

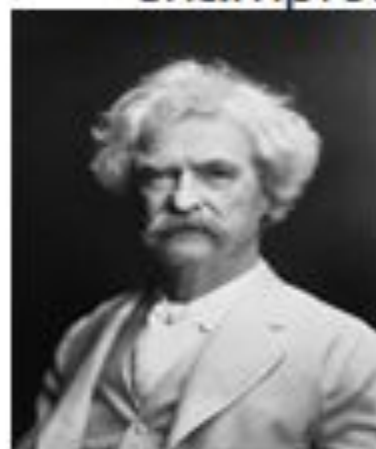


ELMWOOD PARK TIGERS

Elmwood Park Tigers Athletics Participation Orientation

Elmwood Park Tigers Athletics

- Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do...Explore. Dream. Discover.
- I like criticism. It makes you strong.
- I hated every minute of training. But I said, 'don't quit'. Suffer now and live the rest of your life as a champion.



Elmwood Park Tigers Athletics

- Why athletes with average talent succeed
 - Work hard
 - Coachable
 - Practice hard
 - Do the little things well
- Why talented athletes fail
 - Don't work hard
 - Uncoachable
 - Listen to wrong people – run in the wrong circle
 - Selfish

Elmwood Park Tigers Athletics

- Athletic Director– Mr. Noyes
- Athletic Office Secretary- Mrs. Mirabile
- @EPHSAthletics/EPHS website
- Office
 - Located near the cafeteria
 - (708)583-5468
 - Office Hours 7:30 am – 3:30 pm

Elmwood Park Tigers Athletics

- Participation in Athletics
 - Current Physical (good for 395 days)
 - Parent/Guardian Consent Form
 - \$65 (participate 3 sports, the third no fee)
 - IHSA Concussion Forms
 - ***Register @ il.8to18.com/elmwoodpark***
 - ***Registration starts July 1, 2018!***

Elmwood Park Tigers Athletics

■ Student-Athlete Attendance

- Students are required to be in attendance for **2** periods to practice or play.
- Athletes are expected to ride the school bus to and from games. If parents need to take an athlete home;
 - Contact the Athletic Office prior to the game.
 - Permission from the coach and the athlete must ride with own parent or guardian.

Elmwood Park Tigers Athletics

- Academic Eligibility
 - Athletes are required by the IHSA to earn 2.5 credits per semester (two quarters) to be eligible for the season.
 - Athletes are required to pass 3 of 4 classes weekly.
 - Grading period is Monday through Friday.
 - Athletes become ineligible starting the next Monday
 - Ineligible athletes are required to practice and attend games, but not suit up and participate.
 - The Athletic Department will send notification letters home for ineligible athletes.

Elmwood Park Tigers Athletics

- **Athletic Code of Conduct (Disciplinary Issues)**
- *“If you run with skunks, eventually you will smell like one” – Pat Fitzgerald (Northwestern Football Coach)*
 - The code is in effect 365 days cumulative over 4 years.
 - Violations are disciplined by coaches or athletic director (running, sitting portions of games, suspensions, etc.)
 - ***HAZING & BULLYING IS PROHIBITED - subject to expulsion and prosecution. See Code Handbook***
 - Social Media (Facebook) – content is subject to discipline
 - Alcohol, Tobacco and Illegal Substance Violations
 - 1st Offense – Suspension ¼ season
 - 2nd Offense – Suspension ½ season
 - 3rd Offense – Suspension for one calendar year
 - 4th Offense – Prohibition from EPHS athletics

Elmwood Park Tigers Athletics

- **Athletic Code of Conduct (Disciplinary Issues)**
- **Vaping** - *vaping is a school violation and considered a tobacco violation and considered a tobacco violation in the Athletic Code. It is illegal to purchase vaping material or devices for individuals under the age of 18.*
- **Sexual Harassment** - *pressure to engage in sexual behavior linked to school consequences or actions of a sexual nature so severe or pervasive to create a hostile environment. Those subjected to sexual harassment contact Dr. Leah Gauthier in EPCUSD district office.*

Elmwood Park Tigers Athletics

■ Quitting a Team

- Athletes who quit after 3 days of participation will not receive a refund
- If an athlete quits after two weeks of participation, they won't receive a refund and may not participate in off season conditioning for another sport unless
 - Athlete meets with the coach within 3 days of quitting
 - Athlete returns all issued equipment within 3 days of quitting
 - *"I'm responsible and accountable for myself, my choices and actions as well as their consequences"*

Elmwood Park Tigers Athletics

- Issues/Concerns From Athletes & Parents
 - First, athletes should talk to the coach.
 - Second, after the athlete speaks with the coach, the parents should contact the coach.
 - Third, Parents contact the Athletic Director after meeting with the coach. Athletes are to attend meetings with the coach and A.D.
 - Concerns should be about health, safety and welfare.
 - Questions cannot be about other athletes.
 - Questions regarding playing time are awkward; more appropriate question, “How can I (or my daughter/son) get better?”

Elmwood Park Tigers Athletics

- MRSA
 - Potentially dangerous staph bacteria that may cause skin infection
 - MRSA is contracted through direct contact
 - To prevent MRSA, athletes should;
 - Tell coaches and trainers immediately of open cuts or wounds so it can be covered
 - Wash practice clothes and jerseys frequently
 - Bring new practice clothes daily
 - Shower at school immediately after practices and games

Elmwood Park Tigers Athletics

- **IHSA Concussion Test**
 - **Concussion Monitoring** – Illinois State Law & IHSA Guideline
 - Impact Testing conducted by Head Trainer Mr. Brahmbhatt
 - Officials required to remove athletes if they see signs of a concussion. Trainer or physician clearance to return.
 - Athletes will not be able to compete without the signed consent form.