

STAPLES HIGH SCHOOL

STUDENT-ATHLETE
HANDBOOK



2024-2025

This handbook was researched and written by a representative group of secondary coaches and physical educators for the use of Staples High School students and parents.

The main purpose of the handbook is to give the student-athlete an outline of the Interscholastic Athletic Program requirements.

It is the hope of this committee that the high school students will have an enjoyable and rewarding experience in athletics that will carry on for many years into their adult lives.

****Each Staples coach and athlete will receive an online copy and will be expected to follow all procedures listed therein.****





STAPLES HIGH SCHOOL

70 North Avenue - Westport, Connecticut 06880-2799

Stafford W. Thomas Jr. JD
Principal

Phone 203-341-1201
Fax 203-341-1202

As a Staples High School student-athlete, and being a former student-athlete myself, let me start off by commending you on the hard work and dedication you have shown and will continue to show throughout the 2024-2025 school year. The school and entire Westport community look up to you not just because of your success and prowess on the playing fields but also because of your numerous other abilities displayed everywhere you go. They are in awe of your ability to balance the challenging academic standards which Staples continues to upgrade each and every year with the countless hours of preparation and practice that accompany your sport. These attributes coupled with how you treat and interact with your fellow students and teachers make you a role model that others will be watching throughout the school year.

As the principal, I am excited to see up close and in living color all of the wonderful descriptions of you that I have heard about prior to taking the helm. I look forward to seeing you in action on the playing fields, in your classrooms and around the community and most of all, making Staples the shining example for others to follow. It is a great responsibility indeed, but you are rooted in a wonderfully strong position of power and we all know how that quote ends. You have the ability to do it as well as the discipline necessary to demonstrate the character of a champion in each and every interaction you engage in and in all of the endeavors you choose to pursue.

I sincerely wish you the best for a successful year both academically and athletically. I believe in you and your being up to the challenge of continuing the proud tradition of being a Staples High School student-athlete.

Sincerely,

Go Wreckers!

Stafford W. Thomas, Jr. JD Principal

Mission Statement:

The Staples High School community inspires learning, fosters integrity and nurtures empathy.



STAPLES HIGH SCHOOL ATHLETIC DEPARTMENT

70 North Avenue, Westport, CT 06880-2799

VJ Sarullo
Athletic Director

Phone: 203-341-1263
Fax: 203-341-1261

Student-Athletes and Families:

Welcome to Staples High School Athletics! Our athletic program has a history of tradition and excellence and we look to continue to build upon our strong foundation this school year. Our goal is to be the best athletic program in the community, classroom and competition. When you wear the “Block S”, you will be representing your family, community and school. While we want all of our student-athletes and teams to achieve at a high level, we must remember that our competitors are student-athletes and that success in the classroom must be the priority.

We are proud to be able to offer thirty nine sports for our student-athletes over the course of our three sports seasons, many of which offer competition at sub-varsity and varsity levels. Our student-athlete participation rates are some of the best in the state, which helps build the family atmosphere that we all strive for. We are members of the National Federation of High Schools, the Connecticut Interscholastic Athletic Conference and the Fairfield County Interscholastic Athletic Conference, which is considered the most competitive conference in Connecticut.

This handbook will provide an overview of our rules and expectations. Please take the time as a family to become familiar with the items contained herein. As we move forward, please know that I am always available to help answer any questions or to address any concerns that you may have.

I look forward to working with you in your time at Staples High School and I cannot wait to see everyone at our contests in 2024-2025. **GO WRECKERS!**

Sincerely,

VJ Sarullo

Athletic Director

WESTPORT SCHOOLS AFFIRM NON-DISCRIMINATORY PRACTICES IN EMPLOYMENT AND IN EDUCATIONAL OPPORTUNITY

In compliance with Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973, THE WESTPORT SCHOOLS shall exclude no person from participation in, denied benefits of, or be otherwise discriminated against in employment or in educational opportunity on the basis of sex, sexual orientation, disability, past or present history of mental disorder, mental retardation, race, color, creed, religion, national origin, ancestry, age or marital status.

Complaint procedures

File complaint with principal; copy to coordinator (see below)

If not satisfied, you may appeal to the Assistant Superintendent

Next level is appeal to Superintendent

Next level is to Board of Education

Title VI & Title 504 Coordinator

Michael Rizzo

Asst. Superintendent PPS

Westport Town School Offices

110 Myrtle Ave Room 302

Westport, CT 06880

203-341-1253

Title VII & IX Coordinator

John Bayers

Asst. Superintendent of HR

& General Administration

Westport Town School Offices

110 Myrtle Ave Room 302

Westport, CT 06880

203-341-1004



PHILOSOPHY OF ATHLETICS

Purpose:

The purpose of the athletic program is to stimulate students to develop mutual interests, promote motivations and improve their physical skills. It is one of the many Staples programs which offer the individual the opportunity to develop interests and grow through her/his participation and competition in a group activity. Athletic contests involve considerable time for practices and games, strenuous physical effort, and students travel. Each sport is a specialized form of learning experience, and as such, entails numerous responsibilities. Students who try out for any sport should be aware of these responsibilities and be willing to assume them.

Value:

Taking part in athletics is one of the most important parts of our educational system. There is no other course in our schools today which can offer all the following benefits:

- 1. Competition:** Our entire way of life is based on competition. Every person is competing to improve or maintain his standing. What better way to learn this important principle than through athletics?
- 2. Physical well-being:** The nation is becoming more conscious of the inadequacy of our youth in physical fitness. Through athletics a foundation is built that can correct this situation.
- 3. The release of physical energy:** Someway, somehow students will find a way to release their physical energy. Athletics offer a wholesome medium for this purpose.
- 4. Recognition:** Through guidance, players can learn to accept recognition in a proper manner. They learn that the praises they receive are not due to their effort alone.
- 5. Understanding:** Players working together for a common cause learn to accept victory or defeat in a mature manner. Team members soon learn how to understand each other and to make adjustments for the good of the team.
- 6. Emotional Control:** "When the going gets tough, the tough get going." The athlete learns to get going, by tackling the task at hand. Emotional blow-ups only hamper him.
- 7. Discipline:** We hear the cry that young people need to learn discipline. Athletics teach self-discipline, vital to a successful adult life.
- 8. Perseverance:** Athletes learn to stay with the job and not give up until the contest is over.
- 9. Thinking under pressure:** The accomplished businessman can attribute much of his success to this factor. Athletes learn it early in their career and use this ability the rest of their lives.
- 10. Loyalty:** Being faithful to a team, a group, a cause, is an important lesson of athletics. A person will not fail himself when he has learned the lesson of being true to others.

Staples High School Code of Conduct for Athletes

Introduction

It is a privilege and honor to represent one's school and community while participating on a Staples High School athletic team. It is the athlete's responsibility to conform to those rules and regulations necessary to participate successfully and to follow the "Code of Conduct."

A firm and fair policy of enforcement is needed to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that the high standards of conduct and citizenship are essential in maintaining a sound program of athletics.

CODE

1. Student-Athletes shall conform to the school, FCIAC and CIAC eligibility rules, including all medical and academic requirements.
2. Student-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 Staples Student Handbook. Consequences will be exercised when needed.
3. Student-Athletes shall conform to the behavioral norms of society in general and to the specific laws established by local, state, and federal governments.
4. Student-Athletes shall attend and not be tardy for all practices and competitions held both during regular school sessions and during vacations. Exceptions shall be subject to the approval of the head coach.
5. Student-Athletes shall, at all times, conduct themselves in a manner exhibiting sound moral character and exemplify good sportsmanship.
6. Student-Athletes shall be held responsible and accountable for all equipment associated with the functioning of the team, i.e. uniforms, equipment, etc.
7. Student-Athletes shall always conduct themselves with an attitude that is positively stated, exhibits pride and is representative of the Staples community in general.
8. Student-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. A "zero tolerance" policy is upheld.

In-Season Violations and Consequences

- Student-Athletes failing to conform to meet the requirements of the contents of this Code of Conduct shall face disciplinary action. If a student-athlete becomes involved in the community so as to bring adverse publicity to the athletic program, or if the student-athlete is engaged in conduct that may be considered harmful to him/her self, the team or school, that student-athlete may be suspended from their sport.
- Any alcohol or drug violation is handled in the following manner:
 - ❖ If the student-athlete admits to the violation in an initial meeting with a coach or school representative, the student-athlete is suspended from the team for a period of up to 20 calendar days from the initial meeting. If the student-athlete does not admit to the violation in the initial meeting, and it is subsequently shown or admitted that a violation did occur, the student-

athlete is suspended from the team for a period of up to 30 calendar days from the time that a violation was determined.

- ❖ Should a second violation occur, the student-athlete is suspended from the team for the entire season. After a second offense, to become eligible to participate on another team, the student-athlete must show evidence to the Principal/and or Athletic Director of having participated in a school approved substance abuse counseling program.
- Any tobacco product violation will result in a suspension of five calendar days from the initial meeting. Each consecutive violation will be doubled. First violation: 5 days; second violation: 10 days, third violation: 20 days, etc.
- During the suspension, the student-athlete must attend all practices and games but is not allowed to participate and may not be in uniform. Upon completion of the suspension, the student-athlete may apply for reinstatement through a reentry interview conducted by the Athletic Director.

***** The Code of Conduct rules are in effect during a student-athlete's season of play beginning with the first day of practice. This is a 24-hour rule and includes beyond the school day and applies on and off school property.**

***** Please note that the CIAC has enacted a policy concerning use of performance enhancing drugs. Any student-athlete who has been determined to have used, in or out of season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for 180 school days on each occurrence. The 180 school day period of ineligibility commences on the day the CIAC board of Control makes such determination**

Self-Referral by Student-Athletes

Student-athletes may take advantage of a self-referral procedure to seek information, guidance, counseling and assessment in regard to student-athlete use of tobacco, alcohol and other drugs. Voluntary referrals do not carry punitive consequences.

- a. Referral is allowed one (1) time in a student's four-year high school career.
- b. Only the student-athlete or a member of the immediate family must make referral.
- c. Referral cannot be used by student-athletes as a method to avoid consequences once a code of conduct rule is violated and a student-athlete had been identified as having violated one of the code of conduct rules.
- d. Referral must be made to a coach, athletic administrator, guidance counselor or substance abuse support personnel.

Due Process Procedure

The Due Process Procedure used by the Athletic Department is as follows:

1. A hearing before the coach.
2. Appeal to the Athletic Director.
3. Appeal to the Principal. (written explanation required)
4. Appeal to the Superintendent.

HAZING POLICY

Hazing is defined as reckless or intentional acts by a team member that endangers the mental or physical health of another individual on a team whether the behavior is part of an **initiation** into a team, or not, shall be prohibited. Any hazing activity shall be presumed to be a forced activity, even if the student willingly participates in such activity.

“Endanger the mental health” shall include any activity except those activities authorized by law, which would subject the individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual.

“Endanger the physical health” shall include, but is not limited to, any brutality of a physical nature, such as whipping, beating, exposure to the elements, forced consumption of food, alcoholic beverage, drug or controlled dangerous substance; or any other forced activity which would adversely affect the physical health or safety of the individual. Upon receipt of a complaint or a report of hazing, the school district shall undertake an investigation. If a hazing violation is deemed to have occurred, appropriate disciplinary proceedings will occur. These could include suspension, expulsion, and as well as criminal prosecution. Disciplinary consequences will be sufficiently severe to deter violations and to appropriately discipline prohibited behavior. **This policy applies to all situations whether on or off campus.**

ATHLETIC REQUIREMENTS FOR PARTICIPATION

In order to participate in any sport at Staples, it is necessary for each student to have:

1. A current (within thirteen months) Medical Examination form (HAR -3) on file with the school nurse.
2. Through the online registration process, families and student-athletes will sign off on all required forms.

Medical Examination Forms can be obtained from the athletic office and points around the school. The medical forms and online registration must be completed **before** an athlete can participate in any sport.

Students must be in school for at least 4 hours or they may not participate/perform in any activity that is considered extracurricular. Extracurricular activities are any activity that takes place outside of the classroom for the purpose of enrichment, entertainment, or sports. Examples of such activities may include but are not limited to: athletic events in-school field trips, out of school field trips, performances (plays, concerts, radio show talent/variety shows etc) and school sponsored evening events.

If a student-athlete is enrolled in physical education, they are required to participate in class, if they are planning on participating in athletics that same day. If they sit out of PE class, they are not allowed to participate in athletics that day.

Academic and Eligibility Requirements

It is necessary for the student to meet the academic and eligibility requirements as set forth by Staples High School. and the CIAC. More information about C.I.A.C. eligibility can be found at http://www.casciac.org/pdfs/eligibility_brochure.pdf

Athletic Department Communication

The Staples High School Athletic Department strives to continuously improve in all areas of our operation. One specific area that is of most importance is our effective communication with families. Whether it is communicating through our social media accounts, website, e-mails, etc..., our goal is to get all athletic information out to everyone efficiently and effectively. With that said, we are asking for your help to ensure that we have an outstanding two-way communication system. During the course of our three sports seasons, there are often times that parents have questions or concerns regarding various aspects of our program. Unfortunately, parents are often times reluctant to bring items forward to either the coaches or myself for a variety of reasons. In order for us to deal with issues in the best possible manner, I would ask that you please bring forward questions and concerns as soon as they arise. It is always most productive when we are able to deal with issues immediately rather than days, weeks or months down the road. Our coaches and staff are committed to ensuring that everyone in our athletic program has a rewarding experience and we need your assistance in that endeavor.

While our expectation is that all of our interscholastic athletic programs will run smoothly, we understand that there are times that student-athletes and/or their families may have questions or concerns. Both parenting and coaching are extremely difficult vocations. By understanding each other and working together, we can truly make Staples High School the best athletic program in the state.

Below, please find information that you may find helpful in regards to communicating questions and concerns with the athletic department. Also, please remember that we enjoy hearing about the positives as well!

Communication your Student-Athlete Should Expect From the Coach

1. Overall philosophy
2. Expectations the coach has for your student-athlete and for the team as a whole
3. Locations and times of all practices and contests
4. Team requirements, including all fees, special equipment and off-season programming
5. Procedure should your student-athlete be injured
6. Discipline that can result in the denial of the student-athletes participation
7. Specific team rules

Communication Coaches Expect from Parents

1. Questions or issues addressed directly to the coach as soon as they arise
2. Notification of any schedule conflicts well in advance

As your student-athlete becomes involved in the Staples High School Athletic Program, they will experience some of the most rewarding moments of their lives. Please understand that there also may be times when things do not go the way that they wish. At these times, please encourage your student-athlete to communicate with the coach first. By doing so, you are fostering social-emotional growth, as well as the ability for them to resolve their own issues.

Parent-Coach Communication

Generally, at any time, a parent may discuss the following with a coach:

1. Mental and physical treatment of the student-athlete
2. Ways in which the student-athlete can improve both academically and athletically
3. General concerns about the student-athletes behavior

While the above are certainly important topics that should be discussed both openly and professionally, the following list must be left up to the discretion of the coaching staff. Please remember that all of our coaches are professionals who have gone through thorough interview processes, annual professional development courses and more. Our coaches are charged to make judgments based on what they believe to be best for all student-athletes involved. Certain issues can and should be discussed with the coach, as mentioned above. Other issues, including the following, must be left to the discretion of the coach:

1. Playing time
2. Tryout procedure/Selection of team members
3. Team strategy/Play calling
4. Performance of other student-athletes
5. Selection of captains
6. Selection of award recipients

It is also important that the established "chain of communication" is followed. General issues that can occur should be handled in the following order:

1. Student-athlete and coach
2. Parent and coach
3. Student-athlete and athletic director
4. Parent and athletic director
5. Parent and building administration
6. Parent and assistant superintendent of teaching and learning
7. Parent and superintendent

****We ask that parents not approach coaches before, during or after practices and games. Please contact the coach or athletic department the next day via phone or e-mail to have a discussion or to set up a meeting.*

****We also ask that parents provide their name and contact information when contacting a coach or the athletic director. Issues that may arise are always handled in a much more efficient and effective manner when direct communication can be made with families.*

PARENT MEETING

Each team will conduct (1) all encompassing parent meeting for all parents whose children will be participating in the athletic program for that year. It is the responsibility of the parent or guardian to attend that meeting and to receive information regarding student participation in the program.

Staples High School Athletics Social Media Position Statement

Social Media has become engrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social Media technologies such as X, Instagram, Facebook, internet forums, weblogs, social blogs, micro-blogging, Wikis, podcasts, photographs, video dating, social bookmarking and others 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.

Staples 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 Staples High School is a privilege, not a right. The student-athlete and coach represent his or her high school and the Westport Public Schools, and therefore, they are expected to portray themselves, their team and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school and Westport Public School's rules and regulations.

Specifically prohibited behaviors are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal or defamatory language/actions
- Derogatory language regarding school personnel or other students
- Comments designed to harass or bully students and/or school personnel
- Nude, sexually-oriented, or indecent photos, images or altered pictures

Also prohibited are all on-campus connections to off-campus violations of this policy.

- Use of school computers to view off-campus postings
- Students accessing posts at school on their own devices
- Distribution of hard copies of posts on school property
- Re-communication on campus of the context of the posts

Any authorized or unauthorized use in school or out of school of computer software, computer network, telecommunication devices, information technology, and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

Eligibility Rules

All CIAC Eligibility Rules can be viewed at any time via the CIAC website:
https://ciac.fpsports.org/resources/Resources/Students_Parents/Eligibility%20Rules.pdf

PROCEDURES FOR ATHLETIC INJURIES AND INSURANCE

1. All injuries which occur while participating on an athletic team are to be reported immediately to the coach and then the athletic trainer. Injuries that occur outside of an in-season Staples sport will be referred to the appropriate medical professional. The athletic trainers are not responsible for these injuries.
2. If it is a traumatic injury requiring immediate medical care the coach will follow emergency medical procedures (i.e. call an ambulance, contact the parents and contact the athletic trainer if at home event, send athlete with the emergency medical form to the hospital).
3. If it is a routine injury, the student-athlete should seek an evaluation from the certified athletic trainer. The athletic trainer will refer the injury if necessary and limit participation when needed.
4. The athletic trainer will then process an injury report and if necessary the secondary insurance form. Please note, not all injuries fall into this category for secondary insurance.
5. Any visit to a doctor/physical therapist/chiropractor/etc. for treatment of a sport-related injury must be reported to the coach and athletic trainer, if it was not previously reported. It is then the student-athlete's obligation to return with a written release from the treating medical provider in order to return to participation. In order to maintain continuity of care, the student-athlete must be returned by the original physician, or one with similar certifications, before being allowed to return. Without written release, a student-athlete will not be returned to athletics.
6. If the student-athlete does not report the injury in a timely manner to the appropriate staff, and the injury is one that qualifies for secondary insurance, you will be unable to utilize the secondary insurance plan purchased by the school system.
7. It is school policy that if a student-athlete has been out of play for an injury/illness, they will need a FULL day of practice before returning to a game.

CONCUSSION EDUCATION

A concussion is a brain injury, and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force being transmitted to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow can be serious. Concussions can range from mild to severe, and they can change the way your brain normally works. **All concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** They can occur during practices, games, or any recreational activity and can happen even if there is no loss of consciousness. You can’t see a concussion, but you may notice one or more signs or symptoms. They may show up right after the injury or can take hours to days to fully appear. If your student-athlete reports any symptoms or concussion, or if you notice the signs or symptoms of concussion yourself, seek medical attention right away.

Symptoms reported by athlete may include one or more of the following:

- Headache or “pressure” in head
- Neck pain
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light and noise
- Double or blurry vision
- Feeling slowed down, foggy, or ha
- Feeling irritable, anxious, nervous, sad, more emotional than usual
- “Don’t feel right, feel off, feel down”
- Repeating the same comment/question
- Feeling fatigued or run down
- Concentration or memory problems
- Confusion

Signs observed by parents, coaches, and/or teammates may include:

- Appears dazed, stunned or disoriented
- Blank stare or vacant look
- Is confused about assignment, position or plays
- Unsure of game, score, opponent location
- Stumbles or appears uncoordinated
- Responds to questions slowly or incorrectly
- Slurred speech
- Displays mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall
- Loss of consciousness

What to do if you or your student-athlete suspect a concussion:

- Do not hide it
- Remove from play
- Notify coaches, athletic trainers, nurses and necessary school staff
- Seek medical attention from a healthcare professional
- Make sure to report any concussions that occur past and present
- Give yourself time to rest and allow your brain to heal
- No athlete may return to activity until obtaining medical clearance from their doctor
- After receiving clearance from your doctor, perform a Return to Play protocol under the supervision of a healthcare professional

Dangers of playing with a possible head injury/concussion or returning too soon from a concussion:

Continuing to participate in athletics or returning to athletics while signs and symptoms are still present leaves the student-athlete vulnerable to greater injury. Not only can returning too soon or not reporting a concussion prolong recovery, but it allows the possibility of sustaining another impact. Sustaining another impact during the time period after a first concussion is known as Second Impact Syndrome. Second Impact Syndrome can lead to severe impairment, and in extreme cases may even be fatal. It is important that student-athletes understand the importance of accurately reporting their signs and symptoms.

RETURN TO PLAY PROTOCOL

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

- Step 1: Complete Physical and Cognitive Rest. 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.
- Step 2: Light Cardio Activity. Athlete will jog or bike for 10 minutes. If no signs or symptoms occur during those 10 minutes, they will be allowed to continue for another 10 minutes, 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. 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. Athlete will perform a full contact practice. Athlete will perform all parts of a running practice, with no restrictions.
- Step 6: Return to Game. 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 stop and parents will be notified of the next step.

SECONDARY INSURANCE INFORMATION

If an athletic accident/injury has occurred and you have not received receipt from our Secondary Insurance Company or a Notification of Injury form, within one month of the accident/injury, please contact the Athletic Trainers at 203-341-1264.

STAPLES HIGH SCHOOL ATHLETIC TEAMS

<u>Fall Sports</u>	<u>Winter Sports</u>	<u>Spring Sports</u>
Cheerleading	Boys Basketball	Baseball
Boys Cross Country	Girls Basketball	Girls Golf
Girls Cross Country	Cheerleading	Boys Lacrosse
Field Hockey	Gymnastics	Girls Lacrosse
Football	Boys Ice Hockey	Boys Outdoor Track
Boys Golf	Girls Ice Hockey	Girls Outdoor Track
Boys Soccer	Boys Indoor Track	Boys Rugby
Girls Soccer	Girls Indoor Track	Girls Rugby
Girls Swimming and Diving	Boys Skiing	Sailing
Girls Volleyball	Girls Skiing	Softball
Boys Water Polo	Boys Squash	Boys Tennis
	Girls Squash	Girls Tennis
	Boys Swimming and Diving	Boys Volleyball
	Wrestling	Girls Water Polo

Selection of team members is subject to the discretion of the coaching staff and nature of the sport. Student-athletes are encouraged to refer to the coach for the selection process of a particular sport and for the levels of participation offered in that sport.

Start dates for all sports will be communicated to all families well in advance of the beginning of the season.

Guidelines Regarding Interscholastic Athletics For Non-graduating Students Who Plan to Continue Their Studies at Staples

After extensive discussion of the complexities involved in situations where students, by failing to meet graduation requirements, are able to remain eligible by CIAC standards for another year of interscholastic competition, the administration has decided to take steps to discourage such practices.

While admittedly simplifying the issues involved, the practice

- might be deemed unfair to younger athletes,
- encourages failure rather than striving for excellence,
- encourages “redshirting”, the practice of holding back players for the advantages,
- is unfair to other schools.

There are seemingly two types of situations which might arise:

1. Pre-planned...

In this situation, the student, with the counselor's concurrence, does not take all the courses she/he will need for graduation. In itself this may be quite legitimate and, indeed salutary. However, the rationale should not be to obtain an extra year of athletic competition. To ensure this, the student should be informed, during the planning conference that she/he will not be eligible to play on a team after her/his class graduates.

2. Unplanned...

In this situation, the student fails a course required for graduation, either deliberately or unintentionally. We are not likely to be able to discover or sustain an allegation of deliberateness. Hence, it is difficult to attempt to distinguish by intention. Since a student needs to be taking four courses to be eligible by CIAC standards, we can discourage failing, as a means to maintain eligibility, by allowing students to make up only the course needed for graduation. Students suspected of utilizing this route to eligibility should be apprised that they will be limited, during the ensuing year, to less than four courses and thus they won't be eligible for interscholastic competition.

It is also important to remember that CIAC rules permit four years of athletic eligibility, beginning on the first day of a student's ninth grade year, regardless of what school, state, etc... that they are attending at that time.

The above are intended as guidelines and, as with any such guidelines, may not be appropriate for individual cases. If you feel that there are extenuating circumstances in a particular case, please confer with the School Counseling Department.

**Staples High School
Athletic Awards System
Boys and Girls**

Athletes

- A. Award Certificate
Awarded to all participants on any athletic team upon completion of the sports season.
- B. Letter (8" Chenille)
Awarded to varsity participants completing the designated standards for any sport.
Awarded one (1) time only.
- C. Sports Insignia (Metal)
Appropriate metal sports insignia awarded to letter winners in any sport. Only one (1) sports insignia will be awarded in the same sport.
- D. Service Bar (Metal)
Awarded to letter winners for repeated completion of standards in the same sport.
- E. Staples Block "S"
Each sport will be allocated a maximum of two Block "S" awards per year to be awarded at the coaches discretion as follows:
 - 1. Most Valuable Player
 - 2. Coaches Award

Sports Managers

- A. Award Certificate
Awarded to all managers of any athletic team upon completion of a sports season.
- B. Letter (8" Chenille) and Manager Insignia (Metal)
Awarded to managers of any athletic team upon completion of three (3) sports season. Awarded one (1) time only.
- C. Service Bar (Metal)
Awarded to manager letter winners for repeated service in any sports season.

Staples Scholar Athlete Award

The Staples Scholar-Athlete award is given to one senior student-athlete from each of our varsity programs. The criteria for selection includes the following:

- Outstanding athletic accomplishment
- Excellence in the classroom
- Strong character
- Leadership both on and off the field
- Valuable contribution to the community

The award winners are nominated by their coach and are honored at a banquet held in June.

PHYSICAL EDUCATION CLASS PARTICIPATION POLICY FOR ATHLETES

All student-athletes taking Physical Education during their season of performance on a team must have a change of clothing and participate in class activities.

No student-athlete is excused from Physical Education even on the day of a game. If student-athletes do not participate in Physical Education on a particular day, they are not eligible to participate in athletics that same day. That includes Varsity, J.V., Sophomore and Freshmen teams.

Important information about NCAA eligibility

- NCAA initial eligibility standards for Division I, II and III can be viewed here: http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/IE_Brochure.pdf

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