

# Fairfield Ludlowe High School Athletic Handbook



<https://flhs.fairfieldschools.org/athletics>

## MISSION STATEMENT

The Fairfield Ludlowe High School 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 is intended 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.

The program is based on high standards of honesty, fairness, equity, self-discipline, teamwork and good sportsmanship. These expectations apply to both student-athletes and coaches.

- Participation in high school athletics is a privilege and not a right.

## ATHLETIC CODE

Our athletes have a responsibility to provide a positive image on the fields and courts, in the classroom, and in our community. Our athletes are expected to conduct themselves in accordance with this code. All athletes must sign this code prior to participation. The athletic code is a twenty four hour, seven day a week rule and extends beyond the school day.

On the playing fields or locker room area: Fair play is expected at all times. No athlete will use profanity. An athlete will respect teammates, opponents, officials and spectators. Athletes shall conform to the behavioral norms of the school and act in a responsible manner with regards to the rules and regulations established in the Fairfield Ludlowe Student Handbook. Consequences will be exercised when needed.

In the classroom: A good athlete is also a good student and one who complies with all school rules and regulations. This means good attendance, participation, effort and behavior. An athlete must attend and partake in physical education classes. If the player is not prepared and does not partake on game day, that player will not be allowed to participate in that day's contest. An athlete cannot participate in practices or contest on days when he/she has not attended school for a minimum of 4 hours. (Exceptions: field trips, religious obligations, funerals or college visits. Note: Must be cleared by Athletic Director.

The use of illegal substances: An athlete shall not use or have in possession any illegal substances (narcotics and alcohol). This is a twenty four hour, seven day a week rule and extends beyond the school day. Failure to comply with this code will result in the following consequences:

First offense - A two-week suspension from practices and games (excluding vacations where the team does not practice or play). The student-athlete will be required to meet with the high school substance abuse coordinator prior to rejoining the team. Upon completion of the suspension, the athlete may apply for reinstatement through a reentry interview with the Athletic Director and Coach.

Second offense - A second offense will result in the removal of the student-athlete from the team for the remainder of the season.

A third offense - Will result in the removal of the student-athlete from all sports teams for the entire school year.

The use of tobacco products: An athlete shall not use or have in possession any tobacco products. This is a twenty-four hour rule and extends beyond the school day. Failure to comply with this code will result in a one-week suspension from practices and games (excluding vacations where the team does not practice or play).

The use of anabolic steroids, hormones and analogues, diuretics, blood doping procedures, Creatine and other performance enhancing substances are prohibited as stated in the CIAC policy and adopted by the Fairfield Board of Education.

Athletes failing to conform to meet the requirements of the contents of this Code of Conduct shall face disciplinary action. If an athlete becomes involved in an incident so as to bring adverse publicity to the athletic program, or if the athlete is engaged in conduct that may be considered harmful to him/her self, the team or school, the athlete may be suspended from his/her sport.

## REQUIREMENTS OF PARTICIPATION

In order to participate:

- A student-athlete must supply the Health Office with an Athletic Physical and Medical History Form signed by the athlete's physician and parent/guardian. No student will be permitted to participate without this form. An athletic physical is good for 13 months. A new parent permission form is required for each sport played.
- A student-athlete must complete the Fairfield Ludlowe High School Athletic Form which includes Emergency Information, Parental Permission and Athletic Code. This form must be signed by a parent or guardian, and returned prior to participation.

In order to be eligible:

- A student-athlete must take at least five Carnegie Units of work.
- Initial Fall eligibility is determined by passing four Carnegie Units from the previous year's final grades. Winter and Spring eligibility (also Fall eligibility if the team is still playing after 1st MP report cards are issued) are determined by passing a minimum of four Carnegie Units from the 1st, 2nd and 3rd marking period report cards. (Any class that meets 5 days a week is considered a Carnegie Unit).
- A student-athlete may not turn 20 prior to the final day for competition as determined by the CIAC.
- A student-athlete must not have changed schools without a change of legal residence.
- A student-athlete has 4 consecutive years of eligibility from the date of entry into the 9th grade to be eligible for interscholastic competition.

- A student-athlete must not play under an assumed name on an outside team. No student-athlete may receive personal economic gain for participation in any CIAC sport.

Exceptions shall be:

- Participation in parent-child tournaments.
- Individual rules with swimming, tennis and gymnastics.
- The athletic code and requirements for participation and eligibility are in line with those established and governed by the CIAC.

## GENERAL INFORMATION

### Uniforms and Equipment

Uniforms and equipment are on a loan basis and worn only under the direction of the coach. All uniforms and equipment are the responsibility of the student-athlete during the season. The student-athlete must take good care of equipment and follow washing instructions on uniforms. If the uniform is lost or stolen, the student-athlete will be responsible for the replacement cost. A student-athlete will not be issued equipment for the next season until this obligation is met.

### Transportation

All student-athletes must use transportation provided by the school. Any other travel arrangement must be made by parent/guardian and be approved in writing by the Athletic Director. Alternate transportation forms are available on the athletic website or in the Athletic Office. All players must act and speak appropriately at all times. Athletes are responsible for removal of all equipment, personal belongings and trash from the bus upon returning to the school. All bus trips will be supervised by a coach or school appointed representative.

### Locker Room

All student-athletes are responsible for the condition of their locker room. All athletes are responsible to keep all of their personal and school equipment locked in their assigned lockers at all times. The locker room must be kept neat and clean. Glass bottles are prohibited from the locker rooms. Non-team members are prohibited from the locker room without permission of the coach. Any misconduct within the locker room area may lead to suspension or dismissal from the team.

### Training Room

A certified athletic trainer is on the athletic staff at Fairfield Ludlowe High School. Hours are posted weekly for training room hours. The training room is to be used by an athlete only under the supervision of the trainer or coach. The athletic trainer or a physician has the authority to remove any student-athlete from participation until he or she is deemed fit to return to activity. Any student-athlete who has been held out of an activity by a physician due to an injury requires a written note from a physician before returning to play. An accident report must be completed by the student-athlete, coach, or athletic trainer if a significant injury occurs.

### Accident Insurance

The Town of Fairfield provides accident insurance for sports participants. This policy provides excess coverage and commences only after other insurance has been used. Student-athletes should be encouraged to obtain regular student accident insurance, available through the FLHS main office.

### Strength and Fitness Center

The fitness center is to be used by an athlete only under the supervision of the strength coach, athletic trainer or coach. The strength coach is responsible for the fitness center during posted hours only. All student-athletes must obey the posted strength and fitness center rules.

### Practice Rules

As a member of a team, the student-athlete is expected to attend all meetings, practices and games. Practice rules will be explained and enforced. Playing time in games is earned in practice. 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 will be excused and not penalized for any religious obligation. To participate in a practice or game, the athlete must be present in school for a minimum of four hours. Exceptions must be approved by the Athletic Director.

### T-shirt Slogans

Many teams purchase T-shirts with various slogans. It is usually an opportunity to promote great team spirit. Unfortunately, on occasion student-athletes create a T-shirt that has the potential to offend. Teams must have any T-shirt reviewed by the coach, the Athletic Director or the Headmaster prior to ordering.

### Booster Clubs

The addition of a booster club must be approved by the Athletic Director. The booster club must explain its value to the athletic program and its agenda. A booster club's main responsibility should be to support its respective athletic team. If a booster club intends to raise funds, it must follow the Fairfield Ludlowe High School Athletic Department guidelines for such activities, which includes depositing all money raised into the team's internal activity account.

### Athletic Awards / Team Banquets

Team banquets are an opportunity to honor athletes. Team banquets held on school grounds are considered to be school related events. School certificates, letters, numerals, and pins will be issued at the team banquet. Any student-athlete that has been suspended or dismissed from a team will not be eligible to attend the team banquet.

The athletic office's criteria for the presentation of athletic awards is as follows:

- All varsity athletes receive a certificate and an athletic pin.
- All varsity captains receive a captain's pin.
- All varsity managers receive a certificate and a manager's pin.
- Any first-time varsity athlete receives a varsity "W" letter

- All-freshman team members and JV team members receive a participation certificate.
- Any first-time athlete receives numerals representing his/her year of graduation.
- Athletes receive only one set of numerals and one letter “W” during their high school athletic career.

### CIAC

Fairfield Ludlowe High School is a member of the Connecticut Interscholastic Athletic Conference (CIAC). The CIAC controls all 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.

### FCIAC

Fairfield Ludlowe High School belongs to the Fairfield County Interscholastic Athletic Conference (FCIAC). The FCIAC is comprised of the following 17 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, Trinity Catholic Crusaders, Trumbull Eagles, Warren Harding Presidents, Westhill Vikings, Wilton Warriors.

## EXPECTATIONS OF STUDENT-ATHLETES

- Student-athletes must possess a tremendous work ethic and never give up.
- Student-athletes must be in the greatest physical condition possible.
- Student-athletes must take great pride in personal performances and in team accomplishments.
- Student-athletes must not dwell on individual or team mistakes.
- Student-athletes’ team achievements will take precedence over personal successes.
- Student-athletes must adhere to the Fairfield Ludlowe High School Substance Abuse policy and encourage teammates to do so.
- Student-athletes must pursue academic excellence through good attendance, participation, effort, and behavior.
- Student-athletes must be proud to be members of the Fairfield Ludlowe High School Athletic Program.
- Student-athletes are expected to participate in games or practices throughout their season, including games and practices when school is not in session.
- Student-athletes will model appropriate language, behavior, ethics and sportsmanship, always pursue victory with honor, and maintain dignity and self control. Profane or abusive language and/or behavior are not permitted by student-athletes and will not be tolerated.

## EXPECTATIONS OF COACHES

- All coaches will instill an enthusiastic commitment to excellence.
- All coaches will create a safe, secure, and well-supervised environment for all student-athletes.
- All coaches will provide strong leadership that includes discipline, respect, trust and praise.
- All coaches will offer all student-athletes an opportunity to succeed.
- All coaches will monitor student-athletes academic eligibility, and will encourage them to work hard, and to do their best in the classroom.
- All coaches will maintain communication among coach, student-athletes, parents and Athletic Director.
- All coaches will model appropriate language, behavior, ethics, sportsmanship, always pursue victory with honor, maintain dignity and self control. Profane or abusive language and/or behavior are not permitted by coaches and will not be tolerated.
- All coaches will monitor and maintain the Fairfield Ludlowe High School Athletic Code.
- All coaches will ensure that practices begin and end as scheduled.

## EXPECTATIONS OF PARENTS

- Parents should be positive and let their children know that something good is being accomplished simply by being part of a team.
- Parents should help their children improve their self-esteem by believing in themselves. Any added pressures will only make it more difficult to improve self-image.
- Parents should encourage their children to work hard and to do their best. They should not criticize coaches or offer excuses if their children are not playing.
- Parents should assist their children in following the Fairfield Ludlowe High School Athletic Code which includes the Athletic Substance Abuse Policy.
- Parents should insist on an academic commitment from their children. This means a willingness to do one's best.
- As spectators, parents are entitled to cheer at sporting events, but should never become belligerent and arrogant towards players, coaches or officials.
- Parents should insist that their children exhibit true sportsmanship during athletic contests, and emphasize never embarrassing themselves, their family, team, school or community through an inappropriate act during competition.

## SOLVING CONFLICTS

A student-athlete and coach should first attempt to solve any conflict that exists between them. Only when the conflict cannot be resolved between the athlete and coach should the athlete make an appointment to see the Athletic Director. If the problem remains unresolved, then the parent should contact the Athletic Director to make an appointment to meet with both the Athletic Director and coach. The next step would be an appointment to meet with the Headmaster and Athletic Director to discuss the problem

These are the steps to be followed for conflict resolution:

1. Athlete > Coach
2. Athlete/Coach > Athletic Director
3. Athlete/Parent > Athletic Director
4. Parent/Athlete > Coach/Athletic Director
5. Parent/Athlete > Headmaster/Athletic Director

The correct procedure to contact a coach is to leave a message in the athletic office for the coach. The coach should not be contacted at home. It is inappropriate to discuss concerns with a coach immediately after an athletic contest. Retaliation against an athlete or parent making a complaint is prohibited.

## HAZING POLICY

The purpose of this policy is to maintain a safe environment for a student-athlete that is free from hazing. Hazing activities of any type are inconsistent with the goals of Fairfield Ludlowe High School and are prohibited at all times. Fairfield Ludlowe High School prohibits any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student-athlete for the purpose of initiation.

Hazing is defined as any form or type of physical, verbal, or emotional mistreatment, abuse, or harassment of a student-athlete in connection with participation on an interscholastic athletic team. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to or after the season or school day. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if the student-athlete willingly participates.

All coaches are required, prior to commencement of their season, to meet and explain this policy to all team members. In the event that a coach becomes aware of any violations of this policy, it must be reported immediately to the Athletic Director and Headmaster.

If a student-athlete believes that he/she has been subjected to hazing, the student-athlete must promptly report this incident to a coach, counselor, or administrator. This information must immediately be brought to the Headmaster. The Headmaster will conduct a comprehensive investigation. All information will be held in strict confidence.

Consequences for hazing activities may include, but are not limited to: team suspension or removal, school suspension or expulsion, legal prosecution.



## BOARD OF EDUCATION POLICY ON SUBSTANCE ABUSE

It is the policy of the Fairfield Public Schools to prevent and prohibit the possession, use and/or distribution of any drug (narcotics and alcohol) or drug paraphernalia on school property, at school sponsored events, on school buses and en route to and from school by any mode of travel.

Please see Athletic Code on page 2.

## SEXUAL HARASSMENT POLICY

Definition: Sexual harassment is unwanted sexual attention from peers, subordinates or supervisors, customers, clients or anyone the victim may interact with in order to fulfill job or school duties, where the victim's responses may be restrained by fear or reprisals.

# ATHLETIC OFFERINGS

## FALL

CHEERLEADING (Varsity)	<i>tryouts held</i>
GIRLS' CROSS COUNTRY (Varsity)	<i>tryouts held</i>
BOYS' CROSS COUNTRY (Varsity)	<i>tryouts held</i>
FIELD HOCKEY (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>
FOOTBALL (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>
GIRLS' SOCCER (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>
BOYS' SOCCER (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>
GIRLS' SWIMMING (Varsity)	<i>tryouts held</i>
GIRLS' VOLLEYBALL (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>

## WINTER

GIRLS' BASKETBALL (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>
BOYS' BASKETBALL (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>
BOWLING Co-ED (Varsity)	<i>tryouts held</i>
CHEERLEADING (Varsity)	<i>tryouts held</i>
GIRLS' FENCING (Varsity, Junior Varsity)*	<i>tryouts held</i>
BOYS' FENCING (Varsity, Junior Varsity)*	<i>tryouts held</i>
GIRLS' GYMNASTICS (Varsity)	<i>tryouts held</i>
GIRLS' ICE HOCKEY (Varsity)*	<i>tryouts held</i>
BOYS' ICE HOCKEY (Varsity)*	<i>tryouts held</i>
GIRLS' INDOOR TRACK (Varsity)	<i>tryouts held</i>
BOYS' INDOOR TRACK (Varsity)	<i>tryouts held</i>
GIRLS' SKIING (Varsity, Junior Varsity)*	<i>tryouts held</i>
BOYS' SKIING (Varsity, Junior Varsity)*	<i>tryouts held</i>
BOYS' SWIMMING (Varsity)*	<i>tryouts held</i>
WRESTLING (Varsity, Junior Varsity)	<i>tryouts held</i>

## SPRING

BASEBALL (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>
GIRLS GOLF (Varsity, Junior Varsity)	<i>tryouts held</i>
BOYS GOLF (Varsity, Junior Varsity)	<i>tryouts held</i>
GIRLS LACROSSE (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>
BOYS LACROSSE (Varsity, Junior Varsity, Freshman)	<i>tryouts held</i>
SAILING Co-ED (Varsity)*	<i>tryouts held</i>
SOFTBALL (Varsity, Junior Varsity)	<i>tryouts held</i> GIRLS
TENNIS (Varsity, Junior Varsity)	<i>tryouts held</i> BOYS
TENNIS (Varsity, Junior Varsity)	<i>tryouts held</i> GIRLS
TRACK (Varsity)	<i>tryouts held</i> BOYS
TRACK (Varsity)	<i>tryouts held</i> BOYS
VOLLEYBALL (Varsity, Junior Varsity)	<i>tryouts held</i>

*\*FL & FW CO-OP*

All sub-varsity teams will require a minimum participation level.

## DIRECTIONS TO FCIAC SCHOOLS

**BRIDGEPORT CENTRAL** - 1 Lincoln Blvd, Bridgeport. Take I-95 to Exit 27. Go straight on Frontage Rd. Turn L on Lafayette St. Pass John St. at fork, bear Left on Fairfield Ave.. Turn Right on Park Ave. Turn Right on Capital Ave. Turn Right on Lincoln Blvd.. High School at end.

**BRIEN MCMAHON** - Take I-95 to Exit 14 and take a left off the ramp. At the light turn left onto Scribner Avenue. Continue until a stop sign. Turn right onto Flaxhill Road. Take the second left onto Highland Avenue. The school is on the left.

**DANBURY** - Clapboard Ridge Rd, Danbury. Take Route 25 to 84 West, take Exit 5. Take a left at the end of the ramp. The High School is a short way up the road.

**DARIEN** - Take Exit 37 off the Merritt Parkway. Take a right off the exit and follow to Middlesex Road. Take a right on Middlesex and follow it to the left. At Noroton Avenue, take a right. School is at the end of the road.

**FAIRFIELD WARDE** - I-95 North: Take Exit 24, King's Highway. At end of the exit take a left and go under I-95. Bear left under the bridge. At the stop sign go straight and then take a left. Immediately there is another stop sign. \*Take a right onto Black Rock Turnpike. Continue until you come to Knapps Highway on your right. Turn right and continue to Melville Avenue. Take a left onto Melville Avenue and the school will be on your left. I-95 South: Take Exit 24, King's Highway. At the end of the exit take a right. Follow directions from \* above.

**GREENWICH** - Take the Merritt Parkway to Exit 31 (North Street). Take a right off the exit ramp and follow approximately four miles. Take a left at Fairfield Avenue. Follow around the winding road until you come to Hillside Avenue. Take a right. The High School is on the right.

**NEW CANAAN** - Take Exit 37 off the Merritt Parkway. Take a left at the end of the ramp. Take a left at the first light. The school is on the left.

**NORWALK** - Take Exit 41 off the Merritt Parkway. Take a right off the ramp and follow up Route 33 to Route 57. Take a right on Route 57 and follow to Post Road. At the corner where Grand Union is take a left. The school is about a mile up on the left.

**RIDGEFIELD** - Take the Merritt Parkway to Exit 41. Take a left off the ramp and follow approximately 10-12 miles until you get to Route 102. Take a left and follow to the end. Turn right onto Route 35. Follow past the Ridgefield Green until you get to Route 116 (North Salem Road). Take a left. The school is three miles up on the right.

**ST. JOSEPH** - 2320 Huntington Tpke, Trumbull. On Rt 8, take Exit 8. Turn L on Rt 108 and the High School is on the right.

**STAPLES** - Take Exit 42 off the Merritt Parkway, take a right off the ramp and go underneath the Parkway. Follow straight for about 1/2 mile. At three-way intersection, take a left. Follow for a little over a mile to North Street. At North Street, take a right. The school is less than a mile down on the left.

**STAMFORD** - Take Exit 8 off I-95. Take a right at the end of the ramp and follow straight. The school is on the right, about a mile up.

**TRINITY CATHOLIC** - Take the Merritt Parkway to Exit 35. Take a right off the ramp onto High Ridge Road. Continue up a few lights. At Vine Street, take a left. At the next light, take a right onto Newfield Avenue. The school is on the right.

**TRUMBULL** - Take Exit 49N off the Merritt Parkway which then becomes Route 25 and take Exit 9. Take a right at the end of the ramp onto Daniels Farm Road. Follow for a little over a mile to Strobel Road. At Strobel Road, take a right. The school is on the right.

**WESTHILL** - Take the Merritt Parkway to Exit 34. Take a left off the ramp onto Long Ridge Road. Go underneath the highway. The driveway is just past the highway.

**WILTON** - Take Exit 41 off the Merritt Parkway. Take a left and follow about five to six miles. The school is on the left.

## LOCATIONS OF HOME EVENTS

BASEBALL (Varsity, Freshman)	Kiwanis Field
BASEBALL (JV)	Tunxis Park/Owen Fish
BASKETBALL	FLHS
BOWLING	Nutmeg Lanes
CROSS COUNTRY	FLHS
FENCING	FWHS
FIELD HOCKEY (Varsity, JV, Freshman)	FLHS
FOOTBALL (Varsity, JV, Freshman)	FLHS
GOLF BOYS' (Varsity)	Smith Richardson Country Club & Patterson Country Club
GOLF BOYS' (JV)	Smith Richardson Country Club
GOLF GIRLS'	Smith Richardson Country Club
GYMNASTICS	Gymnastics and Cheer Academy
ICE HOCKEY	Wonderland of Ice
INDOOR TRACK	Staples High School Field House Wilton High School Field House
LACROSSE BOYS' (Varsity, Freshman)	FLHS, Turf Field
LACROSSE BOYS' (JV)	FLHS, Turf Field
LACROSSE GIRLS'	FLHS, Turf Field
SAILING	Pequot Yacht Club
SKIING	Mount Southington
SOCCER (Varsity, JV)	FLHS and RLMS.
SOCCER (Freshman)	South Pine Creek
SOFTBALL (Varsity)	Sturges Park
SOFTBALL (JV)	Tom Haydon Field
SWIMMING GIRLS'	Fairfield University
SWIMMING BOYS'	Fairfield University
TENNIS BOYS'	FLHS
TENNIS BOYS' (JV)	Dwight ES
TENNIS GIRLS' (Varsity)	FLHS
TENNIS GIRLS' (JV)	Dwight ES
TRACK AND FIELD	FLHS
VOLLEYBALL	FLHS
WRESTLING	FLHS

Athletic Website .....	<a href="https://flhs.fairfieldschools.org/athletics">https://flhs.fairfieldschools.org/athletics</a>
Main Office .....	255-7201
Director of Athletics .....	255-7246
Athletic Department.....	255-7247
Athletic Training Room .....	255- 8578
Athletic Department Fax.....	255-7222

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