



**SOUTHINGTON HIGH SCHOOL**  
**BLUE KNIGHTS ATHLETICS**



**STUDENT-ATHLETE/  
PARENT HANDBOOK**

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## INTRODUCTORY LETTER



### **Southington High School**

720 Pleasant Street  
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Phone: (860) 628-3229  
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Homepage: [www.southingtonsports.com](http://www.southingtonsports.com)

**Principal**  
Brian Stranieri

**Athletic Director**  
Gregory Ferry, CAA

Dear Student-Athlete:

Welcome to Southington High School Blue Knights Athletics! This handbook has been compiled to provide you with important information about the athletics program and your athletics experience here at Southington High School. It is very important that you and your parents and/or guardians carefully read and understand the information provided in this student-athlete handbook.

Successful athletics programs have specific goals. They include: a positive experience for every athlete and a great sense of camaraderie and unity within their team, an environment that ensures high ethical standards and expectations for fairness, equity, and sportsmanship for all our student-athletes and coaches. We hope that you will always strive to make the most of your abilities, to support and encourage your teammates, and to represent your family, school and community in an exemplary manner.

True athletes are comprised of high moral character with a genuine work ethic. They contribute to a team in many different roles and always strive for improvement and efficient execution of skills in practice as well as in competition. Play hard, play fair, and dedicate yourself to be the best you can possibly be, but most importantly, have fun! The rewards will stay with you the rest of your life. As a Southington Blue Knight, it is an honor to serve as a role model to others and make responsible choices as members of our community.

Best wishes for a successful athletic experience at Southington High School.

Go Blue Knights!

Brian Stranieri  
Principal

Gregory Ferry  
Athletic Director

## MVP PROCESS

# SOUTHINGTON HIGH SCHOOL MVP PROCESS



### MOTTO

“Chasing Excellence”

### MISSION

Serve student-athletes and prepare them for success on and off the playing fields

### VISION

- Educate student-athletes on how to play the sport safely and effectively
- 100% of student-athletes will maintain athletic eligibility during their season
- Maintain 3.0 Team GPA by Sport
- Annual Community Service Team Project for Each Team
- Every Varsity Team will qualify for State Playoffs
- Win 4 or more Central Connecticut Conference Division Titles Each Year
- Win 2 or more State Titles Each Year
- 30+ Athletes will go on to play in college each year

### PRINCIPLES

#### P.R.I.D.E.

**POSITIVE ATTITUDE** Be an energy giver every day

**RESPONSE** The power to choose your response in any situation

**INTEGRITY** Do what is right at all times

**DETERMINATION** The ability to embrace adversity and keep moving forward

**EXCELLENCE** A lifestyle to be great in all areas of life

## OVERVIEW

The interscholastic athletics program can be an important part of a student's educational program. It is an extension of the physical education program. It is the goal of this program to provide students with the advantages and opportunities that are inherent in sports participation. The ultimate aim is to provide offerings in competitive sports for boys and girls in grades 6-12 against students of similar abilities from other schools. These opportunities will be available providing the prospective student-athlete is eager to play and able to play at a standard required for that team, works hard in practice, and is willing to follow school rules, regulations and scholastic standards.

### **The Privilege of Athletic Participation**

It is essential that students and parents realize that participation in the Southington Public Schools' Athletics 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 athletes will be greater than for 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, or that he/she will be unable to say "no" when pressured by others to break training rules, or that his/her individual rights are too important to conform to team rules, then he/she should elect not to become a member of that team.

### **Southington Public Schools' Athletics Philosophy**

Interscholastic athletic programs in the Southington Public Schools have a rich tradition of excellence and serve as a source of great pride to the community. Athletics are a complement to the Academic program, and they are an integral part of school life. Responsibility for the direction of these programs rests with the Southington Board of Education, the Superintendent of Schools, the Southington High School Principal, and the Athletic Director consistent with the guidelines and regulations of the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.

Through participation in athletics, both interscholastic and intramural, the student-athlete has an opportunity to develop values and attitudes that will be of benefit in later life. He/she will learn about physical fitness, self-discipline, pursuit of a goal, and respect for others. Student-athletes in Southington strive to succeed in competition and they learn how to accept the results of their best efforts. Hopefully, the student-athlete will enter adult life with more confidence and a higher level of self worth as a result of participation in athletics.

These benefits of participation in athletics are available to students who maintain a good academic standing, are physically, mentally, and emotionally able to participate at a required level, who qualify under eligibility requirements and who are willing to make the necessary commitment to the program. As many students as possible and practical are given the opportunity to compete in the Southington Public Schools' athletics programs.

## CLASS ACT STANDARDS

The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests. As a result of declaring and showing proof of adhering to these standards, a school will receive some (as yet to be determined) recognition of having achieved and maintained this honor. The school should form a student based council that will assist the athletic department in overseeing the implementation of and adherence to these standards.

### CIAC Sportsmanship Guidelines

- The CIAC requires that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC’s expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school website and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.

- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- Member schools should support and adhere to ALL the following CIAC standards.

### **ALL Spectators (including parents)**

- Will adhere to the host school's acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the athletic director of the school referenced in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director's approval and only be used during "dead ball" situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during "dead ball" situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

### **Game Personnel/Announcers**

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

### **Coaches**

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgement of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

### **Players**

- 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 cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

### **STUDENTS' RIGHTS**

Each student-athlete participating in a Southington Athletics' sports team 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 immediately to the attention of the Athletic Director and/or the High School Principal.

### **CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE (CIAC) ELIGIBILITY**

#### A Digest of the Rules for Student Athletes

#### **You, the Student-Athlete, are NOT ELIGIBLE:**

1. If you are not taking at least four (4) units of work or the equivalent. (Rule I.).
2. If you have not passed at least four (4) units or the equivalent at the end of the last regular marking period, with the exception of fall eligibility\* (Rule I.A.) (Note school policy)
3. If you are nineteen (19) years of age before July 1. (Rule II.B.).
4. If you have changed schools without a change of legal residence (Rule II.C.). See complete Rule for exceptions.
5. If you have played the same sport for more than four (4) seasons in grade 9, 10, 11, and 12 (Rule II.B.). There is no fifth year of eligibility.
6. If you play/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:
  - a. Participation in parent-child tournaments and caddy tournaments. Exceptions may be made to this regulation.
  - b. Swimming, tennis, and gymnastics - a pupil may practice but not compete with a non-CIAC team during the season.
7. If you play under an assumed name on an outside team (Rule II.F.).
8. If you receive personal economic gain for participation in any CIAC sport (Rule II.F.).

Consult your Principal or Athletic Director for any inquiries regarding athletic eligibility.

**NOTE:** Ineligibility at the start of a fall or winter season or spring sport means the individual may be ineligible for the entire season.

#### **RULES OF ELIGIBILITY AND CONTROL – SCHOLARSHIP**

Credits earned during the summer by any regularly approved Board of Education procedure will be accepted for the purpose of determining the eligibility of pupils desiring to participate in the athletic program of the school for the fall season. Scholastic incompletes must be made up within ten (10) school days following the end of the marking period.

**INCOMPLETE GRADES ARE NOT CONSIDERED AS PASSING GRADES.**

**It should be understood that the above regulations are minimal and do not prohibit a school from establishing more rigid eligibility standards.**

The most recent marking period grades at the start of a season are to be used in determining scholastic eligibility to participate in interscholastic athletics during any given season. To be eligible for fall sports a pupil must have received credit toward graduation for four (4) units of work for which he/she has not previously received credit. The final academic grade average determines fall eligibility. Semester courses or mini courses completed earlier in the school year may be counted toward the four units used in determining eligibility for the fall season. (Year end failures may be made up through successful completion of LEA approved summer work in courses failed.)

"Requests for exceptions to the eligibility rules may be made by the principal of a member school on behalf of any student in accordance with the provisions of article VIII of the CIAC By-laws concerning exceptions and appeals."

\*For fall sports eligibility; student must be a continuing student (eighth grade 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. (Rule I.A.).

### ATHLETICS ATTENDANCE POLICY

In order to practice or compete in a contest, a student-athlete must know and abide by the following:

1. Student-athletes are expected to comply with the high school attendance rules as described in the SHS Student Handbook and therefore are expected to be in attendance in a first period class by 7:37 a.m. Even with an Excused Tardy, the student-athlete must be in his/her class by 8:30 a.m. Any amount of time after 8:30, even one minute, will cause the student to be restricted from practicing or competing on that day. Therefore, if a student-athlete is late to school but arrives before 8:30, he/she will be permitted to practice or compete.
2. If a student/athlete arrives at school after 8:30 a.m., he/she may see the Principal or designee and appeal the practice/competition restriction. The Principal or designee will judge the appeal and either permit the student-athlete to participate or deny the appeal. If the former is the case, the student-athlete will be given a pass by the principal or designee. **In the absence of written approval from the Principal or designee for a valid reason, the student-athlete may not and must not practice or compete.**
3. If a student-athlete reports to school after 8:30 and reports to practice or a contest on that day without approval from the Principal or designee, then he/she will be subject to disciplinary action that may include suspension from practices and/or contests as determined by the Athletic Director.
4. Unexcused single period absences during a given day may cause an athlete to be withheld from practice or contests on that day.
5. The following are the penalties that will normally be provided for illegally attending a practice or a contest:
  - A. Daily practice- First offense: Prohibition from the next two practices  
Second offense: Prohibition from practices for a week
  - B. Game Contest- First offense: Prohibition from dressing for the next contest  
Second offense: Prohibition from dressing for the next two contests
6. Because our first concern is the health and welfare of each student-athlete, students reporting to school after 8:30 a.m. and presenting a note indicating that illness was the reason for the lateness ordinarily will not be permitted to practice or compete.

## **Outside Jobs**

We discourage outside employment for student-athletes while participating on a school team. The limited number of hours available to a student-athlete after school and practice makes it difficult to be employed and still have time for studying.

## **Conflicts in Co-Curricular Activities**

Student-athletes may find themselves in a position of conflict involving another activity. When a conflict arises, the activity adviser/coach and the student-athlete should arrange a workable solution. If a solution cannot be found, the principal will make the decision.

## **Vacation Periods**

Students are expected to attend all practice sessions, including those scheduled during vacation periods. Parents are advised to check with the appropriate coach as to his/her policy on missing vacation practices early in the school year so no misunderstanding arises relative to vacation periods.

## **PROCEDURE FOR PARTICIPATION IN ATHLETICS**

We are excited to announce that we are now offering the convenience of online registration through FamilyID ([www.familyid.com](http://www.familyid.com)). FamilyID is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through FamilyID, the system keeps track of your information in your FamilyID profile. You enter your information only once for each family member for multiple uses and multiple programs.

All athletes that are interested in participating in sports must register online (no more handing out and collecting emergency information sheets.)

### **A: BEFORE YOU REGISTER**

PHYSICAL EXAMS: A physical exam must be current within the past 13 months and signed by a physician and must be in effect for the entire length of the sports season. **If the student's physical is to expire during the season, they will not be able to play until a new physical exam is received.**

### **B: INFORMATION NEEDED TO REGISTER**

It will be helpful to have the following information handy to allow for accurate completion of your online registration: Doctor's information, Health Insurance information, emergency contact names and phone numbers.

### **C: HOW TO REGISTER**

Click on the "Register Now" button above or click or paste the following link into your browser:

<https://www.familyid.com/southington-athletics>

#### **And follow these steps:**

1. Under the "Programs" title, click on the link for the program you want to sign up for. Scroll to bottom of page to either **Sign Up as a Family or Individual** if this is your first time using FamilyID, or **Log In** if you already have a Family ID account.
2. Sign Up for your secure FamilyID account by entering your family name, email address and

password. You will receive an email with a link to confirm your new account. (If you don't see the email, check your spam or junk folders.)

3. Click on the link in your email confirmation, which will log you in to FamilyID and then complete the information requested on the registration form. When you have completed the form, click the "Save & Continue" button.
4. Review your registration summary and click "Confirm Registration" to submit. Once completed, you will receive an email receipt from [registrations@familyid.com](mailto:registrations@familyid.com). You can also view your completed registration on your Dashboard. You can log into <https://www.familyid.com> at any time to update your information and to check your registration(s).
5. The nurse will then review the physical from the doctor and approve your registration.

## **ADDITIONAL PROCEDURES FOR PARTICIPATION**

### **Physical Education**

No one is excused from physical education classes as a result of being on Southington Athletic teams. Students medically excused from participating in PE classes cannot participate in any athletics practice or competition until cleared by a physician to return to PE class.

### **Changing Sports**

Prior to the opening of each season, athletes will be allowed to transfer from one sport to another if approved by the Athletic Director. An athlete who drops from one sport after eligibility lists have been sent to the CIAC will not be allowed to join another sport during that season. Student-athletes must be eligible at the beginning of the season in order to participate on a team. Many students wish to participate in a school or outside athletic activity during a sports season. Although this is not prohibited, coaches do reserve the right to expect members of the team to be present at all practices and contests, to fully participate, and to refrain from participating in other athletic teams if they conflict with their commitment to the team. Students may not participate on any outside team in the same sport during the season of that sport per CIAC regulations.

### **Freshman Athletics**

Ninth graders will participate on freshman teams unless the high school varsity coach moves them to higher level. The individual development and growth of each student-athlete is our foremost consideration.

### **Appearance**

An athlete is expected to be clean in appearance and neatly dressed at all times. Hair shall be cut to a length suitable for athletic participation and good grooming. Each team's coach is responsible for providing direction relative to acceptable grooming standards. All team members are required to wear the uniform prescribed by his/her coach. All forms of jewelry are prohibited during practices and competitions for safety concerns, except for medical bracelets that need to be securely taped to the athlete's body.

### **Practices-Games-Meets-Matches**

Failure to report for a scheduled practice, game, match, or meet without being excused may result in suspension or dismissal from the team. Student athletes with family or religious obligations are not

required to attend practices held on a Saturday or a Sunday. If you are unable to attend a weekend practice, as a courtesy please inform your coach prior to the practice. Sunday practices may not begin before noon. Also, coaches are discouraged from scheduling practices on major holidays—unless the team is preparing for a postseason championship, etc. Student-athletes will be excused from practices or portions of practices ***without penalty*** to attend academic extra help or tutoring sessions, brief after-school meetings of other student organizations, or college visitations. Student athletes must make every effort to inform coaches of their planned absence well in advance of the event.

An athlete may not participate in a game or practice on a day when not present in school by 8:30 a.m. (see Attendance Policy) nor may an athlete participate after having been dismissed early from school. Exceptions will be granted for observance of religious services or when approved by the High School Principal or Athletic Director. All practices and contests are cancelled when school is cancelled or dismissed early because of inclement weather. No Saturday or Sunday practices are permitted at the Middle Schools unless approved by the Athletic Director or the school's Principal. Also, all athletes must have at least one day off per week per CIAC regulations.

### **Student Leaders/Captains**

Participation in athletics at Southington High School is a privilege and demands certain commitments and responsibilities. Students will take pride in themselves and in their school and community. They are expected to take an active role in establishing high standards of conduct for others to follow.

The Southington High School Athletic Program is dedicated to providing young people with a special experience, one that parallels the classroom. Part of this experience includes the responsibility to self, organization and community that is commensurate with a leadership role. Student leaders in activities are clearly representatives of Southington High School as well as their organizations. With the privilege of leadership comes the obligation to serve as a positive example and role model for fellow students. All student leaders are expected to display exemplary behavior. They will demonstrate to their peers character traits that are admirable and behaviors that are in every way just and considerate of others.

Student leaders bound by this co-curricular code include:

- Captains
- Assistant or Alternate Captains
- Any other leadership role as designated by a coach

A student leader is expected to adhere to the Participation Rules and maintain expected behavior for leadership from the time of election to that position through the school year. *Failure to do so will result in removal from that leadership position(s).* Depending on the severity of the offense, continued participation in the activity/sport may be permissible; however, the position of leadership is removed for the duration of the term of activity.

### **Captains' Practices**

Student-athletes may practice individually or as a group during the off-season. There is no requirement during the off-season that members of a team attend practices called by a captain or any other member of a team. Any practice training that a student-athlete chooses to do during this out of season time is strictly voluntary. The school assumes no responsibility for captains' practices. The CIAC and the Southington Public Schools do not in any way sanction or condone "Captains Practices" in any sport. When school is cancelled for weather related reasons or for other emergency reasons, no practices of

any form, including captains' practices, are permitted.

### **Out of Season Practices**

It is a violation of CIAC regulations for a coach to work with student-athletes outside their sport season. There are some exceptions to this rule. For example, a coach may coach his/her son or daughter. A coach may coach if he/she is a bona fide employee of a recreational institution. A coach may coach a non-school team provided there are no more than a designated number of his/her student-athletes on the team. That number varies by sport and is established by the CIAC. Coaching in a non-team setting is prohibited. There are additional exceptions to the out of season prohibition on coaching. For more information on this regulation, please contact the Athletic Director or the CIAC. Out of season conditioning programs are permitted, and the coach of a sport may conduct them.

### **Travel to Away Contests**

All student athletes must travel with the team to away contests. They must also return from the contest with the team. Student-athletes may, however, return from a contest with a parent or guardian if the parent or guardian personally presents a signed, written note to the student-athlete's head coach.

### **Admission Fees**

There is an admission fee for *most home events that start at 5:00 p.m. or later*. This charge helps defray the cost of officiating, contest support personnel, and security. Southington Athletics' family passes are sold at the athletics office good for entry into all regular season sports events during the current school year. These passes are not accepted at post-season CCC and CIAC tournaments.

### **Parking**

All playing implements including balls, bats, lacrosse sticks, racquets, etc. are prohibited in the cafeteria, hallways and all other areas of the school with the exception of the gymnasium (during organized practices only). Throwing balls in the parking areas or around automobiles is also prohibited. Students will be subject to disciplinary action for violation of this rule. Student-athletes may not park in the rear faculty parking lot or inside the gate by the tennis courts.

## **GENERAL PROCEDURES**

### **Athletic Equipment and Uniforms**

1. In most sports, practice and/or game equipment and uniforms will be issued to the student-athlete; he/she must use care so the equipment and other items are not lost, stolen or returned in a condition other than that in which they were issued.
2. All equipment must be returned at the end of the season or upon leaving the team. **Students may not tryout or participate in subsequent sport seasons until all uniforms and/or equipment is returned or until payment to replace missing uniforms, equipment, etc. has been made.** The cost of each item not returned will be based on the **single unit replacement cost** of that item.
3. **School owned equipment is to be worn only at scheduled practices or contests.** However, on game days, jerseys may be worn to school. Game shorts are not to be worn to school.
4. Athletes found wearing school-owned equipment in public, other than above, will be subject to disciplinary action.
5. All equipment and/or supplies will be issued by a coach.
6. Do not put cleated shoes on inside school buildings. Remove muddy and/or wet shoes before entering the school.

## **Locker Room**

1. Do not place valuables in your locker. Leave them at home or give them to your coach.
2. Keep your locker locked at all times except while actually at your locker - even while you are in the shower.
3. The school **will not** be responsible or liable for personal property.
4. Many athletes' careers have been shortened by an injury from "horse-play" in the locker room. All athletes must refrain from this type of behavior.
5. Locker rooms will be cleaned and all articles removed three days after a student-athlete's season ends.
6. Away Games Locker Room Coverage: Female chaperones/monitors will be provided for away contests for female sports teams that are coached by one male with no assistants. Also, locker room coverage will ordinarily be provided by a female attendant for female sports coached by a man.

## **Gymnasium/Fitness Center Procedures**

1. No one is permitted in the gymnasium or fitness center unless it is during a designated practice period.
2. At no time is it permissible for individuals or groups to work out in the gymnasium or fitness center without authorized supervision present.
3. At no time will individuals or groups be working out while other teams are having an official practice or contest, unless they are under the direct supervision of a coach.
4. Athletes practicing in the gymnasium for one sport must refrain from using equipment not specifically designated for their sport.

## **Training Room Procedures and Rules**

1. No cleated shoes or bare feet permitted in the training room.
2. No balls, bats, etc. are permitted in the training room.
3. No horseplay or foul language permitted.
4. No food or beverages are permitted in the training room.
5. No supplies or materials are to be taken or used without the approval of the trainer.
6. Athletes in season have priority from the trainer.
7. All reusable materials (braces, ace wraps, etc.) must be signed out and returned in a clean, sanitary form after completion of injury rehabilitation.

## **STUDENT-ATHLETE CODE OF CONDUCT - RESPONSIBILITIES OF THE ATHLETE**

At Southington High School, responsible behavior begins with the desire to be a positive and contributing member of the school community. Participation in athletics at Southington High School is a privilege and demands certain commitments and responsibilities. The school system and the community have a high level of expectation for the students who represent our high school and who benefit from its programs. Students will take pride in themselves, accept responsibility for their own actions, and support others in their efforts to do the same. Students can expect support from adults in their lives (educators/coaches/parents) to adhere to the commitments and expectations of this policy.

**Listed below are the behaviors that could result in suspension or dismissal from the team by the coach, Athletic Director, or the High School Principal.** Dismissal of a student-athlete from a team will only occur with the approval of the Athletic Director or High School Principal. Student-athletes are

reminded that proper behavioral expectations do not end when practices or competitions conclude or when a student-athlete is off school property. Because a situation is not specifically listed below does not mean it will not receive appropriate disciplinary action (for example, see Appendix A). Athletics related discipline may be instituted for school rules violations in addition to disciplinary measures imposed by school administrators. Students may not appear at practices or competitions (home and away) during the time they are suspended from athletics.

1. Poor school citizenship.
2. Cutting classes or school or team practices/contests.
3. Being a negative influence in terms of team morale or effort. This includes insubordination to an athlete's coach or others.
4. Not making a sincere academic effort or not complying with eligibility requirements.
5. Stealing of any kind, including athletic clothing, either opponents or ours.
6. Vandalism or property destruction.
7. Displays of poor sportsmanship (e.g. fighting, taunting, harassment or unsportsmanlike conduct directed toward opponents, opposing fans, officials, or others).
8. Any behavior which casts an adverse reflection on our athletic program and/or school, or is in violation of school rules or the laws of the Local, State, or Federal Governments.
9. Inappropriate use of social media sites such as Facebook, Twitter, Text Messaging, Email, Blogs, and other similar media. Inappropriate use refers to, but is not limited to, slanderous statements about coaches, athletes, or opponents, or use of photographs depicting illegal behavior.

**BASIC RULE:** Never do anything that will bring embarrassment or an unfavorable view to your teammates, coaches, family, school, or community.

### **Statement on Hazing**

Hazing in any form will not be tolerated in the athletics programs of the Southington Public Schools. Hazing is any activity that humiliates, degrades, abuses or endangers a person's physical or emotional health for the purpose of initiation or membership in or affiliation with any organization, regardless of the person's willingness to participate. A student aware of any form of hazing directed at himself/herself or another student must report it to an administrator, teacher or coach.

## **ATHLETICS DISCIPLINARY POLICY**

**Coaches have the privilege of setting their own training rules, but they may not go beyond the school rules or Board of Education Policy and Administrative Regulations regarding discipline. In addition, they may not be less restrictive than the Board of Education Policy and Administrative Regulations regarding discipline or the additional rules contained throughout this student-athlete handbook.**

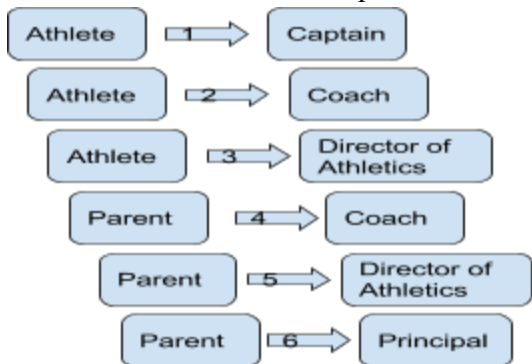
The respective coach of an athlete is responsible for the administration of each team's training rules. All student-athletes have a right to due process. Coaches must provide student-athletes with an opportunity to be heard before deciding on an appropriate action. Penalties for violation of team/school training rules may vary from a warning to dismissal from a team. Dismissal of a student-athlete from a team will only occur with the approval of the Athletic Director or High School Principal. In all cases, the practice of Progressive Discipline should be implemented. All student-athletes may appeal a coach's disciplinary action to the Athletic Director and/or Building Principal. Parents are advised to encourage their student-athlete to work out his/her problem with their coach. There are times when the Athletic Director or Building Principal may adjudicate the case.



During a disciplinary hearing with the Athletic Director or Building Principal, the student-athlete and his/her parent/guardian may provide information salient to the case. The determination made in the case shall be final.

### Conflict

1. The student athlete should present the conflict/issue to the coach as soon as possible to attempt to resolve the situation. Depending on the situation, an athlete may ask his/her team captain to approach the coach.
2. If the conflict cannot be resolved between the athlete and the coach, the athlete should make an appointment to see the Athletic Director.
3. If the problem is still unresolved, then the athlete's 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 recommended steps to be followed for the resolution of a conflict/issue:



The correct procedure to contact a coach is to leave a message in the Athletics Office for the coach. Please do not contact the coach at home, except in the case of an emergency.

**NOTE: It is inappropriate to discuss concerns immediately before or after an athletics contest.**

### School Suspensions

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

### Disqualification from Play

When an athlete is ejected from a contest for unsportsmanlike behavior or fighting, including taunting, the athlete is ineligible to participate in a minimum of one game at the same level of play (even if the next contest does not occur until league or CIAC tournament play begins or begins in the next school year). If one or more different level contests are scheduled prior to the next contest at the same level of play, the athlete shall be ineligible to participate in a minimum of one game at all other levels of play.

The ejected player cannot be in attendance at the game(s) while they are serving their suspension and may not participate in any pre-game warm-up activities at the site of the game.

Disqualifications from athletic contests are examples of poor sportsmanship and are inexcusable. We do not expect student-athletes or coaches to be disqualified from any contest.

**EJECTION RULE:** A student-athlete ejected from a contest will be ineligible to participate in any contest until he/she is withheld from a minimum of one (1) contest at that level of play.

### **Consequences for Substance Use/Abuse**

The Athletic Department believes that it is important that student-athletes refrain from the use of substances that are potentially harmful to them. Every sport requires proper conditioning, and substances that may adversely affect that conditioning must be avoided. Therefore, during the time an athlete is a member of a team in or out of season, he/she must adhere to this substance abuse/use policy.

All instances of possession, distribution, purchases or attempted purchases, use or abuse of any harmful substance shall be referred to the school administration for disciplinary action. Presence at parties or other activities at which alcohol, illegal, illicit, or non illicit drugs are available will constitute grounds for disciplinary action.

Out of season violations of Board of Education Policy and Administrative Regulation 5133 will affect in season participation as determined by the Administration. For example: If an incident occurs in the fall for an athlete who participates in a winter and spring sport, the consequence will be given during the winter season. Upon completion of the required consequence, the student athlete would then be allowed to participate. Factors that are pertinent to such a determination may include, but are not limited, to:

- a. Prior record of substance misconduct.
- b. Consent to and compliance with appropriate therapeutic/behavioral intervention(s).
- c. Crime issue – any violation of the Southington Student Code of Conduct or violation of town, state, or federal law.

If applicable (i.e. for violations occurring at the end of one academic year) participation sanctions will carry forward into a succeeding academic year. (See Board of Education Policy and Administrative Regulation 5133 in Appendix B.)

1. The consequence of the **first offense** will be a suspension from athletics for a minimum of twenty-five percent (25%) of scheduled consecutive games, meets, or matches and any practices scheduled during that period, including post-season contests and removal from any team leadership position, e.g. captain, assistant captain etc. If the circumstances warrant, the student-athlete may be required to provide evidence of professional counseling regarding substance use/abuse in order to be reinstated once the period of suspension has been completed. In addition, any student-athlete found in violation of the rules regarding substance use/abuse will be required to complete or have made substantial progress towards the completion of twenty-five (25) hours of community service as approved by the building administration in order to be considered for reinstatement at the end of the suspension period. Failure to complete the community service requirement will result in loss of student activity privileges.
2. The consequence of the **second offense** will automatically involve suspension from all interscholastic sports until the start of the same sport season of the next school year. Referral to an appropriate agency is also required. The student-athlete must present evidence of professional counseling regarding the substance infraction and its harmful effects before being permitted to return to the team. In addition, any student-athlete found in violation of the rules regarding substance use/abuse for a second time will be required to provide fifty (50) hours of community service as approved by the building administration in order to be considered for reinstatement at the end of the suspension period. Failure to complete the community service requirement will

result in loss of student activity privileges.

During the suspension period, the student-athlete:

- a. will not participate in any practice, meeting, or organized pre/post event,
- b. will not participate in any competition or performance;
- c. must meet with parent/guardian, coach, and Athletic Director and/or a building Administrative Representative,
- d. must deliver a written and verbal apology to his/her team and coaches.

In addition, the student-athlete:

- a. must meet with parent/guardian, coach, and the Athletic Director,
  - b. will be ineligible for team recognition or awards and any post season team functions and awards.
3. Student self-disclosure will only be allowed prior to the first offense.
  4. All offenses must be reported to the Athletic Director and they will be kept on file. A copy of the offense record will also be sent to the parent/guardian and must be signed prior to student readmission to the team.
  5. All Board of Education Policies, Administrative Regulations and school rules will be enforced from grades six through twelve. After two years of no additional offenses, the record will be destroyed.

#### **GENERAL REQUIREMENTS FOR AWARDS AND TEAM RELATED BENEFITS**

|                |  |
|----------------|--|
| FRESHMAN       | Participation Certificate  |
| JUNIOR VARSITY | Participation Certificate  |
| VARSITY        | 7" Chenille Letter for first award in each sport<br>Bars for subsequent years<br>Captain's bars for captains<br>Varsity Certificate for each sport |

Southington High School will award each athlete participating in the Interscholastic Athletic Program a letter or certificate according to the following standards:

1. A player must complete the season; the coach, with approval of the Athletic Director and the High School Principal may make exceptions in unusual cases.
2. An athlete must be a good representative of the school and must display the qualities of a good sportsman/sportswoman.
3. Letter awards will be made only upon recommendation by the coach.
4. If a player is moved from J.V. to varsity during the season, he/she will be awarded a participation certificate if a varsity letter is not earned.
5. Only one letter will be awarded in each sport; a certificate and gold pin will be given each succeeding year for the same sport.
6. The coach shall recommend letters for managers who qualify under the general requirements and who perform their duties willingly and efficiently.
7. Awards will only be presented to those student-athletes who have returned all equipment, supplies, uniforms, etc. that were issued to them. All items must be returned in the condition in which they were issued; normal wear is taken into consideration for uniforms. Reimbursement will need to be made for missing items before awards are presented.

## **INFORMATION FOR STUDENTS INTERESTED IN PARTICIPATING IN ATHLETICS ON THE INTERCOLLEGIATE LEVEL**

1. Contact a member of the Guidance Department for information.
2. Ask your coach to assist you in selecting a college that will meet your needs.
3. Read the following information on NCAA rules and requirements:

**All high school students who wish to practice and compete for a Division I or II institution must register with the NCAA Initial Eligibility Clearinghouse. See your guidance counselor for more information.**

Students entering a Division I or Division II institution must meet the certain academic requirements to be eligible for practice, competition and athletically related financial aid in their first year of collegiate enrollment:

**PLEASE CHECK AND REVIEW THESE NCAA REQUIREMENTS WITH YOUR GUIDANCE COUNSELOR AND/OR THE ATHLETIC DEPARTMENT.**

**PLEASE NOTE:** THE NCAA ACADEMIC STANDARDS ARE SUBJECT TO CHANGE ON AN ANNUAL BASIS. PLEASE MAKE SURE TO CHECK WITH THE GUIDANCE DEPARTMENT FOR THE LATEST NCAA ACADEMIC REQUIREMENTS WHEN YOU ARE PREPARING TO APPLY FOR COLLEGE ADMISSION.

### **INTERSCHOLASTIC SPORTS COVERAGE - ACCIDENT MEDICAL EXPENSE COVERAGE**

Southington Public Schools has interscholastic insurance coverage for injuries sustained by students while participating on a Middle School or High School interscholastic sports team.

The following are the conditions under which claims may be submitted to the insurance carrier:

1. It is the responsibility of the parents to first submit their child's bills for all injuries sustained through sports to their insurance carrier.
2. After a denial for payment from the student's health insurance carrier, a bill may be submitted to the school interscholastic insurance carrier. Proper forms and information may be obtained in the nurse's office at each secondary school. By adhering to the above procedure, consideration for reimbursement under the interscholastic sports coverage plan will be promptly evaluated by the Southington Board of Education's insurance carrier.
3. The insurance policy paid for by the Board of Education is secondary coverage which becomes effective after a parent's insurance company has paid out its maximum benefit for an injured athlete.

Questions concerning insurance coverage should be addressed to the school nurse or the Business Office (628-3200 ext. 216).

## **PROCEDURES FOR TREATING INJURED ATHLETES**

1. All injuries sustained while participating must be reported immediately to the student-athlete's coach and/or the athletic trainer.
2. Athletes should not try to treat their injuries without consulting their coach or athletic trainer.
3. When playing at away sites, medical treatment will be administered by the home team's athletic trainer or the team coach.
4. Coaches will exercise responsibility involving all incidents concerning their athletes. In the event a student must be transported for emergency treatment, a family member or assistant coach will ordinarily accompany the injured athlete.
5. If an injury requires a physician's attention, the injured student-athlete must present written authorization from a physician before he/she may return to practices or games. That authorization must be given to the school nurse, the athletic trainer or the coach.
6. **Athletic trainers at the high school have the authority to restrict a student-athlete's participation.** Decisions are based on what is considered best for the student-athlete's present and future health.

## **Appendix A: Common Beliefs About Substance Abuse and Sports**

Success in sports requires physical, intellectual and emotional preparation. An athlete must be able to learn the skills and strategies of a sport, train his/her body to perform specific functions, and become emotionally ready to compete in specific events. There is a price to be paid for excellence in sports. The price includes time, arduous practice, concerted effort and a willingness to abstain from activities that are counterproductive to that end.

Some athletes believe chemical or substance use will aid their training programs or give them a competitive edge during a contest. Other athletes believe that using certain chemicals or substances will medicate their injuries and get them into action faster than waiting out the natural healing process. Still others believe that substance use after competition will help them relax and recover to prepare for coming events, and that it won't affect their future performance. Most of the time the athletes described above make serious errors in judgment. Only medicines prescribed by a physician should be taken by student-athletes.

Anabolic steroids have become increasingly popular among some athletes. These athletes believe that steroids will make them bigger, stronger and more aggressive. Although definitive research is not complete relative to steroid use, it is established that the use of these drugs can cause personality changes, baldness, shrunken testicles and enlarged prostate glands in males, and breast shrinkage, excess facial hair, and menstrual problems in women. Stunted growth, severe acne, psychological problems, liver and kidney damage and heart and blood vessel damage may also result from steroid use.

Marijuana reduces the efficiency of the lungs and increases the risk of bronchitis and other pulmonary disorders. Its use often leads to a decrease in motivation. Marijuana use can lead to severe psychological changes.

Alcohol depresses the central nervous system and can result in poor judgment and altered coordination. Its use can affect performance. It is a leading contributor to automobile accidents.

Tobacco products are especially dangerous to student-athletes because of the addictive qualities contained in tobacco. Additionally, long term use has been associated with a list of disorders, including heart disease and various forms of cancer. All forms of tobacco are to be avoided.

Although there are many other harmful substances available to today's athletes, the preceding ones have been the most commonly used. Student-athletes must keep in mind that there are serious risks involved in both the possession and use of these items. If an athlete wants to develop his/her ability to the fullest, the most effective way to do that is through diligent practice and hard work, and the avoidance of products that will negatively affect him/her.

**CREATINE:** The long term effects of creatine and other similar aids have not been established. There are concerns within the scientific community that the use of these products could have long term negative consequences. No coach or any person associated with the Southington Public Schools athletics programs should be advocating the use of creatine or similar products.

A well-balanced diet and hard work are the time-tested ingredients for success.

**Series 5000: Students****Student Activity****Participation in Athletics and Other Co-Curricular Activities**

Participation in athletics or co-curricular activities (previously referred to as extra-curricular activities) at Southington Public Schools is a privilege and demands certain commitments and responsibilities. Such programs are reserved for students enrolled and attending the Southington Public Schools. The school system and the community have a high level of expectations for the students who represent the schools. Therefore, it is expected that student athletes and participants in other co-curricular activities shall conform to the behavioral norms of the school, the rules and regulations established in the student handbook, and any other published or established rules or regulations applicable to a particular activity.

When the administration becomes aware of any student athlete or participant in co-curricular activities who violate appropriate behavioral standards, it has the right to suspend or dismiss the student from the athletic team or co-curricular activity. Students may not appear at or participate in events related to their team or student organization during the time in which they are suspended from their sport or activity. The expectation of appropriate behavior for students does not end when an athletic season or student program is over, or when that student is off school grounds. Therefore, out of season violations will affect in season participation as determined by the administration.

Behaviors that could result in suspension or dismissal from an athletic team or co-curricular activity include, but are not limited to, the following behaviors exhibited on or off school property, at any time of the day, week or year.

1. Acts of insubordination toward any school district employee or representative, or any official responsible for conducting or coordinating an athletic or co-curricular activity.
2. Cutting classes or school or team/student organization activities.
3. Lack of academic effort or not meeting basic academic eligibility requirements.
4. Stealing of any kind.
5. Vandalism or property destruction.
6. Use, sale, distribution or possession of illegal substances, illegal, illicit or non-illicit drugs or alcohol.
7. Any behavior which is in violation of school rules or the laws of the Local, State or Federal Governments.

Policy Adopted: September 2009  
Policy Revised: September 2015  
Policy Revised: March 2017

**R-5133**

**Series 5000: Students**

**Student Activity**

**Participation in Athletics and Other Co-Curricular Activities**

Participation in athletics or co-curricular activities (previously referred to as extra-curricular activities) at Southington Public Schools is a privilege and demands certain commitments and responsibilities. Such programs are reserved for students enrolled and attending the Southington Public Schools. The school system and the community have a high level of expectations for the students who represent the schools. Therefore, it is expected that student athletes and participants in other co-curricular activities shall conform to the behavioral norms of the school, the rules and regulations established in the student handbook, and any other published or established rules or regulations applicable to a particular activity (Policy 5133).

All of the rules and regulations established in the student handbook, and any other published or established procedures, rules or regulations applicable to a particular activity and related to student behavior, conduct or discipline must be consistent with Policy 5133. Any changes to said procedures, rules or regulations must be approved by the Superintendent or designee prior to adoption or publication.

Reference: Southington High School Student Handbook  
Southington Student-Athlete/Parent Handbook

Regulation Adopted: January 2010  
Regulation Revised: September 2015  
Regulation Revised: March 2017



## Appendix C: Notice of Non-discrimination

### SOUTHINGTON PUBLIC SCHOOL DISTRICT



#### NOTICE OF NON-DISCRIMINATION

The Southington Public School District does not discriminate on the basis of race, color, national origin, sex, disability, sexual orientation, gender identity and expression, religion or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. All programs offered within the Southington Public School district and specifically those programs involving Vocational or Career and Technical Education are offered for all students without consideration of race, color, national origin, sex, disability, sexual orientation, gender identity and expression, religion or age. The following individuals have been designated to handle inquiries regarding the non-discrimination policies:

Any student, parent/guardian, staff member, or applicant to a program who feels discriminated against for any of the following reasons should address his/her complaint to the coordinators listed below.

| Area of Concern                | Legal Reference             | Coordinator  | Address   | Telephone    |
|--------------------------------|-----------------------------|--|---|--------------|
| Race, Color<br>National Origin | Title VI                    | Erin Natrass<br>Principal                              | South End Elementary<br>School<br>Maxwell Noble Drive<br>Plantsville, CT 06487  | 860-628-3320 |
| Gender                         | Title IX                    | Megan Bennett<br>Principal                             | Thalberg Elementary<br>School<br>145 Dunham Road<br>Southington, CT 06489       | 860-628-3370 |
|                                |                             | Amy Aresco<br>Special<br>Education Coordinator         | Southington Public<br>Schools<br>200 North Main Street<br>Southington, CT 06489 | 860-628-3210 |
| Disability                     | Section 504                 | Margaret Walsh<br>Director Pupil<br>Personnel Services | Southington Public<br>Schools<br>200 North Main Street<br>Southington, CT 06489 | 860-628-3210 |
| Sexual<br>Orientation          | CT State<br>Statute 10-15-C | Steven G. Madancy<br>Assistant<br>Superintendent       | Southington Public<br>Schools<br>200 North Main Street<br>Southington, CT 06489 | 860-628-3204 |

The complainant shall make this contact within 30 days of the alleged occurrence to discuss the nature of the incident, to determine the available options to pursue, and to determine the necessary timelines and procedures to follow.

