



# **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 main office
  - (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](http://il.8to18.com/elmwoodpark)***
  - ***Registration usually starts each year on July 1 (if there are changes, the school community will be notified)***

# 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
    - 1<sup>st</sup> Offense – Suspension ¼ season
    - 2<sup>nd</sup> Offense – Suspension ½ season
    - 3<sup>rd</sup> Offense – Suspension for one calendar year
    - 4<sup>th</sup> 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.