



**AMITY REGIONAL SCHOOL  
DISTRICT NO. 5**

**STUDENT-ATHLETE  
HANDBOOK**



**Ernie Goodwin, CAA  
Director of Athletics**

### **Amity Mission Statement**

Amity High School teaches all students to think critically and creatively and to develop their potential through a diverse program of courses and activities that help them mature into productive and responsible citizens.

### **Amity Regional School District No. 5**

Dr. Jennifer Byars Superintendent of Schools  
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## INTRODUCTION

The Amity Regional Athletic Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered.

The materials presented in this handbook contain the information pertinent to policies, regulations, and rules of the Amity Regional School District #5, Connecticut Interscholastic Athletic Conference (CIAC), and the Southern Connecticut Conference (SCC).

The Amity Regional Athletic Department is concerned with the educational development of students and feels that a properly controlled, well-organized interscholastic sports program will meet the students' need for self-expression, mental alertness, and physical growth.

Athletes are selected for Varsity, Junior Varsity, Freshman, or Middle School teams based on their demonstrated abilities. The numerous programs are designed to accommodate as many students as possible. Unfortunately, deleting or "cutting" athletes from certain programs may become necessary due to various constraints.

Students who commit to participating on an athletic team understand the expectations and importance of training and competitions. Failure to comply with rules of training or competition set forth by the coaches, athletic department, SCC, and CIAC may affect an athlete's performance or contribution to the team. Students who do not adhere to these expectations may jeopardize their participation in the athletic program. Involvement in the athletic teams and programs *is a privilege, not a right.*

*Ernie Goodwin, CAA  
Director of Athletics*

## PHILOSOPHY

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The Amity Regional Athletic Department's mission is to provide a comprehensive, diverse, wholesome, and dynamic program which is consistent with the basic philosophy of the Amity Regional School District. As an integral part of a student's total education, Amity athletics makes a significant contribution to the personal growth and development of those involved.

Amity Regional is extremely proud of the success of its many programs but does not condone a "win at all costs" attitude. The purpose of the program is to ensure a positive experience for those students who choose to participate. It also is a goal to provide all student-athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values, and a realization of their self worth.

The Amity Regional Athletic Department staff is a professional group that takes great pride in their concern for the welfare of each athlete. They are cognizant of the tremendous influence of their position and strive to instill the highest ideals and character traits in our students.

## DESCRIPTION OF PROGRAM

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**Varsity Athletics:** Varsity athletic programs afford opportunities to those athletes who exhibit the greatest skills. These athletes will compete against equally talented athletes from opposing schools. The skills of Varsity athletes will be refined to provide Amity with the best win-loss record possible.

**Junior Varsity Athletics:** Junior Varsity athletic programs offer to those students who do not yet possess the skills required of Varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining valuable knowledge, skill, and experience required for Varsity competition. Junior Varsity athletes may, on occasion, participate in Varsity contests. Decisions of this nature are based on the evaluation of the athletes' abilities, by the coaching staff, and are not absolute.

**Freshmen Athletics:** Freshmen athletic programs are designed to provide ninth-grade students with the opportunity to participate in an instructional yet competitive setting. These programs will teach basic skills of the sport and afford athletes an opportunity to gain valuable knowledge, skill development, and experience necessary for Junior Varsity competition. Freshman athletes may, on occasion, participate in Junior Varsity or Varsity contests, respectively. Decisions of this nature are based on the evaluation of the athlete's abilities by the coaching staff. These decisions should not be misinterpreted as an absolute move to the next level of competition.

**Middle School Athletics:** Middle School athletic programs are designed to provide seventh and eighth-grade students with the opportunity to participate in activities which will assist in the development of self-esteem, high ideals, and physical fitness. These programs will teach the basic skills of the sport to students who may choose to pursue these activities in the future. The main objective is to insure that the competition provided is educationally sound without placing an overemphasis on “winning.”

**NOTE: At all levels of competition, decisions relative to playing time are made by the coaching staff and are not absolute.**

### **ATHLETIC DEPARTMENT POLICIES**

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**Participation:** Athletes may participate in only one sport program in a sport season. Athletes may not transfer team membership to another sport after they have completed tryouts and have been selected as a member of a given team/sport.

**Tryouts:** Student-athletes will be encouraged to try out for various athletic teams. A three to five-day mandatory tryout period will be in effect for each team. Upon completion of the stated tryout period where coaches must select players, no other students may tryout for that team. Upon reaching the first contest date, as indicated by the C.I.A.C., currently enrolled students on one team will not be allowed to gain membership to another team of the same season. **(Note: Dance, and Cheerleading team tryouts occur during the spring of the preceding school year.)**

#### **Attendance – School and Class:**

1. Athletes will attend all classes regularly and on time. Tardiness and cutting will not be tolerated.
2. Athletes will not use their sport as an excuse to miss class time unless the team is departing early from school. In the case of early dismissal, teachers will be notified by the Director of Athletics and/or Coach.
3. Please refer to the Amity Regional Senior High School *Student Handbook* regarding student attendance and athletic participation.

**Attendance – Practice and Games:** Attendance at all practice sessions and/or games (including tournament and vacation periods) for all team members is mandatory. If for some reason you will be absent or tardy for a practice/game, you must speak personally to a member of your team’s coaching staff prior to that practice/game. Athletes are not permitted to leave practice or games early without prior approval of a member of the coaching staff. Athletes should be aware that high school contests may be scheduled or rescheduled for Saturdays (Sundays in the case of football).

**Dress Code:** The Athletic Department expects all student-athletes will maintain a clean, neat, and modest appearance. Appropriate shirts, tops, and shoes must be worn at all times. Bare midriffs are prohibited.

Any violation of the aforementioned rules may lead to *dismissal from the team for the duration of the season or indefinite suspension.*

## **ATHLETIC CODE OF CONDUCT**

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The community, school administration, and coaching staff believe high standards of conduct and citizenship are essential to a sound athletic program.

1. Athletes shall conform to all rules and regulations set forth by the CT Interscholastic Athletic Conference (CIAC), Southern CT Conference (SCC), and the Amity Regional School District.
2. Athletes are expected to conduct themselves at all times with the highest level of behavior and decorum. This includes sportsmanship with-in their own team and towards other teams, parents, coaches, officials, and community members.
3. Athletes will conduct themselves in an exemplary manner in school, the community, and at all other venues.
4. Athletes will abstain from using substances including alcohol, drugs, tobacco, performance enhancing drugs, and any other substance taking to improve athletic performance or deemed harmful to one's health and well-being.
5. Athletes shall be prohibited from participating in any type of hazing, bullying, taunting, harassing, or other inappropriate behaviors, including the use of social media.
6. Athletes will understand their role as positive and constructive members of the Amity Regional School District.
7. Athletes will treat all equipment and facilities with the highest regard and maintain all such equipment, uniforms, and school property properly.

Any violation of the athletic code of conduct may include, but no limited to, disciplinary action by the coach or school administration. *This action may include suspension or dismissal from the team for the remainder of the season, prevention or participation on a team not yet in-season, or indefinite suspension.*

## **TEAM CAPTAINS**

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The position of Captain is not just an honor but a privilege. This honor will require the utmost leadership knowing that the captain will be a role model for other team members. Student-athletes begin to hold the position of

Captain when announced by the coach. Failure to comply with rules and regulations of the Athletic Department and Team may lead to dismissal as captain. (See Form #4 for Captains' Requirements)

### **FIGHTING PRIOR, DURING, OR AFTER ATHLETIC CONTESTS**

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This type of behavior by Amity Regional athletes will not be tolerated for any reason. It does not matter if you are the victim of an unsportsmanlike act, if you are provoked or taunted, if you are verbally or physically abused, or any other set of circumstances.

The relevant question is, did you, the Amity athlete, actively participate in a fight, retaliate in a fight, or leave the bench or sideline to join a fight in progress? If the answer is *YES* to any part of this question, you, the athlete, will be subject to serious sanctions such as, but not limited to, suspension from school, team, and/or dismissal from the team.

### **MOOD ALTERING CHEMICAL USE – TOBACCO, ALCOHOL, DRUGS (illegal and non-prescription)**

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There will be absolutely no use or possession of any quantity of tobacco (including smokeless), nicotine, alcohol, illegal/non-prescription drugs (including *steroids*) or drug paraphernalia by an Amity athlete. Any individual who violates this rule (either on or off campus) will be subject to disciplinary action.

Any violation of the aforementioned rules may lead to *dismissal from the team for the duration of the season or indefinite suspension. Please refer to the Amity Regional High School Student Handbook regarding violations of the drug and alcohol policy.*

### **TRAVEL**

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All athletes must travel to and from athletic contests in transportation provided by the Athletic Department.

1. Athletes will remain with their team and under the supervision of the coach.
2. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's approval.
3. Parents will not transport athletes unless written requests (*email is unacceptable*) are submitted to the Coach preferably 48, but *at least 24 hours prior to the contest* for approval. The athletic director will give final approval. (See Form # 5 on the Athletic Link on the [www.amityregion5.org](http://www.amityregion5.org) website)
4. When transportation *is not provided to off-campus home venues, athletes may not transport other student-athletes* to any contests or practice sessions.

**C.I.A.C./AMITY ELIGIBILITY RULES : To be eligible to participate**

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**GRADE AVERAGE: CIAC Eligibility Rule I.A. / AMITY Regulation**

1. You must be enrolled in at least five (5) classes/units\* of work or the equivalent. \* A unit of work is defined as a course which meets five (5) times per week for credit. (P.E./Health *is not* a unit of work.)
2. You must have *passed at least four (4) units* or the equivalents at the last regular marking period with the exception of Fall eligibility (Rule I.A). Incomplete (Inc.) grades *are not* considered to be passing grades.
3. ***Marking period grades (not semester grades) are to be used in determining scholastic eligibility.***
4. For fall sports eligibility, a student must be a continuing student (eighth to ninth grade) or have received credit for four (4) units or its equivalent towards graduation at the conclusion of the school year preceding the contest

**AGE RESTRICTIONS: CIAC Eligibility Rule II.B**

5. You may not reach your twentieth (20) birthday prior to, or during any part of the CIAC sport season (including the state tournament).

**TRANSFER RULE: CIAC Eligibility Rule II. C**

6. You must not have changed schools without a change of legal residence (See complete CIAC rule for exceptions.).

**YEARS OF PARTICIPATION: CIAC Eligibility Rule II.D.**

7. You may not participate in the same branch of athletics more than four (4) seasons in grades 9-12. **Athletes have eight (8) consecutive semesters or four (4) consecutive years for interscholastic competition.**

**OUTSIDE PARTICIPATION: CIAC Eligibility Rule II.E.**

8. You **must not play or practice with an outside team** in the same sport while a member of the school team during the CIAC season of that sport. This regulation includes all “**tryouts**” and “**showcases**”

The exceptions to CIAC Eligibility Rule II.E shall be:

- A. Participation in parent-child and caddy tournaments, and
- B. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-C.I.A.C. team during the season.

**FALSE IDENTIFICATION: CIAC Eligibility Rule II.G.**

9. You must not play under an assumed name on an outside team

**ECONOMIC GAIN: CIAC Eligibility Rule II.G.**

10. You must not have received personal economic gain for participation in any C.I.A.C. sport.

**C.I.A.C. / S.C.C. EJECTION POLICY**

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

## **“CAPTAIN’S PRACTICE”**

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The C.I.A.C. and the Amity Regional School District *do not* in any way sanction or condone “Captain’s Practice” *in any sport*. “Captain’s Practice” may be a clear violation of C.I.A.C. Eligibility Rule II. D, and, therefore, is not permitted on any Amity Regional School District facility.

***A COMPLETE EXPLANATION OF C.I.A.C. RULES MAY BE OBTAINED FROM THE CIAC WEBSITE [http://www.casciac.org/pdfs/eligibility\\_brochure.pdf](http://www.casciac.org/pdfs/eligibility_brochure.pdf) OR BY CONTACTING THE AMITY REGIONAL SCHOOL DISTRICT ATHLETIC DEPARTMENT***

## **HAZING / INITIATIONS / HARRASSMENT AND BULLYING**

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Hazing, initiations, harassment, or bullying of students by team members ***is not acceptable***, and any practice of this type of behavior ***will not be tolerated***. Actions (such as but not limited to taunting, teasing, bullying, and harassment) of this type may be illegal, and those involved may be subject to police action as well as dismissal and/or suspension from participation in any athletic program.

## **ATHLETIC INTERNET POLICY**

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Social networking sites such as Instagram, Snap-Chat, Facebook, as well as Twitter, and video sites like Vine, (etc), can be an important part of a young person’s life with many benefits. However, they also present the possibility of serious danger to themselves, their future and their participation in Amity Regional School District Athletics.

Since participation in athletics is a privilege and not a right, an athlete needs to accept responsibility for appearing or posting on certain Web sites.

When visiting or appearing on an Internet Site, athletes of Amity Regional School District will maintain acceptable standards. These acceptable standards will be based upon the policies and regulations described in the Amity Regional School Student Handbook and individual team rules.

Any posting or communication via social networking Web sites which disrupts either the educational or athletic environment or which advocates the violation of any school or team policy would be unacceptable. This would include but not be limited to:

- The consumption or possession of alcohol, tobacco products, nicotine products, or the use of illicit drugs
- Inappropriate sexually-oriented material
- Activities involving bullying, hazing or harassment

It is the intent of Amity Regional School District to provide leadership, education and protection of athletes from the dangers involved with some internet sites and to maintain the positive aspects of an education-based athletic program.

## **PERFORMANCE ENHANCERS / ENERGY DRINKS**

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The Amity Regional School District Athletic Department in no way endorses the use of “Creatine” or any other ergogenic aid, as well as “Energy Drinks” It is our position that student-athletes should avoid the use of these types of performance enhancing products.

## **REGISTRATION**

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All candidates and their parents/guardians must register for all athletic teams through ECollect on Unified Classroom. Registration information and instructions are found on the Amity Athletic website at [www.amityregion5.org](http://www.amityregion5.org). After submitting online, all athletes **MUST** be approved (physicals and medication forms) *before* they may *tryout* or participate in any practice sessions. There *will not* be any exceptions to this rule.

## PHYSICAL AND PRE-PARTICIPATION EXAMINATIONS

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1. Prior to the first tryout/practice session, all candidates for athletic teams are required to have a full physical or a sports participation physical.
2. Physical examinations performed by a parent who is a medical professional will not be accepted. (refer to the May 20, 2013 letter of Dr. German & Dr. Cohen).
3. Completed physical examination forms (or copies of) must be on file in the Health Office of the high school or middle school prior to the first tryout/practice session. Coaches **will not** accept physical forms.
4. Students using inhalers or epi-pens must have a School Medication Authorization form on file **prior** to tryout
5. The physical examination is valid for 13 months and must cover all athletes for the entire sport season (including tryout period) as specified by the CIAC.
6. **SEE ATHLETICS WEBSITE FOR PHYSICAL CUTOFF DATES**

## INJURIES & ACCIDENT FORMS

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All injuries sustained by an athletic team member are to be reported *immediately* to the coach or advisor in charge. This is the responsibility of the student. The second responsibility of the student is to report the injury to the Athletic Trainer and to complete an Accident Report Form.

Athletes with an illness / injury sustained in an athletic event, physical education class, or other activity, that requires a visit to a doctor, hospital, or primary care facility **must receive written clearance by a physician in order to return to participation** in Amity Athletic activities. Students should, when necessary, seek care from their family physician, a specialist or the school physician.

## INSURANCE COVERAGE

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A plan of *Excess Insurance* covering interscholastic sports provides that valid claims for injuries received as a result of participating in interscholastic athletics will be paid on an *excess basis*. This *Excess Insurance Policy* will cover bills *after* a parent/guardian's health insurance has first applied. The Amity Regional School District covers only those *debts up to the limits* set forth in the *Excess* policy.

When an interscholastic sports injury occurs, obtain a claim form from the School Nurse; complete and submit the form with any bills showing credit received from your insurance company. No insurance forms will be provided unless an Accident Report is on file with the Health Office. Claims should be filed with 30 days and sent to:

Athletic Trainer	School Nurse	School Nurse
Amity Regional HS	Amity M.S. Bethany	Amity M.S. Orange

## **UNIFORMS AND EQUIPMENT**

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Uniforms and equipment are on a *loan basis* and are to be worn *only* when authorized by the coach. Only uniforms issued by the Athletic Department will be permitted to be worn for contests. All uniforms and/or equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season. If *lost or stolen*, the replacement cost of the uniform/equipment will be assessed to the student. A student may not participate on another team until the obligation is cleared by the athletic department.

## **PHYSICAL EDUCATION CLASS PARTICIPATION BY ATHLETES**

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All athletes enrolled in Physical Education classes during their season of performance are required to participate in all class activities. Athletes are not excused from participating on the date of any athletic contest or practice. Failure to participate in Physical Education class will remove the athlete from involvement in any athletic program or event on that day. That includes all Varsity, Junior Varsity, and Freshman teams within the Amity Athletic Department.

## **PERSONAL BELONGINGS**

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During the season, student athletes should store and lock all valuables, clothing and equipment in a locker in their respective school locker rooms. Amity Regional School District will *not* be responsible for any lost or stolen property during athletic practices, activities, or contests either home or away. This includes any transportation vehicles. Student-Athletes are responsible for their belongings at all times.

## **DISCIPLINE**

### **SUSPENSION OR DISMISSAL FROM A TEAM**

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At the beginning of each season, students will be informed by the coach of the types of behavior which may warrant suspension or removal from the team. Each case will be considered individually.

Parents, the Director of Athletics, and Building Principals will be notified by telephone as soon as possible after a student has been suspended or permanently removed from the team.

### **ADDITIONAL TEAM/SPORT REGULATIONS**

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Coaches may have additional regulations pertaining to their sport. These regulations will be discussed at the beginning of each season.

### **PROCEDURE FOR CONTACTING ATHLETIC DEPT. PERSONNEL**

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1. Afford your son or daughter the opportunity to discuss the issue with their coach. Many times these types of meetings may resolve the issue.
2. If your son or daughter's meeting with the coach did not resolve the issue, then call the Amity Regional Athletic Department office at 203-397-4839 to set up an appointment to meet with their coach. ***Please remember that we require 24 Hours between any incident and the time you would like to meet with the coach.*** It is expected that your son/daughter will be present at this meeting.

*Concerns to discuss with coaches:*

- a. The treatment of your son/daughter, mentally and physically
- b. Ways to help your son/daughter improve as a player/athlete
- c. Concerns about your son or daughter's behavior

It sometimes can be very difficult to accept a child not participating or playing as much as a parent may hope. Coaches are professionals.

They make decisions based on what they believe to be best for all athletes involved. Many concerns such as those listed above can be, and should be discussed with your son or daughter's coach.

**Other issues, such as:** positions, level of participation, playing time and team strategy, **must be left to the discretion of the coach and coaching staff.**

3. **Please do not attempt to confront a coach before or after a contest or practice.** These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
4. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment to meet with the Director of Athletics to discuss the situation.
5. If the meeting with the Director of Athletics did not provide a satisfactory resolution, call and set up an appointment to meet with the building Principal to discuss the situation.
6. If your meeting with the building Principal did not provide a satisfactory resolution, submit in writing, a detailed description of your issue or concern to the Superintendent of Schools.

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## HIGH SCHOOL ATHLETIC AWARDS REQUIREMENTS

1. Varsity Letter and Varsity Jacket Requirements: The varsity award shall be presented to an athlete who satisfies the participation requirements as list below, completes the season as a team member in good standing, and receives the recommendation of the coach. (The coach may recommend a waiver of these requirements under an unusual circumstance.)
  - A. Baseball/Softball:
    - 1) play in one-fourth of all innings played;
    - 2) pinch hit or pinch run in three-fourths of the games played;
    - 3) pitch in four starts or six game appearances.
  - B. Boys' and Girls' Basketball: participate in 50% of the quarters the contests played.
  - C. Dance: meet 90% of contest and practice requirements.
  - D. Boys' and Girls' Cross Country: score a point in a Varsity meet by placing in the top 5 runners or placing 6th or 7th and ahead of the #5 runner of an opponent.
  - E. Field Hockey: participate in 50% of games played.
  - F. Football: participate in 50% of games played and/or play a specialist position, e.g., punter, kick-off team, return team, punt team.
  - G. Golf: participate in the varsity team in at least 50% percent of the matches.
  - H. Ice Hockey: participate in 50% percent of the games played.
  - I. Boys' and Girls' Indoor Track: qualify for state competition.
  - J. Boys' and Girls' Lacrosse: participate in 50% of periods played.
  - K. Boys' and Girls' Ski Racing: participate in two-thirds of all races as one of the official ten competitors.
  - L. Boys' and Girls' Soccer: participate in 50% of periods played.
  - M. Boys' and Girls' Swimming:
    - 1) earn as many points as there are meets;
    - 2) one point for each event entered plus actual place pts.
  - N. Boy's and Girls' Tennis:
    - 1) earn as many points as there are matches
    - 2) one point for playing and one additional

- O. point for winning Boys' and Girls' Track: qualify for the Varsity level conference championship.
  - P. Boy's and Girls' Volleyball: participation in 50% of games played.
  - Q. Wrestling: participation in 50% of matches or earn 50 wrestling pts.
2. The season is defined as the period between the date officially designated by the C.I.A.C. as the beginning of the season for that sport and the close of the post season C.I.A.C. tournaments.
  3. A coach will have the prerogative to award varsity status to a senior who has not met the seasonal requirements.
  4. Injury Rule: any athlete who is a Varsity starter or plays in Varsity contests on a regular basis and becomes injured may be awarded a letter if in the coach's judgment he/she would have met the criteria.
  5. Junior Varsity and Freshman awards will be given on the recommendation of the coach to those athletes who complete the sport season in good standing.

## **NCAA ELIGIBILITY**

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To be eligible to play college sports at the Division I and II level, prospective students athletes must:

- Register with the NCAA Eligibility Center ([eligibilitycenter.org](http://eligibilitycenter.org)) by creating a personal account. This should be done the July prior to the beginning of JUNIOR year
- Upon creating an account, you will need to complete additional steps to submit transcripts and SAT/ACT scores to the NCAA as follows:
- Have an official transcript mailed from Amity and any other high school attended.
- Have SAT or ACT scores sent to the NCAA Eligibility Center using the NCAA Eligibility Center Code 9999 when registering for the SAT or ACT

To be certified by the NCAA , a student must::

- Graduate from high school;
- Earn a grade point average of at least 2.0 on a 4.0 scale in a core curriculum of at least 16 academic core courses during grades 9 through 12
- Division I prospects** Prior to August 1, 2016 must earn a minimum sum score of at least 1010 on the SAT or 86 on the ACT. with a GPA of 2.0
- Division II prospects** must earn a minimum sum score of at least 820 on the S.A.T. or 68 on the ACT with a Core GPA of 2.0
- Division III prospects** Admission standards are set by the college not by the NCAA

***For additional NCAA information check the following websites [www.ncaa.org](http://www.ncaa.org) and [www.eligibilitycenter.org](http://www.eligibilitycenter.org) (Guide for the College Bound Athlete link)***

## EXPECTATIONS OF ATHLETES

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- Play the game for fun.
- Be gracious when you win and graceful when you lose.
- Respect and abide by the rules of the game.
- Put the team ahead of yourself in every situation.
- Accept decisions made by those in authority.
- Demonstrate respect to your opponents, coaches and teammates.
- Be accountable for your own actions.
- Develop a teachable spirit that allows you to take correction as a compliment.
- Accept and embrace the discipline involved in athletics, because it benefits the team.
- Develop the feeling of pride, based upon “shared joy” of the team, and do not have pride that emanates from arrogance or a sense of entitlement.
- Be an athlete of character.

## EXPECTATIONS OF PARENTS

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- Attend as many games as possible.
- Do everything possible to make the athletic experience positive for your child and others
- View the game with team goals in mind.
- Attempt to relieve competitive pressure, not increase it.
- Encourage multiple-sport participation.
- Release your children to the coach and the team.
- Look upon opponents as friends involved in the same experience.
- Accept the judgment of the officials and coaches; remain in control.
- Accept the results of each game; do not make excuses.
- Demonstrate winning and losing with dignity.
- Dignify mistakes made by athletes who are giving their best effort and concentration.
- Encourage athletes to keep their perspective in both victory and defeat.
- Be a good listener
- Accept the goals, roles and achievements of your child
- Refrain from taunting, booing, heckling, and the use of profanity in any manner. Admission to a contest is not a license to verbally assault others or to be generally offensive.
- Refrain from the use of alcoholic beverages, drugs, and tobacco products.
- **Be a fan . . . not a fanatic.**

## **CIAC CHEMICAL HEALTH POLICY**

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The CIAC Board of Control approved its Chemical Health Policy to take effect July 1, 2007. The information included in this policy are requirements of the CIAC over which the Amity School Regional School District has no control.

### **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 purposes.

### **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 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 CIA 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 commence 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/game/tournaments/championships in which the offending athlete participated while under the influence of performance enhancing substances shall be decelerated 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 complete with 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 doctor for therapeutic purposes. The documentation should contain information as to the diagnosis, medical history and dosage prescribed.

### **Nondiscrimination/Equal Employment/Equal Education Opportunity**

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Amity Board of Education, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability, or related abilities to perform the duties of the position.

The right of a student to participate fully in classroom instruction and extracurricular activities shall not be abridged or impaired because of race, gender, color, religion, national origin, age, sexual orientation, pregnancy, parenthood, marriage, or for any other reason not related to his/her individual capabilities.

### **Sexual Harassment**

The Board of Education prohibits sexual harassment or intimidation of its students and employees.

Any student or employee who believes he or she has been the subject of discrimination/sexual harassment should contact the district's Equity/Title IX Coordinator or an administrator.

## *Amity Regional School District No. 5*

### **ATHLETIC PROGRAM**

#### **Boys' Varsity Sports**

Baseball	Lacrosse
Basketball	Ski Racing
Cross Country	Soccer
Football	Swimming
Golf	Tennis
Ice Hockey	Track & Field
Indoor Track & Field	Volleyball
Wrestling	

#### **Boys' Sub-Varsity Sports**

Baseball **	Lacrosse *
Basketball**	Soccer**
Cross Country **	Track & Field**
Football *	Volleyball **
Wrestling	

#### **Girls' Varsity Sports**

Basketball	Ski Racing
Dance	Soccer
Cross Country	Softball
Field Hockey	Swimming
Golf	Ice Hockey
Tennis	Indoor Track & Field
Track & Field	Lacrosse
Cheerleading	Volleyball

#### **Girls' Sub-Varsity Sports**

Basketball**	Lacrosse *
Dance / Spirit**	Soccer**
Cross Country**	Softball**
Field Hockey **	Track & Field**
	Volleyball **

\* Denotes programs offered at the Freshman & JV levels

\*\* Denotes programs offered at the JV, Freshman/3rds and Middle School levels

**ALL INFORMATION ALSO FOUND AT: [www.amityregion5.org](http://www.amityregion5.org)**

## AMITY REGIONAL HIGH SCHOOL

## CAPTAINS' REQUIREMENTS

The captain of any sport at Amity Regional High School will:

1. Begin to hold the position of captain when announced by the coach or coaching staff.
2. Adhere to any policy, rule or regulation of the Amity Regional School District
3. Adhere to the rules set forth by the coach and coaching staff
4. Conduct themselves in an exemplary manner with high standards of conduct, citizenship, and sportsmanship.
5. Act as a liaison between the team and the coach, coaching staff and administration.
6. Refrain from unacceptable conduct such as, but not limited to, any violation of the law, use or possession of drugs, alcohol or tobacco.
7. Understand that the position of Captain is not just an honor but a privilege. This honor will require the utmost leadership knowing that the captain will be a role model for other team members.

I hereby acknowledge that I have read and understand the Captains' Requirements, Athletic Department, and team rules and regulations and will adhere to all of the aforementioned. Failure to do so will lead to my dismissal as captain.

Sport(s): \_\_\_\_\_ School Year: \_\_\_\_\_

Name of Captain: \_\_\_\_\_ (Print)

Signature of Captain: \_\_\_\_\_ Date: \_\_\_\_\_

Captain E-mail Address: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_ (Print)

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian E-Mail Address: \_\_\_\_\_

## AMITY REGIONAL SCHOOL DISTRICT #5

TRAVEL RELEASE FOR STUDENT-ATHLETE

This is a request that \_\_\_\_\_ a member of the  
(Athletes Name)

\_\_\_\_\_ at \_\_\_\_\_  
(Team) (School)

be given permission to be

Transported by \_\_\_\_\_ on \_\_\_\_\_  
(Parent / Guardian's Name) (Date)

To: \_\_\_\_\_ or From: \_\_\_\_\_

Reason for Request:

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I understand that Amity Regional School District policy indicates that student-athletes are to travel via the provided transportation. By requesting a waiver I agree to identify and hold the Amity Regional School District, its officers, agents and employees harmless from any and all claims or loss for bodily injury or property damage arising out of such independent travel.

It is understood that I will **personally** transport my son/daughter **only** and assume **full responsibility** for his/her **health and safety**.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Cell phone #

\_\_\_\_\_  
Coaches Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Director of Athletics' Signature

\_\_\_\_\_  
Date

**THIS FORM MUST BE SUBMITTED TO THE COACH NO LATER THAN 48 HOURS OF THE  
EVENT- THE ATHLETIC DIRECTOR WILL HAVE FINAL APPROVAL**

## Athletic Medication Policy

Please be aware that all athletes requiring medication, including inhalers or epi-pens must do the following:

- A “School Medication Authorization” form, completed by the prescribing physician AND a parent/guardian, must be on file in the Health Office ***prior*** to try-outs.
- Students who have not been authorized to self-administer these medications must provide the coach with the prescribed medication. The medication must be delivered in a properly labeled container with the name and strength of medication, name of patient, name of prescribing physician, date of prescription and specific instructions. These medications will be stored in the first aid kit and be available at all practices/contests.
- It is recommended for students, who have authorization to self-administer these medications from the prescribing physician and a parent/guardian, still provide medication as listed above to the coach. If this is not possible, athletes will be fully responsible to bring their medication to all practices/contests.

All athletes must submit the School Medication Authorization Form to the nurse prior to try outs to make sure the appropriate paperwork is on file.

**FORM #7**  
*(to be filled out and turned in at the end of season)*

AMITY REGIONAL HIGH SCHOOL ATHLETIC DEPARTMENT  
OUT – OF - SEASON PHYSICAL FITNESS PROGRAM  
PARENT/ATHLETE CONSENT FORM

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_ Sport \_\_\_\_\_

The C.I.A.C . allows a school to conduct non-mandated out-of-season conditioning programs provided students are not coerced to participate and as long as the programs do not interfere with any other educational, athletic or family commitments.

We feel the program we are offering can be very beneficial to your child's growth and development and encourage them to participate. However, this program is not an inter-scholastic athletic program, therefore, you should always make certain your child is medically able to participate in the rigors such a program demands. As parents you take full responsibility for the medical well being of your child (listed above) and give them permission to participate in the AMITY REGIONAL HIGH SCHOOL Athletic Department optional out-of-season conditioning program.

While off season conditioning is strongly encouraged is does not necessarily guarantee a spot on the roster.

**DATE:** \_\_\_\_\_  
\_\_\_\_\_ **Signature of Parent/Guardian**

\*\*\*\*\*

As an athlete of AMITY REGIONAL HIGH SCHOOL, I am willing to participate in a planned out-of-season conditioning program of my own free will and I am willing to abide to the following:

- I will attend only at times specified by my coach.
- I will not bring equipment (baseball/softball bats, gloves, balls, etc) during these conditioning practices.
- I will participate only under the supervision of a coach or certified adult.

**DATE:** \_\_\_\_\_  
\_\_\_\_\_ **Signature of Athlete**

**REQUEST TO ATTEND A TRYOUT / SHOWCASE / CLINIC/TOURNAMENT  
DURING THE SEASON**

I \_\_\_\_\_ am seeking permission to attend a clinic / showcase during my \_\_\_\_\_ season.

**This event is:**

SPONSORED BY: \_\_\_\_\_

DATE OF EVENT: \_\_\_\_\_

LOCATION: \_\_\_\_\_

TIME OF EVENT: \_\_\_\_\_

**I acknowledge that I may not attend this event unless the following CIAC criteria have been met:****TRY OUTS / SHOWCASES / CLINICS**

Participation as an individual or as a member on a non-school sponsored team in a sports competition, practice, showcase, try-out, camp or clinic in the same branch of athletics during the authorized contest season will render the athlete ineligible for all interscholastic athletics unless the athlete is reinstated by the CIAC Board of Control. (Season is defined as the date of the first contest for that school and concluding with either the CIAC final tournament game or the New England Championships.)

**Exception:**

- Participation in Olympic / Pan American Games/try-outs.
- Participation in one national governing body (NGB) sponsored national tournament or international competition (sports not sponsored by the International Olympics Committees).
- Participation in a college audition. (Audition – when a student-athlete is invited by the college coach to visit the campus and participate in workouts individually or with team members to assess their skills prior to admission.)
- Participation in clinics offered by a college. (Skill development programs that are not used to assess talent or used as a try-out for non-school teams.)
- Participation in clinics offered by CIAC member schools or other state association member schools.
- Participation in other clinics approved by the school and that are designed to enhance skill development and not used as a try-out of any nature for selection to a non-school team.

**The following conditions must be met as part of the exceptions:**

- Each student is limited to two (2) events per season;
- Each event is limited to one (1) day in duration;
- The member school principal must grant permission if there is any loss of school time;
- The member school coach determines the event does not interfere with any functions of the in-season school program;
- Written consent is given by the school administration and athletic department prior to the student attending such activities.

\_\_\_\_\_  
Print Name of Athlete

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Print Name of Parent

\_\_\_\_\_  
Signature of Parent

DATE OF REQUEST \_\_\_\_\_

Coach Signature \_\_\_\_\_

Principal Signature \_\_\_\_\_

Director of Athletics Signature \_\_\_\_\_