

## **PARENTS OF INTERSCHOLASTIC STUDENT-ATHLETES CODE OF CONDUCT**

*We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”). This code applies to the parents of all student-athletes involved in interscholastic sports.*

### **TRUSTWORTHINESS**

Trustworthiness - Be worthy of trust in all you do.

- Integrity - Live up to high ideals of ethics and sportsmanship; do what’s right even when it’s unpopular or personally costly.
- Honesty - Live and act honorably; don’t allow your children to lie, cheat, steal or engage in any dishonest or unsportsmanlike conduct.
- Reliability - Fulfill your commitments; do what you say you will do; be on time; when you tell your children you will attend an event, be sure to do so.
- Loyalty - Be loyal to your school and team; put the team above your interests and those of your child.

### **RESPECT**

Respect - Treat people with respect all the time and require the same of your children.

- Class - Live and cheer with class; be gracious in victory and accept defeat with dignity; compliment extraordinary performance; show respect for all competitors.
- Disrespectful Conduct - Don’t engage in disrespectful conduct of any sort, including profanity, obscene gestures, and offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect Officials - Treat contest officials with respect; don’t complain about or argue with official’s calls or decisions during or after an athletic event.
- Respect Coaches - Treat coaches with respect at all times; recognize that they have team goals beyond those of your child. Don’t shout instructions to players from the stands; let the coaches’ coach.

### **CARING**

Caring - Being kind and caring, and to treat others the way that you want to be treated. Demonstrating caring will model kindness and compassion for others and discourage selfishness.

- Encouragement - Encourage your children, regardless of their play; offer positive reinforcement. Demonstrate sincere interest in your child’s play.
- Concern for Others - Demonstrate concern for others; never encourage the injury of any player, official, or fellow spectator.
- Empathy - Consider the needs and desires not only of your child but of his and her teammates; help promote the team concept by encouraging all team members, understanding that the coach is responsible for determining playing time.

Responsibility - Accept responsibility for our choices both action and inaction.

- Importance of Education – Stress that student-athletes are students first. Be honest with your children about the likelihood of getting an athletic scholarship or playing on a professional level. Place the academic, emotional, physical and moral well-being of your child above the desires and pressures to win.
- Role-Modeling – Consistently exhibit good character and conduct yourself as a positive role model for your children.
- Self-Control – Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to demean others.
- Integrity of the Game – Protect the integrity of the game; don't gamble on your children's games.
- Privilege to Compete – Assure that you and your child understand that participation in interscholastic sports is a privilege, not a right, and that they are expected to represent their team, school, and family with honor – on and off the field of play.

### **FAIRNESS**

Fairness – Treat all competitors fairly; be open-minded; always be willing to listen and learn.

### **CITIZENSHIP**

Citizenship - Obey the laws and rules. A person who demonstrates citizenship listens to their coaches, referees and parents. Citizenship reminds us to do our share for our community and protect our environment.

- Know the Rules – Maintain a thorough understanding of all applicable game and competition rules.

## **TRAUGHBER ATHLETICS**

It is our goal to provide the most meaningful athletic experiences that we can for our youngsters. The area of athletics provides valuable experiences for our youth that could not be provided in any other way.

### Intramural

The intramural program is open to Traughber students at all grade levels. Students may participate in one intramural activity per quarter. The intramural will not be open to students who are members of the interscholastic team of the same sport. For instance, the members of the boys' interscholastic basketball team will not be allowed to participate in the boys' basketball intramural. This will be the case for all interscholastic sports. (Girls volleyball, soccer, boys and girls basketball) We especially want to encourage our sixth graders to participate in intramurals since they are ineligible to participate in the interscholastic program; with the exceptions of wrestling and cross country. Intramurals will begin immediately after school. Students should have rides home present at 4:00pm.

### Interscholastic

In order to assure adequate playing time, we have had to set a maximum number of participants on athletic teams. Places on the team are gained through a "tryout" procedure. Prior to the tryout, students must have a record of a physical given within one year (good for one year from date of physical exam) on file at school.

It will be necessary for athletes at the junior high level to pay a user fee. The user fee is \$30 per sport, with a maximum of \$60 per year. Being on a team does not guarantee playing time. The intramural program guarantees the participant playing time, interscholastic programs do not. The interscholastic program relies on the judgment of the coaching staff.

All student athletes trying out for a position on an interscholastic sports team MUST HAVE A COMPLETED PHYSICAL ON FILE AT THE SCHOOL PRIOR TO PARTICIPATING IN THE TRYOUT PROCEDURE. Our main concern is for the protection of the health, safety, and welfare of our students. This policy regarding physicals is in effect for all interscholastic sports throughout the year. We thank you for your assistance in this matter.

We do not believe that our athletic program must have an overwhelming win/loss record in order to be successful. However, youngsters must learn that through sacrifice, hard work, and perseverance, some degree of success can be achieved.

Interscholastic sports programs will begin their athletic practices right after school. Students will be expected to be dressed and ready to practice. On game days, students will be supervised by their coaches until game time.

Students will be transported by the district bus service to each away contest. Students may ride home from the contest when the parent signs the student out with the coach. The parent is responsible for confirming this with the coach. A parent may not sign out any students other than their own without consent of the coach and the other student's parents.

The interscholastic programs that are offered for seventh and eighth graders at Traughber include:

Boys - Soccer, Cross-Country, Basketball, Wrestling, Track

Girls - Soccer, Cross-Country, Volleyball, Basketball, Track, and Spirit Squad

Sixth grade students are allowed to participate in the sports of cross-country and wrestling.

We appreciate parental involvement in their children's activities. We realize the cost in time as well as in equipment is tremendous.

Should you have any questions regarding the athletic policies of Traughber Junior High, please discuss your concerns with your child's coach, or call our Athletic Director, Miss Angie Smith, Assistant Principals Rene Garren or Amy Zientek, or Principal, Dr. Ralph Kober. The school phone number is (630) 636-2700.

## ATHLETIC SCHEDULE

*The following schedules are subject to change or to be adjusted by the coach/sponsor.*

### Intramurals

1 <sup>st</sup> Quarter	3:10-4:00	Boys' Basketball, Flag Football
2 <sup>nd</sup> Quarter	3:10-4:00	Girls' Basketball, Weightlifting
3 <sup>rd</sup> Quarter	3:10-4:00	Badminton, Floor Hockey
4 <sup>th</sup> Quarter	3:10-4:00	Softball, Volleyball

### Interscholastic

<b>Fall</b>	3:10-4:30	Cross-Country	<b>Winter</b>	3:00-5:00	Wrestling
	3:10-5:00	Boys Soccer		3:10-5:00	Spirit Squad
	3:10-5:30	Volleyball		3:00-5:30	Basketball-Boys/Girls
<b>Spring</b>	3:10-5:00	Track			
	3:10-5:00	Girls Soccer			

### Student Lockers (Hallway)

The corridors in which the student lockers are located will not be open to students after 3:30 p.m. during athletic contests. Students and the performing athletes, including the cheerleaders will need to take their books, coats, and all other needed belongings with them to the gymnasium.

### Participating in "After School" Activities Following Absence

Students who are scheduled to perform/compete in an after-school event/competition must be in attendance for the majority of the school day. This means that a student who plans on participating must be present in the building for a minimum of five (5) full class periods the day of the event/competition. Allowances for "extenuating circumstances" will be reviewed on an individual basis with the coach/director, athletic director, assistant principal, or the principal.

## ELIGIBILITY RULES

The students who will need to meet eligibility requirements are: interscholastic athletes, statistic personnel, and managers.

Student athletes must pass all but one of their classes to continue being academically eligible. This determination will be made by the teacher on the basis of that present grade cumulative from the beginning of the quarter.

- Any student who fails two (2) or more subjects on a quarter report card is automatically ineligible for the entire following quarter. Students who are ineligible for the entire quarter may not participate in practice.
- Any student who receives two (2) F's on a weekly basis may practice, but may not participate in an athletic event until the eligibility sheet states the student no longer has two (2) F's.

Student athletes are expected to cooperate fully with all school personnel. Although the eligibility process tends to cover most situations, we cannot anticipate every eventuality. Part of the learning process designed for athletes is adherence to rules as well as utilizing the after-school study hall (Wednesdays) to ensure high academic goals. Individuals may be disciplined for failure to cooperate.

Athletes also have a responsibility to the coach to arrange a ride home after practices and games in a timely fashion. Families are reminded that our coaches are NOT EXPECTED to remain after practice/games to supervise athletes awaiting rides. Athletes may need consequences if the problem is not corrected.

Hopefully, the dismissal of a student athlete will not occur. We would hope that if remediation of a problem is needed, the coach will be able to work out a solution which is agreeable by all. However, should dismissal be necessary, the parents may appeal the decision to school administration.

## **OSWEGO COMMUNITY UNIT DISTRICT #308** **ATHLETIC RULES AND REGULATIONS**

### General Philosophy

The administration believes that every person associated with athletics should emulate an appearance, conduct, and attitude that are reflective of his/her school and sport. We also believe that the following rules and regulations are necessary for developing character that will be beneficial toward the total growth of an individual participating in athletics at Traugher Junior High.

**A. Athletic Appearance**

Each athlete should not attract undue attention, but should be representative of that sport and the school.

**B. Training Rules and Regulations for Athletes of School District #308**

The following rules have been established by the Athletic Department. All athletes are expected to follow these training rules. Coaches are required to enforce these rules. Any violations of existing rules shall NOT be served concurrently with the general school discipline policy.

## CONDITIONS FOR PARTICIPATION

The Traughber Junior High School Athletic Department Waiver form must be completed before being allowed to try out, practice, and participate for each sport. There is a separate form for Interscholastic (between other schools) and Intramural (between teams made up from Traughber students only). These forms are included in this booklet for your reference.

- 1) Parents must fill out and sign the Traughber Junior High School Athletic Waiver. All designated areas of the form must be completed, including the insurance information section.
- 2) The athlete shall sign where indicated, verifying his/her intent to comply with all training rules.
- 3) For interscholastic sports, student athletes must have on file in the health office a current physical exam. These exams are valid for one year from the date performed by the doctor. If the exam expires during a sports season, a new one must be presented to the nurse before the one-year expiration date is reached.
- 4) A student athlete must have passed 5 classes the previous quarter and must presently be passing 5 classes during the present quarter.
- 5) User fees must be paid prior to the first contest.

Unusual circumstances will be handled by the athletic director and/or school administration on a case by case basis.

Traughber Junior High School will provide an equal opportunity to all students to try out for a team in any sport. Participation in summer programs or camps will not be a determining factor in the selection of athletic teams for any sport.

Additionally, we, as a school, ask our student athletes to conform to the rules and conduct themselves in a way that shows support, respect, and appropriateness for the adults who are assigned to officiate the athletic events. We would also ask that adults who are present to support their student athletes show the same level of respect to officials. We demand respect from our student athletes and strongly believe that spectators should provide the positive example from which our school community can be proud of.

## DIRECTIONS TO SPORTING EVENTS

Bednarcik Junior High - 3025 Heggs Road, 636-2500

- Wolf Road east to school

Cowherd Middle School - 441 N. Farnsworth, Aurora 978-3760

- Montgomery Road to Hill Avenue, turn LEFT, Hill to New York Street, turn RIGHT, New York to Farnsworth, turn LEFT.
- Route 34 West to Orchard, turn RIGHT, Orchard to Indian Trail, turn RIGHT, Indian Trail to Farnsworth, turn RIGHT.

Drauden Point Middle School - 1911 Drauden Rd, Plainfield 815-577-4900

- Plainfield Road to Route 126, turn LEFT, Route 126 to County Line Road, turn RIGHT, County Line to Caton Farm Road, turn LEFT, Caton Farm to Drauden Point Road, turn RIGHT.

Herget Middle School - 5 S 530 Deerpath Rd, Aurora 301-5006

- Orchard to Indian Trail, turn LEFT, Indian Trail to Deerpath, turn RIGHT

Heritage Grove Middle School - 12450 S. Van Dyke Road, Plainfield 815-439-4810

- Wolf Road to Route 30, turn RIGHT, Route 30 to 127<sup>th</sup> Street, turn LEFT, 127<sup>th</sup> Street to Van Dyke Road, turn LEFT.

Indian Trail Middle School - 1005 N. Eastern Ave., Plainfield 815-436-6128

- Plainfield Road to Route 126, turn LEFT, Route 126 to Eastern Avenue (past Route 59, 2 blocks past RR tracks), turn RIGHT.

Ira Jones Middle School - 15320 Wallin Rd, Plainfield 815-267-3600

- Plainfield Rd to Route 126, turn LEFT, Route 126 to Van Dyke Rd, turn RIGHT, Van Dyke Rd to Ottawa, turn RIGHT

Jefferson Middle School - 1151 Plum Street, Aurora 844-4535

- Route 34 West to Orchard, turn RIGHT, Orchard to Galena Blvd., turn RIGHT, Galena to Randall Road, turn LEFT, Randall to Plum Street, turn RIGHT.

Jewel Middle School - 1501 Waterford, North Aurora 264-4700

- Route 34 West to Orchard, turn RIGHT, Orchard to Oak Street, turn RIGHT, Oak to Forest Ridge Drive, turn LEFT, Forest Ridge to Waterford, turn RIGHT.

Kaneland Middle School - 1 N 137 Meredith Road, Maple Park 365-3005

- Route 34 West to Route 47, turn RIGHT, Route 47 to Harter Road, turn LEFT, Harter to Dauberman Road, turn RIGHT, Dauberman to Kesling Road, turn LEFT.

Plainfield Central High School - 611 W. Fort Beggs Drive, Plainfield 815-436-3200

- Plainfield Road to Route 126, turn LEFT, Route 126 to James Street, turn RIGHT, follow James to school on left.

Plainfield South High School - 77800 Caton Farm Road, Plainfield 815-254-1713

- Plainfield Road to Route 126, turn LEFT, Route 126 to County Line Road, turn RIGHT, County Line to Caton Farm Road, turn LEFT.

Plano Middle School - 804 S. Hale Street, Plano 552-3608

- Route 34 West to Hale Street, turn LEFT.

Sandwich Middle School - 600 S. Wells Street, Sandwich 815-786-2138

- Route 34 West into Sandwich, to Wells Street, turn LEFT

Timber Ridge Middle School - 2101 Bronk Road, Plainfield 815-439-3410

- Plainfield Road to Route 126, turn LEFT, Route 126 to County Line Road, turn RIGHT, County Line to Caton Farm Road, turn LEFT, Caton Farm to Bronk Road (1 block east of Route 59), turn RIGHT.

Van Horn Woods - 17301 Lily Cache Rd, Plainfield

- Route 126 to US 30/IL 59, turn RIGHT, Route 59 to Rolf Rd, turn LEFT, Rolf Rd becomes Lily Cache Road

Washington Middle School - 231 S. Constitution Drive, Aurora 301-5017

- Route 34 West to Route 31, turn RIGHT, Route 31 to Prairie Street, turn LEFT, Prairie to Edgelawn, turn RIGHT, Edgelawn to Kensington, turn LEFT, Kensington to Alschuler Drive, turn RIGHT, follow Alschuler around curve to school

West Aurora High School - 1201 W. New York Street, Aurora

- Take Orchard to Galena, RIGHT on Galena to Randall, LEFT on Randall to Plum Street, RIGHT on Plum to school

Yorkville Intermediate School - 103 E. Schoolhouse Road, Yorkville, 553-4594

- Route 71 West to Route 126, turn RIGHT. Route 126 is called Schoolhouse Road. School is located just before Rout 47.

Yorkville Middle School - 920 Prairie Crossing, Yorkville 553-4544

- Near the intersection of Route 71 and Route 126.

Student ID# \_\_\_\_\_ Physical dated: \_\_\_\_\_  
(Valid for one year from the currently dated physical form)

**TRAUGHBER JUNIOR HIGH SCHOOL**  
**ATHLETIC DEPARTMENT**

**INTRAMURAL SPORTS WAIVER**

I, \* \_\_\_\_\_, parent or legal guardian of  
*Parent/legal guardian's name*

\* \_\_\_\_\_, give permission for my child to  
*Student's Full Name*

Participate in Intramural Sports.

Name of Intramural Sport: \_\_\_\_\_

*She/He does not have the insurance offered through the school district, but we are satisfied that the insurance policy we carry is sufficient for this purpose. In the event of an accident and/or injury, we do hereby agree to hold harmless and indemnify the Oswego Community Unit School District #308, its employees and agents.*

Our Insurance Company: \* \_\_\_\_\_

Insurance Policy Number: \* \_\_\_\_\_

Parent's Signature: \* \_\_\_\_\_

Date: \* \_\_\_\_\_

Home Phone: \* \_\_\_\_\_

Parents' Cell Phone: \* \_\_\_\_\_

Student currently in grade (circle): 6<sup>th</sup> grade      7<sup>th</sup> grade      8<sup>th</sup> grade

Student ID# \_\_\_\_\_ Physical dated: \_\_\_\_\_  
(Valid for one year from the currently dated physical form)

**TRAUGHBER JUNIOR HIGH SCHOOL**  
**ATHLETIC DEPARTMENT**

**INTERSCHOLASTIC SPORTS WAIVER**

I, \* \_\_\_\_\_, parent or legal guardian of  
*Parent/legal guardian's name*

\* \_\_\_\_\_, give permission for my child to  
*Student's Full Name*

Participate in Interscholastic Sports.

Name of Interscholastic Sport: \_\_\_\_\_

*She/He does not have the insurance offered through the school district, but we are satisfied that the insurance policy we carry is sufficient for this purpose. In the event of an accident and/or injury, we do hereby agree to hold harmless and indemnify the Oswego Community Unit School District #308, its employees and agents.*

Our Insurance Company: \* \_\_\_\_\_

Insurance Policy Number: \* \_\_\_\_\_

Parent's Signature: \* \_\_\_\_\_

Date: \* \_\_\_\_\_

Home Phone: \* \_\_\_\_\_

Parents' Cell Phone: \* \_\_\_\_\_

Student currently in grade (circle): 6<sup>th</sup> grade      7<sup>th</sup> grade      8<sup>th</sup> grade