



**SOUTHINGTON HIGH SCHOOL
BLUE KNIGHTS ATHLETICS**



**STUDENT-ATHLETE/
PARENT HANDBOOK**

STUDENT-ATHLETE/PARENT HANDBOOK

TABLE OF CONTENTS

1. Letter from the Director of Athletics and Principal
2. Telephone Directory
3. Postponement Information
4. Conflicts in Extracurricular Activities
5. Directions to Schools
6. Introduction
 - The Privilege of Athletic Participation
7. Southington Public Schools Athletics Philosophy
8. Mission Statement
9. Vision Statement
10. Core Values
11. Athletic Program Goals
12. Character Counts in Southington Athletics
13. Recruiting Services
14. Students' Rights
15. Connecticut Interscholastic Athletic Conference Eligibility (CIAC) Rules
16. Rules of Eligibility and Control
17. Incomplete Grades are not considered passing grades
18. Procedure for Participation in Athletics
19. Athletics Attendance Policy
20. Statement on Hazing
21. Student-Athlete Code of Conduct
 - Basic Rule
 - Ejection Rule
22. Appearance
23. Practices – Games – Matches – Meets
24. Student Leaders/Captains
25. Captains' Practices
26. Code of Ethics for Southington
27. Athletics Disciplinary Policy
28. Conflict Resolution

29. School Suspensions
30. Disqualification from Play
31. Consequences for Substance Use/Abuse
32. Miscellaneous Items
 - Outside Jobs
 - Vacation Periods
 - Travel to Away Contests
 - Admission Fees
 - Signs and Noisemakers
 - Prohibited Play
33. Out of Season Practices
34. General Procedures
 - Athletic Equipment and Uniforms
 - Locker Room
 - Away Games Locker Room Coverage
 - Gymnasium/Fitness Center Procedures
 - Training Room Procedures and Rules
35. Interscholastic Sports Coverage – Accident Medical Expense Coverage
36. Procedures for Treating Injured Athletes
37. Information regarding Athletics at the Intercollegiate Level
38. General Requirements for Awards
39. Spectator Conduct – Courtesy and Sportsmanship Code
40. Sportsmanship Statement
41. Expectations of Parents
42. Appendix A: Common Beliefs about Substance Abuse and Sports
43. Appendix B: Board Policy and Administrative Regulation 5133 – Participation in Athletics and other Co-Curricular activities



Southington High School

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Homepage: www.southingsports.com

Principal
Frank Pepe

Director of Athletics
Steve Risser

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 athletic 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. These objectives include: a positive experience for every student-athlete, a great sense of camaraderie and unity within their team, and 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.

Successful student-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. As we say, "once a Blue Knights, always a Blue Knight!"

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

Go Blue Knights!

Frank Pepe
Principal, Southington High School

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Director of Athletics
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2. TELEPHONE DIRECTORY

SHS Director of Athletics Office	860-628-3229 (x11346)
DePaolo (JAD) Middle School	860-628-3286
Kennedy (JFK) Middle School.....	860-628-3275
Event Postponement Information.....	860-628-3229 (x11425)

3. POSTPONEMENT INFORMATION

Weather related changes and other last minute schedule alterations may force postponements or cancellations of athletic events. Information on these changes will be available no later than 1:30 p.m. for afternoon contests and no later than 3:00 p.m. for evening contests. Please call 628-3229 (x11425) after the appropriate times for an update. **Information is also available on the CIAC website, which is www.casciac.org Individuals may sign up on that site for email notification of schedule changes, including postponements and cancellations.** Information is also available on the athletics webpage at www.southingtonsports.com for up to the minute information.

4. 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 and/or the Director of Athletics will make the decision.

5. DIRECTIONS TO SCHOOLS

Directions to away contest sites are available at www.casciac.org and also at southingtonschools.org.

6. INTRODUCTION

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.

7. 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 Director of Athletics 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.

8. MISSION STATEMENT

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

9. VISION STATEMENT

Southington Athletics will set a high standard of excellence that all athletic programs will be measured in accordance with its mission statement.

10. CORE VALUES

- **P-Positive Attitude-** We support an atmosphere that embraces school spirit, honors tradition, and develops Blue Knights for life after sports.
- **R-Respect-** We value the importance of diversity, fairness, goodwill, and sportsmanship.
- **I-Integrity-** We are honest, respectful, and accountable for our actions.
- **D-Determination-** We work through challenges and do not make excuses.
- **E-Excellence-** We maximize our efforts and talents to ensure positive success of our programs.

11. ATHLETIC PROGRAM GOALS

- a. To foster academic and athletic achievement in student athletes by building self-discipline, positive work values and a commitment to personal excellence.
- b. To develop in student-athletes the desire to continually improve by diligently practicing their skills and consistently adhering to desirable work habits.
- c. To accept and respect the coaches' authority and to accept that personal desires may need to be placed below the objectives for the team. Loyalty to the team and accepting the importance of placing the team above personal aspirations are essential.
- d. To provide opportunities for student-athletes to learn to respect others by developing emotional control and a cooperative spirit.
- e. To generate school spirit by displaying good citizenship and a positive attitude.
- f. To develop positive feelings about athletic activity in student-athletes.
- g. To stress the importance of proper conditioning and how it relates to personal fitness and health habits.
- h. To abide by the Athletic Code of Conduct and thus be an example of a positive role model for others.

12. CHARACTER COUNTS IN SOUTHINGTON ATHLETICS

Southington High School believes that character and civility do count and that they are important qualities; therefore, members of each athletics team must be positive representatives of the school and community in the following "Character Counts" pillars:

Caring, Citizenship, Trustworthiness, Fairness, Responsibility, and Respect.

13. RECRUITING SERVICES

We do not endorse nor do we recommend the use of athletics recruiting services, especially any that charge a fee. The high school guidance department, members of the coaching staff, and the Director of Athletics are available to assist you in any way possible to contact college coaches.

We do not endorse nor do we recommend any athletics-related "Who's Who..." or similar publications that charge a fee or solicit sales of a book, magazine, etc. with names of student-athletes contained therein.

14. 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 Director of Athletics and/or the High School Principal.

15. CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE (CIAC) ELIGIBILITY RULES

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 with the Director of Athletics 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.

16. 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.

17. 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 CIAC Fall Interscholastic season. (Rule I.A.).

18. PROCEDURE FOR PARTICIPATION IN ATHLETICS

1. **All students are required to have a currently valid sports physical in order to participate in the athletics program.** It is recommended that physical exams be obtained during the summer to ensure that the physical is valid for the entire season. Physical exams are good for 13 months (15 months during this COVID-19 pandemic), but we strongly advise athletes to schedule their physical every 12 months to make sure they are in accordance with this rule and ready to play at the start of the next season.

2. All student-athletes are required to have their parents register them in FamilyID.
3. 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.
4. **Changing Sports:** Prior to the opening of each competitive season (i.e. before the first regular season contest), student-athletes will be allowed to transfer from one sport to another if approved by the Director of Athletics.
5. 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.
6. **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.

19. 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.
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 Director of Athletics 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 Director of Athletics, then he/she will be subject to disciplinary action that may include suspension from practices and/or contests as determined by the Director of Athletics.
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.

20. 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.

21. 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, Director of Athletics, or the High School Principal. Dismissal of a student-athlete from a team will only occur with the approval of the Director of Athletics 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.

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.

22. APPEARANCE

A student-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.

23. PRACTICES-GAME-MATCH-MEETS

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 post-season 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.

A student-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 other than an early start time for an athletic contest approved by the Director of Athletics and/or the Principal.

Exceptions will be granted for observance of religious services or when approved by the High School

Principal or Director of Athletics. 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 Director of Athletics or the school's Principal. Also, all athletes must have at least one day off per week per CIAC regulations.

24. 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.

25. CAPTAINS' PRACTICES – Not approved or authorized by Southington High School and the Southington Athletic Department.

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.

26. CODE OF ETHICS FOR SOUTHINGTON ATHLETICS

It is the duty of all concerned with Southington High School athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To show courtesy to visiting teams and officials.
3. To establish a pleasant relationship between visitors and hosts.
4. To respect the integrity and judgment of sports officials.

5. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
6. To encourage leadership, use of initiative, and good judgment by the players on the team.
7. To recognize that the basic purpose of our athletic program is to promote the academic, physical, mental, moral, social, and emotional well-being of the individual players.
8. To remember that an athletic contest is a game, not a matter of life or death.
9. If you like good sports, be one!

27. 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 Director of Athletics 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 Director of Athletics 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 Director of Athletics or Building Principal may adjudicate the case.

During a disciplinary hearing with the Director of Athletics or 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.

28. CONFLICT RESOLUTION

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 Director of Athletics.
3. If the problem is still unresolved, then the athletes' parent should contact the coach.
4. Only when the problem cannot be resolved with the coach should the parent contact the Director of Athletics.
5. These are the recommended steps to be followed for the resolution of a conflict/issue:
 - a. Athlete > Captain
 - b. Athlete > Coach
 - c. Athlete > Director of Athletics/Coach
 - d. Parent > Coach
 - e. Parent > Director of Athletics/Coach
 - f. Parent > Principal/Director of Athletics

The correct procedure to contact a coach via cell phone and/or email to set up an in-person meeting.
NOTE: It is inappropriate to discuss concerns immediately before or after an athletics contest.

29. 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.

30. 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.

31. 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/or spring sport, the consequence will be given during the winter season or spring season if the student-athlete did not play a winter sport. 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 Director of Athletics 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 Director of Athletics
 - 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 Director of Athletics 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.

32. MISCELLANEOUS ITEMS

1. **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.
2. **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. It is advisable to do this early in the school year so no misunderstanding arises relative to vacation periods.
3. **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.
4. **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.
5. **Derogatory signs and noisemakers are not permitted at athletics contests.**
6. **All playing implements including balls, bats, lacrosse sticks, racquets, etc. are prohibited in the cafeteria, hallways and other designated 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.
7. Student-athletes on a team may not play on an outside team in the same sport during the season of that sport. (CIAC regulation)
8. Student-athletes may not park in the rear faculty parking lot or inside the gate by the tennis courts.

33. 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 Director of Athletics or the CIAC. Out of season

conditioning programs are permitted, and the coach of a sport may conduct them.

34. 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 try out 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.

35. 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).

36. 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 and the athletic trainer.
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.

37. 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. SO PLEASE MAKE SURE TO CHECK WITH THE GUIDANCE DEPARTMENT FOR THE LATEST NCAA ACADEMIC REQUIRMENTS WHEN YOU ARE PREPARING TO APPLY FOR COLLEGE ADMISSION.

38. GENERAL REQUIREMENTS FOR AWARDS AND TEAM RELATED BENEFITS

AWARDS

FRESHMAN	Participation Certificate
JUNIOR VARSITY	Participation Certificate
VARSITY	7" Chenille Letter w/pin for first award in each sport-bars for subsequent years Captain's bars for captains 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 Director of Athletics 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.

39. SPECTATOR CONDUCT - COURTESY AND SPORTSMANSHIP CODE

In the belief that good sportsmanship on the part of the spectators at school athletic contests is as important as good sportsmanship on the part of the players, the following guidelines for spectator conduct are suggested as a means of continuing and strengthening the ties that exist between competing schools.

Basic Philosophy: Visiting team members, students and adult spectators are to be accorded the courtesy and consideration that a friendly and well-mannered host would normally give. When visiting

other schools, student-athletes and team supporters should behave like invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

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

1. I will consider my athletic opponents and the officials as my guests and will treat them as such.
2. I will cheer both teams as they come on the field of play.
3. I will applaud good plays made by either team.
4. I will not applaud errors.
5. I will not boo or taunt the players of either team or anyone officially connected with either team.
6. I will consider the officials as the proper authorities to make decisions and I will accept their decisions.
7. I will not stir up any unfriendly rivalry among the fans or players.
8. I will recognize that the good name of the school is more important than the results of contests.
9. I will advocate that any spectator who continually evidences poor sportsmanship be directed not to attend future contests.

40. SPORTSMANSHIP STATEMENT

All spectators at our athletic events are reminded that they are guests at those contests and proper behavior is expected. Any spectator not abiding by the principles of good sportsmanship will be asked to leave the contest and may have the privilege of attending future contests revoked. Civility by all concerned promotes a positive atmosphere for athletic competition.

41. EXPECTATIONS OF PARENTS

1. **Be positive with your athlete**, let him/her know that he/she is accomplishing something simply by being part of the team.
2. **Don't offer excuses to your athlete if he/she is not playing.** There is usually a reason for it. Encourage your athlete to work hard and do his/her best.
3. **Don't put down the coaches or other athletes.** If you are constantly berating your athlete's coach, do not expect positive results from the season. Be supportive in a positive way!
4. **Insist on good grades.** Check the number of hours your athlete spends on homework. Remember, to remain eligible to participate in interscholastic athletics, student-athletes must meet certain academic standards. Check with your student's guidance counselor or the athletic office with any eligibility concerns.
5. **Don't try to live your life vicariously through your athlete.** High School athletics is for high school students only!
6. Being a fan and supporter of the team does not entitle you to be belligerent or abusive toward players, coaches or officials. Coaches work with athletes and know their talents. Respect that! Those who have actually played, officiated or coached ordinarily understand the nature of sport, and they are less likely to be a poor fan. **Also, consider that sons and daughters are often embarrassed by parents who can be heard from the stands.**

7. Insist that your athlete respect team rules, school rules, game officials and sportsmanship. Don't let him/her embarrass his/her family, school, and team by a rude gesture or incident. Self-respect begins with self-control.
8. Encourage your athlete to maintain a positive self-image by believing in him or herself. Don't compare and contrast athletes with family members who have previously played. Don't put added pressure on your athlete to be much better than his/her siblings.
9. **Encourage your athlete to play for the love of the game** - not a scholarship or college admission. This alleviates a lot of pressure for a young athlete.
10. Remember that the coach is involved as a coach because he/she is sincerely fond of children and is an experienced professional. Coaches have different ways of dealing with people and situations. Athletes' lives are enriched by interactions with different types of leaders.
11. Remember, at a competition, you, the parent, represent the school and your son/daughter and you should be a positive role model. Therefore, do not shout advice from the stands. A steady stream of technique suggestions has no value to the athlete. Shout encouragement? You bet!
12. **Be involved with your son's or daughter's team in a positive way.** Cheer for all the kids on the team. Help with booster club fund raising. There are hundreds of ways to be involved with the team and be a good parent at the same time.

42. 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 counter productive 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. 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:

DRAFT August 2015 – subject to further revision and adoption by the Board

R-5133

Series 5000: Students

Student Activity

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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:

DRAFT August 2015 – subject to further revision by the Administration