

Dupo Community Unit School

District #196



Athletic and Student Activities Handbook

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Dupo Jr/Sr High School Athletic Handbook

Introduction

It is the intent of this handbook to make available information regarding athletics at Dupo Jr/Sr High School to all athletes who participate in our programs. We ask that you and your parents review the handbook carefully and keep it throughout your participation as a Tiger Athlete.

When you are a part of an athletic team, you are a representative of Dupo Jr/Sr High School. You are expected to demonstrate appropriate behavior on and off the field or court. We need quality people and athletes to have quality athletic programs. Quality athletes display good sportsmanship at all times.

The staff and administration welcome you to the Dupo Athletic Programs. We desire to assist you in any way necessary. Good luck and enjoy your athletic participation in Dupo's programs.

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Principal—Mr. Keith Book.....kbook@dupo196.org

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The DHS Athletic Philosophy

Athletics play an important role in the life of students and the Dupo community. The opportunity to participate in a wide varsity of student-selected sports and activities is a vital part of the student's educational experience. Athletes learn valuable lessons in sportsmanship, teamwork, competition, and responsibility. They learn how to set goals and achieve great success, but also how to deal with, and rebound from disappointing setbacks. Such participation is a privilege that carries with it a responsibility to teammates, the school, and the community.

Purpose

The interscholastic programs at Dupo Jr/Sr High School are an integral part of the total educational program and as a student-athlete representing Dupo Jr/Sr High School, you will be provided with leadership for development, supervision, and promotion of good sportsmanship in these activities. In turn, there are certain rules and regulations essential for a successful program.

Basic eligibility requirements and rules will be uniform for all activities, however, each respective sport/activity will have additional rules, standards of behavior, and discipline that are reasonable for that team as described by the respective coach/sponsor. All participants and

parents should be familiar with and have a clear understanding of these rules and eligibility requirements.

A student's association with the interscholastic programs is voluntary. We assume that a willingness to undertake certain obligations of self-discipline and team discipline will transcend those of the students who do not participate in interscholastic activities. Only those participating can weigh the benefits as opposed to the added responsibilities.

We have a great desire to excel in athletics just as we desire to excel in all activities conducted in the name of Dup Jr/Sr High School. We are determined to do our best to field aggressive, well coached teams, composed of young men and women who will represent Dupo Jr/Sr High School with pride, enthusiasm, and loyalty. It is hoped that the academic and athletic experience at Dupo Jr/Sr High School will yield satisfactions and rewards which will continue to enrich student's life, long after they have left our campus.

Official rules and regulations of the Illinois High School Association (IHSA) govern our interscholastic programs.

Getting Started

1. Student-Athletes must be legal residents (living full-time with parents or legal guardians) of the Dupo Community School District.
2. Student-Athletes must be academically eligible. Each student-athlete must have passed a minimum of 5 courses the previous semester. (Note: All incoming first semester freshmen are eligible.) Each student-athlete must also be currently enrolled in and passing a minimum of 5 courses.
3. Student-athletes must have a current physical on file in the office. Each physical exam is valid for one calendar year and therefore must be renewed annually. (Note: Incoming freshmen do not need a separate athletic physical exam and can use the regular required school physical exam form so long as the doctor marked them "approved for sports". However, the physical must have been taken before the student may participate in tryouts/practices/games.)
4. Each student-athlete and parent must read, comprehend and agree to abide by the "Code of Conduct" set forth in this handbook.
5. Each student-athlete and parent must complete the Athletic Release Forms (available in the office) in order to participate in Dupo Jr/Sr High School athletic programs.

Conduct Code for Participants in Extracurricular Activities

The Superintendent or designee, using input from coaches and sponsors of extracurricular activities shall develop a code of conduct for all participants in extracurricular activities consistent with School Board policy. The conduct code shall: (1) require participants in extracurricular activities to conduct themselves as good citizens and exemplars of their school at all times, including after school, on days when school is not in session, and whether on or off school property; (2) emphasize that hazing and bullying activities are strictly prohibited; (3) notify participants that failure to abide by the code of conduct could result in removal from the activity. The conduct code shall be reviewed by the Building Principal periodically at his or her discretion and presented to the board.

Participants in extracurricular activities must abide by the conduct code for the activity and Board policy 7:190, *Student Behavior*. All coaches and sponsors of extra -curricular activities shall annually review the conduct code with participants and provide participants with a copy. In addition, coaches and sponsors of interscholastic athletic programs shall provide instruction on steroid abuse prevention to students in grades 7 through 12 participating in these programs.

Extracurricular Drug and Alcohol Testing Program

-Dupo District 196 maintains an extracurricular drug and alcohol testing program in order to foster the health, safety, and welfare of its students. Participation in extracurricular activities is a privilege and participants need to be exemplars. The program promotes healthy and drug-free participation.

-Each student and his or her parent(s)/guardians(s) must consent to having the student submit to random drug and alcohol testing in order to participate in any extracurricular activity. Failure to sign the District's "Random Drug and Alcohol Testing Consent" form will result in non-participation.

-No student will be given advance notice or early warning of testing

-If a student refuses to take a test when randomly selected, the student shall be prohibited from all extracurricular activities for one calendar year.

-Drug and alcohol testing will be performed by a cheek swab or urinalysis.

-The Superintendent or designee shall develop procedures to implement this policy. No student shall be expelled or suspended from school as a result of any verified positive test conducted under this program.

Performance Enhancing Drug Testing of High School Student Athletes

-The Illinois High School Association (IHSA) prohibits participants in an athletic activity, sponsored or sanctioned by the IHSA, from ingesting or otherwise using any performance

enhancing substances on its banned substance list, without a written prescription and medical documentation provided by a licensed physician who evaluated the student-athlete for a legitimate medical condition. IHSA administers a performance-enhancing substance testing program. Under this program, student-athletes are subject to random drug testing for the presence, in their bodies, of performance-enhancing substances on the IHSA's banned substance list. In addition to being penalized by IHSA, a student may be disciplined according to Board policy 7:190, *Student Behavior*

Code of Conduct Introduction

All students who participate in extracurricular programs are expected to follow the Code of Conduct:

1. Adhere to the school rules and regulations as established by the Board of Education
2. Respect the rights of others
3. Refrain from libel, slanderous remarks, and obscenity in verbal, nonverbal, and written expression
4. Refrain from gross disobedience or misconduct as defined in the student handbook
5. Obey city, state, and federal laws
6. Demonstrate the qualities of scholarship, leadership, service, and character

Dupo School District believes that student leaders (athletes, officers, student board members, and all members of performance groups) need to lead by example. Therefore, students who participate in leadership roles are expected to also be committed to personal growth which includes:

1. Commitment that their academic work remains a number one priority
2. Maintain academic standards as determined by the IHSA, i.e. passing five classes the previous semester and maintaining passing grades in at least five classes during the current semester, totaling 25 credit hours.
3. Commitment to a drug free community and school by remaining drug and alcohol free (including tobacco and vaporizing/e-cigarette products)

4. Commitment to not display any flagrant disregard for school rules; local, state, or federal laws; or legal authorities
5. Commitment to follow all additional rules set forth by the various activity and sport programs and leadership positions

Leaders of student organizations and members of athletic and activity teams include the following:

1. All Student Council Members
2. All Class Officers
3. Student Board Members
4. Athletic Teams-Baseball, Basketball, Bowling, Cheer, Cross Country, Dance, Football, Golf, Softball, Track, Volleyball
5. Activity Teams/Groups—Bass Fishing, Drama Club, National Honor Society, Robotics, Scholastic Bowl, Science Olympiad

As representatives of the school, these students must conduct themselves appropriately both while in school and out of school. To participate in these privileges, the following standards for said leaders shall be followed in addition to the general Code of Conduct. Students in such positions are expected to lead by example.

Therefore they will:

1. Conduct themselves as good citizens and exemplars of their school at all times, including before, during, and after school, on days when school is not in session (including summer and breaks), and whether on or off school property
2. Refrain from hazing and bullying activities as these are strictly prohibited
3. Follow additional rules, regulations and by-laws of the IHSA
4. Follow the rules set forth by coaches and sponsors

Participation in these leadership roles, athletic teams, and/or activity groups/clubs is considered a privilege and not a right. Therefore, in addition to the above rules, participants must follow all other conduct rules as set forth below. It is understood that these rules and regulations are to supplement any existing Board of Education policies. These rules and regulations shall apply all year-round for the duration of the participant's junior high career and then high school career.

Code of Conduct

A student participating in an activity or athletic program will be subject to disciplinary action if he or she violates this Code of Conduct for Extracurricular Activities. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations.

The student shall not:

1. Violate the District's policies or procedures on student discipline
2. Use, possess, buy, sell, barter, or distribute tobacco products and/or vaporizing/e-cigarette products of ANY FORM.
3. Use, possess, buy, sell, barter, distribute and/or be under the influence of alcoholic beverages (except for religious purposes)
4. Use, possess, buy, sell, barter, or distribute cannabis in any form, unless exempted under *Ashley's Law*.
5. Use, possess, buy, sell, barter, distribute, and/or be under the influence of drugs, look-alike drugs, or other controlled substances or possession of drug paraphernalia
6. Use, possess, buy, sell, barter, or distribute any illegal substances (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia.
7. Attend a party, ride in a vehicle, or be in attendance of a group where any of the above items/products are being used, possessed, bought, sold, bartered, or distributed, but the athlete/participant is not using.
8. Act in an unsportsmanlike manner
9. Vandalize or steal
10. Haze or bully others
11. Violate the written rules for the activity or sport they are participating in
12. Behave in a manner that is detrimental to the good of the group or school
13. Be insubordinate or disrespectful toward the activity's sponsors or teams coaching staff
14. Falsify any information contained on any permit or permission form required by the activity or sport
15. Test positive on random drug testing conducted by the IHSA
16. Misconduct not specifically set forth in the code can constitute a 1st offense or a subsequent offense, or serve as the basis for complete removal from the activity. The administrative team (Superintendent, building Principals, Athletic Director, and Coaches) shall determine the offense and appropriate disciplinary action.

*Other conduct not specifically set forth in the code can constitute a 1st Offense or a subsequent offense, or serve as the basis for complete removal from the activity based on Administrative collaboration.

Hazing and bullying activities are strictly forbidden at any time and in any location. Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. This definition was developed by the National Federation of State High School Associations. Bullying is any physical or verbal act or conduct that has or can be reasonably predicted to place a student in reasonable fear of harm; cause a detrimental effect on a student's physical or mental health; interfere with a student's academic performance; or interfere with a student's ability to participate in or benefit from school activities. This definition was adopted from the definition of *bullying* included in the Board policy 7:180, *Prevention of and Response to Bullying, Intimidation, and Harassment*.

Due Process Procedures and Violations

Students who are accused of violating the Code of Conduct for Extracurricular Activities are entitled to the following due process:

1. The student shall be advised of the disciplinary infraction with which he or she is being charged.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.
4. The student may provide any additional information he or she wishes for the administrator to consider.
5. The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
6. If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:
 - a. Sanctions for violations other than drug and alcohol will be based on the nature of the offense and the number of offenses, and may include suspension from all activities or sport for one of the time periods described below:
 - A specified period of time or percentage of events, competitions, or practices
 - The remainder of the season or for the next season
 - The remainder of the student's Jr High or High School career
 - b. Sanctions for alcohol and other drug violations will be based on the following:

First Violation:

Use, possession, buying, selling, bartering, or distributing: A suspension from participation of 1/3 of the total scheduled contests, activities, competitions, meetings, or the remainder of the season (whichever is shorter). This penalty will be reduced if the student successfully completes a school-approved chemical awareness program.

--attendance at a party, riding in a vehicle, or being in attendance of a group where products are being used, possessed, bought, sold, bartered, or distributed: a

suspension of 1/6 of the total number of scheduled contests, activities, competitions, meetings, or the remainder of the season, whichever is shorter.

****Student will be expected to practice with the team/group and attend all games (wearing appropriate, non-uniform clothing) regardless of the violation (unless suspended or expelled from school)**

*****Suspension games are counted at the varsity level, however the athlete may not participate in any underclass contests during the varsity suspension.**

--Holding a class office, participating in an activity, or serving as a student board member: privileges will be revoked for the remainder of the quarter the offense occurred as well as the following quarter.

Second Violation:

--Use, possession, buying, selling, bartering, or distributing: a suspension of 12 weeks or one season, including suspension from all performances, activities, games, or competitions during the athletic season.

****in order to participate in any activity, sport, or club, again, the student must successfully complete a school-approved alcohol or other drug abuse assessment and follow all recommendations from that assessment.**

--attendance at a party, riding in a vehicle, or being in attendance of a group where products are being used, possessed, bought, sold, bartered, or distributed: a suspension of 1/3 of the total number of scheduled contests, activities, competitions, meetings, or the remainder of the season, whichever is shorter.

****Student may be expected to practice with the team/group and attend all games (wearing appropriate, non-uniform clothing) regardless of the violation (unless suspended or expelled from school).**

Third Violation:

--Use, possession, buying, selling, bartering, or distributing: a suspension from extracurricular activities for the remainder of the student's jr. high or high school career. The student will not be allowed to practice or travel with the team.

--attendance at a party, riding in a vehicle, or being in attendance of a group where products are being used, possessed, bought, sold, bartered, or distributed: A suspension of one calendar year from the date of the suspension, including all extracurricular activities during this period.

7. The administrative team will make a written report of his or her decision and rationale.
The student may appeal the decision to the Building Principal.

All students remain subject to the Board's student discipline policy and/or the school's student handbook and the disciplinary measures listed in them.

Notification Process

Step 1: Incident is reported to the Principal/Administration

- Explain what has occurred and who is involved
- Gather all pertinent facts

Step 2: Meet with the Athlete, Principal, Athletic Director, and Coaches involved.

- Contact parents/guardians
- Discuss accusations
- Discuss penalties
- Determine guilt or innocence if possible

Step 3: If accusations prove to be untrue or unproven...

- All actions stop
- Party who made the accusation is notified
- Parents or guardians are notified

Step 4: If accusations are true...

- State the penalties
- Explain future consequences
- Contact parents or guardians

Step 5: Parent/Guardian notification and participation

- Meet parents
- Explain actions to be taken, the evidence, and consequences
- Explain/Discuss what can be done to help the athlete

Step 6: Notify law enforcement agencies if necessary

Step 7: Follow-up

Other Rules

Apart from the drug-testing policy and procedures, the IHSA as well as each activity's coaching staff or sponsor may have their own rules and requirements. Coaches and sponsors have the necessary authority to enforce those rules. Any student participant who violates a team or

activity rule or requirement is subject to the consequences as defined in those rules and requirements.

8. Felony Convictions

--student participants who plead or who are proven guilty of committing a felony will be dropped from all activities and athletic participation for one calendar year from the date of conviction.

9. Serving Suspensions for Athletes

--A suspension shall begin on the date of the investigation with the student, at which the student is found to have violated the rule. A student who commits a violation of this policy while not actively participating in an extracurricular shall serve his/her suspension beginning with the student's next season of participation. If the suspension cannot be completed before the end of the season, the season shall carry over to the student's next athletic season. For a student to serve the designated suspension for a violation, that student must begin the season of the activity with the first practice and complete the entire season as a member of the activity. While suspended, students are expected to attend all games/matches, be dressed in street clothes, and sit with the team during the contest. Games/matches attended by students who are not physically cleared to play will not count toward their suspension.

10. Dress

--proper dress and grooming for participation and travel during the season for athletics and activities shall be determined by the coach/sponsor of each activity, and he/she shall, after consultation with the Athletic Director, convey his/her regulation to the team members. The expectations for dress in the student handbook will be a general guideline.

11. Language

--Profanity and/or abusive language, obscene gestures, and/or other forms of inappropriate behavior by participants involved in any activity will not be tolerated. Coaches/Sponsors shall discipline violators.

12. Theft of School, Team, or Other Individual's Possessions

--Proven theft by a participant of possessions of this school, other schools, and/or possessions of other individuals shall be grounds for dismissal from participation in all athletics/activities at DHS. The Athletic Director shall discipline violators with input from the coach/sponsor.

13. Evidence

--If a member of the administration receives information or reports from any credible source that a student has violated any of the rules and regulations of the extracurricular code of conduct, he/she shall promptly investigate the charge. Examples of the sources

of information could include a report from a faculty member, police reports, court dispositions, or any other information regarding misconduct.

--If there is sufficient evidence to believe a violation may have occurred, the administration shall:

- a) Interview the student notifying them of the charge and request a response.
- b) If the student denies the charge, give an explanation to the student of the evidence and facts leading to the charge; and
- c) give the student an opportunity to respond or present an explanation of the event.
- d) Communication with other parties will occur when appropriate on a case by case basis

14. Transportation

--Transportation to and from all away extracurricular contests will be provided by Dupo High School. All student-athletes are expected to travel to and from the scheduled contests with the team. The only exception to this policy will be: a parent or legal guardian, or other approved adult, may be granted permission to transport their son/daughter home from an event, with appropriate signed release form.

15. No Pass No Play

--Dupo Jr/Sr High School has a “no pass no play” policy for participation in extracurricular activities. In order to participate, a high school student-athlete must be passing a minimum of 25 class hours each week, and a Junior High student-athlete must pass a minimum of six classes per week.

--If a student is found ineligible for the week:

- a) The student may practice with the team
- b) The student may not participate in any event/game/competition
- c) The student may not dress in uniform for the event
- d) The student may ride, with the team, to the event/game/competition
- e) The student may sit with the team but may not wear the team uniform

--If a student is found ineligible for the semester:

(in accordance of the IHSA and school policies, a student must pass 25 class hours each semester, passing 5 classes or more)

- f) The student may not participate in any game, competition, or event for one full semester. A student may be allowed to practice at the coaches/administrations discretion. If a sport crosses over from semester 1 to semester 2, the student may practice with the team in order to be ready for the remainder of the season (in semester 2) should they be eligible.

16. Attendance

--For a student-athlete to be eligible to participate in the current day's athletic event, they must be present at school no later than 11:00 am and remain at school until the

end of the school day or early dismissal in the case of an away athletic event. Any absence prior to 11:00 am must be pre-approved and verified by an administrator, or if arriving to school late, the student must have a doctor's note, or an excused absence called in by a parent. Exceptions to this rule are, but are not limited to, a doctor appointment, funeral in the family, or college day. These exceptions must be approved by an administrator. Attendance does not apply to contests or activities that fall on a Saturday, holiday, or a day in which school is not in session.

--Students who attend Collinsville Vocational Program or are enrolled in the Work Study Program must fulfill the attendance policy of their respective program. Should a student miss their transportation to Collinsville Vocational Program, they are expected to stay at Dupou High School for the remainder of the day.

17. Social Media

--Participation in extracurricular activities is a privilege at Dupou Jr/Sr High School. The use of social media by a student athlete considered to be "unbecoming of a Dupou Tiger" may result in discipline including suspension or removal from a leadership position, club, or team.

Procedure for Dealing with Parental Conferences with Athletic Coaches/Sponsors

--If a parent or guardian wishes to make a complaint against any coach or sponsor arising out of a particular game situation or incident where their child was involved, the complaint will require a "24 hour cooling off period". This procedure will help ensure the complaint be more productive and help alleviate some emotional feelings and responses which might have occurred if the complaint was presented immediately after the incident in question. At the time of the incident, the parent or guardian should state to the coach or sponsor that they wish to set up a meeting/time to talk, but have no further discussion take place at that time. Texts/emails should also follow the 24 hour cooling off period.

--Coaches/Sponsors, who have been presented with a complaint, shall inform the Athletic Director as soon as possible. Likewise, the Athletic Director shall inform the coach involved if they receive a complaint.

--Depending on the nature of the complaint, it is recommended, but not mandatory, that a meeting or conference, between a parent and coach, be conducted with the Athletic Director, an Administrator, or another coach present.

--If the parents/guardians remain unsatisfied at the conclusion of the conference, the parents/guardians may seek further intervention with a formal meeting with the Athletic

Director and an Administrator (principal or assistant principal). This meeting shall also include the coach with the Administrator acting as the moderator.

****The Athletic Department of Dupou Jr/Sr High School encourages and supports contact and communication between coaches/sponsors, players, parents, and Administrators.**

Sportsmanship

Mission Statement

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic programs of IHSA member schools, as well as for the individuals who participate in these programs. People involved in any facet of Dupou'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 the following information carefully.

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 a friend. You should never direct remarks at opponents in a taunting manner.

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 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 modeling and will not be tolerated.

Expectations of Parents

Be positive with your son/daughter. Do not offer excuses to them if they are not playing. Encourage them to work hard and to do their best. If they have questions about issues related to their playing time and performance, encourage them to ask the coach for a meeting between the two of them.

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

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 modeling and will not be tolerated.

Pets, Alcohol, and Tobacco/E-cigarette Products

Pets are not allowed in the A.C. Daugherty Stadium or on any athletic field. Pets are allowed outside of the stadium and outside of the fencing around the baseball and softball fields. Pets are expected to be on a leash and owners are expected to clean up after their pet. Dupo School facilities and grounds are an alcohol, tobacco and vaporize/e-cigarette free environment. The use of any alcohol, tobacco or vaporizing/e-cigarette product is prohibited. Thank you for your compliance.

Athletic Injuries

If a student is injured during a contest or practice, the injury shall be reported immediately. A student must not attempt to self-medicate or treat the injury. The respective coach shall complete a building and district incident form and submit it to the office. If treated by a doctor, the student must obtain a doctor's release before resuming practice or participation in contests. If a student has been removed because of suspected concussion, the student is only permitted to return after the District's return-to-play and return-to-learn protocols have been completed.

Loss or Abuse of Equipment

An athlete shall be held responsible for all equipment issued. Loss or abuse of equipment will result in the athlete being assessed the original cost of the item.

Quitting or Switching Teams and Dual Sports

No athlete may quit or be dismissed in one sport and become a member of another team or practice for another activity during the same season. Should a physical condition limit an athlete in one sport, but not in another, the athlete may participate with the consent of the coaches. Athletes may switch sports with the consent of the Athletic Director and all coaches involved. Athletes may participate in two sports during the same season if all coaches agree and the athlete chooses a dominant sport before official practices begin. The Athletic Director, in consultation with the coaches and administration, will resolve any disputes over practice or game participation.

Club Sport Participation

The DHS administration and coaching staff are aware of the opportunities for student-athletes in sport outside of the programs at DHS. It is the expectation of student-athletes that choose to participate in a club sport while competing with a different DHS sport team to have their priority of practice and competition with the DHS activity. Athletes who do not follow this expectation could face consequences from their DHS sport team.

Prospective College Athletes

Some student-athletes have a goal to participate at the collegiate level. The Dupo athletic and counseling staffs are very willing to help student-athletes pursue this goal. To this end, we offer several important tips:

1. Communication with the high school coach is imperative. Student-athletes who have a strong desire to compete at the collegiate level should schedule an appointment with their coach and 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 school counselor to develop a “reality” list of potential college choices.
4. The student-athlete should create a resume that represents their overall high school experience and high lights athletic accomplishments. Coaches and the counselor are available to assist if need be. The resume should be reviewed with their coach or counselor.
5. The student-athlete should create a letter of interest to be sent, along with the resume, to the coaches at the respective colleges. This letter should be reviewed with the coach and counselor before finalizing and mailing it.
6. The student-athlete should meet with the counselor to discuss the process for registering with the NCAA Clearinghouse. The counselor will also share the key resource material form the NCAA (NCAA Guide for the College-Bound Student-Athlete).
7. The NCAA home page is: www.ncaa.org.
8. www.corecoursegpa.com is an available resource free to athletes and their parents to monitor academic progress relative to the NCAA academic requirements for participation at the NCAA Division I or II level.

Athletic Awards

1. Varsity Letter

- coaches are to establish criteria (i.e., number of varsity contests played in) for earning varsity letters and to communicate those criteria to players.
- the first year an athlete earns their varsity letter, they will receive a chenille letter, chenille numerals (graduation year), and a pin for that particular sport. After the first letter is earned, pins for each year after will be awarded to add to their letter.

2. 3-Sport Athlete

- a player participating in three sports in one school year will receive the following:
 - 1st year—3-Sport Athlete T-Shirt
 - 2nd year—3-Sport Athlete Hoody
 - 3rd year—¼ zip with logo choice
 - 4th year—soft shell zip up jacket with logo choice

**** (logo choice is limited due to copyright laws)**

3. All-Conference

- Players selected onto All Cahokia Conference teams will receive a patch and a certificate
- Players selected onto the Prairie State Conference Football Team (1st or 2nd team) will receive a plaque and certificate.

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
- Adhere to the guidelines of the Code of Conduct and team rules
- Maintain good faith towards the coaches and fellow players and be a positive team member

Schedules

Go to www.dupo196.org . Here you can find game schedules and departure times. Once you are on the district website, click on “athletics”, then JH/HS Schedules. You will be directed to our athletic home page on Big Teams where you can choose your season.