

ATHLETICS

KIS is a member of the Quinebaug Valley Junior Conference. The following sports are offered at KIS:

Season	Sport	Grade
Fall	Soccer (Boys and Girls)	5,6,7,8
	Cross Country (Boys and Girls)	5,6,7,8
Winter	Basketball (Boys and Girls)	5,6,7,8
	Cheer	5,6,7,8
Spring	Baseball	5,6,7,8
	Softball	5,6,7,8
	Track and Field (Boys and Girls)	5,6,7,8
	Unified Sports	5,6,7,8

Registration & Tryout Information

Any student wishing to try out for a sport MUST register via Arbiter. Students/Parents are required to upload a current/up-to-date physical (physicals are good 13 months for the date they were done), fill in all pertinent information and electronically sign off on all required documents. Failure to do any of these will result in being ineligible to try out. Registration will close one (1) week before the start of tryouts, failure to sign up by that date will result IN the student's inability to try out, no extensions will be granted.

2024-25 School Year Registration Deadlines

August 27, 2024
November 6, 2024
March 3, 2025

A confirmation email from Arbiter should be sent to the email address used to register. This means Arbiter has received your information, this is NOT an indicator that the physical is correct. If a physical is deemed incomplete/expired a message will be sent via Arbiter stating the issue with your registration. This must be corrected BEFORE tryouts to be able to tryout.

All tryouts are announced in morning announcements. Information is also provided in the Principal's Friday Folder.

Physicals

All participants in the KHS athletic program must have a yearly physical examination before he/she can participate in any sport activity, including cheerleading and unified sports. Only one physical is needed each school year no matter how many sports the student plays.

All physicals must state that the individual can participate in interscholastic sports. Each athlete also must submit a risk of injury form, a parent permission form, a concussion education plan and consent form, a sudden cardiac arrest plan and consent form, and in some cases, an additional medical history form to complete the athlete's athletic examination requirement. Physicals should be given by the athlete's family physician. The payment for the physical is the athlete's responsibility.

All physicals MUST be uploaded into Arbiter, a copy on file with the nurse will not suffice. If a physical expires before/during the season a new physical must be uploaded onto Arbiter before the expiration date to try out or continue playing. No current up-to-date physical, no play.

*A current/up-to-date physical means it is good 13 months from the date of the physical exam, no longer.

Participation Requirements

Our school follows the guidelines set forth by the Connecticut Association of Secondary Schools. The academic requirements for participation in the interscholastic sports program are:

1. Athletes must attend scheduled classes to participate in practice or games played on a particular day. Extenuating circumstances must be approved by the building Principal prior to participation.
2. Students must be in good Academic Achievement and Habits of Work standing to participate in interscholastic sports, which means he/she demonstrates "Proficient / Progressing" in the Academic Achievement and Habits of Work competencies. If students need to develop Academic Achievement and/or Habits of Work competencies, they will have two weeks to demonstrate improvement.
3. All academic work such as redos and retakes that need to be completed after school take precedence over participation in sports practices and/or games.
4. School obligations such as detentions and extra help sessions take precedence over participation in sports practices and/or games. Students who are serving a suspension (ISS or OSS) may not participate or attend any after-school activities, practices, or athletic events on the same day(s) of suspension. Suspension due to drug and/or alcohol use or possession will result in immediate removal from the team for the remainder of the season.
5. Per Board Policy 5114.2, all athletes shall conduct themselves as good school and community citizens. Unsatisfactory behaviors may result in complete or partial suspension from the team.

NOTE: To participate in interscholastic sporting events, the student(s) must be in attendance at school on the day of the event.

Medical Requirements

1. If a student is injured while playing a school sport and requires a physician's attention, he/she may return to the sport after the school has received a full medical release in writing from the physician.
2. A student that is medically excused from Physical Education or other school activities requires a full medical release in writing from the physician to participate in a sport.

Athlete Conduct

Our school follows the guidelines set forth by the Connecticut Interscholastic Athletic Conference. The sportsmanship requirements for participation in the QVJC interscholastic sports program are:

- Demonstrate respect for your opponents, their fans, coaches, and game officials before, during, and after the game. This includes interactions on and off the field -including social media.
- Accept the responsibility and privilege the student-athlete has in representing your school in a positive manner on the field and in the community.
- Work for the good of your team at all times
- Be gracious in victory and accept defeat with dignity
- Abide by all the rules of the game
- Will sincerely congratulate opponents following either victory or defeat.

Athletic Code of Behavior

School behavioral, academic, and attendance expectations are upheld for all students. Athletes not adhering to these expectations may be limited from participating in sports at the discretion of the administration. All parents/students will be required to sign a sport participation permission form which includes an agreement to the code of behavior. In addition, students are responsible for their uniforms and will be charged a replacement cost if not returned.

Athletic Insurance

All students participating in interscholastic sports are insured by the Board of Education. This policy will pay up to 80% of any charges beyond that which is covered by the parents' insurance. In the event parents do not have insurance, this policy will pay treatment charges.

TRANSPORTATION

All student-athletes must ride the team bus to and from all scheduled athletic contests. If an athlete desires to ride home with his/her parents, the parents must make that request personally to the coach. Riding with someone other than a parent for any reason will require a note signed by the parent and presented to the coach.
