



The Aquin Catholic School System is a faith community founded in Christ, where all individuals are given the opportunity to develop both their moral character and learning potential.

AQUIN



ATHLETE HANDBOOK

**AQUIN CATHOLIC SCHOOLS
ATHLETIC HANDBOOK
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Dear Athletes & Parents

Welcome to the Aquin athletic program. Being a member of an Aquin Catholic athletic team carries certain responsibilities. Each student athlete must commit to loyalty and dedication. Parents and athletes are expected to be positive leaders in promoting good sportsmanship.

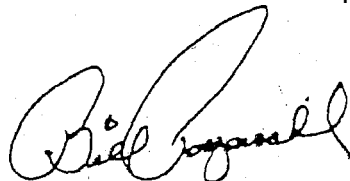
There are nearly 300 scheduled athletic events, 16 teams, and approximately 20 coaches involved in the athletic program at Aquin Catholic Schools. The purpose of the athletic program is to provide our youth the opportunity to experience success through interscholastic competition as they develop into mature, responsible people.

This handbook is provided to give athletes, coaches, and parents, the information required to become successful Aquin athletes. If you have any questions, concerns, or suggestions, please contact the coach or Athletic Director.

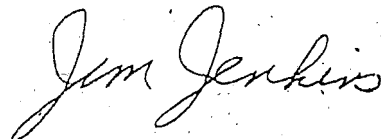
Respectfully,



Kathleen Runte
Principal



Bill Pospischil
HS Athletic Director



Jim Jenkins
JH Athletic Director

MISSION STATEMENT

The Aquin Catholic Schools System is a faith community founded in Christ where all individuals are given the opportunity to develop both their moral character and learning potential.

PHILISOPHY OF THE ATHLETIC DEPARTMENT

The athletic program at Aquin Catholic Schools is an integral part of the education program offered to the students. As such, it is designed to implement the goals of its mission statement. The school places trust and confidence in Aquin coaches, the athletes, and the athletes' parents to promote the highest standards of the profession.

Athletic Curriculum

Interscholastic activities are an important aspect of any school. Participation in athletics is an extension of what happens in the classroom. The opportunity to participate in a variety of sports is open to all Aquin students. Participation in sports is a **privilege**, not a right. Therefore, those who choose to engage in sports must abide by certain rules.

Participating in athletics helps students learn qualities related to sports and life. Athletic participation is a learning experience and all team members, regardless of ability, will be afforded the opportunity to develop intangible attributes. Pride, teamwork, self-discipline, self-sacrifice, work ethic, commitment, perseverance, spirituality and sportsmanship are a few of the qualities that result from athletics. These qualities will prove essential throughout the lives of our student athletes.

Aquin attempts to prepare young people to be good Christians and citizens who know how to exhibit respect for self and others.

In addition to teaching the skills of a sport or activity, the curriculum involves teaching skills that enhance overall growth and development:

- Learning to be a loyal and reliable teammate - such a development will manifest itself in life by actions that distinguish a good neighbor.
- Learning to do one's best and giving the maximum effort - such growth will show itself by actions that distinguish a good worker.
- Learning to respect one's opponent and one's own efforts - such advances will display itself in life by reflecting good Christian behavior.
- Learning to be honest and forthright with self and others - such experiences will exhibit itself in life by accepting responsibility for one's actions.

Sports and activities provide opportunities to teach and learn respect for self and others. They also place participants in a unique context - competition - that hopefully will instill values necessary for the development of respect for self, others and God.

Commitment to the Athletic Program

As a member of an Aquin Catholic School athletic team, all athletes are to understand and abide by the expected level of commitment for such membership. Aquin athletes are expected to attend and participate at all practice sessions and contests, support fellow teammates and respect coaches.

In any given athletic season the spiritual director and coaches have scheduled a number of prayer services and Masses, which all participating athletes **MUST** attend.

AQUIN ATHLETIC PROGRAM

Any student may request membership in the Aquin Athletic Program. Athletes must understand and abide by the expected level of commitment for participation on an athletic team.

An athlete must have clearance from the athletic director before beginning practice. **A complete Athletic Form must be on file with the athletic director.**

ATHLETIC FORM PROVISIONS:

All forms are due before athlete may start practice on the first day.

1. Enrollment Status

Athletes must be officially registered as students at Aquin Catholic Schools. **Families must be current** regarding payment of tuition and fees.

2. Attendance at Athletic Meeting

An athlete and at least one parent/guardian **MUST** attend the athletic department meeting scheduled at the beginning of the sport season in which the athlete initially requests participation.

3. Physical Exam

Prior to the beginning of the sports season, a student **MUST** have on file a physical examination signed by a licensed physician. A physical is valid for one calendar year from the date of the physical. It is recommended that physicals be completed after June 1st.

4. Medical Emergency Form

Prior to the beginning of the sports season all students **MUST** have on file a completed emergency form.

5. Participation Agreement

A completed Participation Agreement Form indicating that the student/athlete and his/her parent/guardian have read this handbook and agree to abide by its policies must be on file with the athletic director.

6. Insurance and Health

Athletes must have health insurance and have the information on file with the athletic director.

7. Participation Fee

Athletes pay a participation fee for each sport in which they participate.

ACCIDENTS / INJURIES

Parents must notify the athletic director in writing of any special medical problem, injury or condition. The information in turn will be shared with the athletic trainer.

In the case of an accident, or injury during practice or a contest, no matter how minor, the student has the responsibility to immediately report the details to the coach in charge.

ATTENDANCE

Attendance at practices and contests is important for the continuity and development of any team.

If an athlete will be absent, the following procedure must be followed:

1. Vacation

Written notification **MUST** be presented to the coach a minimum of one week in advance of the planned vacation/trip stating the day(s) the athlete will be absent. The student, upon return, will lose team status and be responsible for personal improvement as assigned by the coach.

2. Outside Athletic Activities

The Aquin athletic program takes precedence over outside athletic activities. Violation will result in unexcused absence, unless permission has been secured from the coach and athletic director.

3. Attendance At Practice Session

Athletes are expected to attend each scheduled practice session. However:

- A. **SCHOOL DETENTIONS MUST BE SERVED AT THE ASSIGNED TIME.** Having a practice or a game is not an excuse to miss a detention. Coaches will impose consequences for an athlete who misses any part of a practice or a game while serving a detention.
- B. **Excused school absence-** If an athlete is in school and goes home prior to practice, the athlete should contact his/her coach or the athletic director prior to leaving school.
- C. **Pre-arranged events** approved by the coach are excused with 24-hour notice in advance.

4. School Attendance

To be eligible to participate in or attend a practice/contest, the athlete:

- A. **Must be in school by 8:00 a.m.**
- B. May not be absent from school because of illness during the day of a contest.
- C. May not leave school because of illness during the day.
- D. Defers to the athletic director's decision of eligibility regarding reasons other than illness.
- E. May not have served a school suspension on that day.

5. Attendance at Athletic Contests

Athletes are to attend all scheduled athletic contests for their team.

If an athlete must miss a contest due to an emergency, the athlete shall contact his/her coach prior to the event for approval.

6. Attendance at Games

All athletes are expected to attend all home games in the team's program. Team members sit together, dressed appropriately, in areas designated by the head coach of that sport.

8. Unexcused Absence From a Practice/Contest

At the beginning of the season the head coach will establish and explain all team rules, regulations, responsibilities and consequences for failure to follow and meet those responsibilities.

An Aquin athlete quitting a team during the sport season **must** notify the athletic director.

ELIGIBILITY

1. Scholastic Eligibility

Aquin students must be academically eligible in order to participate in extra curricular activities.

Semester grades (high school), accumulated from the beginning of a semester to the current date, and quarter grades, accumulated from the beginning of a quarter to the current date are both used in determining a student's eligibility to participate in extra curricular activities.

Semester and quarter grades will not be calculated until week three of the semester, or quarter, in order to give the student ample opportunity to accumulate a valid grade.

The following weekly grading criteria are used to determine athletic eligibility.

- A. Student must be passing four classes.
- B. Student may not currently have:
 - I. Two F's
 - II. One F and two D's
 - III. Four D's.
 - IV. One F in the same class in two or more consecutive weeks.
- C. Student who receives two or more semester grades of F will be ineligible for the following semester.

Grades are reported on Tuesday of each week. The period of eligibility is the following Sunday through Saturday for both senior and junior high students. During an extended period of non-attendance days, such as Christmas and Spring Break vacation, the last grade turned in before the vacation will be valid throughout the vacation.

2. Disciplinary Eligibility

All students are expected to adhere to all school regulations and policies. Failure to do so may result in the athlete losing his/her privilege to participate in the school's athletic program.

Intimidation

Intimidation includes hazing, bullying, harassing, humiliating, etc. others by various means, including horse play, practical jokes or tricks that result in humiliation or physical injury. The athletic director depending on the severity of the act will determine consequences.

Behavior Expectations for Athletes

It is important that Aquin Catholic athletes conduct themselves in a manner appropriate with the Christian Gospel, philosophy and mission of Aquin Catholic Schools and civil propriety. Consequently, behavior such as swearing, uncontrolled anger, taunting and ridiculing the officials, negatively inciting the fans and taunting the other team will incur the following penalties:

- A. **First Offense:** There will be a written apology by the athlete to the parties involved; one game suspension
- B. **Second Offense:** A week suspension from regular contests.
- C. **Third Offense:** Expulsion from the team.

EQUIPMENT

Each athlete is expected to take excellent care of the athletic equipment.

1. Uniforms issued by the school should be kept laundered.
2. If the equipment needs repair any time during the season, the athlete must notify the coach as soon as possible.
3. The original equipment and uniform issued must be cleaned and returned by the athlete within one week after the close of the season.
4. Athlete may be required to reimburse the school for lost/damaged equipment/uniforms.

STANDARDS OR SPORTSMANSHIP/PERSONAL CONDUCT

Students attending extra-curricular events are to maintain all standards of behavior identified in the student handbook. School pride, loyalty, sportsmanship and respect toward the opponent's school should always be emphasized.

The following rules/expectations are in effect:

1. Maintain a good reputation as a **representative of the school**.
2. **Students should stand and demonstrate respect during the playing and/or singing of the National Anthem and the School Song.**
3. Be **respectful** to all adults and be **cooperative** in following the instructions of coaches.
4. Derogatory or disrespectful cheering directed toward opponents and/or officials is not allowed.
5. **No artificial noisemakers** are to be used at an indoor event.
6. The use of **banners, placards, signs and similar items** is permitted provided:
 - a. They are in **good taste** and reflect good sportsmanship in their message and use.
 - b. They provide **identification and encouragement** to participants and their school and community.
 - c. They are **not displayed on the field of play** or in a manner, which interferes with play.
 - d. They **do not obstruct** the view of participants or spectators.
 - e. They are **not safety hazards**.
7. An athlete will **share responsibility in the actions of any group** or individuals with whom he/she associates.
8. Athletes **travel to and from games** in school-type clothes, team uniform, and team warm-up or team dress outfits. Athletes may not wear jeans.

The athletic director will suspend any team member not living up to the highest standards of personal conduct and sportsmanship.

PARENT/GUARDIAN GUIDELINES

1. Be supportive of the team, the participants, and the coaches.
2. Help your athlete follow and uphold the training rules and team policies.
3. Exhibit good sportsmanship at all times. **Be a positive Christian role model for the entire student body.**
4. Learn the basic rules and strategies of the sport to gain a better understanding of it.
5. Athletes are expected to bring their concerns to their coaches by scheduling a time to meet for discussion.
6. If parents have any **questions or problems** concerning your son/daughter, **schedule** a time for you and your **son/daughter** to meet with the coach (not

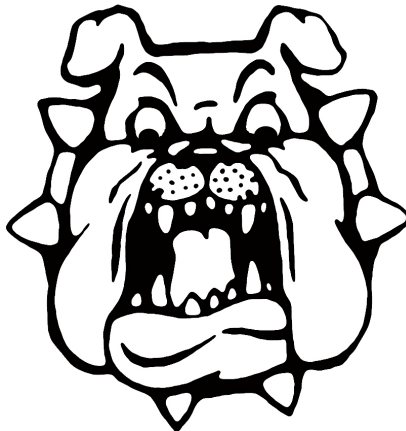
during a practice or game). If there is no resolution, contact the athletic director for a joint meeting.

PLAYING TIME

PLEASE NOTE: the amount of playing time, which will vary among the participants on the team, does NOT indicate the value of the contribution made by the athlete.

Playing time for each athlete is determined by a number of factors some of which are: school and diocesan policy and mission, the coach's judgment, attendance at and the use of practice time by the athlete, welfare of the team, the athlete's individual skill, attitude, and ability to make a specific contribution to the team dynamic.

Please cooperate with the school in acknowledging ALL our athlete's contributions, not by the playing time each receives, the specific position assigned, the won/loss record, individual statistics, and/or awards and/or recognition received but by the success with which **EACH** contributes to the best of his/her ability to the achievement of the **TEAM**.



School Spirit Means

LOYALTY

To one's classmates
Fellow students,
Teachers,
Staff,
and
to the school.

HIGH SCHOOL

Superintendent/Principal: Kathleen Runte
 Assistant Principal: Fr. Michael Bolger
 HS Athletic Director: Bill Pospischil

**ATHLETIC DEPARTMENT
 1419 SOUTH GALENA
 FREEPORT, IL 61032**

Web Site - www.aquinschools.org

Athletic Director: TELEPHONE: (815) 235-3154; Ext 237 or 221
 Athletic Director: FAX: (815) 235-3185
 E-MAIL: barb.hemesath@aquinschools.org

*The Athletic Director administers an effective athletic program
 for the benefit of the student athletes.*

General Information:

Aquin Catholic Jr/Sr. High School adheres to the rules and regulations of the Illinois High School Association (IHSA) and the Northwest Upstate Illini Conference (NUIC). The members of our conference are:

Conference: Northwest Upstate Illini Conference
 Division: Varies per sport
 Nickname: Bulldogs
 Colors: Navy Blue and Gold

Northwest Upstate Illini Conference

The member schools of this conference:

Ashton/Franklin Center	Milledgeville
Dakota	Orangeville
Durand	Pearl City
East Dubuque	Pecatonica
Eastland	Polo
Forreston	River Ridge
Freeport Aquin	Stockton
Galena	Scales Mound
Lena-Winslow	South Beloit
West Carroll	Warren

Home sites:

Football	Conley Field (Aquin)
Golf	Park Hills Golf Course
Volleyball	Aquin Gymnasium
Basketball	Aquin Gymnasium
Baseball	Highland College Field
	Freeport Park District
Track	Conley Field (Aquin)

These schools shall be divided or not into divisions as the majority of the membership deems necessary or desirable for conference participation.

With the exception of golf and baseball, Aquin offers no co-ed sports. The following is a list of the interscholastic sports offered at Aquin during the course of the school year:

	<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Boys	Football Golf	Basketball	Baseball
Girls	Volleyball Spirit Squad Golf	Basketball Spirit Squad	Softball

Non-School Sponsored Sport Participation

Aquin High School will pay the IHSA entry fee for a non - school sponsored sport an individual wishes to enter. All other expenses incurred for participation (transportation, meals, lodging, etc.) will be paid by the athlete/parent. Should any expenses be incurred by the school in hiring a teacher/coach to supervise the individual athlete, as required by the IHSA, or a substitute for the teacher/coach, the athlete/parent will be responsible for the cost.

TEAM MEMBERSHIP

All freshmen try out at the freshman or initial level of the sport offered (football, girl's volleyball and boys/girls basketball.)

If a freshman or sophomore student athlete is under consideration by the coaching staff to be moved to a higher level, the athletic director will meet with the parents, athlete, principal and coaches. The athlete or parents may decline the suggested move. Sophomore/junior varsity level athletes may be moved to the varsity level for post-season tournaments. In considering a student athlete for a move to a higher level, school officials will review not only the team's needs but also team chemistry. After a review of the student's school record, consideration will be given to his/her growth and development (physical, emotional, social, intellectual, and spiritual).

TRANSPORTATION

Student athletes **MUST** travel with the team to and from each contest on the **school-provided** transportation. Parents who find it necessary to transport their son or daughter home from a contest **MUST** notify the coach in person. In the event parent's request their child go home with another PARENT, a permission slip **MUST** be signed by the student's parent and given to the coach. Student athletes who miss the **school-provided** transportation to a contest the first time will incur the consequences previously established by the coach for such an infraction (may include not participating in the contest). If they miss more than one time it is the school policy that they will not be allowed to participate in the contest.

Athletes are expected to notify their coach and the athletic director of any violations of the rules. It is expected that they will *tell the truth (definition of character)* when confronted with information regarding a rule violation.

Training Rules for Aquin Athletes

Any student who is a participant in any school-sponsored sport, academic team, or other IHSA sponsored event shall be subject to all rules written in this code. **These rules apply twenty-four hours a day, seven days a week, twelve months a year, in or out of school.**

Athletes are expected to notify their coach and the athletic director of any violations of the rules. It is expected that they will *tell the truth (definition of character)* when confronted with information regarding a rule violation.

Random Drug Testing

High School students who wish to participate in athletics (and/or other extra curricular activities) must register for inclusion in a pool for the purpose of random drug testing. Please consult the Random Drug Testing Handbook.

Alcohol, Tobacco and other Drugs or Illegal Activity

Athletes are prohibited from using tobacco and using or being under the influence of alcohol or drugs. Included within the prohibition set forth in this policy are the following:

1. Use, possession, manufacture, distribution, dispensation or sale of drugs, drug paraphernalia, steroids and/or controlled substances, alcohol or tobacco.
2. Storing in a locker, desk, automobile or other repository on school premises or in connection with any school-related activity any drug, drug paraphernalia, alcohol, or tobacco.
3. Being under the influence of drugs or alcohol on school premises or in connection with any school-related activities.
4. Any **illegal actions**.
5. The school reserves the right to require a student to undergo testing for the use of alcohol and/or drugs when a reasonable suspicion of such use exists (observation of the student's behavior, information received regarding alleged alcohol or drug use and/or other evidence). A student's failure to cooperate in testing required by this policy or other violation of this policy may result in disciplinary action up to and including expulsion from school.
6. Involvement in acts of vandalism, violence, theft, or any **act considered unlawful** in any legal jurisdiction.
7. Involvement **as a participant** at a party or gathering where illegal activities are occurring. The student will be treated as a participant should he/she fail to leave the premises once he/she becomes aware of these illegal happenings.

Student athletes are held accountable for these policies 24/7, 12 months out of the year from the beginning to the end of their enrollment at Aquin.

Students are expected to notify their coach and A.D. of any rule infraction.

The school reserves the right to require a student to undergo testing for use of alcohol and/or drugs when a reasonable suspicion of such use exists. A "reasonable suspicion" of drug and/or alcohol or drug use is based on evidence that raises a suspicion of a school official or the individual's parent or guardian. A student's failure to cooperate in testing required by this policy or other violations of this policy may result in disciplinary action including expulsion from school.

Consequences for Violation of Training Rules (Span an Athlete's Sports Career):

Season begins with 1st official contest and ends with final scheduled contest.

- **First Offense:** Suspension from participation in all (see definition of season) season's contests for 30% of the season from the time of the violation or from the time that the administration/athletic director makes a final determination that a violation has occurred, beginning with the student's next scheduled contest. If violation occurs in off-season, **suspension will begin with the student's first scheduled contest.**

Athletes are held to the rules governing use, possession, manufacture, distribution, dispensation or sale of drugs, drug paraphernalia, tobacco, or alcohol at school and/or school-sponsored activities. **Therefore, suspension may exceed 30% of the season.**

Must attend practices and perform tasks at coach's discretion, beginning with the student's next scheduled contest. Students are expected to notify their coach/AD of any infractions.

Athletes must attend all practices during this period and perform tasks at coach's discretion. Students are expected to notify their coach/AD of any infractions.

- **Second Offense: Expulsion from current sport (if applicable) and cannot participate in succeeding sports for 50% of the season (beginning with the first contest).**

The athlete may practice for future participation at coach's discretion. (see definition of season)

- **Third Offense:** The athlete will be expelled from all sports for one full calendar year. At the end of the calendar year the student will meet with a discipline board to determine further participation eligibility in Aquin athletics.

In the case of activities considered illegal and/or violations of state or city laws, or school regulations:

1. **Felony:** Immediate expulsion from sports for one calendar year, with a review by a discipline board (above) after a year to determine further participation.
2. **Unlawful Acts:** Consequences determined by athletic director, depending on severity of act.
3. **Misdemeanor** (except that which relates to Aquin's drug/alcohol policy), Suspension for ONE game. Consequences for traffic violations will be determined by administration.

FACILITIES

1. Athletes are not allowed in the **coach's office/area** unattended and without permission.
2. The **training room** is off limits unless attended by the athletic trainer or coach.
3. **An adult must supervise weight room facilities** at all times.
4. **Students may not be in the building without an adult supervisor.**
5. **Penalty** for being in a restricted area, uninvited or unsupervised, may result in disciplinary action.

6. Athletes shall demonstrate respect for the school's neighbors when coming to or leaving from the school's premises for (contests, practices, using weight room, etc). This includes but is not limited to CAREFUL and RESPONSIBLE driving, NO LOUD VOICES. ETC.

STATE CONTESTS

Students who are members of an athletic team may be excused from school when they're team or a member of their team, is playing/competing in a State Contest (IHSA). Non-participating members must have parental permission and parents assume full responsibility for travel, lodging and supervision.

COLLEGE ATHLETIC REQUIREMENTS

An athlete who wishes to participate his/her college freshman year at a Division I or II school must fulfill the following requirements:

1. **Division I Regulations**

Graduate from high school after successfully completing a core curriculum of at least 13 academic courses; with a grade point average and combined score on the SAT verbal and math sections or a sum of scores on the ACT based on the Division I Qualifier Index.

2. **Division II Regulations**

To qualify for a Division II school, an athlete must have a GPA of 2.000 in a successfully completed core curriculum of at least 13 academic courses and have an 820 combined score on the SAT verbal and math sections or a sum of scores of at least 68 on the ACT.

3. **Be Certified by the NCAA Initial**

Eligibility Clearinghouse

Additional information may be obtained from the athletic director/guidance counselor. "NCAA Guide for the College-Bound Student-Athlete"

- a. Complete the student release form.
- b. Mail the top copy of the form to the clearinghouse along with the registration fee.
- c. The high school sends the yellow copy, along with an official copy of your high school transcript to the clearinghouse.
- d. The pink copy is for the student's files.

IHSA Regulations

Athletic Eligibility Rules

When you become a member of an interscholastic athletic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic sports participation. The IHSA's rules have been adopted by the high schools, which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competitions in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal of your school is responsible to see that only eligible students represent the school in interscholastic athletics. Any question concerning your athletic eligibility should be referred to your principal, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal has questions or wishes assistance in answering your questions, the principal should contact the IHSA Office.

Information contained here highlights only the most important features of the IHSA by-laws regarding interscholastic athletic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic athletics. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety.

You will lose eligibility for interscholastic athletics if you violate IHSA by-laws. Therefore, it is extremely important that you review this material with your parents, your coaches, your athletic director and your principal to thoroughly understand the IHSA eligibility by-laws and how they relate to you.

ATTENDANCE

1. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
2. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
3. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have athletic eligibility.
4. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

Scholastic Standing

1. You must pass twenty (20) credit hours of high school work per week. Generally, twenty (20) credit hours is the equivalent of four (4) "full credit" courses.
2. You must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian. [If you do not reside with both of your biological parents, your eligibility may be subject to special provisions. Check with your principal to be sure you are eligible before you participate.]

You may be eligible if you are entering high school as a freshman and:

1. You attend the public high school in the district in which you live full time with both of your parents; or
2. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, and you continue to pay tuition as a high school student in that same district; or
3. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents or court appointed legal guardian; or
4. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
5. You attend the private/parochial high school which one or both of your birth parents attend or where one of your parents' current spouse attended; or

6. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents.

Transfer

1. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office.
You cannot be eligible when you transfer until this form is fully executed and on file in the school office.
2. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.
3. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 - a. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district.
 - b. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed.
 - c. Guardian change residence to the district attendance area for the school to which you transfer.
 - d. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school approve your transfer.
 - e. Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents custodial parent or court appointed guardian, you are changing high schools for the first time, and the principals of both your former and the new school approve your transfer;
 - f. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which your transfer;
4. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
5. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.
6. Any questions about your eligibility in any of these instances must be resolved by a form ruling from the IHSA Executive Director.
7. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal of the school into which you transfer before you participate in an interscholastic athletic contest.

Participation Limitations

1. After you enroll in ninth (9th) grade, you may be eligible for no more than the first eight (8) semesters you attend school. If you attend school for ten (10) or more days in a semester, that counts as a semester of attendance. You are not guaranteed eight semesters of eligibility, but that is the maximum number of semesters of high school attendance during which you may possibly have eligibility.
2. Your 7th and 8th semesters of high school attendance must be consecutive.
3. After you enroll in ninth (9th) grade, you will not be eligible for more than four (4) years of competition in any sport. You are not guaranteed four (4) years of competition, but that is the maximum amount of competition you may have.

Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

Use of Players

You may not appear at a contest in the uniform of your school while you are ineligible. This means that you may not dress or sit on the bench in uniform if you are not eligible to play. Also, you may not compete in an “exhibition” contest if you are not eligible.

Participating Under a False Name

If you compete under a name other than your own, your principal will immediately suspend you from further competition and you and any other person(s) who contributed to the violation of this by-law will be subject to penalties.

Physical Examination

You must annually have placed on file with your principal a certificate of physical fitness, signed by a licensed physician, in order to practice or participate. Your physical examination each year is good for only one (1) year from the date of the exam. The physician’s report must be on file with your high school principal.

Amateur Status

1. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost.
2. For participating in competition in an interscholastic sport or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$20 fair market value. There is no limitation on the value of your school letter.
3. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in little kids league, etc. It only applies to your own competition in an athletic contest.
4. If you violate the amateur rule, you become ineligible in the sport in which you violate. The Executive Director must reinstate you before you may compete again.

Recruiting of Athletes

1. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
2. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by a person or group of persons, connected with or not

connected with the school, related to athletic participation. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete, which are not uniformly made available to all students who attend your school.

3. You may not receive an “athletic scholarship” or any other special benefit from your school, provided because you participate in athletics.
4. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement, which is not made available to all applicants who apply to or enroll in the school. Special inducement includes, but is not limited to:
 - a. Offer or acceptance of money or other valuable consideration such as free or reduced tuition during the regular year or summer school by anyone connected with the school.
 - b. Offer or acceptance of room, board or clothing or financial allotment for clothing.
 - c. Offer or acceptance of pay for work that is not performed or that is in excess of the amount regularly paid for such service.
 - d. Offer and acceptance of free transportation by any school connected person.
 - e. Offer or acceptance of a residence with any school connected person.
 - f. Offer or acceptance of any privilege not afforded to non-athletes.
 - g. Offer or acceptance of free or reduced rent for parents.
 - h. Offer or acceptance of payment of moving expenses of parents or assistance with the moving of parents.
 - i. Offer or acceptance of employment of parent(s) in order to entice the family to move to a certain community if someone connected with the school makes the offer.
 - j. Offer or acceptance of help in securing a college athletic scholarship.
5. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics; even when special remuneration or inducement is not given. Please remember that you may not be offered to receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.

School Team Sports Seasons

1. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
 - a. During the school year, you may not participate on a non-school team coached by any member of your school’s coaching staff unless it meets specific criteria established by the by-laws will result in penalty to you and/or to your school’s coaching personnel.
 - b. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
2. Violation of the sport season by-laws will result in penalty to you and/or to your school’s coaching personnel.

Playing in Non-School Competition

1. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.

2. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
3. If you wish to participate in any competition sponsored and conducted by the National Governing Body for the sport, your principal must request approval in writing from the IHSA Office prior to any such participation.
4. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team.
5. You will become ineligible if you participate with, practice with or compete against any junior college, college or university team during your high school career.

All-Star Participation

1. After you have completed your high school eligibility for football, basketball, soccer or volleyball, you may participate in one (1) all-star contest in any of these sports and still play for other school teams, provided:
 - a. The high school season in that sport has been completed;
 - b. The all-state contest has been approved by the IHSA
 You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
2. You are not restricted from participating in all-star competition in sports other than football, basketball, soccer, or volleyball, except that you may not do so during the school season for the sport.

Coaching Schools

1. A coaching school, camp or clinic is defined as any program, sponsored by an organization or individual, which provides instruction in sports theory and/or skills; which does not culminate in competition, and which is attended by more than two (2) persons from the school which the student attends.
2. During the school term, you may not attend a coaching school or clinic for any interscholastic sport.
3. You may attend a coaching school, camp or clinic during the summer (that period between the close of school in the spring and the opening of school in the fall) within the following criteria:
 - a. You may not attend a coaching school, camp or clinic for any sport after Saturday of Week No 4 in the IHSA Standardized Calendar.

Misbehavior During Contests

1. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
2. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.
3. Any other person(s) found to be in violation of the ethics of competition or principles of good sportsmanship might also be barred from interscholastic athletic contests.

JUNIOR HIGH

Superintendent/Principal: Kathleen Runte
 Assistant Principal: Fr. Michael Bolger
 JH Athletic Director: Jim Jenkins

Athletic Director: TELEPHONE (815) 235-3423 (H)
 (815) 232-3516 (W)
 E-MAIL: kathy.grenoble@aquinschools.org

The Athletic Director administers an effective athletic program for the benefit of the student athletes.

Junior High Athletics

Conference: Stephenson County Jr. High Athletic Conference
 Colors: Blue and White

Football:**East Division**

Aquin JH
 Dakota
 Durand
 Orangeville
 Rockford Lutheran
 South Beloit

West Division

Chadwick
 Eastland
 Forreston
 Lena Winslow
 Pearl City
 Polo

Volleyball, Boys Basketball, and Girls Basketball:

Aquin JH
 Dakota
 Durand
 Eastland
 Lena Winslow
 Orangeville
 Pearl City
 Stockton

JUNIOR HIGH HOMESITES:

Football	Conley Field (Aquin)
Volleyball	Aquin Elementary Gym
Basketball	Aquin Elementary Gym

Transportation:

Football players will use a bus to go to football games, they will return home with parents.

Volleyball and basketball players will go to games by car pool.

Junior high football players travel to games by bus and return home with their parents.

Junior high volleyball and basketball players travel by car pool.