

2020-
2021

Activity Handbook



WOLVERINES

Andrew Neidlinger, Athletic Director
Thomas Jefferson Junior High School
Woodridge School District 68
2020-2021

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Activities Directory

Basketball	Boys Varsity/JV Girls Varsity/JV
Cheerleading	Girls Varsity/JV
Chess	Combined
Cross County	Boys Girls
Scholastic Bowl	Combined
Soccer	Boys Girls
Softball	Girls
Track	Combined
Volleyball	Boys Girls Varsity/JV
Wrestling	Combined

Southeast DuPage Elementary Athletic Association (SDEAA) Schools

**Burr Ridge
Middle School**
15W451 91st St.
Burr Ridge, IL 60521
630-325-5454

**Butler
Junior High School**
2801 York Rd.
Oak Brook, IL 60523
630-573-2760

**Cass
Junior High School**
8502 Bailey Rd.
Darien, IL 60561
630-985-1900

**Eisenhower
Junior High School**
1410 75th St.
Darien, IL 60561
630-964-5200

**Gower
Middle School**
7941 S. Madison St.
Burr Ridge, IL 60521
630-323-8275

**Lakeview
Junior High School**
701 Plainfield Rd.
Downers Grove, IL 60516
630-985-2700

**Lisle
Junior High School**
5207 Center Ave.
Lisle, IL 60532
630-493-8200

**Old Quarry
Middle School**
16100 127th St.
Lemont, IL 60439
630-257-2286

**Thomas Jefferson Junior
High School**
7200 Janes Ave.
Woodridge, IL 60517
630-852-8010

**Westmont
Junior High School**
944 Oakwood Dr.
Westmont, IL 60559
630-654-2188

**Westview Hills
Middle School**
630 65th St.
Willowbrook, IL 60527
630-963-1450

Athletic Policies/Procedures

Expectations of Participants

The Athletic Department expects participants to use the following guidelines:

1. Participants must learn to compete. Competition is basic to human life. Life is based on competition.
2. Athletes must set short and long term goals and strive to accomplish them.
3. Athletes must be proud of themselves, their team, and their school.
4. Athletes must strive to give 100% of themselves both in practices and in contests.
5. An athlete's action should be directed toward team victory and not personal glory.
6. In our society athletes are in the spotlight; thus, they should always strive to set a good example both on and off the playing field. This includes both actions and appearance.

THIS COMES FROM HARD WORK AND CHAMPIONSHIP PLAY

7. A team/squad member must practice and promote the highest principles of sportsmanship.
8. Respect your coaches. Listen to what they have to say, and then carry out their instructions to the best of your ability.

Medical Certificate

According to the IHSA and IESA rules "No student shall be permitted to engage in, practice, or play in an interscholastic athletic contest unless they have filed a certificate of physical fitness issued by a competent physician, with the athletic director, not more than a year preceding such practices or contests." A completed physical by a competent physician will be valid for one fiscal year (July 1 to June 30) only. This will also be valid for all school sanctioned athletic contests.

The responsibility of securing a physical examination lies entirely with the athlete involved at all levels of competition. Woodridge School District 68 will not assume the cost of any athletic physical.

Elementary Students

Participation of Woodridge 68 elementary students is permitted if all eligibility requirements are met as detailed in the Jefferson Junior High School Activity Handbook. However, preference will be given to junior high students if talent is judged to be equal. The coach of each sport will be the sole judge.

All Woodridge 68 students are eligible to participate at the varsity level if all eligibility requirements are met. When a sport has a varsity and a junior varsity squad in the same sport, a player placed on the varsity roster prior to the playing of the first league game shall not be reassigned to the junior varsity roster. A player assigned to or placed on the junior varsity roster prior to the playing of the first league game shall not be eligible for assignment to the varsity roster.

Eligibility Requirements

These rules are the eligibility requirements for student participation in the Athletic/Activity programs. When questions or discrepancies arise after consultation with the teacher, athletic director, coach, or sponsor, the principal/associate principal's decision will be final.

It is our sincere belief that academic performance should be our primary concern. Athletics should go hand in hand toward developing the "whole" student athlete.

In order for a student to be considered eligible to participate in the competitive sports/activity programs, he/she must meet the following requirements:

1. The student must maintain passing grades in *all* subject areas. If a student is struggling and needs assistance outside the school hours athlete and teacher will work together to determine a plan to meet the child's need. If a child refuses the support agreed upon by the teacher *and* coach, the student will be ineligible until the terms of the agreement are met.
2. The student athlete must demonstrate appropriate school behavior. If the student demonstrates an act of misconduct, for which he/she is suspended (in-school or out-of-school). The student will be ineligible for one week, starting from the first day of their suspension.
3. The following rules apply regardless of whether the conduct occurs on or off school property; before, during or after school hours; and apply year round regardless of whether the student's sport or activity is in season or not:

- A. Students shall not possess, actively seek, solicit, sell, or be under the influence of tobacco, alcohol, illegal drugs/controlled substances, look-alike drugs, steroids or other illegal performance enhancing drugs/supplements, or possess drug related paraphernalia.
- B. Students shall not attend or host a party primarily attended by students or for the benefit of students at which alcohol, tobacco, or any controlled substances are provided or at which the use of any such substances is permitted.
- C. Theft, possession of stolen property, or destruction of property.
- D. Hazing acts, initiations, or bullying (includes physical, mental, emotional, or cyber)
- E. Serious acts which are determined by the Administration to be detrimental to the individual, the coach, the team, or the school.
- F. Acts which violate the Student Handbook.

Failure to follow these rules *could* result in suspension or removal from the participation in after-school activities.

★ The above academic eligibility requirements will apply to all students who wish to be spectators or participate in clubs/ intramural programs. ★

Care of Equipment

Head coaches will enforce strict regulations for the care of the school's equipment and uniforms. Players will be warned and will be required to pay for any lost or damaged equipment and uniform. Each athlete is responsible for the equipment issued to him/her.

Sportsmanship

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

Concussions

IESA Concussion Protocol

The National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

Definition of a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Behavior or signs observed indicative of a possible concussion Symptoms reported by a player indicative of a possible concussion:

- Loss of consciousness
- Appears dazed or stunned
- Appears confused
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can't recall events prior to or after the injury
- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself.

Protocol Background

This protocol is intended to provide the mechanics to follow during the course of contests/matches/ events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

Return to Play

1. During the pre-game conference of coaches and officials, the official shall remind the head coaches that a school approved appropriate health care professional will need to clear for return to play any athlete removed from a contest for an apparent head injury, unless that injury is the result of the student-athlete losing consciousness for any period of time. In such a situation, the student-athlete shall be removed from the practice or contest and will not be allowed to return to activity that day and will be subject to the Association's Return to Play Policies.
2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school approved health care provider.
3. If it is confirmed by the school's approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
4. In cases when an athlete is not cleared by a school-approved health care professional to return to play the same day as he/she is removed from a contest following a possible head injury (i.e. concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.
5. Following the contest, a Concussion Special Report must be filed by the contest official(s) with the IESA Office through the Officials Center.
6. In cases where an assigned IESA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be over-ruled.

Return to Learn

1. If a student is deemed to have suffered a concussion (TBI), in addition to Jefferson Junior High initiating Return to Play Protocols, Return to Learn Protocols will also initiated.
2. In partnership with the student's physician, Jefferson Junior High will follow the four-stage Graduated Return to School Protocol (please see Graduated Return to Learn and Headsmart Handbook located under health & safety on the JJH student athletic & activities webpage).

Resources

Please visit the below links to connect to concussion (TBI) resources for guidelines for assessing concussions, concussion safety, and protocols for Return to Learn and Return to Play.

[Jefferson website](#): >Students >Athletics & Activities >Health & Safety
IESA website (<http://www.iesa.org/activities/concussion.asp>)

Questions or concerns?

Andrew Neidlinger
Associate Principal/Athletic Director
Thomas Jefferson Junior High School
neidlingera@woodridge68.org
630-971-7784

Cindy Dore, RN, PEL-CSN
District Nurse
Woodridge School District 68
dorec@woodridge68.org
630-967-2015

Forms

Please complete all three pages of forms and return to your child's coach.

1. Athletic Eligibility Form
2. Athletic Registration Form/Permission to Participate/Athletic Code
3. Handbook Acknowledgement



WOODRIDGE
SCHOOL DISTRICT 68

Athletic Eligibility Form

*All Sections Must Be Completed and Signed As Indicated
To Be Completed and Signed by Parent or Guardian*

THOMAS JEFFERSON JUNIOR HIGH SCHOOL
7200 JANES AVENUE • WOODRIDGE IL 60517

Student's Full Name _____ Birth date _____ Grade _____
Address _____ Phone # _____
City/State/Zip _____

Parent/Guardian(s) Information:

Mother's Full Name _____
Employer's Name _____ Phone # _____
Father's Full Name _____
Employer's Name _____ Phone # _____
Alternate Emergency Contact _____ Phone# _____
(Full Name)

Student Information (please specify the following; attach a separate sheet if necessary)

Allergies _____ Medical Conditions _____
Medication _____ Physical Conditions _____

Please specify any special instructions (hospital, contact, etc.) In the event of an emergency:

Please specify physician and hospital _____

This student has school insurance for the _____ school year. (write year)

Insurance Company Name _____ Policy/Group # _____

This student is insured by my personal or employer's policy

Insurance Company Name _____ Policy/Group # _____

In case of an emergency, if the school is unable to contact the parent(s)/guardian(s), the undersigned gives permission to transport this student, by ambulance, to a local or the specified medical facility and to be treated by the doctors at that facility.

The school will take reasonable care and precautions to prevent accidents, but the school and/or the teachers are not responsible should an accident occur during scheduled practice or games.

I give my permission for the above named student to participate in interscholastic sports.

Parent signature _____ Date _____

Athletic Registration Form

(Please print)

Please check one: Bus _____ Walker _____

Last Name _____ First Name _____

Address _____ Home Phone _____

Permission to Participate

My son/daughter has permission to tryout/participate in interscholastic athletic practice and contests sponsored by Jefferson Junior High School. I understand that the school is not responsible for any injuries my child may receive while participating in athletics. In addition, we have read and understood the Athletic Code below and agree to adhere to it.

(Sport)	(Athlete Signature)	(Parent Signature)
	(Date)	(Date)

Athletic Code

I promise, on my honor, to obey all school rules and regulations, to keep myself in good physical condition, to take proper care of my equipment and to return it when called to do so, to keep up in my school work, to play hard but clean, to be loyal to the team, to conduct myself at all times in a sportsmanlike manner, and to be a credit to the school district.

I have read and understood the Athletic Code as prescribed by the school district.

(Athlete Signature)	(Date)

(Parent Signature)	(Date)

Thomas Jefferson Junior High School
7200 Janes Avenue | Woodridge, Illinois 60517 | 630-852-8010

Handbook Acknowledgement

I have received a copy of the Woodridge School District 68 Thomas Jefferson Junior High School Activity Handbook and understand all eligibility, code of conduct, and concussion protocols.

(Parent Signature)

(Date)

⇒ **Please complete all three pages of forms and return to your child's coach.**