

# **COGINCHAUG REGIONAL HIGH SCHOOL**

## **STUDENT-ATHLETE HANDBOOK**



**Blue Devils**

**REGULATIONS AND GUIDELINES  
FOR HIGH SCHOOL  
ATHLETIC PARTICIPATION**

**2018-2019 School Year**

# **Coginchaug Regional High School Athletic Department**

## **Student-Athlete Handbook**

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# COGINCHAUG REGIONAL HIGH SCHOOL

## ATHLETIC DEPARTMENT

### Student-Athlete Handbook

## CODE OF CONDUCT

### 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, Shoreline Interscholastic Athletic Conference (SLIAC) 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 CRHS 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 one's 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 RSD#13 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.*

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

### **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 RSD#13 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 mission of the Coginchaug Regional High School (CRHS) Athletic Department is to foster and encourage meaningful opportunities for student-athletes to strive for academic and athletic excellence, sportsmanship, leadership and teamwork through collaboration with coaches, families and the community by incorporating our core ethical values of kindness, courage, honesty, respect and responsibility throughout all levels of practice and play.

### **PHILOSOPHY OF ATHLETICS**

A comprehensive and balanced activities program is an essential complement to the basic program of instruction. The activities program should provide opportunities for youth to develop interests and talents in sports, debate/speech, dance, drama, journalism, music, student government and other academic-related areas.

Interscholastic athletics can play an important role in the growth and learning process. They encourage the acceptance of responsibility and commitment to self, to team and to school. They encourage good physical health and good personal habits. They teach sportsmanship and build character. They expose the athlete to some of life's most difficult lessons, e.g. defeat, adversity, and humility. They offer the opportunity to know and experience teamwork, hard work, and perseverance - core values which can help prepare them for life outside of school.

The interscholastic athletic program should be conducted in accordance with existing board of education policies, rules and regulations. While the board of education may take pride in winning, it should not condone

“winning at any cost” and should discourage all pressures which might tend to neglect good sportsmanship and good mental health. At all times the athletic program must be conducted in such a way as to justify it as an educational activity.

Leadership of athletic programs should be of the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the programs. Measurement of leadership success should not be in terms of a “win/loss” record, but rather in the character development factors that are an outgrowth of the athletic program. At all times the athletic program should place the total educational curriculum primary in emphasis; the athletic program should constantly strive for the development of well-rounded individuals capable of taking their place in modern society.

## **DESCRIPTION OF PROGRAM**

### **Varsity Athletics**

Varsity athletics afford opportunities to the student-athletes who exhibit the greatest skills in their respective sport. These athletes will compete against equally talented athletes from opposing schools. The goal at this level is provide CRHS with the best win-loss record possible.

### **Junior Varsity Athletics**

Junior Varsity athletic programs are for student-athletes who do not yet possess the skills required for Varsity athletics an opportunity to compete in a competitive setting. Junior Varsity athletes are in the process of gaining the knowledge, skill, and experience required for Varsity competition. Junior Varsity athletes on occasion may participate in Varsity contests. Furthermore, being a member of a JV team does not guarantee that a student-athlete will automatically move to the Varsity level the following year. This decision is based on the athletes’ abilities and readiness as determined by the coaching staff.

### **Freshman Athletics**

Freshman athletic programs (where offered) are designed to provide ninth-grade students with an introduction to the world of high school athletics. These programs will teach the fundamentals of the sport and afford athletes an opportunity to gain knowledge, skill, and experience necessary for Junior Varsity competition. Freshman athletes on occasion may participate in Junior Varsity or Varsity contests, respectively. This decision is based on the athletes’ abilities and readiness as determined by the coaching staff.

## **ATHLETIC DEPARTMENT 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.

### **ATHLETIC PROGRAM OVERVIEW**

| <b>FALL SPORTS<br/>(August 23rd start)</b>   | <b>WINTER SPORTS<br/>(November 29th start)</b>  | <b>SPRING SPORTS<br/>(March 16th start)</b>   |
|--|---|---|
| Boys' Cross Country<br>Girls' Cross Country<br>Boys' Soccer (Varsity & JV)<br>Girls' Soccer (Varsity & JV)<br>Girls' Volleyball (Varsity & JV)<br>Cheerleading<br>Unified<br><br>Football Co-Op (Varsity, JV) –<br><b>*August 13th Start</b> | Boys' Basketball (Varsity, JV & FR)<br>Cheerleading<br>Boys' & Girls' Indoor Track<br>Unified<br><br>Boys' Swimming & Diving (co-op with Lyman Hall) Practices at Sheehan HS<br><br>Ice-Hockey (co-op with Lyman Hall & H-K) Practices at Northford Rink<br>* Co-op sports have a "no-cut" policy<br><b>*November 26th start</b><br>Girls' Basketball (Varsity, JV & FR)<br><b>*November 26th start</b> | Boys' & Girls' Golf<br>Boys' Tennis<br>Girls' Tennis<br>Boys' Outdoor Track and Field<br>Girls' Outdoor Track and Field<br>Softball (Varsity & JV)<br>Unified<br><br>Baseball (Varsity & JV)<br><b>*March 9th start for pitchers &amp; catchers</b> |

### **REQUIREMENTS FOR PARTICIPATION**

In order to participate in any interscholastic sport at CRHS, the following requirements must be met prior to try-outs, practices, or contests for *each individual sport*.

1. Completion of FamilyID registration.
2. A mandatory activity fee in the amount of \$100 must be submitted to CRHS. Payment of this fee may be submitted online at <https://schoolpaymentportal.com/Default.aspx> or handed in to the main office.
3. A Sports Health Assessment Form (Physical) completed by the Physician and Parent/Guardian must be submitted directly to the CRHS nurse, Pam Branciforte. In order to be considered valid, the date of the physical examination can be no more than 13 months old. \*\*\*Please note that it is the responsibility of the parent (s) and/or the student to ensure that the physical exam is up-to-date. Physical exam information will be indicated on FamilyID once registered. The school is not obligated to notify students or parents when updated physicals are needed or when FamilyID registration has been completed.
4. Student-athletes must have completed a baseline ImPACT test prior to the first date of competition

- within the past two years. The test is re-taken every other year. Typically freshman and junior year.
5. All eligibility requirements set by the CIAC must be satisfied (See Page 7).

## **ACADEMIC AND ELIGIBILITY REQUIREMENTS**

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.

### **CRHS Academic Eligibility:**

- Student-athletes must meet all academic eligibility requirements of the CIAC.
- Student-athletes must maintain an overall 1.666 GPA (C- average).
- Students cannot fail two or more courses within a quarter.
- Eligibility will be based on grades earned each quarter at Coginchaug Regional High School. Fall sports academic eligibility is based on the student's quarter 4 grades that they received the previous school year.

- Eligibility for the next quarter begins the day after report cards are mailed home.

\*\*\*In the event that a student-athlete is academically ineligible, they may practice at the discretion of the head coach, but cannot compete in scrimmages or scheduled games. If the student-athlete is academically ineligible entering a season, he/she will not be issued a uniform until eligibility is granted.

**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 Coginchaug Regional High School and the community.**

The Coginchaug Regional 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.

## **ATHLETIC DEPARTMENT POLICIES AND PROCEDURES**

### **A. Substance Use Policy – (See policy on page 12)**

### **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.
- CRHS students will be held accountable for their actions and behaviors at away contests within the guidelines of the CRHS Student/Parent handbook.
- 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/Practice and Game Attendance**

Athletes will be allowed to participate in practices or contests under the following conditions:

- In school for a minimum of 4 hours on that day.
- Students who are absent from school may not participate or attend any athletic event (practice or game) that occurs that day unless he/she has received prior approval from the administration. Individual exceptions to this rule may be approved at the discretion of the school administration.
- Student-athletes must meet minimum attendance requirements on Friday in order to be eligible for weekend practices and games.
- A student-athlete who is absent due to illness or who leaves school due to illness (even if in school for 4 hours) will not be allowed to return and participate in a practice or contest that day.



#### **D. Absence from Scheduled Practice**

- Student-athletes are expected to attend all games and practices and must notify the coach prior to any practice or game he/she will be unable to attend. The coach will then determine whether or not the excuse is acceptable.

#### **E. Locker Rooms**

It is the student-athlete's responsibility to:

- Leave all important valuables at home
- Keep items in a secured area at all times
- Clean up personal belongings and/or trash after each practice or contest

*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 if 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: Student-athletes who do not return their equipment/uniforms are ineligible to participate on subsequent athletic teams until the items have been returned. In the event the equipment/uniform is lost, the student-athlete must pay for the lost items prior to becoming eligible to participate.**

#### **G. Vacations**

- Team members are expected to attend practices and contests during vacations that are within the team season. Parents should make family vacation plans with the expectation of commitment in mind. The stance of the CRHS Athletic Department is that if a student-athlete is not present, they are not improving their skill set. In his/her absence, they are also giving other student-athletes that are present an opportunity to potentially replace them at their respective position and/or role on the team. Student-athletes who have family vacation plans must notify the head coach as soon as the plans have been made. It is at the discretion of the head coach to decide the penalty that will be enforced for the time that is missed.

#### **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 accordingly, 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 SLC 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. The student-athlete must report to Athletic Department to make the switch.
- An athlete who drops from the squad after the start of the first scheduled contest is not permitted to join another squad during that season.

## **L. Gymnasium Procedures & Weight-Room**

- 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 or weight-room, 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 or weight-room 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 (either out of school or in school), 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 by Parent(s) to and from Competitions**

- Transportation to and from athletic contests will be provided by the Athletic Department (with few exceptions). Student-athletes are not permitted to drive themselves to an away contest under any circumstances.
- Student-athletes are expected to return from away contests on the transportation provided by the district. *Specific information regarding what to do in the event that a student-athlete needs to be transported by a parent/guardian from an athletic event is currently under revision.*

#### **P. Senior Games**

- Senior games are organized by individual parent booster groups in an effort to provide opportunities to acknowledge and congratulate the seniors and their parents prior to the beginning of the game. This event is typically scheduled at a game towards the end of the regular season with the head coach or athletic director. It is important to note that coaches are not required or expected to start or play seniors during these games.

#### **Q. Tryouts/Cuts**

- Depending on the number of student-athletes that tryout, certain programs at CRHS will make cuts. Coaches are well aware of, and sensitive to the disappointment experienced as a result of this process. Prior to the first tryout, the coach will explain the criteria to make the team, and the anticipated schedule of this process. In addition, if cuts are made, head coaches will meet and speak with the student-athlete.

#### **R. Playing Time**

- The amount of playing time a student-athlete receives in a game is an important decision that is made at the discretion of the coach. It is important to note that a student-athletes grade level in school will have no bearing on playing time. Please refer to *Description of Program* on page 6 for further information regarding expectations for each level of play at CRHS.

## **S. Outside Team**

- Per CIAC regulations, student-athletes are not allowed to participate on an outside team in the same sport during the high school sport season. Furthermore, outside teams must not interfere with a student-athlete's commitment that they have to the program they are involved in.

## **T. Team Captains**

- School administration and head coaches reserve the right to appoint captains and the right to dismiss captains. There is no time frame for when team captains will be announced. This decision is at the discretion of the head coach. Being a captain is a tremendous honor and with it comes a certain level of responsibility. Captains at CRHS are expected to be leaders and role models from the time that they are elected captain until graduation from Coginchaug Regional High School. All captains and their parent/guardian must sign a captain's pledge which outlines their responsibilities in this role further. The captain's pledge is then submitted and kept on file with the athletic director. It should be noted that if a student-athlete does not meet/adhere to the responsibilities as outlined in the pledge, then he/she will be removed as a captain.

## **SUBSTANCE USE, POSSESSION, OR DISTRIBUTION**

### **Athletics/Co-Curricular Activities**

The RSD#13 Board of Education, the RSD#13 Administration, and the Coginchaug Regional 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 CRHS Athletic Department and RSD#13 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 nicotine or tobacco products (including vaping\*, smoking\*, chewing, the use of snuff) will result in a two-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. Any student involved in a leadership role may be subject to losing that title at the discretion of the athletic director.

## **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 role

### **Second Offense:**

- Sixteen (16) week suspension
- Loss of leadership
- Student-athlete must perform 10 hours of community service

**\*SMOKING/VAPING** There will be no smoking/vaping permitted within the confines of any of the schools or buildings in the District. Possession of all smoking/vaping materials by students is banned from all school buildings, functions and grounds. Smoking/vaping is not permitted in the proximity of the school buildings at any time. Any student who is in possession of a tobacco product or smoking/vaping paraphernalia will have those items confiscated. Students who do not smoke/vape are forewarned to exit any lavatory or other area immediately if they see smoke or electronic cigarettes in evidence. They are expected to alert the nearest teacher or administrator. Students who do not exit such situations will receive disciplinary consequences for complicit behavior.

## **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.

## **SPORTSMANSHIP**

The RSD#13 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 Student-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.

### **Ways to Promote and Display Good Sportsmanship**

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- Maintain self-control at all times.
- To establish a pleasant relationship between visitors and hosts.
- To respect the integrity and judgment of sports officials.
- Accept the results gracefully and act courteously at all times.
- Applaud during introduction of players, coaches and officials.
- National Anthem – Stand at attention and applaud when the anthem is finished.
- Applaud at the end of contests for the performances of all participants.
- Shake hands with opponents and coaches at the end of contest, regardless of outcome.
- Seek out opposing players and coaches to recognize them for good play.
- Recognize that the basic purpose of our athletic program is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- Always show concern for injured players, regardless of opposing team.
- Always strive to represent yourself, your team, your school and your community with class and integrity.

### **Expectations of Spectators, Students and Other Fans**

- Always support teams in a positive manner.
- Display appropriate signs and select appropriate cheers.
- Refrain from yelling derogatory comments at officials, coaches, or participants.
- Singling out individual players or numbers is not permitted.
- Remove hat during the playing of the National Anthem.
- Stand at attention and remain quiet throughout the playing of the anthem.
- There is a charge for most home events. This charge helps defray the cost of officiating, contest support personnel, and security.

### **Sportsmanship Code**

It is recommended that each spectator, both student and adult, be encouraged to follow the following sportsmanship code:

- I will consider my athletic opponents and the officials as my guests and will treat them as such.
- I will cheer both teams as they come off the field of play.
- I will applaud good plays made by either team.
- I will not applaud errors.
- I will not “razz” or heckle the players of either team or anyone officially connected with either team.

- I will consider the officials as the proper authorities to make decisions and I will accept their decisions.
- I will not stir up any unfriendly rivalry among the fans or players.
- I will recognize that the good name of the school is more important than the results of a contest.
- I will advocate that any spectator who continually evidences poor sportsmanship be directed not to attend future contests.
- I will remember that an athletic contest is a game that also teaches life lessons and is not a matter of life or death.

### **Privilege of Athletic Participation Statement**

It is essential that students and parents realize that participation in the Coginchaug Regional High School Athletic Program is a privilege and not a right enjoyed by all students. The privilege is extended to those students willing to comply with reasonable rules and conditions.

Behavioral expectations are high and a willingness to live up to them is part of being a member of a team. In many cases, the expectations for all student-athletes will be greater than that of students not involved in athletics. For this reason, each athletic team member may be required to sign a statement of personal commitment indicating that the athlete and his/her parents recognize and understand this responsibility, and that they are willing to adhere to the basic concepts of good citizenship, proper training regulations and the positive example with which every athlete should be identified.

If a student feels the rules for participation on an athletics team are too demanding, that he/she will be unable to say “no” when pressured by others to break training rules, that his/her individual rights are too important to conform to team rules, then he/she should elect not to become a candidate for that team.

All student-athletes are expected to act with integrity and class at all times. **Unsportsmanlike conduct will be handled on a case-by-case basis.** Student-athletes who do not meet the behavioral expectations may be subject to disciplinary action by the head coach, Athletic Director, and school administration ranging from temporary suspension to permanent removal from athletic teams and/or athletic events.

### **Student Rights**

Each student-athlete participating in a CRHS athletic program has a right to participate in a program that is free of harassment in any form including sexual harassment. Any concerns related to actions by coaches or others that are questionable in nature must be reported to the Athletic Director or the school Principal.

A student-athlete who violates the CRHS code of conduct shall be subject to disciplinary action. Disciplinary measures will be appropriate for the offense. In addition, when a student violates the law, that student may be referred to legal authorities for prosecution. Students are subject to discipline, up to and including suspension and expulsion for misconduct, which is seriously disruptive of the educational process and violates publicized board of education policy even if such conduct occurs off school property and during non-school time.

Notification: **The response to infractions depends on both the frequency of the infraction and the severity of the actions.** It is impossible to list all the possible infractions. The discipline recommended for each office referral is suggested as a guideline to administrators. Coaches are expected to handle minor situations prior to a disciplinary referral. Final decisions will be made by the administration.



## **Athletic Discipline Referrals**

When a disciplinary concern is reported by a team member, teacher, custodian, coach, administrator, or member of the community, the following will occur:

- The student-athlete is referred to the appropriate coach and the Athletic Director.
- The Athletic Director will make a determination if further disciplinary action or a referral to high school administration is necessary.
- The Athletic Director, Assistant Principal and/or the Principal will hold a due process hearing. Meanwhile, the student-athlete is suspended from practice and play.

-The student-athlete is informed of the charges.

-The student-athlete is given the opportunity to give his/her side of the story.

-The Athletic Director, Assistant Principal and/or Principal will make a decision within a reasonable period of time.

- The student-athlete and parent/guardian will be notified of the decision.
- If the Athletic Director, Assistant Principal and/or Principal determine a violation exists, the student-athlete will be held accountable to the disciplinary action associated with the violation.
- Depending on the severity of the incident, the Athletic Department has the right to revoke any captaincies. This applies to current and future captains, in or out of season.

## **TEAM POLICIES AND PROCEDURES**

Each team has an extension of policies and procedures. The CRHS Athletic Department recognizes the individuality of each sport. Team policies and procedures are designed to communicate expectations by the coaching staff to the student-athletes and their parents. Each team's policies and procedures are approved by the Athletic Director prior to the start of the season.

Each head coach is expected to communicate, through writing, the team's policies and procedures. Coaches may develop higher expectations from team members than the school and athletic department. However, they may not be less restrictive than the regulations contained throughout this student-athlete handbook.

- The respective coach of an athlete is responsible for the administration of each team's regulations.
- All student-athletes have a right to due process.
- Coaches must provide student-athletes with an opportunity to be heard before deciding on an appropriate action.
- Consequences for violation of team/school policies may vary from a warning to dismissal from a team.
- All student-athletes may appeal a coach's disciplinary action to the Athletic Director.
- Parents are advised to encourage their student-athlete to work out his/her problem with the coach or Athletic Director.
- There are instances when the Principal and/or Athletic Director may adjudicate the case.
- During a disciplinary hearing with the Principal and Athletic Director, the student-athlete and his/her parent/guardian may provide information relevant to the case.
- The determination made in the case shall be final.

## **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 Athletic Director.
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 Athletic Director.
5. These are the steps to be followed for conflict resolution:
  - a. Student-athlete – Captain
  - b. Student-athlete – Head Coach
  - c. Student-athlete – Athletic Director
  - d. Parent – Head Coach
  - e. Parent – Athletic Director & Coach
  - f. Parent – Principal & Athletic Director
  - g. Only when the CRHS Administration cannot resolve a problem, then the student-athlete's parent(s) should request the Superintendent be involved in the resolution process.

### **Appropriate concerns for discussion:**

- Treatment of your child
- Ways and suggestions to help your child improve
- Concerns about your child's behavior

### **Issues NOT appropriate for discussion:**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

## **24-Hour Rule**

The 24-hour rule is a department policy that asks parents and student-athletes to discuss concerns with the coaching staff 24 hours after the case.

- It is inappropriate to discuss concerns immediately before or after an athletics contest.
- The correct procedure to contact a coach is to leave a message in the Athletic Office for the coach.
- Please do not contact the coach at home, by cell phone, or by other means of social networking.

## **Positive Support Strategies for Parents of Student-Athletes**

- 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 parents who can be heard from the stands often embarrass sons and daughters.
- 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.

## **SAFETY AND ATHLETIC TRAINING**

### **Emergency Plans**

Student-Athlete's Responsibility of Safety Statement: The safety of all student-athletes should be a priority, and the student-athlete should always keep this mind during practices and games. If you have any areas of concerns regarding playing conditions (i.e. weather, hazardous conditions on the field, defective equipment, etc.), please mention them to one of the coaches immediately. Please be aware of your safety at all times – being proactive in this regard is a valuable life-skill that will benefit you and your community.

## **Athletic Trainer**

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 CRHS.

During the fall season, the athletic trainer is in the indoor training room from approximately 2:00-2:30 p.m. In the spring, hours are from 2:00-2:45 p.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.**

## **Injury Protocol**

- All student-athletes injured during school games and practices must notify their coach immediately.
- The coach or trainer will provide first-aid as needed and notify the parent/guardian.
- Coaches will fill out an accident report prior to the end of the day of the injury and submit copies to the athletic trainer.
- Athletic Trainer will review the injury report, record the data, and submit the injury report to the school nurse and Athletic Department.
- Student-athletes under care of a physician for an injury will not be allowed to return to games or practices without written permission from their physician. The physician's note should be submitted to the nurse and a copy should be given to the Athletic Director.
- Students reporting injuries that are not under care of a physician must provide a written note from their parent/guardian indicating that the parent/guardian is aware of the injury and that the parent/guardian allows the student-athlete to return to play. A copy of the parent/guardian note should be given to the school nurse.
- Any student-athlete who is found to be physically impaired by the coach or school nurse will be excluded from participating, and the parent/guardian will be notified and encouraged to seek medical evaluation. CRHS nurse and trainer will be notified.
- Student-athletes who are feeling ill, prior to, or during a practice or game, must notify their coach immediately. The coach may exclude the student-athlete from participation due to illness.
- Please note additional evaluation by the Athletic Trainer might be necessary upon clearance from attending physician.

## **Return to Play from an Injury Protocol**

Student-athletes under care of a physician for an injury will not be allowed to return to games or practices without written permission from their physician. The physician's note should be submitted to the nurse and a copy should be given to the Athletic Director.

**Crutches in School:** Students are responsible for providing a note from **a physician** to use crutches in school. No student will be allowed to use crutches in the school without documentation.

## ***Concussion Information:***

### **Parent and Student Requirements:**

- Annual Athletic Department meeting
- Pre-season parent/student team meetings
- CRHS Athletics webpage “Concussion Education” resources
- Student and Parent Concussion Informed Consent Form
- Student and Parent Concussion Informational Acknowledgment statement

### **What is a concussion?**

**National Athletic Trainers Association (NATA)** - *A concussion is a “trauma induced alteration in mental status that may or may not involve loss of consciousness.”*

**Centers for Disease Control and Prevention (CDC)** - *“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works.*

*Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.”*

-CDC, Heads Up: Concussion

### **What are the signs and symptoms of a concussion?**

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

### **Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):**

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

### **Symptoms of a concussion may include:**

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors

consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

### **Return to Play – Concussions**

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed healthcare professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

### **Concussion Management Requirements:**

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed healthcare professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepwise protocol outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity\*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

### **ImPACT Concussion Testing**

All student-athletes, grades 7 to 12, will be scheduled to perform the baseline ImPACT Concussion test by their respective coach. Student-athletes will be ImPact tested in their grade 7, grade 9 and grade 11 school years. Any student that does not have a baseline test on file, or enters the District in either grades 8, 10, or 12 will be tested too.

## **Care and Treatment for Concussions**

### **Emergency room recommended if the student-athlete:**

- Severe/worsening headache that does not go away
- Repetitive vomiting
- Drowsy to the point they cannot be awakened
- Weakness or numbness
- Slurred speech

### **Student must see a physician if:**

- Student has symptoms lasting longer than 4 days
- Student cannot participate in Physical Education classes due to the concussion
- Student needs accommodations for schoolwork/classroom activities
- Student has a history of concussions

If student-athlete is under the care of a physician, they must be released to RTP protocol by a physician.

Students who receive a second concussion within one calendar year must see a Doctor before the athletic trainer can clear them.

If under the care of the Athletic trainer, the student must be released to RTP protocol by the athletic trainer.

Since a concussion and the time to heal is different for every person, it is extremely important that there is regular communication between the student-athlete, parent/guardian, trainer, guidance counselor, coach(s), and school nurse.

### **Gradual return to play concussion protocol**

1. Asymptomatic without the use of medications.
2. Cleared to begin cognitive and physical return.
3. Begin Stepwise return to classroom and sport.
4. Cleared to return to sport by athletic trainer.

### **Stepwise protocol**

1. No Activity. Rest until asymptomatic.
2. Light aerobic exercise (Day 1)
3. Sport-specific exercise, no contact. (Day 2)
4. Non-contact sports drills. (Day 3)
5. Full-contact sports drills. (Day 4)
6. Full activity with no restrictions. (Day 5)
7. Athlete must incur contact at practice prior to return to game competition.
8. Athlete must have successful completion of RTP Protocol and meet the baseline scores for ImPact.

If symptoms do arise during the stepwise protocol, the student-athlete will be asked to rest till symptom free for 24 hours, and the trainer will go back a day in the stepwise process.

Return to play is permitted when symptoms do not interfere with academic requirements or physical education classes.

**RSD #13 contracted athletic trainer will determine final clearance of a student-athlete.**

### **Sudden Cardiac Arrest (SCA) Prevention:**

- SCA is, by definition, sudden and unexpected.
- SCA can happen in individuals who appear healthy and have no known heart disease.
- Most people who have SCA die from it, usually within minutes.
- Rapid treatment of SCA with a defibrillator can be lifesaving.
- Training in recognition of signs of cardiac arrest and SCA, and the availability of AEDs and personnel who possess the skills to use on, may save the life of someone who has had an SCA.  
(National Heart, Lung, and Blood Institute)

### **What is Sudden Cardiac Arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

### **AED Locations:**

CRHS: Gym Lobby, Auditorium Lobby, and the Athletic Trainer (Portable Unit)

Strong MS: Main Office and Cafeteria

### **Warning Signs and Symptoms:**

Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart. These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion.

Sudden cardiac arrest is a medical emergency. If not treated immediately, it causes sudden cardiac death. With fast, appropriate medical care, survival is possible. Administering cardiopulmonary resuscitation (CPR) — or even just compressions to the chest — can improve the chances of survival until emergency personnel arrive.



### **REMOVAL FROM PLAY**

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed healthcare professional trained specifically in the treatment of cardiac care. The symptoms can happen before, during or after activity.

### **RETURN TO PLAY**

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed and written clearance be provided by a licensed medical provider.

### **AWARDS:**

#### **CRHS Scholar-Athlete Award**

Student-athlete criteria requirements include:

- Must be a varsity letter winner
- Cumulative high school career GPA must be a 3.33 or higher
- Honors/high honors recipient during their respective sports season (fall–1<sup>st</sup> Qtr, Winter–2<sup>nd</sup> Qtr, Spring–3<sup>rd</sup> Qtr.)

#### **Shoreline Conference Scholar-Athlete Award**

- Be a first team all-league selection, an individual state champion, or a first team all-state selection
- Cumulative high school career GPA must be a 3.5 or higher
- Be at least a Sophomore

#### **Athlete of the Month**

The purpose of the Athlete of the Month award is to recognize outstanding athletic performance during the sport season. Each winner will receive an engraved plaque. The following procedure is used to determine who receives the Athlete of the Month:

- At the end of each month, the varsity coach of each in-season sport will nominate one player from his/her program which they feel deserves to be recognized
- A male and female will be selected under most circumstances

## **OTHER:**

### **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](http://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.

### **Connecticut Interscholastic Athletic Conference (CIAC)**

**Website:** ciacsports.com - All Coginchaug athletic events including calendars and directions to league and area schools can be found on the Coginchaug Regional High School website under “athletics” or the CIAC website. Student-athletes and parents can also sign up for text and email alerts to receive up-to-date information/changes on all Coginchaug athletic events.

