

## **Athletic Policies and Procedures**

All athletes at Westhill High School have a responsibility to provide a positive image in the classroom, on the playing fields, and in our community. They must understand that participation in athletics is a **privilege** and not a right. All athletes are expected to meet this athletic code and failure to comply could result in suspension or removal from a team. All athletes and parents/guardians must sign our policy prior to participation in any sport. Athletes will take pride in themselves, accept responsibility for their own actions, and support others in the efforts to do the same. Westhill High School is proud to have you as a student athlete participating in our sports programs. Interscholastic activities provide many opportunities for you to grow and develop as a young person. Your performance on the field and your behavior and actions off the field reflect on the entire athletic program and the reputation of our school and fellow classmates. Your behavior contributes to the overall perceptions of those who know you as well as those who do not know you personally but consider you to be a representative of your school. You are encouraged by all who support you to set high goals for your own performance, but also to remember at all times that you are a member of an athletic team that, with your fellow student-athletes, can perform admirably to make your school proud of you and your sports program.

### **Competitive Programs**

Over the past years it has come to our attention that some parents and students have some serious misconceptions regarding the high school competitive athletic program. Hopefully the following will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

1. In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. The head coach establishes criteria for selection, possibly with input from the entire coaching staff and Athletic Director. The selection process is applied fairly and uniformly to each athlete. Team selection, practices, and

decisions regarding game situations are the responsibility of the coaching staff.

Coaches are available to answer your questions at the appropriate time. Make an appointment outside school, practice, or game time. The Athletic Director will answer any questions the coach has not been able to answer.

2. The Westhill High School athletic program is highly competitive. Team size and rosters are dictated by the sport. Please be sure to remember that when your child tries out for a team, both you and your child should understand there is a very real possibility he or she may not be selected. If selected, both you and your child should be prepared to accept placement at any team level, i.e., 9<sup>th</sup> grade, junior varsity, or varsity. It is disturbing to have students try out for a team and then quit because they were not placed where they think they should be. By doing this, they have taken away someone else's opportunity to be on a team.

Normally, coaches have a very short amount of time to make team selections. They try to do the very best they can in keeping the most talented athletes, filling the positions for play, and appropriately placing them on the proper team. They are under a good deal of pressure to assemble the most competitive team possible. Any one of us might select different athletes for the team. We believe it is the coaches' responsibility and right to select the team with whom they will work well for the entire season.

3. Our experience reveals there are many "select teams" sponsored by many different organizations. Each coach looks for something different in his or her players. Participation on a "select team" does not guarantee any player a spot on another "select team" or any high school team. While we believe the players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to guarantee a spot on a high school team.
4. In order to make a varsity team as a senior, a player must be outstanding overall as well as play a position the team needs to fill. Underclass athletes possessing these qualities have the same

opportunity to make a team as seniors do. Our team structure (9<sup>th</sup> grade, junior varsity, and varsity) dictates there will always be more underclass players than upperclassmen in the total program. At selection time, it will be the coaches' decision.

5. **A main goal of a competitive athletic program is to put the most talented members of the team in competition to win the contest.** Starting positions and playing time are **not** guaranteed to seniors making a team or anyone else for that matter. Each member may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time. Each student should have a personal improvement as one of his or her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by opponents, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and constructive criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

### **Athletic Physical**

Every athlete must have a sports physical before he or she may participate. The physical is considered current for thirteen months. The date will be recorded with the school nurse. Athletes must use the physical form provided by Westhill High School. It is strongly suggested you schedule a physical with your doctor during the summer to insure that you will be covered for the entire school year for any sport. Please make a copy of the completed physical form for your records. An athlete who has a physical for a fall sport may use the same physical for winter and spring sports. A new "blue card" must be validated for winter and spring sports.

**The Blue Card**—Each season, each athlete must present a blue medical card to the coach before he or she can participate, practice, or play. The card serves to show that you have been medically cleared to participate, you have your parent's permission to play, and the coach has emergency phone numbers of individuals to contact in the event of an emergency.

**Physicals by the school-based Health Center**—When you join the Westhill High School Health Center you are eligible to have your sports physical performed by professionals at the Health Center. The service is free and students only need to make an appointment. Have your physical done at the end of the school year and you will be good for a year. Please keep in mind that appointments in August and September are difficult to schedule in time for the start of fall sports.

**Physicals performed by a family doctor**—Necessary forms are available from the school nurse’s office. After the physical has been completed, return the forms to the nurse so that the blue card can be validated. Once the blue card is validated, give it to your coach.

**Fall sports physical procedures**—The nurse will not be available during the pre-season try-outs in the fall. Do not leave completed physical forms at the main office during the summer. Bring all forms and blue cards with you on the first day of try-outs and give them to the coach.

**Insurance**—All injury claims related to sports must be filed with the students’ insurance company. If the student is uninsured or the claim extends beyond the coverage of the student, the city will process the claim. Student health insurance is also available.

### **Athletic Trainer**

Westhill High School is fortunate to have a certified athletic trainer available to all the athletes. The training room is located between the boys’ and girls’ locker rooms. The trainer is on duty for all practices and home games. All injuries, major and minor, are expected to be reported to the coach and trainer. The rehabilitation from an injury will be overseen by the trainer. Athletes are expected to attend practices and games when injured.

### **Eligibility**

The Westhill Public Schools and the Board of Education require that student athletes maintain a 2.0 or “C” grade point average. This rule does not apply to incoming freshmen. Freshmen are considered eligible until first quarter grades are distributed. Athletes may apply for a one-time only (per school year) appeal to play if they have a 1.5 GPA. If the appeal is granted, students must attend an after school study hall. The student must appeal to

the administrator in charge of eligibility. All athletes must be enrolled as full-time students (4 units of work or more). All athletes must not have changed schools without a change of legal residence. All transfer athletes must meet the CIAC Transfer Rule requirements. All athletes are limited to playing one sport per season. Athletes must not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. All athletes must not be nineteen (19) years of age prior to September 1. Westhill High School will also adhere to the CIAC “Eight Semester Regulation” which states: “A student has eight (8) consecutive semesters or four (4) years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.” “Students who are not eligible or elect to not participate do not preserve additional semesters for use at a later time. That is, there is no fifth year of eligibility per se.” All athletes must not receive personal economic gain for participation in any CIAC sport.

### **Chemical Health Policy**

Westhill High School and the CIAC recognize the use of chemical substances as a significant health problem for adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. The misuse and abuse of chemical substances affects extra-curricular participation and the development of related skills. Misuse and abuse of chemical substances by family members, team members, and other significant persons also have a negative effect on adolescents. The following is the CIAC’s position on food supplements, steroids, drug testing and performance enhancing drugs, which will be adhered to by Westhill High School:

#### **4.15.F. CIAC Position on Food Supplements Including Creatine**

The CIAC fully endorses the policies of the National Federation of State High School Associations regarding the use of food supplements by athletes.

School personnel and coaches will not dispense any drug, medication, or food supplement except as in accordance with Connecticut state law, district policy, and as prescribed by a student’s physician, dentist, physician assistant or advanced practice RN. The order is to be on record in the school health office listing dose, time, and length of order, side effects, and emergency contact. There will also be a signed parental consent on file.

The use of any drug, medication, or food supplement in a way not described by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to student-athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches may NEVER supply or recommend or knowingly permit students to use any drug, medication, or food supplement for the specific purpose of enhancing their athletic performance.

#### **4.15.G. CIAC Position on Steroids**

The National Federation of State High School Associations (NFHS), the national service organization to all 50 state high school athletic and activity associations as well as the District of Columbia, prohibits the abuse of anabolic steroids and other performance enhancing substances by high school student-athletes. Such use violates legal, ethical, and competitive equity standards, and imposes long-term health risks. Further, the NFHS supports prohibitions by educational institutions, amateur, and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purpose. The CIAC fully endorses this National Federation position on steroids.

#### **4.15.H. CIAC Position on Drug Testing**

The CIAC Chemical Health Policy does not include any form of mandatory drug testing by member schools. The CIAC strongly supports the concept of local authority in determining drug-testing policies. Each Board of Education/governing body reserves the right to voluntarily implement a drug testing policy for its athletes. Drug testing of high school athletes has been demonstrated to be an effective deterrent to the use of steroids and other illegal drugs. With the use of proper safeguards, drug testing is considered legal. The CIAC recommends member schools use the NCAA and the USOC list of banned performance enhancing substances and practices when designing and implementing a drug testing policy. The Connecticut Association of Boards of Education (CABE) has sample drug testing policies LEA's may wish to consider.

#### **4.15.I. Performance Enhancing Drugs Minimum Penalty**

The CIAC expects member schools to monitor their student athletes to assure that they are free of performance enhancing substances and to report any violations in a timely manner.

A 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 day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

Any student-athlete who refuses to submit to testing as part of a member school's Board of Education approved random drug testing policy shall be ineligible to participate in any CIAC controlled activities.

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.

A member school may apply to the CIAC Board of Control for reinstatement of the athlete's eligibility to participate in CIAC controlled activities. Any such application must include:

- a. The results of a CIAC approved medically validated drug test, which confirms that the student-athlete is chemical free. The test must have been completed within 30 days prior to the application. The CIAC shall not be responsible for any expenses related to this testing.
- b. A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athletes' eligibility.

Performance enhancing substances and practices subject to this policy include but are not limited to the following:

- a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues.
- b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- c. Substances and practices identified as banned by the NCAA and the USOC.

The CIAC allows member schools to make exceptions for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's diagnosis, medical history, and dosage prescribed.

### **Disciplinary Actions**

The use of alcohol or drugs is injurious to an individual's health and the consumption of alcohol by a minor is illegal. Any use, possession, or involvement with illegal substances (including alcohol or tobacco) by an athlete is prohibited. This extends beyond the school day and will result in disciplinary action in accordance with school or Board of Education policy.

### **Hazing/Initiations**

Hazing of any form is prohibited. Athletes should be aware that hazing can constitute a violation of Connecticut Criminal Statutes as a form of assault and can make the student liable for arrest and prosecution, as well as civil liability.

Hazing is defined as any form or type of physical, verbal, and/or emotional mistreatment, abuse, and/or harassment of a student in connection with a student's participation in or membership on an interscholastic athletic team or in any school-sponsored activities, and/or forcing, coercing or intimidating any student to participate in any illegal or inappropriate activities in connection with the student's participation or membership in the foregoing. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to, or after the season or school day.

## **Conflict Resolution**

Athletic involvement is highly emotional and very time consuming. Sometimes conflicts arise between athletes, coaches, and, occasionally, parents. However, the athlete's interest is best served when each participant understands the position of the other. This understanding will only be accomplished by open and honest communication. When conflicts or issues arise it is important that they be addressed as directly as possible so that they can be promptly resolved.

The athlete should present the conflict/issue to the coach. If personal contact is not practical, a student may ask his or her captain to approach the coach and express the athlete's concerns. If an attempt to resolve the issue is not successful, the athlete should contact the Athletic Director. The Athletic Director will set up a meeting between the athlete and coach to discuss the issue. While there can be no guarantee that all parties will agree upon all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to a more productive relationship and clearer understanding in the future.

## **General Information**

### **Locker Rooms and Playing Areas**

All athletes are responsible for the condition of their locker room and area of play. The locker room must be kept neat and clean. Glass bottles are prohibited. All athletic equipment must be kept in the athlete's assigned locker. Each athlete must secure his or her locker with a lock. Athletes should have pride in their designated areas and keep them neat and clean.

### **Uniforms and Equipment**

All uniforms and equipment are the responsibility of the athlete during the season and are on a loan basis. They are to be worn only when authorized by the coach. Athletes must take good care of equipment and uniforms and following washing instructions on their uniform. If lost or stolen, the athlete will be responsible for the replacement cost.

### **Transportation**

Transportation will be provided by the school to the majority of contests. When the school provides transportation, athletes must travel with the team to and from games. Athletes must obtain permission from the coach/Athletic Director if they wish to make their own arrangements due to special circumstances.

### **Practice Rules**

As a member of a team, an athlete should be required to attend all meetings, practices, and games. Players who do not practice are not eligible to play. When a player cannot make practice or must be late, that athlete should notify the coach prior to the start of practice.

### **Captain's Practice**

The CIAC does not in any way sanction, encourage, or condone Captain's Practices in any sport. Captain's Practices, depending on the school's involvement, may be a clear violation of Rule II.D (Season Limitations). The liability and responsibility for an injured athlete may be quite serious.

### **Code of Conduct for Athletes**

The Westhill High School Athletic Program believes that our athletes are special. As such, our athletes have a responsibility to provide a positive image on the fields and courts, in the classroom, and in the community. Our athletes are expected to conduct themselves in accordance with this code and with the rules and regulations governing the student body.

Fair play is expected at all times. A Westhill High athlete must have respect for coaches, teammates, opponents, officials, and spectators. All athletes are expected to exhibit optimal effort, participation, behavior and attendance in class.

The way an athlete acts in our community is extremely important. As an athlete, you must represent yourself, your family, your team, Westhill High School, and the City of Westhill with dignity and in a manner in which we can all be proud of.

## **Expectations of Parents/Guardians**

Parents/guardians should be positive and let their children know that something good is being accomplished simply by being part of a team. They should encourage their children and help build their self-esteem. They should encourage their children to work hard and to do their best. They should not criticize coaches or offer excuses if their children are not playing. Parents/guardians should insist on an academic commitment from their children. As spectators, parents/guardians are entitled to cheer at sporting events, but should never become belligerent and arrogant towards players, coaches, opponents, or officials. Parents/guardians should insist that their children exhibit true sportsmanship during athletic contests and emphasize the importance of never embarrassing themselves, their family, team, school, or community through an inappropriate act during competition.

The rules in this handbook apply to all athletes. Each coach has the right to add additional rules that pertain to their sport. Athletes who embarrass themselves, their coach or team, their family and or Westhill High School due to their actions, may be subject to disciplinary action by their coach or the Athletic Director. The Athletic Director and Principal reserve the right to handle the discipline of athletes on a case-by-case basis.

## **Athlete/Parent/Guardian Pledge**

I, \_\_\_\_\_, have read the Westhill High School Athletic Handbook and understand the rules and regulations regarding being an athlete at Westhill High School. I will follow all the rules and encourage my teammates to do the same.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Sport \_\_\_\_\_

I, \_\_\_\_\_, Parent/Guardian of \_\_\_\_\_, have read the Westhill High School Athletic Handbook and understand the rules and regulations regarding being an athlete at Westhill High School. I understand my responsibilities as a parent/guardian and will encourage my son/daughter to do his or her best.

Signature \_\_\_\_\_

Date \_\_\_\_\_

This form must be complete and turned in to the athlete's coach prior to the start of the season. A separate form must be completed for each sport played.

## **Athletic Policies and Procedures**

All athletes at Westhill High School have a responsibility to provide a positive image in the classroom, on the playing fields, and in our community. They must understand that participation in athletics is a **privilege** and not a right. All athletes are expected to meet this athletic code and failure to comply could result in suspension or removal from a team. All athletes and parents/guardians must sign our policy prior to participation in any sport. Athletes will take pride in themselves, accept responsibility for their own actions, and support others in the efforts to do the same. Westhill High School is proud to have you as a student athlete participating in our sports programs. Interscholastic activities provide many opportunities for you to grow and develop as a young person. Your performance on the field and your behavior and actions off the field reflect on the entire athletic program and the reputation of our school and fellow classmates. Your behavior contributes to the overall perceptions of those who know you as well as those who do not know you personally but consider you to be a representative of your school. You are encouraged by all who support you to set high goals for your own performance, but also to remember at all times that you are a member of an athletic team that, with your fellow student-athletes, can perform admirably to make your school proud of you and your sports program.

### **Competitive Programs**

Over the past years it has come to our attention that some parents and students have some serious misconceptions regarding the high school competitive athletic program. Hopefully the following will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

1. In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. The head coach establishes criteria for selection, possibly with input from the entire coaching staff and Athletic Director. The selection process is applied fairly and uniformly to each athlete. Team selection, practices, and

decisions regarding game situations are the responsibility of the coaching staff.

Coaches are available to answer your questions at the appropriate time. Make an appointment outside school, practice, or game time. The Athletic Director will answer any questions the coach has not been able to answer.

2. The Westhill High School athletic program is highly competitive. Team size and rosters are dictated by the sport. Please be sure to remember that when your child tries out for a team, both you and your child should understand there is a very real possibility he or she may not be selected. If selected, both you and your child should be prepared to accept placement at any team level, i.e., 9<sup>th</sup> grade, junior varsity, or varsity. It is disturbing to have students try out for a team and then quit because they were not placed where they think they should be. By doing this, they have taken away someone else's opportunity to be on a team.

Normally, coaches have a very short amount of time to make team selections. They try to do the very best they can in keeping the most talented athletes, filling the positions for play, and appropriately placing them on the proper team. They are under a good deal of pressure to assemble the most competitive team possible. Any one of us might select different athletes for the team. We believe it is the coaches' responsibility and right to select the team with whom they will work well for the entire season.

3. Our experience reveals there are many "select teams" sponsored by many different organizations. Each coach looks for something different in his or her players. Participation on a "select team" does not guarantee any player a spot on another "select team" or any high school team. While we believe the players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to guarantee a spot on a high school team.
4. In order to make a varsity team as a senior, a player must be outstanding overall as well as play a position the team needs to fill. Underclass athletes possessing these qualities have the same

opportunity to make a team as seniors do. Our team structure (9<sup>th</sup> grade, junior varsity, and varsity) dictates there will always be more underclass players than upperclassmen in the total program. At selection time, it will be the coaches' decision.

5. **A main goal of a competitive athletic program is to put the most talented members of the team in competition to win the contest.** Starting positions and playing time are **not** guaranteed to seniors making a team or anyone else for that matter. Each member may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time. Each student should have a personal improvement as one of his or her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by opponents, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and constructive criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

### **Athletic Physical**

Every athlete must have a sports physical before he or she may participate. The physical is considered current for thirteen months. The date will be recorded with the school nurse. Athletes must use the physical form provided by Westhill High School. It is strongly suggested you schedule a physical with your doctor during the summer to insure that you will be covered for the entire school year for any sport. Please make a copy of the completed physical form for your records. An athlete who has a physical for a fall sport may use the same physical for winter and spring sports. A new "blue card" must be validated for winter and spring sports.

**The Blue Card**—Each season, each athlete must present a blue medical card to the coach before he or she can participate, practice, or play. The card serves to show that you have been medically cleared to participate, you have your parent's permission to play, and the coach has emergency phone numbers of individuals to contact in the event of an emergency.

**Physicals by the school-based Health Center**—When you join the Westhill High School Health Center you are eligible to have your sports physical performed by professionals at the Health Center. The service is free and students only need to make an appointment. Have your physical done at the end of the school year and you will be good for a year. Please keep in mind that appointments in August and September are difficult to schedule in time for the start of fall sports.

**Physicals performed by a family doctor**—Necessary forms are available from the school nurse's office. After the physical has been completed, return the forms to the nurse so that the blue card can be validated. Once the blue card is validated, give it to your coach.

**Fall sports physical procedures**—The nurse will not be available during the pre-season try-outs in the fall. Do not leave completed physical forms at the main office during the summer. Bring all forms and blue cards with you on the first day of try-outs and give them to the coach.

**Insurance**—All injury claims related to sports must be filed with the students' insurance company. If the student is uninsured or the claim extends beyond the coverage of the student, the city will process the claim. Student health insurance is also available.

### **Athletic Trainer**

Westhill High School is fortunate to have a certified athletic trainer available to all the athletes. The training room is located between the boys' and girls' locker rooms. The trainer is on duty for all practices and home games. All injuries, major and minor, are expected to be reported to the coach and trainer. The rehabilitation from an injury will be overseen by the trainer. Athletes are expected to attend practices and games when injured.

### **Eligibility**

The Westhill Public Schools and the Board of Education require that student athletes maintain a 2.0 or "C" grade point average. This rule does not apply to incoming freshmen. Freshmen are considered eligible until first quarter grades are distributed. Athletes may apply for a one-time only (per school year) appeal to play if they have a 1.5 GPA. If the appeal is granted, students must attend an after school study hall. The student must appeal to

the administrator in charge of eligibility. All athletes must be enrolled as full-time students (4 units of work or more). All athletes must not have changed schools without a change of legal residence. All transfer athletes must meet the CIAC Transfer Rule requirements. All athletes are limited to playing one sport per season. Athletes must not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. All athletes must not be nineteen (19) years of age prior to September 1. Westhill High School will also adhere to the CIAC “Eight Semester Regulation” which states: “A student has eight (8) consecutive semesters or four (4) years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.” “Students who are not eligible or elect to not participate do not preserve additional semesters for use at a later time. That is, there is no fifth year of eligibility per se.” All athletes must not receive personal economic gain for participation in any CIAC sport.

### **Chemical Health Policy**

Westhill High School and the CIAC recognize the use of chemical substances as a significant health problem for adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. The misuse and abuse of chemical substances affects extra-curricular participation and the development of related skills. Misuse and abuse of chemical substances by family members, team members, and other significant persons also have a negative effect on adolescents. The following is the CIAC’s position on food supplements, steroids, drug testing and performance enhancing drugs, which will be adhered to by Westhill High School:

#### **4.15.F. CIAC Position on Food Supplements Including Creatine**

The CIAC fully endorses the policies of the National Federation of State High School Associations regarding the use of food supplements by athletes.

School personnel and coaches will not dispense any drug, medication, or food supplement except as in accordance with Connecticut state law, district policy, and as prescribed by a student’s physician, dentist, physician assistant or advanced practice RN. The order is to be on record in the school health office listing dose, time, and length of order, side effects, and emergency contact. There will also be a signed parental consent on file.

The use of any drug, medication, or food supplement in a way not described by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to student-athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches may NEVER supply or recommend or knowingly permit students to use any drug, medication, or food supplement for the specific purpose of enhancing their athletic performance.

#### **4.15.G. CIAC Position on Steroids**

The National Federation of State High School Associations (NFHS), the national service organization to all 50 state high school athletic and activity associations as well as the District of Columbia, prohibits the abuse of anabolic steroids and other performance enhancing substances by high school student-athletes. Such use violates legal, ethical, and competitive equity standards, and imposes long-term health risks. Further, the NFHS supports prohibitions by educational institutions, amateur, and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purpose. The CIAC fully endorses this National Federation position on steroids.

#### **4.15.H. CIAC Position on Drug Testing**

The CIAC Chemical Health Policy does not include any form of mandatory drug testing by member schools. The CIAC strongly supports the concept of local authority in determining drug-testing policies. Each Board of Education/governing body reserves the right to voluntarily implement a drug testing policy for its athletes. Drug testing of high school athletes has been demonstrated to be an effective deterrent to the use of steroids and other illegal drugs. With the use of proper safeguards, drug testing is considered legal. The CIAC recommends member schools use the NCAA and the USOC list of banned performance enhancing substances and practices when designing and implementing a drug testing policy. The Connecticut Association of Boards of Education (CABE) has sample drug testing policies LEA's may wish to consider.

#### **4.15.I. Performance Enhancing Drugs Minimum Penalty**

The CIAC expects member schools to monitor their student athletes to assure that they are free of performance enhancing substances and to report any violations in a timely manner.

A 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 day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

Any student-athlete who refuses to submit to testing as part of a member school's Board of Education approved random drug testing policy shall be ineligible to participate in any CIAC controlled activities.

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.

A member school may apply to the CIAC Board of Control for reinstatement of the athlete's eligibility to participate in CIAC controlled activities. Any such application must include:

- a. The results of a CIAC approved medically validated drug test, which confirms that the student-athlete is chemical free. The test must have been completed within 30 days prior to the application. The CIAC shall not be responsible for any expenses related to this testing.
- b. A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athletes' eligibility.

Performance enhancing substances and practices subject to this policy include but are not limited to the following:

- a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues.
- b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- c. Substances and practices identified as banned by the NCAA and the USOC.

The CIAC allows member schools to make exceptions for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's diagnosis, medical history, and dosage prescribed.

### **Disciplinary Actions**

The use of alcohol or drugs is injurious to an individual's health and the consumption of alcohol by a minor is illegal. Any use, possession, or involvement with illegal substances (including alcohol or tobacco) by an athlete is prohibited. This extends beyond the school day and will result in disciplinary action in accordance with school or Board of Education policy.

### **Hazing/Initiations**

Hazing of any form is prohibited. Athletes should be aware that hazing can constitute a violation of Connecticut Criminal Statutes as a form of assault and can make the student liable for arrest and prosecution, as well as civil liability.

Hazing is defined as any form or type of physical, verbal, and/or emotional mistreatment, abuse, and/or harassment of a student in connection with a student's participation in or membership on an interscholastic athletic team or in any school-sponsored activities, and/or forcing, coercing or intimidating any student to participate in any illegal or inappropriate activities in connection with the student's participation or membership in the foregoing. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to, or after the season or school day.

## **Conflict Resolution**

Athletic involvement is highly emotional and very time consuming. Sometimes conflicts arise between athletes, coaches, and, occasionally, parents. However, the athlete's interest is best served when each participant understands the position of the other. This understanding will only be accomplished by open and honest communication. When conflicts or issues arise it is important that they be addressed as directly as possible so that they can be promptly resolved.

The athlete should present the conflict/issue to the coach. If personal contact is not practical, a student may ask his or her captain to approach the coach and express the athlete's concerns. If an attempt to resolve the issue is not successful, the athlete should contact the Athletic Director. The Athletic Director will set up a meeting between the athlete and coach to discuss the issue. While there can be no guarantee that all parties will agree upon all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to a more productive relationship and clearer understanding in the future.

## **General Information**

### **Locker Rooms and Playing Areas**

All athletes are responsible for the condition of their locker room and area of play. The locker room must be kept neat and clean. Glass bottles are prohibited. All athletic equipment must be kept in the athlete's assigned locker. Each athlete must secure his or her locker with a lock. Athletes should have pride in their designated areas and keep them neat and clean.

### **Uniforms and Equipment**

All uniforms and equipment are the responsibility of the athlete during the season and are on a loan basis. They are to be worn only when authorized by the coach. Athletes must take good care of equipment and uniforms and following washing instructions on their uniform. If lost or stolen, the athlete will be responsible for the replacement cost.

### **Transportation**

Transportation will be provided by the school to the majority of contests. When the school provides transportation, athletes must travel with the team to and from games. Athletes must obtain permission from the coach/Athletic Director if they wish to make their own arrangements due to special circumstances.

### **Practice Rules**

As a member of a team, an athlete should be required to attend all meetings, practices, and games. Players who do not practice are not eligible to play. When a player cannot make practice or must be late, that athlete should notify the coach prior to the start of practice.

### **Captain's Practice**

The CIAC does not in any way sanction, encourage, or condone Captain's Practices in any sport. Captain's Practices, depending on the school's involvement, may be a clear violation of Rule II.D (Season Limitations). The liability and responsibility for an injured athlete may be quite serious.

### **Code of Conduct for Athletes**

The Westhill High School Athletic Program believes that our athletes are special. As such, our athletes have a responsibility to provide a positive image on the fields and courts, in the classroom, and in the community. Our athletes are expected to conduct themselves in accordance with this code and with the rules and regulations governing the student body.

Fair play is expected at all times. A Westhill High athlete must have respect for coaches, teammates, opponents, officials, and spectators. All athletes are expected to exhibit optimal effort, participation, behavior and attendance in class.

The way an athlete acts in our community is extremely important. As an athlete, you must represent yourself, your family, your team, Westhill High School, and the City of Westhill with dignity and in a manner in which we can all be proud of.

## **Expectations of Parents/Guardians**

Parents/guardians should be positive and let their children know that something good is being accomplished simply by being part of a team. They should encourage their children and help build their self-esteem. They should encourage their children to work hard and to do their best. They should not criticize coaches or offer excuses if their children are not playing. Parents/guardians should insist on an academic commitment from their children. As spectators, parents/guardians are entitled to cheer at sporting events, but should never become belligerent and arrogant towards players, coaches, opponents, or officials. Parents/guardians should insist that their children exhibit true sportsmanship during athletic contests and emphasize the importance of never embarrassing themselves, their family, team, school, or community through an inappropriate act during competition.

The rules in this handbook apply to all athletes. Each coach has the right to add additional rules that pertain to their sport. Athletes who embarrass themselves, their coach or team, their family and or Westhill High School due to their actions, may be subject to disciplinary action by their coach or the Athletic Director. The Athletic Director and Principal reserve the right to handle the discipline of athletes on a case-by-case basis.

## **Athlete/Parent/Guardian Pledge**

I, \_\_\_\_\_, have read the Westhill High School Athletic Handbook and understand the rules and regulations regarding being an athlete at Westhill High School. I will follow all the rules and encourage my teammates to do the same.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Sport \_\_\_\_\_

I, \_\_\_\_\_, Parent/Guardian of \_\_\_\_\_, have read the Westhill High School Athletic Handbook and understand the rules and regulations regarding being an athlete at Westhill High School. I understand my responsibilities as a parent/guardian and will encourage my son/daughter to do his or her best.

Signature \_\_\_\_\_

Date \_\_\_\_\_

This form must be complete and turned in to the athlete's coach prior to the start of the season. A separate form must be completed for each sport played.

## **Athletic Policies and Procedures**

All athletes at Westhill High School have a responsibility to provide a positive image in the classroom, on the playing fields, and in our community. They must understand that participation in athletics is a **privilege** and not a right. All athletes are expected to meet this athletic code and failure to comply could result in suspension or removal from a team. All athletes and parents/guardians must sign our policy prior to participation in any sport. Athletes will take pride in themselves, accept responsibility for their own actions, and support others in the efforts to do the same. Westhill High School is proud to have you as a student athlete participating in our sports programs. Interscholastic activities provide many opportunities for you to grow and develop as a young person. Your performance on the field and your behavior and actions off the field reflect on the entire athletic program and the reputation of our school and fellow classmates. Your behavior contributes to the overall perceptions of those who know you as well as those who do not know you personally but consider you to be a representative of your school. You are encouraged by all who support you to set high goals for your own performance, but also to remember at all times that you are a member of an athletic team that, with your fellow student-athletes, can perform admirably to make your school proud of you and your sports program.

### **Competitive Programs**

Over the past years it has come to our attention that some parents and students have some serious misconceptions regarding the high school competitive athletic program. Hopefully the following will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

1. In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. The head coach establishes criteria for selection, possibly with input from the entire coaching staff and Athletic Director. The selection process is applied fairly and uniformly to each athlete. Team selection, practices, and

decisions regarding game situations are the responsibility of the coaching staff.

Coaches are available to answer your questions at the appropriate time. Make an appointment outside school, practice, or game time. The Athletic Director will answer any questions the coach has not been able to answer.

2. The Westhill High School athletic program is highly competitive. Team size and rosters are dictated by the sport. Please be sure to remember that when your child tries out for a team, both you and your child should understand there is a very real possibility he or she may not be selected. If selected, both you and your child should be prepared to accept placement at any team level, i.e., 9<sup>th</sup> grade, junior varsity, or varsity. It is disturbing to have students try out for a team and then quit because they were not placed where they think they should be. By doing this, they have taken away someone else's opportunity to be on a team.

Normally, coaches have a very short amount of time to make team selections. They try to do the very best they can in keeping the most talented athletes, filling the positions for play, and appropriately placing them on the proper team. They are under a good deal of pressure to assemble the most competitive team possible. Any one of us might select different athletes for the team. We believe it is the coaches' responsibility and right to select the team with whom they will work well for the entire season.

3. Our experience reveals there are many "select teams" sponsored by many different organizations. Each coach looks for something different in his or her players. Participation on a "select team" does not guarantee any player a spot on another "select team" or any high school team. While we believe the players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to guarantee a spot on a high school team.
4. In order to make a varsity team as a senior, a player must be outstanding overall as well as play a position the team needs to fill. Underclass athletes possessing these qualities have the same

opportunity to make a team as seniors do. Our team structure (9<sup>th</sup> grade, junior varsity, and varsity) dictates there will always be more underclass players than upperclassmen in the total program. At selection time, it will be the coaches' decision.

5. **A main goal of a competitive athletic program is to put the most talented members of the team in competition to win the contest.** Starting positions and playing time are **not** guaranteed to seniors making a team or anyone else for that matter. Each member may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time. Each student should have a personal improvement as one of his or her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by opponents, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and constructive criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

### **Athletic Physical**

Every athlete must have a sports physical before he or she may participate. The physical is considered current for thirteen months. The date will be recorded with the school nurse. Athletes must use the physical form provided by Westhill High School. It is strongly suggested you schedule a physical with your doctor during the summer to insure that you will be covered for the entire school year for any sport. Please make a copy of the completed physical form for your records. An athlete who has a physical for a fall sport may use the same physical for winter and spring sports. A new "blue card" must be validated for winter and spring sports.

**The Blue Card**—Each season, each athlete must present a blue medical card to the coach before he or she can participate, practice, or play. The card serves to show that you have been medically cleared to participate, you have your parent's permission to play, and the coach has emergency phone numbers of individuals to contact in the event of an emergency.

**Physicals by the school-based Health Center**—When you join the Westhill High School Health Center you are eligible to have your sports physical performed by professionals at the Health Center. The service is free and students only need to make an appointment. Have your physical done at the end of the school year and you will be good for a year. Please keep in mind that appointments in August and September are difficult to schedule in time for the start of fall sports.

**Physicals performed by a family doctor**—Necessary forms are available from the school nurse’s office. After the physical has been completed, return the forms to the nurse so that the blue card can be validated. Once the blue card is validated, give it to your coach.

**Fall sports physical procedures**—The nurse will not be available during the pre-season try-outs in the fall. Do not leave completed physical forms at the main office during the summer. Bring all forms and blue cards with you on the first day of try-outs and give them to the coach.

**Insurance**—All injury claims related to sports must be filed with the students’ insurance company. If the student is uninsured or the claim extends beyond the coverage of the student, the city will process the claim. Student health insurance is also available.

### **Athletic Trainer**

Westhill High School is fortunate to have a certified athletic trainer available to all the athletes. The training room is located between the boys’ and girls’ locker rooms. The trainer is on duty for all practices and home games. All injuries, major and minor, are expected to be reported to the coach and trainer. The rehabilitation from an injury will be overseen by the trainer. Athletes are expected to attend practices and games when injured.

### **Eligibility**

The Westhill Public Schools and the Board of Education require that student athletes maintain a 2.0 or “C” grade point average. This rule does not apply to incoming freshmen. Freshmen are considered eligible until first quarter grades are distributed. Athletes may apply for a one-time only (per school year) appeal to play if they have a 1.5 GPA. If the appeal is granted, students must attend an after school study hall. The student must appeal to

the administrator in charge of eligibility. All athletes must be enrolled as full-time students (4 units of work or more). All athletes must not have changed schools without a change of legal residence. All transfer athletes must meet the CIAC Transfer Rule requirements. All athletes are limited to playing one sport per season. Athletes must not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. All athletes must not be nineteen (19) years of age prior to September 1. Westhill High School will also adhere to the CIAC “Eight Semester Regulation” which states: “A student has eight (8) consecutive semesters or four (4) years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.” “Students who are not eligible or elect to not participate do not preserve additional semesters for use at a later time. That is, there is no fifth year of eligibility per se.” All athletes must not receive personal economic gain for participation in any CIAC sport.

### **Chemical Health Policy**

Westhill High School and the CIAC recognize the use of chemical substances as a significant health problem for adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. The misuse and abuse of chemical substances affects extra-curricular participation and the development of related skills. Misuse and abuse of chemical substances by family members, team members, and other significant persons also have a negative effect on adolescents. The following is the CIAC’s position on food supplements, steroids, drug testing and performance enhancing drugs, which will be adhered to by Westhill High School:

#### **4.15.F. CIAC Position on Food Supplements Including Creatine**

The CIAC fully endorses the policies of the National Federation of State High School Associations regarding the use of food supplements by athletes.

School personnel and coaches will not dispense any drug, medication, or food supplement except as in accordance with Connecticut state law, district policy, and as prescribed by a student’s physician, dentist, physician assistant or advanced practice RN. The order is to be on record in the school health office listing dose, time, and length of order, side effects, and emergency contact. There will also be a signed parental consent on file.

The use of any drug, medication, or food supplement in a way not described by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to student-athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches may NEVER supply or recommend or knowingly permit students to use any drug, medication, or food supplement for the specific purpose of enhancing their athletic performance.

#### **4.15.G. CIAC Position on Steroids**

The National Federation of State High School Associations (NFHS), the national service organization to all 50 state high school athletic and activity associations as well as the District of Columbia, prohibits the abuse of anabolic steroids and other performance enhancing substances by high school student-athletes. Such use violates legal, ethical, and competitive equity standards, and imposes long-term health risks. Further, the NFHS supports prohibitions by educational institutions, amateur, and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purpose. The CIAC fully endorses this National Federation position on steroids.

#### **4.15.H. CIAC Position on Drug Testing**

The CIAC Chemical Health Policy does not include any form of mandatory drug testing by member schools. The CIAC strongly supports the concept of local authority in determining drug-testing policies. Each Board of Education/governing body reserves the right to voluntarily implement a drug testing policy for its athletes. Drug testing of high school athletes has been demonstrated to be an effective deterrent to the use of steroids and other illegal drugs. With the use of proper safeguards, drug testing is considered legal. The CIAC recommends member schools use the NCAA and the USOC list of banned performance enhancing substances and practices when designing and implementing a drug testing policy. The Connecticut Association of Boards of Education (CABE) has sample drug testing policies LEA's may wish to consider.

#### **4.15.I. Performance Enhancing Drugs Minimum Penalty**

The CIAC expects member schools to monitor their student athletes to assure that they are free of performance enhancing substances and to report any violations in a timely manner.

A 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 day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

Any student-athlete who refuses to submit to testing as part of a member school's Board of Education approved random drug testing policy shall be ineligible to participate in any CIAC controlled activities.

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.

A member school may apply to the CIAC Board of Control for reinstatement of the athlete's eligibility to participate in CIAC controlled activities. Any such application must include:

- a. The results of a CIAC approved medically validated drug test, which confirms that the student-athlete is chemical free. The test must have been completed within 30 days prior to the application. The CIAC shall not be responsible for any expenses related to this testing.
- b. A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athletes' eligibility.

Performance enhancing substances and practices subject to this policy include but are not limited to the following:

- a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues.
- b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- c. Substances and practices identified as banned by the NCAA and the USOC.

The CIAC allows member schools to make exceptions for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's diagnosis, medical history, and dosage prescribed.

### **Disciplinary Actions**

The use of alcohol or drugs is injurious to an individual's health and the consumption of alcohol by a minor is illegal. Any use, possession, or involvement with illegal substances (including alcohol or tobacco) by an athlete is prohibited. This extends beyond the school day and will result in disciplinary action in accordance with school or Board of Education policy.

### **Hazing/Initiations**

Hazing of any form is prohibited. Athletes should be aware that hazing can constitute a violation of Connecticut Criminal Statutes as a form of assault and can make the student liable for arrest and prosecution, as well as civil liability.

Hazing is defined as any form or type of physical, verbal, and/or emotional mistreatment, abuse, and/or harassment of a student in connection with a student's participation in or membership on an interscholastic athletic team or in any school-sponsored activities, and/or forcing, coercing or intimidating any student to participate in any illegal or inappropriate activities in connection with the student's participation or membership in the foregoing. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to, or after the season or school day.

## **Conflict Resolution**

Athletic involvement is highly emotional and very time consuming. Sometimes conflicts arise between athletes, coaches, and, occasionally, parents. However, the athlete's interest is best served when each participant understands the position of the other. This understanding will only be accomplished by open and honest communication. When conflicts or issues arise it is important that they be addressed as directly as possible so that they can be promptly resolved.

The athlete should present the conflict/issue to the coach. If personal contact is not practical, a student may ask his or her captain to approach the coach and express the athlete's concerns. If an attempt to resolve the issue is not successful, the athlete should contact the Athletic Director. The Athletic Director will set up a meeting between the athlete and coach to discuss the issue. While there can be no guarantee that all parties will agree upon all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to a more productive relationship and clearer understanding in the future.

## **General Information**

### **Locker Rooms and Playing Areas**

All athletes are responsible for the condition of their locker room and area of play. The locker room must be kept neat and clean. Glass bottles are prohibited. All athletic equipment must be kept in the athlete's assigned locker. Each athlete must secure his or her locker with a lock. Athletes should have pride in their designated areas and keep them neat and clean.

### **Uniforms and Equipment**

All uniforms and equipment are the responsibility of the athlete during the season and are on a loan basis. They are to be worn only when authorized by the coach. Athletes must take good care of equipment and uniforms and following washing instructions on their uniform. If lost or stolen, the athlete will be responsible for the replacement cost.

### **Transportation**

Transportation will be provided by the school to the majority of contests. When the school provides transportation, athletes must travel with the team to and from games. Athletes must obtain permission from the coach/Athletic Director if they wish to make their own arrangements due to special circumstances.

### **Practice Rules**

As a member of a team, an athlete should be required to attend all meetings, practices, and games. Players who do not practice are not eligible to play. When a player cannot make practice or must be late, that athlete should notify the coach prior to the start of practice.

### **Captain's Practice**

The CIAC does not in any way sanction, encourage, or condone Captain's Practices in any sport. Captain's Practices, depending on the school's involvement, may be a clear violation of Rule II.D (Season Limitations). The liability and responsibility for an injured athlete may be quite serious.

### **Code of Conduct for Athletes**

The Westhill High School Athletic Program believes that our athletes are special. As such, our athletes have a responsibility to provide a positive image on the fields and courts, in the classroom, and in the community. Our athletes are expected to conduct themselves in accordance with this code and with the rules and regulations governing the student body.

Fair play is expected at all times. A Westhill High athlete must have respect for coaches, teammates, opponents, officials, and spectators. All athletes are expected to exhibit optimal effort, participation, behavior and attendance in class.

The way an athlete acts in our community is extremely important. As an athlete, you must represent yourself, your family, your team, Westhill High School, and the City of Westhill with dignity and in a manner in which we can all be proud of.

## **Expectations of Parents/Guardians**

Parents/guardians should be positive and let their children know that something good is being accomplished simply by being part of a team. They should encourage their children and help build their self-esteem. They should encourage their children to work hard and to do their best. They should not criticize coaches or offer excuses if their children are not playing. Parents/guardians should insist on an academic commitment from their children. As spectators, parents/guardians are entitled to cheer at sporting events, but should never become belligerent and arrogant towards players, coaches, opponents, or officials. Parents/guardians should insist that their children exhibit true sportsmanship during athletic contests and emphasize the importance of never embarrassing themselves, their family, team, school, or community through an inappropriate act during competition.

The rules in this handbook apply to all athletes. Each coach has the right to add additional rules that pertain to their sport. Athletes who embarrass themselves, their coach or team, their family and or Westhill High School due to their actions, may be subject to disciplinary action by their coach or the Athletic Director. The Athletic Director and Principal reserve the right to handle the discipline of athletes on a case-by-case basis.

## **Athlete/Parent/Guardian Pledge**

I, \_\_\_\_\_, have read the Westhill High School Athletic Handbook and understand the rules and regulations regarding being an athlete at Westhill High School. I will follow all the rules and encourage my teammates to do the same.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Sport \_\_\_\_\_

I, \_\_\_\_\_, Parent/Guardian of \_\_\_\_\_, have read the Westhill High School Athletic Handbook and understand the rules and regulations regarding being an athlete at Westhill High School. I understand my responsibilities as a parent/guardian and will encourage my son/daughter to do his or her best.

Signature \_\_\_\_\_

Date \_\_\_\_\_

This form must be complete and turned in to the athlete's coach prior to the start of the season. A separate form must be completed for each sport played.

## **Athletic Policies and Procedures**

All athletes at Westhill High School have a responsibility to provide a positive image in the classroom, on the playing fields, and in our community. They must understand that participation in athletics is a **privilege** and not a right. All athletes are expected to meet this athletic code and failure to comply could result in suspension or removal from a team. All athletes and parents/guardians must sign our policy prior to participation in any sport. Athletes will take pride in themselves, accept responsibility for their own actions, and support others in the efforts to do the same. Westhill High School is proud to have you as a student athlete participating in our sports programs. Interscholastic activities provide many opportunities for you to grow and develop as a young person. Your performance on the field and your behavior and actions off the field reflect on the entire athletic program and the reputation of our school and fellow classmates. Your behavior contributes to the overall perceptions of those who know you as well as those who do not know you personally but consider you to be a representative of your school. You are encouraged by all who support you to set high goals for your own performance, but also to remember at all times that you are a member of an athletic team that, with your fellow student-athletes, can perform admirably to make your school proud of you and your sports program.

### **Competitive Programs**

Over the past years it has come to our attention that some parents and students have some serious misconceptions regarding the high school competitive athletic program. Hopefully the following will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

1. In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. The head coach establishes criteria for selection, possibly with input from the entire coaching staff and Athletic Director. The selection process is applied fairly and uniformly to each athlete. Team selection, practices, and

decisions regarding game situations are the responsibility of the coaching staff.

Coaches are available to answer your questions at the appropriate time. Make an appointment outside school, practice, or game time. The Athletic Director will answer any questions the coach has not been able to answer.

2. The Westhill High School athletic program is highly competitive. Team size and rosters are dictated by the sport. Please be sure to remember that when your child tries out for a team, both you and your child should understand there is a very real possibility he or she may not be selected. If selected, both you and your child should be prepared to accept placement at any team level, i.e., 9<sup>th</sup> grade, junior varsity, or varsity. It is disturbing to have students try out for a team and then quit because they were not placed where they think they should be. By doing this, they have taken away someone else's opportunity to be on a team.

Normally, coaches have a very short amount of time to make team selections. They try to do the very best they can in keeping the most talented athletes, filling the positions for play, and appropriately placing them on the proper team. They are under a good deal of pressure to assemble the most competitive team possible. Any one of us might select different athletes for the team. We believe it is the coaches' responsibility and right to select the team with whom they will work well for the entire season.

3. Our experience reveals there are many "select teams" sponsored by many different organizations. Each coach looks for something different in his or her players. Participation on a "select team" does not guarantee any player a spot on another "select team" or any high school team. While we believe the players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to guarantee a spot on a high school team.
4. In order to make a varsity team as a senior, a player must be outstanding overall as well as play a position the team needs to fill. Underclass athletes possessing these qualities have the same

opportunity to make a team as seniors do. Our team structure (9<sup>th</sup> grade, junior varsity, and varsity) dictates there will always be more underclass players than upperclassmen in the total program. At selection time, it will be the coaches' decision.

5. **A main goal of a competitive athletic program is to put the most talented members of the team in competition to win the contest.** Starting positions and playing time are **not** guaranteed to seniors making a team or anyone else for that matter. Each member may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time. Each student should have a personal improvement as one of his or her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by opponents, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and constructive criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

### **Athletic Physical**

Every athlete must have a sports physical before he or she may participate. The physical is considered current for thirteen months. The date will be recorded with the school nurse. Athletes must use the physical form provided by Westhill High School. It is strongly suggested you schedule a physical with your doctor during the summer to insure that you will be covered for the entire school year for any sport. Please make a copy of the completed physical form for your records. An athlete who has a physical for a fall sport may use the same physical for winter and spring sports. A new "blue card" must be validated for winter and spring sports.

**The Blue Card**—Each season, each athlete must present a blue medical card to the coach before he or she can participate, practice, or play. The card serves to show that you have been medically cleared to participate, you have your parent's permission to play, and the coach has emergency phone numbers of individuals to contact in the event of an emergency.

**Physicals by the school-based Health Center**—When you join the Westhill High School Health Center you are eligible to have your sports physical performed by professionals at the Health Center. The service is free and students only need to make an appointment. Have your physical done at the end of the school year and you will be good for a year. Please keep in mind that appointments in August and September are difficult to schedule in time for the start of fall sports.

**Physicals performed by a family doctor**—Necessary forms are available from the school nurse’s office. After the physical has been completed, return the forms to the nurse so that the blue card can be validated. Once the blue card is validated, give it to your coach.

**Fall sports physical procedures**—The nurse will not be available during the pre-season try-outs in the fall. Do not leave completed physical forms at the main office during the summer. Bring all forms and blue cards with you on the first day of try-outs and give them to the coach.

**Insurance**—All injury claims related to sports must be filed with the students’ insurance company. If the student is uninsured or the claim extends beyond the coverage of the student, the city will process the claim. Student health insurance is also available.

### **Athletic Trainer**

Westhill High School is fortunate to have a certified athletic trainer available to all the athletes. The training room is located between the boys’ and girls’ locker rooms. The trainer is on duty for all practices and home games. All injuries, major and minor, are expected to be reported to the coach and trainer. The rehabilitation from an injury will be overseen by the trainer. Athletes are expected to attend practices and games when injured.

### **Eligibility**

The Westhill Public Schools and the Board of Education require that student athletes maintain a 2.0 or “C” grade point average. This rule does not apply to incoming freshmen. Freshmen are considered eligible until first quarter grades are distributed. Athletes may apply for a one-time only (per school year) appeal to play if they have a 1.5 GPA. If the appeal is granted, students must attend an after school study hall. The student must appeal to

the administrator in charge of eligibility. All athletes must be enrolled as full-time students (4 units of work or more). All athletes must not have changed schools without a change of legal residence. All transfer athletes must meet the CIAC Transfer Rule requirements. All athletes are limited to playing one sport per season. Athletes must not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. All athletes must not be nineteen (19) years of age prior to September 1. Westhill High School will also adhere to the CIAC “Eight Semester Regulation” which states: “A student has eight (8) consecutive semesters or four (4) years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.” “Students who are not eligible or elect to not participate do not preserve additional semesters for use at a later time. That is, there is no fifth year of eligibility per se.” All athletes must not receive personal economic gain for participation in any CIAC sport.

### **Chemical Health Policy**

Westhill High School and the CIAC recognize the use of chemical substances as a significant health problem for adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. The misuse and abuse of chemical substances affects extra-curricular participation and the development of related skills. Misuse and abuse of chemical substances by family members, team members, and other significant persons also have a negative effect on adolescents. The following is the CIAC’s position on food supplements, steroids, drug testing and performance enhancing drugs, which will be adhered to by Westhill High School:

#### **4.15.F. CIAC Position on Food Supplements Including Creatine**

The CIAC fully endorses the policies of the National Federation of State High School Associations regarding the use of food supplements by athletes.

School personnel and coaches will not dispense any drug, medication, or food supplement except as in accordance with Connecticut state law, district policy, and as prescribed by a student’s physician, dentist, physician assistant or advanced practice RN. The order is to be on record in the school health office listing dose, time, and length of order, side effects, and emergency contact. There will also be a signed parental consent on file.

The use of any drug, medication, or food supplement in a way not described by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to student-athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches may NEVER supply or recommend or knowingly permit students to use any drug, medication, or food supplement for the specific purpose of enhancing their athletic performance.

#### **4.15.G. CIAC Position on Steroids**

The National Federation of State High School Associations (NFHS), the national service organization to all 50 state high school athletic and activity associations as well as the District of Columbia, prohibits the abuse of anabolic steroids and other performance enhancing substances by high school student-athletes. Such use violates legal, ethical, and competitive equity standards, and imposes long-term health risks. Further, the NFHS supports prohibitions by educational institutions, amateur, and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purpose. The CIAC fully endorses this National Federation position on steroids.

#### **4.15.H. CIAC Position on Drug Testing**

The CIAC Chemical Health Policy does not include any form of mandatory drug testing by member schools. The CIAC strongly supports the concept of local authority in determining drug-testing policies. Each Board of Education/governing body reserves the right to voluntarily implement a drug testing policy for its athletes. Drug testing of high school athletes has been demonstrated to be an effective deterrent to the use of steroids and other illegal drugs. With the use of proper safeguards, drug testing is considered legal. The CIAC recommends member schools use the NCAA and the USOC list of banned performance enhancing substances and practices when designing and implementing a drug testing policy. The Connecticut Association of Boards of Education (CABE) has sample drug testing policies LEA's may wish to consider.

#### **4.15.I. Performance Enhancing Drugs Minimum Penalty**

The CIAC expects member schools to monitor their student athletes to assure that they are free of performance enhancing substances and to report any violations in a timely manner.

A 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 day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

Any student-athlete who refuses to submit to testing as part of a member school's Board of Education approved random drug testing policy shall be ineligible to participate in any CIAC controlled activities.

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.

A member school may apply to the CIAC Board of Control for reinstatement of the athlete's eligibility to participate in CIAC controlled activities. Any such application must include:

- a. The results of a CIAC approved medically validated drug test, which confirms that the student-athlete is chemical free. The test must have been completed within 30 days prior to the application. The CIAC shall not be responsible for any expenses related to this testing.
- b. A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athletes' eligibility.

Performance enhancing substances and practices subject to this policy include but are not limited to the following:

- a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues.
- b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- c. Substances and practices identified as banned by the NCAA and the USOC.

The CIAC allows member schools to make exceptions for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's diagnosis, medical history, and dosage prescribed.

### **Disciplinary Actions**

The use of alcohol or drugs is injurious to an individual's health and the consumption of alcohol by a minor is illegal. Any use, possession, or involvement with illegal substances (including alcohol or tobacco) by an athlete is prohibited. This extends beyond the school day and will result in disciplinary action in accordance with school or Board of Education policy.

### **Hazing/Initiations**

Hazing of any form is prohibited. Athletes should be aware that hazing can constitute a violation of Connecticut Criminal Statutes as a form of assault and can make the student liable for arrest and prosecution, as well as civil liability.

Hazing is defined as any form or type of physical, verbal, and/or emotional mistreatment, abuse, and/or harassment of a student in connection with a student's participation in or membership on an interscholastic athletic team or in any school-sponsored activities, and/or forcing, coercing or intimidating any student to participate in any illegal or inappropriate activities in connection with the student's participation or membership in the foregoing. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to, or after the season or school day.

## **Conflict Resolution**

Athletic involvement is highly emotional and very time consuming. Sometimes conflicts arise between athletes, coaches, and, occasionally, parents. However, the athlete's interest is best served when each participant understands the position of the other. This understanding will only be accomplished by open and honest communication. When conflicts or issues arise it is important that they be addressed as directly as possible so that they can be promptly resolved.

The athlete should present the conflict/issue to the coach. If personal contact is not practical, a student may ask his or her captain to approach the coach and express the athlete's concerns. If an attempt to resolve the issue is not successful, the athlete should contact the Athletic Director. The Athletic Director will set up a meeting between the athlete and coach to discuss the issue. While there can be no guarantee that all parties will agree upon all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to a more productive relationship and clearer understanding in the future.

## **General Information**

### **Locker Rooms and Playing Areas**

All athletes are responsible for the condition of their locker room and area of play. The locker room must be kept neat and clean. Glass bottles are prohibited. All athletic equipment must be kept in the athlete's assigned locker. Each athlete must secure his or her locker with a lock. Athletes should have pride in their designated areas and keep them neat and clean.

### **Uniforms and Equipment**

All uniforms and equipment are the responsibility of the athlete during the season and are on a loan basis. They are to be worn only when authorized by the coach. Athletes must take good care of equipment and uniforms and following washing instructions on their uniform. If lost or stolen, the athlete will be responsible for the replacement cost.

### **Transportation**

Transportation will be provided by the school to the majority of contests. When the school provides transportation, athletes must travel with the team to and from games. Athletes must obtain permission from the coach/Athletic Director if they wish to make their own arrangements due to special circumstances.

### **Practice Rules**

As a member of a team, an athlete should be required to attend all meetings, practices, and games. Players who do not practice are not eligible to play. When a player cannot make practice or must be late, that athlete should notify the coach prior to the start of practice.

### **Captain's Practice**

The CIAC does not in any way sanction, encourage, or condone Captain's Practices in any sport. Captain's Practices, depending on the school's involvement, may be a clear violation of Rule II.D (Season Limitations). The liability and responsibility for an injured athlete may be quite serious.

### **Code of Conduct for Athletes**

The Westhill High School Athletic Program believes that our athletes are special. As such, our athletes have a responsibility to provide a positive image on the fields and courts, in the classroom, and in the community. Our athletes are expected to conduct themselves in accordance with this code and with the rules and regulations governing the student body.

Fair play is expected at all times. A Westhill High athlete must have respect for coaches, teammates, opponents, officials, and spectators. All athletes are expected to exhibit optimal effort, participation, behavior and attendance in class.

The way an athlete acts in our community is extremely important. As an athlete, you must represent yourself, your family, your team, Westhill High School, and the City of Westhill with dignity and in a manner in which we can all be proud of.

## **Expectations of Parents/Guardians**

Parents/guardians should be positive and let their children know that something good is being accomplished simply by being part of a team. They should encourage their children and help build their self-esteem. They should encourage their children to work hard and to do their best. They should not criticize coaches or offer excuses if their children are not playing. Parents/guardians should insist on an academic commitment from their children. As spectators, parents/guardians are entitled to cheer at sporting events, but should never become belligerent and arrogant towards players, coaches, opponents, or officials. Parents/guardians should insist that their children exhibit true sportsmanship during athletic contests and emphasize the importance of never embarrassing themselves, their family, team, school, or community through an inappropriate act during competition.

The rules in this handbook apply to all athletes. Each coach has the right to add additional rules that pertain to their sport. Athletes who embarrass themselves, their coach or team, their family and or Westhill High School due to their actions, may be subject to disciplinary action by their coach or the Athletic Director. The Athletic Director and Principal reserve the right to handle the discipline of athletes on a case-by-case basis.

## **Athlete/Parent/Guardian Pledge**

I, \_\_\_\_\_, have read the Westhill High School Athletic Handbook and understand the rules and regulations regarding being an athlete at Westhill High School. I will follow all the rules and encourage my teammates to do the same.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Sport \_\_\_\_\_

I, \_\_\_\_\_, Parent/Guardian of \_\_\_\_\_, have read the Westhill High School Athletic Handbook and understand the rules and regulations regarding being an athlete at Westhill High School. I understand my responsibilities as a parent/guardian and will encourage my son/daughter to do his or her best.

Signature \_\_\_\_\_

Date \_\_\_\_\_

This form must be complete and turned in to the athlete's coach prior to the start of the season. A separate form must be completed for each sport played.