

ROCHELLE ZELL JEWISH HIGH SCHOOL



2023-24/5784

Athletics Handbook



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
TEAM	
<i>Togetherness</i>	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.
<i>Enthusiasm</i>	Tigers will demonstrate their passion by expressing intensity and enthusiasm for team and sport.
<i>Aspiration</i>	Tigers will have goals and want to perform to the best of their abilities as a team and individually.

<i>Mindful</i>	Tigers will demonstrate an awareness of ourselves and others through our words and actions. Focusing on the controllables.
INTEGRITY	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. Treat others the way you want to be treated. Doing the right thing all the time, especially when no one is looking.
GROWTH	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.
ENERGY	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.
RESPECT	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.

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ATHLETICS PROGRAM STAFF

Sebastian DesRoberts.....Boys Tennis Assistant Varsity
Marty Dello.....Boys Basketball Head/Golf Head
Idit Epstein.....Boys/Girls Cross Country Head/Boys/Girls Assistant Track and Field
Barb Finfer.....Girls Tennis Head
Lee Gruen.....Boys Basketball Assistant Varsity
Scott Greenspan.....Boys Tennis Head
Abbie Kime..... Girls Soccer Assistant Varsity/JV Head
Laeh Litin.....Athletic Trainer, Boys/Girls Track and Field Head
David Martinez.....Athletic Director, Boys/Girls Soccer Head
Denis Mesic.....Boys Soccer Assistant Varsity/JV Head
Jenna Miller.....Girls Basketball Assistant Varsity
Autumn Miner.....Boys/Girls Volleyball Head
Judy Morgan..... Girls Tennis Assistant Varsity
Randy Pompa.....Boys Basketball Sophomore Head
Dominique Marhsall.....Girls Volleyball Assistant Varsity
TBD.....Boys Basketball Freshmen Head
Billy Surges.....Girls Basketball Head
Mark Weinstein.....Baseball Assistant Varsity
Gregg Winter.....Baseball Head

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.

IHSA TRANSFER AND RESIDENCY RULES



Illinois High School Association

(For 2023-2024 School Term)

This summary is for the purpose of assisting in the understanding of IHSA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSA, the constitution and by-laws shall control.

Key Provisions Regarding IHSA Rules

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.

- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) **consecutive** semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

2. Scholastic Standing

- A. You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits).
- B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian. You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
- B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
- C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
- D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
- E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
- F. You attend the private/parochial high school which one or both of your parents attended; or

- G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer

- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. **You cannot be eligible when you transfer until this form is fully executed and on file in the school office.**
- B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after the **IHSA sport season has begun**, you will be ineligible for cross country that entire school term at the new school.
- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 - 1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
 - 2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
 - 3. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
- E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

Athletic Eligibility Rules—Page 2

- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.
- H. The IHSA Executive Director may grant limited eligibility if you transfer schools prior to the start of your **junior** year and are not otherwise in compliance with the transfer eligibility by-laws.
5. **Age**
- You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible regarding age at the beginning of the sport season during which your twentieth (20th) birthday occurs.
6. **Physical Examination**
- You must have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant, or nurse practitioner to practice or participate. Your physical examination is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.
7. **Amateur Status and Name, Image, and Likeness (NIL)**
- A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes **not to exceed \$300**.
- B. For participating in competition in an interscholastic sport, you may receive any type of award (except cash, check, or legal tender) that does not exceed **\$150** in fair market value. There is no limitation on the value of your school letter.
- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kid's league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.
- E. **IHSA By-laws and Board Policies provide guidance and restrictions to when and how you might capitalize on your name, image, and likeness (NIL). Work closely with your**

principal/official representative on opportunities that come your way.

8. Recruiting of Athletes

- A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with, or not connected with the school, related to athletic participation.
- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege, or opportunity which is not also provided or made available to all prospective students at that school.
- Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

- A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.
 2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

10. Playing in Non-School Competition

- A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sanctioned by the National Governing Body of a sport, a junior affiliate of the National Governing Body of a sport, or an official Illinois affiliate for the sport, your principal/official representative must request approval through the Schools Center prior to any such participation.
- D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
- E. You will become ineligible if you participate on, practice with, or compete against any junior college, college, or university team during your high school career.

11. All-Star Participation

- A. After you have completed your high school eligibility in the sport of football, basketball, soccer, or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
- B. You are not restricted from participating in all-star competition in sports other than football, basketball, soccer, or volleyball, except that you may not do so during the school season for the sport.

12. Misbehavior During Contests

- A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
- B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

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 + JV) 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.

SCHOOL TARDINESS POLICY - Student Handbook Page 8

When a student has incurred two Early Wednesday Consequences in the same semester, the consequence for any subsequent infraction will be After School Study Hall on the following Tuesday, Wednesday, and Thursday from 3:45-4:30 p.m. Students who incur an After School Study Hall will be required to report to a designated room no later than 3:45 p.m. Failure to report for After School Study Hall will result in an immediate conference between the student, parents, and Academic Dean. *Please note: Student-athletes who earn an After School Study Hall consequence will not be permitted to attend practice or athletic events on the days in which they are to attend After School Study Hall.*

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 15-17 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 DECREE 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 THIER 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.

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SIGNATURE PAGE 2023-24/5784

By signing this form, I acknowledge that I have received the Rochelle Zell Jewish High School Athletics Handbook for Students and Parents for the 2023-24/5784 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