



RICHMOND-BURTON
ROCKETS

ATHLETICS & ACTIVITIES
PARENT & STUDENT HANDBOOK

INTRODUCTION

This handbook has been prepared as a guideline for the athletes of Richmond-Burton Community High School and their parents. It is designed to provide a source for the policies and rules of the athletic department, which directly affect athletes. Rules unique to particular sports are not included and will be given to the athletes by their respective coaches.

If you have any questions or comments about the handbook or its contents, please direct them to the Activities/Athletic Director.

Contentment is not the fulfillment of
what you want, but the realization
of how much you already have.

Vision: Richmond-Burton activities and athletics will be a model program that excels in academics and athletics.

Purpose: Provide opportunities for all of our students so each may find his or her passion and fully develop their academic and athletic potential. To develop the whole student both academically and athletically. Create well-rounded student-athletes that are competitive on the field, in the classroom and beyond.

ATTENDANCE POLICY

All athletes must be in school no later than the end of 1st hour to play or practice. An exception is a pre-arranged absence. If the athlete knows he or she is going to be absent (i.e. for a doctor's appointment) he or she must fill out a pre-arranged absence, and have it signed by their teachers in advance. If that is done, the athlete may participate even though they were absent.

It is possible that emergencies may arise that cannot be pre-arranged and may still be excused. Those situations will be evaluated by the Athletic Director and the Assistant Principal to determine whether the athlete will be allowed to participate. An exception will not be made for circumstances that could have been pre-arranged and were not.

In all other instances, they will not be allowed to participate if they are not in school by the end of 1st hour.

The Athletic Director will inform the coach and the athlete who is absent for part of the day that they cannot participate. It is the responsibility of the coach to see that this procedure is followed.

The reason for this rule is to impress upon our student athletes that academics and attendance in school is the most important part of education. While athletics is very important, it in no way shall overshadow the academic process.

ELIGIBILITY

All athletes must be academically eligible on a weekly basis according to criteria set up by the Illinois High School Association. That criteria specifies that each athlete must be passing 25 hours of academic class-work per week. In other words, **athletes must be passing five academic classes each week in order to participate in athletics the following week.**

To monitor this rule, teachers will report all D's and F's on Thursdays. The Athletic Director will verify athletes' eligibility on Fridays or the last day of that school week. Coaches will be notified of the grade statuses of all their athletes on a weekly basis.

If an athlete is NOT passing five academic classes, they are ineligible to participate in any athletic contest during the following week. Re-evaluation takes place on the last school day of the next week. If the athlete is ineligible they are expected to attend practices as usual. However, a coach may require that the athlete spend the practice time working on their schoolwork rather than practicing.

For eligibility purposes, a week is defined as Sunday through Saturday. If an athlete becomes ineligible on Friday they may still participate the next day. Their week of ineligibility begins on Sunday.

Eligibility does have variation from season to season depending upon the semester in which the season begins. The following outlines eligibility for all seasons outside of weekly eligibility rules:

- First and third quarter eligibility will be based on the previous semester grades. **Students may not have a “F” for a semester grade.**
- Second and fourth quarter grades will not be used to determine eligibility.
- If a student fails a second or fourth quarter class but passes that same class for the semester, they are eligible.
- If a student passes a class second or fourth quarter but FAILS the semester for that class, they are ineligible for the following quarter.
- If a student is ineligible for first or third quarter, he/she must be passing all classes at the end of first or third quarter to be eligible for second or fourth quarter.

All eligibility information may be found in the Student Handbook.

USER FEES

The Board of Education has mandated that a user fee of \$35.00 be charged for each sport that an athlete participates in. The fee helps to defray the cost of offering the sport (uniforms, equipment, supplies, transportation, officials, salaries, etc.). There is a family limit of \$175.00 per year. All fees above that amount for one family will be waived.

PRE-SEASON MEETINGS

Before each season there will be a required parent's meeting for all sports. Some of the reasons for this meeting include the following:

1. To insure that all parents and athletes are aware of all of the rules and policies of RBCHS and willing to accept the responsibility of following those rules.
2. To pay user fees and turn in any necessary forms, particularly sports physical exam forms and concussion/steroid form.
3. To meet the coaching staff of your son/daughter's sport.
4. To become familiar with the philosophies and rules of your son/daughter's coach.
5. To meet other parents.
6. To learn how you can help the Booster Club help our athletes.
7. To learn about any unusual circumstances that may affect our athletes during the season or in the off-season.
8. To learn of any rule changes in the sport and to familiarize yourself with the rules of the game.

PHYSICAL EXAMINATION

The Illinois High School Association and the District #157 Board of Education require that athletes must have a sports physical examination before they can tryout, practice, or participate in any sport. They should be filed with their high school nurse a certificate of physical fitness issued by a licensed physician not more than one year preceding practice or participation. Sports physicals are valid for 395 days.

The sports physical examination forms link is below. The mandatory physical examination for entry into high school satisfies this requirement for all freshman athletes.

<http://www.ihsa.org/documents/sportsMedicine/2014-15/Pre-participation%20Examination%20041114.pdf>

CONCUSSION/PERFORMANCE-ENHANCING TESTING

Every athlete must have an Acknowledgement and Consent form signed regarding concussion and performance-enhancing drugs. **Athletes CAN NOT practice, tryout nor participate without one.** Concussion/Performance form link is below. Upon signing the acknowledge and consent, it is valid for one (1) year.

<http://www.ihsa.org/documents/sportsMedicine/current/Sports%20Medicine%20Consent%20and%20Acknowledgement.pdf>

PARTICIPATION IN ACTIVITIES

Non-public school students who reside within the district boundaries can participate in extracurricular activities provided that the extracurricular offerings are not available at non-public schools with which the students are associated. Non-public school students qualified to participate in IHSA affiliated athletics will be required to officially enroll as a student at Richmond Burton Community High School and adhere to all IHSA rules and regulations, the RBCHS Athletic Code, RBCHS Rules and Regulations and other participation requirements as stipulated by the Principal and the Athletic Director. Enrollment as students at RBCHS for only the purpose of participating in the school's extracurricular program will not require the payment of the basic registration fee, only the payment of any applicable users fee. Non-public school students participating in RBCHS athletics and other/or their parent(s)/guardian(s) are responsible for transporting themselves to and from school for practice or competition at RBCHS. RBCHS will provide team transportation or activity busses.

EQUIPMENT AND UNIFORMS

All equipment and uniforms issued to athletes are the sole responsibility of the athlete. All uniforms, both practice and game, are to be used for athletic purposes only and not at any other time. At the end of the season the athlete is responsible for returning all

equipment and uniforms issued to him/her. The equipment and uniforms must be clean and in the same condition as issued after having allowed for reasonable seasonal wear and tear.

If the equipment and/or uniforms are not returned within a reasonable amount of time, the coach will issue detentions to the athlete until it is returned. Parents will be billed for any lost or damaged equipment or uniforms. They may be billed for repair if it is determined that the damage is above and beyond what is considered normal wear. Athletes will not receive any awards until equipment and uniforms are returned.

BOOSTER CLUB

Richmond Burton High School has a very active Booster Club that supports all athletics and all other activities for the school. The Booster Club has purchased many items for use by all students including the following items: Rocket chairs, ice machine, display cases, mural on gym wall, stereo for weight room, score keeper's table and a tuba for the band.

The Booster Club collects the majority of their working funds from the concession stand at Football, Basketball, Volleyball and Soccer games. All parents are encouraged to become involved in the Booster Club. Their meetings are the third Monday night of each month in the High School Library. Everyone is invited to attend and help support our students.

TRAINING RULES

Choosing to participate in the athletic program at Richmond Burton High School is a privilege NOT A RIGHT. By doing so, an athlete gives up some rights that he or she might otherwise have. The athletic training rules that are set forth by the Board of Education and the Athletic Department are fair but carry a strict consequence for breaking them.

Our Interscholastic Code is in effect all 12 months. Therefore, if an athlete breaks the training during the off-season, they will still have consequences.

Please read and be familiar with the training rules and how they will be enforced. It is our responsibility to be sure our athletes know and understand what these rules are and why they are important.

The training rules are listed under the Extracurricular Code in your Student Handbook.

TRYOUTS

If at all possible, we would like to keep all athletes that fulfill the requirements on all teams. However, because of the number of coaches in a particular sport for supervision, safety and the numbers of players who actually play in a particular sport, it may be necessary to cut. It is not fair to keep athletes on a team if they will not play in the events or games because their athletic ability falls below what is needed to play that particular sport or they are unable to develop the needed skills during the season. In addition, players who display an attitude of disrespect for teammates and/or coaches, or who disrupt the "team" atmosphere, may be cut even though the above listed situations do not exist.

The players who work hard, work together, and exhibit an attitude of cooperation, dedication, determination, and desire as well as possess the necessary skills will make the teams. Some good players will end up getting cut which is an unfortunate but necessary situation. Please be aware that underclassmen may make the varsity team while juniors and seniors may be cut based on the above stated criteria. By the same token, freshman may make the frosh/soph team while sophomore may be cut. **Please note that while going to camps, playing summer leagues, going to clinics, etc., will definitely enhance your skills, it will not guarantee you a position on teams.**

All tryouts are announced well in advance of the start of the season. The tryouts are to be conducted fairly. All coaches must explain their tryout procedures and the criteria for making the team. If an athlete is cut from the team, the coach is expected to be available to explain to the athlete his/her reasoning face to face so the athlete knows what he/she needs to work on for the next season. Any athlete who is cut from the team will receive a refund of their User Fee.

ATHLETE QUILTS OR IS DISMISSED FROM A TEAM

The Athletic Director should be notified immediately if an athlete quits or is dismissed from a team, so they could be removed from the eligibility roster. If a coach dismisses a player from the team, they must call the parent to notify them and explain the situation to them as soon as possible. The coach is responsible to collect all equipment and uniforms from any player who quits or is dismissed from the team.

RICHMOND-BURTON HIGH SCHOOL ATHLETICS

	BOYS	GIRLS
FALL	Football (F-S-V)	Volleyball (F-S-V)
	Cross Country (JV-V)	Cross Country (JV-V)
	Golf (JV-V)	Golf (JV-V)
	Soccer (JV-V)	Cheerleading (JV-V)
	School Play	School Play
		Dance (V)
WINTER	Basketball (F-S-V)	Basketball (F-S-V)
	Wrestling (JV-V)	Competitive Cheerleading (JV-V)
	ACES (Math & Science)	ACES (Math & Science comp)
	ICTM Math Team	ICTM Math Team
	Academic Team	Academic Team
		Dance (V)
SPRING	Baseball (F-S-V)	Softball (JV-V)
	Track & Field (JV-V)	Track & Field (JV-V)
	School Musical	Soccer (JV-V)
		School Musical
The Extracurricular Activities listed below are for Boys and Girls and are All-Year activities		
Chess Team		Class Council
International Club		French Club
Jazz/Choir		Jazz Band
Drama Club		LINK Crew
Music Club		Garden Club
Tri-M		NHS
Rocket Review Online News		HEROES
Guitar Club		Student Council
Environmental Club		Yearbook
Aeronautics Club		Weight Training
Future Problem Solvers		Marching Band

RBCHS Extracurricular Activities and Opportunities

	Entry Criteria
ACADEMIC	
Academic Team	Open
JV Academic Team	Open
ICTM Math Team	"A" in Honors or teacher consent
THE ARTS	
Tri-M	Enrolled in music, grades, academic performance
Fall Play	Open
Spring Musical	Open
Drama Club	Open
Chamber Choir	Enrollment
Guitar Club	Open/Guitar
SERVICE AND CONNECTIONS	
National	Grades, application/selection
HEROES	Open
Environmental Club	Open
Student Council	Application to run for office
Link Crew	Junior/Senior standing/application/selection
Freshman Class Council	Nomination
Sophomore Class Council	Open to all sophomores
Junior Class Council	Open to all juniors
Senior Class Council	Nomination/class vote
Senior Tribute	Open to all seniors
Rocket Country	Open to all
Media and Technical	Application
School Newspaper	Sign up
CURRICULAR	
International	Foreign Language student
Band	Register
Yearbook	Enrollment