

## Athletic Department Twitter Account: @nhsathletics

Get the most up to date scores and information about our N.H.S. teams.

### Dear Parents,

This folder contains information about the policies and procedures of the Newtown High School Athletic Department. I hope that you find the following information helpful and never hesitate to call me if you have any questions or concerns.

Gregg Simon  
Newtown High School Athletic Director

### General Information

Newtown High School	Gregg Simon, Athletic Director
12 Berkshire Road	Office Phone: 426-7655
Sandy Hook, CT 06482	Fax Number: 270-4826
Main Office: 426-7646	

**Athletic Department Web Site:** [www.nighthawksports.com](http://www.nighthawksports.com)

Our web site has schedules, directions to school, links to individual team websites, and many other interesting features.

### Athletic Department Mission Statement

**The N.H.S. Athletic Department will develop teams that are determined, poised, respectful, and passionate. Our student-athletes and coaches will develop a winning attitude by being dedicated, focused and unselfishly supporting each other. We will build a proud tradition by communicating honestly and relentlessly in a challenging atmosphere of success and enjoyment.**

### Newtown High School Sports

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Football JV/F	Basketball (Boys) JV/F	Baseball JV/F
Cheerleading	Basketball (Girls) JV/F	Golf (Boys)
Cross Country (Boys)	Cheerleading	Golf (Girls)
Cross Country (Girls)	Dance	Lacrosse (Boys) JV/F
Dance	Gymnastics	Lacrosse (Girls) JV
Field Hockey JV/F	Indoor Track (Boys)	Softball JV/F
Soccer (Boys) JV/F	Indoor Track (Girls)	Tennis (Boys)
Soccer (Girls) JV/F	Swimming (Boys)	Tennis (Girls)
Swimming (Girls)	Wrestling JV	Track (Boys)
Volleyball JV/F	Ice Hockey JV	Track (Girls)
		Volleyball (Boys)

*JV means that a team has a junior varsity squad*

*F means that a team has a freshman squad*

### Levels of Play

**FRESHMEN** - Freshmen sports act as an introduction for many athletes to interscholastic practice and play. At this level, coaches focus on the development of basic skills, rules, strategies, team play, and sportsmanship. Coaches make every attempt to keep as many freshmen as possible and to share playing time among the members of the team.

**JUNIOR VARSITY** - The junior varsity level is intended for those students who display the potential to develop into varsity athletes. At this level, coaches strive to refine fundamental skills and strategies of team play. An attempt will be made to play all participants, but it is recognized that all athletes may not play equally, both in individual games and over the course of the entire season. Coaches will make every attempt to find meaningful playing time for all eligible players based on the degree of effort and skill improvement.

**VARSITY** - The varsity level of competition is the culmination of the high school athletic program. Varsity teams are comprised of the best players in that sport regardless of class. Team play, sportsmanship, individual physical ability, motivation, and mental attitude are very important aspects of competition at the varsity level. Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play a contest. While contest participation over the course of the season is desirable, a specified amount of playing time is never guaranteed.

**Chain of Command:** The Newtown High School Athletic Department strongly encourages our student-athletes to advocate for themselves when dealing with the coaching staff. This chain of command allows a coach to work first with a student-athlete to resolve any playing time issues or other differences of opinion.

- > Student-athlete discusses situation with coach.
- > Parent discusses situation with coach.
- > Student-athlete/parent discuss situation with Athletic Director.
- > Student-athlete/parent discuss situation with building administrator.

**League Affiliation:** Newtown High School's athletic teams are governed by the rules and regulations of the Connecticut Interscholastic Athletic Conference (CIAC). Newtown High School is a member of the SWC which was formed in 1995 and has fourteen member schools. The SWC has two divisions – Colonial and Patriot.

League members include:

Bethel	Immaculate	Masuk	Newtown	Stratford
Brookfield	Joel Barlow	New Fairfield	Notre Dame	Weston
Frank Scott Bunnell	Kolbe Cathedral	New Milford	Pomperaug	

**Captain's Practices:** The CIAC Board of Control has issued the following statement concerning captain's practices:

The CIAC does not in any way sanction, encourage, or condone "Captain's Practice" in any sport. "Captain's Practice" depending upon the member school's involvement, may be a clear violation of eligibility rule II D. (season limitations) or certainly a violation of the spirit of rule II D. The Newtown High School Athletic Department clearly warns all coaches that they are in no way to condone, encourage, or sanction captain's practices.

**Consent to Treat Form:** Each parent/guardian is required to complete a consent to treat form indicating pertinent medical information, emergency phone numbers and a contact person in case of accident or injury. These consent to treat forms are kept in the first aid kit and accompany teams to all practices and games. It is the parent's responsibility to contact the coach and revise this information if it changes during the course of the season/year.

### Newtown High School Sports Participation Form

**It is the policy of the N.H.S. Athletic Department that all athletes must submit a Newtown High School Sports Participation Form before they are allowed to try out for a team.**

All members of N.H.S. teams must submit a Newtown High School Sports Participation Form before they can try out for a team. This form can be found on [nighthawksports.com](http://nighthawksports.com), the Nurse's Office and the Main Office.

All members of N.H.S. teams must have a complete physical examination before they can try out for a sport. The physical must be documented on the blue health form and is good for thirteen months from the date on the form. These forms can be found in the nurse's office, athletic director's office, main office or on [nighthawksports.com](http://nighthawksports.com). It is a good idea to have the physical examination during the summer so that the form is valid for all three sport seasons.

All members of N.H.S. teams must submit a NON-REFUNDABLE pay to participate fee each sports season once the final teams are selected. Checks should be made out to Newtown High School. This fee is used to help offset the cost of the sport and in no way guarantees a set amount of playing time. **There is a \$450 family cap per year.** The scale for the fees is located below.

#### FALL SPORTS

CHEERLEADING . . . . .	\$150	VOLLEYBALL . . . . .	\$200
DANCE . . . . .	\$100	SOCCER . . . . .	\$200
X-COUNTRY . . . . .	\$150	SWIMMING . . . . .	\$200
FIELD HOCKEY . . . . .	\$200	FOOTBALL . . . . .	\$200

#### WINTER SPORTS

INDOOR TRACK . . . . .	\$200	LACROSSE . . . . .	\$200
BASKETBALL . . . . .	\$200	TENNIS . . . . .	\$150
CHEERLEADING . . . . .	\$150	BASEBALL . . . . .	\$200
WRESTLING . . . . .	\$200	SOFTBALL . . . . .	\$200
SWIMMING . . . . .	\$200	TRACK . . . . .	\$150
DANCE . . . . .	\$100	GOLF . . . . .	\$150

#### SPRING SPORTS

**Newtown High School Eligibility Policy:** The Connecticut Interscholastic Athletic Conference provides academic standards and eligibility guidelines for all member schools. Newtown High School maintains high expectations for all student-athletes and, therefore, has adopted a more stringent policy for academic eligibility. Students entering the high school from the middle school or any other eighth grade class are automatically eligible to participate in fall sports regardless of their previous academic record. However, in order for students to remain academically eligible, students may not fail more than one credit-bearing course per quarter AND must maintain at least a 70 grade point average each quarter. Any student who does not meet these minimum eligibility standards will be immediately declared ineligible. **Students who are declared academically ineligible may not practice with or try out for a team. A student-athlete who is declared academically eligible during a sport season may only try out if no student-athletes were cut at the same level during the original tryouts.**

- First quarter grades determine eligibility for continuance of a fall sport and eligibility for a winter sport.
- Second quarter grades determine eligibility for continuance of a winter sport and eligibility for a spring sport.
- Third quarter grades determine eligibility for continuance of a spring sport.
- Year-end grades determine fall eligibility. To be eligible for fall sports, a student must have also received eight credits toward graduation for which he/she has not previously received credit. Semester courses completed earlier in the school year may be counted toward the eight credits used in determining eligibility for the fall season. Successful completion of summer school work counts toward academic eligibility.

According to CIAC rules, students who receive an incomplete in a class must complete the work and receive a grade within ten (10) school days of receiving the report card. It is the athlete's responsibility to request the teacher to submit his/her grade within this timeline.

The CIAC determines athletic eligibility requirements for students transferring into Newtown High School. Transfer students should consult the Athletic Director concerning applicable rules in effect at the time of their enrollment.

### Hazing Policy

**PURPOSE:** The purpose of this policy is to maintain a safe learning environment that is free from hazing for students and staff. Hazing activities of any type are inconsistent with the educational goals of the school district and are prohibited at all times.

Any student who engages in hazing is subject to discipline up to and including expulsion and/ or referral to law enforcement officials. Any board employee who permits hazing is subject to discipline, up to and including termination of employment and/or referral to law enforcement officials.

### General Statement of Policy

- A. No student, administrator, volunteer, contractor or other employee or agent of the school district (here and after collectively referred to as "staff") shall plan, direct, encourage, aid or engage in hazing.
- B. No staff member of the school district shall permit, condone, or tolerate hazing.
- C. Implied or expressed consent by a person being hazed does not lessen the prohibitions contained in this policy, and will not be considered as a defense or mitigation of any alleged violation of this policy.
- D. A person who engages in an act that violates school policy of law in order to initiate another person or to be initiated into or affiliated with a student organization shall be subject to discipline for that act.
- E. The school district will investigate complaints of hazing and take appropriate action including but not limited to discipline against any student or staff member of the district who is found to have violated this policy.
- F. Hazing activities are seriously disruptive of the education process. This policy applies to behavior that occurs on or off school property and during, before or after school hours.

### DEFINITIONS:

- A. "Hazing" means committing an act that creates a substantial risk of harm to a person or property for the purpose of initiation or admission into, affiliation with or continued membership or affiliation with a student organization, or for any other purpose. The term "hazing" includes, but is not limited to:
  1. Any type of physical brutality including but not limited to whipping, beating, striking, branding, electronic shocking, or requiring an ingestion or placing a harmful substance in or on the body.
  2. Any type of physical activity including but not limited to sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
  3. Any activity involving the consumption of any alcoholic beverage, drug, tobacco product, or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.

4. Any activity that intimidates, bullies, or threatens the student with ostracism, that subjects the student to unreasonable stress, embarrassment, shame, or humiliation, that adversely affects the mental health or dignity of the student, or discourages the student from remaining in school.
  5. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or school district policies, rules or regulations.
- B. "Student organization" means any group having students as its primary members or participants. It includes, but is not limited to, grade levels, classes, teams, clubs, activities, or particular school events. A student organization need not be recognized as an official school organization to come within the terms of this definition.

### Reporting Procedures

- A. Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct that may constitute hazing shall report the alleged acts immediately to the building principal.
- B. Staff members of the school district shall be particularly alert to possible situations, circumstances, or events that might include hazing.
- C. Submission of a good faith complaint or report of hazing will not be used by the school district to affect the complainant's or reporter's future employment, grades, or work assignments.

**School Action:** The school district will investigate reports of hazing and will take action deemed appropriate to rectify the situation and protect the individuals involved. Such action may include discipline of students up to and including expulsion and/or discipline of staff up to and including termination and the reporting of such staff or students to law enforcement officials.

**Reprisal:** The school district will discipline or take appropriate action against any student or staff member of the school district who retaliates against any person who makes a good faith report of alleged hazing against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists, or participates in a proceeding or hearing related to such alleged hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal, or harassment.

**Safe School Climate Policy:** The Newtown Board of Education promotes a secure and positive school climate, conducive to teaching and learning, that is free from threat, harassment and any type of bullying behavior. Therefore it shall be the policy of the Board that bullying of a student by another student or adult is prohibited. Bullying is defined as the repeated use by one or more students of a written, oral or electronic communication, such as cyberbullying, directed at or referring to another student or a physical act or gesture directed at another student in the same school district that:

1. causes physical or emotional harm to the student or damage to such student's property;
2. places such student in reasonable fear of harm to himself or herself, or of damage to his or her property;
3. creates a hostile environment at school for such student;
4. infringes on the rights of such student at school; or
5. substantially disrupts the education process or the orderly operation of the school.

Bullying shall include, but not be limited to, a written, oral or electronic communication or physical act or gesture based on any actual or perceived differentiating characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity or expression, socioeconomic status, academic status, physical appearance or mental, physical, developmental or sensory disability or by association with an individual or group who has or perceived to have one or more of such characteristics.

Cyberbullying includes the following misuses of technology: any transfer of signs, signals, writing, images, sounds, data or intelligence of any nature transmitted in whole or part by a wire, radio, electromagnetic, photoelectronic or photo-optical system to harass, tease, intimidate, threaten or terrorize another person.

Students who engage in any act of bullying while at school, at any school function in connection to or with any district sponsored activity or event, or outside of the school setting at a location, activity or program that is not school related, or through the use of an electronic device or a mobile electronic device that is not owned, leased or used by the Newtown Board of Education are subject to appropriate disciplinary action up to and including suspension, expulsion and/or referral to police.

**TEACHER/STAFF:** Any school employee or individual working within the school setting with knowledge or belief of conduct that may constitute bullying, whether by witnessing such conduct or by receiving student reports of bullying, must take an action and shall orally report the alleged acts immediately and not later than one school day to the safe school climate specialist or another school administrator if the safe school climate specialist is unavailable and to file a written report on the "Suspected Bullying Intake Report Form" included in this document not later than two school days after making an oral report. Implement prevention and intervention strategy(ies) to deal with bullying as determined by the district's safe school climate plan. Implement positive behavioral interventions and support process or evidence-based model approach as determined by the district.

**STUDENT:** May anonymously report acts of bullying to any school employee including teachers, counselors, adult staff members and school administrators.

Will be notified annually how to make such anonymous reports in each school building.

Will find language concerning bullying included in codes of conduct.

**PARENT/GUARDIAN:** May file written reports of suspected bullying to his/her child's safe school climate specialist.

Will be notified by the school through personal communication (ex., phone call, letter) not later than forty-eight hours after the completion of the investigation and invited to meet with school staff if his/her child commits a verified act of bullying in order to communicate to such parents or guardians the measures being taken by the school to ensure the safety of the student against whom such act was directed and to prevent further acts of bullying.

Will be notified by the school through personal communication (ex., phone call, letter) not later than forty-eight hours after the completion of the investigation and invited to meet with school staff if a verified act of bullying was directed against his/her child in order to communicate to such parents or guardians the measures being taken by the school to ensure the safety of the student against whom such act was directed and to prevent further acts of bullying.

THE COMPLETE POLICY IS LOCATED ON THE DISTRICT WEBSITE.

### NHS Student Substance Abuse Code of Conduct

The Newtown Board of Education recognizes the serious societal problem of substance abuse and the implications this has for our students in the Newtown Public School System. In partnership with families and other local institutions, our schools play a significant role in the early detection of substance abuse, the protection of children from the use, promotion and sale of alcohol and controlled substances and the improper use and sale of prescription drugs.

All student athletes are subject to Newtown Board of Education policies, Newtown High School administrative policies, disciplinary actions and suspension or removal from co-curricular activities for the possession, use, dispensing, sale or distribution, aid in the procurement or under the influence of any of the following:

- Alcohol
- Illicit Drugs
- Mood Altering or Controlled Substances
- Stimulants
- Any substance purported to be a restricted substance
- Anabolic Steroids
- Hormones or Analogues
- Diuretics
- Performance Enhancements

A student that is under the influence of or in possession of drugs and/or alcohol during school, on school grounds or during school activities, will be excluded from all school related co-curricular activities for a period of (60) sixty calendar days. If the 60-day period is not concluded by the end of the school year, the remaining days will resume at the start of the next school year.

If such student engages in any prohibited activity listed above off school grounds, at any time, seven days a week, regardless of whether or not prohibited conduct occurs during the student's actual participation in the activity or whether other school-related disciplinary action has occurred, the student will be excluded from all school related co-curricular activities for a period of (60) sixty calendar days. If the 60-day period is not concluded by the end of the school year, the remaining days will resume at the start of the next school year.

A student whose conduct off school grounds is in violation of the substance abuse policy and is seriously disruptive of the educational process shall be subject to severe disciplinary action, up to and including expulsion from school. In accord with Newtown High School policies and expectations, this is applicable to all co-curricular activities sponsored by the school.

Participation in high school activities is a privilege, not a right. The Newtown Board of Education, Newtown Administrators and NHS 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 Newtown High School Administration will provide students with preventive and intervention support and education. The family, church, community health services, mental health and treatment facilities and concerned citizens must play a role if our goal is to be accomplished. We support sharing approaches and programs with other districts and institutions and recognize that these problems neither begin at the school door nor end at the district's boundaries. The solutions to the difficult problems of substance abuse need to be approached by society as a whole.

**Student Absences:** A student must be in school for a minimum of four hours in order to participate in any practice or game that day. It is the responsibility of the student-athlete to tell his/her coach if he/she was absent from school that day. Appropriate consequences will be applied for any violation of this rule up to and including suspension from the team.

**In-Season Rule:** A student-athlete who is a member of a school team after the first scheduled contest in any season shall not practice or compete with an outside team, or participate as an individual in non-CIAC tournaments, meets, tryouts, skills assessment or games in the same sport.

**School Closure/Early Dismissal:** If school is on an early dismissal schedule or if school is cancelled, all practices, scrimmages, games, etc. are cancelled. Information about a cancellation or postponement will be promptly posted on the white board outside the main gym and on NighthawkSports.com

**Senior Nights:** Although Senior Nights are some of the most important events of each sport's season, the Newtown High School Athletic Department does not choose the dates for these nights or plan the activities that will place on these special evenings. Senior nights are usually planned by the underclassman as a way of honoring our senior student-athletes. Decorations for these nights should be limited to the site of the event (pool, stadium, gym, etc.), as well as the front doors. **No balloons are allowed in the Main Gym.** No other parts of the building should be decorated. The student-athletes who decorate for senior nights are also responsible for completely cleaning up at the conclusion of the event.

**Running Off Campus:** Running off campus is strictly prohibited for N.H.S. student-athletes.

**Transportation of Students:** Transportation will be provided to student-athletes for out of town contests and in-town games and practices that must occur at sites other than at the athlete's school. In-town trips will be on a drop off basis only and parents or guardians are asked to pick up their sons/daughters at the designated site. All student-athletes must travel to out of town contests by the transportation provided by the school. Student-athletes will not be allowed to participate in any contest if they do not travel with the team unless approved by the Athletic Director. Student-athletes who do not travel back to school on the provided transportation must provide a note from their parent/ guardian stating their intentions. This note must be given to the coach at least 24 hours in advance.

**Injuries/Insurance Coverage:** If a student-athlete should become injured during the course of participating in a school sponsored sporting or athletic event, the injury must be reported to the coach immediately. Failure to provide notification to the coach within 24 hours may violate the terms and conditions of the insurance coverage carried by the town. The primary insurance that will provide coverage for any medical expenses incurred will be the medical/health insurance that applies to the student-athlete (which in most cases is the coverage that applies to the family of the student-athlete). Any insurance carried by the town will apply only on an excess basis over all other collectible insurance. Note that the insurance coverage carried by the town only applies to injuries that arise out of a specific and identifiable occurrence that happened at a specific and identifiable place and time. No coverage would apply for any sort of chronic condition that did not arise out of a specific and identifiable occurrence.

**Concussions:** Newtown High School is committed to the prevention and appropriate treatment of concussions in all of our students and athletes. All information about our procedures and protocols is listed on our athletic website NighthawkSports.com.

A few pieces of information to remember . . .

- No student-athlete will be permitted to participate on an NHS athletic team unless the Concussion Education Plan and Consent Form has been signed by the student-athlete and his/her parent/guardian.
- The Newtown High School Athletic Department employs the ImPact test. ImPact stands for Immediate Post-Concussion Assessment and Cognitive Testing and is used to assist our Athletic Department in concussion management. ImPact measures students overall short-term memory abilities, reaction times, and processing abilities. It is important to note that an athlete can neither fail nor pass this assessment. All athletes at NHS will take a baseline test using the ImPact test. If they receive a concussion they will be administered a post-concussion test using ImPact 24-72 hours after the concussion. They will again be tested 5-10 days after injury. Once a student is tested using ImPact they only need to be re-baselined every two years. *Student-athletes out of season who have a head injury will not be tested by the athletic staff although the Impact baseline will be supplied upon request.*
- Any student-athlete who is thought to have suffered a concussion during interscholastic competition, will be referred for MD assessment and will require MD clearance before returning to play.
- No student-athlete will be returned to play until he/she is substantially caught up with all academic obligations.

**Team Rooms:** Many teams use team rooms that are located off the main locker room to store equipment and uniforms during the season. All lockers in team rooms must be cleaned out within one week of the conclusion of the season. The custodial staff will discard any materials found in those lockers once the student-athletes have that opportunity to clear their lockers.