

Philosophy of Athletics

Athletics can make a material difference to the development of young adults. The purpose of athletics is to provide an atmosphere in which every willing participant can actively develop their athletic talents to the best of their abilities. Athletics is a process that can be used to cultivate leadership and an attitude of achievement of successful outcomes that can last a lifetime. This process is best accomplished within a framework of fair play, teamwork, loyalty, and dedication. These qualities are highly valued by institutions of higher learning as well as employers.

Athletics is an opportunity to make positive contributions to physical development, self-esteem, and to identify a path to higher education. The relationship of athletics to lifetime achievement is well recognized.

The interdependency of academic achievement and participation in athletics provides motivation for many student athletes. It is this synergistic relationship that makes athletics so essential. Athletics can serve as a gateway to career opportunities including education, medicine, physical and occupational therapy, and many forms of team and individual directed professions.

Objectives and Outcomes of Participation

Athletics enhance a successful program by strengthening opportunities that;

- Foster student leadership development.
- Support future academic or career options.
- Promote involvement in the school and the Community.

As a result of their participation in interscholastic athletics, the student-athlete will be able to;

- Demonstrate good sportsmanship and ethics of competition.
- Respect the integrity of judgment of officials, coaches, and school personnel.
- Develop desirable personal health habits.
- Observe strict adherence to the Athletic Code of Conduct including, academic standards, substance use, and appropriate behavior.
- Demonstrate mastery of basic fundamentals to complex motor skills in the related activity.
- Identify and apply strategies necessary to successfully compete at their level of competition in the related sport.
- Demonstrate the ability to work with others toward common goals and objectives.
- Demonstrate high levels of skill and health related fitness appropriate to their developmental stage.
- Most importantly, enjoy the involvement and participation in interscholastic athletics.

Community High School District 99 South

To: Incoming Freshmen Parents
From: Randy Konstans, Athletic Director
Re: Freshmen Opportunities in Athletics

Athletic participation is a privilege that presents a rare opportunity to enrich your student's life proportionately to what he or she puts into it. **I hope you will** encourage your son or daughter to **BECOME INVOLVED!** Research states that co-curricular activities;

- support the academic mission of schools (an extension of a good educational program)
- are inherently educational (lessons such as team work, sportsmanship, winning and losing, and work ethic)
- foster success in later life (involvement is often a predictor of later success in college, a career, and becoming a contributing member of society)

Research also states that students involved in co-curricular activities have;

- higher grade point averages
- less number of absences
- less discipline referrals
- lower dropout rate
- higher graduation rate

The following is a list of sports in which freshmen may participate:

Fall Season

Girls: Cheerleading, Cross Country, Fillies/Pintos, Golf, Swimming & Diving, Tennis, Volleyball

Boys: Cheerleading, Cross Country, Football, Golf, Soccer

Winter Season

Girls: Basketball, Bowling, Cheerleading, Fillies/Pintos, Gymnastics

Boys: Basketball, Cheerleading, Swimming & Diving, Wrestling

Spring Season

Girls: Badminton, Soccer, Softball, Track & Field

Boys: Baseball, Gymnastics, Tennis, Track & Field, Volleyball

Participation in athletics is considered an extension of, although separate from, the regular school day. While the regular curricular program is a right afforded each student, **participation in the co-curricular program is a privilege**, and as such carries substantially increased expectations beyond those applicable in the daily classroom situation.

Eligibility: When you become a member of an interscholastic team, you will find that both District 99 and the Illinois High School Association (IHSA) will have rules you must follow in order to be eligible for interscholastic participation. The policies of District 99 and the IHSA are provided in the District 99 Athletic Handbook. The handbook will be distributed at the beginning of your child's athletic season. The handbook may be viewed at any time by clicking on the link "Athletic Handbook" located on the school's website at <http://www.csd99.org/south/athletic/home.aspx>.

Academic eligibility is an important part of athletics. District policy states that a student-athlete must be passing a minimum of five courses, or 2.5 units of credit, on a weekly basis. A weekly eligibility report is generated to ensure our student-athletes are passing the minimum number of courses. In addition, student-athletes must pass five courses, or 2.5 units of credit, in a semester in order to be eligible for the following semester.

The conduct and health of the student-athlete is also of concern to us. Therefore, we have established an athletic code of conduct, to which both the student-athlete and his or her parents must subscribe before entering the athletic program. The athletic code is listed in the District 99 Athletic Handbook and the South High Student Handbook. This code is considered to be in effect, at all places and times, 24 hours per day, 12 months per year. Annually, students participating in co-curricular activities and their parents must attend an athletic code meeting and will be required to sign a form agreeing to adhere to this code of conduct.

Practice, with few exceptions, is held daily after school until approximately 6:00 p.m. In the winter season, some evening practice (6:00-8:00 p.m.) is rotated because our facilities cannot adequately house all teams after school. Busing is not available for these practices. We ask parents to assist by driving their child to evening practice when it must be scheduled. We try to limit underclass students to a maximum of one night per week, and preferably the night they normally have a contest.

YOU, as a parent, can become involved in our program by joining our parent support groups. The Mustang Booster Clubs are groups of friends and parents who are interested in interscholastic athletics at South High. The booster clubs support and encourage the athletic activities of Community High School District 99 student-athletes. They also provide moral and financial support to encourage participation in athletic activities for the benefit of all students. They have been responsible for generating funds and improving athletic equipment and facilities. Meetings are held at school. Please contact the athletic office, 630-795-8517, for South Athletic Booster information.

SPORTS REGISTRATION INFORMATION 2010-2011

In order to practice with any team, the following forms must be COMPLETED and returned to the athletic office, room C-151.

1) Current Physical Examination

- a) For incoming sophomores, juniors, and seniors:
 - i) School forms are available in the Athletic Office, room C-151, and in the front office, room A-102.
 - ii) All physical exams are good for one year from the date of the exam and must be in effect during your participation.
- b) For incoming freshmen:
 - i) You need two (2) copies of your physical exam. One copy should be turned in to the athletic office when registering for a sport. Your original physical exam should be mailed to the nurse's office prior to the academic school year.
- c) For all athletes and parents:
 - i) A valid physical must be signed, dated, and stamped by the physician.
 - ii) A valid physical is filled out completely by physician and/or staff.
 - iii) A valid physical must be signed by a parent and student
 - iv) We suggest physicals be scheduled between mid-June and the 1st of August.

2) Emergency Medical Authorization Cards

- a) School forms are available in the Athletic Office, room C-151, and in the front office, room A-102.
- b) Each athlete needs to complete and turn in two (2) cards (one of each color).

3) Athletic Registration Card

- a) Each parent and athlete must complete a registration card (card color assigned by gender).

4) Participation Fee

- a) \$115.00 fee per sport must be paid before the **first contest**.
- b) Please make checks payable to "Downers Grove South."
- c) **PARTICIPATION FEES ARE NOT REFUNDABLE.**
- d) Individuals participating in three sports during the same year will not need to pay the participation fee for the third sport.

* Managers and student trainers are required to turn in an athletic registration card and emergency authorization cards.

Registration Times and Locations

Registration for all sports will be held in the Athletic Office, room C-151.

Fall Sports -

Register during the month of July.

Register from 8:00am-12:00pm and 1:00pm-3:30pm (Mon.–Thurs.) and 8:00am-12:00pm (Fri.).

ALL FALL SPORTS BEGIN ON WEDNESDAY, AUGUST 11.

Winter Sports -

Register during the month of October.

Spring Sports -

Track & Field: Registration will begin January 3, 2011.

Gymnastics: Registration will begin January 24, 2011.

Remaining Sports: Register during the month of February.

**** Meetings and Practices for the following sports will begin on Wednesday, August 11, 2010. ****

Football – John Belskis, Head Coach

Team and individual pictures will be taken on Tuesday, August 10, 2010.

Golf (Boys) – Jay Baum, Head Coach. An informational meeting for **Incoming Freshman** will be held on Tuesday, August 10 at 8:00am in the Little Theater. Tryouts will be held at Village Greens Golf Course on 75th Street in Woodridge on Wednesday, August 11, time TBD. More information will be provided at the meeting or you can call Coach Baum at 964-7538 for more information.

Golf (Girls) – Jeff Bryant, Head Coach. An informational meeting will be held on Tuesday, August 10 at 9:00am in room C-148. Practice schedules will be handed out at the meeting. Tryouts will be held at the Downers Grove Park District Course on Wednesday, August 11, time TBD. Please contact Coach Bryant at 319-0279 for more information.

**** Meetings and Practices for the following sports will begin on Wednesday, August 11, 2010. ****

Cross Country (Boys) – Brian Caldwell, Head Coach. The team will meet on Wednesday, August 11 at 7:00am by the swimming pool entrance. Please contact Coach Caldwell at 725-8851 with any questions.

Cross Country (Girls) – Doug Plunkett, Head Coach. The team will meet on Wednesday, August 11 at 7:00am. (All practices prior to the start of school will be at 7:00 am) Go to the parking lot nearest the tennis courts (behind the school) and meet at the entrance to the small gym.

Soccer (Boys) – Jon Stapleton, Head Coach. The team will meet on Wednesday, August 11 at 8:00am in the east bleachers of the stadium. Please bring appropriate soccer gear to the meeting. Practice schedules for all levels will be handed out at this time.

Tennis (Girls) – Pete Freishlag, Head Coach. For the potential varsity team please contact Coach Pete at 476-1826. JV will meet at the tennis courts between 12:00 pm and 4:00 pm. Athletes should bring their racket, snack, and drinking water and be dressed to play.

Volleyball (Girls) – Trisha Kurth, Head Coach. Athletes, all levels, should meet in the main gym at 9:00am. Please bring a lunch and beverage for break. Practice schedules will be handed out at the first day.

**** Meetings and Practices for the following sport will begin on Monday, August 16, 2010. ****

SWIMMING (GIRLS) – Paul Krick, Head Coach. Meet at 8:00am at the Swimming pool. Please bring swimsuit, towels, goggles and gym shoes. Practice schedules will be handed out.

**** Meetings and Practices for the following sport will begin on Monday, August 23, 2010 ****

Diving (Girls) – Mark Antonoff, Coach. Divers will meet on Monday, August 23 at 3:00pm at the swimming pool.

Family Athletic Passes

For those of you who wish to take advantage of the athletic events at South High, we issue a non-transferable Family Athletic Pass for \$60.00. This pass is good for all athletic contests at both district high schools. This pass is good only once at each event, so all members of the family must enter the contest at the same time. **This pass is not honored at IHSA and WSC tournament competition.** This pass may be purchased during school registration (not athletic registration) in room C-147 and at home events.