

GREENWICH HIGH SCHOOL ATHLETICS

Home of the Cardinals



GO BIG RED!!!

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VISIT OUR WEBSITE @ www.greenwichschools.org/athletics

COMMITMENT TO ATHLETICS

Interscholastic athletics are a vital part of school life and Greenwich High School offers a variety of opportunities. Our athletic program is one that reflects the needs and purposes of our students and community. We believe that participation in athletics provides many experiences in the development of young people. Our athletic program strives to provide our student-athletes with an educational, worthwhile, and memorable experience while enjoying the fun, teamwork and friendships that come from playing high school sports.

Greenwich High School is a member of the Connecticut Interscholastic Athletic Conference (CIAC). The CIAC controls the boys and girls athletics in the state of Connecticut. The CIAC regulates and determines eligibility, supervises tournament play and sets game limitation and practice dates. The CIAC is the only association which governs interscholastic athletic programs for secondary schools in the state of Connecticut.

Greenwich High School belongs to the Fairfield County Interscholastic Athletic Conference (FCIAC). The FCIAC was established in 1961 and consists of 17 schools throughout Fairfield County. The FCIAC is comprised of the following high schools: Brien McMahon Senators, Bridgeport Central Hilltoppers, Danbury Hatters, Darien Blue Wave, Fairfield Ludlowe Falcons, Fairfield Warde Mustangs, Greenwich Cardinals, New Canaan Rams, Norwalk Bears, Ridgefield Tigers, St. Joseph Cadets, Stamford Knights, Staples Wreckers, Trumbull Eagles, Westhill Vikings, Wilton Warriors.

2020-2021 ATHLETIC SEASON STARTING DATES

Fall Sports

Football will begin on Monday, August 17, 2020
Boys Water Polo will begin on Monday, August 24, 2020
Dance Team will begin on Thursday, September 10, 2020
All other fall sports will begin on Thursday, August 27, 2020

Winter Sports

Girls Ice Hockey will begin on Monday November 23, 2020
Girls Basketball, Boys Ice Hockey and Wrestling will begin on Monday November 30, 2020
All other winter sports will begin on Thursday December 3, 2020

Spring Sports

Rugby will begin on Monday March 1, 2021
Sailing Practice will begin on Monday March 8, 2021
Baseball Pitchers and Catchers will begin on Saturday March 13, 2021
All other spring sports will begin on Saturday March 20, 2021

Please be reminded in order to participate: A student-athlete must be registered online on the Athletic Website by a parent/guardian. A parent/guardian must provide all emergency contact information, review our concussion management protocol and agree to follow the athletic code of conduct. The Greenwich High School Health Office must stamp and sign a health verification (green) card to certify a current athletic physical examination is on file.

REQUIREMENTS FOR PARTICIPATION

In order to participate:

- A student-athlete must be registered online on the Greenwich High School Athletic Website by a parent/guardian, provide all emergency contact information, read and review and agree to follow all policies and codes.
- A student-athlete must file a Greenwich High School Athletic Physical Form with the health office. An athletic physical is good for 13 months
- A student-athlete must visit the Greenwich High School Health Office and a nurse must stamp and sign a physical verification card to certify a current athletic physical examination is on file. The student-athlete must submit this card to their coach prior to participation.

In order to be eligible:

- A student-athlete must pass at least four core courses at the end of the regular marking period and have earned a minimum of four (4) credits towards graduation to be eligible for the fall athletic season
- A student-athlete may compete in interscholastic athletics up to their twentieth birthday. If their twentieth birthday falls during a season they may not start that season (start of season is defined as the date of the first scheduled game in that sport for that season)
- A student-athlete who transfers to Greenwich High School must have a legal change of address and live at a legal residence with a parent/guardian in Greenwich
- A student-athlete will have eight consecutive semesters, or four consecutive years of eligibility from the date of entry into the ninth grade, to compete in high school interscholastic athletics
- A student-athlete will not be permitted to extend eligibility to a ninth semester or fifth year
- A student-athlete must not play under an assumed name on an outside team
- A student-athlete 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
 - Exceptions shall be: participation in parent-child tournament and individual rules with swimming, tennis and gymnastics

ATHLETIC OFFERINGS

Fall

cheerleaders (varsity, junior varsity, freshman)
boys cross country (varsity, junior varsity)
girls cross country (varsity, junior varsity)
dance (varsity, junior varsity)
field hockey (varsity, junior varsity, freshman)
football (varsity, junior varsity, sophomore, freshman)
boys soccer (varsity, junior varsity, freshman)
girls soccer (varsity, junior varsity, freshman)
girls swimming (varsity, junior varsity)
girls volleyball (varsity, junior varsity, freshman)
boys water polo (varsity, junior varsity)

Winter

boys basketball (varsity, junior varsity, freshman)
girls basketball (varsity, junior varsity, freshman)
bowling (varsity, junior varsity)
cheerleaders (varsity, junior varsity, freshman)
dance (varsity, junior varsity)
boys fencing (varsity, junior varsity)
girls fencing (varsity, junior varsity)
girls gymnastics (varsity)
boys ice hockey (varsity, junior varsity)
girls ice hockey (varsity, junior varsity)
boys indoor track (varsity)
girls indoor track (varsity)
boys skiing (varsity, junior varsity)
girls skiing (varsity, junior varsity)
boys swimming (varsity, junior varsity)
wrestling (varsity, junior varsity)

Spring

baseball (varsity, junior varsity, freshman)
boys golf (varsity, junior varsity)
girls golf (varsity, junior varsity)
boys lacrosse (varsity, junior varsity, freshman)
girls lacrosse (varsity, junior varsity, freshman)
boys rugby (varsity, junior varsity, sophomore, freshman)
girls rugby (varsity, junior varsity)
boys sailing (varsity, junior varsity)
girls sailing (varsity, junior varsity)
softball (varsity, junior varsity, freshman)
boys tennis (varsity, junior varsity, freshman)
girls tennis (varsity, junior varsity, freshman)
boys track (varsity, junior varsity)
girls track (varsity, junior varsity)
boys volleyball (varsity, junior varsity)
girls water polo (varsity)

COMMUNICATION AND EXPECTATIONS

Our Athletic Department is continually attempting to improve communication with our athletes and parents. It is reasonable to expect a coach to provide the following information to athletes and parents:

- tryout process (if applicable)
- expectations of athletes, parents and coaches
- team rules and regulations
- athletic code of conduct
- board of education policies
- CIAC rules on eligibility, participation, out-of-season play
- athletic award criteria

Coaches will establish high expectations and declare well-defined goals and should instill an enthusiastic commitment to excellence. They shall provide leadership that includes discipline, respect, and praise. They must create a safe, secure, and well-supervised environment for all student-athletes. Student-athletes academic eligibility shall be monitored, and coaches should encourage them to work hard, and to do their best in the classroom.

Parents should be positive and let their children know that something good is being accomplished simply by being part of a team. Any added pressures will only make it more difficult to improve self-image. We hope parents will 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. As spectators, parents are entitled to cheer at sporting events, but should never become belligerent and arrogant. Any concerns a parent has regarding players, coaches, opponents or officials should be directed to the coaches or our high school athletic office

Student-athletes must possess a tremendous work ethic and never give up. They should take great pride in school accomplishments and team achievements should always take precedence over personal successes. Fair play and good sportsmanship is expected from our athletes at all times. They should pursue academic excellence through good attendance, participation, effort, and behavior. Athletes should be required to attend all meetings, practices and games. Practice rules will be explained and enforced. Practices will usually be scheduled five days a week from 90 minutes to 2 hours. For many sports, practices and contests are scheduled during school vacations and athletes must understand that there are expectations that they will attend. When a player cannot make practice or must be late, that player should notify the coach prior to the start of practice.

A student-athlete should always be encouraged to communicate with a coach. The correct procedure for a parent to connect with a coach, is to leave their name and phone number with the Greenwich High school Athletic Office. Typical issues that are appropriate for parents to discuss with coaches are:

- a dramatic change in their child's behavior
- specific health concerns of their child
- a disciplinary action that results in their child being denied participation in a practice or contest
- how they can assist in their child's skill improvement
- to offer a contribution to help support their program

It is inappropriate for parents to discuss these concerns with coaches:

- their child's playing time
- team strategy or play calling
- their child's teammates

TRANSPORTATION

The athletic office will provide school bus transportation to all away contests. Freshman teams will travel as far east as Trumbull and as far north as Danbury. Depending on the location of the opponent, teams may occasionally be dismissed early from school to assure on-time arrival at events. All athletes must use transportation to away contests provided by the school. Any parent requesting a departure from this requirement must sign an alternate permission form, which will be provided by the coach at the beginning of the season. This will allow an athlete to be transported by a parent and release Greenwich High School from all liability.

ATHLETIC FACILITIES

The following are on-campus sites used by our students in our athletic program:

Pool
Gymnasium
Strength and Fitness Center
Dance Studio
Team Locker Rooms
Athletic Training Room
Tennis Courts
Cardinal Stadium (artificial field with running track)
Baseball Field (grass surface)
Softball Field (grass surface)
Four Additional Fields for contests and practice (artificial surfaces)

The following are off-campus sites used by our students in our athletic program:

Central Middle School Tennis Courts
Eastern Middle School Tennis Courts
Western Middle School Tennis Courts
Binney Park Tennis Courts
Julian Curtiss School (baseball and softball fields)
Havemeyer Baseball Field (grass surface)
Benvenuto Field at Cos Cob Park (artificial surface)
Grass Island (sailing team)
Nutmeg Bowl (bowling team)
Mt Southington (ski team)
Griffith Harris Golf Course (golf teams)
Greenwich Point (cross country race course)
Dorothy Hamill Ice Rink (ice hockey teams)
Greenwich YWCA (gymnastics team)

Athletic Training Room at Greenwich High School

Two certified athletic trainers are on the athletic staff at GHS. The trainers' hours are posted for each season. The role of our athletic trainers is to evaluate injuries, provide first aid treatment and to oversee the rehabilitation of injuries. Our athletic trainers or a physician have the authority to remove any athlete from participation until he or she is deemed fit to return to activity. Any athlete who has been held out of an activity by a physician will require a written note from a physician before returning to play. If a significant injury occurs, the student-athlete, coach and a trainer must complete an accident report in the athletic office.

