

# ILLINOIS MATHEMATICS AND SCIENCE ACADEMY

## Athletic and Co-Curricular Activities

### Expectations for Students

At the Illinois Mathematics and Science Academy, athletic and co-curricular opportunities are viewed as useful tools in the achievement of the goals of a comprehensive education, and provide a pathway to a healthy balance in the development of the “whole person”. The sound development of the physical and intellectual capacities resulting from participation in athletics and co-curricular activities, complement the social and emotional development of every young man and woman. While the regular curricular program is a right afforded to each student, participation in athletic and co-curricular activities is a privilege and carries certain expectations beyond those found in a normal classroom situation.

- Time Management
  - Plan your daily, weekly, and monthly activities so you are able to devote the necessary time and efforts necessary to be successful in what you are doing.
  - Do not wait till the “last minute” to work on school assignments.
  - It is important to be organized. Use a daily planner and write things down. Know your schedule.
  - Only do what you can handle.
  - Get plenty of sleep.
  
- Commitment
  - Be at the athletic events and practices when you are required to be in attendance.
  - There will be practices and games on the weekends (Fridays and Saturdays). You need to attend these practices and games. Arrange outside activities around these practices and games.
    - Family outings, birthdays, etc... plan these for times when they will not interfere with practices and games.
    - Arrange doctor and dentist appointments for times that do not interfere with practices and games.
  - If you decide to come out for the team at the beginning of the season; stay with it! Stay committed to the team throughout the entire season.
  
- Communication
  - Talk with your coaches, assistant coaches, teachers, other staff members, and teammates.
  - If problems arise, talk with your coaches to work out a plan/compromise.
  - Teachers and Resident Counselors need to know what is happening, talk with these individuals; everyone at IMSA is available to assist you.

- Gossiping / talking in a negative way about others is counterproductive to the team experience.
- Sportsmanship
  - Use appropriate language at practices and during contests.
  - A positive interaction with opponents and officials is important.
  - Respect your teammates and your opponents.
  - Remember, people are watching what you do, and you are representing IMSA. It is important that you behave appropriately.
- Self Management
  - Manage your stress; seek help from Resident Counselors, Academic Advisors, Teachers, and Dave & Deb.
  - Eat well, maintain a healthy diet.
  - The use of illegal substances is not tolerated; could cause dismissal from team.
  - The use of alcohol is not tolerated; could cause dismissal from team.
- Equipment /Uniforms
  - Do not abuse the equipment. Maintain and properly treat the equipment.
  - Keep uniforms clean.
  - The uniform you receive is your responsibility. At the end of the season, the uniforms need to be returned (if lost or misplaced, you will need to pay for the replacement cost).
- The Classroom
  - Attend all classes on a regular basis, be on time. Unexcused absences from classes mean you either don't practice or you don't participate in the contest.
  - It is important to exhibit the appropriate behavior in the classroom.
  - Maintain passing grades in all classes. Failure to do this will result in an individual being ineligible to participate.
    - Teachers, Academic Counselors, and Resident Counselors are available to assist you.
- Follow the rules and regulations as established by your coaches at the beginning of the season.
- Work Hard
- Never Give Up
- Develop a Positive Attitude
- Have Fun