

NEW TRIER HIGH SCHOOL ATHLETIC HANDBOOK

2018- 2019



TREVIANS

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New Trier Athletic Handbook



Introduction to the New Trier Athletic Handbook

It is the intent of this handbook to make available information regarding athletics at New Trier to all athletes who participate in our program. We ask that you and your parents review the handbook carefully and keep it throughout your participation as a Trevian Athlete.

When you are a part of an athletic team, you are a representative of New Trier High School. You are expected to demonstrate appropriate behavior on and off the field, court or in and out of the pool. We need quality people and athletes to have a quality athletic program. Quality athletes display good sportsmanship at all times.

The staff and administration welcome you to the New Trier Athletic Program. We desire to assist you in any way necessary. Good luck and enjoy your athletic participation in New Trier's program.

Superintendent – Dr. Paul Sally	784-6109
Principal – Denise Dubravic (Winnetka)	784-2200
Principal – Paul Waechtler (Northfield)	784-7501
Athletic Director – Augie Fontanetta	784-2226
Assistant Athletic Director – Jim Burnside	784-2227
Athletic Administrative Assistant – Erin Romano (Winnetka)	784-2225
Athletics/Intramural Coordinator – Paul Moretta (Northfield)	784-7516
Athletic Administrative Assistant – Janet Douaire (Northfield)	784-7517
Head Athletic Trainer – Dale Grooms, ATC Cell: 847-987-5725 or	784-2299
Athletic Trainer – Jordan Anderson, ATC	784-2299
Athletic Trainer – Kyla Stancy, ATC	784-2299
Athletic Trainer – Danah Ouimette, ATC	784-2299
Intramural Director – Matt Koulentes	784-6822
Athletic Operations Manager – Scott Wiviott	784-2217

The New Trier Athletic Philosophy

Interscholastic sports at New Trier High School form part of a diverse co-curricular program. The activities are regarded as vital parts of the total educational offerings of our school. The sound development of the physical capacities of youth complements and enhances the intellectual, emotional and social development of every young man and woman. These opportunities are useful tools in the achievement of the goals of a comprehensive education.

We encourage student participation in the athletic program and would like to involve as many students as possible in an educationally sound and successful, competitive, interscholastic experience. High school athletics is a competitive experience, therefore not all who try out make the team, nor do all those who make the team receive the same participation opportunities in contests. Ultimately, the participation level of individuals is a staff decision.

New Trier's dedication to excellence extends to our competitive athletic program. In this endeavor the Interscholastic Athletic Program serves as one of the extensions of the classroom, attempting to provide experiential learning opportunities and enhancing the learning which occurs within the classroom. All team members, regardless of ability, will be afforded opportunities to develop their work ethic, sense of commitment and social and athletic skills.

New Trier Athletic Mission Statement

The New Trier High School Athletic Department began work in the fall of 2007 to identify the desired outcomes of student participation in the New Trier program of interscholastic athletics. Construction of an "Athletic Mission Statement that would clarify the outcomes was undertaken by an eight-member Athletic Department Mission Statement Committee formed in October 2007. The Committee concluded its work in May 2008 and the New Trier Athletic Mission Statement was approved in August of 2008. The Athletic Department and School wish to thank the Committee, New Trier Booster Club Executive Committee, SALT (Student Athletic Leadership Training Class), and members of the New Trier Coaching staff for their support of this process. a complete history of the Mission Statement process can be found at <http://www.newtrier.k12.il.us/athletics>.

New Trier Athletic programs will provide an experience that fosters an emotional, physical and intellectual foundation for growth and well-being. The New Trier institutional motto, *"to commit minds to inquiry, hearts to compassion, and lives to the service of humanity..."* is a reminder that these programs provide a direct connection to the quality of our students' educational experiences now and in the future.

Student-Athletes will demonstrate compassion, responsibility and dedication to their team and teammates as they act with integrity, honor, and an understanding of their role in the school and community. Spirit, loyalty, confidence, self-esteem and enjoyment of the sport are visible components of a positive experience.

The New Trier Athletic Department is committed to providing opportunities that enhance the experiences of student-athletes in their specific sports. The department believes that participation in sport produces lessons that will be used in life as well as in competition: interscholastic and intramural sports promote an awareness of the positive impact of hard work, the value of developing measurable skills, the importance of attending to detail, and the ability to persevere through adversity.

Utilizing a strong work ethic and discipline judgment, the athlete values team accomplishments above personal achievement. Through consistent analysis and reflection, athletes come to a better understanding of their sport, teammates, and the spirit of competition.





New Trier Extracurricular Code of Conduct

STATEMENT OF PHILOSOPHY

New Trier High School is committed to promoting the ideals of sportsmanship, integrity and healthy living for all students. Students participating in the extracurricular program have a responsibility to lead through their example. The Extracurricular Code (the “Code”) promotes the development of that character and the maintenance of the healthy lifestyle necessary for students to pursue their goals. The Code seeks to foster the health, safety, and welfare of the participants and promotes high standards of conduct, citizenship, and good decision-making.

The Code applies to students who participate in voluntary, school-sponsored activities that are not part of an academic class. New Trier offers an extensive and diverse extracurricular program that includes athletic and non-athletic interscholastic teams and competitions, clubs, performing arts, and leadership positions. The Code is in effect 24 hours a day, seven days a week, 365 days per year. The Code applies to student conduct on and off campus, even when the conduct is not directly connected to NTHS.

ADMINISTRATION & AVAILABILITY OF CODE

The Code is administered by the Athletic Director, the Athletic Coordinator, the Student Activities Coordinators, and the Performing Arts Coordinator (referred to as “Extracurricular Leaders”), and/or their designees with the support of staff and administrators at New Trier. All students and parents are expected to have read the Code prior to participation in the extracurricular program; the Code is published in the Student Guidebook and on New Trier’s website. Participation in the Extracurricular Program constitutes a student’s understanding of, and agreement to abide by, the provisions of the Code. An appeal of an Extracurricular Code violation may be made to the principal at the respective campus. Consequences outlined by the Code may be in addition to those students receive for the same disciplinary infraction from an Adviser Chair or Administrator.

PARTICIPATION IN THE EXTRACURRICULAR PROGRAM IS A PRIVILEGE

Participation in the extracurricular program is a privilege and not a right. Participants become visible representatives of NTHS, their fellow students, and the community; therefore they have additional responsibilities to be exemplars and comply with the Code. NTHS has the authority to restrict or revoke a student’s privilege to participate in the extracurricular program.

PARTICIPANT PLEDGE & PROHIBITED CONDUCT

Students agree to abide by the following pledge:

Participation in extracurricular activities is an honor and a privilege. As a visible representative of the school and community, I have the obligation and responsibility to represent myself, my family, my activity, my school, and my community in an exemplary manner. I understand that if I violate the express or implied terms of the Extracurricular Code, or if I engage in any behavior that negatively affects my activity, fellow students, school, or community, I will be subject to disciplinary measures that may include the immediate revocation of my privilege to participate in the extracurricular program.

I further understand that conduct prohibited under this Code includes, but is not limited to the following:

- *The purchase, possession, delivery, distribution, or use of tobacco or nicotine products including e-cigarettes and vaporizers;*
- *The purchase, possession, delivery or distribution, or being under the influence of alcohol, a controlled substance, other illegal mood-altering and/or performance enhancing drugs or chemicals, or any substance used to obtain an altered mental state or “high”;*
- *The purchase, possession, delivery, or distribution of look-alike drugs, drug paraphernalia, and alcohol containers;*
- *Violations of the Academic Integrity Policy;*
- *Hosting or organizing a gathering or providing a venue where minors and any of the above-referenced prohibited substances are present;*
- *Assault or battery;*
- *Bullying and intimidation, hazing, and harassment of a written, verbal, physical, or sexual nature, including but not limited to hand written, electronic, or spoken words;*
- *Vandalism, theft, property damage;*
- *Insubordination or gross disobedience;*
- *Violation of the Acceptable Use Regulations; and*
- *Unsportsmanlike conduct or behavior unbecoming of a New Trier student.*

REPORTS OF VIOLATIONS & DETERMINATION OF CONSEQUENCES

Reports of possible Code violations may come from school faculty and staff members, a confession of the offender, other students, parents and other outside sources including photographs, social networking websites, and electronic applications.

Attending parties or gatherings where illegal substances or tobacco products may be present is strongly discouraged. The District’s concern for the health and overall welfare of its students is at issue along with the potential for problems that may face the District’s students in such situations. The District encourages its students to make responsible choices. However, the mere presence at such parties and gatherings will not result in a violation of the code of conduct.

VIOLATIONS DURING THE SCHOOL DAY OR AT SCHOOL EVENTS

When reports are received of a possible Code violation during the school day or at a school event, the extracurricular leader will meet with the appropriate adviser chair to gather information about the incident. The student will then meet with the extracurricular leader to discuss the incident. The extracurricular leader will then determine if there has been a violation of the Code and the appropriate consequence. The extracurricular leader will contact that student’s parent or guardian to review the incident and possible consequence. The parent or guardian will also receive a written copy of the violation notice.

VIOLATIONS OUTSIDE OF THE SCHOOL DAY

When reports are received of a possible Code violation occurring outside of the school day and not at a school event, the extracurricular leader will interview the student to determine if a violation has occurred. If necessarily, the extracurricular leader may interview additional students or staff members to gather information related to the possible Code violation. The extracurricular leader will then determine if a Code violation has occurred and the appropriate consequence. The extracurricular leader will contact the parent or guardian to review the violation and possible consequence. The parent or guardian will also receive a written copy of the violation notice.

VOLUNTARY ADMISSION BY STUDENT

Voluntary admission must occur prior to any school personnel or police being aware of the incident and the student's involvement. Students who miss to offer a voluntary admission should contact a coach, sponsor, director, or the appropriate Extracurricular Leader. Voluntary admission of a first offense Code violation related to alcohol and/or drugs will not result in loss of extracurricular participation, and consequences will be held in abeyance provided the student does not seek voluntary admission of an offense for which he/she has been arrested or cited by law enforcement officials and if the student cooperates with the recommended plan. Students will only be excused from penalty for voluntary admissions on one occasion. The students will be referred to the SAP program coordinator for consultation if the violation involves the use of alcohol or drugs.

APPEAL PROCESS

Students who wish to appeal a Code violation determination should contact the principal at the appropriate campus. The principal will meet with the student and her or his parent or guardian to discuss the violation. During the appeal process, the principal will consider if the decision was reached in accordance with school rules, if the decision was consistent with precedent for similar violations, and if there is any extenuating circumstance that might alter the determination of a violation and the severity of the consequence.

CONSEQUENCES

Facts, circumstances, and disciplinary measures are analyzed on a case-by-case basis. The Code provides a minimum standard of conduct and guidance when addressing certain behaviors. It does not and cannot enumerate each and every situation or conduct for which discipline may be imposed. The consequences listed below will be applied to most violations. However, in cases of severe violations of the Code, consequences in excess of those listed below, including removal from the activity, may be applied.

- Code violations may also result in loss of privileges in celebratory functions, recognition dinners, scholarships, and/or awards.
- A student in violation of the Code will face consequences for all extracurricular activities in which he or she is involved.
 - o Consequences will apply to all extracurricular activities in which a student is participating.
 - o Consequences may apply to the following season of participation.

CLUB OFFICE, LEADERSHIP POSITIONS & ATHLETIC TEAM CAPTAINS

- Leadership positions include any team captain positions; any elected, selected or appointed position in Student Activities; and any appointed leadership position in Performing Arts.
- Leadership positions are defined as beginning during the election or selection process and ending at the conclusion of the season or school year, whichever comes first.
- Any leadership position may be lost for the length of that season or school year.

ATHLETICS & COMPETITIVE ACTIVITIES

- **First Offense:** In most cases, suspension for up to 25% of the season and removal from leadership position. However, in cases of severe violations of the Code, students may be suspended in excess of 25% and/or removed from the team. If fewer days remain in the season than are issued as a consequence, students will serve the remaining days of the suspension in the next season of participation. Students must complete an entire season in the next opportunity to satisfy the completion of the suspension. During suspension, students may try out for teams and participate in practices but may not participate in competitions.
- **Second Offense:** In most cases, suspension for up to 50% of the season. In cases of severe violations of the Code, students may be suspended in excess of 50% and/or removed from the team. If fewer days remain in the season than are issued as a consequence, students will serve the remaining days of the suspension in the next season of participation. Students must complete an entire season in the next opportunity to satisfy the completion of the suspension. During suspension, students may try out for teams and participate in practices but may not participate in competitions.
- **Third Offense:** Loss of privilege of participation in all athletics for the remainder of high school career.

PERFORMING ARTS

- **First Offense:** In most cases, removal from leadership position and suspension from participation in the activity for up to 25% of the seasonal activity. In cases of severe violations of the Code, students may be suspended in excess of 25% and/or removed from the production or performance opportunity. A student's participation during the suspension will be determined by the Performing Arts Coordinator in accordance with the specifics of the performance opportunity. Suspension from participation does not carry over into the next performance activity or production season.
- **Second Offense:** In most cases, suspension for up to 50% of the seasonal activity. In cases of severe violations of the Code, students may be suspended in excess of 50% and/or removed from the production or performance opportunity. A student's participation during the suspension will be determined by the Performing Arts Coordinator in accordance with the specifics of the performance opportunity. Suspension from participation does not carry over into the next performance activity or production season.
- **Third Offense:** Loss of privilege of participation in all performing arts activities for the remainder of high school career.

STUDENT ACTIVITIES & CLUBS

CLASS PERIOD & OTHER ACTIVITY HEADS

- **First Offense:** In most cases, removal from titled position to board/staff status and suspension from club or organization for up to 25% of the school year or up to 25% of seasonal activities. In cases of severe violations of the Code, students may be suspended in excess of 25% and/or removed from the club. During suspension, students may not attend club meetings or competitions.
- **Second Offense:** In most cases, a second violation in the same year in most cases will result in removal from leadership board or staff status for up to 50% of the school year. A second violation in subsequent years may result in removal from a titled position to board/staff status and suspension from the club or organization for up to 50% of the school year or up to 50% of seasonal activities. During the suspension, students may not attend club meetings or competitions.
- **Third Offense:** Loss of privilege of leadership participation in the Student Activities Program for the remainder of high school career.

CLASS PERIOD MEMBERS & CLUB MEMBERS

- **First Offense:** In most cases, suspension from the club or organization for up to 25% of the school year or up to 25% of seasonal activities. In cases of severe violations of the Code, students may be suspended in excess of 25% and/or removed from the club. During suspension, students may not attend club meetings or competitions.
- **Second Offense:** In most cases, removal from the club or organization for up to 50% of the school year or up to 50% of seasonal activities. In cases of severe violations of the Code, students may be suspended in excess of 50% and/or removed from the club. During suspension, students may not attend club meetings or competitions.
- **Third Offense:** Loss of privilege of leadership participation in the Student Activities Program for the remainder of high school career.

OTHER LEADERSHIP POSITIONS

Including but not limited to: SALT, ALPS, Senior Helpers and Bridge Builders

- **First Offense:** Removal from leadership position.

GUIDELINES FOR OUT OF SCHOOL SUSPENSIONS & CONSEQUENCES

In addition to the consequences imposed by the Athletic Director, the Athletic Coordinator, or the Coordinators of Student Activities and Performing Arts, students suspended from school are not permitted to participate in practices, rehearsals, meetings, contests, or performances during the period of the out of school suspension. Students may not participate in a practice, rehearsal, contest, or performance if it conflicts with an assigned school penalty (e.g., detention, Saturday School, etc.).

OPTIONS RELATED TO CONSEQUENCES FOR DRUG/ALCOHOL VIOLATIONS

A student who violates the Extra Curricular Code regarding drug/alcohol use will be suspended from extra-curricular participation and will be removed from leadership positions. Students in violation of the drug/alcohol policy are required to meet with the Student Assistance Program Coordinator within 10 days of the suspension before returning to the activity.

Students with a first violation of the drug/alcohol policy will be offered the option to reduce the length of suspension by participating in a recognized evidence-based substance abuse awareness program. These programs are designed to provide education to the student and parents, to encourage the student to evaluate the consequences of drug and alcohol abuse on his/her behavior, and to provide support and referral services to students and their families. Families will receive information on approved substance abuse awareness programs from the Student Assistant Program Coordinator.

If a student who violated the substance abuse policy chooses to enroll in an approved substance abuse awareness program, a parent/guardian must notify the Student Assistance Coordinator of the decision to enroll within 10 days of the suspension. Upon commencement of the alternative to suspension program, the remaining days of suspension are reduced. Participation in the program is voluntary, and any costs associated with the program are the family's responsibility.

Additional violations of the Extra Curricular Code regarding drug/alcohol violations will result in the consequences outlined in the Consequences section of the Code. Students returning from a long-term suspension from an extracurricular activity must meet with the Student Assistance Program Coordinator before returning to their activity.

STATEMENT OF AFFILIATION

The Illinois High School Association (IHSA) regulates interscholastic athletics and various activities in the State of Illinois, including chess, journalism, music, scholastic bowl, and speech. Participants in the extracurricular program must adhere to any and all policies established by New Trier and the applicable by-laws and policies of the IHSA and Central Suburban League.

School Day Attendance or Participation

If a student is too ill to come to school, then it is not appropriate for him/her to be here for practice or competition unless they are in school by the 4th period (unless they are on an excursion) and stay for the remainder of the school day. Students absent the entire school day, due to illness, may not participate in athletic contests that day or night.

Sportsmanship Statement

Good sportsmanship is the attitude and behavior that exemplifies positive support for the inter-scholastic programs of IHSA member schools, as well as for the individuals who participate in these programs. People involved in any facet of New Trier's interscholastic programs are expected to demonstrate respect for others and display good sportsmanship. Emphasizing and improving the sportsmanship of our students, athletes, parents and staff is one of our highest priorities. Each coach, student and parent has a role and responsibility to model and teach good sportsmanship.

The IHSA has specific guidelines and by-laws for improving sportsmanship and dealing with violations. Please review carefully the following information.

Illinois High School Association Sportsmanship By-law 6.011

Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

Illinois High School Association Sportsmanship By-law 6.012

Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

Illinois High School Association Sportsmanship By-law 2.042

IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.

Behavior Expectations of the Participant

Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community.

Treat opponents the way you would like to be treated, as a guest or friend. Never direct remarks at opponents in a taunting manner.

Respect the integrity and judgment of game officials. Respect the job and position of the officials and respect them as people. Treating them with dignity and respect, even if you disagree with their judgment, is a fundamental behavioral expectation.

Behavior Expectations of the Spectators

Remember that school athletics are learning experiences for students and the programs are part of the educational process. Adolescents learn proper behavior from watching adults.

A ticket is a privilege to observe the contest, not a license to verbally abuse others. Positive fan support is an asset for the players, coaches and other spectators.

Show respect for the opposing players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches and officials are not in keeping with our philosophy or good forms of role modeling and will not be tolerated.

Expectations of Parents

Be positive with your child. Encourage them to work hard and do their best. If they have questions about issues related to their experience as a member of an interscholastic team, encourage them to ask the coach for a meeting between the two of them.

Encourage your child to follow all school, athletic code and team rules. Student-athletes should be role models.

Parents have the opportunity to demonstrate appropriate behaviors when they show respect for the opposing players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches and officials are not in keeping with our philosophy or good forms of role modeling and will not be tolerated.

Pets & Tobacco Products

Pets are not allowed on the premises of any New Trier Township outdoor or indoor facility. New Trier facilities and grounds are a tobacco free environment. The use of any tobacco product, including e-cigarettes and vaporizers is prohibited. Thank you for your compliance.

New Trier Athletic Trainers – Training Room – Injuries

New Trier High School District 203 is fortunate to be able to provide the highest standard of care for our student-athletes, with over 3,000 athletic participations during the school year. Our certified Athletic Trainers on the development of relationships with the medical community to provide the utmost in medical care possible. This is achieved by creating a trusting relationship with the student-athlete, parent, coach, school administration and the medical community.

Contact Information;

- **Dale F. Grooms**, Head Athletic Trainer: 847-784-2297; groomsd@newtrier.k12.il.us
- **Jordan Anderson**, Athletic Trainer: 847-784-7750; andersoj@newtrier.k12.il.us
- **Kyla Stancy**, Athletic Trainer: 847-784-6601; stancyk@newtrier.k12.il.us
- **Danah Ouimette**, Athletic Trainer: 847-784-7739; ouimett@newtrier.k12.il.us

The New Trier Sports Medicine staff works in conjunction with area physicians, physical therapists and other allied health professionals to meet the needs of each individual athlete. Athletic Trainers are medical professionals responsible for:

- Recognition and assessment of abnormalities resulting from physical activity
- Treatment of abnormalities resulting from physical activity
- Rehabilitation of physically active abnormalities

Our athletic training rooms are equipped with modalities and rehabilitation tools necessary to provide the best care for our student athletes. We have locations on both Winnetka and Northfield campuses making us available during the lunch period on school days, as well as during practices and home interscholastic events. We will also be present at off campus sites for competitions. Our priority is the safety, health and fitness of our student athletes.

If a student-athlete finds that an injury has occurred, they should report the injury to a certified Athletic Trainer. Injured athletes will be evaluated and followed up with the appropriate care. Working in conjunction with your physician, injured athletes have the great opportunity to rehabilitate injuries daily during their lunch periods. Injury reports are sent to their coach daily so the coach will know their status in the recovery process.

The Athletic Trainers are available for all New Trier athletes regardless of season. We believe that once you are an athlete for New Trier you are always an athlete for New Trier regardless of season. Priority will be given to in-season athletes.

Athletic Training Room Rules

- Athletic training room and first aid kit supplies are to be used for athletic injuries only.
- Equipment borrowed from the athletic training room should be returned as soon as possible.
- No cleats or spikes are to be worn in the athletic training room.

Athletic Injuries

- Report all injuries to your coach and/or the athletic trainer when they occur.
- Use only rest, ice, compression (ace wrap) and elevation to treat injuries until you consult the athletic trainer or your doctor.
- If you see a physician, get a note with a diagnosis and any restrictions and present it to an athletic trainer before returning to play.
- Rehabilitation sessions occur daily, during the lunch periods, in the athletic training room.
- If you have severe swelling, severe pain, loss of joint motion or a head injury and an athletic trainer is not immediately available, see a physician.
- We believe five people or groups of people must all agree to allow an athlete to play: the Athlete, Parents (Guardian), Coach, Doctor, and the Athletic Trainer. -If any one of these five people feels the athlete cannot play, the Athlete will not play/compete.

Sports Medicine Club

Sports medicine club members are made up of New Trier high school students and may be present during games and practices. These students are instructed in basic first aid and taping proficiencies. The students act solely under the supervision of a certified athletic trainer and may only perform duties they have shown to be proficient at, as determined by the certified athletic trainer. Sports medicine club students are NOT allowed to evaluate or make return to play decisions for athletes. The students are to contact the supervising certified athletic trainer before performing any taping on an athlete. Sports medicine club members are also responsible for contacting the certified athletic trainer immediately for any injuries at practices or games where the certified athletic trainer may not be present.

A PARENT'S GUIDE TO CONCUSSION IN SPORTS

A Summary of New Trier High School District 203 Board Policy: Student Athlete Concussions and Head Injuries (to be approved by the Board of Education, July 2012.)

New Trier High School District 203 has a policy for student athletes who have suffered concussions and or head injury.

If an athlete has been removed from a contest or practice due to a possible concussion they may not return to participation 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 to return to participation the athlete may not return to participation until the athlete has provided New Trier High School District 203 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. Athletes who have suffered a concussion, and have been provided academic accommodations, must complete the return to learn protocol prior to returning to play.

What is a Concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked out") to suffer a concussion.

Signs Observed by Parents, Friends, Teachers or Coaches

- Appears dazed or stunned
- Is confused about what to do
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses Consciousness
- Shows behavior or personality changes
- Cannot recall events prior to hit
- Cannot recall events after hit

Symptoms Reported by Athlete

- Headache
- Nausea
- Balance Problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Shows behavior or personality changes
- Concentration or memory problems
- Confusion

What Should I do if I Think My Child Has Had a Concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing.

What is the Best Treatment to Help My Child Recover More Quickly from a Concussion?

There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should remove stimuli that aggravates symptoms, to allow your child to recover as soon as possible following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

A PARENT'S GUIDE TO EXERCISE IN WEATHER

Athletic temperate seasons at New Trier High School vary greatly, from the dog days of summer to the chilly cold of January. We feel exercise can be performed safely in most weather conditions without ill effect; however, the Athletic Training staff will monitor weather conditions and working in conjunction with the athletic office, make adjustments as necessary. No matter the temperature outside, our athletes lose water whether from sweat or water vapor as they exhale. It is imperative that our athletes hydrate throughout the day to ensure they can participate safely.

Guidelines & Recommendations for Hydration & Practicing During Periods of Heat Stress

To ensure proper hydration, athletes should:

- Drink a minimum of 20 oz of water or an electrolyte drink 2-3 hours before activity. A minimum of 12 oz is again recommended 10-20 minutes just prior to activity.
- Drink a minimum of 12 oz every 10-15 minutes during exercise.
- Drink at least 20 oz of electrolyte drink and/or water per pound of weight loss following activity.
- Weigh themselves prior to and immediately following practices. Athletes losing 3% of their body weight or greater during practice may not return to practice until they are properly rehydrated.

**Further information concerning Sports Medicine Injuries can be found on the
Sports Medicine Web page at <http://www.newtrier.k12.il.us>.**



Booster Club

The New Trier Booster Club supports and encourages the athletic activities of New Trier student-athletes. It also provides moral and financial support to encourage participation in intramural and athletic activities for the benefit of all students. The Booster Club has been responsible for facilitating the purchase of a vast array of valuable athletic equipment including rehabilitation equipment in the training room.

Numerous opportunities exist to participate in New Trier Booster Club activities. You can help with concessions, Trevian golf, Trevian tennis and Spike or Night League.

The New Trier Athletic Department recognizes the importance and value of the Booster Club's support and commitment and encourage all parents to be a part of this organization. For additional information please feel free to call the athletic department (847-784-2225).

Transportation Policy

Please be aware of the policies concerning transportation of student-athletes to and from New Trier competitions.

1. New Trier provides transportation to and from all athletic contests. All athletes are required to use school transportation. Athletes may not participate in an away contest if they drive themselves to the event or if they use alternate transportation without prior permission from the coach.
2. In extenuating circumstances, parents may need to drive their own children to or from a contest, but coaches need notification and approval from the coach must be granted in advance.

Equipment

An athlete is responsible for each item of equipment issued to her/him. **Lost or stolen equipment must be paid for at the one item replacement cost plus twenty-five percent.** An athlete will not be allowed to receive awards, participate in a subsequent sport or receive her/his diploma until the equipment record has been cleared.

Physical Examination

A valid **Athletic Physical** must be on file in the **Online Registration System** on or before the first day of practice/tryouts of the athlete's specific sport season.

Students must be registered online prior to the start of tryouts/practice. The Online Registration System can be found at the New Trier athletic website under Athletic Registration.

Per Illinois High School Association (IHSA) rules, your physical examination is good for 395 days from the date of the exam. Please put that date on your yearly schedule, as the student-athlete becomes ineligible and will not be allowed to practice or play unless a new physical is provided by that date. We strongly encourage all individuals who plan to participate in interscholastic athletics to get their physical exam in June, July or early August. Getting the exam during these months avoids ineligibility issues.

Prospective College Athletes

The New Trier Athletic Department and Central Suburban League offer a College Recruiting Seminar evening, every other year, for interested parents and students. A brochure entitled *Guide for the College Bound Student-Athlete* is available on the main athletic web page.

1. Communication with the 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 important decision.
2. The driving force behind college selection should ultimately be the academic fit. Athletic opportunities are important, yet secondary to the academic fit and opportunities.
3. Coaches and student-athletes should work in conjunction with the assigned post-high school counselor to develop a list of potential college choices.
4. The student-athlete should meet with their post-high school counselor to discuss the process for registering with the NCAA Eligibility Center www.eligibilitycenter.org. The counselor will also share with you key resource material from the NCAA. (NCAA Guide for the College-Bound Student-Athlete).
5. The NCAA home page is www.ncaa.org

Awards

Each New Trier Athletic Award (Freshman numerals, Sophomore, Junior Varsity, and Varsity letters) are presented annually following completion of the initial season or level in which a student earns the award. In subsequent seasons, the student will be awarded a *pin* (for a second or third Varsity sport) or a *bar* (for the same Varsity sport in the case of multiple year award-winners). **Duplicate awards are not issued.**

Freshman Level Awards

- Numerals are awarded on only one occasion, in the ninth year, to a freshman successfully completing an interscholastic season.
- If a freshman earns an award other than at the freshman level, he or she would receive numerals and the designated award for that level.

Sophomore Level Awards

- Sophomore level – any athlete who earns an award for competition on a sophomore or JV team receives a sophomore or JV letter.
- A sophomore who competes on a varsity team receives a varsity letter only.

JV Level Awards

- Juniors or seniors who do not earn a varsity letter will receive a JV letter.

Varsity Level Awards

- Letter and Pin – A Varsity letter may be awarded once. Athletes who earn a varsity letter in a subsequent season and sport will be awarded the pin designated for that sport.
- Bar – athlete earning a varsity award in the **Same** sport for two, three or four years.
- Star – athlete earning a varsity award for 4 years or serving as a captain. **The star award** is reserved for the above two circumstances only.

Senior Award

- Picture folder and certificate given to **Seniors** only who have earned a Varsity award previously in that sport. It is **not** a first year varsity award and is given in addition to the bar or star.

All-Conference Certificates

- These are Central Suburban League All-Conference Awards and will be awarded through the coaching staff.

Scholar Athlete Award

- This is an award given by the Central Suburban League Athletic Conference. It recognizes individuals who have been successful in academics as well as athletics. The individual must be a senior and varsity letter winner, have competed in at least two sport seasons of interscholastic competition and have an unweighted grade point average of 3.0 or higher after the 6th semester.

Extra Awards

- Conference Champions – A consistent award will be given to **All CSL Conference Championship Teams** at the **Varsity Level**. This will be a T-shirt designed and ordered through the Athletic Department, recipients determined by coach and Athletic Director(s).
- State Champions will be recognized by the Board of Education. All **State** trophy winners and individual **State** medal winners will be honored at a reception with the Board of Education.
- Any additional Awards will be given at the Varsity level only at the discretion of the Coach and with the approval of the Athletic Department.

General Requirements for Awards

In order to be eligible for any award, an athlete must:

- Complete the season and be in regular attendance at all contests and practice sessions. (participation missed because of an injury or illness will not be counted against an athlete.)
- Adhere to the guidelines of the Athletic Code of Conduct and team rules.
- Any in season or out of season violation may result in the loss of privilege to attend the end of the season sports banquet and receipt of any individual awards.
- Maintain good faith towards the coaches and fellow players and be a positive team member.

Coaches are to establish criteria (i.e., number of varsity contests played in) for earning varsity awards and to communicate those criteria to athletes and parents.

Locations For Trevian Practices

Fall

Girls' Cross Country	Northfield & Winnetka
Boys' Cross Country	Fr @ Northfield; Varsity @ Winnetka
Boys' & Girls' Golf	Winnetka Golf Course
Field Hockey	Northfield
Girls' Swimming & Diving	Fr @ Northfield; Varsity & JV @ Winnetka
Girls' Volleyball	Fr @ Northfield; Varsity, JV & Soph @ Winnetka;
Football	Fr A & B @ Northfield; Soph & Varsity @ Northfield
Boys' Soccer	Fr A & B @ Fox Meadow; Varsity & Soph @ Northfield; JV @ Winnetka
Girls' Tennis	Fr. & Soph @ Northfield; JV @ Winnetka/Northfield; Varsity @ Nielsen Tennis Courts/Northfield

Winter

Boys' & Girls' Basketball	Fr @ Northfield; Varsity & @ Winnetka
Boys' & Girls' Bowling	Classic Bowl - Morton Grove
Girls' Gymnastics	Northfield
Wrestling	Fr @ Northfield; Varsity & JV @ Winnetka
Fencing	Winnetka
Boys' Swimming & Diving	Fr @ Northfield; Varsity & JV @ Winnetka

Spring

Boys' & Girls' Track	Northfield & Winnetka
Boys' & Girls' Water Polo	Fr @ Northfield; Varsity, JV & Soph @ Winnetka
Badminton	Fr @ Northfield; JV & Varsity @ Winnetka
Girls' Soccer	Fr A, JV I & Varsity @ Northfield; Fr B & JV II @ Fox Meadow*
Softball	Fr & JV @ Northfield Park District; Varsity @ Duke Childs JV @ Winnetka Park District Softball Fields
Boys' Tennis	Fr @ Northfield; Soph @ Winnetka; Varsity @ Nielsen Tennis Courts/Northfield
Baseball	All Levels @ Duke Childs
Boys' Lacrosse	Fr @ Northfield; JV @ Winnetka; Varsity @ Northfield
Girls' Lacrosse	Northfield
Boys' Volleyball	Fr @ Northfield

WINNETKA CAMPUS IS LOCATED AT: 385 WINNETKA AVENUE - BETWEEN GREENBAY & SHERIDAN ROAD.

NORTHFIELD CAMPUS IS LOCATED AT 7 HAPP ROAD IN NORTHFIELD.

FOX MEADOW IS LOCATED AT THE (SE) CORNER OF WILLOW & WAUKEGAN ROADS.

NIELSEN TENNIS COURTS, WINNETKA GOLF COURSE & SOFTBALL FIELDS ARE LOCATED
NORTH OF DUKE CHILDS AT THE CORNER OF WILLOW & HIBBARD ROADS.

DAMMRICH ROWING CENTER IS LOCATED AT 3220 OAKTON STREET IN SKOKIE.

ANY QUESTIONS, PLEASE CALL NEW TRIER ATHLETICS 847-784-2225.

FOR UP TO DATE SCHEDULE, CANCELLATION & CONTEST INFORMATION
CHECK THE NEW TRIER ATHLETICS WEB SITE <http://www.newtrier.k12.il.us> – <http://www.trevianschedule.org>

*SOME PRACTICE & CONTESTS MAY BE PLAYED AT THE NORTHFIELD STADIUM OR PLAYFIELDS.

Locations For Trevian Competition

Fall

Boys' & Girls' Cross Country	Northfield
Boys' & Girls' Golf	Winnetka Golf Course
Field Hockey	Northfield
Girls' Swimming & Diving	Winnetka
Girls' Volleyball	Winnetka
Football	Northfield
Boys' Soccer	Fr A & B @ Fox Meadow; JV @ Duke Childs; Varsity & Soph @ Northfield*
Girls' Tennis	Fr @ Northfield; JV @ Northfield; Varsity @ Nielsen Tennis Courts

Winter

Boys' & Girls' Basketball	Fr A & B @ Northfield; Soph, JV & Varsity @ Winnetka
Boys' & Girls' Bowling	Classic Bowl - Morton Grove
Girls' Gymnastics	Northfield
Wrestling	Winnetka
Fencing	Winnetka
Boys' Swimming & Diving	Winnetka

Spring

Boys' & Girls' Track	Winnetka
Girls' Water Polo	Winnetka
Boys' Water Polo	Winnetka
Badminton	Fr @ Northfield; JV & Varsity @ Winnetka
Girls' Soccer	Fr A, JV I & Varsity @ Northfield; Fr B & JV II @ Fox Meadow*
Softball	Fr & JV @ Northfield Park District; Varsity @ Duke Childs
Boys' Tennis	Fr @ Northfield; Soph @ Northfield; Varsity @ Nielsen Tennis Courts
Baseball	Duke Childs
Boys' Lacrosse	Northfield
Girls' Lacrosse	Fr @ Northfield; JV & Varsity @ Winnetka
Boys' Volleyball	Northfield Campus
Rowing	Dammrich Rowing Center

WINNETKA CAMPUS IS LOCATED AT: 385 WINNETKA AVENUE - BETWEEN GREENBAY & SHERIDAN ROAD.

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ANY QUESTIONS, PLEASE CALL NEW TRIER ATHLETICS 847-784-2225.

FOR UP TO DATE SCHEDULE, CANCELLATION & CONTEST INFORMATION

CHECK THE NEW TRIER ATHLETICS WEB SITE <http://www.newtrier.k12.il.us> – <http://www.trevianschedule.org>

*SOME PRACTICE & CONTESTS MAY BE PLAYED AT THE NORTHFIELD STADIUM OR PLAYFIELDS.

Internet Resources

New Trier High School	http://www.newtrier.k12.il.us
Illinois High School Association	http://www.ihsa.org
National Collegiate Athletics Association	http://www.ncaa.org

CSL Member Schools

Deerfield	www.dist113.org/dhs
1959 N. Waukegan Road, Deerfield, IL 60015; 224-632-3111	
Des Plaines (Maine West)	http://west.maine207.org
1755 S. Wolf Road, Des Plaines, IL 60018; 847-803-5904	
Evanston (Twp.)	http://www.eths.k12.il.us/
1600 Dodge Avenue, Evanston, IL 60204; 847-424-7380	
Glenview (Glenbrook South)	www.gbs.glenbrook225.org
4000 West Lake Avenue, Glenview, IL 60026; 847-486-4424	
Highland Park	www.dist113.org/hphs
433 Vine Avenue, Highland Park, IL 60035; 224-765-2090	
Northbrook (Glenbrook North)	www.gbn.glenbrook225.org
2300 Shermer Road, Northbrook, IL 60062; 847-509-2424	
Park Ridge (Maine East)	http://east.maine207.org
2601 W. Dempster Street, Park Ridge, IL 60068; 847-692-8291	
Park Ridge (Maine South)	http://south.maine207.org
1111 S. Dee Road, Park Ridge, IL 60068; 847-692-8095	
Skokie (Niles North)	http://www.niles-hs.k12.il.us/north/
9800 N. Lawler Avenue, Skokie, IL 60077; 847-626-2301	
Skokie (Niles West)	http://www.niles-hs.k12.il.us/west/
5701 Oakton, Skokie, IL 60077; 847-626-2800	
Vernon Hills	http://vhcougars.org
145 Lakeview Parkway, Vernon Hills, IL 60061; 847-932-202	
New Trier	http://www.newtrier.k12.il.us/
Winnetka Campus: 385 Winnetka Avenue, Winnetka, IL 60093; 847-784-2225	
Northfield Campus: 7 Happ Road, Northfield, IL 60093; 847-784-7517	



Illinois High School Association

(For 2018-19 School Term)

This summary is for the purpose of assisting in the understanding of IHSAA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSAA, the constitution and by-laws shall control.

Key Provisions Regarding IHSAA Rules

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSAA will have rules you must follow in order to be eligible for interscholastic participation. The IHSAA's rules have been adopted by the high schools which are members of IHSAA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition 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/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSAA eligibility rules, including the Association's due process procedure. Only the IHSAA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSAA Office.

Information contained here highlights some of the most important features of the IHSAA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. 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 can review the by-laws at www.ihsaa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSAA by-laws. Remember, if you have any questions regarding IHSAA rules, please contact your principal/official representative.

1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.

- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. 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 eligibility.
- D. 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.

2. Scholastic Standing

- A. You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits).
- B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

3. 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.

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

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
- B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
- C. 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, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
- D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
- E. 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
- F. You attend the private/parochial high school which one or both of your parents attended; or

- G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer

- A. 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 IHSAA Office. **You cannot be eligible when you transfer until this form is fully executed and on file in the school office.**
- B. 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 **the IHSAA sport season has begun**, you will be ineligible for cross country that entire school term at the new school.
- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 1. 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;
 2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
 3. 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 you transfer;
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSAA Office.
- E. 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 or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

Athletic Eligibility Rules—Page 2

- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. 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/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

5. 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.

6. Physical Examination

You must have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practitioner in order to practice or participate. Your physical examination is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.

7. Amateur Status

- A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.
- B. 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 \$75 fair market value. There is no limitation on the value of your school letter.
- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

8. Recruiting of Athletes

- A. 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.

- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.
- C. 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.
- D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
- E. 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.
- F. 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 or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.

Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

- A. 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:
 - 1. 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.
 - 2. 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.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

10. Playing in Non-School Competition

- A. 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.

- B. 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.
- C. If you wish to participate in a competition sanctioned by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
- D. 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. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
- E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.

11. All-Star Participation

- A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. 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.
- B. 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.

12. Misbehavior During Contests

- A. 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.
- B. 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.

- NOTES -

- NOTES -



New Trier High School - Winnetka Campus

385 Winnetka Road, Winnetka, IL 60093

Phone: 847-446-7000 Fax: 847-446-8247

<http://www.newtrier.k12.il.us>

Augie Fontanetta, Athletic Director

Jim Burnside, Asst. Athletic Director

Athletic Phone: 847-784-2225

New Trier High School - Northfield Campus

7 Happ Road, Northfield, IL 60093

Phone: 847-446-7000 Fax: 847-784-3112

<http://www.newtrier.k12.il.us>

Paul Moretta, Athletic Coordinator

Athletic Phone: 847-784-7516

