

Extra-Curricular Activities at CEL

CEL offers the following activities for students in grades 5-8 to participate in: Baseball, Softball (co-oped with District #27), Cheerleading, Girls Basketball, Boys Basketball, Volleyball, Girls and Boys Track, Student Council, Speech and Literary Team, Scholastic Bowl, Wrestling (co-oped with District #27), Chess, and Math Contest as well as Band and Chorus.

Athletic Rules & Code of Conduct

The Athletic Code applies to all students who want to participate in athletics and/or activities at CEL. Athletics includes competitive sports, extracurricular activities, and cheerleading. This code applies in addition to other rules and regulations concerning student conduct and imposes additional requirements on student participants.

Participation in athletics is a privilege. Those who participate in athletics have a responsibility to favorably represent the school and community. Student athletes are expected to conduct themselves both in and out of school in a manner appropriate to their responsibilities as representatives of the school and district. If a student fails to comply with the terms of this code, the privilege to participate in athletics may be lost in accordance with the terms of this Athletic Code.

IESA

Eligibility for most athletics is also governed by the rules of the Illinois Elementary School Association and, if applicable, these rules will apply in addition to this Athletic Code. In a case of a conflict between IESA and this Athletic Code, the most stringent rule will be enforced.

Eligibility

Athletic eligibility is checked weekly and runs from Monday through Sunday. Teachers are required to record three assessment grades each week when there are three or more regular attendance days. Grades for the week must be entered by Noon on Sundays. Students must maintain a C- or better in all classes to be eligible for extracurricular participation. Anyone receiving a D+ or lower in a class is ineligible to participate in extracurricular activities.

- a.) Ineligible players will **not** practice with the team.
- b.) Ineligible players will attend home games only and sit on the bench or with the team in street clothes.

c.) Ineligible players will **not** attend away games or contests.

d.) The athletic coordinator will notify the student and will email the first contact in Skyward of ineligible players. If you do not have an email address, please notify the office and a paper copy will be mailed to your home address.

e.) Any athlete/participant who is ineligible 3 times in season will be removed from the team for the remainder of the season.

Behavioral Conduct

Being a student athlete/extra-curricular participant means showing good conduct during the school day, as well as during practice or an event. Consequences are not scheduled around extra-curricular activities and cannot be rescheduled. On the day a student serves a suspension (in or out of school), the student will lose the privilege of all evening activities (game, match, practice, school dance, etc.).

Misconduct by student-athletes will not be tolerated. Misconduct shall include but shall not be limited to:

1. Insubordination
2. Any behavior or action which is negligently or intentionally injurious to a person or property or which places a person or property at risk of injury or damage
3. Any behavior which disrupts the appropriate conduct of a school program or activity
4. Hazing, bullying, or harassment of any kind
5. Use of profanity
6. Exhibition of bad sportsmanship
7. Violation of any school rules or regulations or law

If a student receives a 5th detention or a 2nd suspension, he/she will be removed from the team or club for the remainder of the season.

Drugs, Alcohol and Tobacco

Except with respect to prescription drugs used by the person for whom such drugs were prescribed in the manner intended by the prescribing medical doctor, the possession, use, distribution, purchase or sale of any alcoholic beverage, drug, drug paraphernalia, controlled substance, look alike, tobacco or tobacco product or any other substance which, when taken into the human body is intended to enhance performance or alter mood or mental state, including any item or substance which is represented by a student to be, or is believed by a student to be any of the foregoing, regardless of the true nature or appearance of the

substance, is prohibited in school buildings, on school buses and on all other school property or school related events at any time. This prohibition shall include all school sponsored or school related activities, whether held before or after school, evenings or weekends and shall additionally include a prohibition of use by a student athlete in any instance where the school can demonstrate a reasonable connection to the school program or school athletic program. For purposes of this procedure, students who are under the influence of prohibited substances shall be treated in the same manner as though they had prohibited substances in their possession.

Rules in Effect

The rules set forth in this Athletic Code are in effect throughout the school year from the first practice session for any particular sport during a particular school term until the last day of that sport or until the last day of the school term whichever comes last and twenty-four hours a day, whether or not school is in session and including vacation periods, and holidays. The rules apply on and off campus and whether or not the misconduct occurs at school or a school-sponsored activity or in some other locale. The rules apply to an athlete from the beginning of the athlete's first tryout or practice in the first sport which the athlete attempts until the completion of any school year or the completion of the athlete's season whichever comes last.

Absence from School on Day of Activity

Student athletes must attend the entire school day in order to participate that afternoon or evening in any extracurricular game, contest, or performance. An athlete who is absent from school on the day of an activity is ineligible for any activity on that day unless the absence has been approved in writing by the superintendent. Exceptions may be made for the following reasons: 1) for a medical absence pre-arranged with the school or 2) for a death in the athlete's family. An athlete who has one or more truanancies or who has been suspended from school will be suspended from participation in athletic activities by administration. An athlete who is absent from school on a Friday before a Saturday event will be withheld from participating in Saturday's activities.

Requirements for Participation

An athlete must have the following fully executed documents on file at the school office before the athlete's first participation in any activity:

1. A current physical examination report completed by a physician licensed in Illinois to practice medicine in all its branches which finds the athlete is physically able to participate; and
2. A permission slip to participate in the specific sport in which the athlete intends to participate signed by the athlete's parent or guardian; and
3. Proof the athlete is covered by medical insurance; and
4. A receipt showing the athlete and his/her parents received a copy of the Athletic Code, understand the terms of the Athletic Code and agree to abide by its terms and conditions.
5. A signed agreement by the student not to use any drugs on the IHSA's most current banned drug classes list and an agreement to take part in random testing for these substances.³
6. A signed agreement by the student's parent or guardian authorizing random performance-enhancing substance testing and recognizing the dangers of drug use.⁴
7. Activity fee must be paid (\$25) before the first practice in order the student athlete to participate.

Sports Physical

Any student involved in CEL's Athletic Program must have a sports physical on file with the office prior to the season start date. Physicals are only good for one year and must be valid through the dates of the sport your child is participating in.

IESA Start Date:

Softball – July 24, 2017

Baseball – July 31, 2017

Girls Basketball – August 28, 2017

Boys Basketball – October 16, 2017

Wrestling – November 27, 2017

Girls Volleyball – November 27, 2017

Girls & Boys Track – February 26, 2018

Please plan your physicals well in advance to ensure your student can participate. We encourage any student who might tryout for a sport to have a new physical on file with the office.

Extra-Curricular Activity Fee

Student athletes are required to pay a \$25 activity fee per activity (with a \$50 maximum per student athlete) in order to sustain our interscholastic sports programs. The activity fee covers the costs of coaches, officials, building and maintenance fees, transportation, sports equipment, etc. Students will not be allowed to begin a season until the activity fee is paid.

Transportation

CEL provides transportation to extra-curricular activities when they are outside of a 30 mile radius of Lincoln or when the activity begins before 5 pm on Monday-Friday. Transportation will be provided home when the activity is outside of the 30 mile radius. Any student returning to CEL on the bus must be accompanied by a coach. Student athletes will only be released to their parents unless other arrangements are made in advance with the coach. CEL will not provide transportation to extra-curricular activities on Saturdays.

CEL will not provide transportation to practices or games/matches that are co-oped with other districts (example: softball and wrestling) or practices that are not on school grounds (example: bowling). Transportation to and from practice or to the bus for a game/match is the responsibility of the parent.

Drop Off/Pick Up

CEL provides transportation to extra-curricular activities when they are outside of a 30 mile radius of Lincoln or when the activity begins before 5 pm on Monday-Friday. Transportation will be provided home when the activity is outside of the 30 mile radius. Any student returning to CEL on the bus must be accompanied by a coach. Student athletes will only be released to their parents unless other arrangements are made in advance with the coach. **CEL will not provide transportation to extra-curricular activities on Saturdays.**

Please be prompt when picking your students up from practice or after a game.

Sports Co-Oped with LHS...Wrestling & Softball

CEL co-ops with District #27 to offer students an opportunity to participate in softball and wrestling. Student athletes that participate in a sport co-oped with District #27 are required to pay the \$25 activity fee. Students will not be allowed to begin a season until the activity fee is paid.

CEL will not provide transportation to practices or games/matches that are co-oped with other districts. Transportation to and from practice or to the bus for a game/match is the responsibility of the parent.

Eighth Grade Night

With coach approval, 8th grade students and their parents will be recognized at the last home game of each sports season. This night is to honor both the 8th grade players and parents for the time, effort, and dedication to CEL's athletic program. During half-time of the 7th grade game, students and parents will be announced.

After the game, parents may use the commons for a short 8th grade celebration (30 minute time limit). This is planned by the parents. The school offers the location only. Parents are responsible for cleaning up the commons after the celebration. Please NO silly string or anything else that is extremely messy.

Uniform Return

1. Student/Athletes must keep the uniform number they are assigned at the beginning of the season and return it at the end of the sports season.

2. Student/Athletes must wash their uniform before returning it. (Please launder colored uniforms separately from light ones. Turn uniforms inside/out before washing. Wash all uniforms in COLD water. NEVER place uniforms or warm-ups in the dryer except on low heat).

3. Students are responsible for returning the uniform issued to them at the start of the season. The uniform is expected to be returned after the last game. It should be returned to the coach (if the coach is a CEL employee) or to the athletic coordinator (Greg Hoffert).

* Any student that fails to return their uniform at the end of the season will not be able to start a new sports season until the uniform is returned or payment is made. Any student that does not return a uniform or make a payment for the uniform will not be recognized for that sport at Awards Night.

Student Spectators at Athletic Events

- All students should remember that they come to an athletic event to watch that event in a courteous and sportsmanlike manner. Therefore, students should find a seat and remain in it until half time or in between games.

- Students will not be allowed to leave during the event unless given permission by the supervisor.
- Students that leave the building will not be allowed to re-enter.
- Students are expected to have a ride within ten minutes of the end of the games. If the supervisor has to wait more than ten minutes, the student will not be allowed to attend the next home game.
- Those students who exhibit misconduct or unacceptable behavior may be asked to leave the building and/or may be declared ineligible to attend future events.
- Students who have been suspended in school or out-of-school or skipped an after school detention will not be allowed to attend an athletic events on the day(s) of his/her suspension or skipped detention.

Exhibiting School Spirit

ACCEPTABLE BEHAVIOR FOR SCHOOL SPIRIT

1. Applause during introduction of players, coaches, and officials.
2. Recognize and show appreciation for outstanding play by either team.
3. Accept all decisions of game officials.
4. Be positive and refrain from making any derogatory remark to or about any player during the game.
5. Handshakes between participants and coaches at the end of contest, regardless of the outcome.
6. Display modesty in victory and graciousness in defeat.
7. Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
8. Applause at the end of the contest for performance of all participants.
9. Show concern for an injured player, regardless of the team.
10. Encourage surrounding people to display only sportsmanlike conduct by being a positive role model.

UNACCEPTABLE BEHAVIOR FOR SCHOOL SPIRIT

1. Yelling or waving arms during opponent's free throw or serves.
2. Disrespectful or derogatory comments, chants, songs, or gestures.
3. Booing or heckling an official's decision.
4. Criticizing officials in any way.
5. Any behavior that antagonizes opponents.
6. Refusing to shake hands or give recognition for good performance.
7. Blaming the loss of the game on officials, coaches, or participants.

8. Laughing or name calling to distract an opponent.
9. Use of profanity or displays of anger that draw attention away from the game.

Volunteers

We rely on parents to serve as volunteers to ensure the success and continuation of our activity program. Parents will be asked to sign up to help with admissions and concession stand. Coaches may also ask parents to volunteer to work the scoreboard and/or scorebook. To show our appreciation, parent volunteers will get into the game for free the night they work.

Admissions

Arrive 30 minutes prior to the 1st game.

We are charging admission for 5/6th games (if any are scheduled).

Admission Prices

Adults (including High School/College Students)- \$3

Students (K-8)/Seniors- \$2

Parents who attend games are required to pay admission unless they are volunteering to work that night.

CEL Students/CEL Staff/Coach's Spouse- Free

**Parent volunteers for admissions or concession stand get into the game for free the night they work.*

Concession Stand

Please arrive at 30 minutes before the first game to set up the concession stand.

The concession stand will open as soon as it is ready. It will be open between games and at half time only. The concession stand will close after the end of the first game of the 8th grade match for volleyball and after half time of the 8th grade game for basketball.

Coaches will send around a sign-up sheet for parents. If you are unable to work your scheduled time, please find your own replacement.

Players are expected to sit in the gym as a team and cheer on their teammates. They should not be helping with the concession stand.

Younger students that are non-players are not allowed behind the concession stand unless their parent is working. They should be in the line of sight of their parent at all times.

Thank you for your involvement and support of CEL athletic programs. It is appreciated.

**Parent volunteers for admissions or concession stand get into the game for free the night they work.*

Location of the supplies:

- Refrigerated drinks are located in the coolers in the concession stand storage area.
- Non-refrigerated items are in the cabinet across from the coolers.
- Tables for the concession stand are in the hallway.

Set-Up Instructions

1. Set up 2-3 tables in the hallway in front of the glass doors.
2. Set out candy and price sheets.
3. Roll out the smaller Pepsi drink cooler into the hallway.
4. Pop popcorn. See directions below.
5. Get the cash box from the Admissions Worker or CEL Employee.

Clean-Up Instructions

1. Roll the Pepsi drink cooler back to the storage area.
2. Put all non-refrigerated items in the storage cabinet across from the Pepsi coolers.
3. Clean the popcorn machine. See directions below.
4. Take the tables down and lean against the wall in the hallway.
5. Give the cash box to the CEL Employee.

Popcorn Instructions:

Start-Up

1. Turn on all 3 switches (lights warmer, kettle motor, kettle heat) and allow to heat about 4 minutes for 1st batch.
2. Add 1/3 cup of oil, one cup of popcorn (metal measuring cup), and scant tablespoon of salt (blue scoop).

3. Dump when popping is about 99% done.
4. Repeat Step 3 and Step 4. Pop 3 batches and pop more as needed.
5. Turn the kettle heat and kettle motor OFF as soon as you are done popping corn.
6. To pop more, start over with step 1.

*Fill bags $\frac{3}{4}$ of the way full.

Clean-Up

1. Unplug the popcorn machine.
2. Wipe out excess popcorn and kernels with a paper towel into the trash.
3. Wipe out the popcorn machine with a wet wipe.
4. Dump and wipe out the drawer with a paper towel.
5. Wipe down the cart and clean the measuring supplies and scoop in the Teacher Workroom.

*Please see CEL's handbook for additional rules and procedures.