



APTAKISIC
JUNIOR HIGH SCHOOL
Athletic Handbook
2025-2026

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ATHLETIC PHILOSOPHY

The mission of the AJHS athletic program is to provide maximum opportunities for participation in a variety of athletic activities. Our interscholastic athletic program has the following objectives: development of sportsmanship and citizenship, development and maintenance of individual fitness, perfection of skills, enjoyment of competitive play, and contribution to school and community spirit and morals.

Aptakisic Junior High School will strive to employ coaches who are knowledgeable in their field. Coaches are expected to teach individual and group skills, create enthusiasm, encourage leadership, and promote high ideals. Coaches will strive to field competitive teams. However, coaches know that they are training young athletes, and they will be patient with mistakes while they work to improve the level of performance of their athletes. Coaches will attempt to allow all participants a reasonable amount of competitive time (e.g. one quarter per basketball game or one game per match in volleyball) in order to fulfill this mission.

PHYSICAL EXAMINATION

In order to try-out and participate in any extracurricular sport, a student **MUST** have a physical issued by a licensed physician not more than one year preceding such tryout, practice, or consent in any athletic activity. The Illinois Elementary School Association has established this rule.

ACADEMIC EXPECTATIONS

Please keep in mind that the primary purpose of Aptakisic Junior High School is to promote academic achievement. If you are engaged in an extracurricular activity, which makes significant demands on your time, you must perform satisfactorily in the classroom to continue participation in that activity.

In order to participate in any extracurricular sport/activity, students must maintain appropriate grades and behavior. Students need to maintain satisfactory performance in the classroom with absolutely no 1's.

Students who do not meet academic and behavioral expectations will be held out of practice/competitions/performances/meetings for a one-week period.

Before making the determination that a student is ineligible, teachers must have a conversation with the student to make a plan for improvement, AND contact home to let parents/guardians know of the student's performance. After these steps have been taken and the student is still struggling, they may be a candidate for academic ineligibility.

TRYOUTS

Students must try-out for basketball, volleyball, cheerleading, pom poms, and soccer. Cross country, track & field, wrestling, and golf have a no cut policy. Criteria are established before tryouts occur. The criteria for assessing the students includes, but is not limited to, athleticism, skills, attitudes, behavior, attendance and academic progress.

Students are assigned a number before tryouts to identify the student. When tryouts are concluded, the coaches/judges discuss the strengths and weaknesses of each student. After careful analysis, a team is selected. Following selection, the student's assigned numbers are posted at the end of the day. In basketball and volleyball, two teams are selected at each grade level. It is the goal of the Patriot Middle School Conference to have competitive teams. Athletes are placed on A or B teams to ensure competitiveness for all. Students who do not make the team are encouraged to continue to develop their skills and try out again in the future. Students are also encouraged to meet with the coaches to identify their weaknesses so they understand which area to work on for improvement.

PROGRAM ATTENDANCE AND INVOLVEMENT

School Attendance Expectations:

Athletes will be expected to exhibit exemplary behavior in regard to attendance. The athlete must attend 1/2 day (5 periods) on the day of a contest to be eligible to participate, unless authorized by an administrator. Athletes MUST participate in their Physical Education (P.E.) class to be eligible to participate in a contest or practice on a given day, unless the absence was excused.

Practice and Contest Participation Expectations:

Every athlete is expected to attend each practice or contest unless excused by the coach in advance or if the absence is due to an illness or emergency. An unexcused absence from a practice or contest may result in a suspension or loss of participation from the next contest. A repeat of this offense may result in another suspension or possible dismissal from the team. Please note: Necessity to be at outside activities will not be considered grounds for an excused absence. It will be assumed that

appropriate consideration has been given to potential participation time conflicts, inclusive of practices and contests.

Unexcused Absences

1. The first unexcused absence from a practice or contest will result in a warning, with a parent notification, that will be reported to the Athletic Director and Administration.
2. A second unexcused absence from a practice or contest, will result in a review by administration and may result in a suspension from the next contest.
3. Any further unexcused absences will result in a review by administration for action, up to and including, removal from the program.

Discontinuing Program Participation:

If a student decides to discontinue participation in a program, it will be the responsibility of the student/athlete to inform a coach that he/she will not be on the team. It is prohibited to leave one program to join another except when the situation is a result of not being placed on a team pursuant to a tryout.

Participation on teams/activities running concurrently:

It is not permissible to participate in two or more teams/activities that have seasons or "active" times that run concurrently. Please note: this rule does not apply to clubs.

Behavior expectations:

Students involved in clubs and sports are expected to maintain high levels of integrity and character in school and during the club or sport. Students who are not meeting behavior expectations may lose the privilege of participating in practice/games/performance due to the intervention involved.

TRANSPORTATION

Late buses are provided by the district to transport students home from after school practices. All athletes will travel to athletic contests by school sponsored transportation unless other arrangements have been announced. Athletes should be picked up promptly by their parents upon arrival at AJHS after contests. Athletes may return from athletic events with their parents. Parents may not give rides to other students without written notification from the parents of those students. **THIS REQUIRES WRITTEN NOTIFICATION** submitted to the coach, prior to the start of the athletic event.

Extenuating circumstances will be handled by the administration.
Penalties for violation of this policy will be determined by administration.

INJURY

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 student is obligated to report all injuries to the school nurse as soon as possible. No student will be allowed to participate in a practice or contest following a disabling injury or illness without a physician's release.

LOCKER ROOMS

All students/athletes should securely lock all personal items in a gym or hallway locker. Never leave personal or valuable belongings unattended during practices or competitions. The school cannot assume responsibility for items that are not locked or unattended. Please report any missing, lost or stolen items to your coach immediately.

BEHAVIORAL EXPECTATIONS

The athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. In order to have the best possible athletic program, it is essential that athletes demonstrate an attitude of respect for discipline and a willingness to observe all school rules described in the District Policy Manual, Student Handbook, and the Athletic Handbook.

It is expected of members of the athletic teams that they be good citizens in school and in the community. A team member is constantly in the public eye and in a position of influence. Students, young children, community members and 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.

Participation in athletics is a privilege, not a right, that carries with it responsibilities to the school, to the activity, to the student body, to the community and to the students themselves. An athlete will be considered in violation of his or her participation obligations whether or not illegal or prohibited conduct occurs on or off school property and in or out of the school day. This rule applies 24 hours a day, 7 days a week, 365 days a year relative to the athletic code.

In addition to the consequences for violating district policies or rules in the Student Handbook, the following consequences will apply to athletes:

- A detention results in a one-practice suspension or contest suspension on the date of the consequence
- An In-School Suspension results in a one-contest suspension; students cannot practice or participate in a contest the day of a suspension
- An Out-of-School Suspension may result in a one contest suspension; students cannot practice or participate in a contest the day of a suspension. Suspension or dismissal from the team for a length of time to be determined by the administration is also a possibility.
- Use, possession, sale or distribution of tobacco products, alcoholic beverages, or drugs (including drug performance enhancing) may result in suspension or dismissal from the team for a length of time to be determined by the administration.
- Violation of gang activity or weapons policies may result in suspension or dismissal from the team for a length of time to be determined by the administration
- Falsification of a signature on the parent permission form or repeated acts of poor sportsmanship will result in disciplinary action. Penalties will be imposed by the administration.

All students who are trying out, as well as students selected for an activity are subject to the guidelines of this handbook.

Each coach/sponsor has the prerogative of establishing additional rules pertaining to his/her activity. These rules may include attendance at practices, detentions, curfew, dress and general conduct of participants during practices, contests and trips.

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 are not specifically addressed in this handbook, decisions will be rendered by the administration. Athletes accused of a violation will be informed of the charges and given the opportunity to explain or respond.

SPORTSMANSHIP

Good sportsmanship is considered one of the important rewards of healthy competition.

Athletes at Aptakisic Junior High School will:

- Treat competitors, teammates, coaches, officials and fans with courtesy and respect
- Continually strive to improve and excel both in the classroom and in the activities
- Represent their team, their school, and the their conference in a positive and responsible manner
- Model and exhibit the principles of good sportsmanship in all contests and practices

Guidelines for acceptable sportsmanship:

- Applause during the introduction of players, coaches and officials
- Accept all decisions of officials
- Lead cheers in a positive manner
- Deliver handshakes between participants and coaches at the end of every contest, regardless of outcome
- Treating competition as a game, not a war
- Seek out opposing participants to recognize them for outstanding performance or coaching
- Applause at the end of the contest for performance of all participants
- Show concern for an injured player, regardless of team membership
- Encourage other fans to display only sportsmanlike conduct
- Treat opponents the way you would like to be treated as a guest or friend

Examples of unacceptable behavior:

- Yelling, stomping feet or waving arms during an opponent's free throw attempt, serve etc
- Disrespectful or derogatory yells, chats, songs, or gestures
- Booing or heckling an official's decision
- Criticizing officials in any way
- Taunting or verbally abusing an official, coach or opponent
- Refusing to shake hands or give recognition for good performances
- Laughing or name calling to distract an opponent
- Using profanity
- Throwing debris onto the playing field/court

JEWELRY

Due to rules in certain sports, as well as safety reasons, athletes may not wear jewelry during practices or contests. This would include, but not limited to earrings, necklaces, watches, bracelets and rings.

ELIGIBILITY SUMMARY

In general, a student is eligible if the following requirements are met:

- All athletes are eligible for the grade in which they are enrolled
- A completed Athletic Permit Form is on file
- A licensed physician's certificate of physical fitness to participate issued within a year preceding your current participation is filed with school
- A signed student/parent signature sheet turned in to the coach
- Passing work is being done in all classes
- All required fees have been paid or waived
- The student is not suspended for disciplinary reasons
- All practices and contests are attended, unless excused

Participating in school activities is a tremendous responsibility. To help you stay organized and ensure you have current information, please check daily announcements, Schoology postings, and the Athletics website postings for last-minute, up-to-date communications from the coaches. We look forward to a great year!!

AJHS After School Fees 2024-2025

Athletics/Sport Fee - \$80 per each activity

After-school Music Programs - \$80 per each activity

Enrichment Activities No Additional Fee	AJHS Athletics/Activities \$80 fee per each activity	Curricular Arts \$80 fee per each activity
Art Show Acceptance Club (GSA) Black Tranquility Club Broadcasting Club Catalyst Club Hispanic/Latinx Heritage Club National Jr Honor Society Newspaper P.A.L.S. Program Peer Buddies Snowflake SPARK Spelling Bee Ambassadors Talent Show Family Book Club Student Council	Golf Boys Basketball Boys Volleyball Girls Basketball Girls Volleyball Soccer Scholastic Bowl Cross Country Poms Cheerleading Wrestling Track	Art Club 6th/7th Grade Jazz Band 8th Grade Jazz Band Chamber Orchestra Sforzando Strings MS Musical Production AJHS Play Production Chorus

PATRIOT MIDDLE SCHOOL CONFERENCE

The following schools are members of the Patriot Middle School Conference for athletic and academic competition:

Aptakisic Junior High School

1231 Weiland Road, Buffalo Grove
(847) 353-500

Daniel Wright Middle School

1370 Riverwoods Road, Lincolnshire
(847) 295-1560

Fremont Middle School

28855 Fremont Center Road, Mundelein
(847) 566-9384

Twin Groves Middle School

2600 N. Buffalo Grove Road, Buffalo Grove
(847) 821-8946

West Oak Middle School

500 Acorn Lane, Mundelein
(847) 566-9220

Woodlawn Middle School

6500 Gilmer Road, Long Grove
(847) 353-8500

AJHS ATHLETIC HANDBOOK

STUDENT AGREEMENT

NAME OF STUDENT (PLEASE PRINT): _____

We have read the Aptakistic Junior High School Athletic Handbook and agree to abide by the rules and guidelines set forth.

STUDENT
SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN
SIGNATURE: _____ DATE: _____

PLEASE RETURN THIS FORM TO YOUR COACH

THANK YOU!!