

# **COVENTRY HIGH SCHOOL**



## **STUDENT ATHLETE HANDBOOK**

**“PARTICIPATION IN ATHLETICS IS A PRIVILEGE AND NOT A RIGHT”**

# **COVENTRY HIGH SCHOOL**



## **Athletic Director**

Patrick Cox

## **Principal**

Joseph Blake

## **Superintendent of Schools**

David Petrone

## **Chairman, Coventry Board of Education**

Jennifer Beausoleil

The Coventry Board of Education recognizes the value of athletic competition for high school students and the integral role that these activities play in public school education. It, therefore, endorses and encourages the participation of Coventry students in extracurricular activities during and after school hours in the high school. It also endorses and encourages the participation of Coventry students in the Connecticut Interscholastic Athletic Conference to provide for an organized program of interscholastic athletics.

<b>Table of Contents</b>	<b>Page</b>
Athletic Requirements for Participation	5
Athletic Trainer Services	5
Attendance Policy - Athletics	5
Attendance Policy - Vacations	5
Awards Night	6
Captains	6
Captain's Practices	6
CIAC	6
CIAC Scholar-Athlete	6
Conditioning Programs	6
Conduct During Games and Practices	7
Conference Affiliation	7
Conflict Resolution	7
Directions	7
Dismissal from Team	7
Dress Code	8
Eligibility	8
Eligibility Officers	8
Equipment/Uniforms	9
Exam Schedules	9
Extenuating Circumstances	9
Fan Behavior	9
Hazing/Harassment	9
Injuries/Insurance	10
JV Philosophy	10
Locker Rooms	10
NCAA Requirements	10
NCCC Scholar-Athlete	10
Out of School Conduct	10
Pay for Participation/Transportation Fees	11
Physical Exam Requirements	11
Postponement of Athletic Events	11
Preseason Parent Meetings	11
Priority of Teams	11
Schedules	12
Sports Offered	12
Substance Abuse/Chemical Health	12
Suspension/Detention	12
Team Rosters/Tryouts	13
Team Rules	13
Title IX	13
Travel	13
Weight Room	13
Agreements	14

## **Athletic Requirements for Participation**

In order to participate in any sport at Coventry High School the following requirements must be met:

1. Physical Exam for Participation in Athletics form completed by Physician and Parent/Guardian submitted to the nurses office prior to try-outs.
2. Sports Candidate Questionnaire form with parent/guardian signature.
3. Concussion Consent Form
4. Sudden Cardiac Arrest Form (new)
5. All CIAC and school eligibility requirements must be satisfied.

## **Athletic Trainer Services**

Athletic trainer services are contracted between Integrated Rehabilitation Services and the Coventry School District. Whenever possible, a certified athletic trainer will be on duty at home athletic contests. A trainer is also available every day after school for evaluation of athletic injuries. Whenever necessary, athletes with injuries are encouraged to see the trainer for a physical evaluation. Students who cannot see a trainer while at school may get an evaluation at the facility of their choice. Evaluations performed at the school are free of charge to all athletes. There will be instances where an athlete's injury will require additional medical treatment. The athletic trainer may refer an athlete to his/her family doctor or may recommend a conditioning or rehabilitation program.

## **Attendance Policy – Athletics**

Students are required to be in school for at least four hours to be eligible to participate or attend extra-curricular activities that day (with the exception of approved field trips or college visits). The hours are pro-rated for non-full days of school. If students are going to miss practice for any reason, they should notify the coach or athletic director.

All teams will have a written policy regarding attendance regulations, which will address the expectations of athletes and the action to be taken when an athlete violates the policy. Included in this policy will be the actions taken for a student who misses a practice the day before a contest.

## **Attendance Policy - Vacations**

Vacations by athletic team members during a sport season are discouraged. Parents and athletes wishing to go away during a particular season may want to defer participation so as not to create conflicts.

If a family vacation is unavoidable:

1. The athlete must notify the coach at the start of the season
2. A "time for time" policy will be used to determine when the athlete may compete upon his/her return. For example, if a player missed three (3) practices due to vacation he/she will have to practice at least three days before being eligible to play in a game.

## **Awards Night**

Following each sports season, each sports program will host a post-season award gathering for all athletes (Varsity and JV), and their families. Athletes from each sport and their families meet with their teammates and coaches for presentation of certificates and a season wrap-up.

## **Captains**

Captains will be selected for each varsity sport at the start of their respective season if the coach chooses to have captains. To be eligible for a team captaincy, an athlete must:

- a. Have varsity experience
- b. Have demonstrated leadership potential, dependability, commitment to the team, and good sportsmanship
- c. Have no failing grades on the most recent report card
- d. Be a positive role model
- e. Have no violation of a school rule that resulted in a suspension from school during the current school year (previous school year for fall captains)

Each head coach is responsible for the selection of team captains, the duration of the assignment, and the number of captains for each team.

## **Captain's Practices**

The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC, NCCC and Coventry High School expressly prohibit "Captain's Practices" in all sports. "Captain's Practice," depending on the member school's involvement, may be a clear violation of the season limitations eligibility rule and/or a violation of the spirit of the rule.

## **CIAC**

The Connecticut Interscholastic Athletic Conference is the governing body for high school athletics in the state. Their website "[www.casciac.org](http://www.casciac.org)" provides a wide variety of information including eligibility criteria for athletes, schedules for any team in the state directions to any athletic facility or high school in the state, athletic contest results, tournament schedules, pairings and results.

## **CIAC Scholar-Athlete**

Each year, the CIAC recognizes one male and one female senior athlete from each school in the state as the Scholar-Athletes of the year. These athletes are recognized at a banquet the first Sunday in May.

## **Conditioning Programs**

In accordance with CIAC rules, athletes may participate in a school-run conditioning program out of season. These programs are not mandatory and cannot include sport specific training. Athletes who elect to participate must have a physical exam on record within 13 months of the dates of the conditioning program.

## **Conduct During Games and Practices**

Student athletes are visible representatives of both the school and the town. Student athletes must conduct themselves in an appropriate manner. Any behavior that reflects negatively on Coventry High School will be referred to the school administration for disciplinary action.

## **Conference Affiliation**

Coventry High School participates in the North Central Connecticut Conference. The purpose of the North Central Connecticut Conference is to allow member schools, through a formal organization, to best serve the aims of their inter-scholastic athletic programs. These aims include the development of friendly rivalries, new friendships, improved playing skills, better community relations, and the fostering at all times, by word and action, the qualities of fair play, courtesy, and good sportsmanship on the part of the coach, the player, the student body, and the community.

## **Conflict Resolution**

1. An athlete and coach should first attempt to resolve any issues.
2. If the conflict cannot be resolved between the athlete and coach, the athlete should make an appointment to meet with the Athletic Director with the coach present.
3. If the problem is still unresolved, then the parent should contact the coach.
4. Only when the problem cannot be resolved with the coach should the parent contact the Athletic Director.
5. These are the steps to be followed for conflict resolution:
  - a. Athlete — Captain
  - b. Athlete — Coach
  - c. Athlete — Athletic Director
  - d. Parent — Coach
  - e. Parent — Athletic Director
  - f. Parent — Principal

*Areas that will not be discussed include the following: playing time, discussions about other student athletes, and game strategies.*

## **Directions**

Directions to all athletic contests can be found online at [casciac.org](http://casciac.org). Select the “Directions” tab at the top of the page. The first choice on the screen will allow you to type in a school name and get driving directions to that school through [mapquest.com](http://mapquest.com). Below that, you may select any school from the pull-down menu and get a list of where that school holds its athletic contests, and directions to those facilities. These directions are provided by the school itself. Further down on the same page is a list of facilities (with directions) often used by the CIAC as neutral sites, banquet facilities, state tournament sites, or special events venues.

## **Dismissal From Team**

At any point in a season, an athlete who fails to abide by team rules or the rules of the Athletic Department may be dismissed from the team. The coach or the school administration may implement the process of dismissing a player.

For a coach to dismiss a player, the coach must first conduct a meeting with the athlete and notify the athlete's parents about the pending dismissal. The coach will then submit a written request to have the athlete removed from the team roster to the Athletic Director. If warranted, the Athletic Director will then remove the athlete from the team.

The athlete and/or the athlete's parents may request a hearing with the Athletic Director to contest the dismissal.

### **Dress Code**

As representatives of Coventry High School, athletes and coaches are expected to dress appropriately. On the day of a contest, athletes are expected to dress in a manner deemed appropriate by the coach both in school and at the contest and must be in line with CHS dress code policy. This may include shirt and tie for males and skirts or pants/blouse for females. Team uniform days may also be permitted at the discretion of the coach. At practices, athletes may not wear underwear as outerwear (including sports bras).

### **Eligibility**

To participate in athletic activities, a student must satisfy the following requirements:

1. Not more than one course with a grade below 65%.
2. If a student has one failing grade, all courses averaged together must be at least 70%.
3. Additionally, the student must be a good school citizen and a worthy representative of Coventry Public Schools. Repeated infractions of school rules, poor attendance or other evidence of poor citizenship will, as determined by the building principal, will render a student ineligible.

No high school student will be allowed to be eligible in an interscholastic-athletic contest during any quarter marking period immediately following a quarter marking period in which the student has not met the above requirements. Eligibility for fall athletic eligibility will be determined by the final grade in each second semester and full-year course. High school administrators working with athletic director, coaches, and teachers will develop appropriate support systems to identify and assist student participants who are experiencing academic difficulties that may affect continuing eligibility.

To be eligible for fall sports a student must have received credit toward graduation at the close of the school year preceding the contest in at least five (5) credits of work or its equivalent. Prior to participation in any contest, previously ineligible athletes must first practice in a team setting for a minimum of 10 practices.

### **Eligibility Officers**

The athletic director and the principal are appointed by the CIAC as the only individuals allowed to interpret CIAC eligibility rules. At the direction of the CIAC, coaches, parents, students, guidance counselors, and teachers are not permitted to interpret eligibility rules or answer eligibility questions. As such, the CIAC will only discuss eligibility questions with the principals and athletic directors of member schools. The CIAC has directed schools to inform all parties that no other individual should contact the CIAC regarding eligibility.



All inquiries made by persons other than the principal or athletic director will be refused. Parents or students with questions regarding eligibility should contact the athletic director.

### **Equipment/Uniforms**

All athletic equipment and uniforms issued to athletes must be turned in to the coach promptly upon the conclusion of the athletic season. Uniforms should be cleaned. Any missing or damaged equipment is the responsibility of the athlete. Until the athlete has returned or paid for missing items, the school will withhold athletic awards, report cards, and transcripts. In addition, the athlete will not have any uniforms issued for other sports.

### **Exam Schedules**

It is understood that exam week is a stressful time for all students. Due to scheduling constraints, it is not always possible to eliminate contests from the schedule during exam week. Athletic events held during exam week will, as often as possible, be scheduled by 5 p.m. to minimize their impact on exam preparation. Team practices will still be held but may be shortened at the discretion of the coach.

### **Extenuating Circumstances**

If issues arise that are not covered in this handbook, the Coventry High School Athletic Department and the Coventry High School Administration reserve the right to address said issues in a manner they deem appropriate.

### **Fan Behavior**

The Coventry Athletic Department expects fans to exhibit the highest level of sportsmanship at all times. Swearing, use of noise makers, calling out individual players or officials, and/or any other inappropriate behavior at contests will result in the removal of that fan from the contest and may lead to additional discipline action by the Coventry High School administration. Students who are athletes in other sports who are removed from a contest as spectators may be subject to additional discipline with their team.

### **Hazing/Harassment**

Hazing is any reckless or intentional act that humiliates, degrades, abuses, or endangers a person's physical or mental health for the purpose of initiation in or affiliation with an organization, regardless of that person's willingness to participate.

Harassment is unwelcome verbal, written or physical conduct based on a student's actual or perceived race, religion, creed, color, national origin, marital status, sex, sexual orientation, or disability which has the effect of substantially undermining or detracting from, or interfering with, the victim's educational performance or access to the school's resources and activities, or creating a hostile, offensive or intimidating school environment.

Hazing and/or harassment by an individual or team is not permitted in any form and will not be tolerated. Athletes who participate in hazing and/or harassment will be punished by penalties including, but not limited to, dismissal from the team. This policy applies to all situations whether school is in session or not, and whether done in a team setting or not. Please see student handbook for further information.

## **Injuries**

Athletic activity involves the potential for injury that is inherent in all sports. Even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

Athletes who are injured during a practice or contest must report their injury to the athletic trainer (if available) and the coach. All coaches are required to be certified by the Red Cross in basic first aid and CPR. The coach or trainer will make a recommendation on the level of medical treatment needed for the injury. If necessary, a parent will be notified through the contact information on the athlete's emergency form. An athlete may not return to the practice or contest without the consent of the coach.

## **JV Philosophy**

Whenever appropriate and where sufficient interest exists, the athletic department may offer Junior Varsity (JV) teams. These teams are developmental in nature and are offered to improve skill and provide a team environment on a competitive level for students who are not yet ready for varsity play. In some sports, tryouts are required for JV as well as varsity. However, it is the policy of the athletic department that all JV athletes get a chance to play in each contest unless there are extenuating discipline circumstances or attendance issues. This should not be interpreted that all playing time will be equally distributed, only that every JV athlete will get an opportunity to contribute to the team.

## **Locker Rooms**

No student athletes are allowed in the locker rooms unless supervised by a staff member or coach. All personal belongings need to be in a locker with a lock purchased from the school or coach. No other locks may be used, only school issued locks.

*Note: The school will not be responsible for personal property.*

The NCAA has detailed requirements for participation in athletics on the collegiate level. These requirements include eligibility standards, recruiting limitations, and Clearinghouse registration. Any athlete intending on athletic participation in college (Division I or II), and parents of these athletes should become familiar with NCAA regulations. A summary of these regulations is available in the guidance office. Additional information can be found at [www.NCAAstudent.org](http://www.NCAAstudent.org). Questions can be brought to the athlete's guidance counselor.

## **NCCC Scholar-Athletes**

Each sports season, the NCCC recognizes eligible athletes from each school in the NCCC as Scholar-Athletes. Selection is based on the following criteria: honor roll.

## **Out of School Conduct**

Student-athletes at Coventry High School are expected to act in a legal and responsible manner, realizing that at all times, they are representing their school and team. Conduct out of school which discredits or embarrasses Coventry High School, the Athletic Department or any sport may result in athletic department disciplinary action up to and including dismissal from a team. Further disciplinary action may also be taken if deemed appropriate by the school administration.

### **Pay for Participation/ Transportation Fees**

When necessary, the Board of Education may require a pay for participation fee in order to meet the costs of the athletic program. When pay for participation is implemented and or the transportation fee, the money is due to the coach one (1) week before the first official contest. Failure to meet the deadline will result in not participating in practices or scrimmages until the fee is paid. Once the official season has begun no refunds will be given should the athlete quit, be deemed ineligible or be dismissed from the team. In the event that scheduled contests are cancelled, pay for participation will not be pro-rated. Please contact the Athletic Director for financial hardships.

### **Physical Exam Requirements**

Students participating in athletics at Coventry High School are required to have a physical examination. A sports physical is valid for 13 months.

Parents must have athletes' private physicians perform the exam and must forward the completed paperwork to the school nurse by the established due date. Any questions regarding health assessments should be directed to the school nurse or the Athletic Director.

### **Postponements of Athletic Events**

In the event of inclement weather the day of an athletic contest, a decision to postpone or cancel an athletic event will be made prior to the end of the school day. Team practices are at the discretion of the coach and may still occur. Athletes will be notified over the public address system. In the event of an early release or a school cancellation due to snow, all extra-curricular activities are cancelled, including team practices. Postponements due to other reasons may occur occasionally; in these instances, coaches will inform their athletes with as much advance notice as possible. Any changes in the original published athletic schedule can be found at the CIAC website.

### **Preseason Parent Meetings**

The CIAC requires each team to conduct a mandatory pre-season parent meeting. This meeting provides parents with important information regarding the impending season. Items of importance to be discussed at this meeting include CIAC eligibility requirements, team goals, injury and insurance procedures, team attendance policies, playing time considerations, hazing prevention, tryout procedures, substance abuse/chemical health, and anything else the coach deems necessary for athletes and their parents to know. Parents should make every effort to attend.

### **Priority – High School Team vs Recreation/AAU/Premier/Travel**

The Coventry High School Athletic Department discourages student athletes from participating in multiple sports at the same time, as this practice can overstress them physically and psychologically. If a student athlete does choose to participate in multiple sports at the same time, it is the expectation of the Coventry High School Athletic Department and each individual athletic program at CHS that first priority is given to the high school team that is in season. Obligations to travel teams, AAU teams, Premier teams, recreation teams, etc are secondary. Please note that sometimes creative scheduling may occur in order to reschedule postponed games. If this happens and creates a conflict with an outside teams' schedule, the student is obligated to participate in the high school

scheduled event. Students who are not able to make the high school team their first priority may want to defer participation so as to not create conflicts.

### **Schedules**

Schedules for all schools and teams in the state, including Coventry High School, are available online at [casciac.org](http://casciac.org). These schedules include locations of events not held at the home team's school and include links to directions to these facilities. Any event listed as "away" on the schedule is held at the high school of the opponent except as noted.

### **Sports Offered at Coventry High School:**

#### **FALL**

Cross Country (boys and girls)  
Football  
Soccer (boys and girls)  
Girls Volleyball  
Girls Swimming (Co-op with Manchester and RHAM)

#### **WINTER**

Basketball (boys and girls)  
Indoor Track (boys and girls)  
Ice Hockey (co-op with Bolton, RHAM and Rockville)  
Wrestling

#### **SPRING**

Baseball Softball Girls Tennis  
Track & Field (boys and girls)  
Boys Golf

**There are also opportunities for teams of one (with up to three participants) to train at another school such as gymnastics. Please see the Athletic Director for information.**

### **Substance Abuse/Chemical Health**

The use of smoking materials (including electronic cigarettes and hookah smoking) or any other tobacco product, any type of alcoholic product, or any narcotic or drug is absolutely forbidden. This includes the use of anabolic steroids, hormones and analogues, diuretics and other performance enhancing substances. The possession of alcoholic beverages, any narcotics, or any drugs is also forbidden. All school rules and regulations regarding substance abuse are outlined in the student handbook. These rules apply to all athletes and at all CIAC controlled activities sponsored by the school including athletic events, practices and team meetings/gatherings. Participation in these activities is a privilege, not a right. As such, the CIAC may impose sanctions beyond those applied by the school for use of these substances by athletes.

### **Suspension/ Detention**

Students suspended from school, (outside or in-school suspension) are not permitted to participate in or attend any athletic event during the period of their suspension. This includes team practices. In addition to school suspension/detention, team coaches may impose team penalties if warranted, up to and including dismissal from the team.

### **Team Rosters/Tryouts**

The number of students permitted on some teams may be limited due to allowable roster sizes. For these teams, a tryout will be conducted. At the tryout, all athletes will be afforded an opportunity to showcase their talents and earn a spot on the roster. For some teams, selection may be highly competitive, and the ability level necessary to make a Varsity or JV roster will vary from year to year. Coaches are required to have in place fair and consistent evaluation criteria for the tryout period. Basis for team selection will be at the sole discretion of the coach. After teams have been selected athletes cannot switch sports.

**A student/athlete's participation on a varsity or junior varsity team in a given year does not mean that he or she is entitled to a spot on that team the following year. All student/athletes are required to go through a fair tryout for each season.**

### **Team Rules:**

Individual coaches/programs may have additional rules beyond what is set forth in this handbook. In the event that this occurs, the additional rules will be in writing and must be signed by the athlete and the athlete's parent or guardian.

### **Title IX**

Title IX is a United States Code implemented in 1972. It reads as follows:

*No person in the United States shall, on the basis of gender, be excluded from participation, be denied the benefits of, be treated differently from another person or otherwise be discriminated against in any interscholastic, intercollegiate, club or intramural athletics offered by a recipient, and no recipient shall provide any athletics separately on such basis.*

Title IX concerns or complaints may be brought in writing to the Athletic Director.

### **Travel**

Travel to all away athletic contests must be by team bus. No athlete will be permitted to participate in an away contest if travel was not by team bus. An athlete may petition the principal in writing for an exception to this rule. A note from a parent, requesting permission to be transported to or from a contest must be signed by the parent and the principal (or athletic director acting on her behalf) and then given to the coach at least one (1) day in advance of the contest. Athletes are not allowed to be transported to or from any athletic contest by anyone other than their parent or guardian. Any athlete that leaves an away athletic event without prior written approval of the principal as outlined above, will face disciplinary action including, but not limited to, suspension from the next athletic contest.

### **Weight Room**

Coventry High School's weight room is available for the physical training of athletes. Use of the weight room is only permitted under the supervision of a coach or the Athletic Trainer. At no time should an athlete work out alone or unsupervised. It is also important that athletes using the equipment be properly trained in its use by a coach or athletic trainer.

# Coventry High School Student-Athlete Agreement

Student-Athlete \_\_\_\_\_ Sport \_\_\_\_\_

Student-athletes must obey all school rules, team rules and athletic rules.

Student -athletes must travel to and from contests on the team bus accompanied by the coach.

No student-athlete will be in locker room, storage closets or on playing court or field without a coach present.

Student-athletes will return all equipment and uniforms issued by coach at the end of the season.

Student-athletes will demonstrate good sportsman at all times and represent themselves and Coventry High School respectfully.

Students-athletes will treat other players on their own or other Coventry High School teams with respect, mindful of school rules regarding harassment and hazing.

I agree to the above expectations and understand playing sports is a privilege, not a right and that non-adherence to these expectations may result in consequences up to and including dismissal from the team.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Student-Athlete

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Parent or Guardian

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Parent or Guardian

## STUDENT ATHLETE HANDBOOK AGREEMENT

I have read and understand the rules set forth in the athletic handbook by the Coventry High School Athletic Department and the Coventry High School Administration.

\_\_\_\_\_  
Athlete Name (Printed)

\_\_\_\_\_  
Parent(s) Name (Printed)

\_\_\_\_\_  
Athlete Signature and Date

\_\_\_\_\_  
Parent(s) Signature and Date