

**STRATFORD MIDDLE SCHOOL**  
**ATHLETIC HANDBOOK**  
**2016-2017**



# STRATFORD MIDDLE SCHOOL

## ATHLETIC HANDBOOK

2016-2017

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## INTRODUCTION

Dear Student and Parents:

Welcome to Stratford Middle School! Our Building Leadership Teams, Faculties, and Parent-Teacher Associations have worked hard to design a learning environment that will not only prepare you for high school, but will set the foundation for you to become a life-long learner. These experiences will offer a variety of academic and social opportunities that will be both challenging and rewarding.

This handbook has been designed to assure that your athletic experiences in the middle school will be successful. We have utilized past practices for the middle school and Glenbard North High School in organizing our guidelines. We ask that you use this Middle School Athletic Handbook as a guide to understanding our athletic programs, policies and procedures. We believe that a partnership with parents/guardians, coaches, and students can be the most effective when a common vision is communicated.

After reading this handbook, both the athlete and a parent must sign and return the parent permission form included in this handbook. These signatures indicate that both the athlete and the parent have read the handbook and agree to the policies and procedures described within.

Sincerely,

Mr. Patrick Dawson  
Principal

Mr. Nick Peranich  
Assistant Principal and Athletic Director

Mrs. Sherri Massa  
Assistant Principal

## Athletic Code

Students representing the school should always conduct themselves in a manner that is respectful of teachers, other adults, fellow and rival students, and themselves. In order to participate in middle school athletics or after school events, **students must be in attendance at school for half the school day or a minimum of three hours and thirty minutes on the day of the activity.** Student athletes will be expected to stay in good academic standing at all times. The student's team of teachers will review athletic eligibility weekly.

## Sports Offerings

Stratford Middle School offers variety of sports programs. Shown below is a complete list of sports that are offered each season. Students may participate in no more than one sport each season. Most fall sports begin in August and run through October. Winter sports begin in November and continue through January. Spring sports start around the beginning of February and continue through March, with the exception of Track. Track begins at the end of March and continues through May. Practice dates for sports will be announced during the school year. Cross Country, Wrestling and Track are currently no-cut sports. Also, these are currently the only sports that 6<sup>th</sup> graders can participate in during the school year.

### Fall

**Boys'** Cross Country (Co ed)  
**Girls'** Cross Country (Co ed), Volleyball

### Winter

**Boys'** Basketball, Wrestling (Co ed)  
**Girls'** Cheerleading, Wrestling (Co ed)

### Spring

**Boys'** Volleyball, Track (Co ed)  
**Girls'** Basketball, Track (Co ed)

## Code of Conduct (Sportsmanship)

Participation in athletics is a privilege that includes responsibilities to the school, team, community, and the athletes themselves. In play and in conduct, student athletes represent all of these groups. To these ends, in addition to following the Stratford Middle School Athletic Policies and Procedures, athletes are expected to exhibit and to model the following traits:

- I am **RESPECTFUL** of my teammates, coaches, and opponents. I work at maintaining my positive attitude even in the face of the tremendous pressures of the game. I do not use profanity or make inappropriate comments toward my teammates and/or opponents. I respect my body by avoiding the use of dangerous and illegal substances.
- I am **LOYAL** to my teammates. I do not criticize my teammates or coaches publicly. Any comments I make to or about them I will make directly to them. My only reason to comment on my teammates play or performance is to assist them in becoming a better athlete. I realize my obligation to the team. I will be on time and be prepared to perform. I will arrive with an open mind and a willingness to learn. I will maintain a positive attitude. I will practice and play to the utmost of my abilities.
- I am **TRUSTWORTHY**. I do not spread rumors and I keep confidential those things entrusted to me. I will keep my commitments to my family, my coaches, my school, my team, and the community in which I live.

- I am **HONEST**. I do not lie, cheat, or break the rules. When I am unable to keep commitments, I will apologize to those who are depending on me. I will not be deceptive in my speech, actions, or behaviors.
- I accept full **RESPONSIBILITY** for my actions. I am committed to doing my personal best on and off the field. When things get tough, I continue to focus on my goals. I am accountable for my behavior. I will demonstrate self-control and sportsmanship at practice, during contests, and throughout my life.
- I practice **FAIRNESS** in all I do. I will refrain from judgment, giving my teammates my support and encouragement and always strive to understand the situation in which I find myself. I will teach and model fair play. I will play by the rules and encourage my teammates to do likewise.
- I am a **CARING** individual who shows compassion, kindness, and unselfishly attempts to treat others the way I would like to be treated. I will think of my team before I think of myself.
- I practice good **CITIZENSHIP** by playing by the rules governing my sport, and respecting the authority of the officials and coaches. I play with emotion and I direct that emotion towards my performance and the game, not other players or officials. I am aware that circumstances may arrive that will not go in my favor and I will work hard at taking the emotional stress generated by such events and directing that energy at doing my job better.

#### **Athletic Expectations for Practices:**

1. Athletes will report directly to practice. Athletes who leave the building before the start of practice will not be allowed back into the building.
2. Athletes staying after school for late practice will report directly to H.I.P. Regular H.I.P. expectations apply. This includes, listening to the instructions of the H.I.P. supervisor, no food or drink, no cell phones and active engagement in school work or reading. Failure to meet behavior expectations in H.I.P. will result in the student's inability to use this service before practice.

#### **Athletic Eligibility**

#### **Responsibilities of Parents/Guardians:**

Parents play a vital role in the success of the SMS Athletic program. The following ways you can help your student-athlete.

1. Please, help your student-athlete complete their homework. It is academic practice and important for their progress. A student will not improve athletically without practice and the same can be said with academics.
2. Model the pillars of Character Counts at all SMS functions.
3. Discuss with coach and child any concerns or praise related to your student-athletes experience.
4. Help your student-athlete wash their uniforms.
5. Promptly pick up student-athlete or arrange ahead of time for a ride.

#### **Responsibilities of Coaches:**

1. Coaches will hold tryouts for some athletic seasons and will inform students of the process.
2. Coaches will communicate with student-athletes and parents about any additional information or changes to the schedule during the season.
3. Coaches will supervise students at practice and games/meets.
4. All coaches will provide knowledge and mentoring in skills, relative to their sport.
5. Coaches will model the Pillars of Character at all SMS functions.

### Warning of Risk:

Students and parents are to be aware that athletic and activity participation has inherent dangers and risks. Even though participation and practice is within the rules of activity and students are following the instructions of the coach or sponsor, students may suffer catastrophic injuries. Their injuries may include, but not limited to: death, serious head, neck or spinal injuries that may result in complete or partial paralysis or brain damage. Serious injury to any of the internal organs, bones, ligaments, muscles, tendons or other aspects of the muscular-skeletal system is possible. The injuries that may occur may affect the student's future ability to participate in athletics and activities, earn a living or engage in other business and social activities. To attempt to avoid the possibility of injury, students should follow the coaches' or sponsors' instructions regarding techniques, training and team rules at all times and participate within the rules of the sport or activity.

### Requirements for Participation

In order to be able to participate in practices or contests, each athlete must have satisfied the following:

1. A valid **physical** must be on file with the school nurse. Physicals for middle school students are valid for one calendar year.
2. A completed Middle School Extra-Curricular **Fee Sheet**, including the **\$20.00 fee**.
3. A signed **Athletic Code Handbook Sheet** by each athlete and parent.
4. A signed **parent permission form** must be on file with the school office for each sport of participation.
5. Each athlete must be **passing classes** in accordance to the athletic eligibility policy described above.

### Equipment

Athletes are responsible for all items of equipment they are issued. A complete record of all equipment issued will be kept for each athlete.

Lost equipment or equipment that is damaged must be paid for at the replacement cost. Athletes will **not** be issued equipment for subsequent sports and will **not** receive awards until equipment records have been cleared.

It is expected that athletes will take *PRIDE* in their equipment and wear it only at authorized contests and practices unless otherwise approved by coaches.

### Red Card

To ensure that players have up-to-date physicals and that uniforms and equipment are monitored, the office will be issuing participation cards, also known as Red Cards. Before tryouts or the beginning of a sports season, athletes must come to the office during their lunch hour to pick up a Red Card. The secretary will check the student's name against an up to date list of physicals. You may not attend tryouts or practice without the Red Card. At the end of the season, coaches will use the Red Cards to monitor uniform/equipment return. A Red Card must be obtained for each sport. Failure to return a uniform/equipment in good condition will result in the athlete not being issued a Red Card.

## Athletic Awards

Stratford Middle School gives the following awards:

1. **Sportsmanship Award** – Each team coach will hand out the award to a player that displays a positive attitude, is a team player and encompasses Stratford’s PBIS characteristics. Recipients of the award will be recognized at BOE meetings to receive a “Board Salute” and receive an individualized plaque.
2. **8<sup>th</sup> Grade Athletic Award** – This award is handed out to one 8<sup>th</sup> grade boy and girl that have continuously displayed excellence in athletics during their middle school career. These athletes are recognized at the 8<sup>th</sup> grade ceremony and graduation ceremony and receive a certificate.

## Activity Bus Expectations and Schedule

Activity buses will be available to transport students home for school activities and to school for before school activities. These buses are to be used by students who attend before or after school-sponsored activities. The PBIS characteristics (Be Respectful, Be Responsible and Be Proud) are expected to be demonstrated while students ride the bus. Safety is the prime concern on the bus.

- Students must not swear, fight, consume food, etc. on the bus or at the bus stop.
- Students must not bring skateboards or roller blades on the bus or to school.
- Emergency exits must not be used unless evacuation of the bus is necessary for student safety.
- Students must ride the bus to which they have been assigned.
- Students are to remain in the bus and follow the instructions of the driver in case of an emergency.
- Students are to respect the property and possessions of community members while on the bus and at the bus stop.
- There is no bus for late practices (4:30-6:00). Rides will need to be arranged ahead of time.
- Practices may be scheduled beyond activity bus hours either before or after school. Rides will need to be arranged ahead of time.
- Coaches may modify the practice schedule, including weekend practices and over holiday/school breaks.

### **Buses run Tuesday - Friday at 4:30 and 5:00 p.m.**

It is the student’s responsibility to notify the bus driver of their usual stop. The bus drivers will drop students off near the usual stop. Please note that bus stops and schedules may vary depending on the students utilizing the bus.

### Athletic Conference

SMS is a member of the IPAC (Illinois Prairie Athletic Conference). It is a competitive conference, which includes: Edison, Franklin, Hadley, Hubble, Leman, Monroe, and Jay Stream. SMS may also have various opportunities to participate in IESA held tournaments or competitions.

### Directions to Other Schools

For locations, directions and times, please visit our Athletics Calendar online at <http://goo.gl/kTWJzO>.

SCHOOL	ADDRESS	DIRECTIONS
<b>ADDISON TRAIL HIGH SCHOOL</b>	213 N. Lombard Rd. Addison, IL 60101 628-3300 (District 88)	Take Army Trail Rd. east about 2 miles past Rte. 53. Turn left on Lombard Rd. The school is on the corner of Army Trail and Lombard Rd. The track/football field is behind the school.
<b>BLACKHAWK MIDDLE SCHOOL</b>	250 S. Church Rd. Bensenville, IL 60160 (630) 766-2601	Take Lake St. east for approximately 10 miles to Church St. Turn left onto Church St. Go approximately 1 mile. Blackhawk School is on your left.
<b>DOWNERS GROVE NORTH HIGH SCHOOL</b>	4436 Main St. Downers Grove, IL 60515 795-8400 (District 99)	Take 355 south and get off at Ogden going east. At the 3 <sup>rd</sup> light turn right onto Saratoga. The back of the high school will be on your left 1 ½ blocks after your turn onto Saratoga.
<b>DOWNERS GROVE SOUTH HIGH SCHOOL</b>	1436 Norfolk St. Downers Grove, IL 60516 795-8500 (District 99)	Take 355 south and get off at 63 <sup>rd</sup> St./Hobson Rd. exit. Turn left (east) onto 63 <sup>rd</sup> St. Turn right onto Dunham Rd. Turn right onto Norfolk St.
<b>FRANKLIN MIDDLE SCHOOL</b>	211 E. Franklin Wheaton, IL 60187 682-2060 (District 200)	Take Schmale south across North Ave., St. Charles Rd., Geneva Rd. (where it becomes Main St.) to Franklin. Turn left onto Franklin (turn by Wheaton Bible Church on corner). School is on the left.
<b>GLENBARD EAST HIGH SCHOOL</b>	1014 S. Main St. Lombard, IL 60148 627-9250 (District 87)	Take Army Trail Rd. east to Rte. 53. Take Rte. 53 south to North Ave. Take North Ave. east to Main St. Turn right. The school is on the right.
<b>GLENBARD NORTH HIGH SCHOOL</b>	990 Kuhn Rd. Carol Stream, IL 60188 653-7000 (District 87)	Take Army Trail Rd. west to Kuhn Rd. Turn left (south) onto Kuhn. School is on the corner of Lies and Kuhn.
<b>GLENBARD SOUTH HIGH SCHOOL</b>	23W200 Butterfield Rd. Wheaton, IL 60187 469-6500 (District 87)	Take Army Trail Rd. east to 355. Take 355 south to Butterfield Rd. Go west on Butterfield Rd. to Raider Ln. (1 block west of Park Blvd.). The school is on the right.
<b>GLENBARD WEST HIGH SCHOOL</b>	670 Crescent Blvd. Glen Ellyn, IL 60137 469-8600 (District 87)	Take Army Trail Rd. east to Schmale. Go south to North Ave. Turn left onto North Ave. and go east to Main St. (Glen Ellyn Rd., there is Krispy Kreme & Menards on the corner). Turn right and go to center of town. Turn left onto Crescent Blvd. (just before railroad tracks). Go 2 long blocks (past Forest and Park) and the school is on the left.



<b>HADLEY JUNIOR HIGH SCHOOL</b>	240 Hawthorne Blvd. Glen Ellyn, IL 60137 (630) 790-6450 (District 41)	Take Army Trail Rd. east to Bloomingdale Rd. Turn right (south) on Bloomingdale Rd. to Geneva Rd. Turn left (east) on Geneva Rd. to Kenilworth Ave. Turn right (south) on Kenilworth Ave. to Hawthorne. Turn right on Hawthorne. Hawthorne School is on the right.
<b>INDIAN TRAIL JUNIOR HIGH SCHOOL</b>	222 Kennedy Dr. Addison, IL 60101 628-2555 (District 4)	Take Army Trail east to Kennedy Dr. (left side of road about ½ mi. past Addison Golf Course). Turn left onto Kennedy.
<b>JAY STREAM MIDDLE SCHOOL</b>	283 El Paso Lane Carol Stream, IL 60188 462-8940	Take Army Trail west to Gary. Go south on Gary to Hiawatha. Turn right on Hiawatha and follow it around until you see the school on your left.
<b>LEMAN MIDDLE SCHOOL</b>	238 E. Hazel, West Chicago, 60185 630-293-6060	From the West - Roosevelt East to Joliet Rd., turn left, go to Hazel turn right  From the North – Rt. 59 South to Forest Ave., turn right go 4 blocks to Bishop, turn right to Hazel, turn left to school.
<b>MCCOLLUM PARK</b>	(for Herrick Jr. High in Downers Grove)	Take 355 south and exit at 63 <sup>rd</sup> /Hobson Rd. going east (left). Go 2 mi. and take a right (south ) on Main St. in Downers Grove. Go about 5 blocks and you will see the park. Park in the first lot.
<b>MONROE MIDDLE SCHOOL</b>	1855 Manchester Rd. Wheaton, IL 60187 682-2285 (District 200)	Take Army Trail Rd. west to County Farm Rd. Turn left onto County Farm Rd. and go south past North Ave., St. Charles Rd., Geneva Rd., Jewell Rd. and under viaduct past County Complex. Turn left onto Manchester. Go ½ mi., pass fair grounds and school is on the left.
<b>NORTHSIDE PARK</b>	(For Franklin Middle School in Wheaton)	Take Gary Ave. south past North Ave, St. Charles Rd., Geneva Rd., and turn left on Harrison (stop sign). Turn left on West St. and go straight into the park.
<b>PATRIOT’S PARK</b>	(For O’Neill Middle School in Downers Grove)	Take 355 south to Maple Ave. East which becomes 55 <sup>th</sup> St. St. Patriots’ Park is on the right between Fairmont & Fairview. Park in the parking lot on the east (right) side.
<b>VILLAGE GREEN</b>	(For in Hadley in Glen Ellyn)	Take Schmale south which becomes Main St. in Wheaton to Roosevelt Rd. (38). Turn left on 38 and go down a few blocks to Lambert. Turn right on Lambert and go about ½ mi. to Village Green on your right. The park has no sign but can be identified by all the lights for the baseball fields. There is NO parking along Lambert.

### **School Website**

All this information will be available on our School Website. Just click under Stallion Sports and “surf” through the information. The Sports page has athletic schedules, coaching bios and contact information.

Just visit [www.ccsd93.com](http://www.ccsd93.com) and click on Stratford Middle School.

# Student-Athletic Handbook Signature Sheet

I have read the student-athletic handbook and understand the expectations and policies that have been put in place. Please return to your coach.



Student Name (Please Print) \_\_\_\_\_

Student Signature \_\_\_\_\_

Student Grade Level \_\_\_\_\_

Parent Name (Please Print) \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_