



ATHLETICS

WILDCAT ORIENTATION

Spring 2020



NORWICH FREE
ACADEMY

The NFA Way

Check out the Student Athlete Handbook for the information referenced with page numbers:

- Athletic Program Philosophy p. 4
- **Student Athlete Expectations:** High School Athletes should consider themselves “students” first.
- **Student Athlete Requirements:** students must maintain updated physicals, passing grades and are expected to follow school rules and policies.
- **Parental Expectations** pp. 22-23



Academic Eligibility

- **Freshman Eligibility:** 8 Consecutive Semesters
- **Power School:** Marking period grades determine eligibility
 - At NFA Students must pass a minimum of 4 classes / marking period
- **Ineligible = No Participation**



4

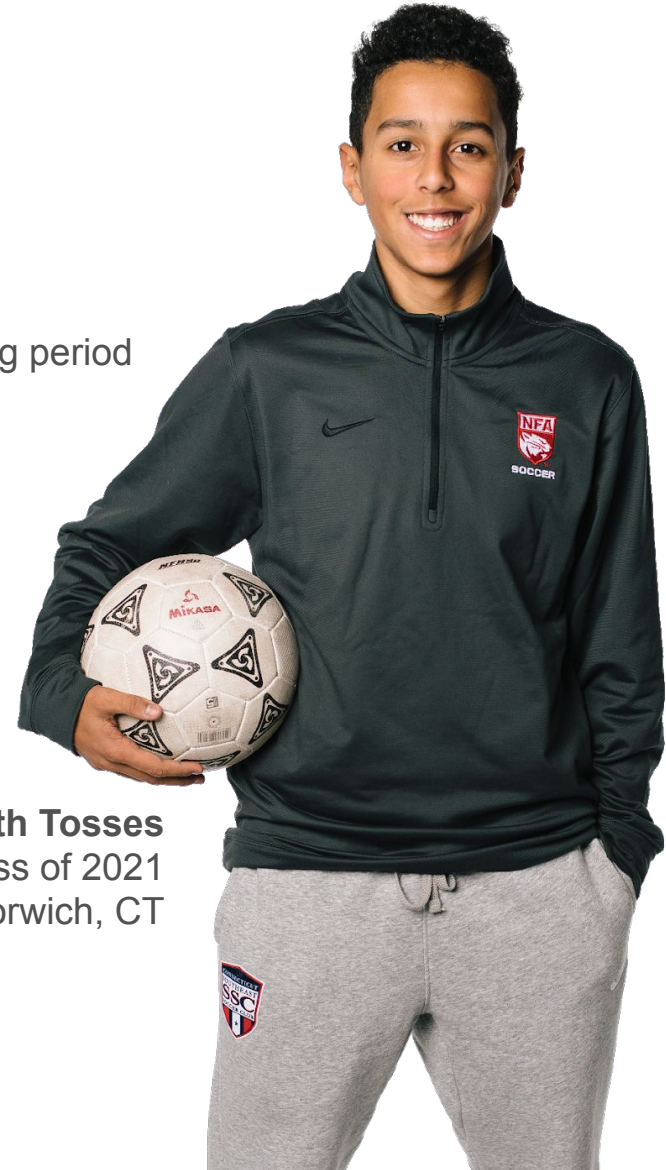
CARNEGIE UNITS



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4

CORE CLASSES



Jareth Tosses
Class of 2021
Norwich, CT



WILDCAT ORIENTATION

Parents should follow their child's academic progress on PowerSchool

The screenshot shows the PowerSchool login interface. At the top is the PowerSchool logo. Below it is the heading "Student and Parent Sign In". There are two buttons: "Sign In" and "Create Account". Below these are input fields for "Username" and "Password". A link "Forgot Username or Password?" is located below the password field. A "Sign In" button is at the bottom right of the form.

PowerSchool

Student and Parent Sign In

[Sign In](#) [Create Account](#)

Username

Password

[Forgot Username or Password?](#)

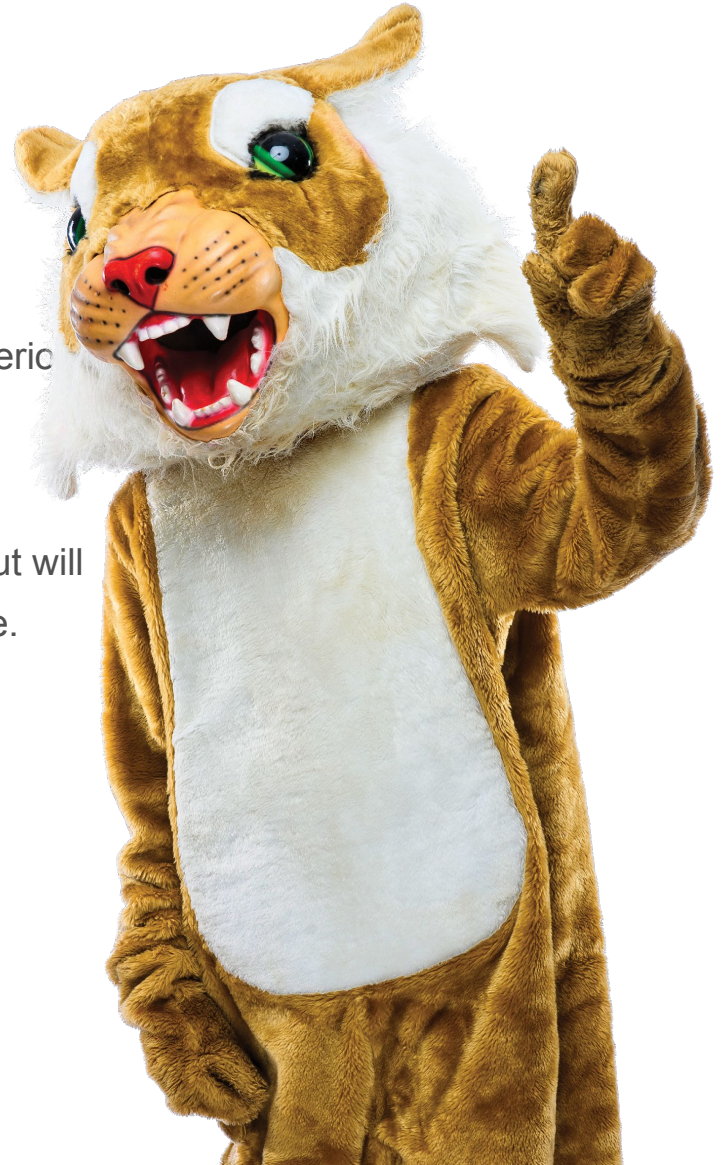
[Sign In](#)



NFASchool.org – MyNFA > Parents

The NFA Way

- **Tryout Policy-** while many sports have a tryout period, some are “no cut” sports
- **Letter Criteria-** This differs from sport to sport, but will generally relate to the time of Varsity level performance.
- **Communication:** athletes are expected to communicate directly with coaches and teachers.
- **Sports Teams:** NFA offers 37 Varsity teams and offers 22 sub-varsity teams.





WILDCAT ORIENTATION

School Year



FALL SPORTS

- Cheerleading (co-ed)
- Cross Country
- Field Hockey
- Football
- Jazz Pom Dance Team (co-ed)
- Soccer (boys/girls)
- Swimming (girls)
- Unified Soccer
- Volleyball (girls)

WINTER SPORTS

- Basketball (boys/girls)
- Hip Hop Dance Team (co-ed)
- Cheerleading (co-ed)
- Fencing (boys/girls)
- Gymnastics
- Ice Hockey
- Indoor Track (boys/girls)
- Special Olympics – Speed Skating
- Swimming (boys)
- Unified Basketball
- Wrestling

SPRING SPORTS

- Baseball
- Golf (boys/girls)
- Lacrosse (boys/girls)
- Softball
- Special Olympics
- Tennis (boys/girls)
- Track (boys/girls)
- Unified Track
- Unified Volleyball
- Volleyball (boys)

WILDCAT ORIENTATION

Permission Slips & Medical Eligibility

- Seasonal sign up via Family ID: on NFA website



- **Parent Permission:** Each Season
- **Athlete/Parent Sign-off**
 - Concussion Management
 - Sudden Cardiac Arrest
- **Physical Forms:** p.8
- **Notification of Injury:** p.12
- **Accident Reports:** p.12
- **Locker Room Protocol:** p.9
- **Training Room Protocol:** p.9

Arianna Gauthier
Class of 2021
Preston, CT



Student-Athlete Expectations

- School Decorum is expected
 - Sportsmanship
 - Appropriate Language
 - Off-campus Behavior
- Attendance: School & Practice: p.11
- Athletic Substance Abuse Policy: p.21



Jenissa Varela
Class of 2021
Norwich, CT

Summer Preparation

- **Team Use:** contact coaches for preseason conditioning
 - Athletics Directory
- **Facilities:** Weight room, Turf Field, etc.
- **Benefits**
 - Physical development
 - Mental fitness
- **Fitness Center Environment**
 - Training on use
 - Guidelines for reducing injuries

Max Davidson
Class of 2021
East Haddam, CT



Social Media Proper Use Guidelines

- Think twice before posting.
- Be respectful and positive.
- Know your audiences.
- Remember, the internet is permanent.



WILDCAT ORIENTATION



Start dates

Fall Sports - August 27th

Football August 17th

Winter Sports – December 3rd

Girls Basketball, Wrestling, & Ice Hockey

November 30th

Spring Sports – March 20th

Baseball pitcher & catchers March 13th



WILDCAT ORIENTATION

Kayla Park
Class of 2021
Lisbon, CT



ATHLETICS

NFAwildcats.org

For the latest NFA Athletics news, events
and info, follow NFA's social channels



@nfa_wildcats



@nfaschool



Norwich Free Academy



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