

**MENDOTA
TOWNSHIP
HIGH SCHOOL
#280**

**PARENT-
STUDENT
ATHLETIC
HANDBOOK**

2010-2011

TABLE OF CONTENTS

| | |
|----------------------------------------------------------------------|------------|
| Handbook Rationale | 4 |
| Mendota Township High School Athletic Mission Statement | 4 |
| Illinois High School Association Information..... | 5 |
| Expectations of Athletes | 6 |
| Expectations of Parents | 7 |
| Parental Sportsmanship | 7 |
| Unsportsmanlike Conduct Policy | 7 |
| Communication Chain of Command | 8 |
| Parent Communication with Coaches..... | 8 |
| Mendota Booster Club..... | 9 |
| Parent/Athlete Participation Checklist | 9 |
| Student Drug and Alcohol Testing Policy..... | 10 |
| Drug and Alcohol Testing General Information..... | 12 |
| Academic Eligibility..... | 13 |
| Attendance Policy..... | 13 |
| Physical Education Exemption | 13 |
| General Information | 14 |
| Period 8 Transportation Waiver..... | 14a |
| Athletic Awards..... | 15 |
| MRSA Informational Letter | 16 |
| Prospective College Athletes Information | 17 |
| Academic Eligibility | |
| What is a Core Course | |
| Grade-Point Average | |
| ACT and SAT Test Score Requirements | |
| Random Drug Testing Consent Form..... | 24 |
| Athletic Permit Card | 25 |

Athletic Physical Form26
Mendota Community Hospital Consent Form.....28
Mendota Booster Club Application.....29
Resource Information30
Parent & Athlete Signature Page31

HANDBOOK RATIONALE

This handbook was written for the student-athletes and their parents at Mendota Township High School in order that athletes and their parents may be better informed of the athletic rules, policies, and procedures of Mendota Township High School.

Regardless of how complete a handbook may be, it cannot anticipate all of the different situations that may occur. It is meant rather as a guide to point out the direction of the Mendota Township High School Athletic Department; therefore, changes can be made at the discretion of the administration.

Participating as a student-athlete at Mendota Township High School distinguishes you as an individual with exceptional opportunities. Athletics will offer to you many worthwhile experiences and associations which non-participants will not have. We offer this program as a privilege and strongly encourage your 100% cooperation in any sport with which you wish to participate.

MENDOTA TOWNSHIP HIGH SCHOOL ATHLETIC MISSION STATEMENT

At Mendota Township High School, athletics are an important aspect of the school and curriculum. The MTHS athletic department achieves its mission by providing the best opportunity, inspiration, and resources for student-athletes to strive to reach their fullest academic and athletic potential. A successful sports program generates a sense of school pride for the entire community. Student athletes from MTHS will be prepared for any occupation or walk of life having acquired the values of integrity, sportsmanship, and leadership in athletics. Student athletes will enjoy a competitive spirit, self-control, camaraderie with teammates and a sense of personal self worth. Leadership skills, loyalty, self-discipline are character traits gained through participation. Athletics must NEVER overshadow the main purpose of an education. Athletes are encouraged to participate in a wide variety of school-sponsored activities

ILLINOIS HIGH SCHOOL ASSOCIATION (IHSA)

Mendota Township High School District 280 is a member of the Illinois High School Association (IHSA) based in Bloomington, Illinois. Therefore, we must adhere to all bylaws and regulation set down by the IHSA. The bylaws and regulations of the IHSA can be viewed at IHSA.org.

SPORTSMANSHIP MISSION STATEMENT

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic programs of the IHSA member schools, as well as for the individuals who participate in such programs. People involved in all facets of the interscholastic program are expected to demonstrate respect for others and display good sportsmanship.

SPORTSMANSHIP IS EVERYBODY'S RESPONSIBILITY

Sportsmanship starts on the court or athletic field and extends into the bleachers and beyond. In today's increasingly competitive environment, the thrill of victory and the agony of defeat seem to be more intensified than ever before. It is important to raise the public awareness of sportsmanship and interscholastic activities.

It is everyone's responsibility to practice good sportsmanship. Recognizing the efforts by athletes, coaches, administrators, spirit groups and fans is a valuable part of the interscholastic experience.

SPORT A WINNING ATTITUDE (The Sporting Creed)

The Participant...

1. Respects officials and accepts their decisions without question.
2. Lives clean and plays hard. Plays for the love of the game.
3. Wins without boasting, loses without excuses, and NEVER quits.
4. Never forgets that he/she represents his/her school.

The Spectator...

1. Respects officials, players, and coaches of all teams and treats them courteously.
2. Acknowledges the efforts of participant involved in interscholastic activities.
3. Always demonstrates behavior which is conducive to good sportsmanship.
4. Never forgets that he/she also represents the school.

EXPECTATIONS OF ATHLETES

- 1. Athletes must meet all academic and behavior guidelines and strive for excellence.**
- 2. Athletes are representatives of their school and community. They are to conduct themselves in a sportsmanlike and ethical manner and play by the rules at all times; be humble in victory and gracious in defeat. Good sportsmanship is a prime objective in Mendota Township High School District 280 and is expected of its participants.**
- 3. Athletes must abide by the decisions of, and show respect toward, the game officials who are charged with administrating the contest.**
- 4. Athletes are to respect the talent and efforts of opposing players and coaches. Any disrespect shown opposing players, coaches and fans will not be tolerated.**
- 5. Athletes will not participate in any activities involving harassment, hazing, and bullying, as defined by school policy.**
- 6. Racial, ethnic or other prejudice has no place in competitive athletics. Respect must be given to fellow athletes for themselves and not according to race, creed or religious or other beliefs.**
- 7. Athletes must comply with the requirements of this Handbook.**
- 8. Athletes must be on time to, and regularly attend, all team practices and contests and comply with all team rules and accept constructive criticism from the coach.**
- 9. In the event an interscholastic athlete elects to quit a sport prior to the completion of the season; or in the event where an athlete is removed from a team for disciplinary reasons, that athlete will be restricted from participating in pre-season open gym sessions for the upcoming season. It will be the coach's discretion if that athlete will be allowed to play on the team the following year.**
- 10. Athletes must meet all IHSA requirements.**
- 11. Athletes must not use, be in possession of, or be involved with tobacco, marijuana, controlled substances or drugs not properly prescribed to the athlete, or any other intoxicating substance. An athlete will not attend or host a party, and the participant's parent(s) (guardian) or family members will not host a party, of high school students or minors at which alcohol, tobacco or any controlled or other improper substances are provided or at which the use of any such substances is permitted.**
- 12. Athletes must exhibit good sportsmanship both as an athlete in competition and as a spectator at a contest. An athlete who is ejected from a game will be subject to consequences at the discretion of the Athletic Director, Assistant Principal, or Principal.**

EXPECTATIONS OF PARENTS SPORTSMANSHIP

Parents will demonstrate good sportsmanship by displaying the following behaviors:

- **Providing support for coaches and officials in order to provide a positive, enjoyable experience for all student athletes, other parents, and fans.**
- **Understanding the game is for the students and not for the adults.**
- **Recognizing that student participation in athletics is a privilege.**
- **Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and the school.**
- **Promoting the team by being supportive and helpful of the school program.**
- **Refraining from coaching their student from the stands or the sidelines.**
- **Expecting consistent student attendance at practices and games.**

The parents will create a positive and supportive environment to promote their student/athlete's well being by:

- **Supporting good conditioning and healthy lifestyle habits.**
- **Placing the emotional and physical well being of their student ahead of any personal desire to win.**
- **Supporting their student in planning how to meet their academic responsibilities given the demands of training and practice.**
- **Being a role model for other parents by remaining positive at sporting events.**
- **Supporting the student athlete code of conduct.**

UN-SPORTSMANLIKE CONDUCT POLICY

When a spectator at a Mendota High School District #280 athletic or extracurricular event is ejected from the event for exhibiting un-sportsmanlike, disruptive, or disrespectful behavior, the following requirements must be satisfied:

- 1. An administrator and/or law enforcement officer will escort the spectator off school grounds.**
- 2. The spectator will receive, through certified mail, notice of a meeting with that building administrator or designee to discuss the facts of the incident.**
- 3. Within 48 hours of that meeting, the spectator will be informed of the administrative disposition.**
- 4. If the spectator's removal from attending Mendota High School District #280 athletic and extracurricular events extends beyond a single event, a hearing will be scheduled with the Athletic Committee and/or Board of Education. A notice to appear at the hearing will be sent through certified mail. This hearing will be scheduled by the building administration through the Superintendent or his/her designee.**

COMMUNICATION CHAIN OF COMMAND

The parents will communicate fairly and openly with coaches by:

- Communicating openly, honestly, and with respect
- Communicating issues and concerns in an appropriate and timely manner including those of physical and emotional well being on behalf of their student.
- Following an appropriate chain of communication:
 - 1. A meeting of the parent, the athlete, and the Coach/Assistant Coach. (Athlete's attendance is mandatory!)
 - 2. A meeting of the parent, athlete, Coach/Assistant Coach, and the Athletic Director.
 - 3. A meeting of the parent, athlete, Coach/Assistant Coach, Athletic Director, and Principal.
 - 4. A meeting of the parent, athlete, Coach/Assistant Coach, Athletic Director, Principal, and Superintendent.
 - 5. A meeting of the parent, athlete, Coach/Assistant Coach, Athletic Director, Principal, Superintendent, and Athletic Committee.
 - 6. A meeting of the parent, athlete, Coach/Assistant Coach, Athletic Director, Principal, Superintendent, Athletic Committee Representative, and the Board of Education.
- Attending parent meetings and reading information disseminated by the athletic department and coaches.

PARENT COMMUNICATION WITH COACHES

It is sometimes difficult to accept our child's limited playing time. Coaches are professionals. They make judgment decisions based on what they believe to be best for ALL students-athletes involved.

Examples of issues appropriate to be discussed with coaches;

1. Ways for your child to improve.
2. Your child's behavior.
3. The treatment of your child mentally and physically.

Examples of issues NOT appropriate to discuss with coaches;

1. Playing time.
2. Team strategies.
3. Play calling.
4. Other student-athletes.

BOOSTER CLUB

The Mendota Booster Club is a group of friends and parents who are interested in the support and encouragement of interscholastic athletics at Mendota Township High School. They provide financial support to all athletic activities. They have been responsible for generating funds and improving athletic equipment and facilities. Meetings are held in the Board room the first Wednesday of every month during the school year. Membership dues are \$15 (application is found in the back of this handbook). They are responsible for giving every student and teacher a school planner free of charge. They are also responsible for the Trojan Treasure Chest. It is requested that every player sell at least ten tickets for every sport they participate in. Details will be given to each team. The Grand Drawing will be done at the Booster Drawdown.

PARENT/ATHLETE PARTICIPATION CHECKLIST

To be eligible to participate in the interscholastic athletic program at Mendota Township High School District 280, each interested athlete must clear the eligibility clearance procedure. To do so, the interested athlete must: .

1. Meet the academic requirements per MHS policy.
2. Attend the mandatory parent-athlete preseason meeting once per school year.
3. Obtain and Read "Student & Parent Athletic Handbook"
4. Submit the completed "Athletic Permit Card" to the Athletic Office. Ensure that all forms are properly signed and all information is answered. (A reference copy of the Athletic Permit Card is included in this handbook.)
5. Athletic Physical Form -each interested athlete must show proof of an examination by a physician. Freshmen athletes may count their freshmen entrance physical toward this requirement. An athletic physical will NOT count towards a freshman entrance physical. Sophomore, junior, and senior athletes must have an "IHSA Physician's Certificate" on file for this school year. (A copy of which is found in the back of Student & Parent Athletic Handbook)
6. Obtain and read the "STUDENT DRUG AND ALCOHOL TESTING POLICY". After reading, sign and submit "Random Drug Testing Consent Form"
7. Mendota Community Hospital consent form to allow MCH to provide medical treatment.

NOBODY WILL BE ALLOWED TO BEGIN PRACTICE OR TRYOUTS WITHOUT COMPLETING STEPS 1, 2, 3, 4, 5, 6 and 7!

8. Finally, submit participation fee of \$55 per sport prior to the student-athlete's first contest of the season. No athlete will be able to compete for his/her team without this fee being submitted. Participation fees are NOT refundable. Any student who qualifies for free/reduced lunches will have their participation fee waived.

STUDENT DRUG AND ALCOHOL TESTING POLICY

The Board of Education believes that the use of alcohol or drugs by students who participate in extra-curricular activities presents a particular hazard to the health, safety, and welfare of the students. The Board encourages students to participate in extra-curricular activities, but the opportunity to participate in any of these elective activities is not an absolute right. Rather, it is a privilege offered to eligible students on an equal opportunity basis. To be eligible to try out for, or to participate in, any school sponsored extra-curricular activity; students must agree to submit to testing for the use of drugs and alcohol, if selected in accordance with this policy. This policy shall apply to all school sponsored extra-curricular activities for which no academic credit is awarded.

A). It is the intention of the Board of Education that this policy protect the health, welfare, and safety of students engaged in extra-curricular activities and to establish minimal standards of eligibility for such activities. Its purpose is to better assure a student's health, and physical and mental fitness to participate in extra-curricular activities and not to provide a means by which the district may punish a student rather than barring such student from participation in extracurricular activities. Therefore, the positive results of any drug or alcohol test administered pursuant to this policy will be used for determining eligibility to try out for and participate in extra-curricular activities and for no other disciplinary purpose.

B). Students who wish to try out for and/or participate in school sponsored extra-curricular activities shall be randomly tested for drugs and/or alcohol in accordance with this policy. The student identification number of such students shall be sent to the independent testing laboratory. Students involved in extra-curricular activities will be subject to testing for the entire school year. The school district shall at least annually direct the testing lab to randomly select by student identification number up to 8% of the students participating in extra-curricular activities. The testing lab shall then notify the school district of which identification numbers have been selected. Those selected shall be notified by the school district and tested that same day, if possible. The student to be tested shall complete a specimen control form which shall bear an assigned number without the knowledge of the school district. On that form, the student must identify prescription medications which he/she is currently taking pursuant to a doctor's authorization. This testing shall be monitored by an adult monitor from the testing lab and/or Mendota Community Hospital. The student shall produce the sample in a bathroom that has had its faucets temporarily disabled to prevent tampering and the water therein shall be treated with dye. The monitor shall remain directly outside the bathroom and shall note any unusual circumstances, behavior, or appearance of the student or specimen. After the sample is produced, the monitor shall check it for temperature and tampering and then transfer it to a vial. If a student refuses to be tested, that student shall be deemed to have tested positive, and shall be subject to the disciplinary measures mandated by this policy.

C). The samples shall be sent to an independent laboratory which shall test for alcohol and/or drugs. The identity of a particular student shall not determine which drugs shall

be tested for. The tests conducted shall look only for drugs and/or alcohol and not for whether a student is, for example, epileptic, pregnant, or diabetic.

D). If a sample tests positive, a second confirming test of the same sample shall be administered as soon as possible to confirm the result. If the second test is negative, no further action shall be taken. If the second test is positive, the medical review officer shall attempt to talk with the student as soon as possible. The district reserves the right to consult the medical review officers with questionable results. If a student refuses to take the drug test, it will result in a violation and deemed as a positive screen. If this is the student's first violation, the student's parents shall be notified and the school administrator shall convene a meeting with the student and his or her parents at which the student shall be suspended for the appropriate 1st offense consequence and shall be required to participate in an assistance counseling program. A student who is notified of a positive test will be released to parents/guardians after the meeting. A second violation, or refusal by the student to complete the extra-curricular suspension and counseling described for the first violation, shall result in the appropriate 2nd offense violation consequence. A third violation shall result in the appropriate 3rd offense violation consequence.

For purposes of this policy, a "season" shall generally be considered to include the time from the tryouts (if none, then the first practice, rehearsal, etc.) through the last event, competition, or performance. Any student suspended from extra-curricular pursuant to this policy (including those who were deemed to test positive by reason of their refusal to be tested) shall not be allowed to participate in any extra-curricular activity during the period of the suspension.

Prior to trying out for and/or participating in school sponsored extra-curricular activities, students and parents/guardians must sign a form consenting to the testing. A consent form will be distributed to all students and shall read as follows:

I wish to try out for and/or participate in a school sponsored extra-curricular activity _____ (identify activity). I have read the Board of Education's extra-curricular drug and alcohol testing policy for students, and I understand the Board of Education's policy and procedures and consent to follow said policy and procedures, including being subjected to drug and alcohol testing, as a condition of participation in extra-curricular activities. I understand that if I disobey the rules I will be excluded from the opportunity to participate in extra-curricular activities as proved in the Board's policies and procedures. Further, I also authorize the release of the results of such a test to the school district and my parents and/or guardians.

I, _____, parent of _____, acknowledge my son's/daughter's wish to try out for and/or participate in school sponsored extra-curricular activities. I have read the Board of Education's Drug and Alcohol Testing Policy for students and I consent to my son/daughter being subject to the drug and alcohol testing as a condition of participation in extra-curricular activities. I also authorize the information concerning the results of such test to be released to the school district.

Drug and Alcohol Testing General Information

Random Selection of Participants for Testing: At the beginning of each school year, each participant will be assigned a number by the administration. Students will be eligible for random drug testing throughout the school year. The student numbers will be randomly selected from the testing lab, and the students tested in the order of selection.

Carry Over: If the season for an extra-curricular activity does not allow the participant to successfully complete the suspension, the suspension will carry over to the next season in which participation occurs. No award for such participant will be given until the suspension is completed. The participant may be required to practice with his/her team during this period of suspension.

Noncompliance: If the extra-curricular participant or his/her guardians refused to sign the consent form for substance abuse testing, the student will not be permitted to be a member of the activity until the consent form is signed. Also, if the extra-curricular participant refuses to be tested or does not complete the test as instructed, the participant will be considered in violation of this policy and automatically ineligible as a participant.

Self-Reporting/Admission: Student self-reporting is a process designed to allow a student to recognize a prohibited substance problem and bring it to the attention of staff and/or an administrator. Under this policy a student receives no consequence for self-reporting, but must undergo a substance abuse assessment and counseling. This is a non-punitive referral. However, once a student is randomly selected, the self-reporting process is no longer an option. Second and subsequent self-reports will be reviewed individually in regard to the basis for the self-report, this policy and the extra-curricular code.

Under this policy, a student receives no consequence for self-reporting, but must undergo a substance abuse assessment and counseling. This is a non-punitive referral. However, once a student is randomly selected, the self-reporting process is no longer an option. Second and subsequent self-reports will be reviewed individually.

ACADEMIC ELIGIBILITY

In order to maintain eligibility in season, each athlete must meet IHSA weekly academic standards as well as semester academic standards (see IHSA scholastic standing at end of this book).

ATTENDANCE POLICY

A student must be in attendance by the beginning of his/her fourth period class, unless approved by the principal, on the day of competition to be eligible to participate in athletic events or practices. Administrative approval for prearranged absences or emergency situations will supersede this requirement. Emergency situations will be dealt with as they arise. In season vacations are to be discouraged but consequences are at the discretion of the head coach.

PHYSICAL EDUCATION EXEMPTION

An eleventh or twelfth grade student-athlete may request exemption from physical education if he/she is participating in interscholastic athletics. A decision to exempt a student from physical education shall be made on an individual basis and shall not be automatically renewed. A decision to exempt a student from physical education shall be based upon a submitted "Permanent Pass" (available from the P.E. teacher) by the student and turned in to the Principal's office. A request for exemption from physical education may be approved for one season only, base upon continued participation in that sport. Any student athlete who decides to quit a sport must report to his/her P.E. class the next day. At the conclusion of a season, the student-athlete must report to his/her P/E/ class by the next Monday. If the student-athlete is going to be participating in the next sport season, the exemption may be extended with the permission of his/her P.E. Teacher until the next sport season begins, at which time, a new "Permanent Pass" will have to be filled out.

GENERAL INFORMATION

Equipment/Uniforms

Students participating in athletics are responsible for the care of the equipment and the safe return of all equipment and uniforms issued to them. The athlete will be charged the **replacement value** of any equipment not returned or damaged beyond normal wear and tear. Athletes will not be allowed to receive awards or participate further in the athletic program until all equipment and uniforms are returned or paid for. The student-athlete will not be permitted to participate in any athletic event until all equipment from the previous season is turned in. Any athlete not in a sport may be denied entry into all events until all equipment from previous season is turned in. All uniforms are to be washed in cold water unless otherwise stated.

Injuries

All injuries, no matter how minor in nature, should be reported to the team's coach or trainer immediately. This will help to prevent minor injuries from getting worse. If an athlete must see a physician for an injury, the athlete will not be allowed to resume practicing or competing without the physician's consent.

Appearance

Students who represent the school in interscholastic athletic competitions are expected to dress in a neat, respectable manner. Their actions and conduct are a direct reflection upon the overall quality of our athletic program and school. The coach or sponsor may establish rules regarding a particular dress style for their own squad.

Transportation

Mendota Township High School District 280 provides transportation to and from all contests. It is required that all athletes use the transportation provided by the school district to participate in an event. Special circumstances that would require a student athlete to not ride the bus to an event has to be prearranged with the coach, preferably at least 24 hours prior to the departure time. The transportation home is at the discretion of the coach.

Students assigned to Period 8 must attend Period 8. If the team bus leaves during Period 8, the student/athlete can be transported to the event as long as the policies and procedures of the **Period 8 Transportation Waiver are followed.

MENDOTA

TOWNSHIP HIGH SCHOOL

2300 WEST MAIN STREET • MENDOTA, ILLINOIS 61342 • PHONE (815) 539-7446 • FAX 538-2026 • DISTRICT #280

WAIVER AND RELEASE

Activity: Extracurricular Transportation

In consideration of Mendota Township High School District No. 280 (hereinafter the "District") allowing me [the student, if 18 years of age or older]/my/our child [if the student is under 18 years of age] (hereinafter the "Student") to be transported by me or my designee named below (hereinafter, the "Driver") to and/or from an extracurricular practice or event that is commonly referred to as "_____", (the transportation to/from which is hereinafter called the "activity"), I/we do hereby Release, Discharge, and Indemnify the District, its Board of Education, the individual members, agents, employees, and representatives thereof (hereinafter, the "District"), from any and all claims, demands, and causes of action which may accrue to me/us, my/our heirs, executors or assigns, or the Student, the Student's heirs, executors, and assigns, as a consequence of, and/or resulting from undertaking such activity and any resulting personal injury including, but not limited to: permanent or temporary disability, broken bones, torn or pulled ligaments or tendons, stress fractures, bone spurs, back injury, all soft tissue injuries, injury to skin, eyes, muscle tears and bruises, all dental injuries, concussions, or death, (hereinafter "personal injury") or property damage which the Student may sustain in the course of participating in such activity.

I/we acknowledge that this activity is not a school-sponsored event and that access to the activity is being acquiesced to as a benefit to the Student and not for the benefit of the District. I/we understand that the District will assume no responsibility for the supervision of the Student or for damage, accidents, injuries, or personal injuries incurred as a result of the Student's participation in this activity.

I/we on behalf of the Student assume all responsibility for any damage and/or personal injury that the Student may cause to himself/herself, others, and/or property while participating in the activity. I/we release and waive, and further agree to indemnify, hold harmless, and reimburse the District, Board of Education, the individual members, agents, employees and representatives thereof, from and against any claim which I/we, the Student or any other person, firm or corporation may have or claim to have, known or unknown, directly or indirectly, for any losses, damages (including consequential damages) or injuries arising out of the Student's participation in the activity or the rendering of emergency or non-emergency medical procedures or treatment, if any.

I/we have adequate medical and liability insurance, and will provide proof of such upon request.

Dated: _____

Name of Student: _____

Signature of Student: _____

Signature of Mother/Legal Guardian

Signature of Father/Legal Guardian

Print Name

Print Name

Address

Address

Telephone

Telephone

Signature of Driver (If designated by Parent/Legal Guardian)

Print Name

Address

Telephone

ATHLETIC AWARDS

The coach of each team recommends to the Athletic Director team members for end-of-the-season awards. These awards are based on criteria established by the respective coach/program before the start of the season. The following procedures will govern the athletic award policy:

Each coach will devote time at the beginning of the season to clearly define the minimum requirements for the award given at that level.

To be eligible to receive an award, an athlete must finish the season in good standing. Finishing the season in good standing means that the athlete has continued as a part of the team in all team requirements (practices, contests, meetings, etc.) through the last IHSA contest in which the team is involved. The season does not end until the student has returned to the departed campus after the last IHSA contest. If there are any questions about awards, athletes should check with their coach.

FRESHMAN NUMERALS

Freshman award will be a certificate and numerals indicating participation. Once an athlete has earned their numerals, he/she will be *given* a certificate of participation for another sport at the same level.

SOPHOMORE LETTER

Sophomore award will be a certificate and a sophomore letter. Once an athlete has earned their sophomore letter, he/she will be given a certificate of participation for another sport at the same level.

VARSIITY LETTER

Varsity award will be a certificate and only one letter: the Varsity Letter. Each additional award will be a gold bar for the sport and a certificate. Those on a varsity team but not earning a letter will be awarded a certificate of participation.

MRSA

Dear Parent or Guardian regarding MRSA:

You may have heard or seen media coverage concerning MRSA or methicillin-resistant *Staphylococcus aureus* infections in school-aged children. We would like to take this opportunity to provide you with some information about MRSA and, most importantly, how to prevent and control the spread of these infections.

***Staphylococcus aureus*, often referred to simply as "staph", is a bacterium that is commonly carried on the skin or in the nose of healthy people. Approximately 30% of the population is colonized (when bacteria are present, but not causing an infection) in the nose with staph bacteria, and approximately 1% is colonized with MRSA, a type of staph that is resistant to certain antibiotics. Most of the infections caused by staph, including MRSA, are skin infections, such as boils. MRSA infections are most likely to occur among student athletes participating in sports where there is skin contact and/or trauma to skin (e.g., abrasions, "turf burns"). Staph skin infections can be red, painful, swollen, or have pus, or other drainage. Individuals who believe they may have a staph infection or MRSA infection should contact their medical provider for evaluation and appropriate treatment.**

Practicing good hygiene is one of the most important things that we can all do to control the spread of staph and other infections:

- **Keep hands clean by frequently washing with soap and water or using an alcohol-based hand sanitizer.**
- **Keep cuts and scrapes covered with a clean bandage until healed.**
- **Avoid contact with other people's wounds or bandages.**
- **Avoid sharing personal items that directly touch the body, such as towels, razors, and water bottles**
- **Keep fingernails clean and clipped short.**
- **See your medical provider if you have a skin infection that is not getting better.**

Schools are cleaned daily with EPA-approved cleaners that kill a variety of viruses and bacteria, including MRSA. Although environmental cleaning is important for a variety of reasons, it is not a substitute for the measures listed above.

For more information about MRSA and how to prevent it, see:

- **The Illinois Department of Public Health Website:
<http://www.idph.state.il.us/health/infect/IMRSAhome.htm>**
- **The U.S. Centers for Disease Control and Prevention Website:
http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca.html**

| | |
|------------------------|-----------------------------------------------|
| Contact Person: | Sheri McConville |
| Address | 2300 W. Main St. Mendota, IL 61342 |
| Telephone | (815) 539-7446 |
| Fax | (815) 538-2026 |

PROSPECTIVE COLLEGE ATHLETES

Some student athletes have a goal to participate in athletics at the collegiate level. District 280's Athletics and Guidance staffs are available to assist student athletes in pursuit of this goal. Here are some things that you should keep in mind.

- **Communication with your coach is imperative. Student athletes who have a strong desire to compete at the collegiate level should schedule an appointment with their coach to discuss this decision. The most important thing to consider in the college selection process is academic fit. Athletics are important, but they are secondary to Academic opportunities.**
- **Coaches and student athletes should work with guidance counselors to develop a realistic list of college choices.**
- **The student athlete should create a resume that reflects their overall high school experience and that highlights athletic accomplishments. This should be reviewed by the coach and guidance counselor.**
- **The student athlete should create a letter of interest to be sent, along with the resume, to the coaches at the colleges that you wish to attend. This letter should also be reviewed by coaches and counselors prior to mailing.**
- **The student athlete should meet with their counselor to discuss the process of registering with the NCAA Clearinghouse.**

The NCAA home page is www.ncaa.org.

Making Sure You Are Eligible to Participate in College Sports

**For High School Students who Plan to Enroll as College Freshman
Some Points to Consider ...**

- **The requirements for eligibility to participate at Division I are different from those required at Division II.**
- **If you have been "home-schooled" during all of grades 9 through 12, you will have to register with the Clearinghouse. Your certification status will be determined through an initial eligibility process. Please contact the college/university that you plan to attend, or the NCAA Clearinghouse for more information.**
- **NCAA academic committees have the authority to grant waivers of the initial eligibility requirements based on objective evidence that demonstrates circumstances in which a student's overall academic record warrants the waiver of the normal application of the legislation.**
- **An initial eligibility waiver must be filed by an NCAA institution on behalf of the student.**
- **Correspondence and independent study courses may be used to meet the core course requirements provided the following conditions are met:**
 - **The course meets all of the requirements for a core course as defined in this guide;**
 - **The instructor and student have access to one another during the duration of the course for purposes of teaching, evaluating, and providing assistance to the student;**
 - **Evaluation of the student's work is conducted by the appropriate academic**

- authorities in accordance with the high school's established policies;
- The course is acceptable for any student and is placed on the high school transcript.
- Courses taken in the eighth (8) grade may not be used to satisfy the core-curriculum requirements, regardless of the course content or level.
- Generally, students enrolling in a Division I Institution may not use courses taken after high-school graduation to meet core-curriculum requirements. (Note: Students with NCAA approved diagnosed disabilities may use courses taken after graduation but before full-time college enrollment.)

ACADEMIC ELIGIBILITY

Division I

If you want to participate in athletics or receive an athletics scholarship during your first year you must:

- Graduate from High School
- Complete these 16 core courses
- ✓ 4 years of English
- ✓ 3 years of Math (algebra I or higher)
- ✓ 2 years of natural or physical science (including one year of lab science if offered by your high school)
- ✓ 1 extra year of English, math, or natural or physical science
- ✓ 2 years of social science
- ✓ 4 years of extra core courses (from any category above, or foreign language, non-doctrinal religion or philosophy)
- Earn a minimum required grade-point average in your core courses; and
- Earn a combined SAT or ACT sum score that matches your core-course grade-point average and test score sliding scale (for example, a 2,400 core course grade-point average needs an 860 SAT)

Requirement to graduate with your high school class

You must graduate from high school on schedule (in eight semesters with your incoming ninth-grade class. If you graduate from high school in eight semesters with your class, you may use one core course completed in the year after graduation (summer or academic year) to meet NCAA Division I eligibility requirements.

You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a collegiate institution at any time after completion of the core course.

Division I Qualifier

Being a qualifier entitles you to:

- **Practice or compete for your college or university during your first year of college.**
- **Receive an athletics scholarship during your first year of college, and**
- **Play four seasons in your sport if you maintain your eligibility from year to year.**

Division I Non-qualifier

As a non-qualifier, you will not be able to:

- **Practice or compete for your college or university during your first year of college; or**
- **Receive an athletics scholarship during your first year of college, although you may receive need-based financial aid.**

You may be able to play only three seasons in your sport if you maintain your eligibility from year to year (to earn a fourth season you must complete at least 80 percent of your degree requirements before beginning your fifth year of college).

Division II

2008-2013

If you enroll in a Division II college and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- **Graduate from high school**
- **Complete these 14 core courses:**
 - ✓ **3 years of English**
 - ✓ **2 years of math (algebra 1 or higher)**
 - ✓ **2 years of natural or physical science (including one year of lab science if offered by your high school)**
 - ✓ **2 additional years of English, math, or natural or physical science**
 - ✓ **2 years of social science**
 - ✓ **3 years of extra core courses (from any category above, or foreign language, non-doctrinal religion or philosophy)**
- **Earn 2.000 grade-point average or better in your core courses; and**
- **Earn a combined SAT score of 820 or an ACT sum score of 68.**

2013 or Later

If you enroll in a Division II college on or after August 1, 2013, and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- ✓ **3 years of English**
- ✓ **2 years of math (algebra 1 or higher)**

- ✓ 2 years of natural or physical science (including one year of lab science if offered by your high school)
- ✓ 3 additional years of English, math, or natural or physical science
- ✓ 2 years of social science
- ✓ 4 years of extra core courses (from any category above, or foreign language, non-doctrinal religion or philosophy)
- Earn 2.000 grade-point average or better in your core courses; and
- Earn a combined SAT score of 820 or an ACT sum score of 68.

Division II Qualifier

Being a qualifier entitles you to:

- Practice or compete for your college or university during your first year of college.
- Receive an athletics scholarship during your first year of college, and
- Play four seasons in your sport if you maintain your eligibility from year to year.

Division II Partial Qualifier

You will be considered a partial qualifier if you do not meet all of the academic requirements listed above, but you have graduated from high school and meet one of the following:

- The combined SAT score of 820 or ACT sum score of 68; or
- Completion of the 14 core courses with a 2.000 core-courses grade-point average.

As a partial qualifier, you;

- Can practice with your team at its home facility during your first year of college,
- Can receive an athletics scholarship during your first year of college,
- Cannot compete during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

Division II Non-Qualifier

You will be considered a non-qualifier if you did not graduate from high school, or if you graduated and are missing both the core-course grade-point average or minimum number of core courses and the required ACT or SAT scores.

As a non-qualifier, you;

- Cannot practice or compete for your college or university during your first year of college;
- Cannot receive an athletics scholarship during your first year of college, although you may receive need-based financial aid; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

Division III

Division III does not use the Eligibility Center. Contact your Division III college or university regarding its policies on admission, financial aid, practice and competition.

These requirements currently do not apply to Division III Colleges, where eligibility for financial aid, practice and competition is governed by institutional, conference, and other NCAA regulations.

If you have any questions regarding NCAA eligibility, please call the NCAA Initial Eligibility Clearinghouse at 319-337-1492 or toll-free 877-262-1492. You may also call the NCAA headquarters at 317-917-6222.

Find More Information on the Web

For more information regarding the core course breakdown, eligibility, or any of the new rules, please go to <http://www.ncaa.org/>

What Is A Core Course?

A core course must:

- **Be an academic course in one or a combination of these areas: English, mathematics, natural/physical science, social science, foreign language, non-doctrinal religion or philosophy;**
- **Be four-year college preparatory;**
- **Be at or above your high school's regular academic level (no remedial, special education or compensatory courses); and**
- **Be completed not later than the high school graduation date of your class [as determined by the first year of enrollment in high school (ninth grade) or the international equivalent].**

Not all classes you take to meet high school graduation requirements may be used as core courses. Courses completed through credit-by-exam will not be used.

Check your high school's list of approved core courses at the NCAA Eligibility Center Web Site at www.ncaaclearinghouse.net or ask your high school guidance counselor.

Keep track of your courses, units, and credits

By logging onto www.ncaaclearinghouse.net and clicking “General Information”, you will find Divisions I and II worksheets, which will help you keep track of your completed core courses, unit, grades and credits you received for them, plus your ongoing grade-point average. Generally, you will receive the same credit at the Eligibility Center as you received from your high school. Examples are provided in the English and math sections of both worksheets:

1 trimester unit = 0.33 units

1 semester unit = 0.50 units

1 year = 1.0 unit

Grade-Point Average

How Your Core-Course Grade-Point Average Is Calculated

The Eligibility Center will calculate the grade-point average of your core courses on a 4.000 scale. The best grades from your NCAA core courses will be used. Grades from additional core courses you took will be used only if they improve your grade-point average,

To determine your points earned for each course, multiply the points for the grade by the amount of credit earned. Use the following scale unless your high school has a different scale on file with the Eligibility Center:

| | | | |
|----|----------|----|----------|
| A- | 4 points | C- | 2 points |
| B- | 3 points | D- | 1 point |

Remember the Eligibility Center does not use plus or minus grades when figuring your core-course grade-point average. For example, grades B+, B and B- will each be worth 3 quality points.

Special High School Grades and Grade-Point Average

If your high school uses numeric grades (such as 92 or 93), those grades will be changed to your high school’s letter grades (such as A or B). See your high school’s grading scale by pulling up your school’s list of approved core courses at www.ncaaclearinghouse.net.

If your high school normally “weights” honors or advanced courses, these weighted courses may improve your core-course grade-point average. Your high school must notify the Eligibility Center of such weighting. To see if your high school has a weighted scale that is being used for calculating your core-course grade-point average, visit www.ncaaclearinghouse.net for an explanation of how these grade weights are handled.

Examples of total quality point calculation:

- An “A” grade (4 points) for a trimester course (0.33units):
4 points x 0.33 units = 1.32 total quality points
- An “A” grade (4 points) for a semester course (0.50 units):
4 points x 0.50 units = 2.00 total quality points
- An “A” grade (4 points) for a full-year course (1.00 units):
4 points x 1.00 units = 4.00 total quality points

Calculate Your Overall Grade-Point Average

To calculate your estimated core-course grade-point average, divide the total number of points for all of your core courses by the total number of core-course units you have completed.

ACT and SAT Tests

Test-Score Requirements

You must achieve the required score on the SAT or ACT before your full-time collegiate enrollment. You must do this whether you are a citizen of the United States or of a foreign country. You must take the national test given on one or more of the dates shown below.

IMPORTANT CHANGE:

All SAT and ACT scores must be reported to the Eligibility Center directly from the testing agency. Test scores will not be accepted if reported on a high school transcript.

When registering for the SAT or ACT, input the Eligibility Center code 9999 to make sure the score is reported directly to the Eligibility Center.

Taking Tests More than Once

You may take the SAT or the ACT more than one time. If you take either test more than once, you may use your best sub-score from different tests to meet the minimum test-score requirements. Here is an example:

| Score | Math | Verbal/Critical Thinking | Total |
|--------------------|------|--------------------------|-------|
| SAT (10/08) 820 | 350 | 470 | |
| SAT (12/08) 860 | 420 | 440 | |
| Scores used 890 | 420 | 470 | |

Your test score will continue to be calculated using the math and verbal/critical thinking subsections of the SAT and the math, science, English and reading subsections of the ACT. The writing component of the ACT or SAT will not be used to determine you qualifier status

Mendota Township High School

Random Drug Testing Consent Form

Prior to trying out and/or participating in school sponsored extra-curricular activities, students and parents/guardians must sign the consent form below.

I wish to try out for and /or participate in a school sponsored extra-curricular activity _____ (identify activity). I have read the Board of Education's extra-curricular drug and alcohol testing policy for students, and I understand that Board of Education's policy and procedures and consent to follow said policy and procedures, including being subjected to drug and alcohol testing, as a condition of participation in extra-curricular activities. I understand that if I disobey the rules I will be excluded from the opportunity to participate in extra-curricular activities as provided in the Board's policies and procedures. Further, I also authorize the release of the results of such a test to the School District and my parents and/or guardian.

I, _____, parent of _____
Acknowledge my son's/daughter's wish to try out for and/or participate in school sponsored extra-curricular activities. I have read the Board of Education's drug and alcohol testing policy for students and I consent to my son/daughter being subject to the drug and alcohol testing as a condition of participation in extra-curricular activities. I also authorize the information concerning the results of such test to be released to the School District.

Student Signature _____

Parent/Guardian Signature _____

Date _____

Mendota Township High School

ATHLETIC PERMIT CARD

Name _____ Date of birth - Mo/Day/Year _____ Year in School _____

1. ATHLETIC CODE OF CONDUCT

PHILOSOPHY

Mendota High School believes participating in student activities is considered an extension of but separate from the regular school program. The extra-curricular program is a privilege and carries certain expectations beyond those found in the normal classroom situation. The important goals of the activities program are to give students direction in developing healthful living habits, self-discipline, leadership, team work, and respect for rules and regulations. It is important that student activity participants recognize responsibilities as role models, both at school and in the community. While welcoming the privilege of being an athlete, each young person must also accept the responsibilities with the position. For these reasons, an athlete must agree to abide by the following rules seven (7) days a week, beginning August 1st of the current school year and ending at the conclusion of the baseball State Series, whether or not school is in session.

CONDUCT

During the student's years of high school, a student activity participant shall not display conduct detrimental to the integrity of the extra-curricular program of Mendota High School and/or to the reputation of the school district.

PROCEDURE FOR VIOLATION DOCUMENTATION

Any responsible adult may report a violation to the sponsor of the extra-curricular activity. The person reporting the violation must be willing to address the student at a meeting called by the principal as part of the investigation of the proposed violation. All reported conduct violations will be investigated by and acted upon by the principal, assistant principal, athletic director in athletic matters, and the activity sponsor in non-athletic activity.

PENALTY

As appropriate denial of student participation in the extra-curricular program shall be determined by the Investigation/Enforcement Committee. Penalties will not include the exclusion of any student from an activity which is necessary for determining a grade in a class that is part of the curricular program of the school.

COMPLIANCE

All student participants in the extra-curricular program of the school will sign a form which explains the conduct provisions and agrees to abide by the Code of Conduct.

SAFETY CONCERNS

Please understand the responsibility for your own safety. By signing this document, you are acknowledging that you understand the requirements of the activities. This includes but is not limited to being properly conditioned, checking equipment, and reporting all injuries. Each sport has specific injuries to be aware of. Your signatures acknowledge that you do understand that these activities can be hazardous. The signatures insure you (player/parent/etc.) will not hold the school including coach, administration, board of education, etc. responsible for any injuries that occur, and the signers assume full responsibility for their actions. You therefore agree to hold harmless or release the coaches, administrators, custodians, and the Board of Education from fault and guilt.

Some Sport Specific Concerns

Basketball: diving or tripping into obstruction (wall, bleachers)

Football: blocking, tackling, or carrying ball with head down/helmet fit

Track & Field: throwing events, shot/discus, hitting someone/pole vault

Baseball/Softball: thrown ball or bat

Soccer: improper use of goal/slide tackling

Volleyball: head and eye injuries caused by ball, people, floor contact

Cross country: overtraining/foot injuries/course hazards

Tennis: balls on court during play

Wrestling: losing weight at accelerated pace, and/or maintain unhealthy weight/dehydration/concussions and spinal cord injuries

Golf: thrown clubs/flying golf balls

Cheerleading and Trojanettes: mounts, jumps, props

2. ATHLETIC TRAINING RULES

Athletic participants are prohibited from using, being in possession of or in the presence of alcohol or illegal drugs. Below, certain penalties are specified. These specifications are not intended to limit the enforcement of the Athletic Code of Conduct in the event the student displays other conduct detrimental to the integrity of the extra-curricular programs of Mendota High School and/or to the reputation of the School District. Minimum penalties:

- 1) Use of or in possession of alcohol, illegal drugs, drug paraphernalia, or tobacco.
 - a) First offense:
 - i) Immediate suspension for 30% (rounded up) of the regularly scheduled and contested games/competitions for that sport provided that the student/athlete enrolls in the earliest possible school approved SAP program. If less than 30% of the events remain in that sport for that season, the remainder shall be carried forward and either served during the season of the same sport during the following academic year, or during the season of a different sport, whichever comes first, consistent with the other terms and conditions of this policy. If the student has in the past participated in other sports, and those same sports have yet to have their season in the current academic year, the remainder of the suspension shall be deducted from the upcoming season of the next sport. (See SAP section). The SAP program needs to be completed during the current sport season if at all possible. MHS has no control of when the SAP classes are held. Therefore, some SAP classes may fall on the night of an extra-curricular event. The SAP class had precedence over the extra-curricular event.
 - ii) Failure to submit to a SAP approved program will result in the suspension extending for one calendar year from the time of the offense.
 - b) Second Offense:
 - i) Immediate suspension for one calendar year.
 - c) Third Offense:
 - i) Possible suspension from all interscholastic programs.
- 2) In the presence of alcohol or illegal drugs.
 - a) First offense:
 - i) Immediate suspension for 30% (rounded up) of the regularly scheduled and contested games/competitions for that sport.
 - b) Second offense:
 - i) Immediate suspension for the remainder of the school year.
 - c) Third offense:
 - i) Immediate suspension for one calendar year.

3. INSURANCE

Mendota Twp. High School's accident insurance policy covers your child named above for injuries that the student might receive while participating in athletics, cheerleading, or Trojanettes secondary to your personal insurance. Additional 24 hr. coverage is available for a fee - if interested see Principal's Office.

4. PARENT PERMIT

I have read and understand the Mendota Township High School Code of Conduct and Athletic Training Rules for all athletic and other extra-curricular participants. I agree to abide by the Mendota Township High School Code of Conduct so long as I am a member of the above team/group/squad.

X _____
Parent/Guardian signature

X _____
Student signature

_____ Date

Emergency Telephone Number _____



Pre-participation Examination

To be completed by athlete or parent prior to examination.

Name _____ Sport/Position _____
 Last First Middle
 Social Security Number _____ School Year _____
 Address _____
 City/State _____ Phone No. _____
 Birthdate _____ Age _____ Class _____ Student ID No. _____
 Parent's Name _____
 Address _____
 Phone No. _____
 Person to contact in case of emergency _____
 Phone No. _____
 Family Doctor _____ City/State _____
 Phone No. _____

Past Medical History

| | Yes | No | If yes, please explain (what, where, when) |
|------------------------------------------------------------------------------------------------------------------------------|-------|-------|--------------------------------------------|
| 1. Presently taking medication (including birth control pills)? | _____ | _____ | _____ |
| 2. Have you been diagnosed with asthma? | _____ | _____ | _____ |
| 3. Have you been prescribed by a physician to use any asthma medication? | _____ | _____ | _____ |
| 4. Do you have a current consent form to self-administer the asthma medication on file with your school? | _____ | _____ | _____ |
| 5. Allergic to medicine, foods, bee stings? | _____ | _____ | _____ |
| 6. Wears any appliances – glasses, contact lenses? | _____ | _____ | _____ |
| 7. History of braces, chipped teeth, bridges? | _____ | _____ | _____ |
| 8. Has ongoing medical problem? | _____ | _____ | _____ |
| 9. Had serious or significant illness in past? | _____ | _____ | _____ |
| 10. Any past surgical operations, accidents, non-sports or related injuries? | _____ | _____ | _____ |
| 11. Any past injuries directly related to sports? | _____ | _____ | _____ |
| 12. Any hospitalization not explained above? | _____ | _____ | _____ |
| 13. Any known deformities (such as curvature of back, heart problems, one kidney, blindness in one eye, one testicle, etc.)? | _____ | _____ | _____ |
| 14. Any serious family illness (such as diabetes, bleeding disorders, etc.)? | _____ | _____ | _____ |
| 15. Family history of cancer? | _____ | _____ | _____ |
| 16. Heart | _____ | _____ | _____ |
| Have you ever passed out during or after exercise? | _____ | _____ | _____ |
| Have you ever had chest pain during or after exercise? | _____ | _____ | _____ |
| Do you get tired more quickly than your friends do during exercise? | _____ | _____ | _____ |
| Have you ever had racing of your heart or skipped heartbeats? | _____ | _____ | _____ |

| | Yes | No | If yes, please explain (what, where, when) |
|---------------------------------------------------------------------------------------------------------|-------|-------|--------------------------------------------|
| Have you had high blood pressure or high cholesterol? | _____ | _____ | _____ |
| Have you ever been told you have a heart murmur? | _____ | _____ | _____ |
| Has any family member or relative died of heart problems or of sudden death before age 50? | _____ | _____ | _____ |
| Have you had a severe viral infection (for example myocarditis or mononucleosis) within the last month? | _____ | _____ | _____ |
| Has a physician ever denied or restricted your participation in sports for any heart problems? | _____ | _____ | _____ |
| Has anyone in your family had a heart attack before the age of 50? | _____ | _____ | _____ |
| 17. Head and Nerve | _____ | _____ | _____ |
| Have you ever had a head injury or concussion? | _____ | _____ | _____ |
| Have you ever been knocked out, become unconscious, or lost your memory? | _____ | _____ | _____ |
| Have you ever had a seizure? | _____ | _____ | _____ |
| Do you have frequent or severe headaches? | _____ | _____ | _____ |
| Have you ever had numbness or tingling in your arms, hands, legs or feet? | _____ | _____ | _____ |
| Have you ever had a stinger, burner, or pinched nerve? | _____ | _____ | _____ |
| 18. Last tetanus shot? | _____ | _____ | Date _____ |
| 19. Last eye exam? | _____ | _____ | Date _____ |
| 20. Last Menstrual period (if women) | _____ | _____ | Date _____ |

Personal Habits

| | Yes | No |
|--------------------------------------------------------|-------|-------|
| 1. Smoking/smokeless tobacco | _____ | _____ |
| 2. Alcohol/non-medical drugs: marijuana, cocaine, etc. | _____ | _____ |
| 3. Steroids | _____ | _____ |
| 4. Eating Disorders – weight loss or gain? | _____ | _____ |

Review of systems (Please check if you have any problems with any of the following areas of your body)

| | | |
|---------------------------------|-----------------------------------------------|--------------------------------|
| _____ Skin | _____ Lungs | _____ Shoulders, Arms, Hands |
| _____ Head | _____ Heart | _____ Hips, Legs, Feet |
| _____ Eyes | _____ Abdomen | _____ Muscle-Strength, Feeling |
| _____ Nose | _____ Back | _____ Mental, Emotional |
| _____ Mouth/Throat | _____ Urination, Bowel Control | _____ Fatigue |
| _____ Nutrition, Weight Control | _____ Genital (including menstrual for women) | _____ Other: What? |
| _____ Neck | _____ | _____ |

I certify that the above information is correct to the best of my knowledge.

Student Signature _____

Parent/Guardian Signature _____

Both Student and Parent/Guardian Signatures Are Mandatory

Physical Examination

Height _____ Weight _____ Blood Pressure _____
 Pulse: resting _____ 15 hops _____ after 2 minutes resting _____

Visual Acuity: Eyes (R) 20/ _____ (L) 20/ _____ w/glasses _____ w/glasses _____

Other Testing _____ Normal _____ Abnormal Findings _____

1. General _____
2. Skin _____
3. HEENT _____
4. Teeth (Dental Exam) _____
5. Neck _____
6. Lungs _____
7. Heart (Sit and Stand) _____
8. Abdomen _____
9. Genitalia _____
10. Musculoskeletal _____
- Shoulder/Arm _____
- Elbow/Forearm _____
- Wrist/Hand _____
- Back _____
- Hip/Thigh _____
- Knee _____
- Shin/Calf _____
- Ankle/Leg _____
- Foot _____
11. Peripheral Pulses _____
12. Neurologic _____
13. Mental Status _____
14. Marfan Screen _____

Other Tests (optional)
 Auditory _____ U/A _____ EKG _____
 % Body Fat _____ Drug Screen _____ Chest X-Ray _____
 Hgb/Hct _____ SMAC _____ Tanner Stage _____

On the basis of the examination on this day, I approve this child's participation in interscholastic sports for one year.

Yes _____ No _____ Limited _____

Additional Comments:

Examination Date _____ Physician's Signature _____
 Physician's Assistant Signature* _____
 Advanced Nurse Practitioner's Signature* _____

*effective January 2003, the IHSA Board of Directors approved a recommendation, consistent with the Illinois School Code, that allows Physician's Assistants or Advanced Nurse Practitioners to sign off on physicals.

Student's Name _____ School Name _____

Consent Form to Self-Administer Asthma Medication
 (not needed if current form is already on file with school)

Parent Consent

I, _____, do hereby give my son/daughter, _____, permission to self-administer his/her asthma medication as prescribed by his/her physician during athletic competition.

Parent's Signature _____ Date _____

Physician Consent

As a patient under my care, _____, is prescribed to self-administer the following asthma medication.

Medication _____
 Purpose _____
 Dosage _____
 Time/Special Circumstances _____

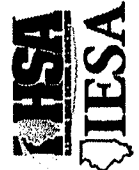
Physician's Signature _____ Date _____

IHSA Substance Testing Policy Consent to Random Testing

(This section for high school students only)
 2010-11 school term

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/his/her body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA.

A complete list of the current IHSA Banned Substance Classes can be accessed at http://www.ihsa.org/initiatives/sports/Medicine/files/IHSA_banned_substance_classes.pdf



Signature of student-athlete _____ Date _____

Signature of parent-guardian _____ Date _____

Athlete's Name: _____ Sport: _____

**Consent for Treatment
MCH**

I hereby voluntarily grant consent for treatment for _____
(Athlete's name)

to the Physical Therapist, licensed team physician, and others deemed necessary to provide routine medical care to my son/daughter. This care may include the prevention of injuries and rehabilitating injuries, first aid and injury management, evaluating injuries and rehabilitating injuries. I recognize that the practice of athletic training and medicine are not an exact science and acknowledge that no guarantees have been made as to the results which may be obtained from treatment. Furthermore, I do hereby authorize the staff of Mendota Community Hospital to seek emergency medical care from outside the clinicians and medical personnel and release information to the appropriate personnel if they feel it is necessary. I understand I am free to withdraw this consent, in writing, at any time.

Athlete's Signature: _____

Parent/Guardian Signature: _____

Parent/Guardian Name (printed): _____

Relationship to Athlete: _____

Phone: _____

**Mendota High School
Booster Club
Membership Form**

Name _____
 Address _____
 City _____
 Phone # _____
 E-mail _____

Children attending MHHS

Freshman _____
 Sophomore _____
 Junior _____
 Senior _____

.....
 Would you like to be called to help with activities? Yes No

_____ My check for \$15 to the Mendota Booster Club is enclosed.

_____ My donation to the Mendota Booster Club is enclosed.

Send to: Mendota Booster Club
 % Mendota High School
 2300 West Main St.
 Mendota, IL 61342

Thank You

.....
 Please consider becoming a member

**MENDOTA HIGH SCHOOL
BOOSTER CLUB
MEMBERSHIP FORM**

Name _____
 Address _____
 City _____
 Phone # _____
 E-mail _____

.....
 Would you like to be called to help with activities? Yes No

_____ My check for \$15 to the Mendota Booster Club is enclosed.

_____ My donation to the Mendota Booster Club is enclosed.

Send to: Mendota Booster Club
 % Mendota High School
 2300 West Main St.
 Mendota, IL 61342

Thank You

RESOURCES

Address:

**Mendota High School
2300 West Main St.
Mendota, IL. 61342**

Phone:

1-815-539-7446

Fax

1-815-538-2026

**Superintendent
Extension-522**

**Principal
Extension-500**

**Athletic Director
Extension—300**

Internet:

www.mendotahs.org

Click on 'weekly/monthly calendar' for any cancellations

Click on 'Athletics' for a copy of the Parent-Athlete Handbook and ALL team schedules.

PARENT-STUDENT ATHLETIC HANDBOOK
SIGNATURE PAGE

We have read and understood the Mendota Township High School Parent-Athlete Handbook.

I have read and agree to abide by the Expectations of Parents.

SIGNATURE OF PARENT/GUARDIAN: _____

I have read and agree to abide by the Expectations of the Athlete.

SIGNATURE OF ATHLETE: _____

PRINT NAME OF ATHLETE: _____

DATE: _____