

Killingly High School Student-Athlete Handbook

2026-27



Table of Contents

Athletic Director Letter	3
Athletic Department Staff	4
The Killingly High School Athlete	5
Statement of Purpose of Killingly Athletics	5
Non-Discrimination Policy	6
Introduction to the Parent	7
Introduction to the Athlete	7
Purpose of Athletic Policy	8
Requirements for Registration, Trying Out and Participating	8
Registration	8
Physicals	8
Trying Out	9
Eligibility	9
Eligibility Rules	9
General Eligibility Requirements	10
Athletic Assessment Fee	10
School Attendance and Athletic Participation	11
Athletic Department Handbook and Team Rules Review	11
Violations of the Code of Conduct	11
Discipline Procedures	12
Athlete and Parent/Guardian Code of Conduct	12
Student-Athlete Expectations	12
Parent/Guardian Expectations	13
Code of Conduct	13
On the Field	13
In the Classroom	13
Out of School or Out of Sports	13
Rules and Regulations	13
In Season Violation and Consequence	14
Attending Peer-Centered Activities	15
School Suspension and Athletic Participation	15
Suspensions, Detentions and Athletic Participation	15
Policy on Fighting in Interscholastic Sports	16
Unsportsmanlike Conduct in a Game	16
Other Serious Violations	16
Hazing, Bullying and Initiations	16
Procedure for Contacting Athletic Department Personnel	17
Bus Travel and Trips	17
Entering and Leaving the Locker Room	18
Care of Equipment and Locker Room	18
Reporting Injuries	18
Return to Play	19
Insurance	19
Conflicts in Co-Curricular Activities	19
Vacation Policy	20
Social Media	20
Co-Op with another School Hosting	20
School Covering Cost Beyond State Open Tournament	21
Gambling	21
College Recruitment	21
Athletic Department Awards	21
NCAA Academic Requirements for Incoming Freshmen	22
NCAA Amateurism Requirements	23
NCAA Division 1 Eligibility Requirements	23
NCAA Division 2 Eligibility Requirements	24
NCAA Division 3 Eligibility Requirements	24
Parent/Athlete/Coach Communication Guide	25
Athlete and Parent Verification Handbook Form	27

Killingly High School Athletic Department

James Lackner
Athletic Director

Dear Athletes and Parent/Guardians:

I'm excited to extend a warm welcome to each one of you to the 2026-27 academic school year at Killingly High School. I'm looking forward to leading our athletic program into another year of striving for excellence, growth, and sportsmanship within the ECC and CIAC.

We are committed to providing a well-rounded education beyond the classroom and into the world of athletics. We firmly believe that participation in sports enhances not only physical health but also improves mental health, builds character, teamwork, discipline, and leadership skills. This school year, we have an array of sports teams and programs that cater to various interests and skill levels, ensuring every student who chooses to participate has an opportunity to thrive.

Our coaching staff is represented by dedicated professionals who are passionate about helping our student-athletes reach their full potential and have an enjoyable high school experience. They are focused on skill development, personal growth, and accountability, fostering an environment where athletes can excel on and off the field.

In addition to our commitment to individual growth, we try and hold ourselves to high standards of sportsmanship and fair play. We expect our athletes, coaches, and spectators to uphold the values of respect, integrity, and teamwork in all competitions and interactions. Together, we can create an atmosphere that makes us proud to be from Killingly.

As we embark on the new school year, I look forward to working closely with all of you to make it a memorable and successful one. Let's make the 2026-25 athletic year one to remember!

Go Killingly!

James Lackner
KPS Athletic Director

Athletic Department Staff

Athletic Director: James Lackner

Athletic Trainer: Allison Gilbert

Head Coaches:

Fall

Cheerleading	Tanya Corey
Cross Country (Boys & Girls)	Erik Rosati
Field Hockey	Erika Ponciano
Football	Chad Neal
Soccer (Boys)	Derek Ponciano
Soccer (Girls)	Beth Malarkey
Unified Soccer	Marcia Farquhar
Volleyball (Girls)	Chloe Yip

Winter

Basketball (Boys)	Jim Crabtree
Basketball (Girls)	Scott Derosier
Competitive Cheerleading	Tanya Corey
Gymnastics	Kasey Gagnon
Indoor Track (Boys & Girls)	Mark Neuman
Unified Basketball	Marcia Farquhar
Wrestling	Rich Bowen

Spring

Baseball	Ben Desaulnier
Golf (Boys)	Brian Bardier
Golf (Girls)	Kevin Capone
Lacrosse (Girls)	Taryn Asselin
Outdoor Track (Boys)	Mark Neuman
Outdoor Track (Girls)	Erik Rosati
Tennis (Boys)	Eddie Loomis
Tennis (Girls)	Roger Desir
Unified Rec Games	Marcia Farquhar

The Killingly High School Athlete

The Killingly High school athlete is an individual who has the following traits: CHARACTER, POSITIVE ATTITUDE, APPROPRIATE BEHAVIOR, ACHIEVER

CHARACTER: The athlete has those qualities that reflect the high standards of what is right and good about people. Outstanding character traits that are synonymous with a Killingly Athlete are: Honesty, Integrity, Truthfulness, Loyalty, Dedication, Cooperation, and Sportsmanship.

POSITIVE ATTITUDE: The Killingly Athlete wants to be a positive influence on everyone they have contact with. The athlete wants to be someone that is admired for whom they are and what they do.

APPROPRIATE BEHAVIOR: The Killingly Athlete practices appropriate behavior always (in and out of season). The athlete follows the rules and encourages others to do the same. The athlete never puts themselves in a situation that would bring embarrassment to themselves, to their family, and to the program that they represent.

ACHIEVER: The Killingly Athlete always strives to raise their level of performance to another level both academically and athletically. The athlete understands that complacency is a sign of weakness. The athlete knows that improvement comes only from consistency or performance. The athlete will never leave the field of play with any regrets or disappointments about their level of play. The athlete sets their goals high and accepts all the challenges that come with greatness. The athlete believes in the axiom: **Dare to be Great**

Statement of Purpose of Killingly Athletics

A comprehensive and balanced interscholastic athletic program is an integral part of the total educational process. While the high school athletic program serves as an arena for the student-athlete to display their talents, student-athletes must, in turn, be willing to accept responsibility to self, to team and to school. The value of athletics as an educational tool provides opportunities for mastery of educational learning outcomes and exiting skills. The student-athlete will demonstrate self-discipline, emotional control, and the ideals for good sportsmanship. The student-athlete will be given opportunities and experiences to develop a healthy self-esteem, a strong competitive attitude, and a desire to reach their fullest potential. Through group participation, the student-athlete will develop the skills of cooperation and commitment. The student-athlete will demonstrate ethical qualities and be capable of taking their place in modern society.

Participation in interscholastic athletics is a **PRIVILEGE, NOT A RIGHT!**

The driving force behind Killingly athletes are:

- *Show a commitment, responsibility, and dedication to their sport of participation.
- *Show a willingness to improve their level of performance.
- *Conduct themselves in a positive role model manner.
- *Understand and show the true meaning of Killingly Pride.

Non-Discrimination Policy

It is the policy of the Killingly Board of education to ensure equal educational opportunity for all students and to prohibit discrimination because of race, color, religious creed, age, marital status, national origin, sex, or physical disability in the education programs and activities including but not limited to course offerings, athletic programs, guidance and counseling and test and procedures through an intensive affirmative action program which shall be an integral part of every aspect of educational policies and programs to the maximum extent possible.

The Killingly Public Schools pledge to avoid discriminatory actions and, instead, to seek to foster equal human and educational relations which will help to attain:

- *Equal rights and opportunities for students and employees in the school community.

- *Equal opportunity for all students to participate in the total program of the schools.

- *Continual study and development of curricula toward improving human relations and understanding and appreciating cultural difference.

- *Training opportunities for improving staff ability and responsiveness to educational and social needs.

- *Opportunities in educational programs which are broadly available to students with access not solely based upon race, color, religious creed, age, marital status, national origin, sex or physical ability.

Any complaint regarding the implementation of this policy shall be addressed in writing to the respective coordinators: Affirmative Actions, Section 504 (Handicapped Access and Accommodation) and Title VI (Age Discrimination) – Assistant Superintendent, (860-779-6602); OCR (Civil Rights) – Director of Pupil Personnel, (860-779-6740); Title IX (Gender Discrimination) – Kim Burnham.

Upon investigation of the complaint, the coordinator shall effectuate any changes deemed necessary to eliminate any discriminatory practices and shall inform the complainant in writing of his or her actions within thirty days of the receipt of such complaint.

If the complaint is not satisfied with the action of the above individuals above, within twenty days, the complainant may appeal the action to the Superintendent of schools. The Superintendent shall hold a hearing within 30 days of receipt of such written request and shall decide what, if any, deemed discriminatory. The Superintendent shall notify the complainant in writing of this decision within seven days after such hearing.

Introductions

To the Parent/Guardian:

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assists students in personal adjustments.

We, who are concerned with the educational development of students through athletics, feel that a properly controlled, well-organized sports program meets with the students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in propose and will further each student's educational maturity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations which are:

- *Provide adequate equipment and facilities
- *Help our athletes
- *Be teachers of the game and positive role models on and off the field

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program or athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

To the Athlete:

Being a member of a Killingly athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes hard work of many people over many years. As a member of an interscholastic squad of Killingly High school, you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools and or community. Such a tradition is worthy of the best efforts of all concerned. Over many years, our squads have achieved more than their share of league, tournament, and state championships. Many individuals have set records and have been recognized with All-Conference and All-State honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but are willing to assume responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

Purpose of Athletic Policy

Participation in interscholastic athletics is a privilege and not a right, therefore, reasonable rules and regulations related to athletics at Killingly High school can be established for all students who choose to participate.

The purpose of these athletic policies is to establish a code of discipline which will promote high ideals of sportsmanship and individual conduct in all areas of an athlete's scholastic life.

The rules and regulations reflect the positive athletic policy established by the administration and coaching staff of Killingly High School, and we invite all students who can play within these guidelines to be a part of our proud athletic program.

Requirements for Registration, Trying Out and Participating

Each potential student-athlete must have the following documents on file to receive clearance for participation. All forms are available online and should be submitted electronically via arbiter.

1. An Uploaded Current Sports Physical
2. Emergency Contact Information, Insurance and Additional Medical History via Arbiter
3. KHS Student-Athlete Handbook Verification Form
4. Parent Permission Form
5. Risk of Injury Form
6. Student/Parent – Concussion Education Plan and Consent Form
7. Student/Parent – Sudden Cardiac Arrest Plan & Consent Form
8. Concussion Plan Acknowledgement
9. Mental Health Wellness Check
10. Class Act Player Pledge

Registration

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 the student's inability to try out, no extensions will be granted.

2026-27 School Year Registration Deadlines

August 7, 2026

November 20, 2026

March 12, 2027

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.

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.

Physicals should be given by the athlete's family physician. The payment for the physical is the athlete's responsibility.

All physicals MUST be upload onto Arbiter, one 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 tryout 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.**

Please understand that the coach **cannot** allow any student to attend or participate in a sport, including **practice or tryouts**, unless he/she has uploaded a current physical on arbiter AND is the school nurse has approved the athlete to participate.

Trying Out

Students may try out for any sport while at Killingly if they remain in good standing with the current Athletic Department policies.

The student should select his/her sport carefully as he/she will NOT be allowed to drop one sport for another in the same season. If a student is CUT from one sport, he/she may try out for another in the same season assuming the team has not been made and tryouts are still ongoing in that sport provided the coach in which the athlete wants to tryout allows it.

A student will NOT be allowed to drop a sport in season to try out for an upcoming sport if he/she was a member of that sport squad as the time of the first game. In the event he/she drops out after the first game, he/she will be declared ineligible to participate in another sport until the completion of the season in progress.

A student who is academically ineligible at the time of tryouts is NOT ALLOWED to tryout out for a sport.

This means if you are academically ineligible you will miss an entire season regardless of when marking quarters end during a season.

Eligibility

Eligibility Rules

Killingly High School is a member of the Connecticut Association of Elementary and Secondary Schools (CASS) and the Connecticut Interscholastic Athletic Conference (CIAC). The Connecticut Interscholastic Athletic Conference (CIAC) in accordance with Article IX-CIAC By-Laws effective July 1, 2013 establishes minimum rules of eligibility and does not prohibit Killingly High School from establishing more rigid eligibility standards.

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

1. Be a full-time student at Killingly High School.
2. ***To participate in KHS athletics, a student-athlete must be taking a minimum of 2 credits per semester.***
3. To be eligible for FALL sports, a pupil must have received credit towards graduation at the close of the previous school year in at least four (4) Carnegie Units or its equivalent of work for which he/she has not previously received credit. The final academic grade average determines fall eligibility. Year-end and semester failures may be made up through successful completion of CEA approved summer schoolwork in courses failed.
4. To be eligible for continuous participation in our FALL, WINTER and SPRING sport programs, marking period grades NOT semester grades are used to determine scholastic eligibility. A pupil cannot at any time

represent a school unless taking at least four (4) quarter Carnegie Units of work or its equivalent. During the school year a pupil must have received a passing mark in at least four (4) quarter Carnegie Units of work or its equivalent at the end of the regular marking period next preceding the contest and have earned four (4) credits toward graduation at the end of year to be eligible for fall sports.

5. Scholastic failing grades (F) CANNOT be made up for eligibility purposes in any manner until the next marking period, except those credits earned during the summer by an approved Board of Education procedure. Scholastic Incompletes "I" must be **made up within ten (10) schools** days following the date that student eligibility was determined for the respective marking period. *An "I" counts as a failing grade until made-up. A student who is passing less than 4 Carnegie Units but has I's that will allow them to get to 4 Carnegie Units may continue to practice while working on their grades. However, they may NOT play in a game until they have met the academic requirements, if after ten (10) school days the student fails to pass 4 Carnegie Units the student is ineligible for the rest of the season.*

2026-27 School Year Marking Quarter Deadline

1st Quarter – November 4, 2026

2nd Quarter – January 22, 2027

3rd Quarter – March 31, 2027

General Eligibility Requirements

1. A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the night grade to be eligible for interscholastic competition. Date of entry is defined as the first date of enrollment as a grade 9 student.
2. A nineteen (19) year old student-athlete may participate in a CIAC interscholastic sponsored sports. A student-athlete will NOT be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.
3. No student presently enrolled in grade 10, 11 or 12, shall participate in the same branch of athletics for more than three (3) seasons.
4. You CANNOT play or practice with an outside team in the same sport while a member of the school team after the first scheduled game of any season.
5. You CANNOT play under an assumed name on an outside team.
6. You CANNOT receive personal economic gain for participation in any CIAC sport.
7. The student-athlete must have been in membership at a secondary school for at least twelve (12) school weeks immediately preceding the time of participation, or regularly admitted from an elementary, middle, or junior high school within ten (10) school days from the opening of the succeeding school term.

*Consult the Principal or Athletic Director for other rules effecting athletic eligibility. Also read Appendix – Eligibility Policy – for additional information.

Athletic Assessment Fee

The Killingly Board of Education has adopted an Athletic Assessment Fee policy to offset the cost of officials, transportation, and other related services in athletics. Due to budget cuts in the education budget, such a policy was necessary to maintain our present athletic programs.

Currently the Assessment Fee is a maximum \$100 fee per athletic family per school year. ***Athletes MUST make full payment BEFORE the first game of their current sport season to be eligible to play in a game.*** If this is not possible due to extenuating circumstances, athletes can work out different payment arrangements with the **Athletic Director**.

However, some form of payment must be made during the first week of games to continue playing and the final payment MUST be made no later than the halfway mark of the season to continue playing.

School Attendance and Athletic Participation

Student athletes cannot play or practice on the days that they are absent from class or school. If an athlete is too ill to attend class or school, he/she is too ill to practice or play. There are certain exceptions, such as, college visitations, funerals, family-related matter the coach and athletic director had prior knowledge of, which will allow the athlete to practice.

Students-athletes are expected to attend school during his/her season of play as well as the rest of the school year. Repeated absenteeism will not be tolerated. Repeated absenteeism will require a meeting with the student-athlete and the athletic director to discuss the proper course of action.

Anyone who is late to school (comes in AFTER 9:15am) cannot practice or play on that day. Exceptions to this rule are only allowed with a valid excuse signed by the athlete's parent or guardian and approved by school administration.

Repeated tardiness will not be tolerated. If a student-athlete has a history of being late to school (**3 or more tardies per quarter**), his/her case will be forwarded to the athletic director for review and appropriate disciplinary action.

A student being dismissed from school is expected to be present for three class periods to be eligible for participation in practices or games. A student is not eligible for a practice or game if he/she is not in attendance for three periods on the day of a game. But he/she may play in a Saturday contest if he/she was absent on Friday providing he/she obtains permission from both the athletic director and the principal.

Student-athletes who leave school early due to illness are **NOT PERMITTED** to attend or engage in athletic participation on that day.

A member of a team is expected to be at all practices. Anyone desiring to be excused must see his/her coach and not send word by teammate. Coaches will always excuse athletes for extra help with studies, however, students should try to seek help when it least interferes with after-school activities.

Athletic Department Handbook and Team Rules Review

All head coaches will go over the athletic department handbook along with their team rules with their players at the start of each season. The student-athlete and the athletes' parents must sign off on a statement of acknowledgement of these rules and the willingness to follow the rules and regulations of the athletic department and athletic team. This statement of acknowledgement and acceptance is a requirement for participation in our athletic programs.

Violations of the Code of Conduct

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The school administration and coaching staff feels strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and to the orderly conduct of sports. The welfare of the student is our major consideration. The student-athlete is expected to comply with existing school, athletic and team regulations. Failure to do so could lead to suspension.

The precise period of suspension will depend on the violation. School-related suspensions result in a team suspension as well. Repeated school violations may result in total suspension from participation in any interscholastic athletic program.

General athletic policies and consequences are covered in this handbook. Each individual sport team will also have its own code of conduct. These rules and regulations may be more severe than the general school and athletic policies. The student-athlete is expected to abide by all team rules and understand the consequences for any violation of these identified team rules.

Discipline Procedures

A coach may immediately discipline, suspend and/or dismiss a player for a violation of athletic department and/or team rules. All suspensions and/or dismissals will be documented by the coach and put on file with the athletic director on the next school day. Any suspensions and/or dismissals from a team shall be determined by a meeting with the athlete's coach. If necessary, a follow-up meeting with the athletic director shall be called. The coach must have a written statement of the violation and contact the parents.

Athletes may appeal the decision made by the above ruling to the Appeals Committee which shall be made up of the principal, a neutral coach and the athletic director. The appeal procedure is as follows:

The Athlete:

1. Must submit a written appeal to the athletic director within two school days of the suspension/dismissal.
2. Can request representation (parent/guardian)
3. Must schedule a hearing with the Appeals Committee
4. Request a written decision from the Appeals Committee in three days to the athlete and his/her parents or guardian.
5. Must abide by the decision.

Athlete and Parent/Guardian Code of Conduct

Interscholastic athletics provides opportunities for student-athletes with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty and tolerance. Since good citizenship extends beyond the school it is expected that student athletes will behave appropriately in the broader community.

Student athletes are expected to:

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

9. Athletes shall abstain from using drugs (including anabolic steroids, performance enhancing substances), alcohol, and tobacco, which are deemed harmful to one's health, athletic performance, and general well-being.

Parents/Guardians are expected to:

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

Violations and Consequences:

Student and parents/guardians unable to meet these expectations will be subject to disciplinary actions which may include suspension and/or expulsion from participating in the athletic program or attending any Killingly High School athletic events.

Code of Conduct

The conduct of an athlete is closely observed in many areas of your school, community, and athletic and personal lives. Therefore, it is important that your behavior be above reproach in all the following areas.

On the Field

In the area of athletic competition, a real athlete does not use profanity or illegal tactics and learns fast that losing is part of the game. You should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.

In the Classroom

In the academic areas, a good athlete becomes a good student. You cannot be a lazy student and expect to reach your potential as an athlete. As an athlete you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades. In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and always show respect for other students and faculty. Horseplay, fooling around, being unnecessarily boisterousness are not acceptable habits of behavior.

A healthy athlete should have a good attendance record. Never cut classes or school, come to school on time and when absent, bring to school a properly signed reason for being absent.

Out of School or Out of Sports

In case you thought differently, the way you act and look in and around town is of great importance. Athletes should be leaders, and fellow students should respect and follow their ideas of good moral judgment, of discipline and of personal appearance and grooming. Don't be afraid to lead by example.

Rules and Regulations

It is the overwhelming opinion of the coaches that athletes perform best when they follow intelligent training rules which include total restrictions on tobacco, smokeless tobacco, vaping, alcohol and drugs (include performance enhancing substances). Medical research clearly substantiates the fact that the use of tobacco, smokeless tobacco, vape and any type of mood or body altering substances produce harmful effects on the human organism.

The coaches of the Killingly Athletic Department are concerned with the health habits of their student-athletes of their community and are convince that athletics and then use of these is not compatible. It is also fact that when students have a strong interest to participate in athletics, their desire to use substance is greatly reduced. Students must decide if they want to be an athlete. If you do which to be an athlete “you have to pay the price’ to be a competitor. A big part of this price is following a simple set of training rules which the Athletic Department believes to be fair. You cannot compromise athletics with substance abuses. The student who wishes to experiment with such abuses should remove themselves from team play before they jeopardize team moral, team reputation, team success, and does irreparable physical harm to themselves. ***Therefore, the Athletic Department policy is that the possession and/or use of tobacco, smokeless tobacco, vaping products, alcoholic beverages, and drugs of any kind (including performance enhancing substances) unless prescribed by a physician, are prohibited.***

Also, the Athletic Department takes a very strong position regarding the athletes’ attendance at peer-centered activities where alcoholic beverages and/or drugs of any kind are available. These activities are off-limits to all KHS student-athletes. The athlete understands that there is no time the above-mentioned activities will be tolerated.

In addition to our Zero Tolerance Policy regarding substance abuse, the CIAC has adopted the following policy regarding the use of performance enhancing drugs by the student-athletes:

Athletes found using performance enhancing drugs by their school district will be immediately disqualified from any further participation in CIAC-sponsored sports for a period of 180 school days on each occurrence. This consequence is final.

In Season Violation and Consequence

First Violation Consequence: After due process and confirmation of the first violation, the student-athlete will be suspended immediately for the remainder of the sport season. If there is LESS than 50% of the sport season remaining when the penalty began, the penalty will be applied to the rest of the present sport season and the next sport season in which the athlete participates.

Example:

A - If the athlete violates the substance abuse policy in week 6 of 10-week season, the athlete will be suspended for the remaining 4 weeks of the present sport season plus one week on the next sport season the athlete participates in. (The athlete will be allowed to try out for the next sport season while under suspension. If the athlete doesn’t make the team, the penalty will carry over to the next sport team he/she becomes a member).

B - The athlete forfeits all opportunities for awards and post-season honors for that sport season.

C - The athlete agrees to have revoked any leadership positions, such as, but not limited to team captain, and will not hold any leadership position on athletic teams for the remainder of the school year.

Second Violation Consequence: After due process and confirmation of the second violation, the student-athlete will be suspended immediately from participation in sport programs for the remainder of the year.

Rules B and C apply as described in 1st violation.

Third Violation Consequence: After due process and confirmation of the third violation, the student-athlete will be suspended from participation in athletics for the remainder of his/her high school career.

Out of Season Violation and Consequence: Out of season is defined as any time when an athlete is not directly involved in a school-sponsored athletic program. This also includes the summer vacation.

After due process and confirmation of violation, the student-athlete will be required to do 15 hour of community service approved by the Athletic Director. Upon completion of the community service, the student-athlete will be allowed to participate in sport programs.

Attending Peer-Centered Activities where Alcohol and/or Drugs are available

Peer centered activities where alcoholic beverages and/or drugs of any kind are available are off-limits to all KHS student athletes.

If a student-athlete attends such an activity and does not use any substance:

First Violation: Athlete will be given a written warning.

Second Violation: Athlete will be given a one game suspension.

Third Violation: After due process and confirmation of the third violation, the athlete will be suspended for the remainder of the season.

The athlete forfeits the opportunity for any leadership position for the calendar year.

NOTE: If a student-athlete is not truthful regarding his/her violation of the zero-tolerance policy with substance abuse, the student-athlete forfeits his/her opportunity to participate in sports for one calendar year.

Self-Referral by Students 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, smokeless tobacco, alcohol, vaping or other drugs. Voluntary referrals do not carry punitive consequences.

Guidelines:

A – Referral is allowed one (1) time in a students' high school career.

B – Referral MUST be made only by the athlete or a member of the immediate family.

C – Referral MUST be before the first in-season violation or out-of-season violation.

D – Referral cannot be used by athletes as a method to avoid consequences once a code of conduct rule is violated and a student has been identified as having violated one of the codes of conduct rules.

E – Referral must be made to a coach, athletic director, teacher, administrator, school counselor, or social worker.

School Suspensions and Athletic Participation

The Athletic Department supports all school rules and will NOT allow any athlete to participate in practice or in games until the school suspension (Out of school or in school) is completed. The athlete may not attend practice, game or be around the team at this time. Failure to do so will result in further discipline.

Suspensions, Detentions and Athletic Participation

The Athletic Department supports all school rules. An athlete whose suspension ends on any school day is ineligible to practice or play until the next school day. ***An athlete may not attend practice, game or be around the team if they receive an out-of-school suspension, in-school suspension, or after-school detention. A failure to do so will result in further discipline.***

Any student-athlete receiving an out-of-school suspension will be suspended two games (1 week or less) and three games (More than 1 week) after they return from suspension.

Any student-athlete receiving an in-school suspension will be suspended one game (1 day or less suspension) and two games (2 days or more suspension) after they fully complete their suspension.

Any student-athlete receiving an extended day/after-school detention will be suspended for one game. The suspension will be in effect regardless of how the student-athlete serves the extended day/after-school detention. The game suspension will take place closest to when the extended day/after school detention was assigned.

Any student-athlete receiving a lunch detention or teacher detention will be assigned a consequence from the head coach. After a 3rd detention the athletic director will meet with the athlete and determine further consequences.

A coach may impose a harsher penalty, then in the handbook, but nothing less. Any student-athlete who fails to sit out will result in disciplinary action for the coach and possible forfeiture of the game in which the athlete played

Policy on Fighting in Interscholastic Sports

Violation of the rule shall bring an automatic suspension for the remainder of that game plus suspension from the next scheduled game. The student-athlete's case will be reviewed by the athletic director and further disciplinary action may be taken. The same suspension applies to any member of the playing squad who leaves the bench during a fight.

Verbal and/or physical abuse of officials or coaches by student-athletes will result in immediate dismissal from the team for the remainder of the season.

Unsportsmanlike Conduct in a Game

Any student-athlete ejected from a contest for unsportsmanlike conduct will not be permitted to participate in the next scheduled contest. (CIAC ejection rule)

Other Serious Violations

The following behaviors will be considered serious violations of the athletic code and school policies and will result in suspension from the team. The length of the suspension will be determined by a meeting of the athlete's coach, athletic director, principal and /or representative.

A – Civil Law Infractions

B – Theft or malicious destruction of individual private or school property

C – Infraction of school rules requiring administrative action

D – Misconduct by an athlete that is potentially detrimental to the athletic program, school or school district. (ie. verbally abusing school staff members)

Hazing, Bullying and Initiations

Hazing or initiations of student-athletes by other team members are not acceptable and any practice of this type of behavior will not be tolerated. Actions (such as but not limited to taunting, teasing, bullying, and harassment) of this type may be illegal, and those involved may be subject to police action as well as dismissal and /or suspension from participation in any athletic program during the rest of their high school career.

Bullying means committing an act against a student, or coercing a student into committing an act, with the intent to ridicule, humiliate, or intimidate the other student. This type of behavior will not be tolerated. The Killingly School District has adopted a policy on bullying. Student-athletes will be held to this policy as well as dismissal and/or suspension from participation in any athletic program during the rest of their high school career if they violate this policy.

Procedure for Contacting Athletic Department Personnel

Players and/or parent having a concern about a sport-specific issue should follow the procedure outlined below. If a player and/or parent is looking for information about the KHS athletic program, the Athletic Director should be contacted.

1. Afford you son or daughter the opportunity to discuss the issue with their coach. Many times, these types of meetings may resolve an issue or concern.
2. If you son or daughter's meeting with the coach did not resolve the issue, then contact the coach set up an appointment to meet.
3. If the coach cannot be reached, email or call the Athletic Director, and a meeting will be set-up for you.
4. Please DO NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both parent and the coach, Meetings of this nature do not promote resolution.
5. If the meeting with the coach did not provide a satisfactory resolution, contact, and set up an appointment to meet with the Athletic Director to discuss the situation.
6. If the meeting with the Athletic Director did not provide a satisfactory resolution, contact, and set up an appointment to meet with the building Principal to discuss the situation.
7. If the meeting with the building Principal did not provide a satisfactory resolution, contact the office of the Superintendent of schools to discuss the issue.

Bus Travel and Trips

The coach must take responsibly to coordinate his/her team's rules and regulations with the scheduled bus driver. ALL athletes must ride the team bus to and from all contests when a bus is scheduled. In special cases, like school functions (Example: need to get back for school concert) and family emergencies, a player may be allowed to ride home with his/her parents provided the parents make the request personally to the coach and give a written note to the coach. Players are members of the team and are expected to be part of the total team activity. Riding home on the bus after a game is a part of the total team activity. In the cases where the athlete requests to ride home with someone other than the parents, the request will be denied unless a prior written approval is given by the school administration and the athletic director. ***Any player who leaves with a parent or another person who is NOT given permission to do so will face at minimum a 1 game suspension and possible dismissal from the team.***

Students are to exhibit proper behavior when riding the school bus. A coach has a right to assign seats to maximize control, and the bus driver oversees the bus. All posted rules and regulations governing how students must behave on the school bus will be followed. Damage to the school bus by any player or team will not be tolerated. Problems of this nature will result in team disciplinary action or player disciplinary action. At the conclusion of a trip, team members will police the bus to make sure the bus is clean. Spikes cannot be worn at any time on the bus. Improper behavior of any kind will not be tolerated, and disciplinary action will be taken.

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

Entering and Leaving the Locker Room

When being dismissed for an afternoon contest the student-athletes are to report directly to the locker room and are not to roam the halls while waiting for transportation. ***Athletes should not be down in the locker room area before the dismissal time from class if leaving before the end of the school day. Failure to abide by this will result in the following:***

1st offense – Verbal Warning

2nd offense – Sit out game

3rd offense – Do not attend away games

After practices and games all athletes will leave the building at the north end and wait for parents to pick them up. Athletes should not be roaming the building before or after practices/games.

On days or practice or games when school is NOT in session, athletes will enter the building from the trainer's room entrance door. On days when volleyball, basketball and wrestling play, athletes will enter from the main gym entrance.

Care of Equipment and Locker Room

All athletic equipment, per sport, is to be collected from athletes at the end of the season and stored in the athletics area assigned by the Athletic Director. The care and maintenance of equipment/uniforms issued to participants is their direct responsibility. A list of players who have lost or damaged equipment/uniforms issued to them will be submitted to the Athletic Director. Proper use and care of this equipment is the athlete's responsibility, and students will be required to pay for misused, lost or stolen equipment/uniforms.

Players are only to use the assigned equipment for practices and games and no for their personal use during physical education classes, going to and from home, or outside of school. Uniforms jerseys can be worn in school on the days of pep rallies or sports recognition days. At the conclusion of a sport season, equipment and uniforms must be returned to the coach. ***Any damaged or lost uniform will need to be paid for by the player before they can participate in another sports season or graduation whichever comes first.*** Failure to do so will mean the player can't participate in another sport or walk in graduation.

Lockers should always be kept locked to protect your personal and sports equipment. Athletes are not to share lockers with anyone or give their combinations to anyone else. The locker room should be kept clean by disposing trash in the proper receptacles. No storage of food or glass containers in the lockers will be allowed.

Reporting Injuries

All injuries should be reported to the athletic trainer or coach immediately. When an injury occurs requiring a doctor's evaluation, a player or coach must get an accident report from the athletic director and fill it out and return it to the AD within three days from the time the athlete was seen by the doctor. The athletic trainer and/or AD will then give further instructions to the athlete on the next step is. The Human Resource Director handles all medical insurance claims.

Any visit to a doctor for treatment of a sport-related injury must be reported to the coach. The coach and athlete will follow the procedures in the previous paragraph. This procedure will guarantee prompt attention to all bills and fees assigned to the injury. Parents who follow this procedure must mail to the insurance carrier the bills received by doctors and hospitals.

Any student who sustains a disabling-type injury that requires surgery or immobilization for a period cannot return to any sport activity without written permission from the attending physician.

Any player who is injured by concussion cannot return to play until school approved medical personal (nurse or athletic trainer) have determined that the athlete is able to return.

Return to Play

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

Step 1: Complete Physical and Cognitive Rest. The athlete will not do any activity and will avoid anything that would cause a recurrence of signs and symptoms. They are not permitted to attend practices, be on the sidelines with the team during any games, travel with the team to away matches, or begin the physical portion of the RTP protocol until granted approval to do so by a physician and/or athletic trainer.

Step 2: Light Cardio Activity. Athlete will jog or bike for a short period of time. If no signs or symptoms occur, they will be allowed to continue for another short period of time, unless signs and symptoms occur then as well.

Step 3: Increased Cardio Activity. Athlete will perform sprints, change of direction activity, long distance running, and/or weightlifting.

Step 4: Non-Contact Drills. The athlete will perform sport specific non-contact drills based on their sport and position. In this step they are allowed to run at normal activity level, weight lift, and work into the non-contact drills performed that day during practice.

Step 5: Full Contact Practice. The athlete will perform a full contact practice. Athlete will perform all parts of a running practice, with no restrictions.

Step 6: Return to Game. The athlete will return to competition. Return to play following an Athletic Injury (aside from concussion) or absence from sport: After an athlete has recovered from an injury and is ready to return to their respective sport, each athlete is required to participate and complete at least one full day of practice prior to returning to game play. The same rule applies for any athlete who does not participate in practice prior to a game.

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

Insurance

A plan of Excess Insurance covering interscholastic sports has been purchased by the Killingly Board of Education. The form of this coverage provides that valid claims for injuries received because 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 been first applied. Remember, the Killingly School District will cover only those debts up to the limits set forth in the Excess Policy. This insurance plan is for accidents only and does not cover sickness.

When an interscholastic sports injury occurs, the athlete should in working with the coach should obtain an accident form from the nurse, complete it, and then return it to the AD.

Conflicts in Co-Curricular Activities

An individual student who attempts to participate in several co-curricular activities will undoubtedly be in a position of a conflict of obligations.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in co-curricular activities, and to the end, will attempt to schedule events in a manner to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the coaches/faculty advisors involved immediately when a conflict does arise. The student-athlete's failure to do so may result in disciplinary action by the athlete's coach.

When a conflict arises, the coaches/advisors will work out a solution, so the student does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either coach/advisor. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from the activity.

Vacation Policy

Vacations by athletic team members during a sport season are very strongly discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event of an absence due to a vacation that is unavoidable, an athlete must:

1. Be accompanied by his/her parents while on vacation.
2. Contact the head coach by the start of the season.
3. Practice one day for each practice or contest missed to resume competition. (Contest day will count as a practice day)
4. Be willing to assume the consequences related to their status on that squad as a starter or non-starter.

Social Media

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

Social media technologies have many benefits in our world; however, they can also be disruptive when inappropriate social media posting 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. Killingly 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 Killingly High School is a privilege, not a right. The student-athlete represent his or her high school and the Killingly Public Schools, and therefore, they are expected to portray themselves, their team, and their high school in a positive manner always. Not doing so may result in disciplinary action.

Co-Op with Another School Hosting

If the Killingly Athletic Department doesn't offer a particular sports team an attempt will be made to reach out to surrounding schools to see if those students interested can join a possible Co-Op. ***It is the student and parents' responsibility to pay all costs associated with joining another school who is hosting a Co-Op.***

School Covering Cost Beyond State Open Tournament

Killingly Athletics will cover all costs up through the State Open in each sport pertaining to fees and transportation, hotels will be the responsibility of parents if they choose to stay over the night before. It is the student/parent's responsibility to provide transportation, parking, hotels, etc. to any event after State Opens such as New England's and Nationals that student qualifies.

Gambling

Gambling is not acceptable behavior for any athlete and will not be tolerated. Any athlete who plays cards for money, bets on games, places bets at casinos or race tracks or engages in any other form of gambling jeopardizes his/her amateur and eligibility status. Any player found to be gambling will be immediately removed from their sport team for the remainder of the season.

College Recruitment

College Recruitment Policy

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. College recruitment information and NCAA Academic requirements is found in the Appendix in this handbook. All questions about this matter may be directed to the guidance department.

Recruiting for Students

What HS Student-Athletes can do on their own in the Recruiting process?

Initiate an unlimited number of telephone calls to college coaches. Write letters to college coaches indicating interest in their school and athletic program. Make an unlimited number of unofficial visits to an unlimited number of colleges.

Athletic Department Awards

The requirements for certificates, numerals, varsity awards, and other awards differ in each sport and will be decided by the coach and the staff of each respective sport. However, it is recommended that the athletes be informed about team or individual sport award requirements before the season starts. All award winners will be evaluated on the same basis of participation, contribution to the team, leadership, sportsmanship and overall personal conduct.

The order of awards is as follows:

1. For any first-year participant, non-varsity. (Certificate)
2. For any second-year participant, non-varsity. (Numerals)
3. For any third-year participant, non-varsity. (Pin)
4. For any fourth-year participant, non-varsity (Varsity Letter, Varsity Jacket, Service Bar)
5. For any first-year participant, varsity (Varsity Letter, Pin, Certificate)
6. For any second-year participant, varsity (Varsity Jacket, Service Bar, Numerals)
7. For any third-year participant, varsity (Varsity Plaque, Service Bar)
8. For any four-year participant, varsity (4th Year Award, Service Bar)
9. In addition: Stars are awarded for captains, Pins are awarded for managers
10. The following awards are only given once throughout an athlete's career (Numerals, Pin, Varsity Letter, Varsity Jacket)
11. The following awards are given out more than once throughout an athlete's career (Certificate, Service Bar, Varsity Plaque, 4th Year Award, Star)

To encourage program development and playing four years the varsity letter normally given to only varsity athletes who reached program requirements will be awarded to athletes who successfully complete 4 years in a sport regardless of if they meet program requirements. If an athlete completes 4 years in a program, they will also be eligible for a varsity jacket as well. Transfer students eligible for awards with proof of junior varsity or varsity status earned at the school transferred from will receive the appropriate year award. This award program will recognize all athletes more equitably and promote the opportunity for each athlete to make a 4-year commitment to a sport. All award winners will be announced by their coach at the conclusion of their respective seasons. Each coach will present team members their awards at an appropriate time and place at the end of the season. It is recommended that the posting of athletic awards on team social media would greatly enhance the status of each athlete. Any student athlete who is removed from a sport for disciplinary reasons forfeits all honors and awards earned during that sport season.

NCAA Academic Requirements for Incoming Freshmen

NCAA ELIGIBILITY RULES AND ACADEMIC REQUIREMENTS

In response to the COVID-19 pandemic, the NCAA temporarily eased initial eligibility requirements by removing standardized testing. This change will now become a permanent policy for students starting college full-time from the 2023-2024 academic year onward.

This means **the NCAA will no longer require standardized testing as part of the eligibility criteria.**

Your academic eligibility is based on two factors:

1. **Core Course Requirement:** You'll need to pass 16 approved NCAA Core Courses during your high school years. Exact requirements vary slightly between D1 and D2 schools. View our full breakdown of the [NCAA core course requirements](#).
2. **Core Course GPA:** Your GPA will be calculated based on your performance in core courses, not your entire high school transcript. The NCAA provides a [core course worksheet](#) to help, but we recommend you meet with your high school counselor too. Here's more more information on [how to determine your core course GPA](#).

Did You Know? 75% of college student-athletes typically meet NCAA academic minimums. Just because you are a good student doesn't guarantee academic eligibility. Surprisingly, every year, student-athletes with 3.5+ GPAs and honors courses are declared academically ineligible due to not meeting one of the following NCAA eligibility requirements.

Although the NCAA isn't making the SAT or ACT mandatory, you may still need to take them. Some colleges continue to expect these scores for admission and specific scholarships may request them too. It's a good idea to check what each college and scholarship requires to make sure you meet all the criteria.

NCSA can help you prepare for the SAT/ACT through [Method Learning](#). Think of it as making sure you have the right tools for your academic game — you wouldn't want to miss an opportunity just because you weren't prepared!

NCAA AMATEURISM REQUIREMENTS

Your amateur status is determined by following NCAA [amateurism rules](#), which are in place to ensure that student-athletes do not receive compensation or benefits that could jeopardize their amateur status. Students who are enrolling at a D1 or D2 school for the first time must obtain a final amateurism certification before becoming eligible to participate in college sports.

Examples of situations that may impact a prospective student-athlete's amateur status include:

- Having received prize money (beyond participation reimbursement).
- Signing contracts or receiving benefits from agents.
- Receiving money for promoting products or services.
- Making money using their athletic ability or fame.
- Delaying full-time collegiate enrollment to compete in organized sports.

The new NIL (Name, Image, and Likeness) rules allow college athletes to earn money from endorsements and promotions while remaining amateurs. However, it's important to understand these rules, including state laws, to ensure you maintain your eligibility.

[You can learn more about the NCAA NIL policy here.](#)

NCAA DIVISION 1 ELIGIBILITY REQUIREMENTS

For high-school athletes enrolling in college full-time in 2023-24 and beyond:

- Complete 16 core courses using pass/fail grades:
 - English: 4 years
 - Math (Algebra 1 or higher): 3 years
 - Natural/Physical Science (Including 1 year of lab, if offered): 2 years
 - Social Science: 2 years
 - Additional Courses
 - English, Math or Science: 1 year
 - English, Math, Sciences, Foreign Language, Comparative Religion or Philosophy: 4 years
- Core Course Progression: You must complete 10 core courses by the beginning of senior year, or seventh semester. Among these 10, seven must be in the subjects of English, math or natural/physical science. This is known as the 10/7 rule.
- Earn a core course GPA of 2.3 or higher
- Graduate high school
- Receive final certification on your amateurism status via the [NCAA Eligibility Center](#)

Once you enter your senior year, the grades you've received in your core courses are "locked in" and cannot be changed. [If you're currently a junior in high school, it's crucial to keep an eye on your core course count.](#) You might need to take additional courses during the summer between your junior and senior years to meet this requirement.

NCAA DIVISION 2 ELIGIBILITY REQUIREMENTS

For high-school athletes enrolling in college full-time in 2023-2024 and beyond:

- Complete 16 core courses using pass/fail grades:
 - English: 4 years
 - Math (Algebra 1 or higher): 3 years
 - Natural/Physical Science (Including 1 year of lab, if offered): 2 years
 - Social Science: 2 years
 - Additional Courses
 - English, Math or Science: 1 year
 - English, Math, Sciences, Foreign Language, Comparative Religion or Philosophy: 4 years
- Earn a core course GPA of 2.2 or higher
- Graduate high school
- Receive final certification on your amateurism status via the [NCAA Eligibility Center](#)

NCAA DIVISION 3 ELIGIBILITY REQUIREMENTS

Division 3 schools are responsible for setting their own academic eligibility rules. If you are going to be competing for a D3 institution, or if you are unsure what division level you'll be competing at, you can [start with a free NCAA Profile page](#). If you do decide to pursue a D1 or D2 program, you can always transition to a Certification Account later.

KILLINGLY ATHLETICS



PARENT/ATHLETE/COACH COMMUNICATION GUIDE

Philosophy:

- ◆ Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For success, effective communication must occur.
- ◆ The athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff and student-athletes.
- ◆ We are continually attempting to improve communication with students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

Your Expectations as a Parent:

- ◆ Be supportive on the sideline or in the stands! Attendance is a privilege, not a right.
 - Unsportsmanlike behavior can cause removal from games or events.
- ◆ Do not air your grievances with your athlete. Be there to support them and to listen.
 - Listen to your student-athlete and help them problem solve. They will become stronger adults with parents having them solve their own problems when applicable. Encourage them to discuss their situation with a coach that they have bonded with on the team.
- ◆ It is reasonable to expect your child's coach to inform you:
 - When and where practices and contest are held.
 - About his/her coaching philosophy
 - About the expectations he/she has for all athletes on the team.
 - What is required to be part of the team, i.e., fees, special equipment, off-season programs, letting requirements
 - If your child is injured during participation in a practice or contest.
 - Whenever and disciplinary action results in your son/daughter being denied participation in a practice or contest.
- ◆ Typical concerns of parents appropriate to discuss with a coach are:
 - Any unhealthy mental or physical strain you detect in your child at home (especially where it affects his/her academic performance).
 - How you can contribute to your child's skill improvement and development.
 - Any dramatic changes you detect in your child behavior.

Our Expectations as Coaches:

- ◆ It is inappropriate to discuss with a coach:
 - Playing time – it is expected that the student-athlete initially conducts this conversation.
 - Team strategy or play calling.
 - Other student athletes
- ◆ Coaches often need parents to call them with:
 - Any specific health concerns about your son/daughter expressed directly and informally to the head coach at a mutually convenient time.
 - Notification of schedule conflicts well in advance.

- Your commitment to the program, and how you plan to contribute to the program's success. For example, one way is to be sure that your child is at practice each day on time.
- Strategies that have worked for you in dealing with your son/daughter being successful in the past.
- ◆ If you have a concern to discuss with a coach, what procedure should you follow?
 - Have your student-athlete talk to the coach first if applicable. If not...
 - Make an appointment with the coach. Never approach the coach after a game unless the coach requests this.
 - If the coach cannot be reached, call the Athletic Director to set up a meeting.
 - Please do not attempt to confront a coach before, during, or following a contest or practice. These can be a busy and emotional time for both the parent and the coach, and this period does not promote objective analysis of the situation.
- ◆ What should you do if the meeting with the coach does not result in a solution to the problem?
 - Call the Athletic Director to set up an appointment to discuss the situation.
 - At this meeting, the appropriate next steps can be determined.

Recommended Communication Steps

- ◆ Athlete to Coach
- ◆ Athlete to Athletic Director/Coach
- ◆ Parent to Coach
- ◆ Parent to Athletic Director/Coach
- ◆ Parent to Principal/Athletic Director

Please DO NOT attempt to confront a coach before, during or after a contest. These can be emotional times for both the parent/guardian and coach and meetings of this nature often fail to resolve conflicts.

Athlete and Parent Verification Handbook Form

To the Parents:

To inform the parents or guardians, as well as the students, of the regulations governing participation in interscholastic athletics, we ask you to read this booklet and return this form with your signature.

My son/daughter and I have read the Athletic Department Handbook and are familiar with the rules governing his/her participation.

As a KHS athlete, I agree to follow the stated policies and rules of this athletic handbook.

As a parent/guardian, I agree to work with the Athletic Department to reinforce the stated policies and rules of this athletic handbook with my son/daughter.

Print Name (Athlete)

Athletes Signature

Date

Print Name (Parent)

Parent's Signature

Date