

THE TEN MOST FREQUENTLY ASKED QUESTIONS:

- Q. If my son/daughter doesn't make a team can he/she go out for another sport during the same season?**
- A. Yes, as long as the other sport has not started competition or made cuts.
- Q. How do we find out about tryouts (dates)?**
- A. We listed starting dates in this pamphlet. There will be signs and announcements in school prior to starting. Your son/daughter can contact the coach or the athletic office.
- Q. How big of a commitment is participating in interscholastic athletics?**
- A. BIG. Teams will practice or compete each day, including many Saturdays. Expect up to a six day a week commitment including school holidays.
- Q. Can our family go on vacation during the sports season? If our son/daughter does go on vacation, are they penalized?**
- A. Our programs do practice and/or compete in contests during winter and spring break. Those going on vacation may experience reduced playing time upon their return (this will be determined at the coach's discretion). This is because some athletes that remained have earned and deserve the opportunity to play while others were on vacation.
- Q. Do all your teams practice on site?**
- A. Almost all practices are held on District 100 property. Exceptions are boys & girls swimming, boys and girls bowling and boys and girls golf.
- Q. Are cheerleading and pom poms part of the athletic program?**
- A. Yes, cheerleading and pom poms at BNHS are considered athletes and are expected to adhere to all athletic policies.
- Q. If my son/daughter is ill at home during the day, can he/she come to school just for practice or competition?**
- A. No. If a student is too ill to come to school, then it's not appropriate for him/her to be here for practice or competition. They must attend at least 4 periods to participate. A courtesy call to the coach is appreciated.
- Q. If my son/daughter is injured and can't participate, are they expected to be at practice/contests?**
- A. Yes. They are part of the team. There is always something to be learned from attending and, though injured, the student has a role and responsibility with the team.
- Q. What do I need to have in order to participate?**
- A. Prior to beginning any practice, the following must be turned in to the athletic office: **An annual physical, completed release form with signatures, health and insurance information and the athletic fee.** A permit card will be issued which allows participation for the current season or until the physical expires.
- Q. Whom do I contact if I have any questions?**
- A. General questions with regard to the Athletic Department should be directed to the Athletic Office. Please contact the head coach for concerns regarding a specific sport.

BELVIDERE NORTH HIGH SCHOOL 2009-2010



ATHLETIC INFORMATION BROCHURE

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