



GLENBARD EAST RAMS ATHLETICS

1014 S. Main Street, Lombard, IL 60148 Phone : 1-630-424-6700



2025-2026 Glenbard East

Student-Athlete and Families Handbook

Glenbard East prioritizes athletics as an integral aspect of the **total school experience**. Participation is an earned privilege, not a right; and affords maturation of the “whole child” and what college/job recruiters mostly seek, a well-rounded student (athlete). This well-roundedness includes the six (6) competencies of **A Glenbard Graduate**: *self-empowered, effective communication, critical thinking, embraces diversity, creativity, and collaboration*.

Student-athletes are expected to comply with all school and athletic regulations, and conduct themselves as responsible representatives of the Glenbard East community at all times.

GLENBARD EAST ATHLETIC VISION AND CORE VALUES

Athletic Vision: Glenbard East Athletics utilizes school and sports to develop **WELL-ROUNDED** student-athletes and establish great pride in our **Rams Community**.

What does “**WELL-ROUNDED**” look like for student (athletes)? Please view the six (6) competencies of **A Glenbard Graduate**:



In addition to the six (6) competencies of A Glenbard Graduate we instill the following pillars:

Students First; VICTORY Will Happen...

- ❖ **RELATIONSHIPS** – *the most important aspect of an athletic community is building and sustaining healthy **relationships** with ALL stakeholders.*
- ❖ **ACADEMICS** – *“student is first in student-athlete”; we want to eradicate failing grades; check PowerSchool often; each respective program will pursue achieving a 3.0 GPA or higher (on a 4.0 scale).*
- ❖ **LEADERSHIP/COMMUNITY** – *“Everybody can be a leader, because anybody can **serve...**” (Dr. MLK, Jr.). Student-athletes will be developed as leaders through a well-rounded athletic experience, including embracing diversity of the athletic program. Families please join the **Athletic Booster Club**, become a parent-rep, and volunteer at opportunities that benefit our entire athletic program. <https://www.geramsboosters.org/>*
- ❖ **ATHLETICS** – *develop student-athletes with essential fundamentals and game-strategy (critical thinking) skills that improve their overall athleticism; embrace the (TEAM...Teammate...self) mantra, and always put forth the best effort possible.*

GLENBARD EAST ATHLETIC DEPARTMENT POLICIES & GUIDELINES

NONDISCRIMINATION NOTIFICATION: Glenbard Township High School District 87 does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, marital status, disability, or the use of a trained dog guide or service animal and provide equal access to other designated youth groups.

ATHLETIC ELIGIBILITY/ACADEMICS: Student-athletes must meet all the requirements of eligibility mandated by the **Illinois High School Association (click here [IHSA](#))** School District 87, and Glenbard East High School. A student-athlete must be registered for and **passing five (5) credit classes at all times to remain eligible to participate**. If a student-athlete does not meet this requirement, he/she will be INELIGIBLE to compete for one week. A student-athlete must also have passed a minimum of five (5) credit classes the previous semester or will be ineligible for an entire semester per IHSA by-law.

ATTENDANCE: Daily attendance to all classes, practices, and games are essential for both academic and athletic success. **A student must attend school for four (4) class periods** to compete that day. Extenuating circumstances and emergency situations will be considered. “**Senior Ditch Day**” is not an authorized or excused school day.

RESIDENCE: All students must attend the public school in the district in which the parents reside. A student transferring into the school must complete all transfer paperwork including IHSA approval.

ATHLETIC PARTICIPATION FEE: The athletic participation fee is **\$175** – this once a year fee covers participating in multiple athletics, so please take advantage of this affordable opportunity.

PHYSICAL EXAMINATION: All student-athletes are required to undergo a medical physical examination each ([English version](#) and [Spanish version](#)) year that is valid for one year and one month (395 days). You may use the doctor’s sports physical form, and turn this form into the athletic office. Student-athletes will not be allowed to try-out, practice or compete if an up-to-date physical examination is not on file.

ATHLETIC TRAINERS: The Glenbard School District provides certified athletic trainers to care for all athletic injuries sustained during interscholastic athletics, generally from 2:00pm-6:00pm during the week, and Saturdays when there are competitions. For questions, please contact our head athletic trainer, **Mr. Chris Murphy** (christopher_murphy@glenbard.org).

INHERENT RISK/INJURY: Normal participation in practices and games also bring the possibility of serious physical injury. While every precaution is taken to safeguard student-athletes from injury, a certain amount of risk is inherent. Student-athletes must report ALL injuries to their coach and athletic trainer. If a doctor withholds a student-athlete from participation due to an injury, a written release from the doctor must be brought to the athletic trainer before they will be allowed to participate.

INSURANCE: Glenbard School District 87 provides a supplemental student accident insurance coverage for each enrolled student during the months that school is in attendance. The only exception is football, where optional coverage must be purchased each school year.

EQUIPMENT/UNIFORMS: Student-athletes are responsible for all equipment and uniforms issued to them and will be charged the cost of repair or replacement. If this is not done, students will not

receive an award for that sport season and he/she will be unable to participate in future sport seasons. Seniors not fulfilling this obligation will not participate in the graduation ceremony. Various sports ask their student-athletes to purchase individual equipment.

LOCKER ROOMS: All student-athletes will be assigned a locker in one of the team locker rooms during their respective season(s). P.E. locker rooms are NOT to be utilized for athletic purposes. It is the student-athlete's responsibility to lock all their belongings in their locker and only the school-sold Master Lock should be used. Coaches will supervise locker rooms before/after practices and games.

PRACTICE DAYS: Glenbard Township athletic teams cannot practice on Sundays or religious holidays. The only exception is if a varsity team has an IHSA State Series contest the following day. If a team does have to practice on a religious holiday, they are considered "optional" and no punishment for missing a practice can be rendered.

PHYSICAL EDUCATION WAIVER: Are for ***Juniors and Seniors or first time transfers***. Student-athletes must receive a recommendation from a guidance counselor. See P.E. Waiver on our school website or inquire from the guidance office for more information.

PRE-SEASON PARENT MEETINGS: The Athletic Department hopes to host an in-person pre-season parent meetings at the beginning of each sports season. It is important for parents to meet and hear from their child's coaches to begin developing a proper line of communication. A large amount of information is disseminated in these meetings.

TRANSPORTATION: Student-athletes will travel on school-arranged transportation (e.g. yellow buses, mini-buses) for all away events. In unusual circumstances, with approval by the coach, and with a written parental consent, the student-athlete may travel with the parents – this must be communicated in advance.

VACATIONS: Student-athletes and their parents must communicate as soon as possible as to the dates that will be missed during the season. Upon return, there is no promise that the athlete will instantly regain their position on the team. The student-athlete will have to work their way back to regain the spot they may have lost due to being absent.

NCAA RECRUITING TIPS: With collaboration from the Glenbard East counseling department, we have developed a packet that starts Freshman through Senior year of what colleges/universities seek (e.g. *resume, player profile, contacting recruiters, game film*) and how to put student-athletes in the best position to be recruited or hired. The coaches will provide more specific information about this process.

AWARDS: Only after completing a sports season, awards that can be earned include a participation certificate, numerals, minor letter, major letter, three-sport athlete patch, scholar athlete patch (4.0 weighted GPA or above), pins, bars, and the RAM Award (three-sport student-athletes).

ATHLETIC OFFICE: The Athletic Office is Room 225, located on the second floor outside the Main Gym-East Gym. Normal office hours are from 7:30 am - 3:30 pm (Monday-Friday). Athletic department announcements and important information are posted regularly.

GLENBARD EAST ATHLETIC DEPARTMENT COMMUNICATION GUIDELINES

Families - Coach Relationship

The coaches and athletic department understand we are entrusted with parents' most prized creation, your child(ren); ***it is imperative that families afford our coaches the opportunity to foster positive relationships***. It is equally important to understand that there may be times when things do not go the way you or your child would like per se, thus a communication guideline:

Communication You Should Expect From Your Child's Coach: Program philosophy; expectations of all the players on the team; contact information, schedules (e.g. practices and contests); team requirements; procedures should your child be injured during practice or contest; Extracurricular Code of Conduct (provided by the Athletic Department).

Expectations of Glenbard East Student-Athletes: Demonstrate/Model the six (6) competencies of A Glenbard Graduate; Make and keep athletic commitments during the season; be coachable; follow all rules of the team, school and athletic code; demonstrate good sportsmanship at all times; give your 100% effort always.

Appropriate Concerns to Discuss with Coaches: Ways to help your child improve; and ways to assist the program (e.g. parent-rep, Athletic Boosters); treatment of your child mentally and physically; concerns about child's behavior; scheduling conflicts; it is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for the TEAM, as we believe in a TEAM...Teammate...self philosophy.

Expectations of Glenbard East Parents: Be supportive of our athletic philosophy and understand the Extracurricular Activity Code; reinforce the six (6) competencies of A Glenbard Graduate; academics...check PowerSchool to assure your child is a student first – contact teachers as needed; become a member of the Athletic Booster Club and be a parent-rep for your child's respective sport(s); attend Pre-season parent meetings; be positive; communicate fairly and openly with coaches, notifying of any schedule conflicts, injuries or illnesses our staff might not be aware of; learn the rules of your child's particular sport(s).

Issues Not Appropriate to Discuss With Coaches: Playing time in regards with other student-athletes – focus on your child only. And team or individual strategy including philosophy/play-calling.

24-hour Rule: Please do not contact a coach before or after a practice or contest. These surprise confrontations rarely accomplish anything positive. **Please call/email the coach for a time to meet.** Following procedure should help with conflict-resolution to the issue of concern.

1. Students First... parents, please discuss with your child exactly what the concern is, and have your child **communicate** with the level coach who specifically coaches him/her. (*80%-90% of concerns can be resolved at this level*)
2. Parents, **communicate** with a specific level coach and/or head coach of the program, and we ask that your child be involved as well.
3. **Communication** between parents, coaches, and Assistant Principal for Athletics.



A MESSAGE FROM THE ATHLETIC BOOSTERS

The Glenbard East Booster Club is a parent-led, 501(c)(3) organization and the primary focus is **to raise funds for Glenbard East Athletics** that go directly to the needs of our teams and student-athletes. In order to be successful, we need more parents/guardians to become members and serve in some capacity.

MEMBERSHIP: Become a member of the Glenbard East Booster Club, for as little as \$25. With this basic Booster Club membership, you may also purchase a family activity pass for **\$75** (\$25 membership; \$50 family activity pass), which is good for admission to many athletic and music events at any of the Glenbard Schools.

SERVE/PARTICIPATE: Most importantly, come out to see our athletes at games and events, and wear your Glenbard East spirit wear. Work in the concession stand, be a parent-rep, volunteer and serve on a committee. We need help with our important fundraising projects. Every dollar raised and every hour donated really does afford our teams an opportunity for **VICTORY!**

Visit our website for more information: <https://www.geramsboosters.org/>

Mary O'Brien
President, Glenbard East Booster Club

GLENBARD EAST ATHLETIC OFFICE INFORMATION

Athletic Website: <https://schools.snap.app/glenbardeast>

Follow us on **Twitter & Instagram:** **@GEHS_Athletics**

Lakeisha Greer, Administrative Assistant for Athletics

email: lakeisha_greer@glenbard.org

office: 630-424-6700

Daniel Voss, Assistant Athletic Director

email: daniel_voss@glenbard.org

office: 630-424-6482

Tony Millard, Assistant Principal for Athletics

email: tony_millard@glenbard.org

office: 630-424-6700

Affiliate Conference: Upstate8 Conference



SCHOOLS:

- **Bartlett:** 701 Schick Rd., Bartlett, IL 60103 ([Google map](#), [other maps](#)); mascot **Hawks**
- **East Aurora:** 500 Tomcat Ln., Aurora, IL 60505 ([Google map](#), [other maps](#)); mascot **Tomcats**
- **Elgin:** 1200 Maroon Dr., Elgin, IL 60120-8197 ([Google map](#), [other maps](#)); mascot **Maroons**
- **Elmwood Park:** 8201 W. Fullerton Ave., Elmwood Park, IL 60707 ([Google map](#), [other maps](#)) mascot **Tigers**
- **Fenton:** 1000 W. Green St., Bensenville, IL 60106 ([Google map](#), [other maps](#)); mascot **Bison**
- **Glenbard East:** 1014 S. Main St., Lombard, IL 60148 ([Google map](#), [other maps](#)); mascot **Rams**
- **Glenbard South:** 23W200 Butterfield Rd., Glen Ellyn, IL 60137-6999 ([Google map](#), [other maps](#)); mascot **Raiders**
- **Larkin:** 1475 Larkin Ave., Elgin, IL 60123 ([Google map](#), [other maps](#)); **Royals**
- **Ridgewood:** 7500 W. Montrose Ave., Norridge, IL 60706 ([Google map](#), [other maps](#)) mascot **Rebels**
- **Riverside-Brookfield:** 160 Ridgewood Rd., Riverside, IL 60546-1996 ([Google map](#), [other maps](#)) mascot **Bulldogs**
- **South Elgin:** 760 E. Main St., South Elgin, IL 60177 ([Google map](#), [other maps](#)); mascot **Storm**
- **Streamwood:** 701 W. Schaumburg Rd., Streamwood, IL 60107 ([Google map](#), [other maps](#)); mascot **Sabres**
- **West Aurora:** 1201 W. New York St., Aurora, IL 60506 ([Google map](#), [other maps](#)) mascot **Blackhawks**
- **West Chicago:** 326 Joliet St., West Chicago, IL 60185-3142 ([Google map](#), [other maps](#)); mascot **Wildcats**