Elmwood Park Tigers
Athletics Participation
Orientation
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.
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”
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?”
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
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.