

## 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, an athlete may join any non-cut team up to one week after the first contest of that sport.

**Q. How do we find out about tryouts (dates)?**

A. Starting dates are listed at [il.8to18.com/belviderehs](http://il.8to18.com/belviderehs). You 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. It's pretty much a six day a week commitment.

**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 miss competitions after they return because some have earned and deserve the opportunity to play while others were gone. Family vacations (winter or spring) during freshman year are not that unusual. After freshman year, the competitive level of play becomes keener and the need to be here during the break is important.

**Q. Do all your teams practice on site?**

A. Almost all practices are held at Belvidere High School or other District facilities (South Middle School, Lincoln, Seth Whitman & Lincoln Elementary Schools). Exceptions are boys & girls swimming (Harlem HS/MS and/or Jefferson HS), boys and girls bowling (Forest Hills Lanes) and boys and girls golf (Timber Pointe).

**Q. Are cheerleading and poms part of the athletic program and can you be in a sport at the same time?**

A. Cheerleading and poms are part of the athletic program. It is very difficult to be part of that program and another sport at the same time and is not allowed.

**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.

**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/tryout, the following must be completed:

**On-line athlete registration** at <http://il.8to18.com/belviderehs>.

**An annual physical needs to be submitted to the athletic office, an impact concussion test must also be completed and payment of an athletic fee.** Upon completion of on-line registration the athletic office will verify academic eligibility, clearance from prior sport and/or seasons and physical on file. A permit card will be issued which allows participation for the sports season or until the physical expires, whichever comes first.

**Q. Whom do I contact if I have any questions?**

A. General questions with regard to the Athletic Department should be directed to the Belvidere High School Athletic Office at 815-547-7552. Please contact the head coach for concerns regarding a specific sport.