



# NORTHWESTERN REGIONAL HIGH SCHOOL



## Student Athlete Handbook



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**Regional School District #7**  
**Interscholastic Athletics Philosophy**

The Regional School District No. 7 Board of Education believes athletic programs play an important part in the overall development of students. These athletic programs provide a variety of positive experiences to aid in the development of favorable habits and attitudes in students, including teamwork, competition, and how to win and lose gracefully. Our athletic programs constantly strive for the development of well-rounded individuals.

The opportunity to participate in athletics is a privilege that carries with it responsibilities to the school, the activity, the student body, the community and to the participants themselves.

While all involved take great pride in our success, the Northwestern Regional community does not condone a “win at all costs” attitude. Athletic programs must be conducted in such a way as to justify them as educational activities benefiting all who participate. Everyone involved in school athletics including student-athletes, coaches, and spectators, is asked to support Northwestern’s belief in sportsmanship and integrity.

**Philosophy of Sport Levels**

**Freshman**

The purpose of the freshman program is to do the following:

- Develop and refine basic skills
- Learn the rules of the sport
- Provide opportunities for playing time for all members of the team providing they have shown good sportsmanship, discipline, and attendance at practices.

**Junior Varsity**

The purpose of the junior varsity program is to do the following:

- Further develop skills of the athlete
- Increase the intensity of the competition
- Prepare the athlete for the varsity level
- Place more emphasis on winning but not to the extent of the varsity level
- Provide opportunities for playing time for all members of the team providing they have shown good sportsmanship, discipline, and attendance at practices.

**Varsity**

The purpose of the varsity level program is to do the following:

- Continue to develop sportsmanship, develop skills and physical conditioning of the athlete
- Develop a winning team
- The varsity coach will determine playing time for each athlete taking into account the needs of the team as well as the needs of each individual player. It is the coach’s responsibility to evaluate the players throughout the season.
- Allow the talented athlete the chance to excel and prepare for college-level competition
- Provide athletes with the opportunities to learn to set goals, strive to achieve them and serve as role models for younger athletes
- Varsity players must show the mental skills, proper attitude, physical skills, and sport specific skills to be starters or essential contributors to the success of the team.

## **ATHLETIC PROGRAM PRINCIPLES**

The purpose of interscholastic athletics is to provide you with the opportunity to develop your potential as a skilled performer in an educational setting.

Rules of conduct in athletics are just as important as regulations established for regular classroom work. Each student participant must assume the responsibilities and appropriate behaviors that ensure they are a credit to the school, community, and themselves. You will have the opportunity to travel, represent your school, and learn the art of being a team member. All this gain is not without sacrifice, for you may lose some individual rights and privileges as you accept the rules and regulations of this program when you become a member of the team.

Each student participant is expected to follow all athletic rules for the entire season. These expectations include a student-athlete's behavior outside of school in the community.

The spirit of athletics in the school, Berkshire League and CIAC means that competition occurs in an atmosphere of respect for all involved – participants, coaches, officials, and spectators. Student-athletes are expected to maintain and abide by all Northwestern, Berkshire League, and CIAC rules and regulations and to follow the Code of Conduct of Northwestern Regional High School at all times. Student athletes are also expected to demonstrate appropriate role-modeling behavior.

The following pages contain the expectations, policies, and rules that all student athletes are expected to follow. Violations of these codes of conduct will be referred to your coach and the Athletic Administrator for investigation.

### **RESPONSIBILITIES & EXPECTED BEHAVIORS OF THE STUDENT-ATHLETE**

While the high school interscholastic athletic program serves as an arena for the student-athlete to display his/her talents, student athletes must, in turn, be willing to assume certain responsibilities that accompany this privilege. The student-athlete continually serves as a reflection of his/her coach, team, family, school and community. The student-athlete is expected to make responsible decisions about his/her behaviors. If he/she chooses an inappropriate or unacceptable behavior, at any time of year, on or off school grounds, disciplinary sanctions will be imposed. Student-Athletes will be expected to:

- Conduct themselves as ladies and gentlemen at all times, both on and off the playing field. Each of you is expected to learn all the rules of the game.
- Attend all practices and contests. Consequences of absences other than illness, family emergency or unavoidable school-related conflicts may be loss of letter or dismissal from team. Additional consequences will be made known by the coach at the beginning of the season. Athletes are expected to contact the coach if he/she will be absent from practice.
- Stand at attention during the National Anthem.

- Be clean and neat when he/she is on a trip to represent his/her school. While playing, hair length, jewelry, headbands, hair ribbons, etc. must not interfere with safety or violate applicable rules. Dressing up on game days is a tradition of Northwestern athletic teams.
- Travel to and from contests on the team bus accompanied by the coach.
- Refrain from social interaction with non-participants during contests. Respect and appreciate support received from all fans.
- Represent their school with pride and dignity and always be respectful to officials.
- Never boo or harass an opponent, whether on the field or in the stands. Instead, offer a hand in friendship to an opponent.

**NORTHWESTERN'S RESPONSIBILITY TO YOU:**

- To promote student self esteem that reinforces a positive attitude.
- To provide leadership and supervision that stresses self-discipline, self-motivation, work ethics, excellence in both academics and athletics; the ideals of good sportsmanship.
- To develop the skills of the athlete by teaching fundamentals in an effort to reach athletes potential.
- To provide a rewarding athletic experience for students.
- To develop an understanding of physical fitness and wellness appropriate to an adult life.
- To promote an attitude whereby all of our athletic teams (men's and women's) are supported and developed equally.
- To provide a focus of interest on programs for student, faculty, and community that will generate a feeling of unity and school pride.
- To provide adequate medical training for athletic staff.

## **GENERAL INFORMATION**

### **TRYING OUT FOR A TEAM**

Students may try out for any sport while at Northwestern Regional School as long as they are academically eligible and remain in good standing with the Athletic Department policies. A student-athlete should select his/her sport carefully for the following reasons:

A student-athlete will not be allowed to drop one sport for another in same season after eligibility lists have been submitted to CIAC and without the mutual consent of both coaches. If an athlete is cut from one sport, he/she may tryout for another in the same season if cuts in that sport have not yet happened.

### **PHYSICAL EXAMINATION REQUIREMENTS**

All athletes must have a current Sports Physical Form on file with the school nurse prior to the first day of practice. Forms are available in the Main Office or the Nurse's Office or on line at nwr7.com. Please be aware that physician's notes, letters, etc. are not acceptable.

### **ATHLETIC PERMISSION FORMS**

The Athletic & Activities Permission Form, Student and Parent Concussion Informed Consent Form and the Sudden Cardiac Arrest Consent Form need to be completed on Family ID *at least two weeks prior* to the start of the sports season to ensure clearance to participate from the Health Office.

### **BUS TRANSPORTATION**

Student-athletes are not permitted to drive themselves, or any other athlete, to an athletic contest. In the case of extenuating circumstances, the athlete must provide written permission from their parent or guardian and have permission from the Athletic Coordinator. Such permission will be granted in emergency situations only.

### **RESPONSIBILITY FOR EQUIPMENT AND UNIFORMS**

- All school equipment and uniforms are the property of the school and must be properly cared for by the student-athlete to whom it was issued.
- Student-athletes will be held financially responsible for any equipment not returned or which is damaged.
- Any student-athlete failing to return a cleaned uniform or accountability payment (at the rate of the replacement cost) at the end of sports season is ineligible to play in the next sports season until the account is cleared.
- Game uniforms should only be worn on the day of the contest or upon approval of the coach.

### **RESPONSIBILITY REGARDING LOCKER ROOMS**

- The school is not responsible nor is liable for your personal property.

- Do not bring valuable items to school with you, leave them at home.
- Keep your locker locked at all times and do not share your combination with anyone.
- Be sure to lock any valuables in the coach's office

### **NORTHWESTERN/CIAC ELIGIBILITY RULES**

Refer to the CIAC web site ([www.casciac.org](http://www.casciac.org)) or contact the Athletic Director regarding detailed CIAC eligibility rules and regulations. All parents/guardians and students must sign on the permission form acknowledging that they are aware and have knowledge of CIAC rules and regulations.

These are some of the rules, but not a complete list. The complete list can be found on line at [www.casciac.org](http://www.casciac.org) or by contacting the Athletic Administrator.

You **MAY NOT BE ELIGIBLE** to compete if:

- You are not taking at least \*five (5) units of work or the equivalent (rule I. A.);
- You have not passed at least \*five (5) units or the equivalent at the end of the last regular marking period (Rule I.B.); Eligibility for students is determined the day report cards are distributed to the students.
- You are nineteen (19) years of age before June 30 (Rule II.B);
- You have changed schools without a change of legal residence (Rule II.C);
- A student has eight consecutive semesters or four consecutive years from date of eligibility from the date of entry into grade 9
- You 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 (Rule II.E). The exceptions being:
  1. Participation in parent-child tournaments and caddy tournaments.
  2. Swimming, tennis, gymnastics ... a pupil may participate but not compete with a non-CIAC team during the season not to exceed three (3) hours per week.
- You play under an assumed name on an outside team (Rule II.F);
- You receive personal economic gain for participation in any CIAC sport (Rule II.F)

**\*Northwestern requirements**

### **ACADEMIC ELIGIBILITY**

Students must meet Northwestern's academic standards to be eligible for athletic at Northwestern. When a student is not eligible at the start of a season, the student may work out

Revised 7/5/18

with the team, but not play in games, while they are working towards being eligible. Students that become ineligible or remain ineligible at the time of a distribution of grades during any season may be permitted to stay with the team only with permission from the coach.

### **Academic Probation**

School administration and the Athletic Director may place a student on Academic Probation as a proactive measure to help support our student athletes. A student may be placed on Academic Probation when, during periodic review of academic progress, it is deemed that the student is in danger of ineligibility.

When a student is on Academic Probation, the student will work with his/her Housemaster in developing a plan to improve their academic performance. The parent/guardian will be notified of the plan. Failure to meet the stipulations of the plan could result in suspension from practices and/or matches until the requirements are met.

### **ACADEMIC ATTENDANCE POLICY**

To respect the integrity of our academic program, a student-athlete must attend school in order to participate in practice or in a game on that day.

1. A student must attend and complete his/her academic schedule during the school day. If a student misses a scheduled class, he/she may not attend or participate in any practice or game that afternoon or evening. Extenuating circumstances may be excused by school administration and/or Athletic Director.
2. Students who cut a class or choose not to participate in the class during the school day will not be allowed to participate in practice or games that day or on the day the cut is confirmed.
3. Any student suspended from school may not attend nor participate in any practice or until the suspension is completed and the student returns to classes. The suspension begins when the school administrator removes the student from classes.

### **Family, Other Events, & Sports Conflicts**

Our commitment to excellence and a strong varsity program requires times when sports and family vacations/time conflict. We have no control of CIAC start dates, league rules, vacations, and other commitments. There are times that are easy to deal with when it comes to the conflict of sport and family issues - such as attending funerals, attending special milestone anniversaries, once in every five year family reunions - the simple answer to those is to attend the family function. To the other extreme is athletes wanting to miss games and practices because they want to go to an everyday family picnic or other family functions that are particularly routine and normal. The answer in those cases require an examination of the following, are they varsity or junior varsity, what point of the season is it, what athletic function is it, and how often before the missed event this has occurred? The athlete and his/her parents/guardians need to discuss these absences with the coach prior to missing any practices or games.

## UNEXCUSED ABSENCE FROM SCHEDULED PRACTICES/GAMES AND SUSPENDABLE BEHAVIOR

Each coach will provide students with their expectations and the athletic programs expectations of attendance and behavior at the beginning of each season. Failure to meet these expectations will result in disciplinary sanctions that will be applied according to the specifics of that situation. Penalties can include, but are not limited to, loss of captainship, suspension from practices and/or games, and removal from the team. Behavior during practices, contests, team functions, and times away from the team that reflect on the team and program will be considered. ANY BEHAVIOR WHICH ENDANGERS PERSONS OR PROPERTY, IS SERIOUSLY DISRUPTIVE OF THE COACHING PROCESS, IS IN OPEN DEFIANCE OF THE AUTHORITY OF THE COACH (INCLUDING VERBAL ABUSE), NEGATIVELY IMPACTS THE TEAM AND/OR ATHLETIC PROGRAM may result in immediate suspension from the program.

### CHAIN OF COMMAND/CONFLICT RESOLUTION

In the event of a concern or conflict these are the steps to be followed for a resolution:

- Student Athlete to Coach
- Student Athlete to Coach and Athletic Director
- Parent and Student Athlete to Coach and Athletic Director
- Parent and Student Athlete to Principal and/or Assistant Principal(s)

Issues not appropriate for parents to discuss with coaches are:

- Playing Time
- Team Strategy
- Other Student Athletes

Issues of playing time are by far the most common source of concern expressed by parents. Some of the many benefits of athletics for students is the growth that comes from the working toward dealing with challenges and communicating with adults. Because of all of the factors that are used to determine playing time which are known only by the coaching staff, please know that the coach's decision regarding playing time is final.

### AWARDS

At the conclusion of each sports season, student-athletes will be presented appropriate awards (letters, certificates, numerals, special recognition awards, photos) at a Sports Award Night program. Student-athletes, parents, teachers, and friends are invited to attend this evening of athletic recognition. To be eligible for a letter or other team award, the student-athlete must complete the sports season (exception: injury which limits participation). No awards will be given to any student suspended for the remainder of the sports season.

#### Berkshire League Awards

**Berkshire League Scholar-Athlete Awards** are given to varsity athletes who have an 88 average or better and complete the season in good standing.

**Ray Marinko Award** is given to the senior athlete in the Berkshire League who is outstanding in sportsmanship, integrity, scholarship and athletic ability.

**Leon Veretto and Ed Kolakoski Awards** are given to male and female athletes respectively who display sportsmanship and dedication during the season.

### **PROCEDURES FOR ATHLETIC INJURIES**

1. Report any injury (even if minor) immediately to the Coach. If you should leave a practice or a game and then become aware that you have suffered an injury, please inform your parent or guardian immediately. When you return to school the next day, report your injury to the coach and athletic trainer.
2. The coach and athletic trainer will log all injuries and provide the student-athlete with an accident/incident report. After you have completed this form, have it signed and dated by the coach, and then take it to the School Nurse so that the insurance company can be informed of any claim.
3. If it is a traumatic injury requiring immediate medical care, the coach or athletic trainer will follow emergency medical procedures (i.e.; call ambulance, call parents, make sure an adult (qualified personnel) is present during transportation.
4. If it is a routine matter (sprain, strain or pull), secure an evaluation from our athletic trainer when available. The trainer will refer the injury if needed and limit participation.
5. Any visit to doctor for treatment of a sport-related injury must be reported to your coach. The student must bring a Return to Play release from the doctor to the athletic trainer to be able to return to play. Procedures as outlined in #2 should be followed for insurance coverage.
6. Student-athletes receiving head, neck or back injury during practice or a game should be restricted from further play until examined by the athletic trainer and / or physician. The student-athlete will be allowed to resume sports participation when the coach receives a medical release from the examining athletic trainer or physician.

### **INTERSCHOLASTIC SPORTS ACCIDENT INSURANCE**

Any student participating in any interscholastic sport is covered by the Regional School District No. 7 Board of Education Athletic Insurance Policy, but only as a secondary carrier. This means, it is activated only when the personal insurance program of the parent/guardian does not apply and/or ceases coverage. All claims must be reported to the Athletic Director or trainer. Failure to do so may result in expenses being the responsibility of the parent/guardian.

## **UNACCEPTABLE SUBSTANCE USE BEHAVIOR**

Northwestern recognizes the use of chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The misuse and abuse of chemicals for some adolescents affects extracurricular participation and development of related skills. As a member of a team, an athlete's personal training can affect all members of a team. Being a second slower to the ball, or being a split second slower in the race, can mean the difference between being a champion or a runner-up. Responsible decisions are expected for athletes in the area of substance use.

A student shall not, regardless of the quantity, use or consume, possess buy/sell or give away any beverage containing alcohol, any tobacco product, any vaping product, marijuana, steroids, or any controlled substance. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

When school administration and/or the Athletic Director confirms, following an opportunity for the student to be heard, that a violation of the substance use policy occurred, it will result in disciplinary sanctions that will be applied according to the specifics of that situation. Penalties can include, but are not limited to, suspension, loss of sport letter, loss of captainship, required participation in an approved chemical dependency program, removal from the team, and/or additional actions deemed necessary or appropriate by the administrative team. Behavior during practices, contests, team functions, and times away from the team will be considered. Subsequent occurrences of the same sort of behaviors during an athlete's high school career shall result in escalating penalties.

If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation (E.g. the violation occurs near the end of a winter sport; the penalty will carry over to a spring sport. If the student does not play a spring sport it will carry over to the fall season or the next winter season).

Any penalties applied through this policy are separate from disciplinary sanctions applied by school administration for substance violations that occur on school property or at a school event.

## **DUE PROCESS**

**Participation in the interscholastic athletic program is a privilege, not a right.** In the event a student-athlete chooses to violate any rule or regulation set forth by the school district, due process is required. Due process involves the following steps:

1. The violation is brought to the attention of the student.
2. An investigation follows including allowing the student to have the opportunity to respond.
3. An additional meeting with parent/guardian may be held at the request of the parent/guardian.
4. The final decision is rendered by the administrative team in conjunction with the Athletic Director with the appropriate consequences as stipulated within the student-athlete handbook and school policies.
5. The decision may be appealed to the Superintendent or their designee in writing within three school days provided there is new evidence to be submitted.

## **Board Policy # 5114.1 EXCLUSION FROM CO-CURRICULAR ACTIVITIES**

The administration of Northwestern Regional School of Regional School District No. 7 is authorized to exclude a student from any or all co-curricular activities for all or part of a school year for failure to adhere to the standards of student conduct contained in Section III, subsection A of Board Policy 5114 or any other standards of student conduct contained in student handbooks.

Such exclusion may be in addition to or in lieu of suspension or expulsion pursuant to Board Policy 5114.

Prior to excluding a student from any co-curricular activity or activities, the building administration shall provide the student concerned a hearing as specified in Section IV, subsection C of Board Policy 5114.

Violation of State and/or Federal Laws: A student who is formally charged with a felony will be suspended from all co-curricular activities. This suspension will continue until resolution of the charges. Upon this resolution, the principal will again review the case to determine whether or not the student should be permitted to represent Northwestern Regional High/Middle School.

## **Board Policy # 5131.91 POLICY ON HAZING**

The Regional School District No.7 Board of Education enacts this policy to maintain a safe learning environment for students that is free from hazing. This district shall not tolerate hazing of students and prohibits hazing at all times.

1. **Definition.** Hazing means any conduct or method of initiation into any student organization or team, whether on public or on private property, on or off school grounds, which willfully or recklessly endangers the physical or mental health of any student or another person. Such conduct includes whipping, beating; branding; forced calisthenics; forced consumption of any food, liquor, beverage, drug, or other substance; or any brutal treatment or forced physical activity that is likely to adversely affect the physical health or safety of any student or other person, or that subjects such student or other person to extreme mental stress, or humiliation including deprivation of sleep or rest or extended isolation.
2. **Staff's responsibilities.** Teachers, administrators, volunteers, contractors, and other district employees shall be alert to possible situations, circumstances, or events that may constitute hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct that may constitute hazing shall inform the school principal immediately. Teachers, coaches, administrators, volunteers, contractors, and other district employees shall not plan, direct, encourage, aid in, engage in, permit, condone, or tolerate hazing.
3. **When and where school policy applies.** This policy applies to behavior that occurs on or off school property and during and after school hours.
4. **Discipline.** The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor, or other district employee who is found to have violated this policy by engaging in, promoting, or failing to report incidents of hazing. Discipline may include, but is not limited to, warning, suspension, exclusion, expulsion, transfer, remediation, termination, or discharge.

Administrative Regulations to Policy #5131.91  
Hazing

1. **Formal reporting procedure.** Any person who believes he or she has been the victim of hazing or any person with knowledge of conduct that may constitute hazing shall report the alleged acts immediately to the school principal.
2. **Informal reporting.** Students and staff may seek advice on matters related to the hazing policy without having to file a formal complaint. Students who feel they have been subjected to hazing should talk with a principal, teacher, coach, or advisor. Staff members approached by students shall counsel them on options available to them under this policy. Staff members who have concerns about possible hazing behavior are encouraged to talk with a principal, teacher, coach or advisor. The district intends to use this informal reporting procedure to try to stop hazing, not to determine intent or blame.
3. **School district investigation.** Upon receipt of a formal complaint or report of hazing, the school district shall undertake or authorize an investigation by school district officials or a third party designated by the school district. The investigation will be completed as soon as practicable and a report will be filed with the superintendent within fifteen (15) school days of completion of the investigation.
4. **Discipline.** The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor, or other district employee who is found to have violated this policy by engaging in, promoting, or failing to report incidents of hazing. Discipline may include, but is not limited to, warning, suspension, exclusion, expulsion, transfer, remediation, termination, or discharge.

**CIAC EJECTION POLICY**

It will be the policy of the CIAC to disqualify an athlete because of violent or abusive behavior, unsportsmanlike conduct resulting in ejection, taunting, fighting, etc., prior to, during or immediately following the athletic contest.

Any student who physically assaults an official, coach, or opposing player or spectator will be immediately dismissed from the team for the remainder of the season.

When an athlete or coach is ejected from a contest for unsportsmanlike behavior or fighting, including taunting, the athlete or coach is ineligible to participate in the next contest at the same level of play (even if the contest does not occur until league or CIAC tournament play or next year) Upon a second disqualification, the athlete will be dismissed from the team for the remainder of the season.

Any CIAC team that accumulates five or more disqualifications for flagrant misconduct, unsportsmanlike conduct, including taunting, retaliating in a fight, or physically assaulting another person during the course of one season will be barred from CIAC tournament play.

Disqualifications carry over from one season to another.

The presiding official at the athletic contest will notify the coach of the offending player. It is the responsibility of the coach of the offending player to inform his/her Athletic Administrator, who in turn informs the CIAC.

If said player knowingly participates under this suspension, in the next league contest the result will be forfeiture of the game.

Examples of odd circumstances:

1. If a senior is ejected in his/her last game of the year in the spring, no penalty to the student.
2. A student is ejected in the last regular game of the season – league or non-league, he/she will not be allowed to play in the first contest in the next sport he/she plays even if it is not until next year.

## INFORMATION FOR THE COLLEGE-BOUND STUDENT-ATHLETE

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA). The NCAA is an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three-membership divisions-Division I, Division II, and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships. According to NCAA regulations, a specified number of athletic scholarships are available by sport within Division I and II. Division III schools do not offer athletic scholarships - only academic scholarships or financial aid packages. Athletic scholarships are offered to students who display academic promise and exemplary athletic ability. For the large majority of student-athletes at the high school level, athletic scholarships will not be offered; therefore, the following recommendations are for your use in pursuing financial aid and/or acceptance to the college or university which best matches your abilities and interests:

- Discuss with your guidance counselor the ranges of colleges for which you are academically qualified.
- Talk with your coach about the level of competition he/she feels you might be best suited to participate in (Division I, II, III, or Junior College).
- Narrow your college selection list to a reasonable size, taking into consideration the quality of academic, and athletic programs, determining whether they are right for you. Be realistic about your choices.
- Find the name of the coach in your sport(s) at each college on your list. (Use the National Directory of College Athletics in the guidance office.)
- Request your high school coach to write a personal letter to the college coach highlighting your transcript, academic achievements, and interests as well as a thorough and detailed discussion of your athletic accomplishments (statistics, clippings, letters earned, records set, honors).
- Videotapes should be made during the season for availability to college coaches.
- Scouting Services and Internet Services: Many businesses are offering recruiting services to the millions of high school athletes across the country. Some of these services are “free” and some require a fee. Please be careful if you choose one of these services. Check with the Athletic Administrator or your coach before enrolling. The NCAA does not sanction or endorse any scouting service; therefore, you should determine whether the scouting service meets NCAA requirements.
- Decide where you wish to apply. Few coaches will take interest in you unless you formally apply.
- After applying, remain in touch with the coaches. Inquire about the status of your application and financial aid. If possible, visit the college and the coach – sell yourself as a person and a student-athlete.
- A letter from a college coach is an overture NOT an offer.
- Be familiar with NCAA visitation rules (check with your coach).
- Financial Aid is based on need. Applications for financial aid as well as other scholarships are available in your guidance office.
- Toward the end of your **junior** year, complete the NCAA Initial Eligibility form.
- You may choose to continue your sports career even though you are not involved in intercollegiate competition. Most colleges and universities have extensive, competitive intramural programs for men and women.

## **NCAA INITIAL ELIGIBILITY**

### **CERTIFICATION/ELEGIBILITY FOR**

#### **DIVISION I AND II COLLEGES**

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse was established by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent application of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

You should apply for certification after your junior year in high school if you are sure you wish to participate in intercollegiate athletics as a freshman at t Division I or II institution. IF a member institution requests your eligibility status, the Clearinghouse will issue a preliminary certificate report after you have had all your materials submitted (official six-semester transcript, ACT or SAT scores, student release form, and fee). After you graduate, if a member institution requests your eligibility status, the Clearinghouse will review your final transcript and proof of graduation to make a final certification decision according to NCAA standards. Note, however, that if you fail to submit all the documents required or if no member institution requests your eligibility status, your incomplete file will be discarded after three years, requiring you to pay a new fee if certification is requiring to pay a new fee if certification is requested after that time.

The NCAA requires students in Division I and Division II schools take courses in approved “core courses”. Students must also have earned specific GPAs and SAT scores. Please see the athletic administrator, guidance counselor, or the NCAA.org website for more specific and up to date information. Planning for college sports should start in your freshman year.

## **TITLE IX**

Title IX of the Education Amendments of 1972 states that:

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance.

Interscholastic, club, or intramural athletics that are part of a program or activity benefiting from Federal financial assistance may not be conducted in a manner that discriminates on the basis of sex.

If you have any concerns in this area you have the right to contact the Title IX District Coordinator for this school system:

Kenneth L. Chichester  
Principal  
Northwestern Regional School  
100 Battistoni Drive  
Winsted, CT 06098  
860-379-8525

## HIGH SCHOOL COACHING STAFF DIRECTORY

### SPORT

### COACH

#### FALL

Varsity Football  
Girls Varsity Soccer  
Girls Junior Varsity Soccer  
Girls Varsity Volleyball Coach  
Junior Varsity Volleyball Coach  
Boys Varsity Soccer  
Boys Junior Varsity Soccer  
High School Cross Country  
High School Field Hockey  
High School Junior Varsity Field Hockey

Scott Salius  
Jared Stotler  
Pat DiMauro  
John Hurlock  
Fran Gelzinis  
Andrew Campbell  
Brendan Fritch  
Alison Beauchene  
Jim Parrott  
Donna Beaudoin

#### WINTER

Girls Varsity Basketball  
Girls Junior Varsity Basketball  
Freshmen Girls Basketball  
Varsity Cheerleading-Basketball  
Boys Varsity Basketball  
Boys Junior Varsity Basketball  
Freshmen Boys Basketball  
Co-Coach Varsity Swimming  
Co-Coach Varsity Swimming  
Diving  
Wrestling  
Indoor Track  
Ice Hockey

Fred Williams  
Stacey Zematis  
Lindsey Williams  
Cassidy Stone  
Doug Sebach  
Brendan Fritch  
Brendan Fritch  
Mary DiMauro  
Jason DiMauro  
Chris Royer  
Dan Langer and Peter Folino  
Andy Campbell  
Dean Diamond

#### SPRING

Varsity Softball  
Junior Varsity Softball  
Varsity Baseball  
Junior Varsity Baseball  
Varsity Track & Field  
Assistant Track & Field  
Assistant Track & Field  
Assistant Track & Field  
Girls Tennis  
Boys Tennis  
Boys Golf

Stacey Zematis  
Sarah Machowski  
Jim Davidson, Kevin Nelligan  
Pat DiMauro  
Andy Campbell  
Becca Perry  
Paul Burch  
Brendan Fritch  
Turi Rostad  
Mitchell Case  
Tom Hicks

#### UNIFIED SPORTS

Coach

Kayli Midwinter

## **A FINAL THOUGHT....**

*As a Northwestern Regional School student-athlete, you are a visible example of the school and its community. When you compete on the court, the course, the rink, field, track, or pool, you represent your school and yourself. As a student athlete you are an example to your fellow students, to your brothers and sisters and to your friends and their friends. It is known that 50% of all learning is through role modeling. What kind of learning will be acquired from your behavior? In school it is your responsibility to represent your team and yourself...away from school you are a representative of Northwestern Regional School.*

***Please show pride in yourself and your school***