



Athletics Handbook

2024-25/5785



Mission, Vision, Philosophy and Core Standards

MISSION STATEMENT

The Rochelle Zell Jewish High School athletics program will promote the school's mission by providing our student athletes the opportunities to reach their full potential as responsible and productive citizens.

VISION

The Rochelle Zell Jewish High School athletics program will be nationally recognized for excellence in the classroom, in competition, and in the community.

PHILOSOPHY STATEMENT

Rochelle Zell Jewish High School's athletic program emphasizes the importance of good character, citizenship, sportsmanship, life skills, and a healthy lifestyle. Our program teaches the values of integrity, respect, a strong work ethic, and teamwork while giving students of all ability levels an opportunity to participate in high school athletics.

Participation in athletics is an integral aspect of the overall Rochelle Zell Jewish High School experience. Student athletes are challenged to strive for excellence, learn self-discipline, and attain a strong work ethic that helps them succeed in athletics, in the classroom, and in the community.

CORE STANDARDS
TIGERS believe in TEAM.

CORE STANDARDS	TIGER WAY
<p>TEAM</p> <p><i>Togetherness</i></p> <p><i>Enthusiasm</i></p> <p><i>Aspiration</i></p> <p><i>Mindful</i></p>	<p>Tigers will understand it is about their team, their teammates and not about themselves. Tigers will work hard to bring out the best in each other.</p> <p>Tigers will demonstrate their passion by expressing intensity and enthusiasm for team and sport.</p> <p>Tigers will have goals and want to perform to the best of their abilities as a team and individually.</p> <p>Tigers will demonstrate an awareness of ourselves and others through our words and actions. Focusing on the controllables.</p>
<p>INTEGRITY</p>	<p>Integrity in RZJHS athletics goes beyond playing by the rules of the game or respecting an official's call. True athletic integrity requires athletes to remain competitive without seeking methods of advancement that lack morals and ethics.</p> <p>Treat others the way you want to be treated. Doing the right thing all the time, especially when no one is looking.</p>
<p>GROWTH</p>	<p>Tigers will make a commitment to learning and growth through the opportunity in experiencing the positive impact their efforts have on their team, their school, and their community.</p>
<p>ENERGY</p>	<p>Tigers will be energy givers. Energy givers help their teammates up, cheer their teammates on when they are not in the game, show up early and are prepared to workout, practice or play. Energy givers make those around them better. Being an energy giver is a conscious choice. It is an attitude. Energy givers raise the confidence of everyone they come in contact with. Energy givers improve morale, chemistry, and performance of the team.</p>
<p>RESPECT</p>	<p>Tigers will respect themselves, their team, their school, and community. Tigers will play for the name of the front of the jersey, not the name on the back. Tigers will support a respectful environment where all student athletes develop trusting and dependable relationships and work together to achieve a common goal.</p>

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Athletics Program Staff

Marty Dello	Boys Basketball Head/Golf Head
Idit Epstein.....	Boys/Girls Cross Country Head/Boys/Girls Assistant Track and Field
Lee Gruen.....	Boys Basketball Assistant Varsity
Scott Greenspan.....	Boys Tennis Head
Laeh Litin	Athletic Trainer, Boys/Girls Track and Field Head
David Martinez.....	Director of Athletics and Facilities, Boys/Girls Soccer Head
Tim Green	Boys Soccer Assistant Varsity/JV Head
Jenna Miller.....	Girls Basketball Assistant Varsity
Autumn Miner	Boys/Girls Volleyball Head
Judy Morgan	Girls Tennis Head/Boys Tennis Assistant Varsity
Randy Pompa	Boys Basketball Sophomore Head
Dominique Marhsall	Girls Volleyball Assistant Varsity
Ari Rosen	Boys Basketball Freshmen Head
Billy Surges	Girls Basketball Head
Todd Projansky	Baseball Assistant Varsity
Gregg Winter	Baseball Head
TBD	Girls Soccer Assistant Varsity/JV Head
TBD.....	Girls Tennis Assistant Varsity

Athletics Program Overview

GOVERNANCE

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)

The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase opportunities and promote sportsmanship.

ILLINOIS HIGH SCHOOL ASSOCIATION (IHSA)

All schools are voluntary members of the IHSA and compete only with member schools. As a member school, Rochelle Zell Jewish High School agree to abide by and enforce all rules and regulations published by this association.

The purpose of the IHSA is to provide leadership for the development, supervision and promotion of good sportsmanship in interscholastic competition and other activities in which its member schools choose to engage. Participation in such interscholastic activities offers eligible students experiences in an educational setting which provide enrichment to the educational experience.

IHSA HATE SPEECH AND HARASSMENT POLICY & PROCEDURE

This Policy and Procedure for addressing Hate Speech and Harassment will be in effect at all regular and post season contests. It was created to accomplish the following goals:

1. Make a clear statement that the IHSA and member schools do not tolerate hate speech.
2. Demonstrate that addressing hate speech or harassment is more important than the contest itself.
3. Address the situation early so that it does not escalate into a worsening incident.
4. Demonstrate to the target and team that their concern is being heard and addressed.
5. Institute more severe consequences for an athlete who persists in using hate speech.
6. Allow time for emotions to cool down.

Hate Speech and Harassment Definition

Hate Speech or Harassment is behavior aimed at a person's sex, gender identification, race, religion, creed, age, national origin, ancestry, pregnancy, marital or parental status, sexual orientation, or disability that substantially interferes with a student's school performance or creates an intimidating, hostile, or offensive school environment. Hate Speech or Harassment may be verbal, non-verbal, or physical acts during all competitions. This policy and procedure is designed to provide a consistent, rational framework for managing and dealing with situations at contests when a participant or coach believes an opposing school's participant or coach have used hate speech towards a member of their team or between teammate to teammate interaction. "Target" refers to the individual who heard the hate speech. "Alleged offender" refers to the individual(s) who allegedly used the hate speech. "Comment" refers to the hate speech or harassment that was used.

Policy and Procedure Administration

1. When contest officials witness hate speech or an act of harassment, the alleged offender shall be penalized by an IMMEDIATE EJECTION.
2. When a target is subjected to harassment and contest officials DO NOT witness the act, the target shall IMMEDIATELY inform his/her head coach of the following at the next stoppage in action after the comment was heard:

- a. The specific comment made
- b. When and where the comment was made
- c. Identification of the alleged offender (number, position, etc.)
 - i. NOTE: If the target is unable to identify who made the comment, the target should still communicate what he/she heard to their coach, and their coach should notify the official and opposing coach immediately.
3. The head coach will immediately inform the official of the information above. The official will stop play and meet with the head coaches of both teams and host school administration, (if present) and review the comment. The teams will go to their respective benches. The coach of the alleged offender, the official and host manager will meet with the alleged offender to ask the offender about the comment made.
4. If the alleged offender admits to saying the comment, he/she will be ejected from the contest, suspended for the next contest, and will be subject to the individual's school discipline policies and procedures for the use of hate speech. An IHSA player ejection Special Report must be submitted by the official via the Hate Speech or Harassment Special Report option.
5. If the alleged offender does not admit to saying the comment, the alleged offender will be informed by his/her coach that if the official hears any additional use of hate speech from the alleged offender later in the contest, the offender will be ejected, suspended for the next contest, and will be subject to the individual's school discipline policies and procedures for the use of hate speech.
 - a. The official will provide written documentation of what they heard to be included in the IHSA Hate Speech and Harassment Special Report.
6. The target will then be told by his/her head coach of the outcome. If the alleged offender does not admit to saying the comment, the coach will tell the target to continue informing him/her directly if hate speech is used again.
 - a. Subsequent reports during the contest involving the same alleged offender will be shared with the official who will inform the other head coach during a natural break in play and file a Special Report in the IHSA Officials Center. Play will not be stopped unless the official hears the comment.
7. If the target does not inform his/her coach about the comment until after the team has left the contest site, the coach shall inform his/her Athletic Director and that AD shall inform the opposing AD. Both ADs shall meet with their respective participants (alleged offender and target) and then communicate back to the other AD of their findings. If the alleged offender admits to saying the comment, he/she will be suspended for the next contest and will be subject to the individual's school discipline policies and procedures for the use of hate speech.
8. The head coaches of both teams will inform their Athletic Directors of ALL situations in which hate speech or harassment was suspected within 24 hours of the contest. The AD will meet directly with any participant identified as possibly using hate speech, conveying the alleged use of hate speech or harassment.
9. The Athletic Director of each school will inform the IHSA Administrator using the Hate Speech or Harassment Special Report option and include all documentation and findings. Each school involved will have access to review both the official's and Athletic Director's special reports.

Condensed Version

1. If contest officials witness hate speech or an act of harassment it shall be penalized by an IMMEDIATE EJECTION.
2. If contest officials do not witness hate speech or an act of harassment, the target will inform their coach of what happened.
3. Coach tells official and play stops. Teams return to their benches. Official meets with alleged offender and opposing coach.
 - a. If admittance, ejection from contest, suspension for next contest and subject to school discipline

for hate speech. If official hears use of hate speech, they must submit written documentation of what they heard to be included in the IHSA special report.

- b. If no admittance, remind of consequences.
 - i. Target informed and told to continue telling coach if offense continues. Coach continues to inform official and opposing coach during natural break in play.
4. Coaches inform ADs within 24 hours of the incident. The AD meets with any athlete identified as possibly using hate speech or alleging the use of hate speech, and the other AD meets with the target.
5. If nothing is said until after the contest, coach informs AD who relays information to opposing AD. Both ADs meet with participants and communicate their findings back to the other AD.
6. The ADs inform the IHSA Administrator of the incident and document the incident using the IHSA Special Report for Hate Speech and Harassment option.

CHICAGO PREP CONFERENCE (CPC)

All schools are voluntary members of the CPC and compete within the conference during the regular season and conference tournaments. As a member school, Rochelle Zell Jewish High School agree to abide by and enforce all rules and regulations published by this conference. Sports supported within the CPC include Baseball, Basketball, Cross Country, Soccer, Track and Field, and Volleyball.

SPORTS AND LEVELS OFFERED (Subject to change based on participation)

Fall Sports	Winter Sports	Spring Sports
Boys and Girls Cross Country (V + JV) Golf (V) Boys Soccer (V) Girls Tennis (V) Girls Volleyball (V)	Boys Basketball (V + So. + Fr.) Girls Basketball (V)	Baseball (V) Girls Soccer (V) Boys Tennis (V) Boys Volleyball (V) Boys and Girls Track and Field (V)

ATHLETIC FEES

Students participating in a sport will incur an athletic fee of \$250 per sport (\$350 golf). The fee is vital for the athletics program’s budget and is applied to, but not limited to: equipment, uniforms, officials, transportation, and facility rental fees.

PARTICIPATION

An athlete may participate in only one sport per season. Any unique circumstance must be approved by the athletic director. Switching programs after the first day of practice must be approved by the athletic director.

ATTENDANCE

A student must be in attendance for three periods in a school day in order to be eligible to attend and practice or play on that same day. Emergency or unusual situations can be reviewed on a case-by-case basis.

Attendance at practice is required for team members and excused/unexcused absences will be noted. If a coach is unable to resolve the nature of an absence through discussion with a student, the athletic director may be asked to assist in determining the status of the absence.

Consequences for an unexcused absence may include reduced or no playing time in a subsequent contest. Multiple unexcused absences will require a conference between player and coach to determine a commitment plan by the student for future practice attendance. Multiple unexcused absences may result in dismissal from a team.

Students who experience academic conflicts may honor those commitments or seek assistance without disciplinary penalties. The student must contact his/her coach in advance when unable to attend practice for academic reasons. Coaches will use their prerogative to determine the impact on playing time of these absences. Recurring academic related absences may result in a recommendation that a student athlete does not continue with their sport in order to meet the demands of their academic load.

EARLY DISMISSAL

Some matches may necessitate students have an early dismissal from part or all of 6th period to arrive to their contest on time. It is the responsibility of the student athlete to email their teacher at least the day before the classes they will miss because of an athletic contest. All work shall be made up at the convenience of the teacher.

SQUAD SELECTION

In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at RZJHS, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations of the most effective squad size for any sport.

PLAYING TIME

Varsity team membership is based on fitness, ability, attitude, effort, knowledge of fundamentals, and commitment. A student athlete earns the privilege to be on the team and play. At the coach's discretion, student athletes will play as much as required for the team to compete at its highest level. A valued team member in good standing may play every minute of a contest or not at all.

At the Junior Varsity and Sophomore levels student athletes earn the privilege to be on the team and play in a contest. Skill development is linked to playing time at these levels to prepare students for varsity play. Team membership does not guarantee play time.

It is the goal of the athletic department at the freshman "team" level to provide an opportunity for students to participate in each contest. Student athletes earn the privilege to play for increasing amounts of time.

At the discretion of the coach, student athletes at all levels who have not attended practice consistently or whose efforts in practice are not applicable to the team dynamic may not receive playing time.

TEAM COMMUNICATION

Each coach and/or athletic director will email their teams as needed with pertinent information related to schedules. Additionally, each player will have an account on the SportsYou application where a group team message will be set up and schedules will be available.

VACATION POLICY

Vacations by athletic team members during a sport season is discouraged. Parents and athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event of an unavoidable absence due to a vacation, an athlete must:

- Contact the head coach prior to the vacation.
- Practice one day for each practice or contest day missed prior to resuming competition. (Contest day will count as a practice day.)
- Be willing to assume the consequences related to their status on that squad as a starter, (reserve status, etc.)

ACADEMIC ELIGIBILITY

Eligibility reports will be reported weekly from the PowerSchool gradebook on Wednesdays at 9:45 am. Each coach will receive a grade report for his/her team the following day. Any student earning two D grades or one F grade in any given course will be ineligible for the following week beginning Monday through Sunday. Changes and updates in the grade report (a student athlete has raised their grade(s)) must be reported by the classroom teacher to the athletic director if the student wishes to regain eligibility for the next week.

EQUIPMENT AND UNIFORMS

Student athletes are responsible for the uniform, or any other equipment issued to them from the school. Equipment and uniforms checked out to athletes, are for their own use only during practice and games. Uniforms are only to be worn during Rochelle Zell competition. Failure to turn in this gear at the end of the season will result in school fines. Care of equipment and uniforms during the season should be strictly supervised. Equipment and uniforms should be kept clean, and all repairs made immediately upon discovery.

SCHEDULING CONFLICTS

Rochelle Zell Coaches are aware that many student-athletes are involved in classes that involve after school participation or other after school activities (clubs). Coaches take into consideration these activities when communicating their expectations to student-athletes about attending all practices, games, and meetings. However, a critical skill all student-athletes must develop is to communicate any potential conflicts with activities/athletics to their coaches, club advisors, and teachers.

TRANSPORATION

Team members must travel by approved school transportation to and from contests when provided. Any exceptions must be cleared through the athletic office in writing, 24 hours prior. The general rule is that "If you came with the team, you go home with the team". Students are allowed to travel home with parents after an away contest if written permission is provided from the student's legal guardian to the athletic director and coach. For matches with closer proximity, student/family transportation may be required.

PARENT AND COACH COMMUNICATION GUIDELINES

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 and provide greater benefit to children. This begins with clear communication from the coach.

Communication parents expect from coaches:

- Philosophy of the program
- Expectations for all players on the squad
- Locations and times of all practices and contests
- Student misconduct that results in the suspension of a player

Communication coaches expect from parents:

- Concerns should be expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concern regarding a coach's philosophy and/or expectations as your children become involved in the programs at Rochelle Zell Jewish High School

It is important to understand that there also may be times when things do not go the way a parent or student athlete may want. At these times, a productive discussion with the parent is encouraged.

Appropriate concerns to discuss with parents:

- The treatment of a student athlete- mentally, emotionally, and physically
- Ways to help a student athlete improve
- Concerns about a student athlete's behavior

It is very difficult to accept that your child is not playing as much as you may have hoped. Coaches are professionals. They make decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain concerns can be and should be discussed with your child's coach. Other matters, such as those below, must be left to the discretion of the coach.

Coaches' decisions

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent. These talks are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

- The player needs to talk to the coach before the parent does
- Once a player has talked with a coach, the parent shall be allowed to meet with the coach
- If an issue still exists, a meeting with the coach, player, and parents need to take place

Environment and Conduct

PLAYER EJECTIONS

In accordance with IHSA bylaw 6.011, any player or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest. The athletic director or administration may extend ineligibility for a coach or player on a case-by-case basis.

POLICIES COVERED IN THE RZJHS STUDENT HANDBOOK

Refer to pages 15-18 in the RZJHS Student Handbook for the following sections:

- Potential Consequences for Violating School Rules
- Suspension and Expulsion
- Bullying, Harassment, and Hazing
- Drugs, Alcohol, Tobacco, and Vaping

NCAA AMATEURISM CERTIFICATION AND ACADEMIC ELIGIBILITY

For information regarding NCAA certification and eligibility, see the Academic Dean or Athletic Director.

NUTRITIONAL SUPPLEMENTS AND ERGOGENIC AIDS

The National Federation of State High School Associations (NFHS) strongly opposes the use of anabolic, androgenic steroids (AAS) and other performance-enhancing substances by high school athletes. Such use violates legal, ethical and competitive equity standards, and imposes unacceptable long-term health risks. The NFHS supports prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes. Anabolic, androgenic steroids are prohibited by all sports governing organizations.

ATHLETIC TRAINING

Certified Athletic Trainers are medical experts in preventing, recognizing, managing, and rehabilitating injuries resulting from physical activity. Athletic trainers are recognized by the American Medical Association as allied health care professionals.

In order to provide quality care for our student athletes, we do our best to work alongside doctors and other health care professionals. **If your student is seeing or is going to see a physician for an injury, RZJHS will need a note clearing your child for participation. If your child does not have a note, they will be unable to practice or compete.** It is important that we have this communication to protect our athletes from further injury as well as enhance our rehabilitation capabilities.

THREATENING WEATHER

It is the responsibility of every coach or staff member to ensure the safety of all athletes and other students under their supervision. At the first sign of lightning, or the onset of severe weather, all personnel are to move to safe structures or shelters. A safe structure is defined as any fully enclosed building frequently used by people. In the absence of a building, athletes and spectators should go to any vehicle with a hard metal roof.

Once lightning has been recognized or the onset of severe weather, all activity is to be interrupted immediately. Contests or practices will not resume until the area has been "lightning free" for at least 30 minutes.

SPORT-SPECIFIC CAUTIONARY STATEMENTS

Baseball Cautionary Statement

Preparation for practice or contest:

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the coach.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Remove all jewelry.

Approach to the competitive/practice site or travel to contest/practice site:

1. Be alert to:
 - a. Variable surface textures (concrete, matting, turf)
 - b. Steps, ramps, dugout locations
 - c. Locations of bulk equipment or specific drills
2. Cautions specific to baseball:
 - a. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/lightheadedness. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
 - b. Drink breaks will be built into the practice plan and players should make use of each one.
 - c. Notify the coach about use and location of inhalers.
 - d. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
 - e. Helmets are to be worn by batters, base runners, and catchers.
 - f. "On deck" hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop.
 - g. Swing only one (1) bat when taking practice swings.
 - h. Batting practice, infield drills, outfield drills, and pitching practice are to be done in designated areas and at designated times. DO NOT begin these practices without direction of the coach.
 - i. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
 - j. Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or of injury due to friction burn, being stepped on, or skeletal injury. Be alert to the location of the ball and opponents. Assume a protected position. Do not leave limbs extended when on the ground.
 - k. Burns, sprains, strains, and contusions must be reported to coaches.
 - l. Dugout and team bench - Players in the dugout or team bench area must be alert to foul balls, overthrows, or defensive players moving towards the area at high speed.
 - m. Indoors - always look before taking practice swings during drills. If you are chasing balls into a hitter's area, get his/her attention before going near him/her.
 - n. On a pitched ball that appears to be headed towards a hitter, all hitters will be instructed to turn their front shoulder towards the catcher and tuck their chin to avoid being hit in the facial area.
 - o. Never catch without protective equipment.
 - p. Never slide head first into a catcher at home plate.

Basketball Cautionary Statement

Preparation for practice or contest:

1. Wear all pads, braces and supportive undergarments to all practices and competitions.
2. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical effort. Clothing should be kept clean and sanitary.
3. Clothing should not prevent heat dissipation or restrict movement.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Remove all jewelry.
6. High top basketball shoes are suggested, and they should be properly laced up.
7. Mouthguards are recommended.

Approach to the competitive/practice site or travel to contest/practice site:

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Be alert to the following:
 - a. Ball carts
 - b. Basketballs in flight, rolling, rebounding or bouncing
 - c. Wind sprints or fast break drills
 - d. Proximity of bleachers and walls to playing surface
4. Stretch thoroughly and jog easy laps to warm up.
5. Be aware of and avoid contact with bleachers, curtains, and any other miscellaneous peripheral equipment.

Cautions specific to basketball:

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/lightheadedness. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Drink breaks will be built into the practice plan and players should make use of each one.
3. Foot Problems- Refer to coach(es) and athletic trainer
 - a. Blisters
 - b. Calluses
 - c. Ingrown toenails
4. Other Skin Problems- Refer to coach(es) and athletic trainer
 - a. Boils
 - b. Rashes
 - c. Floor burns, cuts
5. Ankle and other orthopedic problems.
 - a. Sprains- new- ice, compression, elevation, rest
 - b. Sprains- old- taping, easy workouts, and rehabilitative exercise.
6. Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning.
7. Notify coach about use and location of inhalers.
8. Do not hang on the rims or nets.
9. Do not run under a player who is in the air to shoot or receive a pass.
10. Do not swing elbows excessively when clearing a rebound.
11. Do not take an intentional foul that might cause an injury to an opponent.
12. When taking a charge or screening an opponent, assume a weight-balanced, protected position.

Cross Country Cautionary Statement

Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm weather. It is important to be prepared for all kinds of weather and to dress accordingly.
2. Proper warm-up and warm down are very important before and after competition and practices.
3. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.

Movement to the practice/contest site or travel to contest/practice site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial surfaces.
2. Stretch thoroughly and start your workout with easy running.

Cautions specific to cross country:

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks.
3. Never cut across neighborhood lawns or through private property.
4. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
5. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

Golf Cautionary Statement

Preparation for practice or contest:

1. During all practice or competitive sessions and while preparing for practice or preparing to depart the golf course, participants are expected to observe and follow all policies contained in this document, all USGA playing rules, and display proper golf etiquette. Any practice or competitive golf rounds played without school district authorization or supervision will be at the player's own expense and own personal liability for damage, loss or injury.
2. Choose clothing or footwear that fits properly and doesn't restrict movement. Wear all protective and supportive undergarments to practice and competition.
3. Select clothing appropriate for precipitation, humidity, and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Avoid horseplay with clubs and equipment.
6. If ill or dizzy, notify the coach or trainer. Do not practice.
7. Check clubs regularly for metal stress or other signs of deterioration.
8. Replace or repair damaged clubs.

Approach to the competitive/practice site or travel to contest/practice site:

1. Exercise caution in driving to course or practice areas.
2. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
3. Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, and other changes in footing textures.
4. Be alert to locations of driving, practice swings, chipping, and sand trap areas.
5. Be alert to cart pathways, golf carts, and traffic patterns.

6. Be alert to weather conditions, especially stormy weather. Check with the coach before playing if there are any safety questions.
7. Adjust for temperature and humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating.
8. No horseplay, rough housing, hazing or initiations.

Cautions specific to golf:

1. When involved in club control/club swing drills LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. No horseplay with clubs or equipment. No club throwing.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shot. Do not hit the tee or fairway shots if in close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
 - a. Remove spikes, get away from clubs.
 - b. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
 - c. Move to a wood building, low, protected area, or heavily wooded area.

Soccer Cautionary Statement

Preparation for practice or contests:

1. Wear all protective equipment, pad, braces, and supportive undergarments including shin guards, to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Remove all jewelry.
6. Goalkeeper must wear proper pads (Mouthguard is suggested).
7. Field players may also choose to wear a mouthguard.

Approach to the practice or contest site:

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
2. Be alert to the location of the goal mouth, goal posts, and shooting drills.
3. Be alert to fast action dribbling or passing drills.
4. If ill or dizzy, notify the coach. Do not practice.
5. Do not hang on goal posts at any time.
6. Soccer is played and practiced in all types of weather. Players should have proper clothing and footwear.
7. If lightning is in the area, the practice or game will be suspended until the storm passes. (30 minutes without lightning)

Cautions specific to soccer:

1. Play the ball when on defense. Do not attack the offensive opponent with illegal contact.
2. When involved in shooting drills, shoot in specific sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.

3. High kicks are prohibited.
4. Intentional pushing and tripping are prohibited.
5. Charging or contacting the goalkeeper is prohibited.
6. Players must brace the neck and keep their mouth closed while striking the ball with the upper portion of the forehead when heading the ball.
7. Out of control runs, jumps, or high kicks are prohibited.
8. Shin guards must be worn by all players.

Tennis Cautionary Statement

Preparation for practice or contest

1. Wear protective socks and well-fitting footwear to practice and contests.
2. Wear outer and undergarments that are appropriate for humidity, temperature, bracing and support.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
5. Players needed protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry.

Approach to the practice or contest site or travel to contest/practice site:

1. Be alert to steps, ramps, and changes in the texture of courts and sidewalks.
2. Be alert to bounding board activity.
3. Be alert to the location of warm-up drills involving practice wings.
4. Be alert to ongoing games as you enter the court area.
5. Be alert to debris and glass in the courts as you arrive.
6. Be alert to the location of nets and net posts.

Cautions specific to tennis:

1. Throwing racquets and other horseplay is prohibited.
2. Doubles partners should face the net and be always aware of each other's court position to avoid physical or racquet contact with each other.
3. Players must gather loose tennis balls and call "BALL" if loose ball rolls onto another court.
4. Shatterproof glasses or lenses must be worn if needed for perception and judgement. Eye protection specifically designed for racquet sports is strongly suggested.
5. Be under control when playing near nets, net posts, and fences.
6. Net jumping is prohibited.
7. Heat and humidity can be a serious problem. Ingest water during the day, and at practice or matches.
8. Players are encouraged to use sunscreen or cover skin areas.

Track and Field Cautionary Statement

Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly. Wear ace bracing and supportive undergarments to practices and competitions.
2. Participants should ingest the equivalent of 4-6 glasses of water each day.
3. Proper warm-up and warm down is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.

5. Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
6. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
7. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
8. No horseplay, rough-housing, hazing or initiations.

Movement to the practice/contest site or travel to contest/practice site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
 - a. Sprint/hurdle straight-aways
 - b. Relay/exchange areas
 - c. Jump/Vault runways and landing pits
 - d. Shot and discus throwing and landing areas
 - e. When jogging for warmup/warmdown, or during practice, run in the outer lanes.
 - f. Stretch thoroughly and start your workout with easy running.

Cautions specific to track and field:

1. Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
2. Shot/discus thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot and discus.
3. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
4. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
5. When passing other runners during practice, always call "track."
6. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
8. Never cut across neighborhood lawns or through private property.
9. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.

Volleyball Cautionary Statement

Preparing for Activity:

1. Wear protective knee pads, braces and supportive equipment or garments to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.

6. Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry.
9. No horseplay, rough-housing, hazing or initiations.

Approach to the practice or contest site or travel to contest/practice site:

1. Be alert to ramps/steps leading to practice/contest area.
2. Be alert to variations in surfaces of locker rooms, ramps, stairways or playing floors.
3. Be alert to the following:
 - a. ball carts
 - b. volleyballs in flight, rolling, rebounding, or bouncing
 - c. spiking or serving drills
 - d. nets, support poles, cables, chairs, bleachers, and official's stand

Cautions specific to volleyball:

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light-headed. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Drink breaks will be built into the practice and players should make use of each one.
3. Foot problems--refer to coach(es) or athletic trainer:
 - a. Blisters
 - b. Calluses
 - c. Ingrown toe nails
 - d. Fungus infections or plantar warts
 - e. Other skin problems--refer to coach(es) or athletic trainer:
 - i. Rashes
 - ii. Floor burns, cuts
 - f. Ankles and other orthopedic problems:
 - g. Sprains--new--ice, compression, elevate, rest
 - h. Sprains--old--taping, easy workouts, rehabilitative exercise
 - i. Weight and strength training will have separate standards and progressions designed to enhance safety.
4. Do not hang on rims or nets.
5. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
6. Never roll a ball under the net during play; the ball can roll under the feet.
7. Never throw the ball over the net; ball can hit an unsuspecting player.
8. Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or loss of balance.
9. While executing a defensive roll, sprawl, or dive, player must begin as low as possible to the floor with the arms fully extended away from the body. Execution with bent elbows and little or no bending of the knees may cause fractures or other injuries.
10. As in many team sports, the possibility of running into teammates or opponents is apparent. Jump vertically when spiking or blocking.
11. Volleyball utilizes the hands in various techniques; i.e., setting, blocking, serving, attacking, and digging.

- Players should use proper technique in order to avoid breaks, fractures, and sprains.
12. Muscle soreness and possible strains occur more frequently at the beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
 13. Making contact with the nets, support poles, cables, referee's stand, floor, wall, bleachers, and other players during practice or competition could possibly result in serious bodily injury.

INDIVIDUAL ATHLETIC AWARDS

CHICAGO PREP CONFERENCE ALL CONFERENCE AWARD

Depending on the sport, the student athletes are nominated by coaches in the conference or have reached a particular level of success at their sports conference meet.

PLAYER OF THE YEAR AWARD

Student athletes are nominated and voted for by other coaches in the conference.

ATHLETICS RECOGNITION WALL AWARD

Student athletes must attain one of the following achievements to earn this award.

- Three sport athlete for four years in good standing and maintained a minimum of 3.5 GPA

Awards/Accomplishments from:

- Any organization covering Illinois High School Association sports
 - All State Special Mention and above
- IHSA State Qualifier

Any high school Jewish athletics affiliated organization

- Player of the Year
- First team, second, or third team selection

Chicago Prep Conference

- Player of the Year
- All Conference Athlete, at least four times
-

Student athletes are nominated for the following awards by their coaches:

MIRIAM LEADERSHIP AWARD

OUR RABBIS TEACH: MOSES' FATHER HEARD PHAROAH'S DECREE TO CAST ALL NEW BORN SONS INTO THE RIVER. AS A RESULT, HE AROSE AND DIVORCED HIS WIFE, LEADING ALL OF THE ISRAELITES TO FOLLOW SUIT. HIS DAUGHTER MIRIAM SAID TO HIM, 'FATHER YOUR DECREED ONLY AGAINST THE MALES WHEREAS YOU HAVE DECREED AGAINST BOTH GENDERS'. IN RESPONSE TO MIRIAM'S BRAVERY AND LEADERSHIP, HER FATHER AROSE AND TOOK HIS WIFE BACK: AS DID THE REST OF THE ISRAELITE MEN. (BT SOTAH 12A)

BEN-ZOMA BEST ATTITUDE AWARD

WHO IS WISE? ONE WHO LEARNS FROM ALL PERSONS.
WHO IS MIGHTY? ONE WHO CONQUERS THEIR EVIL IMPULSES.
WHO IS RICH? ONE WHO IS HAPPY WITH THEIR PORTION.
WHO IS HONORED? ONE WHO HONORS THEIR FELLOWS.
-BEN ZOMA. PIRKEI AVOT 4:1

RABBI AKIVA DILIGENCE AWARD

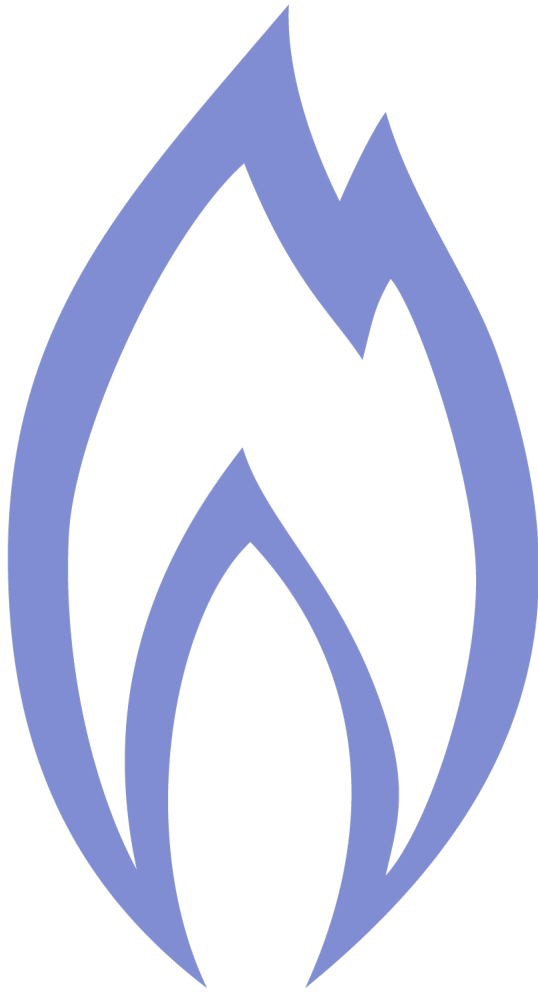
“RABBI AKIVA WAS A SHEPARD FOR FORTY YEARS: HE STUDIED TORAH FOR FORTY YEARS: AND GUIDED ISRAEL FOR FORTY YEARS (SIF. DEUT.357).” ACCORDING TO RABBINIC TRADITION RABBI AKIVA DEVELOPED FROM A CHILD OF HUMBLE ORIGINS INTO THE MOST PRESTIGIOUS, LEARNED SCHOLAR OF HIS GENERATION THROUGH HARD WORK, COMMITMENT AND DILIGENCE HE BECAME THE HEAD OF AN ACADEMY AND TEACHER OF TENS OF THOUSANDS OF STUDENTS.

MVP AWARD

Most valuable player based on skill and/or leadership.

STUDENT MANAGER AWARD OF DISTINCTION

Student manager that elevates the athletics program and has served their teams for a minimum of 50 hours.



Signature Page

2024-25/5785

By signing this form, I acknowledge that I have received the Rochelle Zell Jewish High School Athletics Handbook for Students and Parents for the 2024-25/5785 academic year. Furthermore, I acknowledge that I have read and will follow the rules and regulations as set forth in the Rochelle Zell Jewish High School Athletics Handbook in conjunction with the Student Handbook.

Student's Printed Name

Student's Signature

Date

Parent/Guardian's Signature

Date



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