

**Union Ridge
District 86
Athletic
Handbook**

Updated August 2012

LNAC School List

Giles - 4251 N. Oriole
Norridge, IL 60706
708-453-4847

Rhodes - 8931 W. Fullerton
River Grove, IL 60171
708-453-6813

River Grove - 2650 Thatcher
River Grove, IL 60171
708-453-6172

Hester - 2836 Gustave
Franklin Park, IL 60131
847-455-2150

Elm - 7607 W. Courtland
Elmwood Park, IL 60707
708-452-3550

Union Ridge - 4600 N. Oak Park
Harwood Heights, IL 60706
708-867-5822

Leigh - 8151 W. Lawrence
Norridge, IL 60705
708-456-8848

Lincoln - 4050 N. Wagner
Schiller Park, IL 60176
847-678-2916

Mannheim - 2600 N. Hyde Park
Melrose Park, IL 60164
847-455-5020

Penmoyer - 5200 N. Cumberland
Norridge, IL 60706
708-456-9094

Rosemont - 6101 N. Ruby
Rosemont, IL 60018
847-825-0144

Tryouts

Tryout dates will be announced and posted in the building by the coach(es) at least two weeks prior to the tryout date. In order to be eligible to tryout, all "Requirements For Participation" must be satisfied. In order to prevent distraction of the student-athletes, tryouts are closed to the public (this does include outdoor sports where we ask you maintain distance from the fields of play). Only coaches, administrators and other authorized personnel will be allowed to be present. Also, regular team practices are closed to the public as well for the same reason.

Eligibility (In Season)/Athlete Responsibilities

- During a season athletes are required to get weekly eligibility sheets from their coach and are to get it filled in by their teachers. The sheets are due to the office by 4:00pm on Thursday. Further information is available on page 7-8 of the Student Handbook.

- Athletes are expected to keep up with daily work. Even if a student is eligible, the coach has discretion to consult with teachers and require players to meet with teachers for academic maintenance.

- Adhere to the philosophy statement at the beginning of this handbook.

- Fully participate in PE. Athletes who represent our school are expected to be leaders and model students in PE class.

- Issue with academics and behavior can lead to lost playing time or dismissal from the team as outlined on page six of the student handbook.

- If a player quits during a season they will be considered ineligible from all other sports for one calendar year. (This may be overridden in special circumstances with administrative approval.)

Head Injury/Concussion Policy

The State of Illinois has implemented a new policy on head injuries that we are required to follow. Below are the main points that are of concern to you. You may find more information at the following web address: <http://www.ilsa.org/Resources/Sports/Medicine/Concussion/Management.aspx>

A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or a game shall be removed from participation or competition at that time.

A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.

If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

**Be aware that in some instances for soccer and softball the away location may not necessarily be at the opposing school. You will be provided with the appropriate information when/ff it is needed.

Our coaches are instructed to sit any player they feel may have suffered a concussion.

Traveling / Away Contest Procedures

Students are required to take the team bus to and from away contests. Please arrange to pick up your son or daughter at Union Ridge promptly after an away contest. If there is a special circumstance be advised of the following:

The coach(es) must be informed via a written note signed by the parent no later than the morning before the contest.

If an athlete is being taken home or brought to a contest, it should only be with their parent or legal guardian. The only exception is if the coach receives written notification from the parent or guardian that they can travel with someone else.

School Bus Behavior

Athletes riding the bus with the team must abide by the following rules:

No gum, candy, food or drink is allowed on the bus (except water). Any beverage that is meant to be consumed during the game must remain sealed.

No cleats or spikes to be worn on the bus.

No windows are to be opened without permission of the coach.

Cell phones are to remain off unless the coach has granted an exception.

All rules of the bus company and driver will be in effect.

Uniforms

Team uniforms will be handed out prior to the first game. It is the responsibility of the athlete to maintain the condition of the uniform as it was issued. If an athlete fails to return the uniform in the same condition they will be responsible for the replacement cost. This cost will vary with the uniform and can be relatively expensive. Please be aware of washing and drying instructions as they may vary.

In some instances, uniforms might be purchased by the individual and may be kept at the conclusion of the season. In these cases please also care for the uniform appropriately.

Attendance

Athletes must be in attendance for the entire school day in order to be eligible to participate in an athletic activity scheduled for the same day. A student may be excused for a portion of the day for an appointment (i.e. orthodontist), but they must bring a note, and the amount of time missed should not exceed half the school day (unless approval has been given) in order for them to be allowed to participate. Also, if a student is present for, but does not participate in, PE on any given day they will not be permitted to participate physically in their sport that day.

Spectator Conduct

We strongly encourage your supporting your son and/or daughter during an athletic season. Please note that it is the coach's job to instruct and correct the players, as it is the athlete's job to listen to the coach. It is also the officials' job to officiate. With respect to these two points please keep your comments to those of positively supporting your son or daughter and their team.

Miscellaneous

* There may be other rules or policies that apply only to a specific sport not listed in this handbook. Those additional items have been approved by administration and must also be adhered to.

Union Ridge District 86 Information

Superintendent - Mr. Michael G. Maguire

Principal - Ms. Julie Mensik

Office - (708) 867-5822

Philosophy

At Union Ridge we believe in the concept of the "student-athlete." Academics are the number one priority of every student at Union Ridge. Athletics are intended to compliment and enrich the overall school experience for those who participate, as well as for those who spectate. In keeping with this idea, students are expected to do their best in all classroom settings, including specials and P.E.

Students on our athletic teams are considered representatives of Union Ridge School and are expected to act in such a fashion as to exude sportsmanship, character, leadership, and discipline. Those who are spectators (students, family, and friends) of our sports teams are expected to carry themselves in a way that reflects these beliefs as well.

Requirements for Participation

In order to participate in interscholastic athletics (practices or games), each athlete must have the following:

1. A valid up-to-date sports physical on file with the nurse. Sports physicals are valid for one calendar year. Thus, a physical that expires mid-season would cause an athlete to be ineligible until a new one is obtained. We recommend each student get a physical in the summer so it is valid for the entire school year.
2. A signed and satisfactory eligibility sheet. Eligibility sheets can be picked-up from the main office and are to be submitted to the office every Thursday while an athlete is in a season. If absent, eligibility sheets are to be returned the next day the student is in attendance.
3. A signed permission slip, which is located at the end of this handbook.
4. A student may be denied the opportunity to tryout for a sport if they are failing one or more classes at the time of the tryout.

Athletic Activities Available

Fall: Boys' and Girls' Softball, Boys' Soccer and Girls' Volleyball, Boys' and Girls' Cross Country

Winter: Boys' and Girls' Basketball, Cheer-leading

Spring: Girls' Soccer, Boys' Volleyball

Student Athlete Agreement

This page is to be signed and returned after reviewing the agreement with your son or daughter.

Student Name: _____

We have reviewed and agree to abide by all guidelines outlined in the Athletic Handbook. We understand that failure to adhere to the provisions of the Athletic Handbook could lead to removal from athletic participation.

Student Signature: _____

Parent/Guardian Name
(print): _____

Parent/Guardian
Signature: _____