

Torrington High School



Athletic Department

2019-20

Student Athlete Handbook

Torrington High School Core Values & Beliefs

"Tradition, Honor, Success"

"**THS** believes that a community of self-motivated individuals who exercise personal responsibility and respect, demonstrate intellectual curiosity and resiliency, and value hard work and integrity, will create life-long learners and productive members of society. Students will uphold **TRADITION**, and bring **HONOR** and **SUCCESS** to themselves, the school and the community."

"Quod facis bene fac" -
What you do, do well...



Torrington High School

Athletic Program Philosophy

The Torrington High School Interscholastic Athletic Program provides a variety of experiences to aid in the development of skills and attitudes that will prepare the student athlete for adult life.

The athletic program shall be conducted in accordance with the existing Board of Education, Connecticut Interscholastic Athletic Conference (CIAC) and Naugatuck Valley League policies, rules and regulations. Torrington High School takes great pride in the success of our athletic teams on the field but does not condone "winning at any cost". Sportsmanship, fair play and teamwork are the building blocks of our athletic program as it takes it place among the *Four A's of THS – Academics, Athletics, Arts and Activities*

Torrington Public Schools

Sue Lubomski, Superintendent

Susan Fergusson, Assistant Superintendent

John Barlow, Director of Facilities

Torrington High School

Robin Ledversis, Interim Principal

Charles McSpirtt, Assistant Principal

Dr. Jeff Shannon, Assistant Principal

Andrew Marchand, Assistant Principal

Michael McKenna, Director of Athletics

Michael C. Fritch, Assistant Director of Athletics – TMS

Introduction

The administration and staff of the Torrington Public Schools and the Department of Athletics welcomes all the student athletes and their families to the 2019-20 sports year. It is the goal of the department to encourage as many students as possible to participate and be successful in athletics as part of their experience at THS. We take great pride in the athletic program at THS and want all participants to do their part to exhibit their ***RAIDER PRIDE!***

The information provided in this handbook contains information regarding the policies, rules and regulations of Torrington Public Schools, the CIAC and the Naugatuck Valley League.

Athletes are selected for Varsity, Junior Varsity or Freshmen teams based on their demonstrated abilities. The numerous programs are de-signed to accommodate as many students as possible. Unfortunately, deleting or “cutting” athletes from certain programs may become necessary due to various constraints.

Students who choose to participate in athletics are making a choice that requires self-discipline. For this reason, we place a strong emphasis on good training habits. Failure to comply with rules

of training could affect an athlete's performance and contribution to the team. Students who do not adhere to these rules will be jeopardizing their participation in the program. They should be aware that involvement in athletics is a *privilege, not a right*.

Student-Athletes are role models and should constantly remember to exhibit a positive image.

Mike McKenna

Director of Athletics

Athletic Advisory Committee

The Torrington High School Athletic Advisory Committee is a group of administrators, coaches, teachers, parents and citizens that have volunteered their time and effort to review the policies and procedures of the athletic department.

Athletic Disciplinary Policy

All student athletes are expected to conduct themselves in a manner that will not bring disrespect to themselves, their team or the school. In the event of any misbehavior by a student athlete, discipline will be in accordance with team rules and the THS Athletic Code of Conduct as well as the THS Student Code of Conduct. If there are any questions regarding the discipline, the student's coach, athletic director, or in the case of school discipline, the grade level administrator, will set up a meeting to discuss the issue.

Athletic Eligibility

As a member of the CIAC, Torrington High School is required to follow all CIAC eligibility rules. The rule book is long and, sometimes complicated. It is vital that when there are questions regarding CIAC rules of eligibility, athletes and parents contact the school's athletic director for information and clarification. Academic eligibility requires students to pass 3 classes for quarters 2, 3, & 4. For Fall athletes, 10th – 12th grade students need to have achieved 4 full credits for the previous school year.

Sports Offered

Fall

Football – V, JV, FR
Boys Soccer – V, JV
Girls Soccer – V, JV
Girls Volleyball – V, JV, FR
Boys Cross Country
Girls Cross Country
Girls Swimming
Cheerleading

Winter

Girls Basketball – V, JV, FR
Boys Basketball – V, JV, FR
Boys Swimming
Indoor Track
Cheerleading
Dance

Spring

Softball – V, JV
Baseball – V, JV, FR
Boys Track & Field
Girls Track & Field
Girls Tennis
Boys Tennis
Golf

Attendance – Practice and Games

Attendance at all practice sessions and/or games (including tournament and vacation periods) for all team members is mandatory. If for some reason you will be absent or tardy for a practice/game, you must speak personally to a member of your team's coaching staff prior to that practice/game. Athletes are not permitted to leave practice or games early without prior approval of a member of the coaching staff. Athletes should be aware that high school contests may be scheduled or rescheduled for Saturdays (Sundays in the case of football).

Team Travel

All athletes must travel to and from athletic contests in transportation provided by the Athletic Department.

1. Athletes will remain with their team and under the supervision of the coach.
2. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's approval.
3. Parents will not transport athletes unless written requests, (*email is unacceptable*) are submitted to the Director of Athletics *at least 48 hours prior to the contest* for approval.

Captains

The position of Captain is not just an honor but a privilege. This honor will require the utmost leadership, knowing that the captain will be a role model for other team members. Student-athletes begin to hold the position of Captain when announced by the coach. Failure to comply with rules and regulations of the Athletic Department and Team may lead to dismissal as captain.

Captain's Practice

The C.I.A.C. and the Torrington Public Schools *do not* in any way sanction or condone "Captain's Practice" *in any sport*. "Captain's Practice" may be a clear violation of C.I.A.C. Eligibility Rule II. D, and, therefore, is not permitted on any Torrington Public School facility.

Injuries & Accidents

All injuries sustained by an athletic team member are to be reported *immediately* to the coach or advisor in charge. This is the responsibility of the student. The second responsibility of the student is to report the injury to the Athletic Trainer and to complete an Accident Report Form.

Athletes with an illness / injury sustained in an athletic event, physical education class, or other activity, that requires a visit to a doctor, hospital, or primary care facility **must receive written clearance by a physician in order to return to participation** in Torrington High School

Athletic activities. Students should, when necessary, seek care from their family physician, a specialist or the school physician.

Athletic Insurance

A plan of *Excess Insurance* covering interscholastic sports provides that valid claims for injuries received as a result of participating in interscholastic athletics will be paid on an *excess basis*. This *Excess Insurance Policy* will cover bills *after* a parent/guardian's health insurance has first applied. The Torrington Public Schools covers only those *debts up to the limits* set forth in the *Excess* policy.

When an interscholastic sports injury occurs, obtain a claim form from the Athletic Director; complete and submit the form with any bills showing credit received from your insurance company. No insurance forms will be provided unless an Accident Report is on file with the Athletic Office.

Locker Room Policy

During the season, student athletes should store and **lock** all valuables, clothing and equipment in a locker in their respective school locker rooms. Students needing a lock for their athletic locker should speak to their coach. Torrington Public Schools will **not** be responsible for any lost or stolen property. No athletes are allowed in the locker room area unless supervised by a coach.

Contacting School Personnel with Concerns

1. Afford your son or daughter the opportunity to discuss the issue with their coach. Many times these types of meetings may resolve the issue.
2. If your son or daughter's meeting with the coach did not resolve the issue, then call the Torrington High School Athletic Department office at 860-489-2285 to set up an appointment to meet with their coach. ***Please remember that we require 24 Hours between any incident and the time you would like to meet with the coach.*** It is expected that your son/daughter will be present at this meeting. *Concerns to discuss with coaches:* a. The treatment of your son/daughter, mentally and physically b. Ways to help your son/daughter improve as a player/athlete c. Concerns about your son or daughter's behavior. It sometimes can be very difficult to accept a child not participating or playing as much as a parent may hope. Coaches are professionals. They make decisions based on what they believe to be best for all athletes involved. Many concerns

such as those listed above can be, and should be discussed with your son or daughter's coach.

Other issues, such as: positions, level of participation, playing time and team strategy, ***must be left to the discretion of the coach and coaching staff.***

3. ***Please do not attempt to confront a coach before or after a contest or practice.*** These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

4. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment to meet with the Director of Athletics to discuss the situation.

5. If the meeting with the Director of Athletics did not provide a satisfactory resolution, call and set up an appointment to meet with the school principal to discuss the situation.

6. If your meeting with the school principal did not provide a satisfactory resolution, submit in writing, a detailed description of your issue or concern to the Superintendent of Schools.

NCAA Eligibility

The NCAA has recently updated all of their eligibility requirements for Division I and Division II. If your son or daughter is interested in participating in College athletics at these levels, please check with their school counselor, administrator or the athletic director.

It is important to register with the NCAA Eligibility center (www.eligibilitycenter.org/) as soon as possible to ensure their college eligibility. More information regarding the NCAA can be found at (www.ncaa.org/).

Game and Schedule Changes

All schedules for Torrington High School Athletics can be accessed on the web site; www.ciacsports.com. You may create an email account on this site which will allow you to receive up to date schedule change by email. Weather related changes will sometimes occur last minute and these will be announced to students at the end of the school day. In the event of an official school closing, all scheduled events, practices and contests are automatically cancelled.

Tryouts

All teams that find the need to limit the number of players on their roster will provide student athletes a minimum of a three (3) day tryout period. Coaches will inform the athletes on the first day of tryouts as to the criteria used in making the decisions on team selection.

Awards

At the conclusion of each sport season, athletes in good standing will be presented appropriate awards (letters, certificates or special recognition awards) at the sports awards program. Athletes, parents, teachers, and friends are encouraged to attend. The coach for his/her particular sport will set the criteria for the selection of award winners.

Sport Medicine and Athletic Training Room

Torrington High School contracts with the Charlotte Hungerford Hospital for practice and game coverage by a certified athletic trainer. Financial constraints do not allow for every game and practice to be covered. Coaches are first aid and CPR trained in the event of an injury when the trainer is not in attendance. The athletic training room is for use by the trainer and coaches in pre-practice preparation and treatment of injuries. Athletes are not allowed in the training room without trainer or coach permission/supervision and the use or removal of any supplies without approval is prohibited.

Parent/Spectator Expectations

Attend as many games as possible.

Do everything possible to make the athletic experience positive for your child and others

View the game with team goals in mind.

Attempt to relieve competitive pressure, not increase it.

Encourage multiple-sport participation.

Release your children to the coach and the team.

Look upon opponents as friends involved in the same experience.

Accept the judgment of the officials and coaches; remain in control.

Accept the results of each game; do not make excuses.

Demonstrate winning and losing with dignity.

Dignify mistakes made by athletes who are giving their best effort and concentration.

Encourage athletes to keep their perspective in both victory and defeat.

Be a good listener

Accept the goals, roles and achievements of your child

Refrain from taunting, booing, heckling, and the use of profanity in any manner. Admission to a contest is not a license to verbally assault others or to be generally offensive.

Refrain from the use of alcoholic beverages, drugs, and tobacco products.

Be a fan . . . not a fanatic.