



Belvidere HS

Athletic Information

2010-2011

Welcome to Belvidere HS Athletics! Athletics is an integral part of education and we encourage all of you to participate! Following is a list of sports offered at Belvidere HS as well as important information regarding our interscholastic sports programs. If you plan to become involved in sports during the 2010-2011 school year, please review all dates carefully so that you can plan ahead as some meetings are mandatory in order to participate.

SPORTS OFFERED AT BELVIDERE HIGH SCHOOL

| | | |
|---------|-------|--|
| Fall: | Boys | Cross-Country, Football, Golf & Soccer |
| | Girls | Cross-Country, Golf, Poms, Swimming, Tennis & Volleyball |
| | Coed | Cheerleading |
| Winter: | Boys | Basketball, Bowling, Swimming & Wrestling |
| | Girls | Basketball, Bowling & Dance |
| | Coed | Competitive Cheerleading |
| Spring: | Boys | Baseball, Lacrosse, Tennis & Track |
| | Girls | Lacrosse, Soccer, Softball & Track |

MANDATORY FALL SPORTS PARENT/ATHLETE MEETINGS

Mandatory fall sport parent/athlete meetings are scheduled as follows:

Monday, July 26, 2010

Performing Arts Center – Belvidere HS

5:00-6:00 p.m. Incoming Freshman & New Students - Athlete Registration

6:00 p.m. Incoming Freshman & New Students - Rules Meeting & Sport Specific Meetings

*Athletic policies will be discussed as well as coaches will be present to discuss individual sport rules, practice schedules, expectations and requirements.

6:30-7:30p.m. Sophomore-Senior - Athlete Registration

7:30 p.m. Sophomore-Senior - Sport Specific Meetings

*Coaches will be present to discuss individual sport rules, practice schedules, expectations and requirements.

Incoming Freshman and New Student athletes will not be allowed to participate until they, and at least one parent or guardian, attend this pre-season meeting.

SPORTS PHYSICALS

Belvidere HS along with Dr. Scott Trenhaile of Rockford Orthopedic Associates will be offering sport physicals.

Wednesday, July 28, 2010

BHS Gym Area (use entrance #14 off the faculty parking lot).

11:00 a.m. to 2:00 p.m.

No appointment is necessary. Cost is \$25.00. All proceeds will be generously donated back to the Belvidere HS Athletic Program. An updated physical form will be provided on July 28th.

All students in high school who are planning to be involved in athletics MUST have their sports physicals prior to any participation. This means no student will be allowed to try out or participate in any sport unless a physical exam is complete and turned into the Athletic Director's office at the high school. This sports physical can reveal medical problems such as heart murmurs, high blood pressure, or other serious conditions that need to be treated before a student participates in a sport. Sports physicals are good for one year from the date they are done. Having a physical done over the summer will allow the student to participate in any sport throughout the school year.

ATHLETE REGISTRATION

Students who choose to try out for and compete on an interscholastic team at Belvidere High School must obtain an Athletic Permit Card PRIOR TO TRY OUTS OR SEASON PRACTICES. This card allows a student to participate for the remainder of the sports season or until his/her physical date expires, whichever comes first.

You will need the following completed documents in order to obtain the Athletic Permit Card.

- Completed Athletic Release Form;
- Physical w/Steroid Consent Form completed; and
- Athletic Fee.

A permit card may be obtained in the athletic office or at the parent/athlete meeting preceding each season.

****All necessary documents will be available in the athletic office, at the parent/athlete meeting or on-line at www.district100.com/bhs/Assets/Athletics AFTER JULY 1st, 2010.**

ADDITIONAL INFO.....

Athletic Fees - 2010-2011 - Approved athletic fees for the 2010-11 school year.

1st Sport - \$100.00; 2nd Sport - \$ 75.00; and 3rd Sport - Free

Upon parent request, the fee will be refunded to any athlete who does not make a team.

Random Drug Screening - The Board of Education passed a policy in which all athletes will be part of a random sampling for testing of illegal drugs and Nicotine. Details of this policy will be explained at the pre-season meeting .

Academic Eligibility (Semester) – In order to participate in a sport, a student must earn academic eligibility by passing five (5) courses and maintaining a 2.0 grade point average from the previous semester. See Code of Conduct for a more detailed explanation of requirements.

Seeking information - The latest sports information, dates and times will be posted on Boonecountysports.com (Boone County Sports), www.district100.com/bhs/Assets/Athletics (District/Belvidere HS website) and published in the Belvidere Republican. Sport schedules are available on-line at Highschoolsports.net.

Questions - Call the athletic office @ 815-547-7552.

IMPORTANT ATHLETIC DATES

| Summer 2010 | |
|--|--|
| July 26 | Fall Sports Parent/Athlete Meetings |
| July 28 | Fall Athletic Physicals |
| August 11 | All Fall Sports Start! |
| Fall 2010 | |
| August 16 - 3-7 p.m. & August 17 – 8-Noon | Reserved Seat Season Football Ticket Sales for Current Season Ticket Holders @ Athletic Office |
| August 20 | Fall Sports Picture Day – First Team @ 3:30 p.m. Fall Sports Kick-off – Funderburg Stadium @ 7:00 p.m. Purple & Gold Scrimmage Game – Funderburg Stadium @ 7:30 p.m. |
| August 23 | Reserved Seat Season Football Ticket Sales Begin for General Public – 8:00 a.m. – 3:00 p.m. @ Athletic Office |
| Oct 1 | Homecoming Football Game |
| Winter 2010 | |
| Oct 20 | Winter Sports Parent/Athlete Meetings |
| Nov 17 | Winter Sports Preview/Picture Day |
| Spring 2011 | |
| Feb 16 | Spring Sports Parent/Athlete Meetings |
| March 11 | Spring Sports Picture Day |
| May 9 | All-Sports Awards Banquet |

BE POSITIVE.....BE PROUD.....BE A BUC!