

**HADDAM KILLINGWORTH
HIGH SCHOOL**



**STUDENT & FAMILY
ATHLETIC HANDBOOK
2025-2026**

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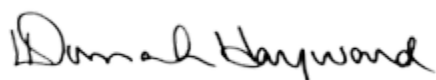
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HADDAM KILLINGWORTH INTERSCHOLASTIC ATHLETICS

The Haddam Killingworth Department of Athletics strives for excellence by providing opportunities for students to participate in athletic programs that are designed to develop meaningful standards of athletic performance, leadership, community engagement, and appropriate conduct within the educational and social environments of Regional School District 17. We take pride in our strong legacy of demonstrating good sportsmanship, character, and determination on the field.

We offer a wide variety of sports at the varsity and sub-varsity levels. These programs are a complement to the overall educational program. Responsibility for the direction of these programs lies with the RSD17 Board of Education, consistent with the guidelines and regulations of HKHS, and the Connecticut Interscholastic Athletic Conference (CIAC).

It is a privilege to be a student-athlete at Haddam Killingworth High School. You will be expected to always display high levels of integrity, leadership, and responsible behavior at all times. Understand that you represent Haddam Killingworth High School both on and off the field. Take pride in your conduct and know that win or lose, we will feel equal pride knowing you have tried your best and displayed the highest level of sportsmanship. Work hard, bring a positive attitude, allow coaches to coach, and know we are here to support you.



Donna L. Hayward
Principal



Lynne Flint
Athletic Director

FORWARD

The purpose of this handbook is to provide a guide for students and their families in order to understand the established procedures and policies of Haddam Killingworth High School in conjunction with the Connecticut Interscholastic Athletic Conference (CIAC). Described are the procedures, which should bring about a more efficient operation of the interscholastic athletic program. Participation and involvement in the athletic program will contribute to the development of the role students will play in adult life and should help to promote a feeling of pride and school spirit. Each student-athlete, together with their parent/guardian, is required to read this handbook and acknowledge its receipt through the registration process on ArbiterSports before participating in any sport.

ATHLETIC DEPARTMENT MISSION STATEMENT

The Haddam Killingworth 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 engagement and appropriate conduct within the educational and social environments of Regional School District 17.

HADDAM KILLINGWORTH HIGH SCHOOL MISSION STATEMENT

The mission of Haddam Killingworth High School is to provide a personalized and collective experience through which students are challenged to develop the knowledge, skills, and work ethic to contribute to a global society.

GOALS OF THE ATHLETIC DEPARTMENT

1. To encourage student-athletes to achieve success by maintaining eligibility by following the rules and to keep athletics in proper perspective.
 2. To develop good citizenship, honesty, emotional control, dependability, and respect for rules, property, and authority.
 3. To provide an opportunity to exemplify and observe good sportsmanship.
 4. To maintain a high standard of credible and positive performance and conduct, both on and off the field.
 5. To teach and emphasize the fundamental skills of the various sports as a necessary ingredient in achieving individual and team success.
 6. To stress the importance of physical fitness, conditioning, healthy habits, and safety in athletics.
 7. To provide opportunities to develop lasting friendships with teammates and opponents.
 8. To teach athletes to work together as a cohesive unit in order to achieve a common goal.
 9. To provide a well-planned and well-balanced program of interscholastic athletics for as many secondary school students as possible.
 10. To provide high quality leadership for all athletic programs so as to exemplify to students a desired behavior to be developed from each athletic program.
 11. To provide opportunities for the development of a feeling of unity and belonging, team pride, teamwork, and commitment.
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PARTICIPATION IN HKHS ATHLETIC PROGRAMS

In order to participate at any level in any athletic program at HKHS, the student must be registered through FamilyID **BEFORE** the student can try practice or attend practices. The student must also have an updated sports physical **before** attending try outs or practices.

Updated Sports Physical - (given to the school nurse or uploaded to ArbiterSports). The CIAC requires that a valid sports physical be provided before a prospective athlete can practice and/or compete for any CIAC member school. A physical is valid for 13 months from the date of the exam. Physical appointments usually require significant advance notice, therefore we urge any parent/guardian anticipating that their child may want to participate in sports to make their appointments far in advance. Extension notes from a physician will **not** be accepted. **The student MUST have a current physical and we are unable to make exceptions.**

Students must be enrolled at Haddam Killingworth High School for a minimum of 4 academic courses in order to participate in athletics.

HKHS CODE OF CONDUCT FOR ATHLETES

Athletes failing to conform to and meet the requirements of the HKHS Code of Conduct shall face disciplinary action, on an individual basis, which is to be conducted in accordance with the rules and regulations of due process of the athletic department, school, and/or community. This action could include suspension or dismissal from the team, or prevent full participation by a student not yet in season, as deemed appropriate by the principal or athletic director. Students are reminded that these rules do **not** end when games and practices conclude or when a student is off school grounds. Because a situation is not specifically listed below does not mean it will not receive appropriate disciplinary action. Students are responsible for being fully aware of all other information in guidelines distributed by coaches and/or school administrators.

- Athletes shall conform and achieve a thorough understanding and acceptance of the rules of performance and the standards of eligibility of the school, Shoreline Athletic Conference, and Connecticut Interscholastic Athletic Conference (CIAC), including, but not limited to, all medical and academic requirements.
- Athletes shall conform to the behavioral norms of the school and act in a responsible manner with regard to the rules and regulations established in the Haddam Killingworth High School Student Handbook.
- Athletes shall always display high levels of ethical conduct, fair play, sound moral character, good citizenship, and emotional maturity. This includes showing courtesy, safety, and respect to all fellow students, visitors, opponents, coaches, judges, officials, staff members, guests, and fans.
- Athletes shall conform to the behavioral norms of society in general and to the specific laws established by local, state, and federal governments.
- Athletes shall attend and arrive on time to all practices, games, and meets held both during regular school sessions and during school vacations. Exceptions shall be subject to the approval of the head coach.
- Athletes shall get proper amounts of sleep and rest, both of which are recognized as essential for maximum effectiveness and efficiency in athletic participation.
- Athletes shall never leave the site of play without direct approval by a member of the coaching staff.
- Athletes shall abstain from using substances that are deemed harmful to one's athletic performance, health and general well-being such as drugs, alcohol, steroids, and all tobacco products (including e-cigarettes & vaporizers).
- Athletes shall be held responsible and accountable for all equipment issued to them and associated with the functions of the team. Specifically, this includes uniforms and equipment related to the performance of their particular event.
- Athletes shall conduct themselves at all times with an attitude that is positively stated, exhibits pride, and is representative of the Haddam Killingworth community in general.

BEHAVIORS REQUIRING DISCIPLINARY ACTION

Students who violate the basic school conduct rules will jeopardize the privilege of serving in leadership roles. In all cases in which students are suspended and/or expelled, students will be removed from any/all leadership positions for the remainder of that academic year and may not hold or run for any leadership position during the following calendar year, beginning on the date of the incident. This includes, but it is not limited to, all captaincies.

RSD17 ATHLETIC POLICY REGARDING SUBSTANCE ABUSE

The RSD17 Administration and Department of Athletics are committed to achieving an environment free of substance abuse. A student who possesses, uses, distributes, or is in the presence of drugs, or alcohol, drug facsimile, or other substances intended to impair normal cognitive and/or psychological functions at any time during the school year will be subject to the consequences detailed below.

1st Offense for In-Season/Out-of-Season Substance Abuse (on or off school grounds) - for the use, possession, distribution, or being in the presence of drugs, alcohol, and/or controlled substances:

- Thirty (30) calendar day suspension from athletics. The student cannot attend practices, games, or team activities during the suspension. If the season ends before the penalty is complete, the suspension is carried to the next season in which the student participates.
- In order to return to participation after the 30 calendar day suspension the student-athlete must:
 - Complete a planned assistance program as designated by the school
 - Attend a re-entry meeting with their parent/guardian and the principal, athletic director, and head coach to discuss the student's suitability to return to the team
- If the suspension runs into the time in which try-outs are held for another season, the student may attend try-outs.
- As with certain other disciplinary violations, the student will be removed from any/all leadership positions for the remainder of that academic year and may not hold or run for any athletic leadership position for one calendar year, beginning on the date of the offense.

2nd Offense for In-Season/Out-of-Season Substance Abuse (on or off school grounds) - for the use, possession, distribution, or being in the presence of drugs, alcohol, and/or controlled substances:

- Suspension from athletics for 180 school days

**Any additional offenses of this category will result in additional
180 school day suspension(s) PER incident.**

1st Offense for In-Season/Out-of-Season use, possession, or distribution of tobacco including smoking, chewing, use of snuff, or e-cigarettes/vaping devices (with or without nicotine):

- One (1) game suspension
- Loss of leadership in athletics for one calendar year

2nd Offense for In-Season/Out-of-Season use, possession, distribution of tobacco including smoking, chewing, use of snuff, e-cigarettes/vaping devices (with or without nicotine):

- Three (3) game suspension
- Loss of leadership for one calendar year

3rd Offense for In-Season/Out-of-Season for use, possession, distribution of tobacco including smoking, chewing, use of snuff, e-cigarettes/vaping devices (with or without nicotine):

- Student will not be eligible to participate in athletics for the remainder of the school year
 - Loss of leadership for one calendar year
-

FIGHTING

1. Any student, who is determined to have precipitated a fight before, during, or after a game or event, will be ejected from the game or event and barred from the following three (3) games, contests, or performances. A second occurrence of precipitating a fight will result in ejection and barring from all future participation in any extracurricular activity for the remainder of the school year, or for one extracurricular season in the same sport/activity, whichever is greater. A third occurrence will result in permanent prohibition from participation in any sport/activity in the school system, for a period not less than two years. Penalties will be carried over to succeeding years.
2. Any student involved in a fight, before, during, or after a game or event, will be ejected from the game, contest, or performance and will be banned from the next two (2) succeeding games, contests, or performances. A second occurrence of involvement in a fight will result in ejection and banning from the following three (3) games, contests, or performances. A third occurrence will result in prohibition in any sport/activity for the balance of that school year. Penalties will be carried over to succeeding years.
3. Any student who participates in horseplay and/or other forms of mock fighting during or after a game or event, will be ejected from the game, contest, or performance at the discretion of the administration or its designee and may be banned from succeeding games, contests, or performances.

Note: If an injury occurs during any fight, it may be treated as an assault.

SOCIAL MEDIA

Specifically prohibited behaviors include but 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 the policy:

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

Any authorized or unauthorized use, in school or out of school, of computer software, computer networks, telecommunications 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 and could result in further school discipline.

OTHER BEHAVIORS REQUIRING DISCIPLINARY ACTION
(INCLUDING, BUT NOT LIMITED TO):

1. Acting as a poor school citizen.
 2. Cutting classes, school, practices, games, or contests.
 3. Being a negative influence in terms of school/team morale or effort. This includes insubordination to the coaching staff or athletic staff.
 4. Not making a sincere effort or complying with eligibility requirements.
 5. Stealing of any kind.
 6. Vandalizing or destroying property.
 7. Displaying poor attitude, disrespectful actions, or inappropriate language directed toward teammates, coaches, visitors, competitors, officials, fans, or others.
 8. Exhibiting any similar behavior that casts an adverse reflection on our participants as a team, or is in violation of school rules or state or federal statutes.
 9. Students will be automatically suspended from the next regularly scheduled event, contest, or performance for being ejected from an event.
-

INDIVIDUAL TEAM POLICIES

Coaches have the privilege of setting their own conduct rules, and these may go beyond the school regulations. However, they may **not** be less restrictive than the regulations contained in this handbook. Any coach wishing to incorporate additional or more stringent team rules not covered by the school's specific rules will have such rules approved and signed by the principal or athletic director. A copy of the rules will be provided to each member of the appropriate team. These rules will be signed by each student-athlete and their parent/guardian and returned to the advisor and/or head coach before the start of the season. A copy of the individual team policies will be on file with the high school's athletic director.

All student participants have the right of due process. Coaches must provide students with an opportunity to be heard before deciding on an appropriate action. Penalties for violation of activity or school rules may vary from a warning to dismissal from the activity. All students may appeal a coach's decision to the athletic director. Parents/guardians are advised to encourage students to work out their problems with their coach and if necessary, the athletic director. If the athletic director

believes the nature of the offense is serious enough to warrant handling the case, then they will consider its adjudication and disposition. During a disciplinary hearing, the student and their parent/guardian may provide information salient to the case. The determination made by the athletic director shall be final.

SPORTS HEALTH ASSESSMENTS FOR INTERSCHOLASTIC ATHLETICS

The Board of Education requires that all student-athletes have a **sports health assessment**, otherwise known as a sports physical, before being permitted to take part in interscholastic athletics. This means they may not participate in try-outs, practices, or contests without evidence of a valid sports physical being on file in the high school nurse's office.

IMPORTANT: The standard blue "State of Connecticut Department of Education Health Assessment Record" form is not acceptable for athletic participation unless the examining physician specifically states, in writing, on the form that the athlete is: **"physically able to participate in all sports including contact sports during the current school year"**.

A **sports health assessment** must be obtained for each school year and will serve for the entire school year unless the student has been injured after the physical examination. A **sports health assessment** is valid for 13 months from the date of issue. Should a physical expire during the school year and/or during the season a student is participating in, the student must submit an updated physical to the high school nurse's office. Parental or medical notes indicating a future scheduled appointment will not be honored in lieu of a completed record of a physical. **A student-participant who has a medical excuse for physical education class will not be allowed to participate in athletic practices or contests during that time frame.**

To return to the team after an injury, the athlete must obtain a note from the attending physician stating that the athlete may continue in the program. This note must be given to the school nurse or athletic trainer. Without a reentry slip, the athlete will not be allowed to participate in any practice or contest. If there is a difference of opinion between the doctor, trainer, athlete, or parent/guardian, the final decision will be that of the attending physician.

ACADEMIC ELIGIBILITY REQUIREMENTS FOR ATHLETICS & EXTRACURRICULAR ACTIVITIES [FOR BOTH HKHS & CIAC]

1. Abide by the HKHS code of conduct, attendance, academic, and disciplinary policies.
2. Students must be enrolled at Haddam Killingworth High School for a minimum of four (4) academic courses.
3. Students may not have any outstanding UFOs (Unfulfilled Obligations).
4. Follow rules of student interscholastic activities governed by the Connecticut Interscholastic Athletic Conference (CIAC) regulations.

In accordance with the CIAC you are NOT ELIGIBLE if:

1. You are not taking at least four (4) units of work or its equivalent. (Rule I.B.)
2. You have not passed at least four (4) units at the end of the last regular marking period as of the official day that grades are issued, with the exception of fall eligibility. (Rule I. A.)
3. You are nineteen (19) years of age; student-athletes will be allowed to compete up through their 19th birthday, however, if their 20th birthday falls during a season, the student-athlete will not be allowed to start or compete during that season and all eligibility will cease. (Rule II.B.)
4. You have changed schools without a change of legal residence. (Rule II.C.)
5. You have been in attendance for more than eight (8) semesters (a student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition). (Rule II. B.)
6. You play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. (Rule II.E.)
7. The exception to Rule II.E. shall be: participation in parent/guardian & child tournaments and caddy tournaments.
8. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-CIAC team or as an individual during the season as long as such practices do not interfere with or replace member school practices.
9. You play under an assumed name on an outside team. (Rule II.F.)
10. You receive personal economic gain for participation in any CIAC sport. (Rule II.F.)
11. Your work habits or conduct both in and out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school.

Student-athletes are required to abide by all CIAC rules and regulations. In addition, students must maintain a "C" average **and** pass all subjects in order to be eligible to participate in athletics and extracurricular activities. Students on academic probation or who are ineligible must appeal to the principal in order to continue participation in athletics. Only **one** appeal will be granted per academic year.

"C" (2.0) Average: Determination is made without the weighting of grades according to whether they are honors or college prep. All courses are included in this determination. Academic eligibility is determined each quarter. Students lacking the required grades in their classes are considered automatically ineligible as of the school's report card issue date; unless and until their appeal is granted. Eligibility appeals required to play a fall sport (i.e. as a result of fourth quarter grades the prior year,) must be sought and granted in order to begin practice/play in August. Each appeal will be considered on an individual basis, i.e. documentation of prolonged illness, a student working to potential but unable to maintain a passing grade, etc.

Such activities are to supplement the curriculum and participation in such activities is a privilege, not part of the right to school accommodations. The administration reserves the right to establish conditions for participation in such activities.

INSURANCE FOR ATHLETES

Regional School District 17 maintains interscholastic insurance coverage for injuries sustained by students involved in high school interscholastic activities. To submit insurance claims, refer to the following:

1. The insurance policy paid by the Board of Education is secondary coverage which becomes effective after the parent/guardian's insurance company has paid its maximum benefit for an injured athlete. It is the responsibility of the parent/guardian to first submit the student's bills for all injuries sustained through school-related activities to their insurance carrier. After a denial for payment from the parent/guardian's health insurance carrier is received, a bill may be submitted to the school's interscholastic insurance carrier.
2. Proper forms and information may be obtained through the high school's nurse's office. Consideration for reimbursement under the interscholastic sports coverage plan will be evaluated by the district's insurance carrier. Questions concerning insurance coverage should be addressed to the school nurse or to Central Office.

PLEASE TAKE NOTE THAT, IF YOU HAVE QUESTIONS ABOUT COVERAGE OR PARTICULAR TREATMENT UNDER THE SCHOOL'S ATHLETIC INSURANCE POLICY, YOU SHOULD INQUIRE ABOUT SUCH COVERAGE BEFORE YOU REQUEST OR AUTHORIZE SUCH TREATMENT.

Athletes who are injured must alert the coach **and** school nurse to make sure an accident/injury report is completed. This is important as all claims must be on file with the insurance company **within 90 days** of the injury. If your student-athlete is injured and you do not receive paperwork in the mail within two weeks of the injury, please contact the school nurse.

ATHLETIC INJURIES

1. All injuries sustained while participating in athletics must be reported **immediately** to a coach or athletic trainer. The coach must file an accident/injury form with the school nurse within 24 hours of the incident.
2. Students should **not** try to treat their injuries without consulting with their coach, school nurse, or the athletic trainer. While at away sites, the HKHS trainer and/or medical personnel responsible for coverage of that site will administer medical treatment. A doctor and/or ambulance is required by league rules for all varsity football contests. An athletic trainer will service all JV football contests.
3. The coach has the responsibility to evaluate all incidents involving their student-participants. In the event a member must be transported for emergency treatment, a family member or assistant coach will ordinarily accompany the injured student. A copy of the emergency information form will accompany the student.
4. If an injury requires a physician's attention, the student-participant must present written authorization from a physician before they may return to practices, performances, or contests. That authorization must be given to the head advisor or head coach, who will submit it to the school nurse.

5. The school nurse and the high school athletic trainer have the authority to restrict a student's participation, as determined by the best interest of the student's present and future health.

REGIONAL SCHOOL DISTRICT 17 CONCUSSION PROTOCOL

1. As soon as a concussion is suspected the student must **immediately** be removed from the activity and appropriate medical personnel will be contacted including: the school nurse, athletic trainer, and/or 911.
2. Should the student display **ANY** symptoms of a concussion, a parent/guardian will be called and the student will be removed from the activity or event and referred to the student's primary care physician, the emergency room, or 911 will be called.
3. If the student does not show symptoms until later on, such that the coach or trainer had no knowledge the student is symptomatic, the school nurse must be notified by the parent/guardian. Should the student not go to the emergency room initially, it is **ALWAYS** recommended that immediate medical care be sought if certain worrisome signs develop including:
 - Worsening headache that does not go away
 - Repetitive vomiting
 - Altered mental status (drowsy or cannot be awakened)
 - Weakness, numbness, or decreased coordination
 - Slurred speech
4. The Sway Balance test may be re-administered 24-72 hours after the injury by appropriate school personnel (depending upon instructions from the doctor).
5. School activities including attendance at school, classwork load, and homework may need to be accommodated during the recovery period. The school nurse will work with the student's school counselor and their primary care physician to create a plan that works best for the student.

IF YOUR STUDENT WAS DIAGNOSED WITH A CONCUSSION THEY MUST COMPLETE ALL OF THE FOLLOWING:

STEP 1: In order to be eligible for the "return to play" protocol, a student must meet **ALL** of the following requirements:

- A note from the student's primary care physician clearing them for activity must be received by the school nurse
- Symptom free for at least 2 days
- Capable of completing full days of school with no academic restrictions
- Have resumed participating in any current physical education courses
- Had an Sway balance test administered, and evaluated by the athletic trainer.

**STUDENTS WILL NOT BE ALLOWED ON THE SIDELINES OF A GAME OR PRACTICE,
OR BE ALLOWED TO TRAVEL TO AWAY CONTESTS PRIOR TO COMPLETING STEP 1.**

STEP 2: Once all of the conditions above have been met, the student can begin the gradual “return to play” protocol

- Phase 1: Running/sprinting
- Phase 2: Non-contact drills
- Phase 3: Contact drills
- Phase 4: Full scrimmage
- Play Phase 5: Able to play in a game

STEP 1 & STEP 2 ARE NOT COMPLETED AT THE SAME TIME. THE GRADUAL “RETURN TO PLAY” (STEP 2) BEGINS AFTER ALL REQUIREMENTS IN STEP 1 HAVE BEEN MET. A STUDENT WILL BE ALLOWED TO RETURN TO PLAY ONLY AFTER STEP 1 AND STEP 2 HAVE BEEN FULLY COMPLETED.

HKHS ATHLETIC TEAMS OFFERED BY SEASON

SEASON:	BOYS:	GIRLS:
FALL	<ul style="list-style-type: none">• Cross Country• Football (V, JV, F)• Soccer (V, JV)	<ul style="list-style-type: none">• Cheerleading• Cross Country• Field Hockey (V, JV)• Soccer (V, JV)• Swimming• Volleyball (V, JV)
WINTER	<ul style="list-style-type: none">• Basketball (V, JV, F)• Ice Hockey* (*Co-Op w/ Lyman Hall & Coginchaug) <ul style="list-style-type: none">• Indoor Track• Swimming• Wrestling	<ul style="list-style-type: none">• Basketball (V, JV)• Cheerleading• Gymnastics• Indoor Track
SPRING	<ul style="list-style-type: none">• Baseball (V, JV)• Golf• Lacrosse (V, JV)• Outdoor Track• Tennis	<ul style="list-style-type: none">• Golf• Lacrosse (V, JV)• Outdoor Track• Softball (V, JV)• Tennis

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.

TRAINING ROOM SERVICES/COVERAGE

Athletic training services are provided by Select Physical Therapy and available for all sport teams.

CHEMICAL HEALTH POLICY

The CIAC expects member schools to monitor their student-athletes to assure that they are free of performance enhancing substances and to report any violations in a timely manner.

A 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 all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

Any student-athlete who refuses to submit to testing as part of a member school's Board of Education- approved random drug testing policy shall be ineligible to participate in all CIAC-controlled activities.

Performance enhancing substances and practices subject to this policy include but are not limited to, the following:

- Anabolic agents, diuretics, peptide hormones, and analogues.
- Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- Substances and practices identified as banned by the NCAA and the USOC.

The CIAC allows member schools to make exceptions for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's doctor for therapeutic purposes. The documentation should contain information as to the diagnosis, medical history and dosage prescribed.

CONFLICT RESOLUTION

1. An athlete and coach should first attempt to resolve any issues
2. If the conflict cannot be resolved between the athlete and coach, the athlete should make an appointment to meet with the athletic director
3. If the problem is still unresolved, then the parent/guardian should contact the coach
4. Only when the problem cannot be resolved with the coach should the parent/guardian contact the athletic director
5. These are the steps to be followed for conflict resolution:

Step 1: Athlete □ □ □ Captain

Step 2: Athlete □ □ □ Coach

Step 3: Athlete □ □ □ Athletic Director

Step 4: Parent/Guardian □ □ □ Coach

Step 5: Parent/Guardian □ □ □ Athletic Director

Step 6: Parent/Guardian □ □ □ Principal

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

SPORTSMANSHIP

Spectators will...

- show respect for game officials and their decisions.
- show respect for the playing of the National Anthem.
- show respect for all players, coaches, other spectators, and game staff
- always be good role models.
- always respect decisions made by game staff and Administration. Failure to remain respectful will be grounds for dismissal. Should a spectator be removed from a game they will not be allowed to return until they have met with the principal and/or athletic director.
- let the coaches coach; coaching from the sideline is not acceptable behavior.
- recognize that attending an athletic contest is a privilege and not a license to verbally assault officials, coaches, game staff, or opposing team(s) and their spectators.
- adhere to Haddam Killingworth's acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests, all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- only display signs that are positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the athletic director of the school referenced in the sign.
- refrain from bringing noisemakers of any kind to Shoreline contest events as they are prohibited.
- cheer positively to support their team and not cheer negatively against the opponent.
- never target anyone for abuse whether it be physical, verbal, or emotional and never engage in name calling, taunting, harassment, obscenities, or any other disrespectful language or gestures.

Players 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.
 - demonstrate respect for self, coach, game staff, medical staff, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
 - win and lose graciously.
 - have thorough knowledge of and abide by all rules of the game and CIAC.
 - work for the good of the team at all times.
 - cheer for your team, not against your opponent.
 - congratulate opponents in a sincere manner following either victory or defeat
 - refrain from the use of illegal or unhealthy substances to gain an unfair advantage
 - recognize that attending an athletic contest is a privilege and not a license to verbally assault officials, coaches, game staff, or opposing team(s) and their spectators.
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POLICIES & PROCEDURES FOR ALL STUDENT-ATHLETES

School Attendance

1. The participating student must attend school and regularly scheduled classes on the day of any activity. A minimum school day for this purpose requires attendance of five (5) hours with the student reporting to school no later than 9:00am and present for the remainder of the school day. Exceptions to this rule **may** be granted by the administration in emergency or highly unusual circumstances.
 2. If a student is unable to participate in physical education (PE) class on a particular day due to a medical excuse, the student may not participate in any athletic activity on that particular day. If a student does not participate in PE class due to a class cut, absence or forgotten gym clothes, the student may not participate as a member of an athlete team for that day.
 3. Unexcused absences will result in the student being suspended from any school activity on that day or the next day.
 4. Failure to report for a scheduled practice, performance, or contest without being excused may result in suspension or dismissal from the activity.
 5. Students with significant family or religious obligations are not required to attend practice held on a Saturday, Sunday, or religious holiday. If a student is unable to attend a weekend practice, as a courtesy, the student should inform the coach prior to the game or practice. Games or practices scheduled for Sunday may not begin before 1:00pm.
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Absence from Scheduled Practice

A team will only function effectively when all participants are present. Any player who skips practice is hurting themselves and the team. A player must notify the coach in person of any practice they are going to miss. The coach will determine if the excuse is acceptable. Athletes need to be aware of the team rules on missing practices/games as they may impact participation.

Locker Rooms

1. It is the student-athlete's responsibility to leave all valuables at home and keep their locker locked at all times. The school will not be responsible for personal property.
 2. Any student that is found to have damaged, vandalized, or destroyed school property will be responsible for the cost of the damage. Said student(s), by this behavior, will be subject to dismissal from the team and school discipline.
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Athletic Equipment

1. The student-athlete is responsible for all uniforms and equipment that is assigned to them.
2. All equipment must be returned when the athlete completes the sport, either at the end of the season, or on leaving the team.
3. If items are lost or damaged, the student-athlete will be required to pay for a replacement.

4. Uniforms are to be worn only at scheduled practices, games, or during the school day on game days.

Note: Athletes who do not return equipment/uniforms are ineligible to participate on additional athletic teams throughout the year. In addition, graduating seniors will not receive their cap and gown until they have met the above responsibilities.

Vacations

Team members are expected to attend practices and contests during vacations that fall within the team season. Parents/guardians should make family vacation plans with the student-athletes' commitment in mind. However, athletes who have family vacation plans must notify the coach of their vacation plans on or before the day after the team has been selected. A parent/guardian of the athlete must sign the written notification. No team member will be removed from a team for missing practice or games during vacation for which they have notified the coach as previously stated. It shall be the coach's prerogative to decide when a player is in condition to resume play after they have returned from vacation.

Bus Behavior

1. Student-athletes **must** travel to and from contests on the team bus, accompanied by the coach.
 2. Student-athletes will be expected to conduct themselves appropriately **at all times** while riding to and from athletic contests.
 3. The athlete(s) involved will pay for any damage to buses, caused by athletes. Said athlete(s), by this behavior, will also be subject to dismissal from the team and school discipline.
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Hazing

Hazing is **prohibited** at all times. Hazing activities of any type are inconsistent with the educational goals of the school system. "Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a risk of physical or emotional harm to a person, in order for the student to be initiated into or affiliated with a student organization or any other purpose.

The term hazing includes, but is not limited to:

- Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on or in the body.
- Any type of physical activity that subjects the student to a risk of harm or that adversely affects the mental or physical health or safety of the student.
- Any activity that intimidates or threatens the student with ostracism, that subjects a student to stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school or on the team.
- Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

Note: The school district will act to investigate all complaints of hazing and will discipline up to, and including, expulsion.

Captain's Practice

The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC, Shoreline Athletic Conference, and Haddam Killingworth High School do **not sanction, encourage, or condone** "Captain's Practices" in any way, in any sport. Conducting a "Captain's Practice," may be a clear violation of the season limitations eligibility rule, or certainly a violation of the spirit of the rule, depending on the member school's involvement.

Changing Sports

- Prior to the opening of each season, athletes will be allowed to transfer from one sport to another **only** on the mutual agreement of the two coaches involved. The athlete must report directly to the athletic director to make the switch.
 - Athletes will **not** be permitted to switch sports once the try-out process is underway and/or complete for the program they wish to switch to.
 - An athlete who drops from the team after the first contest is **not** permitted to join another team during that season.
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Gymnasium Procedures

- No one is allowed in the gymnasium unless it is their designated practice period.
 - At no time is it permissible for individuals or groups to work out in the gymnasium, unless under the direct supervision of a coach.
 - Athletes practicing in the gymnasium of one sport will refrain from using equipment not **specifically** designated for their sport.
 - Teams "in season" will have priority on gymnasium use.
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School Suspensions

- Students may not participate in any game, contest, practice, or school activity while under suspension, nor may a student appear on school grounds or at a school activity on any school day while suspended from school. This includes contests at away sites. The suspension is in effect until the student is readmitted to classes by an administrator.
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Transportation

- Transportation to and from athletic contests will be provided by the school (with few exceptions). Athletes are **not** permitted to drive themselves to an away contest without written consent from a parent/guardian provided to the athletic director. Approval must be received from the athletic director to the parent/guardian before a student may drive.

- Athletes are expected to return from away contests on the transportation provided by the district. Athletes who need to leave an away contest with their parent/guardian must sign out with the coach at the game. Coaches should be notified by the parent or student before the game should an athlete plan to not take the bus home that day. This should be a limited exception and should not occur often. Being part of a team means traveling with the team as well.
 - If another parent is bringing your student athlete home, the athletic director must receive notification prior to the game in writing. An e-mail would be an appropriate way to communicate this.
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EXPECTATIONS OF PARENTS/GUARDIANS

1. Be positive with your athlete; let them know that they are accomplishing something simply by being part of the team.
 2. Encourage your athlete to work hard and do their best. Don't offer excuses to your athlete if they are not playing. There is usually a reason for it.
 3. Be supportive in a positive way. Don't put down the coaches or other athletes. If you are constantly berating your athlete's coach, do not expect positive results from the season.
 4. Insist on good grades. Check the number of hours your athlete spends on homework and monitor their grades in PowerSchool.
 5. Being a fan does not entitle you to be belligerent or abusive toward game staff, players, coaches, or officials. Coaches work with athletes and know their talents. Understand that student-athletes are often embarrassed by family members who can be heard from the stands.
 6. Insist that your athlete respect team rules, school rules, game officials, and sportsmanship.
 7. Encourage your athlete to play for the love of the game – not scholarship or college admission. This can alleviate a lot of pressure.
 8. Remember, that you also represent the school and your child and you must be a positive role model at all athletic events. Therefore, do not shout advice from the stands. A steady stream of technique suggestions has no value to the athlete. Shout words of encouragement.
 9. Be involved with your child's team in a positive way such as cheering for all athletes on the team and helping with booster clubs. There are many ways to be involved with the team and be a good sports parent/guardian at the same time.
 10. Be respectful to all game staff. Do not argue with them. The athletic director, administration, and/or security staff will ask you to leave if you are unable to be positive throughout the entire game. This includes, but is not limited to: yelling at officials, coaching from the stands, addressing students negatively by either their name or number, use of profanity, or being disrespectful overall.
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NCAA INITIAL-ELIGIBILITY FOR COLLEGE ATHLETES

Information on initial-eligibility for college participation can be found by logging onto the NCAA Eligibility Center (www.eligibilitycenter.org) website. The athletic and school counseling departments work together to produce information on the eligibility process at the request of students and/or

parents/guardians. Students should begin thinking about the academic requirements for college participation in their freshman year and register with the eligibility center by their junior year.

DURING AUTHORIZED CONTEST SEASON [CIAC IN-SEASON RULES]

1.1 Individual and Team Sports

a. Participation as an individual or as a member on a non-school sponsored team in a sports competition, practice, showcase, try-out, camp or clinic at any level of play including professional in the same branch of athletics during the authorized contest season will render the athlete ineligible for all interscholastic athletics unless the athlete is reinstated by the CIAC Board of Control. (Season is defined as the date of the first contest for that school and concluding with either the CIAC final tournament game or the New England championships.)

70 3.0 CIAC BY-LAWS Exceptions to Rule 1.1.a.

1. Participation in Olympic/Pan American Games/try-outs.
2. Participation in one national governing body (NGB) sponsored national tournament or international competition. Note: In all sports the CIAC Board of Control may grant exceptions to athletes to participate in those contests legitimately organized for the sole purpose of preparing for and selection to the next Olympic Games or the Pan-American Games. An athlete may participate in one (1) National Governing Body (NGB) sponsored national tournament event or other NGB sponsored international competition during the sport season. These contests must be recognized by the United States Olympic Committee, the Pan-American Games and/or the NGB for the sport as having as its sole purpose the selection to the Olympic, PanAmerican, national or international team. All decisions for participation will be made in accordance with the restricted competition provision of the U.S. Olympic Sports Act wherein state athletic associations shall have "exclusive jurisdiction" to conduct their programs without interference by any NGB.
3. Participation in a college audition – (Audition – when a student-athlete is invited by the college coach to visit the campus and participate in workouts individually or with team members to assess their skills prior to admission.)
4. Participation in clinics offered by a college – (Skill development programs that are not used to assess talent or used as a try-out for non-school teams.)
5. Participation in clinics offered by CIAC member schools or other state association member schools.
6. Participation in other clinics approved by the school and that are designed to enhance skill development and not used as a try-out of any nature for selection to a non-school team. The following conditions must be met as part of the exceptions #3-6: Each event is limited to one (1) day in duration; The member school principal must grant permission if there is any loss of school time; The member school coach determines the event does not interfere with any functions of the in-season school program; Written consent is given by the school administration and athletic department prior to the student attending such activities. Member schools will inform the CIAC staff of students who are approved to attend.

7. A student-athlete may participate in cross country, golf, gymnastics, indoor track, outdoor track, swimming, and tennis as an individual (unattached – See 5.5.D.) and not as a member of a team during the authorized contest season without loss of interscholastic eligibility provided the following criteria are met: Compliance with weekly limitations for the specific sport. (Exception: golf) In cross country, gymnastics, swimming, indoor track, outdoor track and tennis, no more than four (4) unattached (see 5.5.D.) outside meets per season are permitted. In the sport of golf no more than eight (8). Athletes in these sports may practice but not compete with a non-CIAC team during the season. Such practices may not interfere with or replace member school practices.

71 3.0 CIAC BY-LAWS

Prior approval of athletic director, coach, principal and parent.

Prior arrangements to complete academic lessons, assignments, tests, etc.

Student and parent agree to not accept, directly or indirectly any awards, gifts, trips, merchandise, etc., which would be in violation of CIAC regulations.

Athletes will not miss any CIAC-sponsored tournament contest for which he/she is eligible unless excused by the CIAC Board of Control. It is the philosophy of the conference that student-athletes owe loyalty to their school and team. During the regular season, the school administration will make the determination as to whether a student-athlete may be excused from a contest to attend an event as an "unattached" competitor. b. A pupil shall not participate in or represent his or her school in more than one sport after the date of the first contest for that school in that sport season, nor may that pupil represent more than one school during a season unless the pupil satisfies the conditions of Eligibility Rule II.C. The school season is defined as the date of the first scheduled contest for that school and concluding with either the CIAC final tournament game or the New England Tournament if there is such a tournament. The conclusion of the New England tournaments will be the end of the season for all teams and/or athletes who qualified for the New England tournament. 1.2 Camps and Showcases Students may not attend. 1.3 Lessons A student-athlete is permitted to receive individual lessons in their sport(s) during the season.
