled practices, games, or meets. Here are some guidelines and criteria we will use to handle such circumstances.

1. The student-athlete shall continue as a team member provided the student-athlete gives advance notification to the coach at least one week prior to the first scheduled contest of the season.
2. The student-athlete may be required, upon return from vacation, to “sit out” a number of contests, games, meets or practices based on the number of days missed while vacation. This is based on the belief that a sense of fairness is owed to those individuals who did not miss and were a daily part of the practice and competitions. These student-athletes, themselves, may have sacrificed a vacation opportunity to be a part of the team.
3. The student-athlete is not guaranteed the same position or amount of playing time as when he/she left. The student-athlete who replaced him/her may have earned the position; it is the responsibility of the student-athlete who was gone to earn the spot back.
4. Particular care should be given to the District and Athletic calendar that outlines the starting times and tryout times for each sport season. This is especially important with the fall season and the Summer break. Each year Fall sport tryouts will take place before the start of a new school year.

COMMUNCIATION

The Parent/Coach Relationship

We are excited your son/daughter has decided to participate in Redbird Athletics. We will do all we can to provide a positive and rewarding experience. One of the most critical components is the communication process between coaches and parents.

Both parenting and coaching are extremely difficult, but rewarding roles. By establishing an understanding of each position and specific role in the athletic program, everyone is better able to accept the actions of the other and provide greater benefit to students.

Parents have the right to understand what expectations are placed on their student. This begins with clear communication from the coach of your student's program.

Coaches and parents are expected to encourage and praise students in their attempt to improve themselves as students, athletes, and citizens. Parents can facilitate this by gaining an understanding and appreciation of all aspects of the sport and the expectations placed on your student.

Communication to Expect from the Coaching Staff

1. Philosophy of the coach and program.
2. Expectations the coach has for your student as well as for all the students involved in the activity.
3. Location and times of all practices and contests.
4. Team requirements (fees, special equipment, off-season conditioning.)
5. Procedure should your student should follow if injured during participation.
6. Policies for the school and program.
7. Code of Conduct Requirements.
8. Letter Award Policy
9. Information related to injuries, health, safety, and rehabilitation.

Appropriate Concerns to Discuss with Coaching Staff

1. The treatment of your student mentally and/or physically.
2. Ways to help your student improve, to possibly see more playing time.
3. Concern's about your student's behavior.
4. Concerns about academics.

Issues NOT Appropriate to Discuss

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes/participants.

Communication Coaching Staff Expects from Parents

1. Concerns should be expressed directly to the head coach FIRST.
2. Notification of any schedule conflicts should be shared well in advance.
3. Any injuries, illness, medications, or medical related information.

4. An appointment should be scheduled to discuss any specific concern in regard to a coach's philosophy and/or expectations if there is ever a question.
5. Positive Reinforcement.

Be Positive

Parents and coaches should help their students learn that success is achieved in the development of a skill and should make student-participants feel good about themselves regardless of the outcome of any contest.

As students become involved in programs at Alton High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your student wish.

If you have a concern, take time to talk with coaches in an appropriate manner, including proper time and place, being sure to follow the designated communication ladder. At these times, discussion with the coach is encouraged.

Communication Ladder

The Communication Ladder is expected to be followed at all times, starting with the athlete-coach meeting, a mandatory step in the communication process.

1. Athlete – Coach Meeting

If a student-athlete or their parent has any issue or problem with their athletic experience, the student-participant is expected to address the coach in a scheduled meeting. Participants are also encouraged to talk with the coach about any issue in their personal or academic lives. The district's expectations of coaches include open communication and positive relations.

2. Athlete – Parent – Coach Meeting

The parent should schedule an appointment at the coach's discretion. The appointment should be scheduled and will not be permitted at the conclusion of a practice or competition. Please define the purpose of the meeting when the appointment is set. If there is a meeting between coaches and parents, the student-participant must be in attendance, unless the coach agrees to meet without the student-participant. The Athletic Director may be present at this meeting to act as a mediator, and all rules of Parent Meetings must be followed.

**To schedule a meeting please call
Alton High School at 618-474-2700**

** Parents who try to discuss important issues with a coach as they are walking off the game or practice field would be an example of circumvention of this process.*

3. Athlete/Parent/Coach/Athletic Director Meeting.

The parent or athlete must make an appointment with the Athletic Director and set a defined purpose in advanced. The student-participant should be in attendance, but there may be cases where it is appropriate an athlete not be present. The meeting will include the student-athlete, parent(s) and/or legal guardian, coaching staff, and Athletic Director. The Rules of Parent Meetings will be distributed and followed.

4. Administrator Meeting.

A meeting with a parent and an administrator will be scheduled if there is not a positive resolution after the first three steps of the communication ladder. Step four will only be scheduled at the completion of the first three steps, or if legal or safety considerations are the subject of the meeting.

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Remember that the purpose of any meeting is to find a positive outcome.

If you have difficulty scheduling a meeting or finding contact information for the coaching staff please contact the Athletic Director.

OPEN GYMS – CAMPS – OFF SEASON PROGRAMS

Student-athletes are encouraged to participate at Alton High School. We endorse and support multi-sport athletes. Coaches like to promote their sport and offer opportunities for student-athletes to develop and improve their game. We host open gyms-weight lifting-speed development programs for the various sports here at AHS, but they have to follow the IHSA guidelines and they have to work harmoniously with other activities. There is an expectation on the coach's part that student-athletes are going to take part when they can. Doing this is beneficial to both the student-athlete and the program. Please note that playing time cannot be tied to offseason participation, but please also not that while you're not working at getting better – someone else is and you might get passed by. Summer camp information can be found each spring on the AHS Athletic Department website.

WEIGHT ROOM

We encourage the use of the weight room and indeed there is an expectation that you are going to spend some time there to improve yourself for athletic competition. Participation here requires your cooperation and focus as mistakes in this room can mean serious injury. Follow all directions – do not enter or workout here without supervision – be sure to have spotters (s) and by all means no messing around in this area. Take care of the equipment and report any problems soon as noticed. Typically, the weight room is available to staff and students from 3:30 pm – 6:00 pm Monday thru Thursday. Coaches can access this area for their teams outside of those times. It is also highly encouraged for student-athletes to take Athletic PE to fulfil their PE requirement.

HAZING/BULLYING/INITIATIONS

Hazing, initiations, or bullying of student-athletes by other team members are not acceptable, and any such practice of this type of behavior will not be tolerated. Student-athletes should be aware that hazing can constitute a violation of Illinois Criminal Statutes as a form of assault and can make students liable for arrest and prosecution, as well as civil liability. Hazing is defined as any form or type of physical, verbal, and/or emotional mistreatment on an interscholastic athletic team or in any school-sponsored activities, and/or forcing, coercing or intimidating any student to participate in illegal or inappropriate activities in connection with the student's participation or membership. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to or after the season or school day.

Alton Community Unit School District # 11 specifically prohibits engaging in any kind of aggressive behavior that does physical or psychological harm to another or any urging of other students to engage in such conduct. Prohibited conduct includes any use of violence, force, noise, coercion, threats, intimidation, fear, harassment, bullying, hazing, or other comparable conduct. Conduct constituting "bullying" will not be tolerated. "Bullying" is defined as conduct that subjects a student to insults, taunts, or challenges, whether verbal or physical in nature, which are likely to intimidate and/or provoke a violent or disorderly response from the student being treated in this manner.

Permission, consent, or assumption of risk by an individual subjected to hazing, initiation and/or bullying does not lessen the guilt associated with the unacceptable behavior.

In order for ACUSD # 11 to effectively enforce this policy and to take prompt corrective measures, it is essential that all victims of hazing, or bullying and persons with knowledge of hazing or bullying report the harassment immediately. ACUSD # 11 will promptly investigate all complaints, formal or informal, verbal or written. To the extent possible, all complaints will be treated in a confidential manner. Limited disclosure may be necessary to complete a thorough investigation.