

**Wesclin Community Unit School District #3**  
**Athletic Handbook**  
**2024-2025**



**699 Wesclin Road**  
**Trenton, Illinois 62293**

**Ms. Jennifer Filyaw, Superintendent**

**Mr. James Rahm, High School Principal**

**Mr. Zack Huels, Middle School Principal**

**Ms. Lisa Brede, High School Athletic Director**

**Mr. Daryl Brokering, Middle School Athletic Director**

## **Objective**

Our objective in having a code of conduct is that everyone involved in Wesclin's Athletic Program may progress to a level as close to his/her potential as possible. This potential includes not only the physical part of the student-athlete, but the mental, moral, and emotional aspects of ALL involved as well. It is vital that EVERYONE adapts to this code. Both success and the integrity of our program depend on it.

## **Standards of Excellence**

Wesclin CUSD #3 has a reputation of high standards of sportsmanship and outstanding athletes. Everyone connected with the school district is expected to refrain from any action, which would lower that reputation.

Wesclin High School is a member of the Cahokia Conference and the IHSA, and is governed by the rules and regulations of these organizations.

Wesclin Middle School is a member of the SIJHSAA, and is governed by the rules and regulations of this organization.

## **Athletic Rules**

Wesclin CUSD #3 supports a well-rounded athletic/extra-curricular program for the students of the District. It is our desire that our students have a healthy body to complement a healthy mind. Also, we believe that athletics/extracurriculars will teach sportsmanship, fair play, competitiveness, and qualities of good leadership. We feel that the athletic/extra-curricular program is a privilege and not an absolute right of the student; therefore, it is necessary to have certain rules and regulations in order to achieve our overall goals. The coaches and/or sponsors of the various athletic teams and organizations will have their own training rules and regulations; however, there are certain rules that apply to all students, and failure to comply may mean suspension from the athletic team and/or organization, and/or from all athletic competition and membership for the period of one calendar year.

## **Requirements for Participation in Athletic Events**

A student must have the following fully executed documents on file in the school office before being allowed to participate in any extracurricular athletic activity.

1. A current certificate of physical fitness issued by a licensed physician, an advanced practice nurse, or a physician assistant. A physical is good for 395 days.
2. A permission slip to participate in the specific sport or activity signed by the student's parent/guardian.
3. Proof the student is covered by medical insurance; and
4. A signed agreement by the student not to use any drugs on the IHSA's most current banned drug classes list and an agreement to take part in random testing for these substances.
5. A signed Concussion Information Sheet
6. A signed Handbook Acknowledgement Form.

## **Participation Fees**

The following fee schedule has been adopted for the school year. This schedule applies to all athletes in Wesclin CUSD #3.

- High School Students will pay \$60 per sport with a \$135 per year maximum.
- Middle School Students will pay \$50 per sport with a \$110 per year maximum.
- Family Maximum of \$200 per year.

### ***Information concerning Participation Fees***

1. There will be no fee to try out for a team. Fees will be assessed after the team has been selected.
2. The athlete must pay the fee prior to the first game of the season. An athlete will not be allowed to play in games until the fee is paid.
3. Student-athletes should contact the school office or district athletic director if assistance is needed in this area.
4. Payment of the fee does not guarantee playing time. The inability to pay does not exclude you from the team.
5. No refunds will be given should an athlete quit the squad or become ineligible to participate.
6. Fees are automatically waived for students with free & reduced lunch.

## **Athletic Offerings at Wesclin High School**

<u>Fall Sports</u>	<u>Winter Sports</u>	<u>Spring Sports</u>
Cheerleading	Basketball – Boys	Baseball
Cross Country – Boys	Basketball – Girls*	Bass Fishing (Club)
Cross Country – Girls	Bowling – Boys	Soccer – Girls*
Football	Bowling – Girls	Softball*
Golf – Boys	Competitive Cheerleading	Track & Field – Boys
Golf – Girls	Competitive Dance	Track & Field – Girls
Soccer – Boys	Swimming - Boys (Club)	
Swimming - Girls (Club)		
Volleyball		

\* These are coop teams with Lebanon High School

## **Athletic Offerings at Wesclin Middle School**

<u>Fall Sports</u>	<u>Winter Sports</u>	<u>Spring Sports</u>
Baseball	Basketball – Boys	Track & Field – Boys
Cross Country – Boys	Basketball – Girls	Track & Field – Girls
Cross Country – Girls	Bowling – Boys	Volleyball
Softball	Bowling – Girls	Golf - Boys
	Competitive Cheerleading	Golf - Girls
	Competitive Dance	

## **Wesclin Middle School Athletic Grade Level Participation Policy**

The purpose of Middle School Athletics is to support students in their ongoing development, both as athletes and individuals. Our aim is to foster a competitive spirit while prioritizing the growth and improvement of each player. We believe that participation in sports not only enhances physical skills but also builds teamwork, resilience, and confidence, all of which are essential for their overall development. By balancing competition with skill development, we strive to create a positive and enriching environment for all our student-athletes.

### **5th and 6th Grade Teams (Volleyball and Basketball)**

The focus of our 5th and 6th grade sports programs will remain on player development. We aim to foster skills and encourage growth for every participant.

### **Dividing Teams**

- If it becomes necessary to divide teams, we will do our best to ensure that the teams are as balanced and equitable as possible, taking into consideration each player's abilities and strengths.
  - Our commitment is to provide every player with ample opportunities to participate and contribute, ensuring that everyone enjoys the experience and continues to develop their skills in a supportive environment.

### **7th Grade Teams (Volleyball and Basketball)**

The focus of our 7th grade program will continue to be player development, but also becoming competitive. In practice, we will work with all players, assisting them to grow as individuals and as part of the team.

- In competitive settings, our top-performing players will take the lead in games, while other players will support them and contribute as needed.

### **Playing Up**

- 6th Graders will only play as part of the 7th grade team if it becomes necessary. The coach and administration will make this determination.

### **6th/7th Grade Teams (Softball/Baseball/Bowling/Cross Country/Track)**

The focus of our 6th/7th grade program will continue to be player development, but also becoming competitive. In practice, we will work with all players, assisting them to grow as individuals and as part of the team.

- In competitive settings, our top-performing players will take the lead in games, while other players will support them and contribute as needed.

### **8th Grade Teams**

The focus of our 8th grade teams will be to create competitive environments where players can challenge themselves and others. The goal is to develop both strong players and a competitive team.

### **Playing Up**

- If participation is low and more players are needed to form a team, the coach and administration will collaborate to decide how to fill the teams' roster.

- If participation is not an issue, only 7th graders are allowed to play on the 8th grade team. If a player is moving up, they must clearly demonstrate that they have skills that surpass those of the player they will be replacing. The coach will make this decision in consultation with the administration.
  - If a 7th grade player is a starting 8th grade, they are not permitted to play 7th grade.
  - If a 7th grader is not a starter, they may play both grade levels, but shall be limited by the coach and administration.

## **Wesclin High School – Head Coach Listing**

Athletic Director	Lisa Brede
Baseball	Colin Detmer
Basketball (Boys)	Brent Brede
Basketball (Girls)	Ben Crawford
Bass Fishing	Mike Holtgrave
Bowling (Boys & Girls)	Brian Arentsen
Competitive Cheerleading	Lisa Ross
Competitive Dance	Lisa Middleton
Cross Country (Boys & Girls)	Tyler Weis
Football	Nick Hollenkamp
Golf (Boys & Girls)	Jason Schleifer
Soccer (Boys)	Doug Gruenke
Soccer (Girls)	Doug Gruenke
Softball	Angie Timmermann
Swimming	Lisa Brede
Track & Field (Boys & Girls)	Brian Arentsen
Volleyball	Mikaela Kues

## **Wesclin Middle School – Head Coach Listing**

Athletic Director	Daryl Brokering
Baseball (7 <sup>th</sup> /8 <sup>th</sup> )	Paul Josias
Baseball (6 <sup>th</sup> /7 <sup>th</sup> )	John Groennert
Basketball (Boys – 8 <sup>th</sup> )	Brenden Bernhardt
Basketball (Boys – 7 <sup>th</sup> )	Trey Marks
Basketball (Boys – 5 <sup>th</sup> /6 <sup>th</sup> )	Andrew Postula
Basketball (Boys – 5 <sup>th</sup> / 6 <sup>th</sup> )	Kurt Klein
Basketball (Girls – 8 <sup>th</sup> )	Bryan Wernle
Basketball (Girls – 7 <sup>th</sup> )	Gianna Bilbruck
Basketball (Girls – 5 <sup>th</sup> /6 <sup>th</sup> )	Ashley Becker
Basketball (Girls – 5 <sup>th</sup> /6 <sup>th</sup> )	Gianna Bilbruck
Bowling (Boys & Girls)	TBD
Cheerleading	Courtney Fisher
Dance	Katherine Krausz
Cross Country (Boys & Girls)	Gretchen Rakers
Golf (Boys & Girls)	TBD
Softball (8th)	Shannon Crowe
Softball (7th & 8th)	Nicole Hendricks
Track & Field (Boys & Girls)	Nicole Hendricks
Volleyball (8 <sup>th</sup> )	Isabelle Marsh
Volleyball (7 <sup>th</sup> )	TBD
Volleyball (5 <sup>th</sup> & 6 <sup>th</sup> )	Dawn Musenbrock
Volleyball (5 <sup>th</sup> & 6 <sup>th</sup> )	TBD

## **Illinois High School Association**

The Illinois High School Association (IHSA) is the governing body of all Illinois High Schools. The IHSA also conducts all state championship tournaments. Most sports go through a regional, sectional & super-sectional series to be able to qualify for the state finals.

## **Southern Illinois Junior High School Athletic Association**

The Southern Illinois Junior High School Athletic Association (SIJHSAA) is the governing body of Southern Illinois Middle Schools. The SIJHSSA also conducts championship tournaments. Most sports go through a regional to be able to qualify for the state finals.

## **Cahokia Conference**

Wesclin High School is a member of the Cahokia Conference. The conference has three divisions, with 18 total schools. WHS is a member of the Illinois Division, which consists of Carlyle, Chester, Okawville, Red Bud, Sparta & Trenton (Wesclin). Our conference is considered one of the best in our area and has produced a number of teams that have earned a place in state competition.

## **Sportsmanship**

Interscholastic athletics are an integral part of our school's total curriculum. *Coaches, student-athletes, team managers, parents, and spectators are expected to exhibit behaviors that are exemplary and exceptional at all times.* We must always remember that at ALL Athletic Events we represent more than ourselves – we represent our school and our community.

## **Address Change**

- If at any time, a student has a change of address, the parent or student must inform both the Head Coach and School Office.

## **Athletic Study Hall (High School Only)**

- Athletic study hall may be available to students who are participating in athletics during the appropriate sports season.
  - Students may choose to report to study hall instead of Physical Education only during the season in which they are participating in athletics.
  - If a student quits the sport in which they are participating, they must return to Physical Education the following day.
  - If a student chooses not to utilize Athletic Study Hall, they will have to return to Physical Education class.
  - If a student already has a study hall in his/her schedule, they are not eligible for Athletic Study Hall.
  - Students in weightlifting class can work out a schedule with their weightlifting instructor and their coach to attend Study Hall when necessary.



## **Attendance**

- A student-athlete/team manager who is absent from school after 11:20 am is ineligible for any sport or activity on that day unless the absence has been approved by the principal.
  - Exceptions may be made by the sponsor or coach.
    - For pre-arranged medical absence.
    - Family emergency (funeral, medical emergency, etc.).
  - For an absence to be EXCUSED so a student can participate in either conditioning, practice, and/or game the Principal or the Athletic Director will make that decision.
- Students that are assigned to a detention by an administrator; must serve the detention.
  - Detention takes precedence over team practices or games.
- Students who are out of school suspended are automatically suspended from the conditioning and attendance at practices and games.

## **Eligibility / Grade Checks**

- WCUSD #3 conducts weekly grade checks as required by the IHSA.
  - The grade check is done on Friday of each week.
  - If an athlete has 2 or more F's, they are ineligible for the entire following week
    - The athlete will stay ineligible for the entire week.
    - The week runs from Monday to Saturday.
  - The athlete may continue to practice, but cannot participate in any interscholastic contests.
  - Wesclin High School only - if an athlete fails 2 classes for the semester, they lose eligibility for the entire next semester.

## **Discipline**

- Disciplinary Actions that result in an in-school suspension will not result in game/match suspensions.
- Disciplinary Actions that result in out-of-school suspension will result in the loss of games/matches during suspension.
- Any additional suspensions will result in a meeting with the Principal to determine continued participation in that sport.
- Coaches will distribute their rules at the pre-season parent meeting.

## **Practice**

- The practice schedule is determined by the sports coach.
  - Being late to practice is unacceptable.
  - If there is a change in practice, we will notify the students through afternoon announcements.

## **Social Media**

- Social Media includes, but is not limited to: Facebook, Twitter, Instagram, YouTube, Snapchat, etc.
  - Positive statement here.
  - Students utilizing social media to threaten, intimidate, harass, or entice other students, coaches, or administration, at Wesclin CUSD #3 or any school, may be subject to immediate disciplinary action up to, and including, dismissal from a team by the Head Coach, Principal, and/or Athletic Director.

- Students utilizing social media to post images depicting the use of alcohol, drugs, or suggestive behavior that is not deemed conducive to the image expected of a Wesclin student-athlete/team manager, may be subject to immediate disciplinary action as outlined in the alcohol & drug policy.

### **Alcohol/Illegal Drugs/Tobacco**

- The use of alcohol, illegal drugs, marijuana, tobacco, and vaping is a violation of the Wesclin Student Code of Conduct and will be dealt with according to school board policy 7:240 and 7:240-AP1.
  - The policy can be found at:  
<https://www.wesclin.org/vnews/display.v/SEC/Board%20of%20Education%7CBoard%20Policies>
  - This rule applies 365 days a year.

### **Transportation**

- In order to promote team spirit, all students are required to ride the school-provided transportation to all away games and are encouraged to ride the provided transportation back to Wesclin.
- If an athlete must ride home with their parents or legal guardian they must sign the Athletic Parent Sign-Out Form provided by their coach before leaving the athletic contest.
- Arrangements must be made with the Athletic Director or School Principal if students need to be transported by someone other than their parent or guardian.
- Coaches reserve the right to require members of their teams to ride together to and from contests.

### **Uniforms/Equipment**

- Athletes are responsible for any and all uniforms and equipment they were assigned for the current season (including fundraising money).
  - Damaged uniforms and equipment are your responsibility to replace.
- All uniforms purchased by the district will be purchased on a 5/6 year rotational basis.
- Wesclin CUSD #3 will purchase all Middle School uniforms for every sport.
- Students can modify their athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of their religion or their cultural values or modesty preferences.

### **Injuries**

- In the event of an injury, athletes need to report all injuries to their coaches and the Athletic Trainer.
- If the injury requires medical care and a medical excuse is given to prevent practice or game participation, a written release from the doctor will be needed before the athlete can resume participation
- Injured athletes must still attend practices and games, unless it is determined by the head coach, or a medical professional, to be in their best interest to stay home

## **Concussion Policy**

Anytime an athlete sustains a concussion, either in practice or a game, he/she will not be allowed to return to practice or competition until he/she receives medical clearance and completes the return to play protocol. Contact Taylor Rosecrans, athletic trainer, for additional information regarding the Return to Play Protocol.

## **NCAA Clearinghouse**

The NCAA Initial-Eligibility Clearinghouse is a central clearinghouse that will certify athletic eligibility for Division I and II. If student-athletes intend to participate in Division I or II athletics they must register and be certified by the NCAA Initial-Clearinghouse. At the end of your Junior Year, all interested athletes should complete the NCAA registration. The cost is \$50.00. It is better to register after your junior-year grades appear on the transcript. Athletes are encouraged to complete this application because sometimes scholarships are not offered until late in the senior year. The Guidance Office and the Athletic Director can help with any questions student-athletes may have. When you register to take your ACT or the SAT, please mark code 9999 on your application, so that the clearinghouse will be one of the institutions receiving the scores. If there are any questions about the NCAA Clearinghouse, see the AD or the Guidance Office.

## **Summer Camps**

The Wesclin Athletic Department offers a number of sports camps for their athletes. The camps are held during the summer and usually will take place at the high school. Athletes are encouraged to attend these camps to improve their skill level; attendance at camps will not affect team selection if you are not able to attend.

The teams also play in leagues and tournaments during the summer. These league and tournament games help to keep the various programs at a competitive level. The weight room is also open at various times during the summer for weight lifting and conditioning. Please contact your coaches for dates and times.

## **Awards**

- Letters
  - In order to receive a varsity letter, a student-athlete must have completed the season in good standing (maintained eligibility).
  - Must have attended all games & practices unless approved by the Head Coach.
  - Must have met the minimum requirements set by the coaches for his/her sport.
- Certificates
  - Junior Varsity & Freshman athletes will receive certificates.

## **Wesclin High School Booster Club**

- The Wesclin Athletic Booster Club organization is a non-profit group of parents, staff, and other interested parties whose mission is to enrich and develop opportunities for athletes to excel and recognize their athletic and academic accomplishments.
  - They collaborate with the administration to foster school spirit within the student body and community.
  - They provide the athletic department with resources to promote athletic excellence.
- Reasons to join the Athletic Boosters today include:
  - Your donation increases the funds available to your child's extra-curricular activities.

- o You are helping meet the demands of an exciting, growing sports program.
- o You are fostering sportsmanship and a positive competitive spirit among athletes, coaches, and fans.
- o We recognize and celebrate student athletic achievement.

### **Becoming a Member of a Team**

Student-athletes may try out for a team anytime during the first week of practice. The only exception will be for those student-athletes who were cut from another team during the same season. They would get a 2-day grace period to try out for a different team.

Athletes are required to attend tryouts. If they are unable to attend, they must meet with the coach prior to tryouts.

Students who enroll after tryouts will be handled on an individual basis.

If a coach determines additional players are needed, they must be added prior to the first scheduled game of the season.

### **Sportsmanship Expectations**

The following is a list of Sportsmanship Expectations that must be followed at all Athletic Events:

#### **Student-Athlete/Team Manager**

- Accept and understand the seriousness of his/her responsibility and the privilege of representing Wesclin Community Unit School District #3 and this community
- Live up to the standards of sportsmanship established by the administration and coaching staff
  - o Display good sportsmanship at ALL times.
  - o Present yourself in a positive manner as a representative of Wesclin CUSD #3 (dress, mannerisms, language, etc).
- Learn the rules of the game thoroughly and discuss them with parents, fans, and fellow students.
  - o This will assist everyone to achieve a better understanding and appreciation of the game.
- Treat opponents the way everyone would like to be treated...as a guest or a friend
  - o Refrain from taunting, trash-talking, and making any kind of derogatory remarks to opponents during the game, especially comments of an ethnic, racial, or sexual nature.
  - o Refrain from intimidating behavior.
  - o Wish opponents good luck before the game and congratulate them in a sincere manner following victory or defeat.
- Respect the integrity and judgment of game officials.
- Win with humility and lose with grace. Do both with dignity. Avoid excessive celebrating after a play or at the end of a game.
- A student-athlete who misbehaves at an athletic event or who is ejected from a contest is subject to school disciplinary action.
  - o The student-athlete is required to meet with the Athletic Director BEFORE being allowed to return to the team.
    - The Athletic Director will schedule the meeting with the student at the earliest possible time during the next school day.
  - o If the ejection of a student-athlete results in a consequence by the IHSA or SIJHSAA, the student-athlete will follow sanctions.

## **Parent/Spectator**

- Remember that school athletics are learning experiences for students and that mistakes will be made sometimes.
- Remember that a ticket to any athletic event is a privilege to observe the contest.
- Remember that you are at a contest to support and yell for the TEAM and enjoy the skill and competition...not to intimidate or ridicule the other team and its fans.
  - Signs and banners must be in good taste and shall not make derogatory or challenging references to opposing teams.
  - Signs and banners should never be paraded before an opposing team's bench or bleachers.
- Use only those cheers that support and uplift the teams involved.
- Refrain from taunting or making any kind of derogatory remarks to the coaches or opponents during the game.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
  - Those who fail to show respect, violate rules, or are disruptive will be asked to leave the sporting event or practice.
  - Repeat offenders will be barred from further athletic events in that sport for the remainder of the year.
- Show respect for the opposing players, coaches, spectators, and support groups.
  - Treat them as one would treat a guest in his/her own home.
- Respect the integrity and judgment of game officials
- Refrain from the use of any controlled substances (alcohol, drugs, etc) before and during an event as well as afterward on or near the site of the event (tailgating)
- A parent/spectator who misbehaves at an athletic event or who is ejected from a contest is subject to disciplinary action by Wesclin CUSD #3.
  - The parent/spectator is required to meet with the Wesclin administration BEFORE he/she is allowed to return to Wesclin events.
  - If the ejection of a parent/spectator results in a consequence by the IHSA or SIJHSAA, the parent/spectator will follow sanctions.

## **Player /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 party and provide the greatest benefit to the athlete. As parents, you have the right to understand what is to be expected of your son or daughter and this begins with clear communication between all involved parties.

This is what you should expect from every coach:

- Philosophy of the coach
- Positive Motivations
- Constructive Criticism
- Expectations the coach has of all athletes
- Locations & times of practices/contests
- Team Requirements (fees, equipment costs, off-season work, etc.)
- Procedures should your child be injured
- Discipline procedures
- Fairness and communication

This is what coaches should expect from parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts in advance
- Support your son/daughter in all related activities
- Sportsmanship at all contests
- Understanding that there are always two sides to every story
- Sign athlete out if riding home with a parent after a contest

Athletics at WHS and WMS will bring many rewarding experiences but there will be times when things do not go the way you or your son/daughter wish. At these times, discussion with the coach is encouraged.

The following are appropriate concerns to discuss with the coaches:

- The treatment of your son/daughter, mentally & physically
- Ways to help your son/daughter improve
- Concerns about the behavior of your son/daughter
- Concerns about academics
- Guidance in relationship to possible college scholarships (WHS)
- Guidance in off-season activities

It is very difficult sometimes to accept the playing time or role your son/daughter has on the team. Please remember that coaches are professionals and make judgments based on what they believe is best for all team members. Certain issues should not be discussed and must be left to the discretion of the coach.

Issues not appropriate to discuss with the coaches:

- Playing time of all team members
- Team Strategy
- Play-Calling
- Other student-athletes on the team

There are situations that may require a conference between the coach and a parent. **THIS IS ENCOURAGED.** It is important that both parties have a clear understanding of each other's position.

When a conference is necessary, the following procedures will be followed:

- Understand that you do not confront a coach after a contest or practice = 24-Hour Rule.
- Call to set up an appointment to see the coach, either directly or through the high school or middle school office.
- If the coach cannot be reached, contact the AD's office, who will, in turn, set up a meeting.
- Profanity has no place in the discussion.

If this meeting does not provide a satisfactory resolution, then the following procedures will be followed:

- Call and set up an appointment with the Athletic Director, UNDERSTAND that the AD will strongly suggest that you speak with the coach before a meeting will be set with the AD, there are always certain situations where this would not be possible.
- At this meeting, the discussion will only concern your student-athlete.
- An appropriate next step will be determined by the administration of Wesclin CUSD #3.