

ATHLETE & STUDENT ACTIVITIES
HANDBOOK
Carbondale Community High School
2023-2024



***It is amazing how much can be accomplished if no one
cares who gets the credit...***

Athlete & Student Activities Handbook

This handbook was written for the student-athletes at Carbondale Community High School so that athletes and their parents may be better informed of the athletic rules and policies. Regardless of how complete a handbook may be; it cannot anticipate all of the different situations that may occur. It is meant rather as a guide to point out the direction of the Athletic Department. The penalties noted herein shall be considered minimal and no way implies that more severe action cannot be taken.

Participating as a student-athlete at Carbondale Community High School distinguishes you as an individual with exceptional opportunities. Athletics will offer to you many worthwhile experiences and associations which nonparticipants will not have. We offer this program as a privilege and strongly encourage your 100% cooperation in any sport in which you wish to participate. Carbondale Community High School presently has an enrollment of approximately 990 students. The school colors are Black and White, and the teams are nicknamed TERRIERS.

The TERRIERS are a member of the South Seven Conference which also includes Cahokia, Centralia, Marion and Mt. Vernon.

Sports included in the program are football, basketball, bowling, wrestling, baseball, track, golf, cross country, soccer, swimming, dance, bass fishing and tennis for males; with volleyball, basketball, bowling, golf, softball, track, soccer, swimming, tennis, cheerleading, dance, bass fishing, wrestling and cross country for females. Facilities for girls' and boys' basketball, girls' volleyball and wrestling will seat approximately 2,300; Bleyer Field will seat 3,200 while Fralish Field will seat 1,000.

Sports are an integral part of our American culture. They offer students the ability to appreciate the value of discipline and dedication. Sports provide a means of teaching desired values and goals that can aid in developing individuals into positive citizens in society. The different sports will allow athletes at all levels to participate against opponents of similar age and size.

Athletics provide a positive arena to help out athletes learn the meaning of teamwork and develop a great work ethic, which will be a positive asset to their future. It is hoped that each student-athlete at Carbondale Community High School will develop positive attitudes and traits from the program that is offered.

Gwen Poore
Director of Athletics

Adopted: 10/18/73 Revised: 7/18/91

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PARENT/COACH COMMUNICATIONS

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the team.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., fees, special equipment, off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline that result in the denial of your child's participation.

Communication coaches expect from parents:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the athletic programs at Carbondale Community High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgement decisions based on what they believe to be the best for all student-athletes involved. As you may have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those in the following paragraphs, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach, the parent and student-athlete. It is important that both parties have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

Procedures to follow if you have a concern to discuss with a coach:

1. Call to set up an appointment to see the coach.
2. If the coach cannot be reached, call the Athletic Director's Office. The A.D.'s Office will get the message to the coach. The telephone number at Carbondale High School is (618) 457-3371 ext. 212
3. Please DO NOT attempt to confront the coach before or after a practice or contest. A period of 24 hours should take place before reaching out or communicating with the coach in person. If the parent wants to talk to the coach before or after practices, he/she will need to schedule a meeting with the coach.

These confrontations can be emotional for both parent and the coach. Meetings of this nature do not promote resolution. Following protocols will help the communication to be more effective. Administration will intervene if necessary.

THE NEXT STEP

What a parent can do if the meeting with the coach did not provide a satisfactory resolution

1. Call and set up an appointment with the Athletic Director, Coach, and student-athlete to discuss the situation.
2. At this meeting, an appropriate next step will be determined.

Since research indicates students involved in extra-curricular activities have a greater chance for success during adulthood, these athletic programs have been established. Many of the character traits required to be successful participants in these activities are exactly those that will promote successful lives after high school.

We hope the information provided within this pamphlet makes both your child's and your experience with Carbondale High School Athletic Program less stressful and more enjoyable.

CARBONDALE HIGH SCHOOL STAFF AND COACHES			
Boys Cross Country	Greg Storm greg.storm@cchs165.com	Girls Cross Country	Greg Storm greg.storm@cchs165.com
Football	Bryan Lee bryan.lee@cchs165.com	Girls Golf	Marialice Jenkins marialice.jenkins@cchs165.com
Boys Golf	Wendell Wheeler dqhoops@yahoo.com	Girls Tennis	Mike Butler mike.butler@cchs165.com
Boys Soccer	Jeff Hansen jeff.hansen@cchs165.com	Girls Volleyball	Fae Ragan faychea@hotmail.com
Boys Basketball	Jim Miller Jim.Miller@cchs165.com	Girls Basketball	Tracy Hill Tracy.Hill@cchs165.com
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Boys Track	Mykel Gary Mykel.Gary@cchs165.com	Cheer	DeAnne Miller deanne.miller@cchs165.com
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Boys & Girls Swimming	Thomas Huggins tenthousandfree@gmail.com	Dance	Gillian Prepejchal gillianprepejchal@gmail.com
Bass Fishing	Chris Shelton Cshelton7596@gmail.com		

THE ATHLETIC CODE

GOAL

The goal of our Athletic Program is to promote and to develop more effective individuals by working together as a team.

OBJECTIVES

1. **TO LEARN SPORTSMANSHIP**-Accepting defeat is easier, knowing that athletes have done their best. Being a gracious winner in victory as a student-athlete in defeat is a quality which each athlete should be proud to possess.

2. **TO WIN**-Our society is very competitive. Athletes will not always win, but, they will succeed if they continually strive to do so. They can learn to be good losers if assured that they have earnestly dedicated themselves in attempting to succeed.

3. **TO ENJOY ATHLETICS**-It is important that athletes have satisfaction in their accomplishments and positive attitudes in their participation. They should willingly give of themselves to develop personally and to improve the total program.

4. **TO ACCEPT ATHLETICS AS PART OF THE SCHOOL**-Athletics are important parts of the total school program and are sponsored by the school for the educational value. The academic achievement and the personal welfare of the athlete are essential purposes of the program. Being part of Terrier Athletics is a privilege, not a right. Student-Athletes will conduct themselves appropriately.

GENERAL CONDUCT

It is expected of members of the athletic teams that they be good citizens about school and in the community. A team member is constantly in the public eye and in a position of influence. Young children, community members, and other school personnel will observe the athletes, will look to them for leadership, and will expect them to set standards for others to follow. Self-discipline is essential in developing this high degree of social maturity.

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.

A participant must remember that violations of the rules cannot be tolerated. Attention is constantly focused on the athlete, and he or she will be expected to set a good example so that the entire community can be proud of him or her. Participants must avoid situations that bring disrespect to themselves, their teammates, their coaches, or their parents.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education Policies, Rules and Regulations. While the Board of Education takes great pride in winning, it does not condone, "winning at any cost" and discourages any and all pressure which might tend to neglect good sportsmanship and good mental health. At all times the athletic program must be conducted in a way that justifies it as an education activity.

ONLY IF THE STUDENT-ATHLETE IS READY TO ACCEPT THIS FULL RESPONSIBILITY, SHOULD HE OR SHE CONSIDER PARTICIPATING IN THE ATHLETIC PROGRAM AS A TERRIER!!

ETHICAL AND MORAL STANDARDS FOR ATHLETES

Athletics offer experiences for encouraging desirable habits of discipline, for developing qualities of self-sacrifice and dedication for common goals, and for promoting an atmosphere of acceptable ethical and moral attitudes.

Athletics, being an elective part of the high school program, may not be for everyone. They are available for those students who desire to abide by the conditions established for the program and who desire to derive the benefits available through the program.

The nature of competitive athletics is such as to provide for individual development of character, personality, and discipline. In order to maintain the overall philosophy of high school athletics, it is necessary to establish guidelines that are consistent with this philosophical view.

This program attempts to reflect the attitude of the school and the community and will be maintained so that appropriate benefits will be available. The individual performers will be expected to behave and to perform in a manner that will inspire pride from the approval of the school community. The future of the Athletic Department will be affected by the conduct of our present squads, since they set the example that will be followed by future squads.

An athlete's ethical and moral behavior should be exemplary not only during the sports season, but, also during the off-season and summer months as well.

The following general rules and regulations will be considered as guidelines which athletes are expected to respect and to maintain:

- (A) **School Attendance:** Athletes will be expected to exhibit exemplary student behavior in regard to attendance. Whenever possible, contests will be scheduled so as not to conflict with classes. The athlete must be in attendance 1/2 a day on the day of a contest to be eligible, unless authorized by the Director of Athletics and/or the Principal. Attendance in all academic classes will be insisted upon by the head coach. If a student-athlete is absent during any class on a game day, it must be an excused absence; otherwise, the student may be ineligible to play. Any missed class work should be made up immediately after returning to the class.
- (B) **Eligibility:** Per IHSA guidelines, eligibility will be checked by the Athletic Director each week for eligibility purposes. Grades will be checked on Wednesday and coaches will be notified by Thursday morning if a student is not passing a class. Student-athletes are required to be passing five (5) classes each week to remain eligible. If a student is not passing five classes by the end of the day on Friday, the student-athlete will not be able to compete the following week.
- (C) **Participation:** Participation in athletics is available to all students. Every athlete is expected to attend each practice unless excused by the coach **in advance**, or except in emergency. Promptness is also imperative if a person is to succeed as an athlete. It is considered an honor to participate in Carbondale Community High School Athletics. The

attitude and conduct of the athlete must coincide with the rules and regulations set forth and should be above reproach.

- (D) **Appearance:** Dressing and grooming regulations will be in agreement with the rules establish by the high school and particular sports team.
- (E) **Commitment:** The rules and regulations for athlete will be considered by a commitment between the athlete and the school. Violations will be handled according to the procedures outlined in this handbook.
- (F) **Rest:** Athletes will be expected to maintain regular hours and to restrict outside activities so that their physical performances will not be hampered in any way by improper rest.
- (G) **Injuries:** Injuries should not be neglected under any circumstances, regardless of how minor. Proper reporting of injuries to the coach is necessary for proper care. In addition, the athlete is obligated to report all injuries to the School Trainer and School Nurse as soon as possible for insurance purposes.
- (H) **Scholarship:** The athlete should arrange study habits so that maximum results shall be derived from classes. Attendance at all classes, an attentive attitude, and an awareness of eligibility rules are necessities for athletes. **If an athlete is academically ineligible for over 4 consecutive weeks, they may be removed from the team.**
- (I) **Tobacco/Vape/E-Cigarettes/Alcohol-Drugs:** It is obvious the use of tobacco, alcohol, and/or illegal or non-prescription drugs adversely affects the program in which he/she is participating and appropriate discipline shall be administered.
- (J) **Other Activities:** Involvement in other activities should be considered as to the effect it has on the athletic performance of the individual. Any activity that would prevent maximum performance should be evaluated through consultation with the coach.
- (K) **Behavior:** Student-Athletes must follow the rules/expectations set forth in the CCHS School Handbook. Habitual referrals/detentions or a serious breach of the student code of conduct will result in suspension from athletic participation. The amount of time will be based on the nature of the infraction. This will be determined by the School's Administration, the Athletic Director and the Coach. (see RULES FOR PARTICIPATING)
- (L) **Quitting a Sport/Dual Sports:** We do not encourage quitting a sport. We would like to see our student-athletes finish what they start. However, in the event a student-athlete decides to quit a team, they will not be allowed to start working out or practicing with another sport until the team that they have quit season comes to an end. If a student-athlete wishes to compete with 2 sports in the same season, they must declare a primary sport. They will have to communicate this with both coaches and realize that the primary sport takes precedence in any event unless a conversation between both coaches take place and agreed upon.

RULES FOR PARTICIPATING IN ATHLETIC PROGRAMS

The following rules are to be followed by those students who participate in athletics during the season, off-season and Summer.

In order to have the best possible athletic programs, it is essential that athletes demonstrate an attitude of respect for discipline and a willingness to observe all school rules described in District Policy and the Student Handbook as well as following Rules for Athletic Participation:

1. The use or possession of all forms of tobacco/vape/e-cigs and tobacco products by a student-athlete (a student who has been or is currently participating in athletics or cheerleading) at any time during the school year on a 24-hour basis or during the Summer will result in the following:

During Season

- (a) **First Offense-Suspension from Athletic Program Participation for one week.**
- (b) **Second Offense-Suspension from Athletic Program Participation for the remainder of the season.**
- (c) **Third Offense-Suspension from Athletic Program Participation for one calendar year.**

Out-of-Season

- (a) **First Offense**-Suspension from Athletic Program participation for one week to be served at the start of the next sport attempted by the student and to include one game/event after tryouts.
- (b) **Second Offense**-Suspension from athletic program participation for two months to be served at the start of the next sport attempted by the student and to include one game/event after tryouts.
- (c) **Third Offense**-Suspension from Athletic Program participation for one calendar year from the date of the infraction.

IF A STUDENT-ATHLETE COMMITS A VIOLATION OF OUR STUDENT ATHLETE HANDBOOK, HE/SHE MAY SELF-REPORT THE INCIDENT TO THE ATHLETIC ADMINISTRATION. IF THIS SELF-REPORT IS DONE IMMEDIATELY, THE STUDENT-ATHLETE MAY RECEIVE A REDUCED SUSPENSION. THE STUDENT-ATHLETE MUST ALSO MEET WITH A SCHOOL SOCIAL WORKER.

Use or possession of alcohol or drugs as described in the Athletic Handbook and the Student Handbook at any time during the school year on a 24-hour basis or during the summer will result in the following:

First Offense

1. Regular disciplinary actions of the District (if applicable)
2. The student may be suspended from participation in athletic activities for one calendar year if they fail to follow the Care Team recommendations. The suspension covers a period of twelve (12) months from the time disciplinary action is taken.
3. A meeting shall be held with the concerned parties including the Director of Athletics, the parents or guardians, and the student. The student may not attend any practice or event until after the parent conference has been held.
4. With the permission of the Coach, Director of Athletics and Principal, any student-athlete under suspension may practice and may attend contests, but, will not be allowed to participate in contests.
5. The student may be offered the option of returning to the athletic program after two weeks if he/she agrees to be screened by the District's Care Team and to follow in meaningful way all terms, conditions and recommendations set forth by the Care Team.
6. **A student-athlete who has been suspended shall miss the following number of games:**
 - If his or her respective sports season is limited to 10 or less regular season contests the student-athlete involved shall not participate in 2 contests.***
 - If his or her respective sports season includes 10-15 regular season contests, the student-athlete involved shall not participate in 3 contests.***
 - If his or her respective sports season has more than 15 regular season contests that are scheduled, the student-athlete involved shall miss 4 contests.***
7. If the student-athlete at any time fails to follow Care Team recommendations, he/she shall be required to complete the remainder of the one-year suspension from Athletics.
8. If the student is found in possession of drugs and/or alcohol, the parents and police will be contacted.
9. If the infraction incurs out of season the appropriate disciplinary action will be administered at the start of the next sport season in which the student-athlete participates.
10. Students will not be allowed to join a sport to avoid punishment in a sport that he or she participated in the previous year. Students will be disciplined from that sport as well.

Second Offense (A Second Offense is one which occurs within two years of the first offense)

1. Regular disciplinary actions of the District (if applicable).
2. The student may be suspended from participation in athletics for up to 12 months. This will be determined by the Athletic Director, Athletic Advisory Council and the student-athletes past behavior.
3. The Police shall be informed.

Third Offense (A Third Offense is one in which occurs within the career of the student-athlete)

1. Regular disciplinary actions of the District (if applicable).
2. The student shall not be allowed to participate in any athletic program during the remainder of his/her time as a student at Carbondale Community High School.
3. The Police shall be informed.

These sanctions apply to all students whether or not they are actively engaged in the activity at the time of violation. These penalties may be imposed if charges are filed and substantial evidence has been presented by coaches, police, faculty and/or school administration. These penalties shall be cumulative beginning at the time the student enters the athletic programs and continuing throughout the student's high school career. This policy is in effect throughout the calendar year and does not supersede District school disciplinary policies.

By no means does this handbook address or foresee all types of disciplinary problems that may arise during the school year. Therefore, in those offenses in which an athlete may get involved and in which the penalties are not specifically addressed in this handbook, will be at the discretion of the Athletic Director and/or addressed by the Athletic Disciplinary Committee. This Committee shall be composed of the Director of Athletics and all head coaches. The Director of Athletics will chair this committee and present facts and information to the committee. Once all the information of the case is presented to the committee, the committee will recommend what type of disciplinary action if any will be taken. It is important that this committee be consistent and fair when establishing what type of suspension is to be taken. If the student-athlete involved does not feel he or she has been treated fairly, he or she may appeal this ruling to the building Principal, then to the Superintendent, and then to the Board of Education.

A student-athlete will be subject to disciplinary action including penalties imposed by the Director of Athletics and/or team coach/sponsor for committing any of the following:

- a. Falsification of a signature on the parent permission form.
- b. Theft or vandalism of any school property, or property belonging to another student, staff member or district employee.
- c. Repeated acts of unsportsmanlike conduct during the sport season in which the athlete is involved, such as cheating, fighting, insubordination, or verbal abuse of officials, contestants, coaches or spectators.
- d. Repeated misbehavior during school day, intimidation, or acts which directly or indirectly jeopardize the health, safety and welfare of school personnel or other students.
- e. Any inappropriate behavior such as deemed inappropriate by the Coach, Director of Athletics or Principal.

f. Student-Athletes suspended from school for any reason will also be suspended from participating in their respective sport under the following guidelines.

- 1) **One to three-day suspension will result in at least one contest suspension.**
- 2) **Four or five-day suspension will result in at least a two-day game suspension.**
- 3) **If any student-athlete is suspended for more than five days, a meeting of the Athletic Disciplinary Committee will be held to discuss and implement the appropriate suspension.**

These guidelines will only be implemented for external suspension and ISS.

Student-Athletes must realize that they must have completed a full day of school following school suspension. For example, any student-athlete suspended on Friday will not be allowed to participate in any contest on Friday, Saturday, or Sunday and will only be allowed to play following a full day of attendance at school on Monday. As mentioned earlier in our handbook, it is important that our student-athletes exemplify good character in and about school. Student-Athletes who are in trouble with teachers and administration will suffer appropriate penalties from athletics.

- 4) **Each Coach/Sponsor has the prerogative of establishing additional rules pertaining to his or her activity. These rules may include attendance at practices, detentions, curfew, dress and general conduct of participants during practices, contests and trips.**
- 5) **Athletes removed from teams for any reason (this includes quitting), are not allowed to go out for any other sport until the sport they were removed from (or quit) is completed. This includes open gym work outs, weight-lifting, etc.**

The Director of Athletics and team coach/sponsor are authorized to impose the penalties set forth in this handbook and shall do so based upon personal knowledge of the violation and/or evidence/testimony from police, school officials, coaches, and/or members of the faculty of Carbondale Community High School.

MISBEHAVIOR DURING CONTESTS

Students participating in interscholastic athletic contests in violation of the By-Laws or other persons found to be in gross violation of the ethics of competition or the principles of good sportsmanship, may be barred by the Board of Directors from interscholastic athletic contests.

CARE OF EQUIPMENT

The athletes will be furnished equipment which should be well-fitted and protective. They should make sure they have adequate equipment or should contact their coach for replacement.

They are expected to care for their own equipment which may mean laundering in some instances. They are also financially obligated for all equipment issued them; therefore, they should take every precaution to guard against loss or theft.

The failure to return school equipment without a satisfactory explanation to school authorities may lead to charges outlined in "Enforcement of Regulations". Any student who fails to return their equipment will not be allowed to participate in another sport until the equipment has been returned. Each coach has the discretion to notify the head coach in the following sport of any athlete who has not met this requirement.

It is the responsibility of all concerned to eliminate any abuses of the use of athletic equipment. Every effort should be made to avoid any pilfering of equipment and to see to it that no one puts school equipment to personal use.

DRESS ON TRIPS

Athletes will be expected to dress appropriately for all trips. The coach is responsible for advising the team members what they will need for a trip.

DRESSING ROOM REGULATIONS

An athlete should show proper respect for any visitors in the dressing room. "Horseplay" can be dangerous on the slick floors in a dressing room and will not be tolerated at any time.

Athletes should safeguard their equipment, clothing and valuables at all times.

HONORS/AWARDS

Special awards are presented at the All-School Ceremony in the Spring, honoring outstanding achievements during the season. Some of these awards have been created in memory of a former athlete, coach, or person who contributed significantly to the athletic program. Establishment of awards is made by submitting the proposal to the Athletic Advisory Council for approval.

Baseball

Batting Champion-awarded to the baseball player who has the highest hitting percentage in varsity competition for the season.

Outstanding Player-presented to the baseball player who has shown outstanding ability during the season.

Softball

Batting Champion-awarded to the softball player who has the highest hitting percentage in varsity competition for the season.

Outstanding Player-presented to the softball player who has shown outstanding ability during the season.

Girls Basketball

Most Improved-presented to the girl who has shown the most improvement for the year.

Girls-Defensive Award-presented to the best defensive player on the Girls' Basketball Team.

Girls-Outstanding Female-presented to the female basketball player who has shown outstanding ability during the season.

Boys Basketball

Boys-Free Throw Award-all free throws in varsity competition, will determine the male player who has the highest free throw shooting percentage.

Walter Moore outstanding Male Award-selected by the players to be presented to the one varsity male basketball player who has displayed the most ability throughout the season.

DeWayne Kelly Defensive Award-presented to the best defensive player on the Boys' Basketball Team.

Cheerleading

Outstanding Underclassman-presented to the underclassman cheerleader who has shown outstanding ability throughout the season in football and basketball.

Most Valuable Cheerleader-presented to the senior cheerleader who has shown outstanding leadership throughout the season in football and basketball.

Cross Country

Outstanding Male-presented to the male cross country runner who has shown outstanding ability during the season.

Outstanding Female-present to the female cross country runner who has shown outstanding ability during the season.

Football

Dr. E.R. Carmen Sportsmanship Award-presented to the Varsity Football letterman who displays the most outstanding sportsmanship throughout the season.

Harry Bobbitt Football Spirit Award-established for the Varsity Football letterman who exemplifies spirit above and beyond the normal, and who leads the team to emotional peaks of performance.

James Turner Memorial Football Award-dedicated for presentation to the Varsity Football letterman who displays outstanding desire, determination, and spirit.

Golf

Signe Solverson Memorial Award-presented to the golfers (male and female) who have the lowest average in varsity competition throughout the season.

Brian Young Award-presented to a golfer who demonstrated hard work and dedication to improve from the previous year.

Girls Soccer

Female Spirit Award/Outstanding Female-presented to the female soccer player who has shown outstanding ability during the season.

Boys Soccer

Boys Senior Leadership/MVP-presented to the male soccer player who has shown outstanding leadership and ability during the season.

Girls Tennis

Girls-Outstanding Female-presented to the female tennis player who has shown outstanding ability during the season.

Girls-Most Improved-presented to the female who has shown most improved ability during the season.

Boys Tennis

Boys-Outstanding Male- presented to the male tennis player who has shown outstanding ability during the season.

Boys-Most Improved- presented to the female who has shown most improved ability during the season.

Volleyball

Outstanding Player-presented to the female volleyball player who has shown outstanding ability during the season.

Most Improved Player-presented to the female volleyball player who has shown most improved ability during the season.

Track/Field

Leading Female Track/Field Scorer-presented to the female track and field performer who has scored the most points for the Varsity Team.

Leading Male Track/Field Scorer- presented to the male track and field performer who has scored the most points for the Varsity Team.

Wrestling

Hustle Award-presented to the wrestler who has scored the most points for the team in varsity competition.

Matt Swain Most Valuable Wrestling Award-presented to the wrestler who demonstrates outstanding ability.

CCHS ATHLETICS SPECIALTY AWARDS

William McBride Scholar-Athlete Award-presented to the male or female athlete who has lettered in a varsity sport at least two years; one of which being their senior year and has the highest academic average of all senior letter winners through seven and one-half semesters.

Vicky King Scholarship Award-presented to the senior female two-sport athlete with a 3.5 GPA, leadership qualities and community involvement.

Frank F. Bleyer Outstanding Senior Female Athlete Award-selected by a vote of all female varsity letter winners who have participated in an IHSA competitive sports program. The female athletes will vote to nominate the top four female athletes. The head girls' coaches will then meet, nominate, discuss and choose from the four nominees the outstanding athlete.

Frank F. Bleyer Outstanding Senior Male Athlete Award-selected by a vote of all male varsity letter winners who have participated in an IHSA competitive sports program. The male athletes will vote to nominate the top four male athletes. The head boys' coaches will then meet, nominate, discuss and choose from the four nominees the outstanding athlete.

Most Valuable Underclass Athlete-presented by the Rotary Club to the most valuable male and female underclass athlete determined by ability, scholarship, integrity and character as selected by the coaches.

Terriers All-Academic Team-presented to any varsity letter winner who has maintained a cumulative grade point average of 3.0 or above.

Willie D. Anderson Memorial Award-presented to a senior athlete with strong academic credentials, who has made significant contributions to human relations. This person will be selected by a committee of the Director of Athletics and Principals.

Kelly Steinmetz Memorial Award-presented to a senior male or female varsity two-sport athlete. The recipient must possess high academic, leadership and character qualities.

Bobby Zieba Memorial Award-presented to a senior male varsity letterman who has maintained a cumulative GPA of 3.5 or above and has consistently demonstrated good sportsmanship and leadership characteristics during his high school career. The recipient must also have been an active participant in at least one extra-curricular activity other than athletics.

Gary Holda Award-presented to seniors who during their careers, have proven to be leaders, team players, dedicated athletes with a love and passion for their sports in season and out in the same spirit that Gary Holda tried to exhibit during his teaching, coaching and running career. This award will be given to qualified athletes in Boys and Girls Cross Country, Wrestling and Girls Track.

Greg Kline Memorial Scholarship Award-presented to an outstanding boys' soccer player that exhibits leadership and an outstanding work ethic each of which were two of Coach Kline's top priorities in his athletes.

Corey Williams Memorial Scholarship-Former teacher Heather Favale set up this award in recognition of Corey's hard work, leadership and dedication in the classroom as well as on the field. Students must also maintain a 3.0 GPA.

Helen Moon Scholarship Award-presented to a senior male/female athlete who will be continuing his/her athletic career in college, has maintained a 3.0 GPA and has participated in at least 2 sports. He/She must be dependable, honest and of good character.

Athletic Department Scholarship Award-This award was established by Athletic Director Rick Moss in 2007. This award is presented to a senior male or female athlete who has lettered in at least 2 sports for 2 years during their high school career and be a leader in athletics as well as in the classroom.

Rick Moss/Booster Club Scholarship Award-This award presented by the Terrier All Sports Booster Club goes to a Senior male/female athlete who shows great leadership skills, has a never give up work ethic and always puts their TEAM first!

INJURIES

Athletes and parents should recognize the risks of physical injuries from athletic participation. Those risks include the possibility of death along with neck and spinal injuries, brain damage, eye, dental or hearing damage, or internal injuries. Athletes should report every injury to the coach, no matter how minor. The athlete is obligated to report all injuries to the Sportsology Athletic Trainer, Coach, or School /nurse as soon as possible for insurance purposes.

INSURANCE

The District will provide school time blanket accident insurance coverage for all students enrolled in the school. This coverage includes all school-related activities and interscholastic sports, including football. This policy should be considered excess coverage over any other insurance that the student may have. Comprehensive policies held by parents/guardians are still primary, with the District provided coverage being secondary. Subject to limitations, the coverage will pay up to a maximum of \$25,000 per accident. Questions regarding coverage and limits should be addressed to the financial officer of the school.

LETTER AWARDS

Awards will be presented to each athlete who remains of the team for the entire season. Appropriate awards include “numerals” for freshmen team members, a certificate for junior varsity team members. Those varsity team members that have met the criteria for a varsity letter will receive a varsity letter and not a certificate. Criteria for earning a varsity letter shall be set by the head coach of that sport and submitted for approval to the Director of Athletics. The criteria shall be discussed with varsity athletes before their respective seasons. Championship teams will receive special recognition. Seniors may receive special plaques.

Qualifications includes satisfactorily completing the season on the team, adhering to the athletic code, attending practices as desired and turning in all equipment or making arrangements to pay for lost equipment.

RECRUITING BY COLLEGES

There will be occasions when the athlete is approached by college scouts in efforts to recruit for a particular school. The coach can offer valuable assistance in counseling as to a college which might best fit the needs and abilities of the athlete. **Student-Athletes that are interested in competing in College Athletics must sign up the NCAA Eligibility Center. (Stop by the Athletic Department for assistance.)**

SPORTS TRANSFER

Athletes should recognize the problems which would exist by allowing a person to quit one sport before the season is completed and to start practice for another sport. Athletes are not allowed to practice for the next sport in season until the team they are on has completed its season, except by special approval of the coaches of both sports involved.

TRAVEL FOR CONTESTS

All athletes participating in any school-sponsored event will ride to and from the contest in the

vehicle provided by the school and under the direct supervision of the coach in that vehicle. Athletes desiring exception to the above procedure **MUST** be riding with a parent and the parent must grant permission with the coach. As an athletic team member, it is important that a participant ride to and from contests with the team. A request to ride home with parents should only be made in extreme circumstances and not simply a matter of convenience.

Conduct of all team members on the bus is the responsibility of the athlete and the coach and not the bus driver. The coach and athletes should always make sure that the bus is as clean when they leave as it was when they got on.

ENFORCEMENT OF POLICIES AND REGULATIONS

If an athlete makes a commitment to the athletic program, then he or she is expected to adhere to those regulations regardless of the sport or whether the sport is in season or not. If a violation of policies and regulations is evident, i.e., brought to the attention for the school administrators, Director of Athletics, or coach and proved, then the following guidelines will be used.

1. In the case of an infraction, the athlete is placed on a probationary status. During this time, the athlete should attempt to correct the deficiencies in a time frame prescribed by the head coach. They remain as part of the team during this time.
2. The Head Coach will inform the athlete of his/her deficiencies and of the ways to correct them. The parents will be contacted about the actions being taken.
3. Upon completion of the probationary period, the athlete is reinstated if the deficiencies have been corrected. The probationary period may be extended, or the athlete may be suspended if the deficiencies have not been corrected.
4. In case of a suspension, the athlete is not allowed to participate in **ANY** sport until their name has been removed from the suspension list.
5. An athlete may be immediately suspended without any probationary period in case of a major infraction.
6. When an athlete is suspended, they are notified of the status and the reason for their suspension. Parents will be contacted as to the action being taken. The Director of Athletics and Principal shall be notified of such action.
7. Reinstatement following a suspension will be requested by the athlete through the head coach involved. The coach may accept or reject this proposal. If accepted by the coach, it will be passed on to the Director of Athletics and the principal. Acceptance by these people will be final when the athlete, parents and head coach are contacted as to approval or reinstatement.
8. Any disagreement in the above process may be presented to the "Athletic Advisory Council" for a hearing. The Council has the right to overrule the coach's decision.

CONCLUSION

The primary purpose of our Athletic Program is to develop individuals who would be considered “winners”. The individuals who are “winners” will be useful and loyal members of society, will desire to achieve excellence, and will strive to live a healthful and purposeful life, have a deep respect for their fellow persons and willing to make personal sacrifices for the benefit of the majority. Probably the most important factor is that a “winner” is willing to live by high moral codes. Athletes are challenged in athletics to become “winners”. It is hoped that they can accept and meet successfully this challenge.

CARBONDALE COMMUNITY HIGH SCHOOL TERRIER FIGHT SONG

TERRIER FIGHT SONG (TUNE “On Wisconsin”)

On you Terriers, on you Terriers fight right through that line.

Send the ball round (opponent) High School Touchdown (Basket) sure this time.

Rah, rah, rah!

On you Terriers, on you Terriers fight for victory.

Fight fellows fight, and we will win this game.

Chi Cha, rah, rah rah Carbondale Terriers rah, rah, rah.

I have read the CCHS Handbook and will abide by all guidelines set forth in the document.

(Print Student’s full name)

(Student’s Signature)

(Parent’s Signature)

(Date)