

SEYMOUR ATHLETICS

2023-2024

Athletic Administration

- Cathy Federowicz and Dave Willadsen
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START DATES

Fall sports

- Date: Aug 24th
- *Football: Aug 14th

Winter sports

- Date: Nov 30th
- *G-BB & Wrestling: Nov 27th

Spring sports

- Date: March 16th
- *Pitchers & Catchers: March 9th

SEYMOUR FATHER'S CLUB

The Seymour Father's Club is an all volunteer organization comprised of fathers of present or former students at Seymour High School. The Club has been working for more than Four decades to assist Seymour High School Academics, Athletics, and the Arts through financial support of student activities, school related organizations, and college scholarships.

Recent donations over the past (20) years by the Club include:

Over \$82,000 in Student Scholarships

Over \$28,000 in Trophies and Awards

Over \$91,000 in Donations & Grants to support Organizations for SHS Athletic Teams and Clubs

Overall, in the past twenty years, the Father's Club has donated close to \$201,000 to organizations and activities relating to Seymour High School students.

SEYMOUR FATHER'S CLUB

The Father's Club is looking for new members to join the ranks of the organization. If you are interested please contact one of the Seymour Father's Club Officers.

2023 OFFICERS

President: Dave Tomasheski cell: 203-927-7700

Vice President: Pete Tomlinson cell: 203-954-5165

Secretary: Chris Brana cell: 203-362-8457

Treasurer: Bruce Deming cell: 203-675-8829

Seymour Athletics

- *It is the belief of the athletic department that Seymour athletics will:*
- Promote self-discipline and responsibility, and teach the value of hard work ethic
- Have a competitive spirit while developing teamwork, and good sportsmanship
- Build school and community pride and unity
- Teach the lifelong benefits of sports and fitness for physical and mental well-being
- Interact with other schools and communities
- Represent Seymour High School with pride

SHS BELIEFS

- **Athletics is a privilege and not a right.**
- Multi-sport athletes = More successful programs and a more well-rounded and marketable athlete
- Open communication and mutual respect among coaches, parents, and athletes provide the foundation of a successful athletic program.
- Positive parent support and involvement enhance student growth and program quality.

Expectations of Athletes

- **ATTENDANCE** - Be early and at every team event—practice, game, meeting, community service, etc...
- **RESPECT** - Respect all teachers, coaches, school personnel, peers, teammates, and equipment.
- **PREPARED** - Have all equipment ready for practice/games.
- **RESPONSIBLE** - Be accountable for your actions.
- **SPORTSMANSHIP** - Gracious in wins, Graceful in losses.
- **UNSELFISH** - “WE” before “me”—Team vs Individual
- **DISCIPLINE** - Accept and embrace the discipline involved in athletics, because it benefits the TEAM!
- **COACHABLE** - Listen with respect and learn with humility.

Student-Athlete Conduct

- Student Athlete Conduct Guidelines
- Uniforms
- Social Media Guidelines
- Hazing/Bullying

Attendance

- **School Attendance**

- Minimum of $\frac{1}{2}$ the school day. (3 Periods)
- Must be in school for a full day on Fridays to participate in weekend practices/contests

- **Game/Practice Attendance**

- Saturday (possible Sunday at times)
- Vacations - NOT EXCUSED!
- Holidays are NOT an excuse for absence if practice is scheduled unless excused by the Coach.

Website and Handbook

- SHS Student-Athlete Handbook can be found on SHS website under athletics.
<https://www.seymourschools.org/athletics/resources>
- Parents and Athletes are responsible for reading and understanding rules and regulations
- Discipline Procedures are covered in SHS School Handbook
- Questions about game cancellations, scores and tournament info can be found on CIACsports.com

Spectator Regulations

- “Be a fan, not a fanatic”
- **Spectators/Family members are NOT allowed on the sideline/field/court for ANY reason, unless asked by Site Director/Event worker.**
- NVL Spectator Regulations
 - Respect for athletes, coaches and officials
 - Respect for opponents including parents
 - If spectator can not act properly they will be asked to leave by site director or administrator.
- Ticket Prices
 - \$3 Student/Senior Citizen \$5 Adult
 - NVL Tournaments - \$5 or \$10 depending on event and level purchases online only

EMERGENCY ACTION PLAN (EAP)

Seymour High School Athletics Emergency Action Plan provides coaches and athletic personnel with the information they need to react appropriately and efficiently when faced with a serious injury. Understanding that a serious injury can occur at any time, it is imperative that all individuals involved with our athletic programs are well versed in the protocol and procedures of dealing with an emergency. This plan explains the process along with giving specific instructions on how to deal with an emergency situation at all Seymour High School athletic venues.

The health and well-being of the student athletes depends on the expedient action of those in charge. All staff that work with students will be required to familiarize themselves with this plan, taking part in any training herein.

- The EAP can be found on the SHS website under Athletics, and can be accessed through the following link:
https://resources.finalsite.net/images/v1661451487/seymourschoolsorg/s9ukvnmcrabtw1spp1s/Seymour_EAP_2021_REVISED.pdf

Sportsware 123

Tracking program which documents athletic injuries so coaches, parents, school nurse and trainer are all aware of when an athlete will be able to safely return to athletics.

All fall athlete familyid registrations have been imported to sportsware 123.

SPORTS MEDICINE

Athletic Trainer –

- Scheduled for all home contests
- Scheduled periodically for practices, but not every practice
- Oversees “return-to-play” protocol for concussions, etc.
- Athlete should first consult with head coach regarding an injury prior to seeing trainer.

MEDICAL - CONTINUED

→ SCHOOL'S INSURANCE

- ◆ School fills out injury form when injury occurs with SHS Athlete
- ◆ School's insurance (secondary insurance) will cover what the parents insurance does not, if submitted in a timely manner. It is up to the parents to submit all the documentation needed to the insurance company. The school nurse will send the parent the insurance form only if requested.

→ FAMILY ID

- ◆ It is crucial that athletes are registered. An athlete cannot participate in athletics without being registered on FamilyID and then cleared by athletic department and the school nurse.
- ◆ To avoid expired physicals, upload a new physical to FamilyID within 13 months of previous physical.

MEDICAL - CONTINUED

→ PHYSICALS

- ◆ Physicals are good for 13 months. Once a physical has expired, no participation is allowed until an updated physical (the paperwork completed) is uploaded to FAMILYID and is approved by the school nurse.

→ INJURIES & DOCTOR APPOINTMENTS

- ◆ If you take your athlete to a doctor for an injury, they are considered NOT APPROVED and should **not** be participating until the nurse receives a doctor's note stating that they are either cleared to return to athletics or have restrictions.

→ COVID-19 ATHLETIC CLEARANCE

- ◆ All athletes, following a COVID-19 positive test OR diagnosis, MUST be cleared by their physician and a MD note must be received in order to participate in athletics.
- ◆ Updated physicals are not allowed for COVID-19 clearance.

→ VALLEY ORTHOPEDIC SPECIALISTS

- ◆ VOS and specifically, Dr. Richo is Seymour's team doctor. He is available in the Seymour office on Mondays.
- ◆ VOS has offices in Seymour, Shelton and Fairfield. The Seymour office is at the Quarry Walk.
- ◆ The Seymour office offers walk-in urgent care appointments Monday thru Friday from 9AM - 4:45 PM and Saturday 9 AM - 2 PM.

MEDICAL - CONTINUED

→ CONCUSSIONS

- ◆ If an athlete is suspected of having a concussion or diagnosed with a concussion, you will be notified within 24 hours either by the coach, trainer or athletic directors.
- ◆ Once diagnosed, the concussion protocol will take place.
 - Any academic accommodations can be made, if needed.
 - If the athlete sees a doctor, they will need to be cleared by the MD prior to beginning the return to play process with the athletic trainer.
 - Must be symptom free, without medication and present in school with NO academic accommodations for **24 hours** in order to begin the return to play process.
 - Then we can begin the **5-day return to play** progression. There are 5 phases to the progression that are each 24 hours long. The athlete must remain symptom-free throughout to move on to the next phase. This is not necessarily 5 consecutive days. It is 5 days that the athlete meets with me and completes the progression for that day with no return of symptoms.

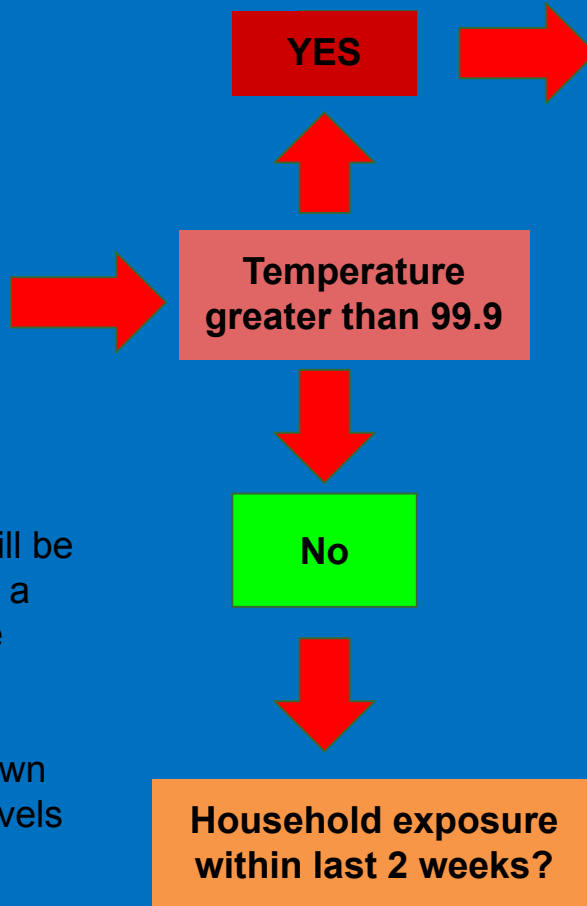
CONCUSSION RETURN TO PLAY

Stage	Rehabilitation Stage	Exercise Allowed	Objective
1	Rest	Complete physical and cognitive rest without symptoms	Recovery
2	Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity, <70% maximum predicted heart rate. No resistance training.	Increase heart rate and assess recovery
3	Sport-specific exercise	Running drills. No head impact activities.	Add movement and assess recovery
4	Non-contact training drills	Progression to more complex training drills, e.g. passing drills. May start progressive resistance training.	Add exercise + coordination, and cognitive load. Assess recovery
5	Full Contact Practice	Normal training activities	Restore confidence and assess functional skills by coaching staff. Assess recovery
6	Return to Play	Player rehabilitated	Safe return to play once fully recovered.

In school procedure

Individual is experiencing respiratory symptoms

- Each case will be evaluated on a case by case basis.
- Policies may change as town COVID-19 levels change.



Stay home until you are fever free for 24 hours, COVID-19 testing is recommended. If you are COVID-19 POSITIVE, remain out of school for 5 days. After 5 days from test date, you are able to come to school (test date is day zero). It is also recommended you wear a mask for when you return to school until day 10.

If your COVID-19 test is **NEGATIVE**, you can return to school when you are fever free for 24 hours without the use of medication (Tylenol or Motrin).

Any symptoms related to Covid-19 testing is highly recommended. It is also recommended, that you wear a mask to school for 5 days after the exposure.

EXPOSURE WITHIN THE HOUSEHOLD

<p>If you were exposed to COVID-19 within your household, and the positive COVID-19 household member CANNOT isolate (regardless of vaccine status or previous infection).</p>	<p>Individuals must quarantine for a minimum of 5 days and test 5 days after the exposure (last day of exposure is day 0). Individuals are asked to mask for 10 days after the exposure.</p>	
<p>If you were exposed to COVID-19 within your household but the affected household member CAN isolate (regardless of vaccine status or previous infection).</p>	<p>If you are not having any symptoms you can take a home test, if test is negative, you can return to school. We ask that you test again on day 5 to confirm you remained negative. We also request you wear a mask for 10 after the exposure. If you develop symptoms please stay home until symptoms have significantly resolved.</p>	<p>If you are having symptoms, individuals are asked to remain home and test. If test is negative, we ask that you remain home until symptoms have significantly improved without the use of medication (Motrin or Tylenol). Once you return to school, you will be asked to wear a mask for 10 days after the exposure or positive COVID-19 test.</p>

CIAC Rules

- **Transfer Students** (please notify head coach so AD office can check eligibility)
- **Grades**—Must pass 5 classes with a 65 average or better for 1st, 2nd, and 3rd marking periods. Fall eligibility is based on final averages for the year.
- **8 Semester Rule**---can only play 4 years of HS sports
- **Outside Teams** - Practicing/Participating/ Playing in the same sport is not permitted and can lead to forfeiture of games.

College Bound Student Athletes

- **Signing Day**
 - Celebrated at SHS with family and coaches
- **Guidance Office**
 - Sign up with NCAA Clearinghouse
- Less than 2% of HS Athletes receive scholarships to play college sports



ODDS OF MAKING DIVISION 1 ROSTER

MALES

BASEBALL: 47:1
BASKETBALL: 116:1
FOOTBALL: 36:1
SOCCER: 119:1
VOLLEYBALL: 172:1
SWIM & DIVE: 46:1
TRACK & FIELD: 60:1
XC: 60:1
WRESTLING: 97:1

FEMALES

SOFTBALL: 59:1
BASKETBALL: 91:1
SOCCER: 48:1
VOLLEYBALL: 91:1
SWIM & DIVE: 37:1
TRACK & FIELD: 40:1
XC: 41:1

COMMUNICATION

- Coaches will communicate program expectations and specific rules to players/parents
- Coaches will communicate practice dates/times for their sport to players/parents.
- Parents are asked to communicate with coaches appropriately with any concerns they may have with the program, and never after a game/contest. (24-Hour Rule)

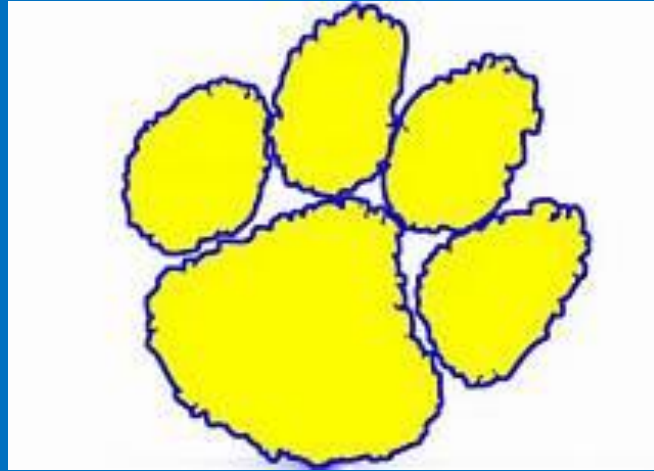
Parent/Coach Communication

- Athlete to Captain
- Athlete to Coach
- Parent and Athlete to Coach
- Parent and Athlete to Coach and AD
- Playing time, strategy, or other athletes are issues that are not open to discussion.

Booster Clubs

- SHS Booster Club is a 501 C 3 tax exempt organization.
- All fundraisers require approval from SHS Booster Club before being run.
- Individual team Booster Clubs are to support each program and pay for things that the school system does not.
- Each team should have a team liaison that represents that program and communicates directly with the SHS Booster Club.
- Help with basic things to support program
 - For example: Fan wear, meals, awards, gifts, etc...
- Should be for the whole program not just varsity.

THANK YOU



GO WILDCATS!!!