

Grant Park High School

Extracurricular Handbook
2025-2026



Dr. Palan
Superintendent

Mr. Thompson
Athletic Director

Mr. Nevills
Principal

Required Forms to be signed and returned

A student must meet all academic eligibility requirements and have the following fully executed documents on file in the school office before being allowed to participate in any athletic activity.

1. A current certificate of physical fitness issued by a licensed physician, an advanced practice nurse or physician assistant. The preferred certificate of physical fitness is the Illinois High School Association's "Pre-Participation Physical Examination Form."
2. Proof the student is covered by medical insurance.
3. Signed documentation agreeing to comply with the School District's policies and procedures on student athletic concussions and head injuries and the IHSA Performance-Enhancing Substance Policy.
4. Extracurricular Handbook Verification Form

Philosophy

In every generation that has been or will be, social values and pressures have changed or will change. This can become especially frightening for our young people as they try to adjust to these changes and pressures from day to day. Participation in extracurricular activities is a privilege and not a right. It is sincerely hoped that this handbook will always provide consistency and equality in light of and in spite of these changes and pressures, provide for both equality and consistency within the entire program when considering each and every student, and meet the varied and changing needs of our students.

Winning and Participation

The Grant Park Schools and the district's extra-curricular staff believe that participation and winning are both important elements of competition at every grade level. It is also appropriate that individual coaches should be given the freedom within the intent and guidelines of this policy to use their discretion in rewarding exceptional player effort, attitude, behavior and attendance at practices and contests by granting additional playing time to deserving athletes.

However, it must be recognized that success and playing time tend to go hand in hand. Therefore, one of the goals of any Grant Park High School coach shall be to find playing time for all athletes whenever possible but that playing time is not guaranteed and/or will not be equal. The disbursement and amount of playing time will be based on the grade level of competition and at the coaches discretion.

Athletic and Extracurricular Eligibility

In order to be eligible to participate in any school-sponsored or school-supported athletic or extracurricular activity, a student must maintain an overall 1.50 grade point average for the **semester** with no more than one failing grade in any class while taking at least five full credit courses . Any student-participant failing to meet these academic criteria shall be suspended from the activity for one week or until the specified academic criteria are met. A student suspended from an activity for three consecutive weeks will be dropped from that activity. Eligibility checks will be performed on a weekly basis.

Anyone who is below the standard (either below a 1.50 average or has more than one “F”) for the semester is declared ineligible for the following week’s contests. They may practice for an activity, but may not play in any contests. (They will be allowed to sit on the bench for the contest but are not allowed to dress in uniform.)

Absence from School on Day of Extracurricular or Athletic Activity

A student who is absent from school after noon is ineligible for any extracurricular or athletic activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made by the designated teacher, sponsor or coach for justifiable reasons, including: 1) a pre-arranged medical absence; 2) a death in the student’s family; or 3) a religious ceremony or event.

A student who has been suspended from school is also suspended from participation in all extracurricular and athletic activities for the duration of the suspension.

A student who is absent from school on a Friday before a Saturday event may be withheld from Saturday extracurricular or athletic activities at the sole discretion of the designated teacher, sponsor or coach.

Travel

All students must travel to extracurricular and athletic activities and return home from such activities with his or her team by use of school approved transportation. A written waiver of this rule may be issued by the teacher, sponsor or coach in charge of the extracurricular or athletic activity upon advance written request of a student’s parent/guardian and provided the parent/guardian appears and accepts custody of the student. Oral requests will not be honored and oral permissions are not valid.

Overnight Trip Request and Procedures

Grant Park School District requires prior approval for any student-athlete or coach participating in an event that is deemed necessary to have overnight accommodations. Specific consent forms, as well as other required documentation, must be presented to the Athletic Director. In addition, the Athletic Director, Principal, and Superintendent must approve the request and will only consider when all documentation has been provided.

Student Athlete Behavior Guidelines and Code of Conduct

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day.

This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct.

Students and their parents/guardians are encouraged to seek assistance for alcohol or other drug problems. Participation in an alcohol or drug counseling program will be taken into consideration in determining consequences for Code of Conduct violations.

The student shall not:

1. Violate the school rules and School District policies on student discipline including policies and procedures on student behavior;
2. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute a beverage containing alcohol (except for religious purposes);
3. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute tobacco or nicotine in any form;
4. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia;
5. Use, possess, buy, sell, offer to sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon. This prohibition does not prohibit legal use of weapons in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet.
6. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
7. Act in an unsportsmanlike manner;
8. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving;
9. Haze or bully other students;
10. Violate the written rules for the extracurricular or athletic activity;
11. Behave in a manner that is detrimental to the good of the group or school;
12. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff; or
13. Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity.

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. *Bullying* includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

1. Placing the student or students in reasonable fear of harm to the student's or students' person or property;
2. Causing a detrimental effect on the student's or students' physical or mental health;
3. Interfering with the student's or students' academic performance; or
4. Interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.

Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

Due Process Procedures

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

1. The student should 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 extracurricular or athletic activities for one of the time periods described below:
 - A specified period of time or percentage of performances, activities or competitions;
 - The remainder of the season or for the next season; or
 - The remainder of the student's school career.
 - b. Sanctions for alcohol and other drug violations, including tobacco, nicotine in any form, mood-altering or performance enhancing drugs, products composed purely of caffeine in a loose powdered form, paraphernalia or any other illegal substance, will be based on the following:

First violation

 - Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of one third of the total number of consecutive performances, activities, or competitions or the remainder of the season, whichever is shorter. This penalty may be reduced if the student is enrolled in a school-approved alcohol or drug counseling program.
 - Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors: A suspension of one third of the total number of performances, activities or competitions, or the remainder of the season, whichever is shorter.
 - The student will be required to practice with the group, regardless of the violation (unless suspended or expelled from school).

Second violation

 - Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension of 12 consecutive weeks or 1 season, including suspension from all performances, activities, or competitions during this period. To participate again in any extracurricular or

athletic activity, the student must successfully participate in and complete a school-approved alcohol or drug counseling program and follow all recommendations from that program.

- Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors: A suspension of one third of the season and all extracurricular group performances, activities, or competitions during this period.
- The student may be required to practice with the group (unless suspended or expelled from school).

Third violation

- Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing: A suspension from extracurricular or athletic activities for the remainder of the student's school career.
 - Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors: A suspension of one calendar year from the date of the suspension, including all extracurricular and athletic activities during this period.
7. The appropriate administrator will make a written report of his or her decision and rationale. The student may appeal the decision to the Principal or Principal's designee.

All students remain subject to all the School District's policies and the school's student/parent handbook.

Social Networking Media

Student-Athletes should be concerned with any behavior that might embarrass themselves, their families, their teams, their community and/or Grant Park High School. This includes any activities conducted online through any social networking sites (i.e. Facebook, Twitter, SnapChat, Instagram, podcasting, blog sites, YouTube or chat rooms among others).

Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online is completely out of your control at the moment it is placed online, even if you limit access to your site.

Any depictions of conduct in violation of any of the Grant Park High School Extracurricular handbook policies or laws found on a student-athletes website or posted by a student-athlete will be subject to a full investigation and **disciplinary action will be enforced.**

Coaches, administrators, parents and fellow students can and do monitor these websites regularly.

The interscholastic program strives to create pride in you and the programs you are part of. Your appearance should reflect this as well as possible and should not disrupt the reaching of this objective. To show our pride for Grant Park High School, our athletes will be required to dress professionally when competing at away venues. Away game attire should consist of dress pants (khakis), collared shirt (polo shirt), NO JEANS.

Parental Behavior Guidelines

As times change and the lines of adult behavior seem to be hazy and waiver, there are some major ideals that Grant Park CUSD #6 strives to obtain. To delineate those would be pride, school spirit, and support of the school, players, and coaches. Parents should leave coaching to the coaches and avoid putting pressure on their children about playing time and performance.

The Illinois High School Association (IHSA) supports the motto ‘Support A Winning Attitude’ (SAWA). We at Grant Park High School fully agree and support this and we are asking you to support this as well. Good sports make for good sportsmanship. We absolutely believe in these ideals and will enforce them during our extra-curricular events.

We would like all adults to understand that their behavior at games is a large part of the entire Grant Park persona. It is our hope that our parent/fan behavior will not in any way cause embarrassment to Grant Park. We are asking all Grant Park contingents to behave in a manner that will give all people pause to hold the entire village of Grant Park in good stead. In this way all of us can help, in our own way, create the spirit of Grant Park that in which we can be proud.

We try hard at Grant Park High School to communicate with our students and parents. However, situations may arise when extra communication is needed in order for all parties to have a clear understanding of a particular issue. The following guidelines have been established in order to effectively and concisely handle these types of situations.

- 1. Remember the Twenty-four Hour Rule-after a situation occurs and a meeting is needed, please wait 24 hours to make an appointment with the coach.**
2. Contact the coach of the team that your student is playing on for a meeting.
3. If not resolved, contact the Athletic Director for a meeting with both the coach and A.D.
4. If not resolved, contact the principal for a meeting with the principal, A.D., and coach.
5. If not resolved, contact the superintendent for a meeting.
6. Playing time is discussed only between the player and coach.

Communication Procedures

We try very hard at Grant Park High School to communicate with our students and our parents. However, there can be occasions where extra communication needs to exist in order for all parties to have a clear understanding of a particular situation. The following guidelines have been established in order to effectively and concisely handle these types of situations.

- 1 Contact the coach of the team that your student is playing on for a meeting.
- 2 If not resolved, contact the Athletic Director for a meeting with both the coach and A.D.
- 3 If not resolved, contact the principal for a meeting with the principal, A.D., and coach.
- 4 If not resolved, contact the superintendent for a meeting.
- 5 Remember the Twenty-four Hour Rule-after a situation occurs and a meeting is needed, please wait 24 hours to make an appointment with the coach.**