

**Whiteside Warrior  
Athletic/Extracurricular Teams  
Handbook  
2025 - 2026**

## Welcome

Welcome to the Whiteside Warrior Family of Athletics. This handbook is not intended to answer every question or situation concerning our school's athletic program, but it is merely to serve as a quick reference and a guide with answers to some of your questions. Some areas are covered in more depth while others are only mentioned. If you have a specific question or problem, feel free to contact the Athletic Director or the Principal. *The final pages of this handbook are designed to be removed and used as needed for required athletic paperwork.*

## Administration

Superintendent  
Principal  
Asst. Principal  
Athletic Director

Mark Heuring  
Moncia Laurent  
Jaime Cotto  
Luke Ryterski

## Whiteside Athletic Coaches / Teams / Tryout 2025-26 Dates

Early Fall Sports - Physical, sports packet, and fees due by Wednesday, July 24

### **Open to Incoming 5<sup>th</sup>- 8<sup>th</sup> Graders**

- Baseball- Coach Troy Griffith- [troy.griffith@wssd115.org](mailto:troy.griffith@wssd115.org)
  - Tryouts: July 28th and July 29th from 9am to 11am
- Softball- Coach Abby Gray- [abigail.gray@wssd115.org](mailto:abigail.gray@wssd115.org)
  - Tryouts: July 28th and July 29th from 9am to 10:30am
- Cross Country – Coach Luke Ryterski- [luke.ryterski@wssd115.org](mailto:luke.ryterski@wssd115.org)
  - Tryouts: July 21 and 22

Late Fall Sports - Physical, sports packet, and fees due by Thursday, September 26

- Cheerleading – 7<sup>th</sup> & 8<sup>th</sup> Graders – DeKoria Conway
  - Tryouts: Mid-September/ Early October
- Physical, sports packet, and fees due by Wednesday, September 11
- Boys' Basketball –Coach TBD (7-8)
  - - Coach Quani Rudd (5-6) [quani.rudd@wssd115.org](mailto:quani.rudd@wssd115.org)
- Girls Basketball - Coach TBD (7-8)
  - - Coach TBD (5-6)
  - Tryouts first or second week in October

Winter Sports - Physical, sports packet, and fees due by Wednesday, December 11

- Boys' Volleyball- Coach Kelsey Smith (5-8)- [kelsey.smith@wssd115.org](mailto:kelsey.smith@wssd115.org)
- Girls' Volleyball- Coach TBD (7-8)-
  - - Coach Alex Dahm (5-6)
- Bowling (Grades 5-8) – Coach Kia Ellis [kai.ellis@wssd115.org](mailto:kai.ellis@wssd115.org)
- Chess - Coach Anna Campbell [anna.campbell@wssd115.org](mailto:anna.campbell@wssd115.org)
- Scholar Bowl - Coach Anna Campbell [anna.campbell@wssd115.org](mailto:anna.campbell@wssd115.org)
  - Tryouts first or second week in January

Spring Sports - Physical, sports packet, and fees due by Monday, March 3

- Boys' Track (Grades 6-8) – Coach Quani Rudd [quani.rudd@wssd115.org](mailto:quani.rudd@wssd115.org)
- Girls' Track (Grades 6-8) – Coach Erin Strinni [erin.strinni@wssd115.org](mailto:erin.strinni@wssd115.org)
- Golf (Grades 5-8)- Coach Dennis Martinez- [dennis.martinez@wssd115.org](mailto:dennis.martinez@wssd115.org)
- Soccer (Co- Ed- Girls and Boys) - Coach Dawn Vollmer - [dawn.vollmer@wssd115.org](mailto:dawn.vollmer@wssd115.org)
  - Tryouts second week of March

**Tryouts are closed to family members and the general public.**

Every student athlete is expected to attend all scheduled days of tryouts to be considered for the team. Coaches will provide information before tryouts start if they plan to exercise early cuts during the scheduled tryout time. Attendance exceptions to tryouts will only be made due to an illness, family emergency, or a scheduled absence with the coach and athletic director.

In the event that a student was a member of the team during a prior season and cannot attend tryouts due to an illness, family emergency, or a scheduled absence, the coach/team sponsor may judge them on their performance from the prior season or request a separate tryout. In the case of a new student to the extracurricular program, a military deployment, or a 5th grader who cannot attend tryouts due to the aforementioned reason, a separate tryout must be arranged at the coach's/team sponsor's/administration's discretion.

All parents and students are required to attend a mandatory athletic meeting prior to the start of the season where the athletic director will cover important information and the coaches will conduct team meetings. All participants are required to have successfully completed a physical and that physical along with the athletic sports packet must be turned into the school prior to trying out for a sports team. In the event a student does not have their physical by the first try out date, they are still required to attend the first day of tryouts and observe. Any exceptions to this rule must be cleared with the coach/team sponsor. In addition to having completed a physical, all students must be academically eligible to try out for a sports program.

**Belle – Fair Conference**

Whiteside is a member of the Belle-Fair Conference. The conference consists of Central Junior High and West Junior High in Belleville, Wolf Branch, Emge, Belle Valley, Pontiac, Grant, Signal Hill, Whiteside, High Mount, Central of O'Fallon and Shiloh. Our conference is a very competitive conference in all athletic sports and team activities.

**Southern Illinois Junior High School Athletic Association (SIJHSAA)**

Whiteside Middle School is a member of the SIJHSAA. This organization organizes large-scale Southern Illinois State Athletic Tournaments based on school enrollment for member schools. As a member district, Whiteside School District is also governed by this association's rules.

**More information can be found at:** <https://www.sijhsaa.com/>

## **Informational Meetings and Sports Packets**

This year, Whiteside will host FOUR (4) informational meetings for all parents and athletes prior to the start of each season summer, fall, winter, and spring. At these meetings, each coach will outline the rules and expectations associated with the respective sport. Time will also be allotted for questions and answer sessions. Attendance at the informational meetings is pertinent to the success of the athletic program here at Whiteside. Please make every effort to attend the meetings. If you are unable to attend a scheduled meeting, please contact Mr. Ryterski.

- Summer Sports Meeting (During the week of August 4th.)
- Fall Sports Meeting (Approximately the week of October 6th)
- Winter Sports Meeting (Approximately the week of January 26th)
- Spring Sports Meeting (Approximately the week of March 16th)

\*All meetings will be held in the Whiteside Middle School gymnasium with breakout sessions with individual coaches.\*

All students wanting to participate in any sports/team activity listed **MUST** have the following turned in to the middle school office by the deadline in order to participate in try-outs.

- Completed Sports Packet (found at the end of the handbook)
- Approval to Participate in Athletics/Sports Box Checked
- Current physical (less than one year old as of tryout date)
- SIGNED and Filled out by a Physician, N.P., or P.A. to be valid
- Certificate of Physical Fitness for Participation
- Agreement to Participate in Activity
- Medical Authorization Form
- Concussion Information Acknowledgement
- Registration fee and all incidental fees (lunch, IDs, library, etc.) - **paid**
- No more than one F to be academically eligible (not applicable for August tryouts)

Note: If your student makes a team, an Activity Fee of \$25 for the first activity and \$10 for each additional activity is due two (2) weeks following tryouts or by the first game, whichever comes first. This is not required for tryouts. **(These fees are not applicable for waiver.)**

**Students will be required to pay all outstanding fees prior to the start of the upcoming season to play in all events.**

## **Booster Club**

The Whiteside Warrior Booster Club supports all extra-curricular activities. It is highly encouraged that all parents are involved in the Booster Club. You may support the Booster Club in the following ways:

Attend Booster Club meetings held at Whiteside Middle School. These meetings are normally held to coincide with player parent meetings notated above in the tryout section.

**This year's booster club meetings and times schedule are as follows:**

- Summer Sports Meeting (During the week of August 4th.)

- Fall Sports Meeting (Approximately the week of October 6th)
- Winter Sports Meeting (Approximately the week of January 26th)
- Spring Sports Meeting (Approximately the week of March 16th)

- Additional meeting may be called at the discretion of the Principal

### **Eligibility Standards Extra-Curricular Activities**

Students who have more than one F in any class are ineligible to try out and maintain participation. Eligibility to participate in extracurricular activities will be checked every Monday. If the student has an F in more than one class, the student will be placed on probation, and not allowed to participate in practices or games. Students will have a one week period to improve their grades. If a student has more than one F a second time during a season, the student will become ineligible for the remainder of that season.

Participation and/or attendance of extra-curricular activities is a privilege. Students who receive an office referral that results in an out-of-school suspension will not be permitted to participate and/or attend the practice, game and/or other special event on that given day. This suspension will result in the removal from the current activity the student is participating in.

A student who has been suspended two times per semester will not be eligible to participate in extracurricular activities for the current semester.

All fees must be paid in full in order to try out and participate.

### **School Attendance**

It is expected that student athletes will be in attendance on the day of an extracurricular activity. If the student athlete must be tardy, he/she must arrive at school by 11:00 in order to participate in the extra-curricular activity. If the student athlete arrives after 11:00, he/she will not be permitted to participate.

If a student athlete is absent from school on the day of an extracurricular activity, he/she will not be eligible for the extra-curricular activity with the following exceptions:

- Absence due to death in family
- Absence due to a doctor/dental appointment
- Absence due to school – sponsored field trip
- Prior approval by the principal

Absence due to illness is NOT an exception. If a student is too ill to attend school, he or she should not, on the same day, participate in an extracurricular activity.

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### **Excused Absences from Extra-Curricular Activity**

It is up to the discretion of each coach to determine his/her excused absence policy. Keep in mind that regardless of the reason, excused absences will only be granted if 24 hours notice has been given to the coach. If extenuating circumstances should arise, please contact the coach.

### **Unexcused Absence from a Practice or a Game**

If a student makes a team, he/she is expected to come to all practices and extra-curricular activities. If any student athlete chooses not to attend a practice and receives a consequence, the suspension/consequence will be determined by the discretion of the coach. This could include but not limited to:

- Sitting on the bench in street clothes
- Sitting in the bleachers
- Staying at home

### **Behavior in School**

**Out-of-School Suspension:** If a student athlete is issued an out-of-school suspension, he/she will be barred from participating or attending any extra-curricular activities from the day the suspension is issued through the entire suspension period. In addition, all athletes will be removed from participating for the remainder of the season.

**Stay In School Program:** Students who receive an out of school suspension and select the stay in school program offered at the ROE will be barred from participating or attending any extra-curricular activities from the day the suspension is issued through the entire suspension period. In addition, all athletes will be removed from participating for the remainder of the season.

### **Behavior at Extracurricular Functions**

Student athletes are expected to represent Whiteside Middle School with pride. If a student athlete chooses to conduct himself or herself in an inappropriate manner (i.e. theft, malicious destruction, total disregard for authority) at an extracurricular activity, the district will use the SIJHSAA policy to enforce consequences.

Before any suspension takes effect, the student athlete will be verbally advised by the head coach or school administration of the alleged violation, and the student athlete will have an opportunity to explain or justify his/her action.

Extreme misbehavior during an extra-curricular function may also be cause for punishment up to and including suspension and expulsion from school. Disciplinary consequences will be determined by the administration.

### **Whiteside/Belle-Fair Conference Spectator Rules**

Below is a list of rules developed by the Whiteside School District and the Belle-Fair Conference which include rules for spectators. All students, parents, coaches, and fans are kindly asked to abide by and enforce these rules.

1. Appropriate behavior is expected at all extra-curricular activities. Poor sportsmanship or other inappropriate behavior will not be tolerated. Anyone exhibiting inappropriate behavior will be removed.
2. All students in attendance must be accompanied by a parent or a responsible adult (21 or older) who understands they are in charge of that student while attending the event.
3. For home and away games, students must be picked up within a reasonable time after the game is over. If a problem exists, the student's attendance status for future extracurricular activities will be discussed with the parent.
4. All guests must remain seated in the gym when a game is in progress.
5. Students must stay off the court area at all times.
6. Clothing should be appropriate for a school extra-curricular activity.
7. Guests must stay off the court at all times.
8. Guests may not loiter outside the building / Students may not open the outside doors to admit other persons.
9. Doors will be open to visitors 30 minutes prior to the scheduled extra-curricular activity.

**Please remember:**

- NO OBJECTS MAY BE THROWN
- NO STOMPING
- NO RUNNING
- NO JUMPING ON THE BLEACHERS
- NO PLAYING IN THE MULTIPURPOSE ROOM (MPR), CLASSROOMS, HALLWAYS OR ON THE PARKING AREAS

**Students who display poor sportsmanship or other inappropriate behavior will be subject to disciplinary action and will be prohibited from attending future events. Adults who display poor sportsmanship or inappropriate behavior will be banned from attending future events.**

**Physicals**

All students participating in sports at Whiteside must have an annual sports physical. The **IHSA Preparticipation Examination** form is the recommended form. You may download this form from the district website or ask the office for a copy. The sports physical is valid for one year from the date it was completed. In order to participate in the sport, the sports physical must be valid through the entire season. A sports physical completed on May 19, 2025, would enable the student to participate in sports through May 19, 2026. The required sixth grade school physical is acceptable as long as it is valid throughout the entire season. Sports physicals are available through the school at the end of May for a nominal fee.

## **Uniforms**

Student athletes will be issued a uniform at the beginning of the season. The student athletes are responsible for these uniforms, and it is expected that these uniforms are cared for and returned clean to the coach within two weeks after the last game. If the uniform is ruined or lost it will be the responsibility of the student athlete to pay for a new uniform at the current price. This also will be expected within two weeks after the last game. Eighth grade student athletes must turn in all uniforms or money owed for a uniform prior to participation in the graduation ceremony.

## **Transportation**

Whiteside provides transportation to all away games. Student athletes will be expected to ride the bus to an away game unless permission has been granted by the athletic director or school administration prior to the game.

Student athletes are expected to be picked up within 15 minutes after the conclusion of practice or a game. Please understand that if a student athlete is picked up late on multiple dates after the conclusion of sporting events a meeting will be required with the students parents, coach, athletic director and administration.

## **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/daughter and this begins with clear communication between all involved parties.

### **This is what you should expect from every coach:**

- Philosophy of the coach
- Expectations the coach has of all athletes
- Locations and times of practices/contests
- 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 of son/daughter in all related extracurricular activities
- Sportsmanship at all contests
- Understanding that there are always two sides to every story
- Sign athlete(s) out if riding home with you after an extracurricular activity.

While student athletes at Whiteside will participate in many rewarding experiences, there will be times when things do not go the way you or your son/daughter wishes. 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 and physically
- Ways to help your son/daughter improve
- Concerns about your son's/daughter's behavior
- Concerns about academics

Sometimes it is very difficult to accept your son's/daughter's playing time or role 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 shall be followed:**

UNDERSTAND THAT YOU DO NOT CONFRONT A COACH AFTER A CONTEST OR PRACTICE.

Call to set up an appointment to see the coach.

If the coach cannot be reached, contact the principal's office, who will in turn set up a meeting.

Profanity has no place in this discussion.

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

Call and set up an appointment with the Principal. UNDERSTAND that the principal will insist that you speak with the coach before a meeting will be set with the Principal.

At this meeting the discussion will only deal with your son/daughter.

An appropriate next step will be determined.

Research has indicated that students involved in junior high sports have a greater chance for success during high school and adulthood; consequently, these programs have been established. It is our hope that both you and your son/daughter have many wonderful memories to share after junior high.

## **Volunteers**

There may be times that a coach would like assistance from parents, former players, or other individuals knowledgeable about the sport. If you are interested in being a volunteer, please speak with the coach, our athletic director, or the principal's office.

To help ensure the safety of all Whiteside students, all athletic volunteers will be required to agree to a criminal background check through St. Clair County. The background check must be completed and approval must be granted by the District Office prior to an individual being permitted to participate as a volunteer in a team activity.

***All information included on a criminal background check will be kept confidential in the superintendent's office.***

These individuals may assist with the sport after tryouts upon approval from administration and at the discretion of the coach. Tryouts are closed to all observers.

## **Sportsmanship**

Whiteside School District expects all participants who participate or attend any extra-curricular activity to show great sportsmanship. This includes:

- Never boo a player, coach or official.
- Appreciate a good play, regardless of who makes it.
- Know the school gets blame or praise for your conduct.
- Recognize the need for more good sports and fewer bad sports.
- Always cheer for Whiteside and not against the opposing team.

## **Awards Night Information**

Each team's coach will organize a recognition ceremony after the activity/season has ended. These are normally held on school grounds and are done to recognize all players who completed the season. This information will be provided by the coach and at times might include teams that participated during the same time period or season.

## **Steroid Information**

Whiteside School District 115 does not permit any type of drug use including any drug that would be used to attempt to improve athletic performance. As many students are beginning their athletic experiences in schools, they may consider using a performance enhancing drug. It is very important to us that we begin educating our students about these types of drugs. The coaches and athletic director will review this information with your child, but we would encourage the parents to talk with their child as well.

The following information was taken from the American Academy of Pediatrics, [www.aap.org](http://www.aap.org).

Athletes, whether they are young or old, professional or amateur, are always looking to gain an advantage over their opponents. The desire for an "edge" exists in all sports, at all levels of play. Successful athletes rely on practice and hard work to increase their skill, speed, power, and ability. However, some athletes resort to drugs to improve their performance on the field or the court.

Some high school and even middle school students are using steroids to gain an edge, improve their skill level, or become more athletic. Steroid use is not limited to males. More and more females are putting themselves at risk by using these drugs. It is important to know that using anabolic steroids not only is illegal, but it also can have serious side effects.

### **What are steroids?**

You may have heard them called 'roids, juice, hype, or pump. Anabolic steroids are powerful drugs that many people take in high doses to boost athletic performance. Anabolic means "building body tissue." Anabolic steroids help build muscle tissue and increase body mass by acting like the body's natural male hormone, testosterone.

Lower doses of anabolic steroids sometimes are used to treat a handful of very serious medical conditions. They should not be confused with *corticosteroids*, which are used to treat common medical conditions such as asthma and arthritis. Corticosteroids are strong medications, but do not have muscle-building effects. Anabolic steroids are the ones abused by athletes and others who want a shortcut to becoming bigger and stronger.

### **Who uses steroids?**

In the past, steroid use was seen mostly in college, Olympic, and professional sports. Today, steroids are being used by athletes as well as nonathletes, in high schools and middle schools. Most major professional and amateur athletic organizations have banned steroids for use by their athletes. These organizations include the International Olympic Committee, National Collegiate Athletic Association (NCAA), and the National Football League (NFL).

Most commonly, steroid use can be found among the following groups:

- Athletes involved in sports that rely on strength and size, like football, wrestling, or baseball
- Endurance athletes, such as those involved in track-and-field and swimming
- Athletes involved in weight training or bodybuilding
- Anyone interested in building and defining muscles

### **How are steroids used?**

Steroids can be taken in the following two ways:

- By mouth (pills)
- Injected with a needle (Athletes who share needles to inject steroids also are at risk for serious infections including Hepatitis B and HIV, the AIDS virus.)

Some athletes take even higher doses, called "megadoses," to produce faster results. Others gradually increase the amount they take over time, which is called "pyramiding." Taking different kinds of anabolic steroids, possibly along with other drugs, is a particularly dangerous practice known as "stacking."

### **Will steroids make me a better athlete?**

No. Steroids *cannot* improve an athlete's agility or skill. Many factors help determine athletic ability, including genetics, body size, age, sex, diet, and how hard the athlete trains. It is clear that the medical dangers of steroid use far outweigh the advantage of gains in strength or muscle mass.

## **What are the side effects of steroids?**

Steroids can cause serious health problems. Many changes take place inside the body and may not be noticed until it is too late. Some of the effects will go away when steroid use stops, but some may not.

### **For both sexes**

Possible side effects for males and females include the following:

- High blood pressure and heart disease
- Liver damage and cancers
- Stroke and blood clots
- Urinary and bowel problems, such as diarrhea
- Headaches, aching joints, and muscle cramps
- Nausea and vomiting
- Sleep problems
- Increased risk of ligament and tendon injuries
- Severe acne, especially on face and back
- Baldness

### **A special danger to adolescents**

High school and middle school students and athletes need to be aware of the effect steroids have on growth. Anabolic steroids, even in small doses, have been shown to stop growth too soon. Adolescents also may be at risk for becoming dependent on steroids. Adolescents who use steroids are also more likely to use other addictive drugs and alcohol.

### **Males**

One of the more disturbing effects of steroid use for males is that the body begins to produce less of its own testosterone. As a result, the testicles may begin to shrink. Following is a list of some of the other effects of steroid use for males:

- Reduced sperm count
- Impotence
- Increase in nipple and breast size (gynecomastia)
- Enlarged prostate (gland that mixes fluid with sperm to form semen)

### **Females**

Since steroids act as a male hormone, females may experience the following side effects:

- Reduced breast size
- Enlarged clitoris (a very sensitive part of the genitals)
- Increase in facial and body hair
- Deepened voice
- Menstrual problems

### **Emotional effects**

Steroids also can have the following effects on the mind and behavior:

- "Roid rage" - severe, aggressive behavior that may result in violence, such as fighting or destroying property
- Severe mood swings
- Hallucinations - seeing or hearing things that are not really there
- Paranoia - extreme feelings of mistrust and fear

Anxiety and panic attacks  
Depression and thoughts of suicide  
An angry, hostile, or irritable mood

### **A word about... Supplements**

Over-the-counter supplements such as creatine and androstenedione ("andro") are gaining popularity. Though these supplements are not steroids, manufacturers claim they can build muscles, and improve strength and stamina, without the side effects of steroids.

It is important to know that these substances are not regulated by the Food and Drug Administration (FDA) and are not held to the same strict standards as drugs. Like steroids, they are also banned by the NFL, NCAA, and International Olympic Committee.

Although both creatine and androstenedione occur naturally in foods, there are serious concerns about the long-term effects of using them as supplements. These products may be unsafe. Remember, there is no replacement for a healthy diet, proper training, and practice.

### **Play safe, play fair**

Success in sports takes talent, skill, and most of all, practice and hard work. Using steroids is a form of cheating and interferes with fair competition. More importantly, they are dangerous to your health. There are many healthy ways to increase your strength or improve your appearance. If you are serious about your sport and your health, keep the following tips in mind:

- Train safely, without using drugs.

- Eat a healthy diet.

- Get plenty of rest.

- Set realistic goals and be proud of yourself when you reach them.

- Seek out training supervision, coaching, and advice from a reliable professional.

- Avoid injuries by playing safely and using protective gear.

- Talk to your pediatrician about nutrition, your health, preventing injury, and safe ways to gain strength.

If you, your friends, or teammates are using steroids, get help. Share this information with friends and teammates. Take a stand against the use of steroids and other drugs. Truly successful athletes combine their natural abilities with hard work to win. There is no quick and easy way to become the best.

### **For more information, contact the following organizations:**

National Institute on Drug Abuse (NIDA)

888/644-6432

Web site: <http://www.nida.nih.gov/>

***The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.***

## **Address of Belle-Fair Conference Sports/Activities Opponents**

Central-O'Fallon  
160 St. Ellen Mine Road  
O'Fallon, IL 62269  
618-622-9685

Pontiac Junior High  
400 Ashland Drive  
Fairview Heights, IL 62282  
618-233-2320

Central Junior High-Belleville  
1801 Central School Road  
Belleville, IL 62220  
618-233-5377

Signal Hill  
40 Signal Hill Place  
Belleville, IL 62223  
618-397-0325

Emge Junior High  
7401 Westchester Drive  
Belleville, IL 62223  
618-397-8444

Whiteside Junior High  
111 Warrior Way  
Belleville, IL 62221  
618-239-0000

Belle-Valley  
2465 Amann Dr.  
Belleville IL 62220  
618-236-5210

Wolf Branch  
125 Huntwood Road  
Swansea, IL 62226  
618-277-9786

Grant Middle School  
10110 Lincoln Trail  
Fairview Heights, IL 62208  
618-398-5577

West Junior High - Belleville  
840 Royal Heights Road  
Belleville, IL 62226  
618-234-8200

High Mount  
1721 Boul Avenue  
Swansea, IL 62226  
618-233-1054

Shiloh  
1 Wildcat Crossing  
Shiloh IL 62269  
618-632-7434

## **Sports packets Information to be turned into the office**

**All students wanting to participate in any sports or team activities listed below MUST have the following turned in to the middle school office by the deadline in order to participate in try-outs.**

Questions may be directed to coaches or the athletic director by email at [Luke.ryterski@wssd115.org](mailto:Luke.ryterski@wssd115.org).

**Sports Packets must be renewed yearly and are valid for the whole school year.**

- Signed Handbook form acknowledging that you have read and reviewed a current copy
- Must Have Approval to Participate in Athletics/Sports Box Checked
- Current physical (less than one year old as of tryout date)
- Must be SIGNED and Filled out by a Physician, N.P., or P.A. to be **VALID**

**2025-2026 Sports packet (only one required per school year a detachable copy is attached to this handbook located at the conclusion of this information)**

1. Handbook Acknowledgement Signed
2. Certificate of Physical Fitness for Participation
3. Agreement to Participate
4. Medical Authorization Form
5. Concussion Information Acknowledgement

Registration fee and all incidental fees (lunch, IDs, library, etc.) paid

No more than one F to be academically eligible (not applicable for August tryouts)

Note: If your student makes a team, an Activity Fee of \$25 for the first activity and \$10 for each additional activity is due two (2) weeks following tryouts or by the first game, whichever comes first. This is not required for tryouts.

Students with any outstanding fees on any given Monday will have until Friday of that week to make payment. Students will be required to “sit out” the following week until all fees are paid. If not paid by Friday of the second week, the student will be removed from the team.

**The following four (4) forms are required to be completed and turned into the office before the athletic season starts.**



## **WHITESIDE SCHOOL DISTRICT 115**

**111 Warrior Way  
Belleville, Illinois 62221**

**Telephone 618 239-0000  
Middle School Fax 618 239-9240  
Elementary School Fax 618 233-7931**

**<http://www.wssd115.org>**

**Mark Heuring**

*Superintendent*

**Monica Laurent**

*Middle School Principal*

**Jamie Cotto**

*Middle School Associate Principal*

**Nathan Rakers**

*Elementary Principal*

**Kim Bossler**

*Elementary Assistant Principal*

### **Athletic/Extracurricular Teams Handbook Acknowledgement**

As a participant and/or a parent/guardian, I acknowledge that I have read and understand the Whiteside Middle School Athletic/Extracurricular Team(s) Handbook. I agree that the handbook cannot address every situation that may arise before, during, or after my student's season. I understand that it will be used as a guide in handling a variety of situations that might occur during my students' athletic or extracurricular season(s).

Name of Student: \_\_\_\_\_  
(Print First and Last Name)

Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_  
(Print First and Last Name)

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_



## WHITESIDE SCHOOL DISTRICT 115

111 Warrior Way  
Belleville, Illinois 62221

Telephone 618 239-0000  
Middle School Fax 618 239-9240  
Elementary School Fax 618 233-7931

<http://www.wssd115.org>

*Mark Heuring*  
Superintendent  
*Monica Laurent*  
Middle School Principal  
*Jamie Cotto*  
Middle School Associate Principal  
*Nathan Rakers*  
Elementary Principal  
*Kim Bossler*  
Elementary Assistant Principal

### Athletic and Extra Curricular Teams Agreement to Participate:

Student Name: \_\_\_\_\_

Sport or Activity: (Please check only one. A new signature will be required for each sport.)

- |   |  |                                       |
|---|--|---------------------------------------|
| <input type="checkbox"/> Softball         | <input type="checkbox"/> Girls' Basketball | <input type="checkbox"/> Scholar Bowl |
| <input type="checkbox"/> Baseball         | <input type="checkbox"/> Volleyball        | <input type="checkbox"/> Chess        |
| <input type="checkbox"/> Soccer           | <input type="checkbox"/> Cheerleading      | <input type="checkbox"/> Bowling      |
| <input type="checkbox"/> Boys' Basketball | <input type="checkbox"/> Track             | <input type="checkbox"/> Golf         |

#### TO BE COMPLETED BY THE STUDENT-PARTICIPANT

In consideration of the Whiteside School District permitting me to participate in the above sport(s) or activity, I agree as follows:

1. I will abide by all conduct rules and will behave in a sportsmanlike manner.
2. I will follow the coach/sponsor's instructions, playing techniques, training schedule and safety rules for the above sport or activity.
3. I acknowledge that I am aware that participation in the above sport or activity may involve **many risks of injury**. A serious injury may result in physical impairment or even death. I hereby assume all the risks associated with participation and agree to hold Whiteside School District 115, its employees, agents, coaches, School Board members, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in the above activity or sport. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family. will abide by all conduct rules of Whiteside School District.

Date \_\_\_\_\_, 20\_\_\_\_ Signature of Student \_\_\_\_\_

#### TO BE COMPLETED BY THE PARENT/GUARDIAN

I, \_\_\_\_\_ am the parent(s)/guardian(s) of the above named student. I have read the above Agreement to Participate and understand its terms. I understand that all sports can involve many **RISKS OF INJURY**. In consideration of the School District permitting my child/ward to participate in the above sport or activity, I agree to hold Whiteside School District 115, its employees, agents, coaches, School Board members and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of any kind and nature whatsoever which may arise by or in connection with the participation of my child/ward in the above sport or activity. I understand and accept the selection process and the expectations as set forth by the coach of this activity. I will provide transportation to and from practices and scheduled events when needed. I assume all responsibility and certify that my child is in good physical health and is capable of participation in the above mentioned sport/activity.

Date \_\_\_\_\_, 20\_\_\_\_ Signature of Parent(s)/Guardian(s) \_\_\_\_\_

Contact Phone Number \_\_\_\_\_ Contact email address \_\_\_\_\_

## **Certificate of Physical Fitness for Participation in Athletics –2025-2026**

*To be submitted to the Principal's Office*

Student:	Grade:
Sport or Activity:	

I am the parent(s)/guardian(s) of the above student. I certify that my child/ward is in good physical health and is capable of participation in the above mentioned sport or activity. No need exists to limit his/her participation. I assume full responsibility for his/her physical condition and participation. I will notify you of any changes in his/her physical condition. I have completed and submitted the **Authorization for Medical Treatment** form allowing the school to seek medical treatment for my child in the event of a medical emergency when reasonable attempts to contact me are unsuccessful. If my child requires or may need medication while participating in athletics, I have completed and submitted the **School Medication Authorization Form**.

Parent(s)/Guardian(s) Name:			
Home Address:			
Telephone Number:		Business Phone:	
Child/Ward's Date of Birth:			
Physician's Name:		Telephone Number:	

Medical History:

	Yes	No		Yes	No
Heart Condition	<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
Allergies	<input type="checkbox"/>	<input type="checkbox"/>	Asthma	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Other		

1. Injuries and/or operations during the past year? (include dates)
2. Has your child/ward's physical activity been restricted during the past year? (Reason and Duration)
3. Is your child/ward taking any medication? ☐ Yes ☐ No

If yes, why?      Name of medication:

Signature of Parent(s)/Guardian(s);	
Date:	

## **Whiteside School District 115 Concussion Information**

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents, and students is the key to student-athlete's safety. The district will follow the graduated return to school protocol developed by the Sports Concussion Institute.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours, IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with the state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

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Student-athlete Name Printed

---

Students-athlete Signature

---

Date

---

Parent or Legal Guardian Printed

---

Parent or Legal Guardian Signature

---

Date

## **Concussion Information Sheet**

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport Document Created 7/1/2011

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<b>Symptoms may include one or more of the following:</b>	
Headaches “Pressure in head” Nausea or vomiting Neck pain Balance problems or dizziness Blurred, double, or fuzzy vision Sensitivity to light or noise Feeling sluggish or slowed down Feeling foggy or groggy Drowsiness Change in sleep patterns	Amnesia “Don’t feel right” Fatigue or low energy Sadness Nervousness or anxiety Irritability More emotional Confusion Concentration or memory problems (forgetting game plays) Repeating the same question/comment

<b>Signs observed by teammates, parents and coaches include:</b>
Appears dazed Vacant facial expression Confused about assignment Forgets plays Is unsure of game, score, or opponent Moves clumsily or displays incoordination Answers questions slowly Slurred speech Shows behavior or personality changes Can’t recall events prior to hit Can’t recall events after hit Seizures or convulsions Any change in typical behavior or personality Loses consciousness