



STUDENT-ATHLETE HANDBOOK

Mark T. Sheehan High School
142 Hope Hill Road
Wallingford, CT 06492

Athletic Department Contact Information

Athletic Director: Chris Dailey

Phone: 203-294-5924

Email: cdailey@wallingfordschools.org

Twitter: @MTSATHLETICS

STUDENT-ATHLETE HANDBOOK

TABLE OF CONTENTS

I. INTRODUCTION	1
II. ATHLETIC PHILOSOPHY	2
III. GOVERNANCES	3
IV. REQUIREMENTS FOR PARTICIPATION	4
V. ATHLETIC CODE OF CONDUCT	5
VI. C.I.A.C. ELIGIBILITY RULES	8
VII. ATHLETIC DEPARTMENT POLICIES	9
VIII. ATHLETIC DEPARTMENT AWARDS POLICIES	12

For updated schedules for all sports in season, schools, and directions,
Go to www.ciacsports.com

Mark T. Sheehan High School provides a challenging and supportive environment that inspires students to be critical thinkers, effective communicators, and responsible, contributing members of a dynamic global society.

IMPORTANT INFORMATION REGARDING NEW ACADEMIC REGULATIONS

Membership on an interscholastic athletic team is a privilege that comes with a great deal of responsibility. With that, there is an expectation that student-athletes will be able to handle the increased rigors that our district is placing in the classroom as it related to the common-core state standards.

- The following regulations are in addition to the CIAC minimum standards which require passing grades in a minimum of four classes.
- To be eligible for the beginning of the fall season, a student-athlete must have a minimum overall average of 70% with no course failures for the entire previous school year. Summer school credit may be used in determining these calculations. *All grade 9 student-athletes are automatically eligible for the beginning of the fall season.*
- To remain eligible during the school year, a student-athlete must maintain an overall average of 70% each marking period with no F's in any course.

Implementation: The New regulation will go into effect beginning with the first marking period of the 2013-2014 school-year. Eligibility for the fall 2013 season will be based on the current regulation of passing a minimum of four courses for the entire school year; with the use of summer school credit, if needed.

I. INTRODUCTION

To the Parent

Your son/daughter has made a decision to participate in Interscholastic Athletics; and you have given him/her permission to compete. Your family interest in this phase of our school program is gratifying. Participation in sports provides a wealth of opportunity and experience, which contribute to personal growth. The educational development of our young men and women through a properly-controlled and well-organized sports program can meet a student's needs for self-expression, while enhancing social, emotional, intellectual, and physical growth.

The contents of this Student-Athlete Handbook pertain to those students involved in one or more of the following athletic programs:

- Fall Season:** Cheerleading, cross country, field hockey, football, girls swimming, boys soccer, girls soccer, girls volleyball
- Winter Season:** Boys basketball, girls basketball, cheerleading, boys swimming, ice hockey, boys indoor track, girls indoor track, unified sports basketball
- Spring Season:** Baseball, golf, softball, boys tennis, girls tennis, boys lacrosse, girls lacrosse, boys outdoor track, girls outdoor track, unified sports volleyball

High school athletic participation is a privilege with accompanying responsibilities, rather than a right. A student who chooses to participate in athletics makes a choice that requires self-discipline and appropriate conduct. Our student-athletes are high profile individuals in the School, Community, and State. We emphasize good training habits and adherence to the Athletic Code of Conduct. Failure to comply with the rules of training could affect a player's performance, thereby affecting the entire team. A student-athlete who violates School policy, Athletic Department Policy, and/or Team Rules during the season could be jeopardizing the privilege of participation. A student is considered a student-athlete at all times between the first practice and the last competition in a given sport season whether he/she is in school or out of school.

Student-Athlete Handbook for Sheehan and Lyman Hall High Schools specifies responsibilities and obligations necessary for a well-organized and effective athletic program. The Athletic Department enforces the Handbook Policies. We ask that parents review the Handbook with their sons and daughters and support the school in enforcing all student-athlete rules. When parents and students sign off on these documents, we trust that student-athletes are abiding by the rules. In turn, the high school staff is responsible for providing appropriate equipment and facilities, well-trained staff, and equal levels of competition with skilled officials.

To the Student-Athlete:

As a member of a team, you have the opportunity to enjoy competitive sports, the camaraderie of team participation, and personal satisfaction of achievement. With the benefits, come required responsibilities.

Responsibilities to Yourself

The most important of these responsibilities is for you to develop strength of character by broadening your experience with successes and failures. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies and your participation in extracurricular activities will help prepare you for your life as an adult.

Responsibilities to Your School

By participating in athletics to the best of your ability, you are contributing to the reputation of your school. You assume a leadership role by virtue of membership on an interscholastic athletic squad. The student body and citizens of the Community know you. You are on stage in the spotlight. Our school is judged by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and Community pride.

Responsibilities to Others

As a team member, you also have a responsibility to your family. You are a representative of your family and your community and should conduct yourself in an admirable and respectable manner. You are a role model to the younger students in the Wallingford school system. Set good examples for them.

II. ATHLETIC PHILOSOPHY

Statement of Philosophy

The Wallingford Interscholastic Athletic Program provides a variety of experiences to aid in the development of skills and attitudes that will prepare student-athletes for adult life. The interscholastic athletic program shall be conducted in accordance with existing policies, rules, and regulations established by the Wallingford Board of Education, the Connecticut Interscholastic Athletic Conference, the Southern Connecticut Conference, the Lyman Hall-Sheehan High Schools, and the Lyman Hall-Sheehan Athletic Departments. While high schools take great pride in winning, they do not condone “winning at any cost.” They encourage sportsmanship, character, integrity, and good mental health, while striving for excellence through work ethic and dedication. The athletic program is designed as an educational activity.

Athletic Program Objectives

The program provides learning opportunities for student-athletes to experience:

- (1) **Learning the game:** The student-athlete learns skills, strategies, and rules.
- (2) **Teamwork:** A student-athlete must develop self-discipline, work ethic, self-sacrifice, interpersonal skills, and respect for authority and all associated with the game. The team and its objectives must be placed higher than personal desires.
- (3) **Competition:** Although we cannot always win, we can strive for excellence.
- (4) **Courage:** Students experience facing challenging situations.
- (5) **Sportsmanship/citizenship:** Students are expected to accept the outcome of every contest in a sportsmanlike manner; to act as Community ambassadors; and to exhibit strength of character, win or lose.
- (6) **Resilience:** Student-athletes learn from losses as well as from successes.
- (7) **Desirable personal health habits:** A student-athlete can gain a high degree of physical fitness through exercise and good health habits, fostering the desire to develop a lifetime habit of physical fitness.
- (8) **Enjoyment of athletics:** Athletic participation includes personal satisfaction and fun, as well as personal achievement.

III. GOVERNANCES

The Board of Education

The Board of Education is the ruling agency for the Wallingford Public Schools and is responsible for: 1) Development and implementation of policies in accordance with state statutes and mandates and in accordance with the educational needs and wishes of the people of the Wallingford School District; 2) Approval of means by which professional staff may make these policies effective; 3) Requiring the staff to evaluate the interscholastic athletic program and report the results to the Board of Education.

The Connecticut Interscholastic Athletic Conference

As a member school district, the secondary schools of Wallingford agree to abide by and enforce all rules and regulations promulgated by this Association. The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student-athletes, while striking a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations. See www.casciac.org for more information.

The Southern Connecticut Conference

Wallingford High Schools are voluntary members of the Southern Connecticut Conference. This Conference was established for the primary purpose of promoting selected activities among member schools. The league encourages member schools to improve their athletic programs. Conference membership facilitates scheduling, equalizes competition, conducts league meets, and determines divisional and league championships. Membership implies abiding by conference schedules, rules and regulations.

IV. REQUIREMENTS FOR PARTICIPATION

Scholastic Eligibility

In order to participate on an interscholastic athletic team, an athlete must have satisfied all of the scholastic eligibility requirements prior to participation. Please see page 3 for more information.

Parental Permission

Prior to participating in interscholastic athletics, a student must have a signed parental permission form on file.

Physical Examination

A yearly physical examination is required for interscholastic participation. The physical form must be completed by a physician and submitted to the Director of Athletics prior to participation. The form will be kept on file in the nurse's office.

Emergency Medical Authorization

Each athlete's parent/guardian shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent/guardian is not available. This form will be kept in the medical kit for availability at all practices and contests.

Athlete and Parent Acknowledgment of Athletic Policies

At the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary information for participating in athletics. Each parent/guardian will be provided with a copy of the Student-Athlete Handbook and an Athletic Responsibility Acknowledgment Form, which a student must sign. This signature indicates that the student-athlete handbook has been received. This signed Athletic Responsibility Acknowledgment Form will be filed in the Athletic Director's office.

Insurance

The school district does carry insurance to cover student-athletes who are injured during interscholastic athletics. All Wallingford interscholastic high school athletes are covered by an EXCESS INSURANCE POLICY. This means the student-athlete will be billed and personal insurance will be applied first. BILLS NOT COVERED by one's own insurance will be paid through the school district's insurance. Please contact the athletic department for more information.

Financial Obligations and Equipment

Uniforms

In several sports, athletes will be required to purchase a portion of the game uniform which will become their property.

Equipment

All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment should be worn only for contests and practice. Student-athletes who do not return equipment in good condition at the end of the season will be subject to a financial penalty.

Risk

An athlete and parent/guardian must realize the risk of serious injury which may be a result of athletic participation. The Athletic Department will use the following safeguards to make every effort to eliminate injury:

- (1) Require all coaches to conduct a parent/athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.
- (2) Maintain a continuing educational program for coaches to learn up-to-date techniques and skills to be taught in their sport.
- (3) Require all coaches to instruct all athletes about possible injury as a result of participation in the particular sport.
- (4) Require all coaches to maintain a current knowledge of First Aid/CPR and the treatment of athletic injuries.

V. ATHLETIC CODE OF CONDUCT

Conduct of Student-Athletes

A firm and fair policy of enforcement of the Athletic Code of Conduct is necessary to uphold the regulations and standards of the athletic department. The community, school administration and the coaching staff feel that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is a major consideration and supercedes any other consideration.

All athletes shall abide by a code of conduct which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Any student who is found guilty of a nonfelonious violation of the law may be suspended or excluded from all extracurricular activities.

All students who are found guilty of a felony will be automatically excluded from all extracurricular activities for a period of one year commencing on the date upon which the students return to school after the final adjudication of their cases or after serving a prison sentence, whichever occurs later. These students may request a waiver of this exclusion by petitioning the principal. If the principal grants the waiver, it will not become effective until it is reviewed and allowed to stand by the superintendent of schools and by the Board of Education.

Any off-campus conduct that violates a publicized policy will be subject to penalties as further outlined in this section.

A student is considered a "student-athlete" at all times between the first practice and the last competition in a given sports season, whether he/she is in school or out of school.

Training Rules and Regulations

Medical research clearly substantiates the fact that use of tobacco, alcohol or illegal drugs produces harmful effects. The Community of Wallingford is concerned with the health habits of all students and prohibits the use of tobacco, alcohol, illegal drugs, and performance enhancing substances. It is, therefore, necessary that student-athletes do not compromise their involvement in interscholastic athletics with substance abuse. Any use of tobacco (smoking or chewing), alcohol, illegal drugs, and performance enhancing substances is prohibited.

Participation in high school athletics is a privilege and not a right. *Policies and Procedures apply to all CIAC controlled activities sponsored by the school. Each coach is required to meet with students and parents to educate them on these training rules and to reinforce training rules during the season. Each athlete and parent must sign off on a statement that they have read the student handbook and will comply with all requirements.*

Penalties for Violations

Smoking

Smoking includes the act of lighting, discarding, or holding a lit or unlit cigarette or the use of smokeless tobacco.

On-Campus Violations

Please refer to the student handbook for current discipline.

Off-Campus Violations:

First offense. The penalty is suspension from 2 subsequent practices and 1 contest. The student-athlete must attend practices and games, but will not be allowed to actively participate. Not attending will be interpreted as resignation from the team.

Second offense. The penalty is suspension from 2 subsequent contests. The athlete must attend the games, but will not be allowed to actively participate. Not attending will be interpreted as resigning from the team.

Third offense. The penalty is suspension from any athletic participation for the remainder of the season.

Chemical Health Policy and Regulation:

Included is: (1) possession of alcohol, Controlled Drugs (including but not limited to marijuana, heroin, and cocaine), or Drug Paraphernalia; (2) possession of anabolic steroids, hormones and analogues, diuretics, and other performance enhancing substances or (3) documented demonstration of symptoms of being under the influence of the same. The student-athlete must be referred to an appropriate agency, regardless of other appropriate actions taken.

School Consequences for On-campus violations

First offense. The penalty is a 10-day out-of-school suspension. The Principal will notify the Superintendent of Schools as to the name of the student-athlete against whom the action was taken and the reason for the suspension. If the student-athlete agrees voluntarily to be evaluated by a certified drug counselor/agency and completes the program prescribed by the agency in coordination with the school's student assistance or support team, five days of the suspension will be waived. Completion of the program involves written verification, signed by the treatment agency submitted to the building Principal or his/her designee.

Second offense. The penalty is a 10-day out-of-school suspension. The Principal will notify the Superintendent of Schools as to the name of the student-athlete against whom the action was taken and the reason for the suspension.

Third offense. The penalty is a ten (10) day out-of-school suspension. The Principal will notify the Superintendent of Schools as to the name of the student-athlete against whom the action was taken and the reason for the suspension. The Principal will recommend to the Superintendent that the student-athlete be expelled from school unless the following procedure is followed:

- (1) A meeting is held with the school's student assistance team, school administrator, student-athlete, and parents(s)/guardian(s) to discuss the school's drug policy and possible recovery program.
- (2) The student-athlete agrees to be evaluated and treated by a certified drug counselor or agency.
- (3) The student-athlete provides written verification of program completion signed by the treatment agency.

Off-Campus Violations in Season

The penalties for off-campus violations will encompass the student's four year eligibility period.

First offense. The student-athlete will be suspended from the team for one week from the date the alleged violation was verified. The student-athlete must also enroll in and complete an approved substance abuse program. If the student-athlete fails to complete an approved program, the student-athlete will be suspended from the team for the remainder of the season.

Second offense. The student-athlete will be suspended from the team for the remainder of the season. The student-athlete must also enroll in and complete an approved substance abuse program. If the student fails to complete an approved substance abuse program, the student will be suspended from any further participation in the school's athletic program.

Third offense. The student will be suspended from any further participation in the school's athletic program.

Self-Referral by Student-Athletes

Student-athletes may take advantage of a self-referral procedure to seek information, guidance, counseling, and assessment in regard to student-athlete use of tobacco, alcohol, anabolic steroids, and/or other drugs. Voluntary referrals do not carry punitive consequences. However, treatment in a certified drug and alcohol program must begin prior to the next practice or contest. Medical approval must be secured prior to continued participation. Self-referral:

- (1) Is allowed one (1) time in a student-athlete's four-year high school career.
- (2) Must be made only by the student-athlete or a member of the immediate family.
- (3) Must be made prior to the first confirmed violation of use.
- (4) Cannot be used by the student-athlete as a method to avoid consequences once a confirmation of a violation has been made.
- (5) Must be made to a coach, Athletic Director, teacher, administrator, or guidance counselor.

CIAC Sanctions:

For in or out-of-season use of androgenic/anabolic steroids or other performance enhancing substances, the student-athlete shall be declared ineligible for 180 school days for each occurrence. The CIAC Board of Control determines the start date of the consequence.

Additional Sanctions:

The CIAC may impose sanctions beyond those applied by the Wallingford School District as an additional consequence.

Individual Coach's Rules

Penalties for violation of team rules will also be in writing and kept on file in the Athletic Office. Team rules will be enforced by the coach. A coach cannot have a team rule that supersedes or contradicts this handbook.

Ejection Policy

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

VI. C.I.A.C. ELIGIBILITY RULES

Attention Athletes: You are not eligible

- (1) If you are not taking at least four (4) units of work or the equivalent;
- (2) If you have not passed at least four (4) units of work.
- (3) if you have reached your 20th birthday during the season of your sport.
- (4) If you have changed schools without a change of residence;
- (5) If you have played more than eight (8) consecutive semesters or four (4) consecutive years of the same sport after entering grade 9 (for the class of 2010 and beyond).
- (6) if you play or practice with an outside team in the same sport while a member of the school team after the first scheduled game of any season.

The Exception to Rule 6 include:

- (1) Participation in parent-child tournaments and caddy tournaments.
- (2) In Swimming, tennis, gymnastics, a student-athlete may practice but not compete with a non-C.I.A.C. team or as an individual during the season.

Important Notes:

(1) Marking period grades (not semester grades) are to be used in determining scholastic eligibility to participate in interscholastic athletics during any given marking period.

(2) For fall sports eligibility, a student-athlete must be a continuing student or have received **four (4) units** or its equivalent toward graduation at the conclusion of the school year preceding the contest (in addition to the Wallingford Public Schools updated policy found on page 3). The final academic grade determines fall eligibility. Incoming ninth graders are automatically eligible through the first marking period of their freshman year.

(3) Scholastic failures cannot be made up for eligibility purposes in any manner until the next report, except that 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 in September. Scholastic incompletes must be made up within ten (10) school days following the end of the marking period as defined above. Incomplete grades are not to be considered as passing grades. Consult your Principal or Athletic Director for other rules affecting athletic eligibility.

VII. ATHLETIC DEPARTMENT POLICIES

Participation:

An athlete may participate in only one sport per season. During any one sport season a student may not transfer team membership after the date of the first contest in that sport season.

Equipment:

School equipment checked out by the student-athlete is his/her responsibility. He/She is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

Missing Practice

An athlete should always notify his/her coach before missing practice.

Travel

All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents for exceptional situation (See Contest Travel Release Form).

- (1) Athletes will remain with their squad and under the supervision of the coach when attending away contests.
- (2) Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- (3) All regular school bus rules will be followed.
- (4) Student-athletes are asked to dress appropriately for away contests.

College recruitment policy:

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the Athletic Department. Coaches should be informed of such contact as soon as possible. College recruitment information is available in the athletic office.

NCAA Clearinghouse Requirements

NCAA Clearinghouse standards are available in the Athletic Office/Guidance Office for any student-athlete/parent who wishes to be informed about academic standards required for college participation in sports. Check online at www.ncaaclearinghouse.net

Conflicts in extracurricular activities:

Student-athletes are encouraged to participate in extracurricular activities, but may find themselves in a position of conflict. When a conflict arises, the sponsors/coaches and student-athlete should effect a workable solution. If a solution cannot be found, the principal will make the decision. Once the decision has been made and the student-athlete has followed that decision, he/she will not be penalized in any way by faculty, sponsor or coach.

Attendance:

Students are expected to be in attendance for the entire school day. Final authority for exceptions to this rule rests with the principal or his designee. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is an excused absence in the eyes of the principal or his designee. Students who are dismissed from school will **not** be eligible to participate in practice or a contest unless the dismissal was for a doctor's appointment and the student has a doctor's note or the dismissal is authorized by an administrator.

Release from class

It is the responsibility of student-athletes to see their teacher the day before the classes they miss because of an athletic contest. All work shall be made up at a convenient time.

Grooming and dress policy

A member of an athletic team is expected to be well-groomed.

The following grooming and dress rules will be adhered to by team members:

- (1) A student-athlete shall dress appropriately especially on trips or at assemblies or banquets.
- (2) Only uniforms issued by the department of athletics will be permitted to be worn for contests.

Vacation policy

Vacations by athletic team members during sport season are discouraged. In the event of an absence due to a vacation that is unavoidable, a student-athlete must:

- (1). Contact the head coach prior to vacation.
- (2). Be willing to assume the consequences related to absences from practices and contests.

Squad selection

In accordance with our philosophy of athletics and our desire to see as many high school student-athletes as possible participate in the athletic program, we encourage coaches to keep as many students as they can without compromising the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport.

Selection of an athletic squad is the sole responsibility of the coach. The Coach will inform all candidates for the team of the selection process before the try-out period.

- (1) Extent of try-out period.
- (2) Criteria used in the selection process.
- (3) Number to be selected.
- (4) Practice commitment if they make the team.
- (5) Game commitments.

When a squad becomes a necessity, the cutting process will include three important elements. Each candidate shall have:

- (1) Completed in a maximum of three practices sessions.
- (2) Been personally informed of the cut by the coach, including the reason for the action. Coaches will discuss alternative possibilities in the sport or other areas in the activities program.

Reporting of injury

All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed within 24 hours. Once athletes are treated by a physician, the athletes must obtain the doctor's permission to return to the activity.

Locker room regulations

- (1). Rough-housing is not allowed in the locker room. Hazing players is not allowed.
- (2) No one except coaches and assigned players are allowed in the locker room.
- (3) No glass containers are permitted in the locker room.
- (4) All spiked or cleated shoes must be put on and taken off outside of the school building. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.

Weight room regulations

- (1) Any student who uses the weight room must have a signed parental permission form and a physical examination form on file in the nurse's office.
- (2) Appropriate shirts and sneakers are required at all times.
- (3) Nobody is to be in the weight room alone.
- (4) All students must be under the supervision of the instructor/coach assigned.
- (5) Lifters must work with a partner.
- (6) Replace all weights on racks immediately following use.
- (7) Know your limits! Work with the instructor in determining your limits.
- (8) Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- (9) Warm-up with proper stretching exercises.
- (10) No chewing gum or eating candy while lifting.
- (11) No food or drink inside weight rooms.
- (12) No horseplay or profanity.
- (13) No abuse of equipment. Any equipment that is broken must be reported immediately.
- (14) Remember strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

Hazing and Bullying

Hazing and bullying of any kind will not be tolerated. This includes physical or verbal abuse or having a student wear or do anything that is embarrassing.

VIII. ATHLETIC DEPARTMENT AWARDS POLICIES

A. Varsity Letter Requirements

The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes all team obligations and receives the recommendation of the coach. (The coach may recommend a waiver of these requirements under an unusual circumstance.)

Specific sport requirements:

Baseball/Softball:

A player must 1) play in one-fourth of all innings played; 2) pinch hit or pinch run in three-fourths of the games played; 3) pitch in four starts or six game appearances.

Basketball (boys/girls)

A player must participate in fifty percent of the quarters during regular season games.

Cheerleaders:

An athlete must meet ninety percent of contest and practice requirements.

Cross Country: (boys/girls)

An athlete must place seventh or better in one-half of the dual meets or in the top 10 in a conference meet or top 15 in a regional or state meet.

Field Hockey:

An athlete must participate in fifty percent of games played.

Football

An athlete must participate in fifty percent of quarters played or play a special position, e.g., punter, kick-off squad, return man, extra point kicker, in 50% of regular season contests.

Golf:

A golfer must participate in the varsity team in at least fifty percent of the matches.

Ice hockey:

A player must participate in fifty percent of the periods during regular season matches.

Soccer: (boys and girls)

An athlete must participate in fifty percent of periods played.

Swimming: (boys/girls)

A swimmer 1) must earn points equal to eight times the number of meets; 2) will receive one point for each event entered plus actual place points.

Tennis: (boys/girls)

A player 1) must earn as many points as there are matches; 2) earns one point for playing and one additional point for winning.

Track: (boys/girls)

An athlete 1) must earn a total of 20 points; 2) earns one participation point for finishing in top four in a meet plus actual points won in a meet. Points will be tripled in large meets with eight or more teams.

Volleyball:

A player must participate in fifty percent of games played.

B. Definition of Season

A season is defined as the period between the dates officially designated by the CIAC as the beginning of the season for that sport and the close of the post-season CIAC tournaments.

C. Junior Varsity and Freshman Awards

Participation awards are given on the recommendation of the coach to all athletes who complete the season.

D. Managers

Manager's awards will parallel the regular awards systems if they manage for the entire season.

Statistician's award will be given for the satisfactory compilation of statistics for the entire season.

E. Lettering Criteria That Pertains to All Sports

- (1) An athlete who moves from one level of competition to another will letter at the level of the highest competition provided the athlete has met combined requirements.
- (2) A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
- (3) Injury Rule: Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter, if in the coach's judgment, he would have met the lettering requirements.
- (4) In a sport where state tournament play is sponsored, athletes may letter if they have become a starter and play 75% of the quarters, innings, matches, or score team points in individual competition in tournament play regardless of other lettering criteria.
- (5) Complete the season in good standing with the school and coach.

F. Awards

Varsity awards:

1st-year award:

Award is a Chenille award letter with gold medal insert signifying the sport and certificate. (Note: should the athlete letter in another sport, he/she will not receive a second chenille letter.)

2nd-year award:

Award is a gold service bar and certificate.

3rd-year award:

Award is a gold service bar and certificate.

4th-year award:

Award is a gold service and certificate. Senior 5 letter winners receive an additional award.

Non-letter Awards:

All members of a varsity squad who successfully complete an athletic season for a particular sport, but who have not earned ample points for a varsity letter, are to be awarded a varsity participation certificate.

Championship Awards:

All members of a varsity team that wins a league, district, regional or state championship will receive a picture plaque of that team which will indicate the championship.

Most Outstanding Athlete Award

This award is presented each year at awards night to a senior boy or girl who has demonstrated the highest level of athletic achievement. The recipients are chosen by a vote of the head coaches and each recipient will receive a plaque.

Outstanding Sportsmanship Award

This award is presented each year at awards night to a senior boy or girl who has demonstrated the highest level of sportsmanship. The recipients are chosen by a vote of the head coaches and each recipient will receive a plaque.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
FIFTEEN POINT CHECKLIST FOR STUDENT ELIGIBILITY
(PLEASE REFER TO THE CIAC CODE OF ELIGIBILITY ON PAGE 8)

1. () **Enrolled in four full time courses (Rule I.B.)**
2. () **Passing in four full time courses (Rule I.B.) The Wallingford School District requires students to pass four full time courses.**
3. () **Earned four credits toward graduation in the preceding school year (Rule I.A.)**
4. () **Is an enrolled student in the school for which playing (Rule II.A.-See exceptions)**
5. () **Has never dropped out of school (Rule II.A., paragraph 2- See exception)**
6. () **Has not changed schools without parents moving to another school district or school service area (Rule II. C.- See exceptions)**

() **Has not played more than eight (8) consecutive semesters or four (4) consecutive years of the same sport after entering grade 9**
7. () **Has not turned 20 years of age during your sports season (Rule I.B.)**
8. () **Has not played or practiced the sport with another team during the high school season for the sport (Rule II.E.- See exceptions)**
9. () **Has not been on more than one school team in the same season nor represented more than one school in the same season at the same time (Rule II.D.)**
10. () **Has not received a salary or personal economic gain for playing the sport or competed under an assumed name (Rule II.F.)**
12. () **Is not a member of a school team of the opposite gender (boy on a girl's team or girl on a boy's team) (Rule IV.F. – See exceptions)**
13. () **Has not been recruited to attend this high school for athletic purposes (Rule IV.C.)**
14. () **Is an American citizen (Rule IV.C.-See exception)**
15. () **Is a foreign exchange student registered with the Council on Standards for International Educational Travel (CSIET) (Rule II.C.4)**

Students Signature _____ Date _____

Parent Signature _____ Date _____

ATHLETIC RESPONSIBILITY ACKNOWLEDGEMENT

ATHLETE'S NAME _____

YEAR _____

Prior to participating in any practice, tryout session, or interscholastic contest, each athlete must:

1. Successfully pass a physical examination by a registered physician and submit the copy of such examination to the Athletic Director or Coach for filing in the nurse's office. One current physical examination per year is sufficient for all sports during that year.
2. Make a copy of the physician's physical for my records.
3. Return the signed Parental Permission Form and Code of Ethics to the Coach or Athletic Director.
4. Return the signed Emergency Medical Form to the COACH.

As a student-athlete participating in interscholastic athletics, I understand that:

1. I will abide by the Wallingford High School's Student Code of Conduct, the rules and the regulations as stated in the school's Student-Athlete Handbook, the coach's team rules, and the rules of the C.I.A.C. As a representative of my school, I will conduct myself in an exemplary social manner at all times.
2. I will not participate in hazing or harassment. I understand that there are consequences for this behavior.
3. I will be personally responsible for all athletic equipment issued to me throughout the season. I will return such equipment at the conclusion of the season and will pay for the repair of, or the current replacement cost of any equipment not accounted for by me at the end of the season.
4. I will not use or be in possession of tobacco, alcohol or narcotics. If I do use any of these substances, or if I am suspended from school for use or possession of these substances, I will be subject to disciplinary actions as outlined in the Student-Athlete Handbook.
5. I will be personally responsible for security of valuables. I will use only orange school issued locks on lockers in the team locker rooms. I will pay \$5.00 for a lock not returned to the coach by the last day of the season with lock number & combination attached. We are not responsible for possessions or private locks which may be cut off when necessary. Possessions must be removed from the locker room by the last day of the sport season. Valuables should not be left in gym lockers.
6. I, along with my parents, authorize my photo to appear in the newspaper and on the school web site.
7. I acknowledge that I have been properly advised and cautioned by administrative and coaching personnel of the Wallingford School District, that I am exposing myself to the risk of injury, including but not limited to, the risk of sprains, fractures and ligaments and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of my limbs, brain damage, paralysis: or even death.
8. If I am interested in participation in college athletics, I will contact the Athletic Director and Guidance Counselor to assure that academic requirements are being met and regulations are being followed.
9. I understand that playing time and coaching strategies are the jobs of the coach and not a parental issue; I understand that parents are not to telephone coaches at home for discussion of playing time issues; I understand that parents are not to discuss volatile issues with coaches before or after games.
10. I, along with my parents, certify that I have read all Wallingford High School Athletic Policies in the Student-Athletic handbook. To be eligible for participation, I must comply with all requirements listed.

Students Signature _____ **Date** _____

Parent Signature _____ **Date** _____

PARENT INFORMATION :

PARENT/COACH RELATIONSHIPS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our students. When your son/daughter becomes involved in our athletic program, parents have a right to understand the expectations placed upon the student-athlete. This begins with clear communication with the coach.

COMMUNICATION YOUR SON/DAUGHTER SHOULD EXPECT FROM THE COACH

1. Philosophy of the Coach
2. Expectations the Coach has for your son/daughter, as well as expectations for all the players
3. Locations and times of all practices and contests, including make-ups.
4. Team requirements, including all fees, special equipment and off-season conditioning
5. Procedure should the athlete be injured
6. Discipline that results in the denial of your son/daughter's participation.
7. Student-Athlete Handbook information
8. The Coach's Team Rules.

COMMUNICATION COACHES EXPECT FROM THE PARENTS

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern with regard to a Coach's philosophy/expectations.

As your son/daughter becomes involved in the Mark T. Sheehan High School Athletic Programs, they will experience some of the most rewarding moments of their lives. Please understand that there also may be times when things do not go the way your son/daughter wishes. At these times, please realize that by encouraging your student-athlete to communicate with the Coach first, you are fostering social-emotional growth, as well as ability to resolve his/her own issues.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH

1. The treatment of your child mentally and physically.
2. Concerns about your child's behavior
3. Academic concerns.

It is difficult to accept your son/daughter's not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. Certain issues can and should be discussed with your son/daughter's Coach. Other issues, including the following, must be left to the discretion of the coach:

ISSUES NOT APPROPRIATE TO DISCUSS WITH THE COACH

1. Playing time
2. Team strategy
3. Calling plays
4. Other student-athletes
5. Selection of Captains
6. Special Awards

There are situations that may require a conference between the Coach and parent. We encourage this dialogue. It is important that both parties have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a healthy resolution to the issue of concern:

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH—

1. Call to set up an appointment. Call the Athletic Office or leave a message in the main office. The coach will call back.
2. If the Coach does not respond, telephone or e-mail the Athletic Director, who will contact the Coach on your behalf.
3. Please do not attempt to confront a Coach before or after a contest or practice. This can be emotional times for both the parent and the Coach. Meetings of this nature do not promote resolution.

The School is here for your sons/daughters. Our goal is to do what is best for each student, in consideration of all our students. Thank you for giving us the privilege of being part of their lives.

Thank you to the Wallingford Community for supporting Lyman Hall/Sheehan Athletics. Please help maintain a safe environment for our student-athletes and spectators by cooperating with game personnel and staff. In the interest of community safety, we enforce our sportsmanship standards:

Southern Connecticut Conference Spectator Expectations

1. Respect decisions made by contest officials
2. Refrain from taunting, booing, heckling and the use of profanity in any manner.
3. Sit in the designated area assigned to each school.
4. Leaving a contest prior to its conclusion, with expectations of returning, may not be permitted.
5. Admission to this contest is not a license to verbally assault others or to be generally offensive.
6. Respect athletes, coaches and fans.
7. Member schools shall refrain from bringing offensive signs, noisemakers, music boxes, musical instruments, whistles, etc. to games. Pep bands at indoor contests are only permitted at home contests.
8. Spectators are expected to be properly clothed at all times. Bare chested spectators will be prohibited from attending contests.

BE A FAN – NOT A FANATIC

Revised: Fall, 2013