



WOLCOTT PUBLIC SCHOOLS
Student-Athlete

Handbook

Prepared By:

Lisa Riggi
DIRECTOR OF ATHLETICS

Wolcott, Connecticut

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Wolcott Public Schools Mission Statement

The mission of the Wolcott Public Schools is to develop in each student the knowledge, skills, and attitudes necessary to become a productive member of the community and a contributing member of society.

Wolcott High School Mission Statement

Wolcott High School provides a positive learning environment where students are engaged in meaningful learning for success in the 21st Century.

Introduction to Wolcott High School Athletics

The athletic program is considered an integral part of the total education process. To insure this, the program is based on sound educational principles. Every activity sponsored and supported by a school must be considered a part of the total educational process. If an athletic program does not meet these educational requirements, it would be difficult to justify the expenditure of time or money to support its program.

Athletics is an outgrowth of the district's physical education program. Through physical education, intramurals and athletics, we offer all students a fair and equal opportunity to develop to a maximum, their physical, mental and social potential.

Athletics allows those students who have demonstrated a need for further development, the opportunity to participate on a higher level. To be an integral part of the educational process, athletics must follow the same goals and objectives that govern the physical education program.

This is well illustrated by the statement that we recommend that each student will learn knowledge, skills and attitudes which enable development of self-esteem and the ability to maintain physical, mental and emotional health.

Students who choose to participate in athletics are making a choice that requires self-discipline. For this reason, we place a strong emphasis on good training habits. Failure to comply with rules of training could affect an athlete's performance and contribution to the team. Students who do not adhere to these rules will be jeopardizing their participation in the program. They should be aware that involvement in athletics is a *privilege, not a right*.

Student-Athletes are role models and should constantly remember to exhibit a positive image.

Lisa Riggi, Athletic Director

ATHLETIC DEPARTMENT POLICIES

Participation: Athletes may participate in only one sport program in a sport season. Athletes may not transfer team membership to another sport after they have completed tryouts and have been selected as a member of a given team/sport.

Tryouts: Student-athletes will be encouraged to try out for various athletic teams. A three to five-day mandatory tryout period will be in effect for each team. Upon reaching the first contest date, as indicated by the C.I.A.C., currently enrolled students will not be allowed to gain membership to any team. (**Note: HS football and cheer / spirit tryouts occur during the spring of the preceding school year.**)

C.I.A.C. Sport Seasons:

Fall: August 19 - December 8
Winter: November 19 - March 16
Spring: March 18 - June 12
(dates shift slightly each year)

Attendance – School and Class:

1. Athletes will attend all classes regularly and on time. Tardiness and cutting will not be tolerated.
2. Athletes will not use their sport as an excuse to miss class time unless the team is departing early from school. In the case of early dismissal, teachers will be notified by the Director of Athletics and/or Coach.
3. Please refer to the Wolcott High School *Student Handbook* regarding student attendance and athletic participation.

Attendance – Practice and Games: Attendance at all practice sessions and/or games (including tournament and vacation periods) for all team members is mandatory. If for some reason you will be absent or tardy for a practice/game, you must speak personally to a member of your team's coaching staff prior to that practice/game. Athletes are not permitted to leave practice or games early without prior approval of a member of the coaching staff. Athletes should be aware that high school contests may be scheduled or rescheduled for Saturdays (Sundays in the case of football).

GOALS OF PROGRAM

1. Development of Physical Fitness and Motor Skills: All students in our district have the opportunity to develop their physical fitness and motor skills to the maximum of their ability. As their level of physical fitness increases, they will be able to carry out their daily activities in a more efficient manner. Work potential will increase along with a positive feeling of well being. The motor skills that have been developed enable the students to participate in many various activities, long after they leave school. The athletic program is geared for those individuals who have shown a need for a high level of participation. This type of program is the equivalent of the Gifted and Talented and Advanced Placement courses now taking place in our town. The more activities that can be offered under this program, the greater the scope of students who can participate.
2. Development of Mental Alertness: If athletics is presented in a truly educational manner, learning must take place. Any sport is a learning situation and an integral part of education. The athlete is often faced with a situation in which he must quickly evaluate a problem, then offer what he believes is the proper solution. Rarely is an athlete correct in all his decisions, but the one who has learned to think rapidly and logically is much more successful than his slower thinking counterpart. A student must learn the basic principles of an activity, but he can apply the proper principles only by doing. In athletics, the individual must make proper decisions under duress – something that is difficult to teach in a classroom.
3. Development of Social Abilities: Through participation in athletics, a student learns the true meaning of “teamwork”. One works to develop his abilities to a maximum potential while at the same time working with others toward a common goal. One learns to accept others and be accepted on his/her merits and not on his/her color, nationality or creed. Friendships that are developed in athletics are often carried on throughout life. Students experience high levels of accomplishment and disappointment that help to cement these friendships forever.
4. Development of Emotional Maturity: As an athlete develops in skills, his level of self-control must also develop. He learns to live by the rules of the school, the coach and his fellow peers. In athletics, students must apply what they have learned while under emotional strain and as they progress through life, this is how they will live on a day-to-day basis as an adult. The confidence that is built will help them make decisions in a more effective manner. To attain these objectives, it is up to the town to make sure the athletic program is based on sound principles.

PRINCIPLES ON WHICH PROGRAM IS BASED

1. Broad Participation: A school should offer as many activities as possible. The size of the school will be the ultimate factor in determining the number of sports. The town should offer a broad range of activities to make it easier for a boy or girl to participate in the activity for which he/she is best suited. Equal opportunity for participation must be stressed for both boys and girls. The level at which they participate is also very important. There should be a varsity, junior varsity, and/or modified freshman program so that a student can participate on a level with students of the same age and

- maturation. If a student is not interested in inter-school competition, a wide range of intramural activities should be offered. The basic aim of all these programs should not solely be the development of championship teams, but the development of well-rounded individuals.
2. Trained Personnel: The town must follow all state regulations when selecting coaches. Coaches must be educated in the areas of psychology, knowledge of skills and proper teaching techniques. If educational principles are to be followed, it must be remembered that a coach is a teacher first and must adhere to the educational goals set up by the town.
 3. Controlled Competition: Life involves competition and cooperation. The student must learn to understand the spirit of both. They will compete and cooperate at home, in the classroom and in all phases of life.
 4. Appropriate Facilities: To ensure excellence in the physical education/athletic program, the school Board is responsible for providing appropriate facilities as well as a continuing plan for upgrading and maintaining such facilities. The athletic program in Wolcott has been designed to enhance these goals and to provide skills that will be applicable to life.

PURPOSES OF THE INTERSCHOLASTIC ATHLETIC PROGRAM AT WOLCOTT HIGH SCHOOL

A program of interscholastic athletics presents opportunities for a coach to guide and develop the interests and abilities of young people. It offers a special opportunity to capture the enthusiasm generated by interschool contests and to channel them toward the development of useful citizenship. They furnish situations for the molding of personality in a vivid, realistic and competitive atmosphere. The values of a program of interscholastic athletics are in direct proportion to the quality of leadership which gives direction to it.

The purposes of an interscholastic athletic program in a particular school fall easily into three groups: those which relate to participants, those which relate to the student body and those which relate to the community.

These purposes provide the *participant*, with the following opportunities:

1. To compete with highly skilled opponents of comparable skill
2. To develop higher levels of strength, endurance and vitality
3. To develop desirable health habits
4. To develop good sportsmanship
5. To develop courage, tenacity, alertness, resourcefulness and maximum effort
6. To develop skills for social expression, for recreation and for vigorous, self-expression
7. To participate in activities which teach citizenship traits such as self-control, self-discipline, cooperation and fairness and honesty in dealing with opponents; leadership and the acceptance of the leadership of others and respect for individual associates and opponents

The purpose of the athletic program for the *student body* is the following:

1. To create an atmosphere of unity, and to foster a school spirit growing out of the school's athletic endeavor, a spirit which will make the educative process more effective
2. To become an educational device by which the student body can become better acquainted with athletics and can better appreciate the role of spectators
3. To motivate wider sports participation of the student body by providing examples of superior performance

The purposes of the athletic program for the *community* are the following:

1. To provide wholesome objects of recreational interest
2. To develop skills in sports that will carry over into adult life
3. To stimulate interest in, and support for, the entire school program
4. To educate the community in the educational and social values of sports
5. To support and encourage the development of the will to win in its finest expression, i.e. competition and all-out efforts for best achievement in an atmosphere of healthy social relationship

We hold these purposes to be worthy ones. They are sufficient to challenge the abilities of the best people in the coaching profession, to merit the interest and support of the student body and teaching staff, and to command the respect of civic-minded citizens.

ATHLETIC ADMINISTRATION – LOCAL

The intramural and interscholastic athletic program shall be administered by the Director of Athletics at the High School level, the Athletics Coordinator at the Middle School level along with the various school principals.

The purpose of this handbook is to make clear to all coaches the Wolcott Public Schools' athletic policies and the role of coaches in that program. The overarching philosophy of the Wolcott Schools is that academics and school performance come first, with athletics and other extracurricular activities serving an important and healthy adjunct role in a student's life. There are many benefits to athletic participation in a student's life and this is recognized in Wolcott.

The second purpose is to provide consistency in the manner in which athletes are treated. Athletes should be treated fairly and humanely and should learn good sportsmanship and responsibility through their participation in the program.

ADMINISTRATION AND CHAIN OF COMMAND

The responsibility for the policy development of interscholastic athletics is held by the Board of Education. The *Superintendent of Schools and School Administrators* are responsible for the effective implementation of these policies.

The *Director of Athletics* and the *Athletics Coordinator* has the responsibility of consulting with and assisting the Principal in the administration of the athletic program.

Athletic Codes of Conduct for Athletes and Parents

By the Athlete:

1. The Contest Demands:
 - a. fair play at all times
 - b. a square deal to opponents by players and spectators
 - c. playing for the joy of playing and for the success of the team
 - d. playing hard to the end
 - e. Keeping one's head and PLAYING the game, not TALKING it.
 - f. respect for officials and expectation that they will enforce the rules
 - g. that an athlete should not quit, cheat, bet or "grandstand"

2. The School Demands:
 - a. Out-of-school and out-of-town conduct of the highest type
 - b. faithful completion of school work as practical evidence of loyalty to school and team
 - c. complete observance of training rules as a duty to school, team and staff

3. Sportsmanship Demands:
 - a. treatment of visiting team and officials as guests and the extension of every courtesy to them
 - b. giving opponents full credit when they win and learning to correct one's own faults and failures
 - c. modesty and consideration when one's team wins
 - d. an athlete will not "crow" when the team wins or blame the officials when it loses

F. By the Parent:

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 character, values and ethics and is designed to build the 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.

RESPONSIBILITIES OF A WOLCOTT HIGH SCHOOL ATHLETE

Being a member of a Wolcott athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition has been developed by hard work by many people over the years. As a member of an interscholastic squad of Wolcott High School you have inherited a great tradition. Your actions will reflect not only on those who you are associated with now, but those who have contributed so much to our school in the past.

Many of our athletes have gone on to collegiate and national fame. Many others have set league, sectional and state records. Because of this fine tradition a challenge is set for you to work hard and to make sure that your actions reflect the standards that are set up by the Athletic Department.

In today's society you will be asked to make sacrifices that will benefit yourself, your team and your school. Never before has the pressure of peer groups been so strong that you will now have to learn how to say "no". In the long run you and your family will be proud of the sacrifice and dedication that you have put forth to be a member of our athletic teams. If you have taken this opportunity to make yourself a better individual, it will be truly a gratifying educational experience. The highs and lows of athletic competition are achieved through hard work; dedication and discipline are rewarded with the development of fond memories and personal achievements.

Responsibilities to Yourself: The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experience. Your studies, your participation in other extra-curricular activities as well as in athletics, prepare you for your life as an adult.

Responsibilities to Your School: Another responsibility you assume as a squad member is to your school. Wolcott cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

Responsibilities to Others: You have a responsibility to your parents to always do the best that you can. When participating on an athletic team we sometimes feel that we have failed if we have not won. By trying the best that you can, and following all the rules set up by your squad, you can feel justifiably proud of yourself no matter what the win-lose record dictates. Younger students look up to you and it is your responsibility to set a good example for them. They will copy a lot of the things that you do just to be a member of your group. They need attention and guidance so always take a few minutes to encourage them in whatever way possible.

Conduct of an Athlete

The conduct of an athlete is closely observed in many areas of life. Your conduct is a reflection of the total educational institution that you represent. It is important that your behavior be above reproach in all of the following areas:

On the Field: In the area of athletic competition, a real athlete does not use profanity or illegal tactics, and learns fast that losing is part of the game and that you should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well played game after the contest whether in defeat or victory.

In the Classroom: In the academic area, a good athlete becomes a good student. A person cannot be a classroom laggard and think he/she can be an outstanding athlete. If you are lazy in class, you will be lazy on the practice field or floor and never reach your full potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades. In addition to maintaining good scholarship, an athlete should give respectable attention to classroom activities and show respect for other students and faculty at all times. Horseplay and disrespect are not approved habits of behavior. A healthy athlete should have a good attendance record. Never cut classes or school.

In School: The way we act and look in school is of great importance. Athletes should be leaders and fellow students should respect and follow them.

Wolcott Code of Conduct

Wolcott High School administrators believe that students who are selected for the privilege of participation on teams, squads, performing groups, clubs and other school organizations should conduct themselves as responsible representatives of the school. In order to assure this conduct, coaches and/or advisors enforce a Code of Conduct. Furthermore, members of teams and organizations who fail to abide by the Code of Conduct are subject to immediate disciplinary action. Members of teams and organizations must always serve as exemplars of high moral character and must demonstrate appropriate academic commitment which is expected from all students. As recognized representatives of their school, participants are expected to exhibit appropriate behavior during the season (activity) or out of season, in uniform or out of uniform, on campus or off campus.

The following will not be tolerated and will subject the violator to disciplinary action:

- ◆ the distribution, purchase or sale of any tobacco product;
- ◆ the possession, distribution, purchase or sale of any illegal substance;
- ◆ the consumption/use of any tobacco product or the consumption/use or possession of any illegal substance, or the exhibiting of evidence or any indication having consumed/used any tobacco product or illegal substance (whether consumed on or off the school premises);

Attending parties or gatherings where illegal substances or tobacco products may be present is strongly discouraged. The district's concern for the health and overall welfare of its students is at issue along with the potential for problems that may face the district's students in such situations. The district encourages its students to make responsible choices.

Consequences for infractions of substance abuse rules by members of clubs and organizations are determined by the following guidelines:

1st Offense: A minimum suspension from athletic activity for 25-50% of the scheduled season (depending on the severity of the incident).

2nd Offense: Removal from all athletic activities for one full year (365 calendar days).

For all on campus activities, the handbook disciplinary procedure will be followed. For off campus inappropriate student behavior, disciplinary consequences will be at the discretion of the administration based on Wolcott Board of Education Policy 5114 suspension for conduct off school grounds.
(5114.2 student athletics)

Out of School Misconduct (Policy 5114(1))

Students are subject to discipline, up to and including suspension and expulsion for misconduct, which is seriously disruptive of the educational process and is a violation of a publicized Board policy, even if such misconduct occurs off-school property and during non-school time.

Note: Any student in that is in In- School or out of School suspension will not be allowed to participate in any Athletic Activities. All discipline infractions are outlined in the Student Handbook.

STUDENT SUSPENSION

There are two (2) categories of suspension:

1. Home Suspension: An athlete who is “suspended” is not eligible to continue in a sport until approval is given by the administration.
2. Social Activity Restriction: Students assigned this form of punishment lose the privilege of attendance at school activities such as (but not limited to) the following:
 - a. Clubs
 - b. School wide activities or programs
 - c. Intramural competitions
 - d. School dances (victory Dance/proms)
 - e. Driver education
 - f. Play productions/variety shows
 - g. Field trips
 - h. Class picnics
 - i. Senior courtyard
 - j. Dance line performances
 - k. Interscholastic sports
 - l. Class officer elections

Activity restrictions are based on students’ past academic performance and behavior.

Academic criteria: any student who has not passed a minimum of four (4) major subjects in a marking period will be placed on activity_restriction.

Behavioral Criteria: any student who receives five (5) or more detentions or two (2) or more suspensions in a marking period will be placed on activity restriction.

Also, any student who accumulated five (5) or more suspensions or twenty (20) or more detentions during the previous school year will be placed on activity restriction at the beginning of the next school year.

Activity restriction begins immediately when criteria levels are reached and lasts for one month. Students must remain in homerooms during activity periods and may not attend school activities

that are held on or off school grounds. Students are required to attend regularly scheduled classes or study halls, rather than attend field trips, class picnics or use the senior courtyard.

VIOLATIONS AND APPEAL PROCEDURES

The importance of enforcement of all regulations should be apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of regulations. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and to the orderly conduct of sports. We do not wish to establish arbitrary personal preferences to insure absolute uniformity. The welfare of the student is our major consideration. What happens to them is of primary importance.

A. VIOLATIONS

Upon notification of a violation the coach should follow these steps:

1. Write up a conduct report for violation of interscholastic athletic eligibility rules.
2. Review with the Athletic Director the alleged violation prior to student and parent notification. If further investigation is necessary the athlete should be suspended until such time a decision can be made regarding the violation. (If Athletic Director is not available, please contact the building principal).
3. Notify the athlete that he/she has been reported to be in violation of the eligibility code for athletes.
4. The parents should be notified immediately of the violation and the penalty. Procedures for appeal should be presented to the parents at that time.
5. A copy of the conduct report and disposition of the case should be reported to the Athletic Director. He will in turn forward a copy to the building principal.

B. APPEAL OF VIOLATIONS

Upon notification of a violation the athlete may appeal the ruling through the following channels:

1. Coach that issued the conduct report
2. The Athletic Director
3. Next step of appeal, the Superintendent of Schools
4. Last step of appeal, the Board of Education

Athletic Department Policies and Procedures

TRAVEL

All athletes must travel to and from athletic contests in transportation provided by the Athletic Department.

1. Athletes will remain with their team and under the supervision of the coach.
2. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's approval.
3. Parents will not transport athletes unless written requests, (*email is unacceptable*) are submitted to the Director of Athletics *at least 24 hours prior to the contest* for approval. (forms in office or website)
4. When transportation is not provided to off-campus home venues, athletes may not transport other student-athletes to any contests or practice sessions.

C.I.A.C./Wolcott RULES : To be eligible to participate

GRADE AVERAGE: CIAC Eligibility Rule I.A. / Wolcott Addition

- You must pass *at least four (4) units* or the equivalents at the last regular marking period with the exception of Fall eligibility (Rule I.A). Incomplete (inc.) grades *are not* considered to be passing grades.
- *Marking period grades (not semester grades) are to be used in determining scholastic eligibility.*
- For fall sports eligibility, a student must be a continuing student (eighth to ninth grade) or have received credit for four (4) units or its equivalent towards graduation at the conclusion of the school year preceding the contest
- Incoming Class 2010 (**Eight Semester Rule**)
- Per the Wolcott Board of Education, as of February 2002 regarding **Academic requirements**- all *athletes must maintain at least a "C" average. A student whose average is not at least "C" will be permitted to participate on probationary status for one marking period. At the end of the probationary period, in order for the student to become eligible again, he/she must have attained an average of "C" or better. Tutoring will be made available as a student or his family makes a request for such help.*
- *Any student-athlete (grades 9-12) that receives below a 65% in more than one class (for a marking period and/or end of year grade), regardless of overall GPA, will be ineligible to compete in Athletics.*

AGE RESTRICTIONS: CIAC Eligibility Rule II.B

5. You may not reach your twentieth (20) birthday prior to, or during any part of the CIAC sport season (including the state tournament).

TRANSFER RULE: CIAC Eligibility Rule II. C

6. You must not have changed schools without a change of legal residence (See complete CIAC rule for exceptions.).

OUTSIDE PARTICIPATION: CIAC Eligibility Rule II.E.

8. You *must not play or practice with an outside team* in the same sport while a member of the school team during the CIAC season of that sport starting with the first scheduled contest. This regulation includes all “tryouts” and “showcases” **Final decisions on pre-season overlapping of sporting events will be made at the coaches digression.**

The exceptions to CIAC Eligibility Rule II.E shall be:

- A. Participation in parent-child and caddy tournaments, and
- B. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-C.I.A.C. team during the season.

FALSE IDENTIFICATION: CIAC Eligibility Rule II.G.

9. You must not play under an assumed name on an outside team

ECONOMIC GAIN: CIAC Eligibility Rule II.G.

10. You must not have received personal economic gain for participation in any C.I.A.C. sport.

C.I.A.C. EJECTION POLICY

If a player is ejected from a varsity, junior varsity, or freshman, league or non-league contest, he/she will be suspended for a *minimum* period of one contest at that level of play and all contests at any level played in the interim.

“CAPTAIN’S PRACTICE”

The C.I.A.C. and the Wolcott School District *does not* in any way sanction or condone “Captain’s Practice” *in any sport*. “Captain’s Practice” may be a clear violation of C.I.A.C. Eligibility Rule II. D, and, therefore, is not permitted on any Wolcott School District facility.

A COMPLETE EXPLANATION OF C.I.A.C. RULES MAY BE OBTAINED FROM THE CIAC WEBSITE OR BY CONTACTING THE WOLCOTT SCHOOL DISTRICT ATHLETIC DEPARTMENT

TEAM CAPTAINS

Team captains may be selected at the end of the season for the following season. The selection process for team captains may include a vote by players, and the primary duty of the captain is to function as a liaison between the coaching staff and players.

TOURNAMENTS

Wolcott High School athletes (who qualify in accordance with CIAC regulations) shall be permitted to participate in athletic contests sponsored by the State and New England Secondary Principals Association.

TRAINING RULES

Specific training rules shall be established by the respective sport coaches and approved by the Director of Athletics and the School Principal (see Training Rule Guidelines).

Disciplinary action shall be taken by a coach for any violation.

HAZING / INITIATIONS / HARRASSMENT AND BULLYING

Hazing, initiations, harassment or bullying of students by team members *is not acceptable*, and any practice of this type of behavior *will not be tolerated*. Actions (such as but not limited to taunting, teasing, bullying, and harassment) of this type may be illegal, and those involved may be subject to police action as well as dismissal and/or suspension from participation in any athletic program.

ATHLETIC INTERNET POLICY

Social networking sites such as Facebook and MySpace, as well as Twitter, chat rooms and bulletin boards can be an important part of a young person's life with many benefits. However, they also present the possibility of serious danger to themselves, their future and their participation in Wolcott School District Athletics.

Since participation in athletics is a privilege and not a right, an athlete needs to accept responsibility for appearing or posting on certain Web sites.

When visiting or appearing on an Internet Site, athletes of Wolcott School District will maintain acceptable standards. These acceptable standards will be based upon the policies and regulations described in the Wolcott High School Student Handbook and individual team rules.

Any posting or communication via social net working Web sites which disrupts either the educational or athletic environment or which advocates the violation of any school or team policy would be unacceptable and could cause for suspension or removal from a team. This would include but no be limited to:

- The consumption of alcohol or the use of illicit drugs
- Inappropriate sexually-oriented material
- Activities involving bullying, hazing or harassment

DISQUALIFICATION/EJECTION RULE – ATHLETE/COACH

The CIAC sets guidelines and tone for acceptable and appropriate behavior at all CIAC contests. Given this charge, it is CIAC's responsibility to be proactive and responsive to the growing issues of violence in sports. A strong consistent statement reflecting zero tolerance for violence

in sports must become standard operating procedure for all schools. To this end, the following CIAC regulations will be implemented in all fall contests involving any CIAC member school commencing in the fall of 1995. (This is to be considered a minimum standard).

Game Assigners reporting disqualification and ejections are to leave the following information on CIAC voice mail: (203) 250 –1111 – Name of Player and/or Coach, Name of School, Date of Ejection, Sport, Name and Telephone No. of official.

The following policies for disqualification shall apply in all sports:

1. Any student-athlete who physically assaults an official, coach, opposing player or spectator will be immediately dismissed from the team for the remainder of the season.
2. When a student-athlete is disqualified during a contest for flagrant misconduct and/or unsportsmanlike conduct, including taunting*, that student is ineligible to participate in any contest until withheld from the next contest at that level of play.
3. Upon the second disqualification, if that violation is for initiating a fight or retaliating in a fight (as determined by the game official), that student-athlete will be dismissed from the team for the remainder of the season; otherwise #2 remains applicable.
4. When a coach is disqualified during a contest for unsportsmanlike conduct, including taunting*, that coach shall be prohibited by his/her school from coaching or attending a contest until the next contest at that level of play has occurred.
5. Failure of the school for any reason to enforce this regulation will prohibit the school from entry in the next CIA Tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during a CIAC Tournament or during the last regular season contest/day of competition.
6. Any CIC team that accumulates five (5) or more disqualifications for flagrant misconduct, unsportsmanlike conduct including taunting, fighting, retaliating in a fight or physically assaulting an official, coach, opposing player or spectator during the course of one season will be barred from CIAC post-season competition. The number of disqualifications must be completed on all tournament forms. Disqualification from the team under #1 constitutes one disqualification in team totals.
7. Disqualifications from one season carry over to the next season in that sport for undergraduates and coaches, or the next season of participation in any sport for seniors.
8. If playing rules for a sport specify an additional penalty, the additional penalty will apply.

DEFINITION OF TAUNTING: Taunting includes, but is not limited to any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean other players, coaches or game officials. Included in this is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game (“Trash Talk”), reference to sexual orientation, “in-the-face confrontation” by one player to another, standing over, straddling a tackled or fallen player, etc.

Adopted April, 1995

The CIAC Disqualification/ Ejection Rule is in effect for all contests that engage officials who have been assigned by Board Commissioners from CIAC registered official's organizations, or directly by the school or by the CIAC.

Adopted April, 1996

QUESTION: Is there an appeal procedure that a school may use relative to disqualifications?

ANSWER: NO. Disqualification is a judgment call by an official and as such is not appeal able. Once the game official(s) leaves the site of the contest all decisions on game disqualifications are final. Until the official(s) leaves the site the game official(s) is in charge and may take any action deemed to be appropriate, even to the extent of reversing an earlier decision to eject a player or coach. Both schools (coaches on site) must be made fully aware of all final decisions on game disqualifications.

The CIAC disqualification rule will apply to all disqualifications with the exception of reaching the limit of personal fouls in basketball and lacrosse, reaching the limit of technical violations in wrestling, or disqualified by the rule in ice hockey which does not require a next game suspension.

SCHEDULING

1. Scheduling of athletics shall be governed by the rules and regulations as defined and established by the CIAC and NVL.
2. All interscholastic schedules (varsity, junior varsity and freshman) must be submitted for approval to the Director of Athletics before publication. This includes scrimmages.
3. Earliest dismissal for away games shall be at the start of the last period of the day. Exceptions to this rule for tournaments and athletic contests scheduled after daylight saving time, etc., shall be cleared with the Director of Athletics and the school Principal. A schedule of early dismissal times must be filed with the Director of Athletics prior to the first dismissal, where possible. Academic make-up work is the student's responsibility.
4. If postponement of a contest is desirable, the Director of Athletics, will follow the Naugatuck Valley League guidelines.
5. When a contest is postponed, the play surface for the rescheduled game will be through the Director of Athletics.
6. The Director of Athletics complete athletic schedules within two months after the Conference schedule has been adopted at the league meeting.
7. The completed list of pre-approved officials will be given to the Director of Athletics prior to the start of the sport season.
8. No Sunday contest will be allowed unless approved and sanctioned by the CIAC and the Wolcott Board of Education.
9. The Athletic Director must approve of participation in any early season jamboree or holiday tournament in any sport.

10. Number of games is exclusive of CIAC Tournament play, and conference or League sponsored and administered play-off games.
11. Limits per week are exclusive of postponed games.
12. Seasons of participation are defined according to CIAC rule.

PRACTICE AND SCRIMMAGE GUIDELINES

1. Every coach will make practice schedules and attendance requirements available to their athletes at the start of the season. These schedules should also include practices and contests held during vacation time. It is the responsibility of each coach to see that these policies are adhered to. These schedules are to be turned in to the Director of Athletics before the season starts.
2. Each coach should plan his or her practice to make the most of time allotted. It is recommended that practice sessions do not exceed three (3) hours.
3. Because of teaching and coaching schedules, staff meetings will be kept to a minimum. However, when a meeting is called, each head Coach will be responsible for at least one of his or her assistants to be in attendance if the Head Coach finds it impossible to personally attend.
4. There will be *NO* Sunday practices or contests without prior approval of the director of Athletics in conjunction with the School Principal. (7 day rule for practice)
5. No team, or a group of its members, may practice without a coach in attendance; "Captain's practice" is not permitted by the CIAC.
6. No athlete should be practicing in the gymnasium without supervision of his/her coach. It is the responsibility of each coach to make sure that each student is aware of this policy.
7. All candidates must pass a physical exam and file a parent's permission form before they participate in a practice session. No athlete may participate in a scrimmage or game until he or she has had a physical examination.
8. Prior to an opening contest, practices may not be held seven days a week. After the start of athletic contests, practices should be limited to six days a week, and never on a Sunday unless permission is granted by the Director of Athletics in conjunction with the School Principal.
9. Out-of-season practices may be permitted according to CIAC guidelines.

10. A season is defined by the CIAC regulation pertaining to participation, practice and number of contests allowed for that particular sport. A season starts on opening day of practice and ends on the final day of the CIAC Tournament.
11. Scrimmages do not count as scheduled games. The CIAC definition of a scrimmage is “a practice contest to which no admission is charged, which is not an announced schedule, which is not regularly conducted by an official or officials, and shall not count as a game”.

SELECTION OF PLAYERS

In order to offer a competitive interscholastic athletic program, there will be times when a student athlete is not selected for an athletic team due to the reasons listed below.

The decisions to limit team size may be caused by one or more of the following reasons:

1. Safety: considering the space available and the player/coach ratio
2. Budget Limitations: considering the costs of transportation and equipment
3. Competition: schedule and time limitations do not provide reasonable opportunity for active participation in practice or game play, if one of our objectives is to field teams that are competitive with teams on our schedule.

Coaches should be well aware of, and sensitive to, the disappointment experienced by players cut at any level. At the first practice session, the Head Coach will fully explain the criteria for “cutting” of players, and the projected schedule of this cutting process.

Included in the criteria for cutting may be:

1. Lack of skill, speed, strength, etc.
2. Lack of effort, motivation, cooperation
3. Lack of knowledge or understanding of the sport
4. Grade level of the candidate

The limited number of practice days prior to the first contest makes it impossible, in some sports, to have a lengthy tryout schedule. *Every effort should be made, however, to allow enough time for each candidate to be observed and fairly evaluated.* Therefore, a minimum of three (3) practices must be observed before cutting is done.

<p>NOTE: Coaches may have a policy, depending upon personnel, facilities, equipment, supplies and supervisory needs, where all athletes that try out may make the team.</p>
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Physical Examination

The physical examination of each student athlete for a sport shall be made by the family doctor, before that athlete may participate in a school authorized practice or contest.

A family physician must certify, in writing, a student for participation.

A candidate certified for participation in one sport is not obliged to be re-examined for another sport, unless he or she has received significant medical attention while participating in the previous sport.

The School Nurse upon completion of all medical work must give documentation of passed physical examinations to the Head Coach.

The Nurse will maintain a record of physical examinations and the Director of Athletics will keep the nurse informed of all CIAC starting dates and Coaches of each sport.

It is the responsibility of the Head Coach to make sure that all of his/her players have passed their athletic physical prior to the start of practice.

MEDICAL SUPERVISION

School Nurse

The school nurse in connection with a certified athletic trainer is responsible for promoting and maintaining the physical health of student athletes. In connection with the interscholastic athletic program, he/she shall have as specific duties:

The family doctor shall assume the sole responsibility for determining the fitness of a student to participate in interscholastic athletics.

The athletic trainer will prescribe treatment and procedure for the coach to follow in the care of an injured player. School use of therapy equipment shall be under the supervision of a certified coach or certified athletic trainer.

The welfare of participating athletes should be a shared concern and responsibility of the family doctor, school nurse, trainer and coach. Cooperatively and together, they can ensure the best possible medical supervision for each athlete.

School Nurse

The School Nurse is responsible to the School Principal in conjunction with the Director of Athletics for promoting and maintaining the physical health of the students in connection with the interscholastic athletic program.

The School Nurse is to assist the School Medical Advisor and the Athletic Director with specific aspects of an ongoing in-service sports medicine or physical condition-monitoring program. If appropriate, the Nurse can provide emergency assistance for sports-related injuries. In addition, he/she should assist in maintaining communication and conduct follow-up activities with private physicians and/or the Athletic Trainer and the Athletic Director. The nurse is also to keep and review the medical records and interim history reports for each athlete.

Superintendent

The Superintendent of Wolcott High School oversees and supervises the Athletic Director. The principals in conjunction with the Athletic Director are responsible for the safety of the student enrolled in the high school interscholastic sports program.

Director of Athletics

The Director of Athletics should help coordinate the monitoring of each athlete's physical condition making sure that all procedures and provisions for medical care are operational. The athletic trainer or family physicians shall have the authority to curtail the participation of any player in any athletic or physical activity. The Director of Athletics is responsible for insuring that the coaches understand all policies and procedures for preventing injuries, obtaining medical help, following up on an injured player and returning an athlete to play.

The Coach

A Coach's primary responsibility is for the well-being of the athletes during practice and play. He/she is to report unsafe equipment and facilities to the Director of Athletics and be skilled in first aid. In addition, he/she should be able to effectively follow the procedures for medical emergencies.

The Athlete

Athletes are expected to report all injuries to the Coach. At such time, the Coach will determine the extent of the injury and administer first aid, if needed.

Injuries

In the event of injury to a player, the procedure for the Coach is as follows:

Games: During a game the team trainer is present; the trainer is in complete charge. If EMT personnel are required, the administrator in charge will call 911. All injuries shall be reported to the School Nurse on the school day following the injury.

Practice: During practice or contests where the team trainer is not present, the Coach should be prepared to render first aid, and if medical assistance is indicated, take the following steps:

1. Call the player's parents for direction as to desired medical attention (i.e. family physician or emergency ward of a hospital).
2. In case of emergency, dial 911 for assistance.
3. A school-connected person should accompany injured players requiring transportation to a hospital when the parent is not available.
4. Notify the Athletic Director of injury the next school day.

5. Follow-up phone calls must be made to parents on athlete's progress.

The building Principal and Director of Athletics should be notified about all major injuries (broken bones, concussions, injuries requiring hospital trips).

An injury journal will be kept by the trainer. The journal will document the date, name, nature of injury, circumstances of the injury, and first aid procedures.

Coaches should be aware of first aid provisions available at away contests.

All Coaches or trainer must file injury reports through the Athletic Director and trainer.

Procedures for Reporting Injuries

In the event of injury, the circumstances surrounding the injury should be reported by the Coach in detail on the form entitled "Accident Claim Form". One copy is to be filed in the student's health folder and two copies are to be promptly forwarded by the School Nurse to give to the Superintendent of Schools. The School Nurse is also to immediately notify the building Principal. The coach should accept previously injured or ill players into practice or playing situations only after proper clearance. (See below, "Returning Athletes to Play"). In addition, the Coach should make program modifications based on careful analysis of injury data.

Procedures for the Treatment of Injuries

Every Precaution should be taken to provide a safe environment for sports participation including medical assessments, proper conditioning, safe equipment and facilities and adequate supervision. However, due to the nature of sports activities, injuries often occur. In that event, it is essential that careful planning and preparation be done for the treatment of injuries. Procedures for the treatment of injury should be consistent with the Board Policy and associated regulations.

Procedures for Returning Athletes to Play (including concussions)

No Wolcott athlete will be allowed to participate in a physical sports activity unless the Coach has received a written statement from the treating trainer or the School Medical Advisor authorizing participation.

Parents and Coaches must keep the well-being of the athlete in mind and follow the prescribed procedures including the physician's advice, recognizing that a carefully administered rehabilitation program will aid the student's recovery.

❖ Criteria for Return to Sport for concussions:

1. No symptoms at rest
& with everyday activities.
2. No symptoms with exertion (cognitive & physical).

3. Neuro-cognitive testing can be a useful tool in demonstrating neuro-cognitive recovery from concussion
4. 4. Follow a gradual return to play routine under the direction of a qualified medical provider.
5. Ask your medical provider for more information.

Medical Kits

All coaches should make sure that their kits are updated with essential medical supplies. Special medical paraphernalia such as asthma inhalers, epipens, etc., should be included for special problems. These items should be identified.

The Athlete's Emergency Information Card should be kept with the medical kits at all times.

ATHLETIC AWARDS

THE MEANING

The granting of interscholastic athletic awards to students is based upon:

1. The opportunity to play
2. Achievement and earned distinction

Awards are a symbol of athletic accomplishment, and should be of non-utilitarian value – not “something to which an athlete is entitled”. While the basis of participation, time span, number of games, points, etc., is of primary consideration, other factors that are considered in determining eligible recipients include:

1. Behavior
2. Attitude
3. Prompt attendance at practice session
4. Good citizenship
5. Effort
6. Cooperation
7. Sportsmanship
8. Observance of training rules and code of ethics
9. Proper use and return of all equipment upon request of the coach
10. Recommendations of the Head Coach

Physically gifted students, while receiving the highest award in the Department, must carry the responsibility of maintaining academic and citizenship standards throughout his/her school life. Failure to live up to these standards could lead to forfeiture and return of all athletic awards. This action may be taken by the Principal upon recommendation of the Coach.

BASIC POLICIES

1. All participants for athletic awards shall conform to CIAC and Wolcott High School eligibility regulations
2. All participants shall conform to regulations for attendance at practices and contests.
3. Good sportsmanship must be reflected by all participants, as friendly opponents, game officials, teammates and adults.
4. Observance of training rules, as established by the Head Coach, is required for all participants.
5. In the event that a participant is injured, the Head Coach may declare a player eligible and recommend an award.
6. The size of the “letter” shall be the same for all sports.
7. High standards of achievement (total school citizenship and athletic prowess) shall be required in all sports.
8. The Head Coach shall inform all participants of the award policies at an early practice session.
9. Completion of the sports season is required in order for the student to be eligible for letter or other team or individual awards. (Exception: injury which limits participation.) No

awards shall be given to any student suspended for the remainder of the season for Athletic Code violation.

10. The Head Coach shall maintain records of the amount of competition.
11. The recommended list of award recipients shall be prepared by the Head Coach and submitted to the Director of Athletics for the final award.
12. All awards shall be granted at either a school assembly or “Awards Night” as soon after the termination of the season as possible.
13. The monetary aspects of all awards should be left to a minimum level.
14. All non-authorized Wolcott High School letters, etc., shall be declared void.
15. Special coaches’ awards shall be approved by the Director of Athletics.
16. Outside or “community” awards must be presented in writing to the Director of Athletics for consideration and action.
17. All participants shall return all equipment loaned to them in reasonable condition, to the satisfaction of the coach, prior to receiving any awards.
18. All awards granted to eligible participants shall be provided by the Wolcott High School Athletic Awards account
19. Only one (1) varsity letter (W) may be earned by an athlete in a four-year period.
20. Certificates may be earned in varsity and junior varsity sports for players not earning a letter. Certificates may also be given to letter winners as well.

TYPES OF AWARDS

Students who are members of an athletic team are eligible to receive the following school awards:

1. Certificates: may be given out to all team members
 - a. Varsity certificate
 - b. Participation certificate for non-lettered candidates including junior varsity and freshman
2. Letters: awarded for successful completion of required standards. All seniors will receive a varsity letter.
 - a. Varsity (8’) letter
3. Emblems, Bars, Pins:
 - a. Felt or metal emblems will be awarded for the first time an athlete letters in each sport.
 - b. Bars will be awarded for each additional year lettered in that sport.
 - c. Emblems will be given to captains and manager
 1. Captain
 2. Manager
4. Numerals:
 - a. Freshmen athletes who attend practices regularly, and complete the season, receive a certificate and numerals depicting their projected year of graduation (one set only)

5. Manager Emblems
 - a. Managers may be eligible for varsity and junior varsity awards upon recommendation of the coach
 - b. Varsity letter with “MGR” and sport lettered

6. Plaques and tee shirts
 - a. Given to League Champions and (divisional)/or State Champions– by the Athletic Department

7. Jackets
 - a. Individual Team – through Team Fundraising

8. Rings –
 - a. Individual Team – through Team Fundraising

AWARD REQUIREMENTS IN EACH SPORT

CIAC SCHOLAR ATHLETE AWARD

Awarded each year to one male and one female student athlete. Student athletes must have the highest grade point average, participate on a varsity sport for a minimum of two seasons including their senior year, exhibit outstanding school and community service and possess integrity, self-discipline, and courage with personal standards. The names of the recipients are engraved on a large plaque permanently on display in the school.

FOOTBALL (BOYS)

Varsity Team: Must play half of the number of quarters of games played in one season.

SOCCER (BOYS AND GIRLS)

Must take part in three quarters of the scheduled varsity games, exclusive of state tournaments.

CROSS COUNTRY (BOYS AND GIRLS)

Must place fifth or higher on his/her team in one-third of the dual or triangular meets, or garner points in league or CIAC meet.

BASKETBALL (BOYS)

Varsity Team: Must play one-third of all quarters of total number of games in a season

BASKETBALL (GIRLS)

Varsity Team: Must play a minimum of one-third of the quarters of regularly scheduled games.

BASEBALL (BOYS)

Varsity Team: Must participate in one-third of the total number of innings in the season.

SOFTBALL (GIRLS)

Must participate in one-third of the total number of innings in the season.

GOLF (BOYS)

Must participate in one-quarter of the matches scheduled, exclusive of state tournaments.

TENNIS (GIRLS)

Must play in one of the following positions in one-half of the scheduled matches: 1-4 in singles or 1-5 doubles.

TRACK (BOYS AND GIRLS)

Must compete in and earn ten points in the season and/or score in League or CIAC meet.

INDOOR TRACK (BOYS AND GIRLS)

Awards for the athletes will be to the granted upon recommendation of head coach. Athletes must participate in all meets and score in the NVL meet to be considered.

VOLLEYBALL (GIRLS)

Must play in 1/3of scheduled games.

CHEERLEADERS (BOYS AND GIRLS)

Varsity and Junior Varsity: Awards for cheerleaders (certificates, letters, chevrons, stars). Cheerleaders must cheer at $\frac{3}{4}$ of the games per season and participate in the NVL, State or Individual competitions.

DANCE (BOYS AND GIRLS)

Varsity and Junior Varsity:

Dancers must participate at $\frac{3}{4}$ of events per season and participate in the NVL, State or Individual competitions.

Any student who transfers to Wolcott High School may receive credit for his/her sports activities from his previous high school, provided he/she submits a written record of these activities to the Director's office.

The record will be evaluated and if the student participates in our interscholastic program, he/she will receive credit toward the Wolcott Interscholastic Awards.

CUSTODIAL SERVICES

The Director of Athletics through the Supervisor of Buildings and Grounds shall arrange for preparation of the playing surfaces for home contests. Request for custodial services by a coach must be made through the Director of Athletics.

EQUIPMENT

Team members are responsible for equipment issued to them. All equipment must be accounted for before a student is eligible for a letter award or further participation in athletics. Parent information:

In the fall of 2011, Student Athletes will purchase athletic items that are classified as consumable. These items are supplies that will not be returned to the school and used again for another Athletic Season. This policy is for all High School and Middle School Sports.

Examples:

Practice shirts, Tee-Shirts, Hats and Visors, Game Socks, Knee Pads, Bows, Polo's

Uniforms are to be used at scheduled games and practices and at no other time. This should be strictly enforced by all coaches. Money should be turned in to the Director of Athletics with documentation of the amount collected, sport, number and type of equipment/uniform lost.

Team members must return all equipment immediately following the last contest. Coaches should then use the school's washer and dryer to clean the uniforms.

The coach is responsible for obtaining payment from individual team members for lost or damaged equipment at replacement cost.

No capital equipment may be loaned by coaches to students for out-of-season use without permission from the building principal. Only students presently enrolled will be permitted to request a loan of equipment from their respective coach. Coaches are not authorized to give equipment/uniforms to anyone. All equipment/uniforms belong to the Board of Education.

PHASING OUT UNIFORMS

The Athletic Director and the Principal shall establish procedures for disposal of unused uniforms and equipment.

INSURANCE

The Wolcott Board of Education has purchased a plan of insurance covering interscholastic sports. This insurance is fully paid by the Board and represents no cost to the parents or student athlete.

The form of coverage provides that valid claims for injuries received as a result of participating in interscholastic athletics will be paid on an excess basis. This means that the Board provided insurance would pay any amount in excess of that portion already paid by family medical coverage.

POLICE/LOCAL FIRE MARSHALL

State law requires the assistance of police and possibly firemen where there is a public gathering of sufficient numbers.

Police and Fire Marshall are assigned to all home varsity football, boys' basketball and state tournament contests. Police are also added if a contest or cheerleading competition warrants the employment of an officer.

Police will be obtained and instructed as to their duties by the Athletic Director prior to the contest.

WOLCOTT HIGH SCHOOL ATHLETIC DEPARTMENT BOOSTER CLUBS

The Wolcott High School Booster Clubs were organized to serve the Athletic Department in a variety of ways. These groups are composed of parents, coaches and interested citizens of Wolcott.

Many thousands of dollars have been contributed to the Athletic Department with Scholarships and non- budgeted items. Coaches are encouraged to be an active member of our boosters and attend all meetings. Coach's participation will serve as a very important liaison between Wolcott High School and parents. At present we have the following parent booster clubs:

1. Ace Club (Volleyball)
2. Diamond Club (Baseball)
3. Goal Club (Soccer)
4. Gridiron-Strength Club (Football)
5. Hoop Club (Basketball)
6. Track-Cross Country Club

SOLVING CONFLICTS

1. All issues between an athlete and a coach should first be solved between each other.
2. If the conflict cannot be resolved between the athlete and the coach, the athlete should speak to their coach first.
3. If the problem is still unresolved, then there will be a meeting scheduled between the coach, parent/guardian, the student-athlete and the Athletic Director.
4. These are the steps to be followed until the resolution of the problem:
 - a. Athlete > Captain
 - b. Athlete > Coach
 - c. Athlete > Athletic Director
 - d. Parent > Coach
 - e. Parent > Athletic Director
 - f. Parent > Superintendent
 - g. Parent > Board of Education
5. 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 or on their cell phone.
6. It is inappropriate to discuss concerns immediately after an athletic contest. Discussions with coaches should take place by establishing a meeting in the Athletic Director's Office.

ALL ATHLETIC FORMS AND POLICIES CAN BE PRINTED OUT OFF OUR WEBSITE

