

# HEALTH, FITNESS, AND ATHLETICS HANDBOOK

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2015 - 2016



**BE NOBLE.**







## I. Handbook Overview and Action Steps

This handbook serves as the general guideline around health, fitness, and athletics for all Noble students and families. By acknowledging and signing this handbook, the student and parent/guardian agree to be strong supporters and positive representatives of health, fitness, and the Noble Athletic Conference. This also serves as permission for the student to participate in all official on-campus and off-campus events associated with their sport, enrichment course, or other PE activities.

### Action Steps for Students and Parent-Guardians:

1. Read the handbook together thoroughly
2. Sign and date the back page and then turn it in to your campus
3. If participating in a sport, get an updated physical exam using the required IHSA physical form and turn in to your campus. (Note: students must have an IHSA physical that valid throughout the entire season. Any physical form that is more than 395 days old is considered invalid.)

## II. Health and Fitness

**The Concept of NobleFit:** NobleFit aims to help create future leaders, trainers, teachers, and coaches through a positive and holistic culture of mental, emotional and physical fitness. NobleFit is a community of students, athletes, teachers, coaches, athletic directors, campus leaders, and families that consistently and intentionally practice an informed fitness lifestyle. It's a concept, a culture, a cause, a mission, an attitude, and a community all in one. Through NobleFit, students will apply the concepts of mental, emotional, and physical fitness into wellness, physical movement, nutrition, leadership, and athletics. NobleFit will create students who are equipped to become dynamic fitness and youth sport leaders in their home, community, and beyond.

**Promotion Requirements:** To satisfy the Noble promotion requirements, students must have a passing score on the Post Physical Test (mile, push-ups, and curl-ups) and the Post Health Content Assessment.

**Senior Alternate Program:** 12th grade students who fail the Post Noble Physical Test or Post Health Content Assessment are still eligible to graduate if they complete the 25 hour Senior Alternate Program between February 1 and graduation day.

**Noble Summer Fitness Program:** The Noble Summer Fitness Program consists of 25 hour programs developed to enhance a student's physical education experience. It is open to all students. Students who fail the Post Physical Test or Post Health Content Assessment must complete a 25 hour program in the Noble Summer Fitness Program for promotion.

**Support:** Specific students will be eligible for year-long fitness supports at their campus. Students in need of specialized support will be identified by the campus. If students qualify for and complete this 50 hour fitness program, they will be promoted without the need for summer school.

**Medical Exemption Forms:** Students are expected to fully participate in PE and physical testing. All official Noble Medical Exemption Forms must be submitted by February 1st, 2016, in order for the student to be exempted from the Post Physical Test. It is illegal for a doctor to falsify an exemption form for a student. A student who takes and fails the Post Physical Test, but turns in a retroactive Noble Medical Exemption Form must still attend and complete a Noble Summer Fitness Program in order to be promoted to the next grade level. No late forms will be accepted. This encourages students to be proactive with their health.



## III. The Noble Athletic Conference

**Philosophy:** The Noble Athletic Conference is committed to excellence in all endeavors. We value the life-long education attained through competition, victory, and defeat. Sport is a pure and constant test of honor, scholarship, discipline, and fitness. We teach and expect intentional sportsmanship. We support a complete sacrifice and commitment necessary to meet the challenge of balancing high academic standards with rigorous practice demands. Time management skills, overcoming adversity, winning and losing with dignity, and being intentional about displaying great character are all part of the valuable education of the Noble student-athlete.

**Intentional Sportsmanship:** Students, parents, families and acquaintances are expected to show intentional sportsmanship at all athletic events. We are all Noble. Together, we can create a positive atmosphere for all Noble student-athletes and fans. Specifically, **student-athletes** are expected to:

1. Genuinely congratulate and encourage teammates and opponents.
2. Pick up/help teammates and opponents when they fall to the ground.
3. Never make fun of, verbally taunt, physically taunt, or negatively laugh at teammates or opponents
4. Never react to referees and always use appropriate, positive language
5. Shake hands with a positive, mature, and genuine manner. Keep shirts tucked in.
6. Win and lose with class and dignity.
7. Be Noble Athletes. Follow the Noble Code of Conduct during all practices, games, and travel times.

Specifically, **parent/guardians, student-fans, families, acquaintances** are expected to:

1. Genuinely congratulate and encourage all Noble students.
2. Never react to referees. Never make fun of, taunt, or negatively laugh at opponents or opposing fans.
3. Cheers loudly but respectfully, using appropriate, positive language.
4. Never approach student-athletes or coaching staff before or immediately after games.
5. Be Noble. Follow the Noble Code of Conduct when supporting fellow students in athletic competition.

**100% Commitment:** Noble student-athletes are expected to attend 100% of all practices, games, meetings, and banquets. This commitment is vital to the success of the team, campus, and the Noble Athletic Conference. Commitment skills are necessary for all successful college students. Sport is great training for college success.

**Value the Education of Sport:** Athletics and enrichments are a vital part of the life-long educational experience and are valuable additions to a college application. All Noble students are encouraged to participate in sport.

### **The Excellent Noble Student Athlete:**

- Attends all practices and games while maintaining strong academic standing
- Intentionally encourages and support teammates and opponents
- Develops sport specific skill through personal work ethic, in addition to what occurs in team practice
- Views sport as education and values the commitment necessary to excel in athletics
- Contributes positively to the team regardless of playing time



## IV. Athletic Compliance / Eligibility

**In order for a Noble student-athlete to participate in athletic contests, he/she must:**

- Have an IHSA sports physical on file prior to the start of the first official practice.
- Have a signed copy of the Health, Fitness, and Athletics Handbook on file.
- Be passing 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). For Noble, this means a student must be passing two double block classes and one single block class in order to be eligible week to week.
- Have NOT failed more than one class in the previous semester.
- Maintain a cumulative 2.0 GPA or higher.
- Not be in his/her 5<sup>th</sup> year of high school.
- Be 19 years old or under and may not turn 20 during the season.
- Be compliant with any additional requirements set forth by the individual campus.

**Academic Redemption: Students who do not meet the 2.0 cumulative GPA requirement may still be eligible to play if he/she:**

- Maintains a Noble required 2.5 or above current semester GPA.
- Completes a CPS required Individual Study Plan (ISP Form) that is signed by the Head Coach, Athletic Director, and campus Principal.

**Additionally, students may not participate in an athletic contest if he/she:**

- Has been suspended by the school for the date of the contest, or if the game is played on a weekend date and the student is scheduled for suspension on Friday and/or the following Monday.
- Was absent from school the date of the contest.

## V. The Noble Code of Conduct and Athletics

Noble students are expected to follow the Noble Code of Conduct during practices, games, and team travel. Coaches are expected to hold students accountable at all times. Student misconduct during an athletic event will result in consequences in accordance with the Noble Code of Conduct. The Noble Athletic Conference follows all IHSA and CPS rules for player and parent conduct, and may also impose additional consequences for any action perceived as detrimental to the mission of the NAC.



## VI. Agreement and Consent

**Policy and Philosophy Acknowledgement:** We have read the Health, Fitness, and Athletics Handbook and we adhere to and support the policies set forth in this text. We support the mission of Noble, Health, Fitness and Athletics.

**Permission to Participate:** We give our student permission to play sports or participate in physical education enrichments this school year, which covers the period of July 1, 2015 – June 30, 2016.

**Risk of Injury:** We understand that the risk of injury is present in PE classes, athletic competition, training, and practices. Our student is required to have a physical on file in order to participate in sports. We will not hold the Noble Network or any of its campuses and employees liable for any accidental harm that may occur to my student. Our signature on this form indicates we will accept financial responsibility in case of injury to the student sustained in connection with these activities. We understand that the school strongly recommends that each student be covered under their parent's policy or purchase separate insurance. We realize that the school only has limited insurance and any insurance the school provides is secondary to the family's insurance. Your signature on this form indicates that you will allow coaches or trainers to provide first aid for your child in case of injury to your child sustained in connection with these activities.

**Uniforms and Equipment:** We take responsibility for any uniform or equipment issued and will pay the school a fee for replacement in the event that the uniform or equipment is lost, stolen, destroyed, or damaged.

**Travel to Games / Practices:** We take full responsibility for our student's travel to and from athletic practices and games. We give permission for our student to travel by school transportation to athletic contests as provided.

**Personal Responsibility:** We assume full responsibility for our student's behavior. I also acknowledge that any misconduct from my student during an athletic event will result in consequences in accordance with the Noble Code of Conduct. Additionally, student misconduct may result in team penalties or suspension from participation at the discretion of the individual campus, the NAC, IHSA, and CPS. We accept responsibility for the actions of ourselves, family members, and acquaintances during athletic events. We understand misconduct by adults may result in immediate removal from the contest, permanent ban from athletic contests, and the removal of our student from the athletic team for the season or year.

**IHSA / CPS rules:** We understand is subject to all IHSA (Illinois High School Associations) and CPS (Chicago Public School) rules, which includes academic eligibility and the possibility of random drug testing.



# HEALTH, FITNESS, AND ATHLETICS HANDBOOK

**PLEASE RETURN THIS PORTION TO THE MAIN OFFICE, COACH, OR ATHLETIC DIRECTOR**

## Noble Health, Fitness, and Athletics - Official Agreement and Consent

*We acknowledge that we have read the Noble HFA handbook and agree to support its policies, risks of injury, care for uniforms and equipment, travel to practice and games, personal responsibility, and IHSA / CPS rules. We also grant permission for our student to participate in sport.*

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

Grade (circle)    9   10   11   12 \_\_\_\_\_

Campus \_\_\_\_\_

Student ID: \_\_\_\_\_

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

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

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

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

**Noble Efforts Change Lives. Be Noble.**