

L. ATHLETICS AND EXTRA CURRICULAR ACTIVITIES

NORTHRIDGE EXTRACURRICULAR AND ATHLETIC POLICY

1. Purpose

Extracurricular and athletic activities are meant to provide student with the opportunity to discover new talents and interests, to develop skills, to work together as a team to achieve common goals, and to provide healthy recreation and competition. These activities, like studies and all of life, require the student to develop and exercise virtues such as diligence, perseverance, fairness, loyalty, humility, and temperance.

2. Expectations

Extracurricular and athletic activities should reflect the following priorities, listed in order of importance: 1) God; 2) Family; 3) Academics; 4) Extracurricular and athletic interests; 5) Social life. The quality of all activities is intended to be compatible with the academic excellence and character formation objectives of the school. Generally practice schedules or expectations will be published in advance so that families may make informed decisions. Any proposed absence from class participation should be approved by the Director of Studies well in advance and should be limited to special occasions. Being involved is good; being over committed can skew priorities. A student normally must attend for the full day immediately prior to participation in any activity and must attend at least half of the day even with a formal excuse.

3. Goals

The goals of NRP extracurricular and athletic participation are to: 1) Teach character lessons through individual and team participation and competition; 2) Involve as many members of the student body as possible; 3) Inspire and develop school spirit; 4) Provide opportunities in selected activities for highly talented and motivated students to demonstrate their skills and development in interscholastic competition; 5) Demonstrate positively to the wider community the quality and diversity of the Northridge experience.

4. Participation

The available activities are intended to provide opportunities for a wide range of skills and commitment, within the limitations of space, time, staff and budget. At the junior high level and in some high school activities the intention is to provide exposure, with an emphasis on basic skill development and understanding the rules and requirements for success, as well as providing opportunities for those who wish to participate on a less intensive basis. In certain approved high school level activities, the intention may shift toward personal and/or team competitive success while still respecting higher level priorities. In such cases, the number of students participating or size of the team may be limited, and the opportunities for any particular individual to compete more limited. Current activities are listed in Appendix III. Anyone interested in a new activity may submit a thorough written proposal to the Director of Activities.

Students are expected to participate regularly and cooperatively in their chosen activities.

The faculty advisor or coach may recommend in consultation with the Director of Studies, citing appropriate reasons, that any student who fails to do so be excluded from participation. Exclusion may be implemented immediately on a temporary basis at the discretion of the faculty moderator. However, parents will be informed in a timely fashion and an opportunity to respond in writing shall be offered to any student who requests it prior to permanent implementation, and such student will also receive a written explanation. Participation in extracurricular and athletic activities is a privilege that also may be lost through poor academic performance, misconduct, or abuse of activity rules.

5. Attitude

Northridge students are expected to participate with dignity and integrity, reflecting our emphasis on character education. Students are expected to contribute personally and for the good of the team, to respect the members of opposing teams and not taunt or otherwise show unsportsmanlike behavior, and to be gracious winners or losers, recognizing that they can be proud of their performance so long as they gave their best effort.

6. Substance Abuse:

See the General Behavior Policy, VII

7. General Guidelines

Senior High and/or Interscholastic Competitions

- All Illinois High School Association or other organizing body rules shall be followed.
- Any student whose grades or standing do not meet IHSA and Northridge eligibility standards shall not be allowed to participate. (See Academic Probation)
- In order to respect other priorities after school meetings and practices normally shall conclude by 5:30 P.M.
- No more than two games may be scheduled from Monday-Thursday while school is in session. Consecutive games on Monday-Thursday should also be avoided and weekday games should end by 9 P.M.
- No practice or games should be scheduled on Sundays without a serious, exceptional reason.
- Regular attendance at meetings and practices may be a condition to participate.
- The decisions regarding those students most likely to contribute to activity or team success shall be the sole responsibility of the director or coach of each activity.
- It is the responsibility of the student to discuss and resolve in advance with the coach or activity director any projected conflicts with other activities.
- Inappropriate behavior of any kind, including use of foul language, shall be grounds for discipline up to and including suspension or exclusion from the activity.

Junior High, Intramural and Other Activities

- All senior high guidelines above generally apply.
- The number of meetings or practices shall be less, and competitions limited to 2 or occasionally 3 per week.
- Emphasis shall be placed on accommodating all students who desire to participate, either by inclusion or by providing competitive or intramural groups or teams.

8. Athletic Eligibility Rules
See Appendix VI

M. POLICIES SPECIFICALLY FOR ATHLETIC ACTIVITIES

1. The Role of Athletic Activities

The athletic program supports the overall objectives of developing the mind, body and soul of each young man through a rigorous program of academic instruction, extracurricular activities and opportunities for piety and devotion. Sound instruction and competition in a wide range of athletic activities round out an education by teaching personal health, the rules and requirements of various sports, and virtues that carry over into other areas of life such as teamwork, obedience, sportsmanship, self-control, sacrifice, courage and humility. Athletic activities also may serve to build school spirit and to attract potential students.

2. Physical Education

Students in grades 6-10 are required to attend one period of physical education at least four times per week. In addition to fulfilling State of Illinois regulations, this helps to ensure that students maintain a minimum level of physical conditioning, while exposing them to a variety of potential life-long activities. Group and team involvement's also facilitate social relations and provide simple, supervised recreation.

3. Intramural and Informal Athletic Activities

Intramural sports provide an intermediate level of competition for anyone wishing to participate, but not to compete on interscholastic teams. Boys wishing to organize other intramural or informal athletic activities may do so by finding a member of the faculty willing to act as adviser for the activity and submitting a proposal as provided under general Item 4 of Extracurricular Policies.

4. Interscholastic Sports

Interscholastic sports provide opportunities for more directed learning of the particular activity and additional competition. Within the provisions of general Item 4, an emphasis is placed on developing the most competitive teams possible. Each student or coach is responsible to represent NRP with the utmost dedication and character. NRP teams are expected to represent themselves and the School with their best abilities, while keeping in mind higher priorities of God, family, and academics.

a. EXPECTATIONS

Students participating in interscholastic sports are expected to commit to the time and other requirements as outlined by the coach. Usually this will require improved organization of time and better study habits, and often may mean reducing social involvement and time spent on TV, video games, e-mail or the telephone.

b. INVOLVEMENT

Students are encouraged to consider participation in interscholastic sports beginning in junior high and continuing into high school. At the junior high level development of a knowledge of the particular activity and the coordination required for effective performance, as well as reasonable participation by all team members take precedence over winning. At the senior high level increasing emphasis may be placed on

competitive success. This usually results in smaller numbers of participants on teams, and may limit playing time of some team members.

c. **DEDICATION**

Students must remember that certain academic standards must be met in order to remain eligible to compete, so academic commitments must come first. Though not mandatory, students also should expect that some year round conditioning would be required in order to be competitive at the varsity level. Summer camps or similar additional training and competition also may be helpful.

Northridge honors all the requirements and regulations concerning athletics which are stipulated in the IHSA Guidelines. See Appendix VI.