

Trumbull High School

Student-Athlete Handbook



2022-2023 School Year

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The Student Athlete Handbook is an agreement obtained by student-athletes and parents as an acknowledgment of the understanding of the rules and procedures governing participation in the interscholastic athletic program. The philosophy of the handbook is that there is an acceptable code of conduct and behavior for the student-athletes to follow that will assure their safety, well being, and enjoyment of athletic participation.

The Trumbull High School Student Handbook rules apply to all student-athletes. Each coach has the right to add additional rules, which pertain to his/her sport. Student-athletes who embarrass themselves, their coach, their team, their parents or Trumbull High School by their actions, will be subjected to disciplinary action by the coach, Director of Athletics or Administration. Athletic participation is a "privilege" and not a "right". Suspension or termination of the participation "privilege" is within the discretion of the Director of Athletics, coach and School Administration for both athletes and parents.

Message to Parents and Student Athletes

Dear Athletes and Parents:

Again this year, a much greater emphasis will be made regarding sportsmanship and spectator behavior at all FCIAC and CIAC schools. Below, under "Spectator Sportsmanship" are the expectations of the athletes and spectators during athletic contests. Please pay particular attention to this section and discuss the material. In addition, Athletic Directors and their staff members around the league are going to implement measures during athletic events to support these sportsmanship expectations. Please be cognizant of this and cooperate with school personnel around the league. I am very glad to say that the vast majority of our athletes and parents conduct themselves in a manner that reflects very positively on the Trumbull community. Please make every attempt to continue this trend and make our athletic events as enjoyable as possible.

PHILOSOPHY

The athletic program at Trumbull High School is an integral part of the educational process. The purpose of the program is to stimulate students to develop mutual interests, promote motivations and improve their physical skills.

To be of maximum effectiveness, the athletic program must be closely coordinated with the general instruction of the school. It must be such that the number of students accommodated, and the educational aims achieved, justify its inclusion in the overall program.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations.

Students who wish to participate in athletics must be physically able to participate, qualify under the eligibility requirements, and adhere to the rules set forth by the state and local school officials. We believe that participation in athletics will contribute to the following:

- Improvement of the health, fitness, and general welfare of all individuals taking part in the program.
- Promoting social and emotional development.
- Stimulating all participants to achieve creditable academic progress and to make a contribution to the general education program of the school.
- Enhancing the overall climate of the school.

MISSION STATEMENT

The Trumbull High School Department of Athletics strives for excellence by providing opportunities to student-athletes to participate in programs that are designed to develop meaningful standards of athletic performance, leadership, scholarship, community service, and appropriate conduct within the educational and social environments of Trumbull High School. The hope is that coaches will use athletics as a venue to teach pertinent life skills and lessons to each student-athlete while creating a nurturing and supportive environment where all student-athletes can learn and thrive. Participation in the Athletic Department will be a huge part of their high school experience. It is our mission to make this experience as meaningful and positive as possible for each student-athlete. It is important that coaches never lose sight of the impact they have on their athletes and our community and represent the Athletic Department in a positive manner while always looking out for the best interests (both on and off of the field) for their athletes.

REQUIREMENTS FOR STUDENT ATHLETE PARTICIPATION

Each potential student-athlete must have the following documents on file to receive clearance for

participation. All forms are available online and should be submitted electronically.

1. A current sports physical form
2. The Consent, Acknowledgement, and Release Form (via online registration)
3. Emergency information provided by the parent/guardian submitted after the online registration (via Google Form)
5. Concussion Education Plan & Consent Form (via online registration)
6. Sudden Cardiac Arrest Awareness Form (via online registration)
7. Provide insurance information (via Google Form)

Sports Physical

A student who wishes to participate in interscholastic sports must have a physical examination and submit the physician's examination document to the school nurse for review. The physical is good for 13 months and no athlete may participate in any interscholastic sports teams without a current physical on file and approval from a school nurse.

Please understand that the coach **cannot** allow any student to attend or participate in a sport, including **practice or tryouts**, unless he/she has submitted a physical form to the nurse and the school nurse has approved the athlete to participate.

Consent, Acknowledgement and Release (via online registration)

Before participation on an athletic team, student-athletes are required to submit a “**Consent, Acknowledgement and Release**” form. This form gives permission for the student athlete to participate in the Trumbull High School sports program and states that both the student-athlete and parents understand and accept the risks involved in interscholastic athletics. When an athlete voluntarily participates in a school-sponsored interscholastic athletic activity, the student-athlete and his/her parents/guardians assume the risks of injury. The school takes seriously its responsibilities in the area of student participation in athletics regarding issues of health and safety.

Emergency Card Information (via Google Form on www.trumbullathletics.com)

Each parent/guardian is required to complete an emergency form during the registration process indicating emergency phone numbers, a contact person and insurance information in case of an accident or injury. This emergency contact information will remain easily accessible to the coach in case an injury occurs during practices or games. It is the parent's responsibility to ensure that the information on the emergency form is current and up-to date.

Concussion Education Plan & Consent Form & Sudden Cardiac Arrest Awareness Form (via online registration)

This document was developed to provide student-athletes and parents/guardians with current and relevant information regarding sudden cardiac arrest. A new form is required to be read, signed, dated and kept on file by the student athlete's associated school district annually to comply with Connecticut General Statutes Chapter 163, Section 10-149f. Supportive material can be found on the CIAC website at ciacsports.com.

ATHLETIC & PARENT CODE OF CONDUCT

Interscholastic athletics provides opportunities for student-athletes with regard to responsibility, fair play,

cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty and tolerance. Since good citizenship extends beyond the school it is expected that student athletes will behave appropriately in the broader community.

Student athletes are expected to:

1. Athletes shall conform to the school, FCIAC and CIAC eligibility rules, including all medical and academic requirements.
2. 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 Trumbull High School Student Handbook. Consequences will be exercised when needed.
3. Athletes shall conform to the behavioral norms of society in general and to the specific laws established by local, state, and federal governments.
4. Athletes shall comply with all school rules of behavior in accordance with the rules set forth in the Trumbull High School Student Handbook in conjunction with Board of Education Policy 5131, "Student Standard of Conduct".
4. Athletes shall attend and not be tardy for practices and competitions held both during regular school sessions and during vacations. Exceptions shall be subject to the approval of the head coach.
5. Athletes shall, at all times, conduct themselves in a manner exhibiting sound moral character and exemplify good sportsmanship.
6. Athletes shall be held responsible and accountable for all equipment associated with the functioning of the team, i.e. uniforms, equipment, etc.
7. Athletes shall always conduct themselves with an attitude that is positively stated, exhibits pride and is representative of the Trumbull community in general.
8. Athletes shall abstain from using drugs (including anabolic steroids, performance enhancing substances), alcohol, and tobacco, which are deemed harmful to one's health, athletic performance, and general well being.

Parents are expected to:

1. Support their children in a positive and appropriate manner.
2. Conform to CIAC, FCIAC and Trumbull Board of Education spectator policies and expectations.
3. Represent the Trumbull community in a positive manner.
4. Refrain from acting inappropriately and using inappropriate language at practices, contests, meetings, etc.
5. Act respectfully towards athletes, coaches, officials, fellow parents, school staff and administration.
6. Address concerns in an appropriate manner (see process under "Communication" section of this document).
7. Work cooperatively with the coaching staff and administration.

Violations and Consequences

Students and parents unable to meet these expectations will be subject to disciplinary actions which may include suspension and/or expulsion from participating in the athletic program.

ATTENDANCE POLICY

Consistent with Board of Education Policy 5113, "High School Attendance / Loss of Credit," and Policy 5113.1, "Attendance Grades K-8," any student who has not reported to school or is not present for at least half of the scheduled school day is considered absent from school. Students who are considered absent from school will not be permitted to participate in any interscholastic activity. Exceptions to this policy will be considered by the Athletic Director and will be handled on an individual basis.

Student-athletes who leave school early due to illness are **NOT PERMITTED** to attend or engage

in athletic participation on that day.

AWARDS

VARSIY AWARDS:

The following will be presented at the end of each season:

- First year varsity athletes are awarded a letter
- Second year varsity athletes are awarded a fleece pull-over.
- Third year varsity athletes are awarded a patch
- Fourth year varsity athletes are awarded a pin

The Eagle Award:

A sportsmanship award based on the 6 Pillars of Character will be awarded to a player on each varsity team. The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core “Pillars of Character”:

- *Respect – for themselves, peers, coaches and officials by exhibiting an appropriate demeanor, self-control, fair play and class*
- *Responsibility – for their actions both on and off the field of play, especially with academic achievement, role modeling and a healthy lifestyle*
- *Fairness – accepts their coach’s decisions and works as hard in the face of controversy. Be open minded and always be willing to listen and learn*
- *Caring – shows care for others feelings and helps to improve others as well as themselves through positive counseling and encouragement*
- *Good citizenship – has a high degree of character and willingness to help even if it doesn’t directly affect them. Demonstrates and demands integrity.*
- *Trustworthiness – Is worthy of trust in all they do with the principles of integrity, honesty, reliability and loyalty.*

The highest potential of sports is achieved when competition reflects these “Six Pillars of Character”

COMMUNICATION

Student athletes and their parents/guardians are encouraged to discuss personal concerns about the interscholastic athletics program so that small problems and misunderstandings do not become major issues.

Each athlete is expected to be his/her own advocate and address any concerns directly with their coach. The student athlete should present the concern to the coach as soon as possible to attempt to resolve the situation. If the conflict cannot be resolved between the athlete and the coach, the athlete should make an appointment to see the Director of Athletics. If the problem is still unresolved, then the athletes’ parents should contact the coach. At which point, the problem cannot be resolved with the coach, the parent should then contact the Director of Athletics. These are the recommended steps to be followed for the resolution of a conflict/issue:

- Athlete > Coach
- Athlete > Director of Athletics/Coach
- Parent > Coach
- Parent > Director of Athletics/Coach
- Parent > Principal/Director of Athletics

Please do not attempt to confront a coach before or after a contest. These can be emotional times for both the parent and coach and meetings of this nature often fail to resolve conflicts.

ELIGIBILITY

Trumbull High School is a member of the Connecticut Association of Elementary and Secondary Schools (CASS) and the Connecticut Interscholastic Athletic Conference (CIAC). As a member school, we are governed by a minimum of eligibility requirements by the CIAC. The CIAC is the governing body for high school athletics and has established Rules of Eligibility and Control for High School Athletics in Connecticut.

All students enrolled at Trumbull High School shall be eligible to participate in the interscholastic athletics program provided the students meet the criteria established by the CIAC and has not been enrolled for more than eight semesters in grades nine through twelve and meets the criteria established by Trumbull High School for eligibility.

CIAC Eligibility: Coaches should be familiar with the Rules of Eligibility as well as the Athletes' Rights of Due Process. In accordance with the CIAC, to be eligible for participation students must:

1. Be a full time student at Trumbull High School.
 2. The student shall not have reached his or her twentieth (20th) birthday or start a season in which their 20th birthday falls.
 3. Not participate in the same branch of athletics more than four (4) seasons in grades 9-12. A student has eight (8) semesters or (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible.
 4. Not play or practice with an outside team in the same sport while a member of the school team, unless that sport is exempted by the CIAC and the coach gives permission.
 5. Meet Trumbull Board of Education requirements.
- **Note:** Academic eligibility for fall activities shall be determined by the student's final grades for the previous year. Ninth graders are exempt until the end of 1st quarter of their freshman year.
 - **Note:** Marking period grades (not semester grades) are to be used in determining scholastic eligibility, except for initial fall eligibility.

Trumbull High School Eligibility: All students must meet the minimum CIAC academic requirements, pass health and or physical education class and not receive an effort grade of 4 in any class. Students who fail to meet academic standards will not be eligible until the end of the next quarter, assuming they then meet the academic standards. Students who receive an effort grade of 4 will be required to sit out a period of time (per BOE policy) until the teacher confirms with the Director of Athletics that the effort of the student has improved and that the student no longer has an effort grade of 4.

APPEAL PROCESS FOR THS INELIGIBILITY: (There is no appeal process for CIAC ineligibility via the Trumbull Department of Athletics). An appeal process is available in cases of extraordinary circumstances via the CIAC. Any such CIAC appeal will need approval from the Director of Athletics and the Principal.

The school Principal and/or Director of Athletics may declare a student ineligible if it is felt that the student is not taking care of his/her responsibilities both as a student and a citizen of Trumbull High School and the community.

EQUIPMENT

All athletic equipment, per sport, is to be collected from athletes at the end of the season and stored in the athletic area assigned by the Director of Athletics. The care and maintenance of equipment issued to participants is their direct responsibility. A list of players who have lost or damaged equipment issued to them will be submitted to the Director of Athletics at the end of the season. In accordance with Board of Education Policy 5150, "If a student athlete loses equipment/uniforms, athletic awards and additional equipment may be withheld until the student's financial obligation is met."

HAZING

“Hazing” is defined as any activity which recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation into, admission into or affiliation with, or as a condition for continued membership in, any organization sanctioned or authorized by the Board of Education. No student at Trumbull High School may take part in any form of hazing or intimidation. Student athletes are expected to comply with Board of Education Policy 5131.91: Hazing.

All athletes will engage in conversation with their coaches at the beginning of the season, regarding this policy to all team members. We believe that Trumbull High School sport teams should be welcoming, comfortable and inclusive.

INJURIES

INJURIES

The potential for injury is inherent in any sports related activity. All injured athletes should be sent to the athletic trainer for evaluation and so that an accident report can be filed. If an athletic trainer is not available, the coach should contact the athletic trainer and inform him/her of the injury and inform the athlete to see the trainer the following day. The athletic trainer is responsible for determining the extent of the injury, appropriate treatment and if the athlete can continue to participate. It is important that the athlete, coach and athletic trainer work together to inform parents of injuries.

In accordance with the Board of Education Policy 5150 “Interscholastic Athletics”, “During the sport season, should a student sustain an injury or develop an illness requiring the care of a physician, physician assistant, advanced practice registered nurse, or local health agency, that student shall be required to provide a signed medical release from the medical provider in order to return to the sport for the remainder of the season. The medical release will be reviewed by the school nurse, the athletic trainer, and/or the Athletic Director, who will determine whether, in their discretion, the student may return to the sport for the remainder of the sport season, or to another sport for the following season. The Trumbull Public Schools Department of Interscholastic Athletics Return to Play Form can be found on the TPS Athletics Department website (www.trumbullathletics.com).”

When an athlete sustains an injury that requires medical attention, the student will not be allowed to participate again until they are cleared with proper documentation by a physician.

INSURANCE

Insurance is purchased by the Trumbull Board of Education to cover accidents, which occur to students engaged in active participation during in-season interscholastic athletics or out of season conditioning and strength training done on campus and supervised by a Trumbull Board of Education certified staff member or athletic trainer. The coverage is non-duplicating. This means that when injury occurs, if the student-athlete has any other coverage, the other coverage pays to its limit. However, if there is no other coverage, then the sports accident plan will pay to the limit based on what the Board of Education insurance plan deems reasonable and appropriate. A claim can not be filed unless an accident report has been completed and submitted. Contact the Athletic Trainers or Director of Athletics to file a claim.

PHYSICAL EXAMINATIONS

Participants are required to receive a physical examination before they are allowed to participate. Physical examinations are valid for 13 months. Participants are to use the Physical Examination form and upload it for review during the registration process.

POLICIES

[Sexual Harassment Policy 5145.5](#) (Student)

[Fundraising Policy 1324](#)

[Parent Organizations and Booster Clubs Policy 1210](#)

[Volunteer Policy 1212.1](#)

[Gift to School Employees Policy 1313](#)

[Public Conduct at School-Sponsored Activities Policy 1316](#)

[Gifts to the School District Policy 3210](#)

[Use of Privately-Owned Vehicles 3541.44](#)

[Student Use and Possession of Smoking Products, Tobacco Products, Drugs and Alcohol Policy 5131.6](#)

[Hazing Policy 5131.91 \(Requires Student Sign-off to be completed with their Coach\)](#)

[Bullying & Teen Dating Violence Prevention & Intervention Policy 5131.911](#)

[Pay to Participate Policy 5136](#)

[Reporting of Child Abuse, Neglect and Sexual Assault Policy 5141.4](#)

[Concussion Policy 5141.7](#)

[Student Accident Insurance Policy 5143.1](#)

[Interscholastic Athletics Policy 5141](#)

[Drug or Alcohol Use and Possession by Students Policy 6164.11](#)

PUBLICITY/SOCIAL MEDIA

All student athletes play a vital role in promoting their programs. Communicating with the media is a large part of this. Always be cognizant of what you say to the media. Never divulge confidential information, speak negatively of athletes, officials or opposing coaches, spectators or schools, focus on positives and always represent our community in an appropriate manner. Try to create positive relationships with members of the media and help them do their job when and where appropriate.

Social Media technologies have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others. Trumbull High School Athletics recognizes and supports its student-athletes, and coaches' rights to freedom of speech, expression and association including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for Trumbull High School is a privilege, not a right. The student-athlete represent his or her high school and the Trumbull Public Schools, and therefore, they are expected to portray themselves, their team and their high school in a positive manner at all times. Not doing so may result in disciplinary action.

RETURN TO PLAY

Student-athletes who have sustained a concussion **MUST** complete a gradual Return to Play Protocol with the Athletic Trainer, when in season, or with another healthcare professional once cleared to resume activities:

- Step 1: Complete Physical and Cognitive Rest. The athlete will not do any activity and will avoid anything that would cause a recurrence of signs or symptoms. They are not permitted to attend practices, be on the sidelines with the team during any games, travel with the team to away matches, or begin the physical portion of the RTP protocol until granted approval to do so by a physician and/or the athletic trainers.
- Step 2: Light Cardio Activity. Athlete will jog or bike for a short period of time. If no signs or symptoms occur, they will be allowed to continue for another short period of time, unless signs or symptoms occur then as well.
- Step 3: Increased Cardio Activity. Athlete will perform sprints, change of direction activity, long distance running, and/or weightlifting.
- Step 4: Non-Contact Drills. The athlete will perform sport specific non-contact drills based on their sport and position. In this step they are allowed to run at normal activity level, weight lift, and work into the non-contact drills performed that day during practice.

- Step 5: Full Contact Practice. The athlete will perform a full contact practice. Athlete will perform all parts of a running practice, with no restrictions.
- Step 6: Return to Game. The athlete will return to competition. Return to play following an Athletic Injury (aside from concussion) or absence from sport: After an athlete has recovered from an injury and is ready to return to their respective sport, each athlete is required to participate and complete at least one full day of practice prior to returning to game play. The same rule applies for any athlete who does not participate in practice prior to a game.

*If at any point during this Return to Play protocol the athlete experiences a recurrence of signs or symptoms, the process will cease and parents will be notified of the next step.

For further information regarding concussions please feel free to view the following information:

<http://www.cdc.gov/concussion>

SEXUAL HARASSMENT

Sexual harassment will not be tolerated among students of the Trumbull Public Schools, and any form of sexual harassment is forbidden, whether by students, supervisory or non-supervisory personnel, individuals under contract, or volunteers in the schools. Students shall exhibit conduct which is respectful and courteous to employees, to fellow students, and to the public.

[Sexual Harassment Policy](#)

SPECTATOR SPORTSMANSHIP

The Student-Athlete:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game .
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will have a thorough knowledge of and abide by all rules of the game and CIAC.
- Will work for the good of the team at all times.
- Will cheer for our team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

The Spectator:

- Should show respect and courtesy to both players and fans from opposing teams.
- Should know and understand the rules of the game.
- Should enjoy and acknowledge good performance from players on all teams.
- Must respect the decisions of the officials and demonstrate self control and restraint if they make a poor call, recognizing that they, too, are human.
- Must recognize that attending a high school athletic contest is a privilege to enjoy the contest, not a license to verbally assault officials, coaches or opponents.
- Should congratulate players, coaches and fans from both sides following a well played contest.
- Should denounce fans who are abusive or use profanity.
- Must be guided by the phrase: **“CHEER FOR YOUR TEAM, NOT AGAINST YOUR OPPONENT”**

SUSPENSION/DISMISSAL PROCEDURES

Athletes suspended from school are prohibited from practicing or playing during the inclusive dates of suspension, including weekends and holidays. Athletic suspensions may or may not permit the athlete from participating in practice, team events or attending after school activities..

TRANSPORTATION

Participants in interscholastic athletics events, for which transportation is provided, are expected to travel to the event and return on school-supplied transportation. Requests for exceptions to this rule must be made in writing to the Athletic Director and may be allowed only with written permission from the Athletic Director, who will grant exceptions for emergencies, extreme hardships, or other unusual, extenuating circumstances.

Certain sports require that practices and home athletic contests be held at off-campus sites. The Athletic Department will typically not provide transportation in these circumstances. All student athletes participating in one of these sports, must complete the Trumbull Public Schools Department of Interscholastic Athletics Private Transportation Form which must be signed by the student's parent/guardian prior to the start of the season. Any time there is a change in driver, a new form must be completed and submitted to the head coach prior to that individual driving to a practice or contest.

TRYOUTS

Tryouts will be open and available to all students who comply with the "Requirements of Participation" section of this handbook. Tryout guidelines and evaluation criteria will be formulated by the head coach in consultation with assistant coaches. The coach shall provide the following information to all candidates for the team:

- length of tryout period;
- practice commitments should a student make the team;
- game commitments;
- eligibility regulations; and
- extracurricular participation policy.

A student is not permitted to participate in tryouts while serving an out-of-school suspension or expulsion. Tryouts should be structured so that they are fair and equitable for all candidates. A minimum evaluation period of three sessions is required. Team selections will be made after this evaluation period. Team selection is based on criteria formulated by the head coach in consultation with assistant coaches and the Director of Athletics. Criteria will include but not be limited to:

- sport-specific skills;
- athletic abilities;
- potential role and contributions to the team; and
- attitude and effort.

If a student is going to miss scheduled tryouts due to extenuating circumstances (e.g., religious reasons, extended sports season, sickness, injury, or another compelling reason), he or she must have prior approval of the coach and the Director of Athletics to try out at another time.

UNIFORMS

All athletic uniforms, per sport, are to be collected from athletes at the end of the season. The care and maintenance of uniforms issued to participants is their direct responsibility. Missing uniforms must be paid for. A list of players who have not returned uniforms issued to them will be submitted to the Director of Athletics at the end of each season.

In accordance with Board of Education Policy 5150, "If a student athlete loses equipment/uniforms, athletic awards and additional equipment may be withheld until the student's financial obligation is met."