

ILLINI WEST ALL SPORT PARENT/ATHLETE/COACH MEETING 5/6/18 4PM

SUMMER WEIGHT ROOM HOURS, PROGRAM AND EXPECTATIONS

- WEIGHT ROOM IS OPEN 7-10 AM, M-F
- FIRST DAY ITS OPEN IS MAY 30
- LAST DAY ITS OPEN IS AUGUST 3RD
- CLOSED ON FOURTH OF JULY
- THERE WILL BE THREE WEIGHT LIFTING SESSIONS A DAY, 7-8, 8-9 AND 9-10
- COME DURING ONE OF THE SESSIONS
- THERE WILL BE THREE DIFFERENT WORKOUTS TO PICK FROM
- A COACH WILL BE THERE TO GUIDE YOU IN WHICH WORKOUT TO SELECT
- THE COACH WILL ALSO MAKE SURE THAT YOU ARE DOING LIFTING PROPERLY
- IT WILL TAKE YOU 45 MINUTES TO AN HOUR TO DO YOUR WORKOUT.
- WE ARE EXPECTING ATHLETES TO LIFT A MINIMUM OF THREE DAYS A WEEK
- THERE WILL BE AN ATTENDANCE CHART TO FILL OUT

WEIGHT TRAINING CLASS DURING THE SCHOOL YEAR

- WE ARE FORTUNATE TO HAVE THE OPPORTUNITY TO LIFT DURING SCHOOL HOURS
- WE STRONGLY ENCOURAGE ALL OF OUR ATHLETES TO TAKE WEIGHT TRAINING
- IT'S A BIG REASON WHY THIS CLASS WAS IMPLEMENTED
- IF IT FITS INTO YOUR SCHEDULE TAKE WEIGHT TRAINING

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RIDING TO AND FROM ATHLETIC CONTESTS

- PAGE 47 OF THE STUDENT HANDBOOK SAYS ALL PARTICIPANTS MUST RIDE TO AND FROM A CONTEST ON THE BUS.
- THERE ARE A COUPLE EXCEPTIONS.
- EVERYONE IS EXPECTED TO RIDE TO THE CONTESTS(SOMETIMES EXCEPTIONS HAVE BEEN MADE...FOR EXAMPLE IF SOMEONE HAS A DOCTOR APPOINTMENT AND CAN'T MAKE BUS TIME SO PARENT TAKES THEM TO GAME. THATS USUALLY OK BUT MUST HAVE PRIOR APPROVAL.)
- YOU MAY TAKE ALTERNATE TRANSPORTATION HOME
- COACHES MAY PROVIDE A SIGN OUT SHEET AVAILABLE TO SIGN OUT YOUR SON/DAUGHTER...ONLY SIGNED OUT BY PARENT/GUARDIAN
- OTHER RESPONSIBLE ADULTS MAY ALSO SIGN OUT ATHLETES WITH PROPER NOTIFICATION FROM A PARENT/GUARDIAN, NOTE, EMAIL, TEXT MESSAGE FROM PARENT/GUARDIAN.
- THERE IS ALSO A TRANSPORTATION AUTHORIZATION/RELEASE FORM AVAILABLE ON THE HIGH SCHOOL WEBSITE UNDER THE ATHLETICS BANNER. THAT MAY ALSO BE FILLED OUT AND TURNED IN TO THE OFFICE.

ELIGIBILITY

- TWO LEVELS. WEEKLY AND SEMESTER.
- YOU MUST PASS 5 CLASSES THE PREVIOUS SEMESTER TO BE ELIGIBLE TO PLAY THE NEXT SEMESTER
- YOU MUST BE PASSING ALL YOUR CLASSES IN ORDER TO BE ELIGIBLE TO PLAY THE FOLLOWING WEEK

SHUTTLE BUS(DURING THE SCHOOL YEAR)

- SHUTTLE BUSES ARE PROVIDED BY THE SCHOOL IN MANY INSTANCES.
- A COUPLE GENERAL RULES OF THUMB
 - NO SCHOOL, NO SHUTTLE(THERE IS AN EXCEPTION. SEE * BELOW)
 - NO SHUTTLE FOR GAMES ONLY PRACTICES.
 - NO WEEKEND SHUTTLES
- THERE IS A SHUTTLE BUS THAT RETURNS EVERY SCHOOL NIGHT AT 5:45 ON SCHOOL DAYS. THIS TIME WON'T CHANGE.
- *IF THERE IS NO SCHOOL THERE USUALLY IS NO SHUTTLE. EXCEPTION IS ON WEEKDAYS THAT ARE NOT NATIONAL HOLIDAYS A SHUTTLE WILL BE PROVIDED IF THERE IS PRACTICE.
- DURING THE WINTER SEASON THERE IS A LATE SHUTTLE FOR LATE NIGHT BASKETBALL PRACTICES. THIS LATE SHUTTLE LEAVES THE HIGH SCHOOL AT 7:45(UNLESS COACH OF LATE PRACTICE REQUESTS IT TO BE MOVED UP)

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ILLINI WEST WILL PROVIDE A SHUTTLE FOR ILLINI WEST HIGH SCHOOL SUMMER ACTIVITIES.

- THERE WILL BE A MORNING SHUTTLE THAT WILL LEAVE LAHARPE AT 7 AM. IT WILL THEN PICK UP AT DALLAS CITY AT 7:25. THEN DROP OFF AT THE ILLINI WEST AT 7:50. IT WILL LEAVE IW AT 11:15, DROPPING OFF AT DC FIRST THEN LA HARPE. THIS SHUTTLE WILL BEGIN ON MAY 30. IT WILL RUN MONDAY-FRIDAY EXCEPT FOR ON JULY 4TH. THE FINAL DATE FOR THE SUMMER MORNING SHUTTLE WILL BE FRIDAY 8/3.

- ILLINI WEST WILL PROVIDE A SHUTTLE BUS FOR EVENING CAMPS/OPEN GYMS. THE SHUTTLE IS NOT RAN FOR GAMES OR LEAGUES, WHICH IS CONSISTENT WITH WHAT WE DO DURING THE SCHOOL YEAR. HERE ARE THE DATES AND TIMES OF THE EVENING SHUTTLE.

- SCHEDULE IS BELOW FOR EVENING SUMMER SHUTTLES-AS OF 5/3/18

-6/13/18(VOLLEYBALL OPEN GYM): LEAVE LAHARPE AT 1 PM, PICK UP AT DALLAS CITY AT 1:25 PM, DROP OFF AT IW AT 1:50, LEAVE IW AT 4:05, DROP OFF AT DC THEN AT LAHARPE

-6/14/18(BOYS BASKETBALL OPEN GYM):LEAVE LAHARPE AT 3 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 5:35, DROP OFF AT DC THEN AT LAHARPE

-6/20/18(VOLLEYBALL OPEN GYM): LEAVE LAHARPE AT 2 PM, PICK UP AT DALLAS CITY AT 2:25 PM, DROP OFF AT IW AT 2:50, LEAVE IW AT 5:05, DROP OFF AT DC THEN AT LAHARPE

-6/21/18(BOYS BASKETBALL OPEN GYM):LEAVE LAHARPE AT 3 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 5:35, DROP OFF AT DC THEN AT LAHARPE

-6/25/18(GIRLS BASKETBALL OPEN GYM): LEAVE LAHARPE AT 3 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 5:35, DROP OFF AT DC THEN AT LAHARPE

-6/27/18(GIRLS BASKETBALL OPEN GYM): LEAVE LAHARPE AT 3 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 5:35, DROP OFF AT DC THEN AT LAHARPE

-6/28/18(BOYS BASKETBALL BOYS BASKETBALL OPEN GYM):LEAVE LAHARPE AT 3 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 5:35, DROP OFF AT DC THEN AT LAHARPE

-7/9/18(GIRLS BASKETBALL OPEN GYM): LEAVE LAHARPE AT 3 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 4:50, LEAVE IW AT 5:35, DROP OFF AT DC THEN AT LAHARPE

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-7/10/18(FOOTBALL CAMP): LEAVE LAHARPE AT 4:30 PM, PICK UP AT DALLAS CITY AT 4:55 PM, DROP OFF AT IW AT 5:20, LEAVE IW AT 7:05, DROP OFF AT DC THEN AT LAHARPE

-7/11/18(GIRLS BASKETBALL OPEN GYM AND FOOTBALL CAMP) : LEAVE LAHARPE AT 4:00 PM, PICK UP AT DALLAS CITY AT 4:25 PM, DROP OFF AT IW AT 4:50, LEAVE IW AT 7:05 DROP OFF AT DC THEN AT LAHARPE

-7/12/18(FOOTBALL CAMP): LEAVE LAHARPE AT 4:30 PM, PICK UP AT DALLAS CITY AT 4:55 PM, DROP OFF AT IW AT 5:20, LEAVE IW AT 7:05, DROP OFF AT DC THEN AT LAHARPE

-7/16/18(GIRLS BASKETBALL OPEN GYM AND FOOTBALL CAMP): LEAVE LAHARPE AT 3:00 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 6:35, DROP OFF AT DC THEN AT LAHARPE

-7/17/18(FOOTBALL CAMP): LEAVE LAHARPE AT 3:00 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 6:35, DROP OFF AT DC THEN AT LAHARPE

-7/18/18(GIRLS BASKETBALL OPEN GYM AND FOOTBALL CAMP):LEAVE LAHARPE AT 3:00 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 6:35, DROP OFF AT DC THEN AT LAHARPE

-7/19/18(FOOTBALL CAMP):LEAVE LAHARPE AT 3:00 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 6:35, DROP OFF AT DC THEN AT LAHARPE

-7/20/18(FOOTBALL CAMP): LEAVE LAHARPE AT 3:00 PM, PICK UP AT DALLAS CITY AT 3:25 PM, DROP OFF AT IW AT 3:50, LEAVE IW AT 6:35, DROP OFF AT DC THEN AT LAHARPE

-7/25/18(VOLLEYBALL OPEN GYM): LEAVE LAHARPE AT 2 PM, PICK UP AT DALLAS CITY AT 2:25 PM, DROP OFF AT IW AT 2:50, LEAVE IW AT 5:05, DROP OFF AT DC THEN AT LAHARPE

- YOU MAY ACCES THE TRANSPORTATION SCHEDULE BY GOING TO WWW.ILLINIWEST.ORG

- HOVER OVER THE GENERAL INFORMATION BANNER

- THE TRANSPORTATION SCHEDULE IS THE SECOND ONE DOWN.

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REQUIRED FORMS

- THE FORMS REQUIRED TO PARTICIPATE ARE AVAILABLE ONLINE.
- GO TO WWW.ILLINIWEST.ORG
- CLICK ON ATHLETICS
- THEN CLICK ON REQUIRED FORMS
- ONCE YOU ARE FINISHED FILLING THEM OUT YOU WILL SUBMIT IT AND WILL AUTOMATICALLY GET SENT TO ME.
- YOU ONLY NEED TO FILL THIS OUT ONCE PER SCHOOL YEAR.
- THIS MUST BE SUBMITTED PRIOR TO THE START OF PRACTICE.

SPORTS PHYSICAL

- YOU MUST HAVE A SPORTS PHYSICAL TO PARTICIPATE IN AN IHSA SANCTIONED SPORT/ACTIVITY.
- MUST BE DONE AND TURNED IN PRIOR TO THE START OF PRACTICE
- MAY BE TURNED IN TO FRONT OFFICE(PREFERRED) OR YOUR COACH.
- THEY ARE GOOD FOR 395 DAYS
- SO BASICALLY NEED ONE EVERY SCHOOL YEAR.

SPORTS BOOSTERS

- WE ENCOURAGE PARENTS TO SIGN UP FOR THE SPORTS BOOSTERS
- THERE IS A SIGN UP SHEET OVER ON THE STAGE
- CHRIS TALLEY AND TERA COLE HAVE BEEN KEEPING IT RUNNING BUT NEED HELP.
- WE, THE COACHES, WOULD LOVE TO SEE PARENTS MORE INVOLVED THIS WAY.
- RIGHT NOW A LOT OF THE SPORTS PROGRAMS DO SOME KIND OF FUNDRAISING ON THEIR OWN. IF WE GET MORE PARTICIPATION THROUGH THE SPORTS BOOSTERS WE COULD GREATLY LIMIT THAT.

DUAL SPORTS

- STUDENT/ATHLETES ARE NOW ALLOWED TO BE IN TWO SPORTS DURING THE SAME SEASON.
- FOR ANYONE WHO IS INTERESTED THERE IS A FORM TO FILL OUT AT THE START OF THAT SEASON.
- LET THE ATHLETIC DIRECTOR OR YOUR COACHES KNOW AND WE WILL GET THAT FORM TO YOU.

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ISSUES

- ISSUES MAY ARISE
- WE ASK THAT PARENTS/GUARDIANS CONTACT THE APPROPRIATE PERSON, WHETHER THAT BE THE COACH OR THE AD.
- ADDRESSING THE ISSUE ELSEWHERE WILL NOT FIX THE ISSUE AND MAY MAKE THE ISSUE WORSE.

QUESTIONS, CONCERNS, SUGGESTIONS, ETC.

- I'M VERY EASY TO GET AHOLD OF AND WILL BE GLAD TO HELP YOU IN ANYWAY POSSIBLE IF I AM AVAILABLE.
- PHONE CALL, EMAIL, TEXT ARE ALL ACCEPTABLE WAYS TO GET AHOLD OF ME
- IF A QUESTION OR CONCERN ARISES PLEASE CONTACT ME

CONTACT INFO

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