

**Student
Athletic**

Handbook

2023 – 2024



South Windsor High School

DREAM ACHIEVE INSPIRE

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SOUTH WINDSOR HIGH SCHOOL

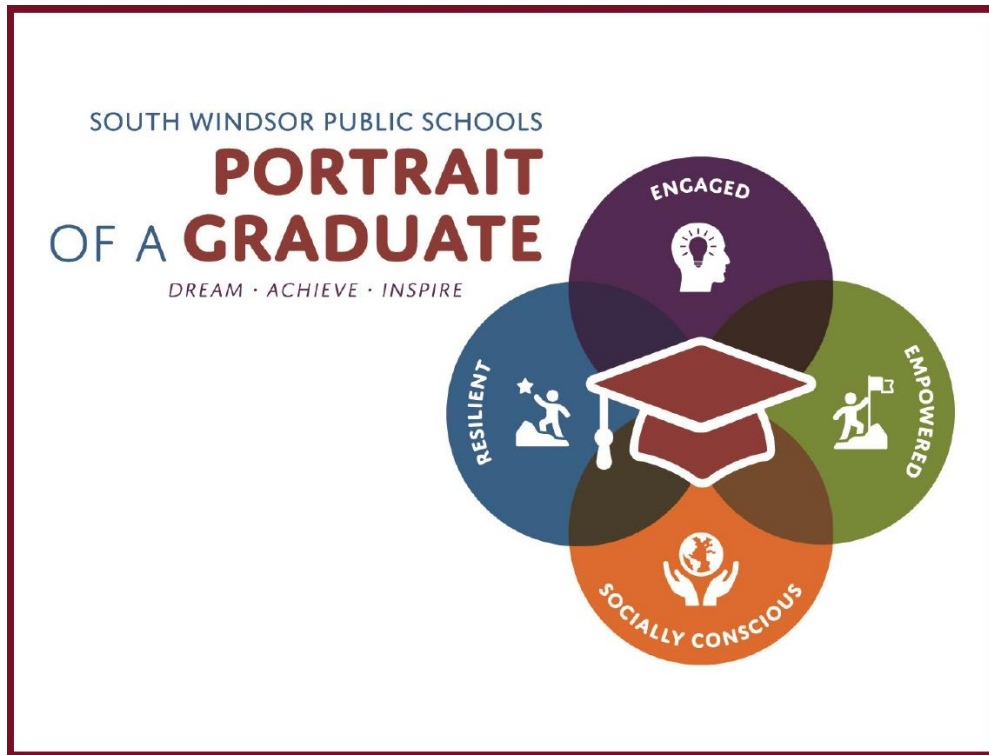
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Non-Discrimination Policy

It is the policy of the Board that any form of discrimination or harassment on the basis of color, race, religion, age, sex, sexual orientation, marital status, national origin, alienage, ancestry, disability, pregnancy, gender identity or expression, or veteran status, or any other basis prohibited by state or federal law is prohibited, whether by students, Board employees or third parties subject to the control of the Board. The Board's prohibition of discrimination or harassment in its educational programs or activities expressly extends to academic, nonacademic and extracurricular activities, including athletics. It is also the policy of the Board to provide for the prompt and equitable resolution of complaints alleging any discrimination on the basis of the protected characteristics outlined above.

The full text of all South Windsor Board of Education policies referenced in this handbook is available on the district website: www.southwindsorschools.org/boe

GENERAL INFORMATION

A comprehensive athletic program is an essential part of South Windsor High School’s educational program. In order to help students reach the standards set forth in the school’s mission statement, the athletic program will provide students with an opportunity to grow emotionally, mentally, and physically; to develop respect for self and others; and to build self-esteem and confidence.

Athletic Mission and Core Values

The South Windsor High School athletic program will strive to provide opportunities for student-athletes to demonstrate progression in physical skills, knowledge, and well-being in a fun and challenging setting throughout their high school career. Furthermore, South Windsor High School will promote excellence in athletics without compromising the highest academic potential for each student-athlete. Our hope is that all student-athletes will develop life-long skills such as: problem-solving, teamwork, and a strong work ethic as a result of their involvement in athletics. In order to achieve our mission, the South Windsor High School athletic program is committed to these core values:

COMPETITIVENESS:	We are dedicated to the pursuit of excellence through hard work at all times
TEAMWORK:	We work collaboratively and cooperatively for the benefit of the team
SPORTSMANSHIP:	We are respectful, positive competitors, coaches, parents, and fans at all times
CITIZENSHIP:	We represent the South Windsor community with pride, integrity, and dignity in all endeavors
PHYSICAL FITNESS:	We view physical fitness and a healthy lifestyle as essential in performing at our highest level on and off the field

Athletic Teams

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Cheerleading Cross Country (B/G) Field Hockey Football Soccer (B/G) Swimming/Diving (G) Volleyball (G)	Basketball (B/G) Cheerleading Dance Boys Ice Hockey Coop Girls Ice Hockey Indoor Track (B/G) Swimming/Diving (B) Wrestling	Baseball Golf (B/G) Lacrosse (B/G) Outdoor Track (B/G) Softball (G) Tennis (B/G) Volleyball (B) Gymnastics

REGISTRATION AND TRY-OUTS

The privilege of being a member of a South Windsor athletic team brings with it specific responsibilities. All persons involved in athletics – coaches, volunteers, athletes, and spectators – are expected to meet the same high standards of behavior, ethics, and values that our students and staff must meet in the classroom. Student-athletes are required to follow South Windsor High School’s rules and regulations, as well as the athletic policies and procedures established by:

- Connecticut Interscholastic Athletic Conference (CIAC)
- Central Connecticut Conference (CCC)
- South Windsor Board of Education

All athletes shall conduct themselves as good school and community citizens. Unsatisfactory behavior may result in complete or partial suspension from the team. All team members must show respect to their opponents, officials, coaches and spectators. Abuse of this may result in complete or partial suspension from the team. For a complete list of CIAC eligibility rules, please refer to the [CIAC Rules of Eligibility](#) or ask the SWHS athletic director for a printed copy. A complete list of South Windsor Board of Education policies is available at: www.southwindsorschools.org/BOE.

Registration

Registration for athletics is processed online through the Ecollect Forms section of a parent's PowerSchool Parent Portal account.

1. Sign into your Parent Portal account
2. If you have more than one child in the school system, select the appropriate child at the top
3. Click on "Ecollect Forms" in the left-hand column
4. Select the "SWHS [Season] Athletic Registration" link; complete all parts of the form, and submit

A current Physician's Statement and Sports Participation Fee must also be submitted to the SWHS main office by the registration deadline listed on our [website](#).

Participation Fees

The sports participation fee is \$125 per sport with a \$500 family cap for all sports except hockey and gymnastics. (The fee for hockey and gymnastics is \$400 per athlete, with a family cap of \$800.) The funds collected from the participation fees will be used to defray expenses for operating the athletic program. Payments should be submitted either by using **My School Bucks*** or by dropping off/ mailing a check to South Windsor High School. Checks should be made payable to "South Windsor High School" and should indicate the student-athlete's full name and sport on the memo line.

**Note: there is a small processing fee when using My School Bucks*

Student-athletes who fail to turn in their participation fees and forms by the due date will **NOT** be allowed to tryout or practice until their fees have been collected. Student-athletes in need of financial assistance may apply for a waiver of fees by contacting the Athletic Director's office. The sports participation fee will only be returned to student-athletes not making teams that have limitations on squad size during the tryout period.

Physical Examination

All participants are required to turn in a current Physician's Statement signed after June 1st of the upcoming academic school year. If you receive a physical from your family physician, your physical may be good for two years; however, you are still required to have the Physician's Statement Form signed by your doctor and turned in to our office every year.

Team Limitations / Tryouts

South Windsor High School Athletics provides opportunities for the skilled student-athlete to compete against student-athletes from other high schools. The different nature and structure of sport teams often requires coaches to limit the number of athletes competing as part of an athletic team. Depending on the number of student-athletes that try out for various sport teams, coaches may be forced, in any given year, to reduce the size of their teams.

The athletic coach is the person responsible for selecting student-athletes to compete on a given athletic team. It is also the Board of Education policy that any issues regarding playing time or a particular position a player plays on a given team, should be first discussed and resolved between the player and the coach whenever possible (see "Complaint Procedure – Chain of Command" on page 5).

SWHS ATHLETIC PROGRAM

Attendance

Attendance Requirements for Extracurricular Activities and Athletics: Students who are absent from school, or who are dismissed from school for reasons of illness, may not participate or attend **ANY** after school activities (**senior reception, prom, homecoming, club meetings, concerts, dances, performances, etc.**) or **athletic events (game or practice)** on the day of the absence, unless prior administrative permission is granted. Students must be in school for at least half of the regularly scheduled periods of the school day or they will be considered absent. **Students who are absent for medical reasons or extenuating circumstances must have administrator approval to participate/attend along with relevant documentation.**

When a practice or game occurs on a Saturday, students must be in attendance for at least half of the regularly scheduled periods of the school day on the Friday before in order to attend. A student athlete who violates this rule shall be suspended from the next competition. If a student-athlete has an unexcused absence from school and cannot present a valid reason in writing, the student-athlete is suspended from the first scheduled contest following the absence. A second unexcused absence will result in suspension from the team for the remainder of the season.

- **Student-athletes must be in attendance for all practices and games.** Each team's attendance policy will be outlined and shared with the athlete and parent at the beginning of each athletic season. Repeated violation of the team's attendance policy may lead to complete or partial suspension.
- If a student-athlete misses a practice/game due to an event that is academically-related, he or she must get prior approval from the athletic director. A spot in the starting line-up and playing time are not guaranteed after a vacation or extended absence from the team.
- If an athlete has been suspended from Athletics due to a violation of the drug/alcohol/tobacco policy, they must still attend all practices or risk removal from the team (see Appendix A).
- An athlete who is injured during practice will sit out the remainder of the practice and subsequent practices until cleared by an athletic trainer or (at the trainer's recommendation) by a physician.
- Sunday practices are prohibited, including volunteer practices, unless granted per prior administrative approval.

Length of Season

All student-athletes are considered in season in accordance with the CIAC length of season dates, regardless of whether or not the individual's team is still actively participating. In addition, any individual who is still participating in post-season play (i.e., all-star games, all-state, and all-New England or other competitions) while representing their high school or region is still considered in season. Once a season has begun, an athlete may not leave one sport to participate in another.

Athletic Equipment

Student-athletes may be issued athletic uniforms and/or equipment appropriate for their sport. The following are the sole responsibilities of student-athletes who are issued uniforms and/or equipment:

- Uniforms and equipment are to be used and worn **ONLY** during contests in which the athlete is representing South Windsor High School.
- Student-athletes must return all issued equipment and uniforms to their coach at the conclusion of the season.
- Student-athletes will not be allowed to participate in any other sport until they have reimbursed the athletic department the replacement cost of any equipment or uniforms not returned.
- Student-athletes are responsible for their personal items. The school will not be accountable for personal items or athletic department issued equipment/supplies that are lost or stolen.
- Student-athletes will have a team locker room, which is locked. However, student-athletes are strongly encouraged to bring an individual lock for their locker.
- At the conclusion of the school year, student-athletes still owing equipment/uniforms will have report cards, transcripts, and diplomas withheld until all items are returned or paid for.

Sports Insurance

The South Windsor Board of Education has purchased an accident medical insurance plan to help cover medical expenses resulting from interscholastic sports injuries. All student-athletes, student-coaches and student-managers of every interscholastic sport, including cheerleading and dance, are covered while participating in or traveling while under the supervision of proper school authority, to or from any regularly scheduled game or practice of any interscholastic sport.

This is an excess type program. The plan does not cover treatment or service for which benefits are payable or service is available under any other insurance or medical service plan available to the insured person, including, but not limited to, HMOs, PPOs, Workers' Compensation, and automobile medical payment insurance. This does not apply to a plan of insurance by the Connecticut Health Reinsurance Association. The benefits payable shall be reduced to the extent necessary so that the sum of such reduced benefits and all of the benefits provided by any other plan shall not exceed the total of the expenses incurred by the Insured.

Treatment must be done by a legally qualified medical or dental physician or practitioner of an injury which is direct and independent of all other causes. Treatment must start and first expense must be incurred within 90 days from the date of the accident causing injury. Covered charges may not exceed the usual, customary and reasonable expenses for services, supplies and treatment normally made within the geographic area in which the service is rendered. There is no deductible for this excess plan, but no payment will be made for any expense incurred more than 104 weeks from the date of the accident causing injury.

The principal's office has a description brochure of the plan on file and the school has been supplied with claim forms. Claim forms get mailed to:

***See Address Next page**

Medication

Students may carry their own medications with the written consent of both the licensed prescriber and the parent. Controlled (narcotic) medications may not be carried by the student.

Any student found consuming unauthorized medications, transferring medication to another student, and/or in possession of such medication(s) will be subject to disciplinary action.

Certified coaches and athletic trainers may administer inhalers and cartridge injectors for allergic reactions to those students who have not been cleared to self-carry. The written order of the licensed prescriber and the written authorization of the parent is required. An additional inhaler or cartridge injector must be provided by the parent to the coach for use during sports.

Transportation

All forms of transportation to and from away games/meets will be provided by the South Windsor Athletic Department. Students must travel with their teams except for special circumstances as outlined in the South Windsor High School Release of Liability (Alternate Transportation) form (which is available on our website).

Exceptions to this will be granted only on rare occasions consistent with our Athletic/Activity Transportation guidelines. Release of Liability forms (which can be picked up in the athletic director's office or downloaded from the SWHS Athletic website) must be handed in 24 hours before the request date to be approved by the Athletic Director or an associate principal.

Athletic Awards

Varsity letters in all athletics shall be awarded by the school upon the recommendation of the coach who shall consider playing time as the primary requirement. In addition, the following requirements shall be considered:

- A player must have observed all training rules and regulations.
- A player shall have conducted themselves in a most exemplary manner both on and off the field, exhibiting good sportsmanship to their coach, teammates, and opponents.

A student-athlete is not eligible to receive an award (i.e., athletic letter, pins, certificates, team awards) if they have been permanently removed from the team for academic, drug/alcohol, or disciplinary reasons during any part of the season, nor can they participate or be recognized at athletic team banquets or senior recognition events, i.e. senior nights, etc.

Complaint Procedure – Chain of Command

In the event that an athlete or a parent has a complaint about an athletic program, the following procedure will be followed. The purpose of this procedure is to effectively and efficiently deal with challenging athletic issues in a respectful and thorough manner. The South Windsor High School Athletic Department strongly encourages our student-athletes to advocate for themselves. This chain of command allows a coach to work first with a student-athlete to resolve any issues or other differences of opinion.

- **Step One:** The student-athlete will discuss the complaint with their coach at a time and place agreeable by both parties.
- **Step Two:** If the complaint is unresolved, parent, student-athlete and coach discuss the issue by appointment.
- **Step Three:** If the issue of the complaint is unresolved after step two, the parent, student-athlete and coach will discuss the matter with the athletic director by appointment.

Issues not appropriate for parents to discuss with coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

CIAC GUIDELINES

Eligibility to participate on a CIAC school team is a privilege that students attain by meeting the eligibility requirements established by the CIAC as well as any additional requirements set by their school. Athletes and parents are responsible for knowing and abiding by all CIAC Rules. To safeguard your eligibility, refer any questions to your school's athletic director or principal. Both your athletic director and principal have access to the CIAC staff for interpretations and rulings.

CIAC Academic and Eligibility Requirements

- In order to represent your school, you must be a bona fide student and meet all CIAC eligibility requirements, including the school's academic requirements.
- Student-athletes at all levels of play (e.g. freshman, junior varsity and varsity) must conform to all CIAC eligibility rules.
- Eligibility for fall sports is determined by the number of credits received toward graduation at the close of the previous school year, not the fourth marking period grades. You must have received credit in at least four Carnegie units of work for which you did not previously receive credit to be eligible for fall sports participation. This may include credits earned during the summer. Thereafter, marking period grades (not semester grades) are used to determine eligibility. You must take and earn passing grades in at least four quarter Carnegie units and meet the academic requirements of your school to achieve eligibility.
- Scholastic failures may not be made up for eligibility purposes in any manner until the next marking period when grades are distributed. Scholastic incompletes must be made up within ten (10) school days following the date that student eligibility was determined for that marking period. Year-end failures may be made up through successful completion of SWHS-approved summer school courses in the courses failed.
- First time ninth grade students will automatically be eligible for the first marking period.
- Students have eight consecutive semesters, or four consecutive years, of eligibility from the date of initial entry into ninth grade. Students may not participate in a specific school sport for more than four seasons in grades 9-12.
- Student eligibility is determined on the date that grades are officially distributed to all students or on the fourteenth calendar day following the end of a marking period, whichever comes first.
- You are responsible for knowing your school's eligibility policy, which may be different than the minimum policy established by the CIAC. Contact your athletic director or principal if you have questions on your school's eligibility policy

CIAC Regulations Regarding Try-Outs and Non-School Sports Participation

Participation in an organized **non-school** sports competition, practice, try-out, and/or work-out during the authorized contest season, including CIAC tournament series and New England tournament (if applicable), in the same branch of athletics is not allowed and may result in suspension from all interscholastic athletics. This regulation also includes activities which are designed for the purpose of showcasing or evaluating talent.

CIAC Regulations Regarding All Star Competition

The CIAC does not sanction or approve any athletic activity of an "all-star" nature. Any individuals from Connecticut schools who participate will not jeopardize their eligibility if they are not identified with their schools, do not wear school uniforms or equipment, and are not subsidized by their school.

SWHS ACADEMIC ELIGIBILITY REQUIREMENTS

Above and beyond the aforementioned CIAC Athletic Eligibility Stipulations, South Windsor High School student-athletes must also meet the following academic eligibility requirements.

- **Student-athletes must earn 6 credits per year to remain eligible for athletics the next school year.** A student-athlete earning less than 6 credits at school year's end can earn summer school credits to regain athletic eligibility for the next school year.
- **Fall sports eligibility** for all returning student-athletes is determined **solely** on 6 credits being earned during the previous school year. All incoming freshman will also be eligible for the start of fall sports.

In addition, the following 2.0 GPA requirements will be enforced for all student-athletes:

- Any student-athlete who has below a 2.0 GPA when quarter report cards are distributed will be placed on academic probation for the next quarter. While on academic probation, a student-athlete will be allowed to participate in practices and games. Student-athletes who are on probation will be given an action plan collaboratively designed by the student-athlete, coach and Athletic Director.
- **All** student-athletes on academic probation will be required to attend a study hall a minimum of 3 hours/week across 3 or more sessions. If this attendance is not achievable in a particular week due to rescheduled away games or cancellations, an exemption may be granted by the Athletic Director.
 - Student-athletes in their **1st or 2nd year** of high school who are on academic probation for two consecutive quarters will remain on this plan until they have achieved a quarter ending GPA of 2.0 or higher.
 - Student-athletes in their **3rd or 4th year** of high school cannot be on academic probation for two consecutive quarters or they will be deemed ineligible.
- Eligibility is determined by marking period grades. All changes to eligibility status occur on the day report cards are distributed. Progress report grades are not considered in determining eligibility.
- Students who are academically ineligible may not be in uniform and may not sit on the bench with the team.

***To help determine your eligibility, please use your most recent report card to answer the following:**

1. Is this your 1 st year of high school or did you earn 6 credits last school year in high school?	<input type="checkbox"/>	YES: Go to question #2 NO: You are ineligible
2. Does your current schedule include at least 6 credits for the year and at least 4 graded courses in the quarter(s) of your sport's season? Pass/Fail classes and independent studies may not be included	<input type="checkbox"/>	YES: Go to question #3. NO: You are ineligible.
3. Did you pass at least 4 graded courses in the quarter(s) of your sport's season? Pass/Fail classes and independent studies may not be included	<input type="checkbox"/>	YES: Go to question #4. NO: You are ineligible.
4. In the most recent marking period that ended this school year, did you earn a marking period GPA of at least 2.0? *Note: if the 1st quarter marking period has not ended, you are eligible (stop here)	<input type="checkbox"/>	YES: You are eligible (stop here) NO: Go to question #5.
5. If you are a 3rd or 4th year student in high school, did you earn a marking period GPA of at least 2.0 in the previous marking period this school year? *Note: If there was no previous marking period this school year...you are on academic probation	<input type="checkbox"/>	YES: You are on academic probation. NO: You are ineligible.
If you are a 1st or 2nd year student in high school, did you earn a marking period GPA of at least 2.0 in the previous marking period this school year? *Note: If there was no previous marking period this school year...you are on academic probation	<input type="checkbox"/>	YES: You are eligible. NO: You remain on academic probation.

ATHLETIC CONDUCT AND DISCIPLINE

South Windsor High School has high expectations for the behavior and conduct of all student-athletes. All coaches, student-athletes, parents/guardians, and administrators will be responsible and accountable for promoting and upholding the athletic department's mission statement and core values. We will abide by South Windsor Board of Education (BOE) policies, as well as the rules set forth by South Windsor High School, the Central Connecticut Conference (CCC), and the Connecticut Interscholastic Athletic Conference (CIAC).

Per BOE Policy #5002, students may be disciplined for conduct on or off school grounds or at any school-sponsored activity "that endangers persons or property, is seriously disruptive of the educational process, or violates a publicized policy of the

Board.” Expectations for student conduct extend to students **on and off school grounds and beyond the school day to weekends and other times when school is not in session** (i.e., holidays, vacations, etc.). When a student-athlete violates board policy and/or the rules and regulations set forth by the South Windsor High School Athletic Department and the CIAC, the appropriate disciplinary action shall be applied.

Sportsmanship

South Windsor High School considers good sportsmanship and fair play to be the foundation of athletic competition. Teamwork, lasting relationships, and the joy associated with personal and team accomplishments are outcomes of good sportsmanship. Good sportsmanship is expected on and off the field.

All student-athletes are expected to:

- Recognize that academic achievement comes first;
- Promote positive school spirit as a representative of their sport and school while demonstrating support for other school programs and extracurricular activities;
- Show respect to all opponents, coaches, spectators, and officials (accept the decisions of officials);
- Communicate openly and appropriately with coaches and parents/guardians with all matters pertaining to their sport;
- Follow team rules, and attend and arrive on time for practices, games, meetings, etc.;
- Refrain from all types of hazing, taunting, harassing/bullying or similar behavior; and
- Avoid possession, use, or distribution of substances/paraphernalia prohibited by Board of Education Policy, CIAC regulations and the law.

All parents/guardians/spectators are expected to:

- Demonstrate positive support and enthusiasm for the entire team as well as for their son/daughter exclusively;
- Cheer for their team—not against opponents; use positive language and display appropriate signs;
- Communicate in an appropriate manner with coaches and officials (accept the decisions of officials);
- Refrain from “coaching” from the sidelines; and
- Understand they are role models--be positive and constructive in the development of their child as a student-athlete.

Bullying and Harassment

The South Windsor Board of Education is committed to creating and maintaining an educational environment that is physically, emotionally and intellectually safe and thus free from bullying, harassment and discrimination. In accordance with state law and the District Safe School Climate Plan, the Board expressly prohibits any form of bullying behavior on school grounds; at a school-sponsored or school-related activity, function or program, whether on or off school grounds; at a school bus stop; on a school bus or other vehicle owned, leased or used by a local or regional board of education; or through the use of an electronic device or an electronic mobile device owned, leased or used by Board of Education.

The Board also prohibits any form of bullying behavior outside of the school setting if such bullying (i) creates a hostile environment at school for the student against whom such bullying was directed, (ii) infringes on the rights of the student against whom such bullying was directed at school, or (iii) substantially disrupts the education process or the orderly operation of a school. Discrimination and/or retaliation against an individual who reports or assists in the investigation of an act of bullying is likewise prohibited. Students who engage in bullying behavior shall be subject to school discipline, up to and including expulsion, in accordance with the Board's policies on student discipline, suspension and expulsion, and consistent with state and federal law.

Students and parents/guardians may file written reports concerning suspected bullying behavior. Such reports shall be reasonably specific as to the basis for the report, including the time and place of the alleged conduct, the number of incidents, the target of the suspected bullying, and the names of potential witnesses. Students may make anonymous reports of bullying to any school employee. Any report of suspected bullying behavior will be promptly reviewed. No disciplinary action will be taken solely on the basis of an anonymous complaint. If acts of bullying are verified, prompt disciplinary action may be taken against the perpetrator, consistent with their rights of due process.

The full policy can be found on the district website: www.southwindsorschools.org/BOE.

Social Media Guidelines

Any player found slandering or threatening an opponent, official, teammate, coach, etc. on social network (texting, Facebook, tweeting, etc.) will be disciplined at the discretion of the coaching staff and school administration, which may include dismissal from the team.

Use of Alcohol, Illegal Drugs, Controlled Substances and/or Tobacco Products

Pursuant to Board policy 5003 and CIAC rules and regulations, the possession, consumption, or use of alcoholic beverages, illegal drugs, controlled substances, substances represented to be a controlled substance, or drug paraphernalia and inappropriate use of non-prescription medication by student-athletes participating in district interscholastic athletics, whether on or off school grounds, will not be tolerated.

- Students attending and remaining at any gathering in a vehicle with those who are in possession of, using, selling, or distributing any drugs, drug paraphernalia, and/or alcohol shall be subject to disciplinary action. Upon learning or having reason to believe that others in attendance at an event or in a car are in possession of, using, selling, or distributing drugs, drug paraphernalia, and/or alcohol, a student-athlete is expected to immediately take substantial steps to leave the premises and to leave as soon as it is safe to do so.
- Students knowingly hosting at their homes those who are in possession of, using, selling or distributing drugs, drug paraphernalia, and/or alcohol, shall be subject to disciplinary action.
- Students possessing, purchasing, selling, distributing, using and/or under the influence of alcohol, tobacco and/or other drugs, in any amount, or drug paraphernalia shall be subject to the following actions.

If an athlete is in violation of the drug/alcohol policy and the season ends before the prescribed penalty is complete, the penalty is carried over to the next season the athlete participates in. The remaining penalty shall begin with the first regularly scheduled game or contest. If athletes have been suspended due to a violation of drug/policy, they must still attend all practices or risk removal from the team.

Steroids and Performance Enhancers

In accordance with CIAC participation rules and the Board's obligation under state and federal law, the Board prohibits the unauthorized use, sale, distribution or possession of controlled drugs, controlled substances, drug paraphernalia, or performance enhancing substances during any school sponsored athletic activity, whether occurring on or off school property. This policy applies to all student athletes participating in school sponsored athletics, whether or not such athletes are participating in CIAC controlled activities.

Any student-athlete who has been determined to have used, in or out of season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school days period of ineligibility commences on the day the CIAC Board of Control makes such determination. All CIAC contests/games/ tournaments/championships in which the offending athlete participated while under the influence of performance enhancing substances shall be declared forfeitures and all records will be expunged.

Interscholastic Athletic Suspension

When a student athlete is found to be in violation of these polices/regulations, he or she will face consequences in accordance with the progressive disciplinary processes set forth below. These consequences relate solely to participation in athletics, and school discipline may otherwise be imposed if the student's conduct so warrants. The policy shall apply each school year from the first day of CIAC practice eligibility in August to the last day of school in June.

Progressive Disciplinary Process for Possession and/or Use of Tobacco. The penalty for possessing and/or using tobacco products will be as follows:

- **First Offense:** The student athlete shall be suspended for two games OR shall enroll in and successfully complete an administration-approved smoking cessation program. If a student athlete elects to enroll in a smoking cessation program, she or he must enroll in the next available class as identified by school administration.
- **Second Offense:** The athlete shall forfeit eligibility for the rest of the current athletic season.
- **Third Offense:** The athlete shall forfeit eligibility for one calendar year.

Progressive Disciplinary Process Due to Use and/or Possession of Alcohol, Drugs and/or Drug Paraphernalia. The penalty for using, distributing, selling and/or possessing alcohol, drugs and/or drug paraphernalia will be as follows:

- **First Offense:** The student-athlete shall be suspended for the number of games equal to 50% of the regular season schedule. The suspension shall be served consecutively, including post season contests. If at the time of his or her hearing, the student athlete agrees to participate in a drug/alcohol education program, the suspension will be reduced to the number of games equal to 25% of the contests, pending certification by the instructor that the student athlete has successfully completed the program. If an athletic season ends before the end of a student's suspension, the athlete will serve the remaining suspension (determined by the remaining percentage) which will resume on the date of the first game in his or her next season of athletics that the student-athlete (grades 10, 11, 12) has previously participated in.
- **Second Offense:** The student-athlete shall be immediately dismissed from their team and suspended from participation in all interscholastic athletics for one calendar year. This includes tryouts, practices, contests, games and all facets of the athletic program. A student may not try out for a sport until the season following completion of their suspension.
- **Third Offense:** The student-athlete shall be ineligible from all participation for the remainder of their high school career. This includes practices, contests, games and all facets of the athletic program.

Procedure for Interscholastic Athletic Suspension

The administration of each school shall have the authority to invoke an athletic suspension for a period up to the duration of the playing season for one or more of the reasons stated in Board policies 5002 and 5003, in accordance with the procedure outlined in this section. The administration shall have the authority to immediately suspend any student in the event of an emergency, which is defined in Board policy as "a situation under which the continued presence of the student in the playing arena or school imposes such a danger to persons or property or such a disruption to the activity involved that a hearing may be delayed until a time as soon after the exclusion of such student as possible."

Except in the case of an emergency, a student shall be given the opportunity to meet with administration and to deny the stated charges prior to the effectuation of any period of athletic suspension. If at such a meeting the student denies the stated charges, they may at that time present their version of the incident(s) upon which the proposed athletic suspension is based. The administration shall then determine whether or not an athletic suspension is warranted. In determining the length of the athletic suspension, administration may receive and consider evidence of past academic or disciplinary problems which have led to removal from a classroom, in-school suspension, athletic suspension or expulsion.

In the case of an athletic suspension, the administration shall notify the Superintendent of Schools within twenty-four (24) hours of the suspension as to the name of the student who has been suspended and the reason therefore.

Disciplinary Referrals and Due Process

When a disciplinary concern is reported by a team member, teacher, coach, administrator, or member of the community, the following will occur:

1. The student-athlete is referred to the appropriate coach and athletic director. The athletic director will determine whether further disciplinary action or a referral to high school administration is necessary.
2. The athletic director or the principal's designee holds a due process hearing.
3. The student-athlete is informed of the charges.
4. The student-athlete is given the opportunity to give their side of the story.
5. The athletic director or principal's designee will decide within a reasonable time period.
6. The student-athlete and parent/guardian will be notified of the decision. If the athletic director or principal's designee determines a violation exists, the student-athlete will be held accountable to the disciplinary action associated with the violation.

Parents and Spectators

Parents and spectators are subject to disciplinary actions if they fail to abide by the rules and guidelines mentioned above, including but not limited to:

- Verbal or written warning by official, head coach, and/or head of league organization;
- Parental game suspension and written documentation of incident kept on file; and
- Game forfeit through the official or coach.

STUDENT-ATHLETE HEALTH AND FITNESS

Concussion Policy

The Board of Education recognizes that concussions, which are a form of brain injury, are commonly reported injuries in children and adolescents who participate in sports. In accordance with its concern for its students and its statutory responsibilities, the Board of Education strives to promote education on concussion prevention. Such education is appropriate in order to prevent concussions during athletic activity wherever possible, to assist athletic coaches in recognizing the signs of a concussion, and in taking appropriate action if a student suffers a concussion during athletic activity.

As head injuries can progress to be more serious than they initially appear, it is important to monitor the athlete carefully follow recommended procedure. Parents will be notified of any head injury incurred by an athlete. This is especially important because of the possibility of the onset or increase of symptoms later on.

All parents and student-athletes are required to acknowledge that they have reviewed the Concussion Program information prior to athletic registration. Specific information regarding concussions and the districts concussion management protocol is available on the Athletics section of our website. The following will serve as an added guide for head injuries suffered; the athletic trainer can provide more information on the care of sports-related injuries.

What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull, typically from a blow to the head or body. An athlete does not need to lose consciousness (be “knocked out”) to suffer a concussion. In fact, less than ten percent of concussed athletes suffer loss of consciousness.

Grades of Concussion	
Grade I	<ol style="list-style-type: none">1. Transient confusion (inattention, inability to maintain a coherent stream of thought and carry out goal-directed movements) or any other symptoms listed below2. No loss of consciousness3. Concussion symptoms or mental status abnormalities on examinations resolve in less than 15 minutes
Grade II	<ol style="list-style-type: none">1. Transient confusion or other symptoms listed below2. No loss of consciousness3. Concussion symptoms or mental status abnormalities (including amnesia) on examination last more than 15 minutes
Grade III	<ol style="list-style-type: none">1. Loss of consciousness

Concussion Management

If an athlete is suspected of having a concussion, they must be immediately removed from that activity. Continuing to play or work out when experiencing concussion symptoms can lead to worsening of symptoms, increased risk for further injury and possibly death. Parents and coaches are not expected to be able to make the diagnosis of a concussion. A medical professional trained in the diagnosis and management of concussions will determine the diagnosis. However, you must be aware of the signs and symptoms of a concussion. If a parent is suspicious their child has suffered a concussion, the student-athlete must stop activity right away and be evaluated: **When in doubt, sit them out!**

All student-athletes who sustain a concussion need to be evaluated by a health care professional who is experienced in concussion management. Parents should call their child’s physician and explain what has happened and follow the physician’s instructions. If a student-athlete is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, they should be immediately taken to the emergency department.

Return to Play Plan for Concussions

After suffering a concussion, no athlete should return to play or practice on that same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown that the young brain does not recover quickly enough for an athlete to safely return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in almost all states to pass laws stating that no player shall return to play that day following a concussion, and the athlete must be cleared by an appropriate healthcare professional before they are allowed to return to play in games or practices. The laws typically also mandate that players, parents and coaches receive education on the dangers and recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared for return to play, they should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average, the athlete will complete a new step each day. An example of a typical return-to-play schedule is shown below:

- Day 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.
- Day 2: Running in the gym or on the field. No helmet or other equipment.
- Day 3: Non-contact training drills in full equipment. Weight-training can begin.
- Day 4: Full contact practice or training.
- Day 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be reevaluated by their healthcare provider.

Return to Play Plan for Injuries Other than Concussions

If a student-athlete is injured in a South Windsor High School athletic contest or outside of sports to the extent in which a visit to a healthcare professional is required, then a doctor's note clearly stating the injury and a specific date when they are able to return to the specified sport must be presented to the athletic trainer. This includes any urgent care, walk-in, primary care physician, orthopedic or any other specialty doctor.

Athletes are not permitted to participate in any practice or game if a doctor's note is not presented to the athletic trainer prior to returning to the specified sport.

Sudden Cardiac Arrest Awareness

Student-athletes and parents/guardians are provided with current and relevant information regarding sudden cardiac arrest as part of the registration for any sport. The student-athlete and the parent/guardian are both required to acknowledge receipt and review of this information at least annually, prior to participation in any sport. The acknowledgment will be kept on file with the student's electronic record.

What is sudden cardiac arrest? Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed health care professional trained specifically in the treatment of cardiac care. The symptoms can happen before, during or after activity. Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed and written clearance be provided by a licensed medical provider.

Exertional Heat Related Illnesses

Student-athletes and parents/guardians are provided with current and relevant information regarding exertional heat related illnesses as part of the registration for any sport. The student-athlete and the parent/guardian are both required to acknowledge receipt and review of this information at least annually, prior to participation in any sport. The acknowledgment will be kept on file with the student's electronic record.

(Resource: Korey Stringer Institute)

Exercising and Athletic Participation in Hot Weather

The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by a balanced diet including whole foods, fruits and vegetables. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.

Dehydration

- Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, and heat stroke).
- High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.
- Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems.

This is important with the first practices of year, especially in the summer.

- Certain medications or fevers can greatly affect an athlete's hydration status.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.

Recommendations for Hydration to Prevent Heat-Related Illness

- Beverages containing caffeine will affect hydration since urine production will increase compared to non-caffeinated beverages.
- Carbonated beverages are found to cause decreased voluntary fluid intake.
- Alcoholic beverages are inappropriate for high school athletes.
- Drink according to a schedule based on individual fluid needs. Drink before, during and after practices and games. Drink 17-20 ounces of water, two to three hours before exercise. Drink 7-10 ounces of water 10 to 20 minutes before exercise.
- Drink early – By the time you're thirsty, you're already dehydrated. In general, every 10-20 minutes drink at least 7-10 ounces of water or to maintain hydration, and remember to drink beyond your thirst. Drink fluids based on the amount of sweat and urine loss. Within two hours, drink enough to replace any weight loss from exercise.
- If exercise lasts more than 50 minutes, water should be provided during the session.

ATHLETIC PARTICIPATION IN COLLEGE

We encourage student-athletes to speak with their coaches in regards to competing at the intercollegiate level. Please note that academics is a primary concern when selecting a post-secondary experience and that the student-athlete's school counselor is a vital resource to assist students in the college admissions process. Please see your school counselor or check the SWHS website for a copy of the **NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE** if you are interested in playing athletics at the collegiate level.

Student-athletes and parents are strongly encouraged to become familiar with the current NCAA eligibility requirements. Information is available on the SWHS website and the NCAA website at www.ncaa.org.

- The NCAA Eligibility Center has been established for a review of core courses and high school transcripts for all prospective **Division I and Division II student-athletes**. A student-athlete's eligibility for practice and competition in their freshman year of college must be certified by the NCAA Eligibility Center. The NCAA recommends that student-athletes register with the Eligibility Center online at www.eligibilitycenter.org during their **sophomore year** of high school. Please visit the NCAA website <http://www.ncaa.org/student-athletes/future> or contact your school counselor for more information.



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