



GLASTONBURY HIGH SCHOOL
Athletic Department

STUDENT-ATHLETE/PARENT
HANDBOOK
2016 - 2017

PROCEDURES FOR PARTICIPATION IN ATHLETIC PROGRAMS

Registration

Registration is now online. Go to www.glastonburyus.org and click on Athletics in the sidebar. Then select “Registration and Forms” from the top blue navigation bar to be taken to the registration page.

Forms Required for Registration

- Completed “G” Form OR a copy of the CT Health Assessment Form
- The current G Form can be found on the registration page of the athletics department website.
- Note: If you/your athlete participated on an athletic team during the 2015-2016 school year AND the physical is still valid, you will not have to submit a new physical for registration until the physical is up for renewal. Remember, a physical is valid for 13 months and must be valid during the time of participation.

Registration Periods for 2016-2017

For registration information go to www.glastonburyus.org click on Athletics in the sidebar and “Registration and Forms” from the top blue navigation bar.

Starting Dates

Fall Sports – August 25, 2016 (Football- August 15, 2016)

Winter Sports – December 3, 2016 (Wrestling and Girls Basketball- Nov. 28)

Spring Sports – March 18, 2017 (Baseball Pitchers and Catchers March 13*)

*By invite

GLASTONBURY INTERSCHOLASTIC ATHLETICS

It is a privilege to be a student-athlete in the interscholastic program of the Glastonbury Public Schools. We, who are concerned with the educational development of men and women through athletics, feel that a properly controlled, well-organized sports program meets with the students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

A wide variety of sports programs are offered both at the varsity and sub-varsity levels. Sixty (60) teams become involved in interscholastic competition. Because of this high degree of visibility, it is important that you represent your school, your team and most importantly yourself with pride, determination and commitment.

You must be held accountable to provide leadership, to exhibit responsible behavior and to keep the rules of the team, coach, school and conference. When you win, we will share your pride, enjoy your glory. Keep in mind that how you conduct yourselves on and off the playing field is as important to us as how well you play. Win or lose, we will feel equal pride if we know that you have tried your best, that you have always treated your opponents and their supporters with kindness and courtesy, and that you have played fair-always.

Participation in interscholastic athletics is an experience you will never forget. Enjoy it; take pride in your performance and best wishes for a successful season.

Trish Witkin, CMAA
Director of Athletics

Ashley Kitchens, CAA
Assistant Athletic Director

“PARTICIPATION IN ATHLETICS IS A PRIVILEGE AND NOT A RIGHT”

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FORWARD

The purpose of this handbook is to act as a guide for participants, coaches, and parents in order that each may understand the accepted procedures and policies of the Glastonbury High School in conjunction with the Connecticut Interscholastic Athletic Conference. Described are the procedures, which should bring about a more efficient operation of the interscholastic athletic program. Participation and involvement in the athletic program will contribute to the development of the role students will play in adult life and should help to promote a feeling of pride and school spirit.

Each coach and student-athlete is **required** to read this handbook and acknowledge its receipt before participating in a sport. Student-athletes are **required** to review this handbook with their parents before each sport season.

MISSION STATEMENT

The Glastonbury Department of Athletics strives for excellence by providing opportunities to student-athletes to participate in programs that are designed to develop meaningful standards of athletic performance, leadership, scholarship, community service and appropriate conduct within the educational and social environments of Glastonbury High School.

GOALS

1. To encourage student-athletes to achieve success by maintaining academic eligibility rules and to keep athletics in proper perspective.
2. To develop good citizenship, honesty, emotional control, dependability, and respect for rules, property and authority.
3. To provide an opportunity to exemplify and observe good sportsmanship.
4. To maintain a high standard of credible and positive performance and conduct on and off the field.
5. To teach and emphasize the fundamental skills of the various sports as a necessary ingredient in achieving individual and team success.
6. To stress the importance of physical fitness, conditioning, health habits, and safety in athletics.
7. To provide opportunities to develop lasting friendships with teammates and opponents.
8. To teach athletes to work together as a cohesive unit in order to achieve a common goal.
9. To provide a well-planned and well-balanced program of interscholastic athletics for as many secondary school students as possible.
10. To provide high quality leadership for all athletic programs so as to exemplify to student's a desired behavior to be developed from each athletic program.
11. To provide opportunities for the development of a feeling of unity and belonging, team pride, teamwork and commitment.

CODE OF CONDUCT FOR ATHLETES

INTRODUCTION

Recognizing that it is a privilege and honor to represent one's school and community while participating on an athletic team and that it is an athlete's responsibility to conform to those rules and regulations, the following Code of Conduct shall be in effect for the athletic teams.

CODE

- Athletes shall conform to the school, Central Connecticut Conference (C.C.C.) and Connecticut Interscholastic Athletic Conference (CIAC) Eligibility Rules, including all medical and academic requirements.
- Athletes shall conform to the behavioral norms of the school and act in a responsible manner with regards to the rules and regulations established in the Glastonbury Student Handbook.
- Athletes shall conform to the behavioral norms of society in general and to the specific laws established by the local, state and federal governments.
- Athletes shall attend and not be tardy for all practices and meets held both during regular school sessions and during vacations. Exceptions shall be subject to the approval of the head coach.
- Athletes shall get proper amounts of sleep and rest, both of which are recognized as essential for maximum effectiveness and efficiency in athletic participation.
- Athletes shall maintain a proper, well-balanced and nutritious diet in order to maintain peak effectiveness in their respective sports.
- Athletes shall abstain from using those substances – drugs, alcohol, steroids, and tobacco – that are deemed harmful to ones athletic performance, health and general well being.
- Athletes shall, at all times, conduct themselves in a manner that exhibits sound moral character and exemplifies good sportsmanship. Such behavior shall consider the safety and well being of team members, opponents, officials, spectators and the community in general.
- Athletes shall be held responsible and accountable for all equipment associated with the functioning of the team. Specifically this includes uniforms, sweat suits and equipment related to the performance of their particular event.
- Athletes shall always conduct themselves with an attitude that is positively stated, exhibits pride and is representative of the Glastonbury community in general.

CONCLUSION

Athletes failing to conform to and meet the requirements of the contents of the Code of Conduct shall face disciplinary action, on an individual basis, which is to be conducted in accordance with the rules and regulations of due process of the athletic department, school and/or community. ***This action could include suspension or expulsion from***

the team, or prevent full participation by a student not yet in season, as deemed appropriate by the Principal or Athletic Director.

ATHLETIC REQUIREMENTS FOR PARTICIPATION

In order to participate in any sport at Glastonbury the following requirements must be met:

- Sports Health Assessment Form completed by Physician and Parent/Guardian submitted to Athletic Director (“G” Form) or CT Health Assessment Form.
- Complete on-line registration process and obtain a receipt
- All eligibility requirements must be satisfied.

SPORTS HEALTH ASSESSMENTS FOR INTERSCHOLASTIC ATHLETICS

The Glastonbury Board of Education requires that all students have a Sports Health Assessment *before* being permitted to take part in interscholastic sports. This means they may not participate in try-outs, practices, or contests without evidence of a valid sports physical (“G” Form) being on file in the high school Athletic Office. Medical forms can be downloaded from the athletic department page on the district website: glastonburyus.org under Registration and Forms.

IMPORTANT: The blue colored State Medical Form (HAR-3 rev. 4/2010) is **not acceptable** for athletic participation unless the examining physician specifically checks off on the form that the athlete may “participate fully in athletic activities and competitive sports.” This can only be found on the version cited above. Please note we will need a copy of the complete document. Forms turned into the health office do not satisfy this requirement. Athletes should turn in a copy of the blue form if they are required to submit one to the health office as well.

A Sports Health Assessment is valid for 13 months. Should a physical expire during the school year and/or during the season a student is participating in, the student will be expected to submit evidence of an updated physical by submitting a new “G” Form or CT Health Assessment Form for continued participation. In the event of an injury or change in medical status, the student-athlete might be required to update their physical depending on the nature of the injury/change in health.

To return to the team after an injury, the athlete must obtain a note from the attending physician stating that the athlete may continue in the program.

This note must be given to the Athletic Trainer. Without a doctors note clearing the athlete to return, the athlete will not be allowed to participate in any practice or contest. If there is a difference of opinion between the doctor, trainer, athlete, or parent, the final decision will be that of the attending physician.

Please note additional evaluation by the Athletic Trainer might be necessary upon clearance from attending physician.

ACADEMIC AND ELIGIBILITY REQUIREMENTS

ATTENTION ATHLETES

In accordance with the CIAC you are **NOT ELIGIBLE** if:

- You are not taking at least four (4) units of work or its equivalent; (Rule I.B.)
- You have not passed at least four (4) units at the end of the last regular marking period as of the official day that grades are issued, with the exception of fall eligibility. * (Rule I. A.)
- You are nineteen (19) years of age; Student-athletes will be allowed to compete up *through their 19th birthday, however, if their 20th birthday falls during a season, the student-athlete will not be allowed to start or compete during that season and all eligibility will cease.* (Rule II.B.)
- You have changed schools without a change of legal residence; (Rule II.C.)
- You have been in attendance for more than eight (8) semesters (A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition); (Rule II. B.)
- You play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season; (Rule II.E.)
 - The exception to Rule II.E. shall be:
 1. Participation in parent/child tournaments and caddy tournaments.
 2. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-CIAC team or as an individual during the season as long as such practices do not interfere with or replace member school practices.
- You play under an assumed name on an outside team; (Rule II.F.)
- You receive personal economic gain for participation in any CIAC sport. (Rule II.F.)
- Your work habits or conduct both in and out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school.
- Local rules may be more restrictive than those of the CIAC. (See additional eligibility requirements under policies and procedures).

*For fall sports eligibility – student must have received credit for four (4) units or its equivalent towards graduation at the close of the school year preceding the contest.

NOTE: Marking period grades (not semester grades) are to be used in determining scholastic eligibility, except for fall eligibility.

The school principal may declare a student ineligible if it is felt that the student is not taking care of his/her responsibilities both as a student and citizen of Glastonbury High School and the community.

The Glastonbury High School Athletic Department policies and CIAC rules stated above (and throughout this handbook with few exceptions) apply to all student-athletes and athletic programs, regardless of whether they are CIAC sanctioned sports or not.

INSURANCE FOR ATHLETES

Students participating in interscholastic sports are automatically covered under the school's athletic insurance program. The athletic insurance program does not cover any medical expense that is paid or payable under any other insurance policy. Therefore, a family's regular insurance policy (Blue Cross/Blue Shield, etc.) will cover the student athlete initially. The school's athletic insurance will take effect when the individual's insurance is exhausted, up to the limits contained in the school's athletic insurance policy, which is on file in the Business Office. **PLEASE TAKE NOTICE THAT, IF YOU HAVE QUESTIONS ABOUT COVERAGE OR PARTICULAR TREATMENT UNDER THE SCHOOL'S ATHLETIC INSURANCE POLICY, YOU SHOULD INQUIRE ABOUT SUCH COVERAGE BEFORE YOU REQUEST OR AUTHORIZE SUCH TREATMENT.** Athletes who are injured may obtain a claim form from the Athletic Director who will review the original accident report and sign the claim form. **CLAIMS MUST BE ON FILE WITH THE INSURANCE COMPANY WITHIN 90 DAYS OF THE INJURY.**

ATHLETIC INJURIES

REPORTING OF INJURIES

All injuries that occur while participating on an athletic team are to be reported to the appropriate coach who will fill out an injury form and turn it in to the Athletic Department Office. This report should be completed the day of the injury or as soon thereafter as possible. The Athletic Director will then submit the report to the Business Office.

Head Injuries

Head injuries may not become evident until some time has passed since the actual incident. In addition, many athletes participate in weekend activities without medical coverage. For these reasons, it is important to be aware of the signs, symptoms, and appropriate treatment for head injuries. The injured athlete should **never be left alone for the first 24 hours** after the injury. It is important to monitor the student-athlete after a head injury however since rest is a important part of recovery, it is not necessary to wake the athlete throughout the evening. Parents can contact the Athletic Trainer (860-212-2911) for additional information.

While a *mild* headache may be expected, it is still important to monitor the athlete. If any of the following symptoms occur, please seek medical attention immediately.

- ⇒ Increasing or severe headache
- ⇒ Dizziness
- ⇒ Vomiting or nausea
- ⇒ Loss of memory
- ⇒ Poor concentration
- ⇒ Confusion
- ⇒ Change in personality
- ⇒ Unequal or dilated pupils
- ⇒ Double or blurred vision
- ⇒ Blood or watery fluid coming from the ears or nose
- ⇒ Weakness or clumsiness in arms or legs

- ⇒ Slurred or garbled speech
- ⇒ Difficulty with speech
- ⇒ Asymmetry of the face
- ⇒ Increased swelling along the scalp
- ⇒ Hard to arouse or irritable
- ⇒ Convulsions and/or awkward movements

GLASTONBURY HIGH SCHOOL ATHLETIC TEAMS

	<u>Girls</u>	<u>Boys</u>
FALL SEASON	Cheerleading Cross Country Soccer Field Hockey Swimming/Diving Volleyball Crew	Cross Country Football Soccer Crew*
WINTER SEASON	Basketball Cheerleading Gymnastics Indoor Track & Field Ice Hockey (club, co-op) Coed Ski Racing	Basketball Ice Hockey Swimming/Diving Indoor Track & Field Wrestling
SPRING SEASON	Softball Tennis Golf Outdoor Track & Field Lacrosse Crew	Baseball Tennis Golf Outdoor Track & Field Lacrosse Volleyball Crew*

*Crew –a student-athlete must participate in fall crew in order to be eligible to participate in spring crew. This is due safety concerns of the river including higher water levels and increased speeds of the water in the spring.

Selection of team members is subject to the discretion of the coaching staff and nature of the sport. Student/athletes are encouraged to refer to the coach for the selection process of a particular sport and for the levels of participation offered in that sport.

TRAINING ROOM SERVICES/COVERAGE

Athletic training services are available for all sports teams. On-field game coverage is limited primarily to varsity sports, due to the number of games. The athletic training staff will also provide care for teams visiting GHS.

During the fall season, the athletic trainer is in the indoor training room from approximately 2:00-2:30p.m. In the spring, hours are from 2:00-2:45p.m. After 2:30 in the fall and 2:45 in the spring, the athletic trainer will be in the outside Training Room until game(s) to be covered begins. If there are no games, the athletic trainer will be in the outside training room for the duration of coverage (until approximately 6:00 p.m.). The winter schedule is determined by daily home athletic schedules that include numerous assignments at evening contests. There are no athletic trainer services on site during after-school practices. Please check the training room door for the schedule.

A LIST OF TRAINING ROOM RULES IS POSTED IN EACH TRAINING ROOM AREA.

SUBSTANCE USE, POSSESSION, OR DISTRIBUTION

Athletics/Co-Curricular Activities (Regulation 5131.6e)

The Glastonbury Board of Education and Glastonbury Administration, and Glastonbury High School Athletic Department are committed to achieving an environment free of substance abuse in our schools. While this goal cannot be achieved by the school district alone, regardless of funding, staff ability, or program development, the GHS Athletic Department and GHS Administrative Team will provide students with preventative and intervention support and education.

A student who possesses or uses alcohol or drugs, drug facsimile or other substances intended to impair normal cognitive and/or psychological functions at any time during the school year will be subject to suspension or dismissal from any school sport team as described in the Student Athletic Handbook. In addition, the student will forfeit leadership roles in co-curricular clubs and activities, and may be dismissed from those activities.

In-Season Substance Abuse

Use, possession, or distribution of drugs and/or alcohol will result in the immediate dismissal from the team for the season. The student-athlete may regain athletic eligibility for the next season after completing a planned assistance program. Use, possession, or distribution of tobacco (including smoking, chewing, or use of snuff) will result in a two (2) week suspension from the team. This will include all practices and competition. A second violation of this nature will result in the immediate dismissal from the team for the season.

Out of Season Substance Abuse

Students failing to conform to the substance abuse policy during the school year but not yet in season shall face disciplinary action that will be served in the season they do participate.

First Offense:

- Four (4) week suspension
- Student may try-out and practice but may not compete
- Student-athlete will attend games but may not be in uniform
- Loss of leadership
- Student-athlete and Parent/Guardian must sign contract

Second Offense:

- Sixteen (16) week suspension
- Loss of leadership • Student-Athlete must perform 10 hours of community service
- Student-Athlete and Parent/Guardian must sign contract If the season ends before the penalty assigned is complete, it is carried to the next season the student participates in.

CHEMICAL HEALTH POLICY

The CIAC expects member schools to monitor their student athletes to assure that they are free of performance enhancing substances and to report any violations in a timely manner.

A student-athlete who has been determined to have used, in or out-of-season androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

Any student athlete who refuses to submit to testing as part of a member school's Board of Education-approved random drug testing policy shall be ineligible to participate in any CIAC-controlled activities.

Performance enhancing substances and practices subject to this policy include but are not limited to, the following:

- a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues.
- b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- c. Substances and practices identified as banned by the NCAA and the USOC.

The CIAC allows member schools to make exceptions for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's doctor for therapeutic purposes. The documentation should contain information as to the diagnosis, medical history and dosage prescribed.

CONFLICT RESOLUTION

1. An athlete and coach should first attempt to resolve any issues.
2. If the conflict cannot be resolved between the athlete and coach, the athlete should make an appointment to meet with the Director of Athletics.
3. If the problem is still unresolved, then the parent should contact the coach.
4. Only when the problem cannot be resolved with the coach should the parent contact the Director of Athletics.
5. These are the steps to be followed for conflict resolution:
 - a. Athlete – Captain
 - b. Athlete – Coach
 - c. Athlete – Director of Athletics
 - d. Parent – Coach
 - e. Parent – Director of Athletics
 - f. Parent – Principal

Areas that will not be discussed include the following: Playing time, discussions about other student athletes, and game strategies.

SPORTSMANSHIP

The Glastonbury Public Schools conducts an athletic program to enhance the personal and educational growth of its participants by providing healthy and challenging competition. All spectators and participants are asked to contribute to these goals by supporting vocally the efforts of our athletes and by refraining from any actions toward our opponents and officials, which interfere with the realization of our stated goals.

CIAC Sportsmanship Standards CIAC Sportsmanship Standards for Students-Athletes

As members of their team, a student-athlete serves as a role model. They are admired and respected by many, including younger athletes and their behavior and actions often have a significant impact on others. The student-athlete plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship.

The Student-Athlete:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will have a thorough knowledge of and abide by all rules of the game and CIAC.
- Will work for the good of the team at all times.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.
- Will refrain from the use of illegal or unhealthy substances to gain an unfair advantage.

CIAC Sportsmanship Standards CIAC Sportsmanship Standards for Parents

Controlling parent and spectator behavior at games is proving to be a major challenge for school and athletic administrators. Leagues and schools that have well-defined standards for sportsmanship that are discussed with parents at preseason meetings and announced at game sites experience more positive behavior at games. Parents need to keep the activity in perspective. High School athletics is an extension of the school's academic program and is designed to build the athlete's character, values and ethics and is not designed to be the avenue for an athletic scholarship. Parents and spectators must keep the game in perspective and support the coaches, players and officials in a positive manner.

The parent:

- Will respect the integrity and judgment of game officials.
- Will be respectful of all players, coaches, officials and other spectators.
- Will never target anyone for abuse whether it be physical, verbal or emotional.
- Will never engage in name calling, taunting, harassment, obscenities, and any other disrespectful language or gestures.
- Will always be a positive role model for other spectators and your child.
- Will cheer for your team not against your opponent.
- Will make an effort to know and understand the rules of the game.

- Will recognize that attending a middle or high school athletic contest is a privilege, not a license to verbally assault officials, coaches or opposing team(s) and their spectators.
- Will recognize and show appreciation for an outstanding play by either team.

ATHLETIC AWARDS

At the conclusion of each sports season, varsity athletes will be presented letters, numerals, metal insignias, and certificate awards according. These awards will be presented at a Sports Award Assembly in the Glastonbury High School Auditorium. The Glastonbury High School athletic department also presents patches to letter winners of League and State Championships.

AWARD REQUIREMENTS:

a. Varsity

Varsity letters will be awarded to athletes upon the successful completion of an athletic season and the recommendation of the head coach. Specific guidelines will be developed by each coach and clearly defined to all athletes. A player shall have conducted themselves in an exemplary manner both on and off the field, exhibited good sportsmanship to his /her opponents, teammates and coach and ended the season in good standing.

b. Junior Varsity

All members of a sub varsity team who have successfully completed an athletic season in a particular sport are eligible to be named to the Tomahawks All Academic Team (see below). Certificates of participation are available to those student-athletes wishing to receive one. Athletes may stop by the Athletic Department at the end of the season to request this award.

c. Freshman

All members of the freshman athletic squads who successfully complete an athletic season for a particular sport are eligible to be named to the Tomahawks All Academic Team. (see below). Certificates of participation are available to those student-athletes wishing to receive one. Athletes may stop by the Athletic Department at the end of their season to request this award.

d. Manager

Manager awards will parallel the regular awards system for varsity teams and will be made only upon the recommendation of the coach.

ADDITIONAL AWARDS:

- Hartwell Award – The Hartwell Award is presented to the young man/woman who has made the greatest contribution to their team. Qualities of performance, leadership, sportsmanship and dedication are criteria used in making the decision. This award is not necessarily given to the most outstanding athlete.
- Glastonbury “G” – Awarded to varsity participants completing the designated standards for any sport. Awarded one (1) time only.
- Sports Insignia (Pin) – Appropriate metal sports insignia awarded to letter winners in any sport.

- C.C.C. All-Academic Team – Awarded to varsity letter winners who have maintained a grade point average of at least 3.0 during the quarter of competition. A certificate is available upon request.
- Tomahawks All Academic Team - Awarded to sub-varsity team members in good standing who have maintained a grade point average of a least 3.0 during the quarter of competition.
- Special Certificates- Given in recognition of special categories such as Most Valuable Player; Coach's Award, Most Improved, sub-varsity academic achievement etc.

AWARD RECIPIENTS:

All recipient award/letter/certificate winners **MUST** be present to receive their awards. Failure to attend may result in the forfeiture of awards. Players may receive permission from their coaches to be absent and remain eligible to receive awards.

Athletes **MUST** have completed the season in good standing to be eligible to receive any such awards.

SUMMARY OF ATHLETIC AWARDS:

- | | |
|---------------------------------|--|
| - 1 st Varsity Award | Certificate, Varsity Letter, Varsity Insignia and Numerals |
| - Addition Varsity Awards | Certificate and Metal Sport Insignia |
| - Junior Varsity Award | Certificate of Participation (available upon request) |
| - Freshman Awards | Certificate of Participation (available upon request) |
| - Managers (varsity) | Certificate, Manager Insignia and other appropriate awards |
| - Captain | Captain Insignia |

***A nominal fee will be charged for replacement awards.**

SPORTS INFORMATION

Athletic Schedules, results and sports information can be found in two areas:

1. The Glastonbury High School website – glastonburyus.org (Athletics).
2. The Connecticut Interscholastic Athletic Conference – C.I.A.C. (the governing body of high school athletics). Website – www.ciacsports.com (on this site you will find athletic schedules and directions to all schools as well as off site facilities, game results and post season tournament information. You can also register to receive schedule updates).

POLICIES AND PROCEDURES FOR ALL STUDENT/ATHLETES

A. **Substance Abuse Policy** – See Page 11.

B. **Appropriate Behavior**

- Any student/athlete who initiates a fight will be dismissed immediately from the team.
- Verbal and/or physical abuse of officials or coaches by student/athletes will result in immediate dismissal from the team.
- The following behaviors will be considered serious violations of the athletic code and school rules and will result in disciplinary action:
 - A. Civil law and criminal infractions.
 - B. Theft or malicious destruction of individual, private or school property.
 - C. Misconduct by an athlete that is potentially detrimental to the athletic program, school or school district.

C. **School Attendance**

- Athletes will be allowed to participate in practice or contests only if they are in school by 10:30a.m on that day. Students who are absent from school may not participate in any athletic event during that afternoon or evening. Individual exceptions may be approved by the principal when arranged in advance.
- Unexcused single period absences during a given day may cause an athlete to be withheld from practice or contests on that day. **Students must participate in PE in order to be eligible for afterschool activities.**
- Student-athletes must meet minimum attendance requirements on Friday in order to be eligible for weekend practices and games.
- Students who are dismissed from school through the nurse are not eligible to return to participate in that afternoon/evening's events.

D. **Absence from Scheduled Practice**

- A team will only function effectively when all participants are present. Any player who skips practice is hurting themselves and the team. A player must notify the coach in person of any practice he or she is required to miss. The coach will determine if the excuse is acceptable.
- Athletes need to be aware of the team rules on missing practices/games as they may impact participation.

E. **Locker Rooms**

- It is the student/athlete's responsibility to leave all your valuables at home and keep your locker locked at all times.

Note: The school will not be responsible for personal property.

F. **Athletic Equipment**

- The student/athlete is responsible for all uniforms and equipment that is assigned to him/her.
- All equipment will be returned when the athlete completes the sport, either at the end of the season, or on leaving the team.
- If items are lost or abused, the student/athlete will be required to pay for a replacement.
- Uniforms are to be worn only at scheduled practices, contests or on game days.

Note: Athletes who do not return equipment/uniforms are ineligible to participate on additional athletic teams throughout the year. In addition, spring athletes will not receive their class schedules for the following school year until all items are returned or replacement costs have been submitted. Graduating seniors will not receive their cap and gown until they too have met the above responsibilities.

G. Vacations

- Team members are expected to attend practices and contests during vacations that fall within the team season. Parents should make family vacation plans with the student/athletes commitment in mind. However, athletes who have family vacation plans must furnish the coach notification of vacation plans the day after the team has been selected. A parent or guardian of the athlete must sign the written notification. No team member will be removed from a team for missing practice or games during vacations for which they have notified the coach as previously stated. However, penalties will be enforced due to their absence. It shall be the coach's prerogative to decide when a player is in condition to resume play.

H. Bus Behavior

- Student/athletes must travel to and from contests on the team bus, accompanied by the coach.
- Athletes will be expected to conduct themselves appropriately at all times while riding to and from athletic contest.
- Any damage to buses, caused by athletes, will be paid for by the athlete(s) involved. Said athlete(s), by this behavior, will be subject to dismissal from the squad and school discipline.

I. Hazing

- Hazing is **prohibited** at all times. Hazing activities of any type are inconsistent with the educational goals of the school system. "Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a risk of physical or emotional harm to a person, in order for the student to be initiated into or affiliated with a student organization or any other purpose.

The term hazing includes, but is not limited to:

1. Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on the body.
2. Any type of physical activity that subjects the student to a risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity that intimidates or threatens the student with ostracism, that subjects a student to stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
4. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

Note: The school district will act to investigate all complaints of hazing and will discipline up to and including expulsion.

J. Captain's Practice

- The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC

and CCC do not in any way sanction, encourage or condone “Captain’s Practice” in any sport. “Captain’s Practice,” depending on the member school’s involvement, may be a clear violation of the season limitations eligibility rule or certainly a violation of the spirit of the rule.

K. Changing Sports

- Prior to the opening of each season, athletes will be allowed to transfer registration from one sport to another only on mutual agreement of the two coaches involved. Athlete must report to Athletic Department to make the switch.
- Athletes will not be permitted to switch sports once the try-out process is underway and/or complete for the program they wish to switch to.
- An athlete who drops from the squad after the first contest is not permitted to join another squad during that season.

L. Gymnasium Procedures

- No one is allowed in the gym unless it is his or her designated practice period.
- At no time is it permissible for individuals or groups to work out in the gymnasium, unless under direct supervision of a coach.
- Athletes practicing in the gymnasium for one sport will refrain from using equipment not specifically designated for their sport.
- Teams “in season” will have priority on gymnasium use.

M. Performance Enhancing Drugs Policy

- A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances shall be declared **ineligible** for all CIAC-controlled activities for **one hundred eighty (180) school days** on each occurrence.

N. School Suspensions

- Students may not participate in any game, contest, practice or school activity while under suspension, nor may a student appear on school grounds or at a school activity on any school day while suspended from school. This includes contests at away sites. The suspension is in effect until the student is readmitted to classes by an administrator.

O. Transportation

- Transportation to and from athletic contests will be provided by the Athletic Department (with few exceptions). **Athletes are not permitted to drive themselves to an away contest, under any circumstances.**
- Athletes are expected to return from away contests on the transportation provided by the district. Athletes who need to leave from an away contest with his or her parent(s) should bring a note requesting an exception to the Athletic Director for approval 24 hours prior to the contest. Only extenuating circumstances or emergency situations will be approved. Notes must be handwritten and signed by the parent/guardian of the student athlete.

NCAA INITIAL-ELIGIBILITY FOR COLLEGE ATHLETES

Information on initial-eligibility for college participation can be found by logging onto the NCCC Eligibility Center (www.eligibilitycenter.org). The Athletic and Guidance Departments will be working together to produce an information sheet on the eligibility process which will be available for all students and families. Students should begin thinking about the academic requirements for college participation in their freshman year and register with the eligibility center in their junior year.

EXPECTATIONS OF PARENTS

- Be positive with your athlete; let him/her know that he/she is accomplishing something simply by being part of the team.
- Don't offer excuses to your athlete if he/she is not playing. There is usually a reason for it. Encourage your athlete to work hard and do his/her best.
- Don't put down the coaches or other athletes. If you are constantly berating your athlete's coach, do not expect positive results from the season. Be supportive in a positive way.
- Insist on good grades. Check the number of hours your athlete spends on homework.
- Don't try to live your life vicariously through your athlete. High School athletics is for high school students only.
- Being a fan (supporter!!) does not entitle you to be belligerent or abusive toward players, coaches or officials. Coaches work with athletes and know their talents. Respect that! Those who have actually played, officiated or coached ordinarily understand the nature of sport, and they are less likely to be a poor fan. **Also, consider that sons and daughters are often embarrassed by parents who can be heard from the stands.**
- Insist that your athlete respect team rules, school rules, game officials and sportsmanship. Don't let him/her embarrass his/her family, school and team by a rude gesture or incident. Self-respect begins with self-control.
- Encourage your athlete to maintain a positive self-image by believing in him or herself. Don't compare and contrast athletes with family members who have previously played. Don't put added pressure on your athlete to be much better than his/her siblings.
- Encourage your athlete to play for the love of the game – not scholarship or college admission. This alleviates a lot of pressure for a youngster.
- Remember that the coach is involved as a coach because he/she is sincerely fond of children and is an experienced professional. Coaches have different ways of dealing with people and situations. Athletes' lives are enriched by interactions with different types of leaders.
- Remember, at a competition, you, the parent, represent the school and your son/daughter and you should be a positive role model. Therefore, do not shout advice from the stands. A steady stream of technique suggestions has no value to the athlete. Shout words of encouragement.

- Be involved with your son's or daughter's team in a positive way. Cheer for all kids on the team. Help with booster clubs. There are hundreds of ways to be involved with the team and be a good parent at the same time.

DIRECTIONS TO ATHLETIC EVENTS

Directions to athletic events can be found by clicking the "Directions" link beneath the opponent on the athletic schedules. Log onto the district web portal (glastonburyus.org) and navigate to the Athletics home page.

Addresses to high schools we compete against or other tournament sites are available on the CIAC website (www.casciac.org). Click on the direction link located at the top of the page to obtain maps, addresses and directions to various sites.

"PARTICIPATION IN ATHLETICS IS A PRIVILEGE AND NOT A RIGHT"

Director of Athletics:	(860) 652-7200 ext. 2106
Assistant AD	(860) 652-7200 ext. 2121
Athletic Dept. Secretary	(860) 652-7200 ext. 2116
Athletic Trainer:	(860) 212-2911 (cell)