

Athletic Handbook

Athletic Handbook

2016-2017



Mission Statement.....3

Athletic Affiliation.....3

Athletic Offerings.....4

Requirements for Participation.....5

Behavior and Academics.....5

Attendance.....6-7

Athletic Handbook

Equipment.....	8
Uniforms.....	8
Athletic Safety.....	8-10
Athletic Awards.....	11
Addresses of Conference Schools.....	11-12
Athletic Booster Club.....	13
Contract.....	15

LMS Athletic Program Mission Statement

Lincoln Middle School offers competitive athletic programs that will teach student athletes the importance of team community, dedication, and commitment through goal setting and responsible actions throughout the year. Student athletes will have pride for themselves, their school, and the

Athletic Handbook

sport they play. Highly qualified coaches teach athletic skills and sportsmanship while developing individual character.

Athletic Affiliation

Lincoln Middle School is a member of the Leyden Norwood Athletic Conference. Lincoln Middle School and the conference offer boys and girls softball, soccer, basketball and volleyball, cross country and girls cheerleading. Lincoln Middle School is also a member of the Illinois Elementary School Association (IESA) for boys baseball.

The Leyden Norwood Athletic Conference is separated into two divisions, the Gold and the Blue.

Gold Division Teams:

Lincoln Lightning, Mannheim Falcons, Elm Cougars, Hester Wildcats

Blue Division Teams:

Rhodes Bobcats, Union Ridge Raiders, River Grove Royals, Rosemont Cobras, Leigh Tigers, Giles Lions, Pennoyer Hawks

The IESA is separated by regions. Lincoln Middle School is located in Region 1.

Region 1:

Schiller Park Lincoln, Bolingbrook Brooks, Bolingbrook Humphrey, Bolingbrook Jane Adams, Lisle, Glendale Heights Glenside

Athletic Handbook

Athletic Offerings

Athletics are offered throughout the entire school year to all students to allow the opportunity to participate in all athletic offerings.

Summer and Fall Offerings

August to September – Boys Baseball

September to October – Boys and Girls Softball and Cross Country

October to November – Boys Soccer and Girls Volleyball

Winter Offerings

December to January – Boys Basketball and Girls Cheerleading

January to March – Girls Basketball

Spring Offerings

April to May – Boys Volleyball and Girls Soccer

Athletic Handbook

Requirements for Athletic Participation

In order to participate in the extracurricular athletic programs each student athlete must fulfill the following:

1. Every athlete must participate in the try out for each sport. Tryout dates and times will be advertised one to two weeks before the date. If an athlete misses a tryout it is their responsibility to contact the head coach and discuss another date to makeup the tryout. Makeup tryouts are decided upon and scheduled based on the head coach's discretion.
2. Receive a valid sports physical and have it on file with the school nurse. Physicals expire one calendar year from the date of issue.
 - a. Students may participate in tryouts without a physical, but if they make the team they must have the physical form completed by a doctor and on file with the school before they can play or practice.
3. Have a signed parent permission form signed and turned in to the head coach of the sport you're trying out for. Parent phone calls granting permission for tryouts may also be accepted. This is based on the head coach's discretion.
4. Each student athlete must also follow and **meet** the behavior and academics and attendance expectations of Lincoln set forth in this handbook. Athletes and parents or guardians must both sign the Athletic Contract in order to participate in any games. The expectations and requirements are as follows but not limited to the following:

Behavior and Academics

Each student is responsible for respecting and following the rules and expectations of both their classroom teachers, activity sponsors and coaches. It is the responsibility of the classroom teacher, not the athletics coach, to identify a consequence if expectations are not met. If a student athlete or member of a club needs to stay after school as a consequence for behavior or to make up classroom work, the teacher enforcing the consequence is the priority of the student even if that student has an athletic practice or game or has a before or after school club or activity to attend.

Students can still attend their practice, game or activity once they have worked out the agreement with their classroom teacher. If that student wishes to attend either of these functions, the classroom teacher must give a pass to the student to take to their coach or activity sponsor explaining why they are tardy.

Athletic Handbook

Attendance

For a student to participate in any before or after school activity they must be present in school for at least half of the school day. If not, the student can't participate in the before or after school activities, practices or games.

If a student is late to the after school activity, practice or game, based on the schedule of the sponsor or coach, they must have a pass from a teacher stating why they are late. If the student can't obtain a pass it then counts as a tardy or absence from the activity, practice or game that day.

If a student has a pass it still may be considered as an unexcused absence. For example:

1) Excused Absence

If a student stays after school to get extra help from their classroom teacher to improve their understandings and that teacher gives them a pass to go attend their practice afterwards, would be considered an excused absence.

2) Unexcused Absence

If a student stays after school to work with a classroom teacher because they made poor use of classroom time and that teacher gives the student a pass afterwards to attend their practice, this would be considered an unexcused practice. The student is late to or missing practice because they are not meeting their behavioral or academic expectations set forth by their teachers.

School Attendance

If a student is absent from school and has no attendance record for a day they miss practice or a game it will not be counted as a tardy or absence for their sport. If they do have an attendance record with the school and on the same day are not at the practice or game this would count as an unexcused absence from their sport. Parent notes to miss practices or games will also be accepted as excused absences.

Athletic Handbook

Once a student has accumulated the following number of unexcused tardies or absences they will face the following consequences based on the sport they are participating in.

Sport	Consequence
Baseball, Softball, Volleyball, Basketball, Cheerleading *10 regular season games	3 unexcused tardies/absences = 1 game suspension and parent contact to review the expectations and consequences of the contract 4 unexcused tardies/absences = 2 nd game suspension and another parent contact to review the expectations and consequences of the contract 5 unexcused tardies/absences = removal from the team
Soccer *6 regular season games	2 unexcused tardies/absences = 1 game suspension and parent contact to review the expectations and consequences of the contract 3 unexcused tardies/absences = 2 nd game suspension and another parent contact to review the expectations and consequences of the contract 4 unexcused tardies/absences = removal from the team

*Consequences are based off of the number of regular season games for each sport.

**Athletic coaches may also have additional consequences for their athletic teams in addition to the athletic contract and playing time is at the discretion of the coach.

Athletic Handbook

Note: If the student athlete has to stay after school for academic or behavior issues and there is an away game they still may meet the team at the location of the away game, but **ONLY** may do so if they receive a ride from a parent or guardian. No student athlete should walk or ride their bike to an away game.

Equipment

All equipment that is required for the team will be provided by the school. Athletes are responsible for personal gear such as proper shoes, gloves, shin guards and so forth. Specific equipment information for each sport can be found in the 'Athletic Safety' section of this handbook.

Uniforms

Every athlete will receive a team uniform. Each athlete is responsible for cleaning their uniform during the season. At the end of the season the athlete must return their uniform. If they have lost or damaged their uniform it is their responsibility and will have to reimburse the school for the loss and/or damages.

Athletes that participate in baseball and girls softball will be able to keep the hats and socks that are given to them at the beginning of the season. Athletes that participate in boys or girls soccer will be able to keep the socks that are given to them at the beginning of their season as well.

Athletic Safety

Boys Baseball

Athletic Handbook

1. Practice gear includes: glove, hat, t-shirt, shorts(baseball pants), rubber sole cleats/athletic shoes, batting gloves, helmet, catcher mask, catcher helmet, chest protector, shin guards, athletic supporter/cup.
2. Safety Precautions:
 - a. During all hitting drills or batting situations students will be wearing a helmet. This includes all students involved in the hitting drill: batter, thrower and observers
 - b. At all games, players picking up a bat must be wearing a protective helmet.
 - c. Bat usage at all games should have a designated area.
 - d. Catchers must be wearing all protective gear (mask, helmet, chest protector, shin guards) when entering the field of play.
 - e. Cleats should be laced and tied properly.
 - f. All jewelry removed for practices and games.
 - g. No face paint or face markings.

Girls Softball

1. Practice gear includes: glove, visor, t-shirt, shorts(softball pants), rubber sole cleats/athletic shoes, batting gloves, helmet, catcher mask, catcher helmet, chest protector, shin guards
2. Safety Precautions:
 - a. During all hitting drills or batting situations students will be wearing a helmet. This includes all students involved in the hitting drill: batter, thrower and observers.
 - b. At all games, players picking up a bat must be wearing a protective helmet.
 - c. Bat usage at all games should have a designated area.
 - d. Catchers must be wearing all protective gear (mask, helmet, chest protector, shin guards) when entering the field of play.
 - e. Cleats should be laced and tied properly.
 - f. All jewelry removed for practices and games.
 - g. No face paint or face markings.

Boys Softball

1. Practice gear includes: t-shirt, shorts(softball pants), rubber sole cleats/athletic shoes, batting gloves, helmet, catcher mask
2. Safety Precautions:
 - a. During all hitting drills or batting situations students will be wearing a helmet. This includes all students involved in the hitting drill: batter, thrower and observers.
 - b. At all games, players picking up a bat must be wearing a protective helmet.
 - c. Bat usage at all games should have a designated area.
 - d. Catchers must be wearing all protective gear when entering the field of play.
 - e. Cleats should be laced and tied properly.
 - f. All jewelry removed for practices and games.
 - g. No face paint or face markings.

Athletic Handbook

Soccer

1. Practice gear includes: rubber soled cleats/athletic shoes, shin guards, soccer socks, shorts, t-shirt, goalie gloves, goalie shirt.
2. Safety Precautions:
 - a. Shin guards must be worn for all practices and games.
 - b. Coaches should inspect students to ensure they are wearing shin guards and they are being worn properly.
 - c. Students should also be wearing proper soccer socks to ensure the effectiveness of the shin guards.
 - d. Students should be wearing appropriate style cleats.
 - e. Cleats should be laced and tied properly.
 - f. All jewelry removed for practices and games.
 - g. No face paint or face markings.
3. For Girls
 - a. Hair pulled back and out of face
 - b. No metal or plastic hair clips

Volleyball

1. Practice gear includes: t-shirt, shorts, knee pads, tennis shoes (appropriate for athletics)
2. Safety Precautions:
 - a. Volleyball poles must be padded during all practices and games.
 - b. Students will be advised that knee pads may be worn during all practices and games.
 - c. If a player is wearing knee pads in practices or games coaches can not request the player to remove them.
 - d. Tennis shoes should be laced and tied properly.
 - e. All jewelry removed for practices and games.
 - f. No face paint or face markings.
3. For Girls
 - a. Hair pulled back and out of face.
 - b. No metal or plastic hair clips.

Basketball

1. Practice gear includes: t-shirt, shorts, tennis shoes (appropriate for athletics)
2. Safety Precautions:
 - a. Tennis shoes should be laced and tied properly.
 - b. All jewelry removed for practices and games.
 - c. No sweat bands, power sleeves,
 - d. No face paint or face markings.

Athletic Handbook

3. For Girls
 - a. Hair Pulled back and out of face
 - b. No metal or plastic hair clips

Cheerleading

1. Practice gear includes: t-shirt, shorts, sweatpants, tennis shoes (appropriate for athletics)
2. Safety Precautions:
 - a. When practicing stunts perform on protective mats.
 - b. Teach proper technique for catching a cheerleader completing a stunt.
 - c. Appropriate athlete performing each task.
 - d. Appropriate spotting (one and two person technique).
 - e. All jewelry removed for practices and games.
 - f. No face paint or face markings.
3. For Girls
 - a. Hair Pulled back and out of face.
 - b. No metal or plastic hair clips.

Cross Country

1. Practice gear includes: t-shirt, shorts, sweatpants, sweatshirts, socks, running shoes (appropriate for athletics), water bottle, and sports watch.
2. Safety Precautions:
 - a. Tennis shoes should be laced and tied properly.
 - b. All jewelry removed for practices and meets.
 - c. No face paint or face markings.
 - d. Hair pulled back and out of face.
 - e. No metal or plastic hair clips.
3. For Girls
 - a. Sports bra.

Athletic Banquets and Awards

After each athletic season has ended there will be an end of season banquet. Banquets will all be in December and May. At the banquet the coaches discuss the seasons and each player receives a medallion of participation. Each team also recognizes individual awards for three athletes on the team. Awards that are given may be MVP (Most Valuable Player), Most Improved Player, Teammate Awards or Coaches Award.

The banquets offered are for the following extracurricular activities:

Athletic Handbook

December -Baseball, Boys and Girls Cross Country and Softball, Boys Soccer and Girls Volleyball

May - Boys Basketball, Girls Cheerleading, Girls Basketball, Scholastic Bowl, Boys Volleyball and Girls Soccer

*All banquets will begin at 6pm and are held in the Lincoln Cafeteria.

Addresses of Conference Schools

Elm Middle School <http://www.sd401.k12.il.us/elm>
708-452-3550
7607 W. Cortland
(1800 North, 7600 West)
Elmwood Park, 60635

Hester Junior High School <http://www.d84.org/H/Hester.html>
847-455-2150
2836 Gustave Street
(one block west of Rose at Grand)
Franklin Park, 60131

Mannheim Middle School <http://www.d83.org/>
847-455-5020
2600 N. Hyde Park
(Grand & Mannheim, 3 blocks South of Grand turn right/West on Drummond (1 block))
Melrose Park, 60164

James Giles School <http://www.norridge80.org/>
708-453-4847
4251 N. Oriole

Athletic Handbook

Norridge, 60634

Pennoyer Elementary School <http://www.pennyerschool.org/>

708-456-9094

5200 N. Cumberland

(Foster & Cumberland)

Norridge, 60656

Rhodes Elementary School <http://www.rhodes.k12.il.us/>

708-453-1266

8931 W. Fullerton

(S. on River Rd. to Fullerton, right at Moose Lodge 3 to 4 blocks)

River Grove, 60171

River Grove School <http://www.rivergroveschool.org/>

708-453-6172

2650 Thatcher Ave.

(take Cumberland 1 block S. of Grand-turn right on River Grove Ave.)

River Grove, 60171

Rosemont School <http://www.rosemont78.org/>

847-825-0144

6101 N. Ruby

(take Higgins west to the stoplight (Scott), turn left & go 6 short blocks to Norwood, turn left-5 blocks to school)

Rosemont, 60018

Union Ridge School <http://www.urs86.k12.il.us/>

708-867-5822

4600 N. Oak Park Ave.

(between Montrose and Lawrence)

Harwood Heights, 60656

John V. Leigh School <http://www.norridge80.org/>

708-456-8848

8151 West Lawrence Avenue

Athletic Handbook

(on Lawrence between Cumberland and Canfield)
Norridge, IL 60706-3110

Athletic Booster Club

The Athletic Booster Club is a school club that is run by the Athletic Director and parents of the district. The club sponsors fundraisers and runs a concession stand to raise money to supplement and enhance the athletic experiences of the students at Lincoln.

The club is always looking for parents to help out and volunteer their time help out. If you are interested and would like some more information about the club you and contact the Athletic Director, Arielle Stephens at astephens@sd81.org or call Lincoln Middle School at 847-678-2916.



Athletic Handbook

Athletic Handbook

Athletic Contract

An Athletic Contract MUST be signed and turned into your coach at the beginning of each season. The athlete, a parent/guardian and the coach must each sign the contract in the coach's presence before the athlete can participate in any games.

Note: The 'parent/guardian signature' must be signed by a parent/guardian. Brothers, sisters, or other relatives are not acceptable signatures unless they are the guardian.

I, _____ (athlete's name), have read and understand the expectations for behavior, academics and attendance described in the Athletic and Activities Handbook. If I do not fulfill these expectations I will accept the consequences. My signature indicates my acceptance of these expectations.

I'm participating in the following sport: (circle your current sport)

Baseball Softball Soccer
Volleyball Cheerleading Basketball

Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Athletic Handbook

**This signature must be from a parent or guardian only.*

Coach's Signature: _____

Date: _____

Remove this page and return to your coach.