

Albers Damiansville COUGARS



2026-2027

Extracurricular Activities' Handbook

**Albers Elementary School
Damiansville Elementary School**

Albers Elementary School & Damiansville Elementary School

Extracurricular Activities' Handbook 2025-2026

Welcome to all students and parents/guardians who choose to participate in extracurricular activities. Our schools strive to provide a safe and meaningful experience for children to compete in extracurricular competition. All student participation is voluntary. The school employs coaches/moderators and expects parents to be supportive of school programs, staff, and rules to ensure a positive experience for the children. Students participating in athletic programs are expected to follow the guidelines set forth in this handbook.

Student Extracurricular Activities

The following sports are offered to students: Boys/Girls Basketball, Cheerleading, Chorus, Scholar Bowl, Boys/Girls Track, Boys/Girls Cross Country, Girls Volleyball, Boys/Girls Golf, Boys/Girls Bowling, Boys Baseball and Girls Softball.

SIJHSAA Rules

Albers / Damiansville Co-op student athletes and the programs in which they participate are governed by the rules of the Southern Illinois Junior High Athletic Association.

- No jewelry may be worn at practices or games.
- Hair should be pulled back from the face for safety reasons
- T-shirts worn under uniforms must match the uniform color. i.e. White uniform/white t-shirt.
- Coaches must be present at all practices and events.

Athletic Activities

Albers/Damiansville Co-op participates in an athletic conference with area schools that provide basketball for boys, basketball for girls, volleyball for girls, cheerleading, track for boys, track for girls, cross country for boys/girls, golf for boys/girls and bowling for boys/girls, baseball for boys and softball for girls. Students in grades 5-8 may participate in basketball, volleyball, golf, cross country, and track. Students in 4th grade may participate, if needed. Students in grades 6-7-8 may participate in cheerleading, 5th grade if needed. Tryouts for cheerleading are held in the spring of the year, if necessary. Students participating in basketball, volleyball, track, golf, cross country, bowling, cheerleading, baseball and softball must receive an athletic physical. Clean gym shoes are the only shoes that are to be worn in the gym. Uniforms for baseball, softball, basketball, volleyball, cheerleading, bowling, cross country, and track are provided by the school.

School and Sports Fees

All fees must be paid by the 3rd practice of the season that a student-athlete is participating. These fees may include, but are not limited to: sports, technology, registration and lunch fees. If these fees are not paid, the student-athlete may not participate in any extra-curricular activity until the fees are paid in full.

Eligibility

Students' grades will be checked every Monday morning. In order to be eligible to participate in extracurricular activities, a student must maintain a C average or higher, for the following 5 core

subject areas: Reading, Language Arts, Math, Science, and Social Studies; and the individual core subject average may not be lower than a D. Each student's grades will be evaluated two weeks prior to the start of the season. Thereafter, each student's grades will be re-evaluated on a weekly basis. If any such weekly evaluations show that a student's 5 core subject grade average is below a C, or if any individual core average is a D or lower, he/she will be initially ineligible for a period of one week until they raise their 5 core subject grade point average to a C, and their subject average to at least a D. **He/she may not attend practices or games.** If the 5 core subject average has returned to an overall C at the weekly evaluation with no F core subject average, the student may again participate. If an athlete is ineligible at the end of a quarter, they will remain ineligible for the first week of the following quarter. Grades will be checked again and if the ineligible student meets the criteria, they will be reinstated.

Ineligibility notification to parents/guardians will be given in the form of a phone call or email home on Monday and/or a letter to the parent/guardian. After a one-week period, the student's academic progress will be re-evaluated. If the student still has not met the above requirement for eligibility, another one-week suspension from all extra-curricular activities will take place. If a student is ineligible for 3 weeks during the season, a decision will be made between the administration and the coach as to whether the student will be eligible to continue to participate on the team.

Statement of Physical Examination

Students who intend to participate in athletics are required to undergo annual health examinations prior to participation and file current copies with the school office. Medical examination forms may be obtained from the school office.

- Participation includes practices and events.
- Sixth grade participants must have the SIJHSAA documentation in addition to the physical examination required by the state of Illinois prior to the beginning of the school year.

The school provides student insurance during the regular instructional day. Parents/guardians may purchase additional coverage through the school provider to cover athletic participation.

Physician's Approval after Injury or Illness: Any student who has missed one week of school or athletics contest due to being under a doctor's care, must have a signed statement by the doctor releasing the student from the doctor's care on file with the athletic director.

School Attendance

A student who is absent and has not returned to complete the second half of the school day (last 150 minutes of instructional time) may not participate in extracurricular activities on that date. Exceptions to this rule are school-related activities, doctor or dentist appointments (with note), and other reasons approved by the Superintendent or designee.

Coaches Expectations

- Teach, model, and demand good sportsmanship
- Develop expectations for the season for the players
- Coordinate with the Athletic Director for practices, games, student eligibility, uniforms and a variety of other procedures

- Enforce School Rules during practice and during games
- Conduct pre-season meetings with players to review rules, procedures, schedules, expectations, and answer questions
- Meet with parents/guardians concerning questions
- Keep track of attendance
- Coaches have the final decision on matters relating to student participation
- Coaches will have a season ending meeting to collect uniforms and to relay any other end of season messages that may be pertinent to the team.

Student Expectations

- Submit written proof of current physical examination form. (For athletes only)
- Submit a completed medical emergency form
- Treat all people with respect (students, teachers, coaches, staff, officials, etc...)
- Work hard in the classroom
- Work hard in practices and games
- Take proper care of equipment and facilities
- Demonstrate acceptable school conduct and good sportsmanship
- Attend all meetings/functions of the activity and be on time.
- Avoid socially unacceptable language and actions
- Follow the school dress code when attending school related activities
- Avoid the use of tobacco, alcohol, or non-prescription drugs

Any students who are in violation of these rules are subject to suspension or expulsion from the extracurricular activity and will be held accountable to the discipline rules of the school.

Athletic Event Attendance

Rules: All students who wish to attend athletic events in the Albers-Damiansville Co-op must abide by the behavior guidelines as stated in the Parent/Guardian & Student Handbook. Students must be in fourth grade or higher to attend games without a parent/guardian or high school age chaperone and must be in at least fifth grade to ride on the fan bus for away activities.

Violation of behavior rules: Students who violate the behavior guidelines will be warned once by the game supervisor and may be asked to miss one game. For the second offense, a student will be banned from two games. For a third offense, a student will be banned from games for the remainder of the season. The administrator will call the parents/guardians to notify them of the warning before the first suspension.

Violation of academic rules: students who are deemed ineligible because of poor academic performance may not attend practice or games in any manner.

Parent/Guardian Expectations

- Be supportive of your child and the team
- Volunteer for assistance at games (Concession Stand or Pass Gate)
- Keep all children not in uniform off of the gym floor at all times
- Keep all children not in uniform in seats during play
- Have a positive attitude at school functions

Albers Elementary School and Damiansville Elementary School will not tolerate parental unsportsmanlike conduct at any district extracurricular event, regardless of where it is held.

Unsportsmanlike conduct is defined as “any action, either physical or verbal, that is construed as vulgar, obscene, confrontational, threatening, or inappropriate.” Examples include, but are not limited to, the berating or confronting of officials, the use of obscene, abusive or derogatory language, and other forms of disorderly conduct. Behavior judgments will be based on an observation made by the supervisor of the event, district administration, Athletic Director, referees, other coaches, other school administrators, and/or the Albers or Damiansville Board of Education.

Per the SIJHSAA, the following rules, taken directly from the SIJHSAA website, will apply if an athlete, coach or fan/spectator are ejected.

Beginning with the 2023-2024 school year, the length of suspensions will increase for fans, coaches, and players who have been ejected from an event.

For a first ejection of the school year:

1. A fan ejection will increase from a 2-game suspension to 3 games.
2. A player ejection will increase from a 1-game suspension to 2 games.
3. A coach ejection will increase from a 1-game suspension to 2 games.

For multiple ejections in the same school year:

1. Any fan who is ejected twice (2 times) will result in the fan not being allowed to attend any SIJHSAA event for the remainder of the school year.
2. Any player who is ejected twice will result in a 4-game suspension.
3. Any coach who is ejected twice will result in a 4-game suspension.

Also, any fan, player, or coach who has been ejected from a SIJHSAA event must complete the Sportsmanship Course on the NFHS website before being permitted to attend any SIJHSAA events. The course completion certificate must be submitted to their home school to complete the period and terms of the suspension.

Any school in SIJHSAA that is found to not enforce these suspensions and comply with these terms may face consequences from SIJHSAA.

Responsible Use of School Uniforms and Equipment

Students are responsible for the care of school uniforms and equipment issued by coaches.

Volleyball and basketball uniforms should only be worn at the games. Cheerleading uniforms may be worn to and from games, at the coach's discretion.

If a uniform is lost, stolen, or damaged, the player is responsible for its replacement at his/her own expense.

A student is permitted to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive the prior approval of the school board for such modification.

Equipment to be purchased by Athlete

Cross Country: shoes

Golf: clubs, golf balls, and shoes

Volleyball: shoes and knee pads

Basketball: shoes

Cheerleading: shoes, socks, bodysuit, bow and tights

Bowling: shoes, wrist brace and ball (all optional)

Baseball/Softball: glove, shoes, socks, hat, belt, pants, helmet, bat, fielders mask (softball)

School Rules

All participants are expected to read and sign the verification form which indicates that the school rules stated in the Parent/Guardian & Student Handbook have been reviewed. Parents/Guardians are expected to attend organizational meetings prior to their child's participation in a particular sport. Students and coaches are required to clean up after themselves in the locker room and the gym after games and practices.

Transportation

All participants shall be transported to and from the extracurricular events that occur during the school day. Transportation will be provided to away games that begin at 4PM or earlier. There is no transportation back to school, parents/guardians are responsible for transporting the student home. Parents/guardians, however, may request alternative transportation for these events.

A small activity bus has been purchased by the 2 schools and may be used for transporting athletes to and from events, depending upon the size of the group. This bus is driven by school employees or coaches.

Bus transportation will not be provided for evening games, Non-Conference Tournaments or Shoot Outs unless the activity bus can be used.

Emergency Treatment

If in our opinion the injury or illness is serious, 9-1-1 or emergency personnel will be contacted immediately; then, the school will attempt to contact the parents/guardians. If they are not available, the school will attempt to contact the doctor listed on the Emergency Medical List. It is of the utmost importance that the information is complete (phone numbers, etc.) and up to date in the school office. **No child will be denied emergency medical treatment as recommended by the attending physician.**

Concussion

A student athlete who exhibits signs, symptoms or behaviors consistent with a concussion in a practice or game will be removed from participation or competition at that time. A student athlete who has a possible concussion or head injury may not participate in athletics unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer. If not cleared, 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.

9-1-1 Emergency Response

In case of an extreme emergency when no one has access to a telephone, you are to pull the fire alarm for a 9-1-1 response.

Practice and Event Attendance

Attendance at all practices and events is mandatory, unless previously approved by coaches and/or administration. Athletes must notify coaches prior to noon of the affected day if they will not be able to attend a practice or event. Disciplinary actions will be taken according to coaches expectations which will be given to the athletes prior to the beginning of the season

Scheduled Practices

All practices are for students only. Practices are not open for family members or friends of the players. Only by request of the coach, no more than 3 high school students may attend practices. The coach will supply a list with the names of 6 high school students who are permitted to practice. Practices will end promptly at the scheduled time. Please wait outside for your child. All players and invited high school students are to be under the supervision of the coach at all times.

Drop Off and Pick Up For Practices and Games

In order to ensure supervision is available, students should be dropped off no sooner than 15 minutes prior to practices and games. Students must be picked up no later than 15 minutes after practices and games. There is no phone available to call home, so please make prior arrangements.

- No school employee may transport students in school or private vehicles unless authorized by the administration

Conflict Resolution

If conflicts should arise, take a positive approach to solving the problem. Please follow the guidelines below when trying to solve a problem.

1. Talk to the coach **FIRST** without the athlete, to discuss the problem. The parents/guardians in the stands can only sympathize with you; they cannot solve your problem. Make an appointment and get it out in the open. **Please use a 24 hour calming period before speaking with a coach.**
2. If you are not satisfied after speaking to the coach, speak to the Athletic Director.
3. If you are not satisfied after speaking to the Athletic Director, speak with the Principal/Superintendent.
4. The next step is a meeting with the School Board in Closed Session at the next available Board of Education meeting.

This process must be followed for all conflicts.

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2026-27 Handbook Agreement**

As a student participating in extracurricular activities I pledge to:

- Attempt to attend all practices and games.
- Work hard in the classroom.
- Work hard during practices and games.
- Follow all guidelines for participation in activities.
- Respect others involved in my activity.

Student's Signature

As a parent/guardian, I pledge to:

- See that my child is punctual and attends practices and games regularly.
- Support the coaching staff with their decisions.
- Have read and reviewed the guidelines with my child.

Parent/Guardian Signature

Parent/Guardian Signature

As a coach, I pledge to

- Conduct a pre-season meeting to review all guidelines and expectations.
- Teach, model, and demand good sportsmanship.
- Develop a monthly calendar of practices and games.
- Have flexibility in the facilitation of my own activities.

Coach Signature

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As a coach, I pledge to

- Conduct a pre-season meeting to review all guidelines and expectations.
- Teach, model, and demand good sportsmanship.
- Develop a monthly calendar of practices and games.
- Have flexibility in the facilitation of my own activities.

Coach Signature