

LYMAN HALL HIGH SCHOOL & MARK T. SHEEHAN HIGH SCHOOL ATHLETICS



STUDENT-ATHLETE HANDBOOK

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**CONNECTICUT INTERSCHOLASTIC
ATHLETIC ASSOCIATION**

Updated schedules for all in season sports, schools, and directions can be found on the CIAC website at www.ciacsports.com

Lyman Hall and Mark T. Sheehan High School are proud members of the Southern Connecticut Conference (SCC). For more information on the SCC please visit the league website at www.southernconnecticutconference.org.



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 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/track

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 jeopardize 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.

The 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

Mark T. Sheehan High School Mission Statement:

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.

We Value Titan PRIDE: Personal Responsibility - Respect - Integrity - Dedication - Engagement

TITAN PRIDE

P	Personal Responsibility	<i>Sheehan Athletics strives to instill a strong foundation of responsibility and accountability in all student-athletes. This includes being prepared, organized, communicating effectively, following all rules and expectations, being a good teammate, demonstrating positive sportsmanship at all times, and a commitment to academic excellence. Do your job.</i>
R	Respect	<i>All members of Sheehan Athletics should show respect for each other at all times. This includes student-athletes, coaches, parents, spectators, and athletic officials. Treat others as you would want to be treated.</i>
I	Integrity	<i>Honesty, Good Character, and Fairness. Sheehan Athletics prides itself on having strong moral principles. This includes having high levels of maturity, sportsmanship, and a team-first attitude. Do right even when nobody is looking.</i>
D	Dedication	<i>Being a student-athlete is a large commitment. Coaches have high but reasonable expectations and all student-athletes are expected to fully commit to their teams. All-In.</i>
E	Engagement	<i>Each season, teams will have multiple practices, competitions, film sessions, team meetings, training sessions, and team events. Every activity should have a strong purpose related to team goals, both short-term and long-term. Buy-in to the team philosophy and stay fully engaged and committed throughout the season.</i>

Lyman Hall Mission Statement

At Lyman Hall High School, students enter a diverse community that encourages academic growth and challenges them to develop the personal integrity and creative thinking skills necessary for success in the 21st century.

We adhere to LH PRIDE: Polite - Responsible - Independent - Diligent - Empathetic

P	Polite	The Lyman Hall Athletic Department wants its athletes to understand that they are role models for current and future LH students and that proper behavior is expected at all times. Athletes should have excellent conduct on and off the field. Good sportsmanship is expected whether participating in a contest or being a spectator.
R	Responsible	Those involved in Lyman Hall Athletics need to be true student-athletes and succeed in the classroom first. Athletes should be on time for school and all team events, practices, games, team meetings, conditioning sessions, and any other team activities. Be accountable for your actions as athletics is a privilege and not a right.
I	Independent	LH Athletics is a great place to learn life-long values and skills. Athletes should seek extra help in school when needed, have open lines of communication with teachers and coaches, and develop good citizenship, dependability, and emotional control while respecting rules, property and authority.
D	Diligent	Athletics at LH involves a commitment to excellence in their academics and to their sports(s). Participants should strive to have perfect attendance in school and all team activities while giving 100% at all times.
E	Empathetic	LH student-athletes should be gracious when you win and graceful when you lose. Everyone on the team should be welcomed with open arms and compassion.

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.

9) Respect: Students are expected to respect all school personnel, teachers, coaches, officials, peers, teammates and opponents while respecting the rules of the community, school, athletic program, and athletic contest(s).

10) Accountability: Be accountable for your actions.

III. Governances

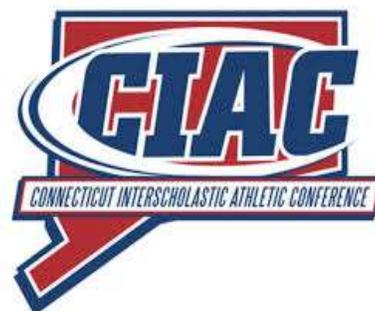
The Wallingford Board of Education

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 Wallingford Public Schools does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity or expression, national origin, disability, marital status or age in establishing preliminary hiring and employment practices and establishing and providing school activities and programs.

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 Connecticut Interscholastic Athletic Conference (CIAC). 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.



Southern Connecticut Conference

Wallingford High Schools are founding members of the Southern Connecticut Conference. This Conference was established in 1994 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. See www.southernconnecticutconference.org/ for more information.



IV. REQUIREMENTS FOR PARTICIPATION

Academic Eligibility

Membership on an interscholastic athletic team is a privilege that comes with great responsibility. With that, there is an expectation that student-athletes will be able to handle the rigors that our district is placing in the classroom as it relates 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 earned no course failures and a cumulative average of 70% during the previous fourth quarter marking period. Final course averages from the previous year may be used in lieu of fourth quarter grades. Summer school credit may also be used in determining passing course grades. *All grade 9 student-athletes are automatically eligible for the beginning of the fall season.*
- Athletic eligibility is determined quarterly, in conjunction with the school marking periods. To remain eligible during the school year, a student-athlete must earn no course failures and a cumulative average of 70% for the previous quarter. For semester courses, a passing final course grade may be used in lieu of a marking period 2 failure to determine eligibility.
- Eligibility will be determined at the close of each marking period. Eligibility status changes for a student-athlete will be implemented on the date report cards are released by the school for each marking period or on the fourteenth calendar day following the end of the marking period (whichever comes first).
- Incomplete grades must be made up within ten (10) school days following the end of the marking period as defined above. Incomplete grades are not considered passing grades.
- Ineligible student-athletes are not permitted, under any circumstance, to compete in interscholastic contests. At the head coach's discretion, a student-athlete who is ineligible may participate in other team activities.
- Ineligible student-athletes are permitted to appeal their eligibility status to the school principal. A student-athlete cannot request an appeal more than one time in his/her high school career.

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. The physical must be dated after June 1 of the given school year and submitted by the communicated deadline in the annual Sports Physical Packet. The packet is available online on both Sheehan and Lyman Hall Athletics pages and is also available in the Sheehan and Lyman Hall Athletics and Main Offices.

Parental Permission

Prior to participating in interscholastic athletics, a student must have a signed parental permission form on file. The parent permission form is included in the annual Sports Physical Packet and includes acknowledgement of state-mandated annual medical forms.

Student and Parent Concussion and Sudden Cardiac Arrest Informed Consent Forms

Safety is the number one priority for athletes at Sheehan and Lyman Hall. Concussions and sudden cardiac arrest are taken very seriously and the schools will follow the state mandated

Return to Play protocol. These forms need to be signed by a parent/guardian and student-athlete and returned to the athletic director before participation on a Sheehan interscholastic team. These forms are included in the Sports Physical Packet. More information on concussions can be found at <http://concussioncentral.ciacsports.com/>. If you should have any questions regarding concussions or sudden cardiac arrest please contact the Athletic Director.

Emergency Medical Authorization

Each student-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 by the coach 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. Additionally, each student must sign and return the Athletics Code of Ethics document, which is included in the Sports Physical Packet.

Insurance

The school district does carry insurance to cover student-athletes who are injured during interscholastic athletics. All Wallingford interscholastic high school student-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

Sports Activity Fee

Each season after rosters are finalized, a Sports Activity Fee will be collected. The fee for Lyman Hall and Sheehan student-athletes, per season, is \$100 with an individual school year cap of \$200 and family school year cap of \$300. Waiver forms are available for a free or reduced waiver for families that also qualify for free or reduced lunch.

Uniforms

In several sports, athletes will be required to purchase a portion of the game uniform which will become their property. For example, a soccer player must provide their own shin guards.

Equipment

All athletes are responsible for the proper care and security of equipment issued to them. School-purchased 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/student-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 student-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 supersedes 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 non-felonious 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.

Suspensions

Student-athletes serving a school suspension whether in-school or out-of-school are not permitted in any contest or athletic team practice, nor may the student-athlete appear on school grounds, off-site practices or home and away contests. Upon return, additional consequences and team suspension can occur, as determined by the Head Coach and Athletic Director.

Social Media Usage

The Athletic Department recognizes the importance of social media for its students and acknowledges that its student-athletes have certain rights under the First Amendment. However, these rights must be balanced against the school's need to maintain order at school and to prevent disruption of the educational process or team. Accordingly, the Athletic Department will regulate students' use of social media on school property or at a school sponsored event, when:

- 1) School officials reasonably forecast that such use shall interfere or disrupt the effective operation of the school district or school sponsored activities/events; or
- 2) Such use is used to engage in libelous, defamatory, obscene, profane, vulgar or similarly inappropriate communications or bullying; or
- 3) Such use advocates or encourages illegal activity or endangers health or safety of students, staff or others; or
- 4) Such use infringes upon the rights of others; or
- 5) Such use violates the law, board policies and/or other school rules or regulations.

The Athletic Department may also regulate student-athletes' use of social media off school grounds when such use meets the criteria described above and is seriously disruptive of the educational and team process. Student-athletes who violate this policy will be subject to discipline up to and including suspension or expulsion. The full text of this and all Wallingford Board of Education policies is available at: <http://www.wallingford.k12.ct.us/board-of-educatino/district-policies>

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, chewing, or vaping), 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 student-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

Use of Tobacco (Smoking, Chew, Vaping)

The Board of Education is concerned with maintaining a safe and healthy learning environment for all students and because medical research has established that smoking and using other tobacco products are hazardous to one's health; therefore' smoking or using other tobacco products or substitute devices (e.g., smokeless tobacco, electronic cigarettes) or processing cigarettes or other tobacco products is prohibited.

On-Campus Violations

Please refer to the student handbook for current discipline. Team discipline may include suspension or expulsion.

Off-Campus Violations

Will also result in discipline, including suspension or expulsion from the team.

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 and Off-Campus Violations

Please refer to the student handbook for current discipline. Violations for both on and off-campus will result in discipline, including suspension or expulsion from the team

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 school 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 and communicated at a pre-season player/parent/coach meeting. 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. For further clarification of the ejection rule please see the CIAC handbook, which is available online at http://www.casciac.org/pdfs/ciachandbook_1819.pdf.

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 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 AND PROCEDURES

Participation

A student-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 student-athlete's financial obligation.

Missing Practice

A student-athlete should always notify his/her coach before missing practice and be willing to assume consequences for unexcused absences.

Travel

All student-athlete must travel to and from out-of-town athletic contests when transportation is provided by the athletic department unless previous arrangements are made by the parents for exceptional situation. Parents should contact the Head Coach and Athletic Director in these cases.

- 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.
 - No eating on the bus
 - Crutches - Not allowed on the bus with crutches unless a note from the doctor allowing one to walk on/off the bus without them
 - The School bus is an extension of the school. All WBOE, School, and Athletic rules and policies must be followed.
- (4) Student-athletes are asked to dress appropriately for away contests.

College recruitment policy

In the event a student-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.

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

General or Basic level courses are not recognized by the NCAA. Course levels must be at the AP, Honors, or Academic level to meet NCAA qualification standards. A detailed list of NCAA Initial Eligibility Requirements can be found at http://fs.ncaa.org/Docs/eligibility_center/Quick_Reference_Sheet.pdf.

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 advisors/coaches and student-athlete should implement 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, advisor, or coach.

Attendance

Students are expected to be in attendance for the entire school day and must be in attendance for three of the four periods to be eligible on a given day. Seniors with late arrival privilege must be in school by the start of period 2 and seniors with early dismissal privilege must remain in class through period 3. 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 or arrive late 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. Exceptions are also granted for mandated college visits and other extenuating circumstances.

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 or field trip. All work shall be made up as soon as possible following the missed class.

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 within school dress code policy, including 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. Parents are encouraged to make family vacation plans with the student-athlete obligations in mind. 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, including suspension.

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, which includes:

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

- 1) Completed in a minimum 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.

Captain Selection

At the conclusion of each season/school year, captains will be selected for athletic teams for the upcoming school year. An appropriate timeline for determining/announcing captains prior to the start of the next season will be determined by the Head Coach and Athletic Director and may vary per sport.

Selection of Captains is to be determined by the head coach with application by the student-athlete. The application will include an interview. To be eligible to apply, a student-athlete must be academically eligible to participate in sports, per student-athlete academic policy. Head coaches should consult with their entire coaching staff prior to selection. Chosen captains must be approved by the Athletic Director prior to announcing. In the event of a head coach resignation or termination, captain selection responsibilities will default to the Athletic Director.

All captains will be required to participate in the Southern Connecticut Conference Captain's Council Leadership Training, as well as additional leadership training administered by the Athletic Director and/or Coach.

Captain's Practice

The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for that sport without adult supervision. The CIAC and Wallingford Public Schools do not in any way sanction, encourage or condone "Captain's Practice" in any sport. "Captain's Practice," depending on the member school's involvement, may be a clear violation of CIAC eligibility rule II.D. (Seasons' limitations) or certainly a violation of the spirit of the rule.

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 student-athletes are treated by a physician, the student-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/Fitness 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, sneakers, and shorts/pants 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 and conditioning 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, verbal, and cyber abuse or having a student wear or do anything that is embarrassing. Please see the student handbook and Wallingford Board of Education Policy on Hazing and Bullying for specifics. Any student-athlete in violation of this policy will be subject to punishment, including suspension or expulsion from the team.

Cooperative Athletic Teams

In the event that a Mark T. Sheehan or Lyman Hall Athletic team needs to form a cooperative team, schools will follow the rules of the CIAC noted below:

The CIAC Board of Control shall have the authority to approve the formation of cooperative athletic teams of two or more member high schools under the following conditions:

1. The determination of the proper set of circumstances which will allow multiple schools to form a cooperative team will depend significantly on the issue of competitor displacement. When the CIAC believes that a cooperative arrangement will cause an unreasonable displacement of potential competitors from one of the schools, the request to form a cooperative will be denied. Schools having sufficient numbers of competitors are advised not to request the formation of a cooperative team in that sport. It is only when two or more schools are experiencing difficulty in obtaining the desired number of competitors to form a team that the request for a cooperative team should be initiated. Cooperative teams may not be formed for financial reasons. 63 3.0 CIAC BY-LAWS
2. Cooperative teams will not be permitted to add teams if the total number of players on the existing co-op team exceeds the maximum determined limit in each sport. Co-op programs exist until they have finished the phase-out period of if the agreement between the schools involved ceased for at least one full season.
3. Multiple team cooperative programs cannot exceed two (2) times the maximum determined limit in each sport.

4. The schools are located in the same geographical area.
5. All schools participating in the cooperative must be members of the CIAC, Inc.
6. A cooperative team will be placed in the appropriate tournament classification using combined enrollments as follows:
 - a. 100% of the 9-12 boy or girl enrollment of the largest school in the co-op.
 - b. The % of players from the remaining school(s) in the co-op will be calculated and that % of the co-op school(s) 9-12 boy or girl enrollment will be added to the largest school enrollment.
7. The cooperative sponsorship agreement is established for a period of two consecutive school years. However, approval may be granted for a one year period.
8. The governing boards of all schools participating in the cooperative team agreement jointly make application to the CIAC Board of Control for approval of the cooperative team agreement.
9. Written assurance that a “no cut” policy will govern the cooperative.
10. The CIAC Co-op Committee reserves the right to investigate a co-op team which has a substantially different number of athletes reported on the co-op application than the number of athletes that actually participate in the co-op. The outcome of the investigation may result in recommendations to the CIAC Board of Control to take immediate action.

VIII. ATHLETIC DEPARTMENT AWARDS POLICIES

Varsity Letter Requirements

The varsity award shall be presented to a student-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.)

Specific sport requirements:

(Note: Coaches will communicate sport-specific lettering criteria prior to the first contest. Below is an overview of the minimum requirements, per sport. Additional requirements may be communicated at the team level)

Baseball/Softball:

A player must 1) play in one-fourth of all innings played; 2) pinch hit or pinch run in half 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 games played.

Cheerleaders:

A student-athlete must meet ninety percent of contest, performance and practice requirements.

Cross Country: (boys/girls)

A student-athlete must place seventh or better in one-half of the dual meets

Field Hockey:

An athlete must participate in fifty percent of the varsity games played.

Football

See football handbook for requirements

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 varsity games played.

Lacrosse (boys and girls):

A player must participate in fifty percent of varsity games played.

Soccer: (boys and girls)

An athlete must participate in fifty percent of varsity games played.

Swimming: (boys/girls)

An individual swimmer must achieve 30 points during regular season dual meets. An individual diver must achieve 20 points during regular season dual meets.

Points are earned as follows:

1st place Individual - 6 points

2nd place individual - 4

3rd place individual - 3

4th place individual -2 points

5th place individual - 1 point

1st place relay - 2 points

2nd place relay - 1 point

3rd place relay - 1/2 point

Any individual swimmer or diver that qualifies for the state meet will automatically earn their varsity letter. Any individual that is within one or two points of earning their letter at the end of the season may be awarded an extra 1-2 points based on the coach's and captain's judgement.

Tennis: (boys/girls):

A player must participate in fifty percent of the varsity matches played

Track: (boys/girls)

See track handbook for indoor and outdoor requirements

Volleyball:

A player must participate in fifty percent of the varsity games played.

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.

Sub-Varsity Awards

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

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.

Lettering Criteria That Pertains to All Sports

- (1) A student-athlete who moves from one level of competition to another will letter at the level of the highest competition provided the student-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.

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.

Record-Journal Scholar-Athlete Award & Team Sportsmanship Award

Each head coach will select recipients from their team for these awards. The Record-Journal Scholar-Athlete is awarded to a student-athletes that demonstrates excellence both in academics and athletics. The Sportsmanship award is awarded to the student-athlete embodies the athletics mission of sportsmanship.

Senior Awards

Graduating seniors will earn an award for earning five or more varsity letters and also for lettering in 3 sports.

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.

IX. ATHLETIC RESPONSIBILITY ACKNOWLEDGEMENT

Prior to participating in any practice, tryout session, or interscholastic contest, each student-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 his/her 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 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 and Student Handbook.
- 5) I will be personally responsible for security of valuables. I will pay \$5.00 for a school-issued lock that is 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 website.
- 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 School 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.

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-athletes. 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 student-athlete be injured during practice or games.
6. Discipline that may result in the denial of your son/daughter's participation.
7. Student-Athlete Handbook information
8. The Coach's Team Rules.
9. Procedure to follow to discuss concerns

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 Lyman Hall or 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. Contact the Coach to set up an appointment.
2. If the Coach does not respond, contact 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. Please use the 24 hour rule, unless the concern requires immediate attention.

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 and 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, which are given below.

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

ALL CIAC RULES AND REGULATIONS FOR FAN BEHAVIOR WILL BE FOLLOWED.