

INTRODUCTION TO THE LIBERTYVILLE ATHLETIC HANDBOOK

This handbook has been prepared to make information and suggestions readily available to you and your parents helping to make your athletic career here at LHS more successful. This handbook should serve as a source of information and guidelines for the operation of our programs.

It is the intent of the LHS Athletic Department that no person shall, on the basis of sex, be excluded from participation or be denied benefits or subjected to discrimination under the educational program or activities described herein. In addition District #128 ensures equal opportunities to all students regardless of race, sex, color, national origin, religion or handicap under the by-laws of the IHSA and the North Suburban League.

You will receive this athletic handbook once during your high school career. This is your only copy. Please read the material this handbook contains as you will be held responsible for the contents. Each incoming freshman student will receive a copy along with those student athletes who have transferred to Libertyville High School. Each head coach may establish additional, individual sports rules for his/her team regarding attendance at practice sessions, personal conduct, and personal appearance. These rules must be distributed to team members at or before tryouts and must be on file at the Athletic Office.

We would also like to remind you that participating in our athletic programs is a privilege and that along with this privilege is a tremendous responsibility. Be aware that you will be in the spotlight on and off of the field. Your image will reflect the perception to people of what our team, community and school is all about. It is important that you use good judgment and display mature behavior at all times. We have a great image as athletes who are competitive, do well in school and are well respected on and off the playing fields and courts. You are in a leadership role and this can never be overemphasized. It does not matter whether you are a freshman athlete or a varsity athlete, you must be a positive role model since you have the greatest impact on our programs, school and community.

PHILOSOPHY STATEMENT

Libertyville High School believes that athletics are an integral part of the educational program for the students. Libertyville will provide every opportunity for the student-athlete to participate in athletics, and also provide the proper facilities and educated coaches.

Athletics are a part of the developmental process for high school students, as the athletes will grow physically, mentally and socially. In athletics, the athletes are provided with the opportunity to participate in physical fitness daily. The athletes are developing their mental skills through practice and competition, and also learning proper ethics and morals. In athletics, the athletes are also exposed to many different social situations with teammates, opponents, and coaches.

The LHS Athletic Department will be conducted under the rules and regulations of the National Federation of State High School Associations (NFHS), the Illinois High School Association (IHSA), the North Suburban Conference (NSC) and Community High School District 128. The athletes will be expected to conduct themselves in the proper manner and remember that participation in the athletic program is a privilege. Athletics are an educational-based activity that provides another learning opportunity for students.

VISION STATEMENT

The Libertyville High School Athletic PROGRAM will be nationally recognized for excellence in the classroom, in competition and in the community.

MISSION STATEMENT

The Libertyville High School Athletic Program will promote the DARING mission of District 128 by providing our student-athletes the opportunities to reach their potential as responsible and productive citizens. This is accomplished by fostering a culture of success with an emphasis on academic, athletic, social and personal development.

CORE VALUES (PROGRAM)

Passionate: Expressing intensity and enthusiasm for team and sport.

Respectful: Constant pursuit of always doing what is right regardless of the arena.

One: Team, teammate, self

Grit: Demonstrating resilience by overcoming adversity, pushing through obstacles, and embracing opportunity to grow.

Reliable: Demonstrating through our actions that we are trustworthy and can be counted on to do what we are supposed to do.

Accountable: Being responsible for our own words and actions. We are willing to hold all members of the program to their best version of themselves.

Mindful: Manifesting a heightened awareness of others and ourselves through our words and actions. Controlling the controllables, and allowing ourselves to let go of the things we cannot control.

NORTH SUBURBAN CONFERENCE INFORMATION

Lake Forest High School	1285 N. McKinley Rd., Lake Forest 847-582-7700
Lake Zurich High School	300 Church Street, Lake Zurich 847-438-5155
Libertyville High School	708 W. Park Ave., Libertyville 847-327-7063
Mundelein High School	1350 W. Hawley Street, Mundelein 847-949-2200
Stevenson High School	1 Stevenson Drive, Lincolnshire 847-415-4000
Warren High School	500 O'Plaine Road, Gurnee 847-599-3171
Waukegan High School	2325 Brookside, Waukegan 224-303-2906
Zion Benton High School	One Z-Bee Way, Zion 847-731-9300



Directions to all North Suburban Conference Schools and directions to non-conference competition can be found on our website www.lhswildcats.org → Athletics → and then scroll down to Directions to Schools. Schools often use a number of off campus fields and facilities. We try our best to keep the most up to date information on our website; however, these sites often change. It is the responsibility of the student athlete to communicate locations or any changes in facilities to their parents.

ATHLETIC PROGRAMS

FALL SPORTS

	<u>STARTING DATES 2019-20</u>
Boys Cross Country	August 12, 2019
Girls Cross Country	August 12, 2019
Football	August 12, 2019
Boys Golf (Tryouts)	August 12, 2019
Girls Golf (Tryouts)	August 12, 2019
Boys Soccer	August 12, 2019
Girls Swimming & Diving	August 12, 2019
Girls Tennis (Tryouts)	August 12, 2019
Girls Volleyball (Tryouts)	August 12, 2019
Cheerleading (Tryouts)	Spring 2020
Pom-Poms (Tryouts)	Spring 2020

WINTER SPORTS

	<u>STARTING DATES 2019-20</u>
Boys Bowling	October 28, 2019
Cheerleading (Tryouts)	October 28, 2019
Dance (Tryouts)	October 28, 2019
Girls Basketball (Tryouts)	November 4, 2019
Boys Basketball (Tryouts)	November 11, 2019
Girls Gymnastics (Tryouts)	November 11, 2019
Wrestling	November 11, 2019
Girls Bowling	November 18, 2019
Boys Swimming & Diving	November 25, 2018

SPRING SPORTS

	<u>STARTING DATES 2019-20</u>
Girls Track & Field (includes indoor)	January 20, 2020
Boys Track & Field (includes indoor)	January 27, 2020
Boys Gymnastics	February 17, 2020
Baseball (Tryouts)	March 2, 2020
Boys Lacrosse (Tryouts)	March 2, 2020
Girls Lacrosse (Tryouts)	March 2, 2020
Girls Soccer	March 2, 2020
Softball (Tryouts)	March 2, 2020
Boys Tennis (Tryouts)	March 2, 2020
Boys & Girls Water Polo	March 2, 2020
Boys Volleyball (Tryouts)	March 9, 2020

ATHLETIC REGISTRATION

ALL ATHLETES must register online through the LHS School registration process on *Infosnap*. This registration process must be completed prior to the start of the fall athletic season. During this online registration process, please read all of the information provided and your electronic signature indicates your understanding of the information. Both, the IHSA Drug Testing Policy and Concussion Information and the LHS Athletic Code of Conducts are included in the online registration process.

ATHLETIC PHYSICAL EXAMINATION

Although the registration process will be completed online, all athletes will still need to submit a current physical to the LHS Athletic Office **BEFORE** you will be allowed to tryout or begin practice. Incoming freshmen can use the incoming freshman school physical for their athletic physical, but you need to submit a copy to the Athletic Office. Blank physical forms can be obtained from *Infosnap*, your doctor's office, the LHS Athletic website or the Athletic Office.

INSURANCE

Libertyville High School requires each student athlete be covered by accident insurance. Your electronic signature on *Infosnap* indicates that, along with your permission for your son or daughter to participate, you accept the responsibility of maintaining an insurance program to cover him or her in the event of injury.

LIBERTYVILLE ATHLETIC CODE OF CONDUCT

Community High School District #128 is committed to providing all students with a variety of opportunities to learn the skills necessary for them to reach their potential as citizens in a global society. The extracurricular program expands the learning opportunities available to students and enhances the academic program.

The district offers an extensive and diverse extracurricular program to provide expanded learning opportunities to students who wish to develop special skills and talents to a higher level. While involvement in these activities is voluntary, it is also a privilege, and students choosing to participate take on extended responsibilities as special representatives of their school and community. These responsibilities hold the student to a higher standard of conduct as a condition of participation.

This code outlines the expectations for those who choose to be involved in the extracurricular program. This code also defines the rights of our students that will accompany such responsibilities. These rights include a due process procedure, which is designed to be consistent and fair to all concerned.

The school expects that all students who choose to participate in the extracurricular program will honor these guidelines. The school must clearly communicate the expectations of this code to all students and respond to all violations in a fair and expedient manner within the guidelines defined in this code.

We believe these rights and responsibilities for students and the school will help make participation in our extracurricular program a stronger and enduring learning experience. We hope that the experience will be meaningful and enjoyable for all involved and will increase learning opportunities for all students.

PARENT/GUARDIAN CODE OF CONDUCT

Libertyville High School parents and guardians are as vital a part of sports as the athletes themselves. We strongly encourage your presence and participation at our athletic events. The essential elements of character building and ethics in athletics are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of athletics is achieved when competition reflects these "six pillars of character". The Athletic Department has included this Parent/Guardian Code of Conduct within the required athletic paperwork to ensure all parents and guardians are aware of our expectations of good sportsmanship.

ATHLETIC ABSENCES

A student must attend four (4) classes during the school day if he/she wishes to participate in athletic activities. No student will be permitted to participate in athletic activities if he/she returns to school after the end of the school day during which he/she was absent, in an attempt to be present only for the athletic contest. Extenuating circumstances must be cleared through the athletic director.

An excuse from the doctor or parent is required for the athlete to play on a Saturday if he/she has been absent from school on Friday. This is also at the discretion of the coach. If the absence is due to a doctors' appointment or illness, the student-athlete is required to provide the Athletic Director with a note of clearance from the doctor before the end of the school day.

According to the School Code of Illinois, if a student is suspended from school, he/she may not be on he campus or attend any school function for any reason. This applies to athletic contests (home and away) and practices as well.

TRANSFERRING TO ANOTHER SPORT

A participating athlete may transfer from one athletic sport to another only within a two-week period following the opening IHSA date of practice. If the participating athlete desires to transfer after the two-week period, the transfer may be made only with the written consent of both coaches involved. There will be no opportunity to return to the original sport during that year once the transfer has been made.

CUT POLICY

In some sports, cutting a team down to manageable size is necessary. Each of the sports programs will have its own policy on choosing teams, but all sports should use these principles as determinates for squad retention: talent, ability, potential, attitude, attendance, discipline. Athletes should be reminded that they are evaluated on a daily basis. Transferring policy will directly apply to such situations.

ATHLETIC FEE POLICY

All student athletes will be required to pay a fee for participation in the LHS Athletic Programs. The fee charged is \$60.00 per sports season and invoices will be sent from LHS to your home upon acceptance into team's roster.

A student athlete must pay his/her LHS basic fees first before paying for the athletic fees. If the athlete pays for his/her athletic fees but has not paid the basic fees, the athletic fee will apply toward a payment of the basic fee. The athlete will remain ineligible until both the basic fee and athletic fee have been paid.

A coach cannot waive the athletic fee. If an athlete cannot pay or needs a payment plan for his/her participation fee, they must have a parent or guardian write a letter to the principal and athletic director.

ATHLETIC REFUND POLICY

After the first scheduled contest there will be absolutely no refunds for any reason.

ATHLETIC EQUIPMENT

We will remind you that a great deal of money is spent annually to purchase and maintain our facilities and equipment. Please do your part to help keep these costs down by taking pride in what we have and exercising good judgment with equipment and uniform use.

COLLEGE-BOUND STUDENT-ATHLETE

Those athletes and parents who want information regarding scholarships or information on participating at the collegiate level should pick up the booklet, "Guide to the College Bound Athlete". This booklet contains important and valuable information on the NCAA Eligibility Center, what athletes need to know, questions athletes need to ask, and NCAA recruiting regulations. The booklet can be accessed at <http://eligibilitycenter.org>

The Libertyville High School College Resource Center also has resources available to the students and the parents.

NATIONAL LETTER OF INTENT SIGNING DAY

The Libertyville Athletic Department will arrange National Letter of Intent Signing Days for student athletes who participate in District 128 athletic programs. The student athlete must be a current participant in the high school sport for which he/she has received a National Letter of Intent. Students who are not current participants in District 128 athletic programs and receive a National Letter of Intent may arrange to sign the letter in the Principal's office.

ATHLETIC ACCOMPLISHMENTS

Each year, athletes who have distinguished themselves both as athletes and good citizens will have their photographs placed permanently on our "Wall of Fame". This information will also be included in the Touch-Screen in the LHS Front Lobby. Individuals as well as teams must meet the following criteria.

INDIVIDUAL CRITERIA

If an athlete places (earns a medal) in the IHSA State Finals, his/her picture will be placed on the wall. If the athlete earns this honor for a second time a new picture will be taken listing both accomplishments. Two pictures will not be placed on the "Wall of Fame" unless the honor is for two or three different sports. Team sport athletes who are named to the All State teams by various organizations will have their pictures also be placed on the "Wall of Fame". Honorable mention will NOT be placed on the "Wall of Fame".

TEAM CRITERIA

All NSC Conference Champions will have their captioned pictures placed in the trophy won for that year.

THREE-SPORT ATHLETE AWARD

This award will be given to any athlete who has successfully completed and earned an award in three different interscholastic sports in one year.

Freshmen, Sophomore and Junior - Framed Certificate

Senior - 8" x 10" Plaque

NSC ALL-ACADEMIC AWARD

All junior or senior athletes who will be receiving a varsity award and have a 3.5 (on 4.0 scale) or better cumulative average. All Academic Award winners will be recognized at the awards banquet and will receive a certificate.

NEWSOM AWARD

Outstanding Senior Male & Female Athlete

The criteria for this award is outstanding leadership, character, loyalty and athletic achievements while at Libertyville High School. The head coaches will nominate athletes based on the criteria and these nominations will be sent to all coaches. The coaches will select and respond to the nomination list. A committee of coaches, the assistant athletic director and the athletic director will review the information and make a selection. The outstanding male and female athlete will receive a plaque and a framed letter reviewing their accomplishments over the past four years. They will also have their pictures (11 x 14) put up in the hallway across from the athletic office.

SEASON ATHLETIC AWARDS

Athletes will be recommended for an award by a team coach based upon the attendance, effort, achievement and individual sport guidelines. An athlete must complete the entire sport season while academically eligible and be a member in good standing of the team for which the award is being given. **THE SEASON WILL BE CONSIDERED COMPLETED AT THE END OF THEIR LAST CONTEST** and upon return of all athletic equipment. Unless athletes qualify for a varsity award, they will be given the award appropriate to their year in school.

ATHLETIC AWARDS

Freshman Award - Numerals or Certificate. Only one (1) set of numerals will be given. A certificate of recognition will be awarded for participation in a second sport after earning numerals. If a numeral is lost or ruined on a jacket it may be purchased in the athletic office.

Sophomore Award or Junior Varsity Award - Orange 6" L or a certificate. Only one (1) 6" letter will be given. All other sophomore or junior varsity awards will be awarded with a certificate.

Varsity Award - Orange 8" L Varsity letters will be given for each sport in which a varsity letter is earned.

Two Year Varsity Award - Orange 8" L with 2 bars

Three Year Varsity Award - Orange 8" L with 3 bars

Four Year Varsity Award - Orange 8" L with 4 bars

Varsity Awards will be awarded to athletes who compete at the varsity level, complete the season with regular attendance at games, competitions and practices and contribute to the team in a positive manner. Athlete not meeting these criteria shall be presented the lower level award. However, each sport may have additional requirements established for awards. The coach will distribute these requirements which shall provide further information on how to achieve the aforementioned Season Athletic Awards.

ATHLETIC TRAINING

The philosophy of the Libertyville High School Athletic Training Program is that competitive athletics is a worthwhile pursuit for a student. Athletics, besides being enjoyable and educational, has many lifelong physical and mental benefits. However, occasionally there are some physical injuries. Working with the athlete, parent, coach, physician and other health care professionals, the athletic training program will provide essential athletic health care for each athlete.

The Athletic Training Program is under the direct supervision of the athletic trainer. The athletic training room is a co-ed facility where provisions are made assessing the care and prevention of athletic injuries of student athletes.

The athlete is responsible to report to the coach or athletic trainer all athletic injuries associated with athletic participation, practice or games. It is important that the athlete report not only injuries associated with athletic participation, but also any injury, illness or medical condition which may affect the athlete's ability to participate in the sport. If the athlete is under the care of a physician, a prescription needs to be on file in the athletic training room stating the diagnosis, treatment and practice or game status. The prescription is necessary for further therapy and rehabilitation.

Priority of injury care will be given to the in-season athletes. However, emergencies will be cared for immediately. The parent will always be notified in case of serious injury. If the parent cannot be reached, the student's own doctor will be contacted. Please contact the athletic trainer regarding any questions concerning sports related injuries.

Each parent and student will receive an athletic training handbook as an incoming freshman (distributed at athletic orientation night) or as a transfer student.

STUDENT TRANSPORTATION

1. District-provided Transportation: The District provides transportation for students to and from school sponsored events in two ways:
Rented Bus – Students are picked up by the bus at school and are returned to school after the event.
District Owned Vehicle – School personnel drive students to and from event.
2. Transportation Waivers: Anytime a student uses non-district transportation to travel to or from a school sponsored event, a waiver must be signed. These waivers will be available when appropriate and must be signed by both student and parent. Copies of all waivers must be kept by the appropriate administrator.
3. Athletes may not participate in an away contest if they drive themselves to the event, or if they use alternate transportation without prior permission of the Athletic Director.

The District may decline to provide transportation services for extra-curricular activities and require that participants provide their own transportation. In these circumstances, students and their parents must sign a transportation waiver.

ILLINOIS HIGH SCHOOL ASSOCIATION

The Illinois High School Association governs the equitable participation in interscholastic athletics and activities that enrich the educational experience. Libertyville High School is a member school of the IHSA.

When you become a member of an interscholastic athletic team at LHS, you will find that LHS and the IHSA have rules you must follow in order to be eligible for interscholastic sports participation. The IHSA's rules have been adopted by high schools that are members of IHSA as part of the Association's Constitution and By-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school.

The Athletic Director at LHS is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning eligibility should be referred to the AD who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility.

You can review the IHSA Constitution and By-laws at www.ihsa.org.

FREQUENTLY ASKED QUESTIONS

How does my son/daughter sign up for a sport?

- He/she can find information on the Athletic website <http://lhwildcats.org> and then visit the Athletic office for more information.

What paperwork will he/she need to turn in?

- Athletic Registration is done online through *infosnap* (this is the same program to register as a student)
- Current/updated physical forms must be on file in the Athletic Office prior to the first practice

How much will I have to pay for my son/daughter to join a sport?

- Once the student-athlete is rostered (made the team), a bill will be sent to the home address with a fee of \$60.00 per sport season that must be paid in full immediately. Athlete will not be allowed to participate in any competitions until fee is paid in full.

How do we find out about tryouts?

- Sport starting dates are listed in this handbook, contact coaches regarding specific times for tryouts. Coaches' contact information can be found on the website at <http://lhwildcats.org/content/staff-directory>

Can my son/daughter play two sports at the same time?

- No

How big a commitment is participating in interscholastic athletics?

- BIG!!! Team practice and competition schedules vary; see each individual coach.
- Students should plan on a six-day week commitment.

If my son/daughter is ill and at home during the day can she/he come to practice just to practice or competition?

- No. If a student is too ill to come to school, then it's not appropriate for him/her to be here for practice or competition. Please contact coach directly regarding absence.

My son/daughter wants to participate in interscholastic athletics in college, where can we find information to have a smooth transition from high to college sports?

- Visit NCAA eligibility center's link: <http://eligibilitycenter.org>
- Visit the LHS College & Career Resource Center - <http://lhwildcats.org/athletics-college>

Whom do I contact if I have any questions?

- General questions with regard to the athletic department should be directed to the Athletic Director.
- Please contact the head coach for concerns regarding a specific sport. Coaches' contact information can be found on the website at <http://lhwildcats.org/content/staff-directory>

