



Pomperaug High School
Athletic Handbook 2026-2027
Information, Policies, and Directions for
Students and Parents

Dear Student-Athletes and Parents/Guardians,

Welcome to the 2026–2027 school year! I am thrilled to kick off another exciting year of Pomperaug Athletics and build upon the proud tradition of excellence that defines our programs. At Pomperaug High School, we deeply value the role interscholastic athletics plays in the student experience- developing not only physical abilities, but also the character, leadership, and life skills that shape our young adults long after the final whistle.

Athletic participation is one of the most impactful experiences a student can have. While the physical demands, endurance, and strategy of competition are significant, the character lessons are just as vital. Through athletics, students learn preparation, resilience, teamwork, and how to navigate both victory and defeat with humility and grace. It is my hope that these collective experiences instill confidence, emotional maturity, and strong integrity in every PHS student-athlete.

Participation in athletics is a privilege that enriches both the student-athlete and our entire school culture. However, our top priority will always be ensuring our student-athletes succeed in the classroom first. Academic success and athletic achievement go hand in hand, and we are committed to helping students maintain that balance. Our fields, courts, tracks, and pools are extensions of the classroom where respect, accountability, and sportsmanship are expected from everyone.

Just as we hold our student-athletes to high standards, we ask the same of our families and fans. Positive support from the sidelines makes a lasting difference. Please continue to model respect for opponents, officials, coaches, and one another. Let's be loud in our support for the Panthers and proud of how we represent Middlebury and Southbury!

This handbook and our athletic department website are designed as helpful resources throughout the year. Please never hesitate to reach out to the Athletic Office with questions, ideas, or simply to say hello.

Thank you for being a vital part of our Panther family. Your partnership and support are deeply appreciated. Let's make 2026–2027 an unforgettable year!

Go Pomp! Go Panthers!

Sincerely,

Danielle McCauley
Athletic Director, Pomperaug High School

Athletic Director: Danielle McCauley: 203-262-3200 ext. 3244
Email: dmccauley@region15.org

Athletic Administrative Assistant: Alyson Dembski: 203-262-3200 ext. 3294
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Athletic Trainer: Tyler Owen
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Teams and Coaches Contact Information - <https://www.region15.org/athletics/teams/varsity-jv-freshman-teams>

Athletic Department Website – <https://www.region15.org/athletics>

Pomperaug NFHS Homepage- <https://www.nfhsnetwork.com/schools/pomperaug-high-school-southbury-ct>

Pomperaug GoFan Homepage – <https://www.region15.org/athletics/ticket-information>

Athletic Department Instagram Account -

SWC Website – <https://www.swcsportscenter.com/>

CIAC Website – <https://ciac.fpsports.org/>

Steps to access/subscribe to schedule via Fusion Sports:

1. https://scribehow.com/shared/Subscribe_To_CIAC_Sports_Calendar_KvVzKcvNRsib04i734CgvA
OR
2. <https://ciac.fpsports.org/SchoolPages/School.aspx>

All schools that are members of the association have a custom page.
Please search for your school by name.

ENTER THE NAME OF THE SCHOOL TO SEARCH FOR.

pomperaug

Search

3.

Get The App

You can now get key schedule and roster information installed as an app. From your mobile device select the **Share** (↑) button and then select **Add to Home Screen**.

4.

Steps to access schedule via PHS Arbiter

1. <https://arbiterlive.com/>

Find Schedules Now

Q pomperaug

Search

2.

3. Select from “active team(s)” menu

☆ Follow

4.

CIAC Rules That Parents Should Be Familiar With:

For information on the In-Season Rule, Transfer Rule, Age Rule, Eight Semester Rule, and Contacting CIAC, please follow the link here: <http://www.casciac.org/pdfs/ParentsDocument-CIACRules.pdf>

SWC Sportsmanship Video 2025-26 – South West Conference athletes talking about sportsmanship and the SWC Achievement Cup:

<https://devos2.bethel.k12.ct.us/media/2dc75077ea99.mp4>

PHS SPORT TIMETABLE

https://irp.cdn-website.com/6f3ae5d9/files/uploaded/CIACFY26_27pgs130-131.pdf

Program Philosophy and Core Objectives

At Pomperaug High School, interscholastic athletics are an integral component of the educational experience. The athletic program is designed to foster academic, personal, and athletic growth in every student-athlete.

Region 15 Athletics operates under a dual-goal philosophy: Character Development and Athletic Performance. These twin objectives are mutually reinforcing. High athletic performance is built upon the foundation of personal integrity, sportsmanship, discipline, and teamwork. Coaches are expected to dedicate equal effort, instruction, and energy to cultivating both character and competitive excellence.

- Skill & Competitive Excellence: Provide athletes with advanced skill development, tactical knowledge, and physical conditioning necessary to excel at the interscholastic level.
- Character & Life Values: Foster academic achievement, responsibility, honesty, emotional control, and respect for teammates, opponents, coaches, and officials.
- Positive Athletic Experience: Create an environment that encourages lifelong friendships, school spirit, and personal pride in representational participation.
- Leadership & Health: Provide active supervision focusing on work ethic, health, nutrition, conditioning, and safe practices.

MEASUREMENTS OF SUCCESS

1. Grade point average of student-athletes
2. SWC sportsmanship rating
3. Satisfaction of student-athletes (EOS surveys)
4. Participation rate in sport-specific programs
5. Number of student-athletes participating in multiple sports
6. Number and type of student-athlete injuries
7. On a seasonal basis, review and assess the interscholastic athletic programs
8. Performance relative to the Vision Statement and Core Values

ATHLETICS GOVERNANCE

Through the superintendent of schools, the Region 15 Public School Board of Education is ultimately responsible for the entirety of student learning experience, including both curriculum-based and extracurricular opportunities. The high school principal is specifically responsible for all school activities that affect students at Pomperaug High School, which includes the interscholastic athletic program. The director of athletics reports to the principal. He/she is specifically responsible for the management of all aspects of the interscholastic sports and student-athlete activities programs.

Coaches, assistant coaches, the athletics department assistant and the athletic trainers provide direct leadership and support to the student-athletes and report directly to the athletic director.

Pomperaug High School student-athletes and the athletic program are governed by state regulations formulated by the Connecticut Interscholastic Athletic Conference (C.I.A.C). Athletics are further governed by

the South-West Conference (SWC). Rules and regulations established by these governing bodies are incorporated in this handbook.

SWC Member Schools: Bethel, Brookfield, Bunnell, Joel Barlow, Kolbe-Cathedral, Masuk, New Fairfield, New Milford, Newtown, Notre Dame (Fairfield), Immaculate, Pomperaug, Stratford, and Weston.

EQUAL OPPORTUNITY

The Pomperaug High School interscholastic athletic experience is equally available to all student-athletes. This equal opportunity exists regardless of race, religion, gender, ethnicity or nationality.

To ensure that a balanced program, available to all student-athletes, is maintained at all times, the principal and athletic director shall consider the following:

- The nature and extent of the sports offered and their accommodation of the interests and abilities of student-athletes with regard to scope and levels of competition offered.
- The provision of equipment and supplies.
- The scheduling of games and practice times.
- The provision for travel.
- The nature and extent of the coaching provided.
- The assignment and compensation of coaches.
- The provision of locker rooms, practice and competitive facilities.
- The nature and extent of publicity.
- The provision of personnel and equipment needed to ensure that safety is prioritized at all times.

Equal aggregate expenditures shall not be required in ensuring that a balanced program for men and women is maintained at all times. However, financial resources shall be allocated as necessary to provide facilities, equipment, supervision, supplies and opportunities for participation and competition that equally accommodate the athletic interests and abilities of both men and women.

MIDDLE SCHOOL OUTREACH

Information related to our athletic programs at Pomperaug High School will be provided to incoming student-athletes. This outreach encourages student-athletes to become involved in the rich variety of activities offered at the school. Each spring the athletic department will host an "Incoming Freshman Athletic Orientation Night". No high school coach or middle school parent, club or organization can organize an event prior. This event will provide a brief overview of the PHS athletic program. Students transferring into Pomperaug High School, who are interested in athletics, will be given a brief overview during orientation in the fall, or when their transfer is completed.

RESPONSIBILITY & COMMITMENT

Pomperaug High School's Responsibility

- Provide a comprehensive interscholastic sports program that offers a wide variety of sports for Pomperaug High School male and female student-athletes.
- Foster an environment in which each student-athlete, regardless of race, religion, gender, ethnicity or nationality has an equal opportunity to participate in and excel in sports.
- Provide an interscholastic athletics program that complies with all guidelines of the Connecticut Interscholastic Athletic Conference (C.I.A.C) and the South-West Conference (SWC) that govern high school sports.
- Provide qualified and certified coaches at the Varsity, Junior Varsity and Freshman levels.
- Support each sport with a budget adequate to pay for coaches, officials, equipment, supplies, transportation, rental, dues and fees.
- Provide for the care and safety of every participant through safe practice and game facilities, appropriate protective equipment and the services of a certified athletic trainer.

The Coach's Responsibility

- Provide leadership and supervision that stresses self-discipline, self-motivation, a solid work ethic and excellence in both academics and athletics.
- Treat student-athletes in a respectful manner.
- Hold a meeting of parents and players at the beginning of the season to outline philosophy, expectations and a communication policy.
- Understand that student-athletes have interests/commitments in addition to sports, and to help the student-athlete plan and manage his/her time to maintain a healthy balance.
- Prepare student-athletes for success in athletic competition and use both winning and losing as the foundation for further growth and improvement.
- Develop maximum levels of physical conditioning in each student-athlete, using methods that reflect an understanding of the physiology of exercise.
- Teach and model the principles of good sportsmanship, insisting the student-athlete follow these principles and take appropriate and timely action when they do not.
- Provide appropriate and continuing supervision of the team at practice, on the bus, locker rooms, scrimmages and at athletic contests.
- Provide for each student-athlete's physical welfare by arranging for safe practice and game facilities, and ensuring that appropriate protective equipment is available and properly used.
- Stay abreast of new developments in his/her sport through reading, attendance at clinics, workshops and SWC and C.I.A.C sponsored continuing education.
- Maintain current certification in First Aid, CPR, AED, Concussion Protocol, and Connecticut Coaching Permit.
- Attend seasonal coaches meeting prior to the start of season/tryouts.

The Student-Athlete's Responsibility

- Commit to the goals of being the best, both physically and mentally, that he/she can be in their chosen sport.
- Abide by the training rules as outlined in the Athletic Handbook and by the coaching staff.
- Recognize that as a student-athlete, academics come first and to organize time so that the demands of sports participation do not detract from academic performance.
- Accept and adhere to the rules outlined in the Pomperaug High School Athletic Handbook, and the rules and regulations of the governing sport bodies, the SWC and C.I.A.C.
- Learn the rules of the game and play within these rules.
- Understand the principles of good sportsmanship and demonstrate these principles in practice and games.
- Behave in such a manner, both in and out of the school environment, as to be a credit to self, family, the team, community and school.
- Take good care of school issued uniforms and equipment, keeping them in top condition, and notifying the coaching staff if protective equipment has been damaged or compromised.
- Respect the flag and National Anthem; respect the opponent, the officials, teammates, the coaching staff and most of all, behave in a manner worthy of respecting one's self.
- If student-athlete has a concern with a coach, they should follow the Conflict Resolution Policy in this Handbook.

The Parent's Responsibility

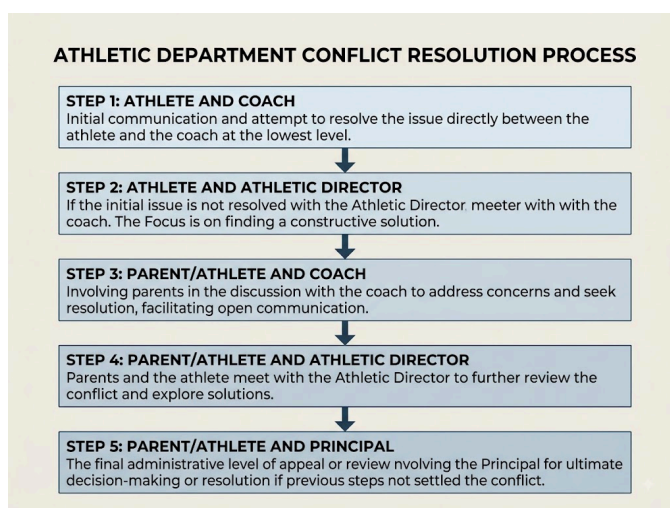
- Encourage successful academic performance by helping the student-athlete organize her/his time and by providing a positive learning environment in the home.
- Be supportive of your student-athletes and the coaching staff. Negativism is destructive and may impact the player's level of confidence and/or commitment to teammates and the team.
- If conflicts arise with the coach, it is your responsibility to follow the Conflict Resolution Policy in this Handbook.
- Support your student-athlete and help her/him maintain training rules. For many, adherence to these rules is a difficult commitment, your positive influence can have a significant impact.
- Try not to live vicariously through your son or daughter. Remember that they are (or should be) playing a sport for their own personal reasons and not yours.

- Demonstrate good sportsmanship on and off the field, know the rules of the game, recognize and appreciate the good play by either team and always try to remember to cheer for your team, not against its opponent.

SOLVING CONFLICTS- A CHAIN OF COMMUNICATION

There are situations that may require a conference between the coach and the parent. These are encouraged and work better when the athlete is included. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, please follow the steps outlined in the Chain of Communication to help promote a resolution to the issue of concern.

We understand that parents have a great interest in the welfare of their child and that it is possible that, from time to time, disagreements between the coach and the parents may occur. All issues between an athlete and a coach should FIRST be dealt with between each other. If the conflict cannot be resolved between the coach and athlete, then the athlete should make an appointment with the athletic director to inform him/her of the problem. At this time, parents are urged to make appointments with the coach to share their concerns. In the event that acceptable solutions cannot be secured the parent should then contact the athletic director. If additional discussions are required to resolve the problem, the parent has the right to appeal decisions through the Administration.



Parents are urged to contact the coach directly at the phone numbers distributed at the pre-season orientation meeting. Please do not contact the coach at home, or out of regular school hours unless requested to do so. Consider the same practices for calls/texts/parent-square and email. Please do not attempt to confront a coach before or after a contest or event. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. If the coach does not respond to your phone call, telephone the athletic director at (203)262-3200 ext 3244 and I will contact the coach on your behalf.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

Call and set up an appointment with the athletic director to discuss the situation. At this meeting the appropriate next step can be determined.

ELIGIBILITY FOR PRACTICES AND GAMES

Student-athletes are expected to attend all practices and games as scheduled. Anyone desiring to be excused must see his/her coach and not send word by a teammate. Coaches, within reason, will excuse student-athletes for extra help with studies; however, students-athletes should make every attempt to seek help when it least interferes with after-school practices.

- Student/athletes must attend at least four full scheduled classes in order to practice/compete on that day.

- If a student's absence for a day, or a portion of the day, is unexcused (UA) or unreported, the student may not participate in any school-related activities that day. If a student has fewer than four classes on a day, they must attend all scheduled classes on that day.
- Student-athletes must actively participate in PE class, if their class meets on that day, in order to be eligible to participate in their practice/competition.
- Absence from team activities due to other school related obligations which involve a grade are acceptable when approved in advance by the team coach. Unexcused absences will result in the consequences set by the coach at the beginning of the season.
- Absences from team activities due to non-school related activities must be approved by the team coach prior to the start of the season.

DETENTIONS

Athletes assigned detentions for unexcused absences or any other disciplinary reasons may not miss detention because of practice or games. Detentions must be served on the day assigned by the school. The coach has the right to invoke consistent consequences for players missing activities while serving school detentions.

SUSPENSIONS

Any student who is placed on suspension from school by a school administrator will be prohibited from practices/competitions in his/her sport during the term of suspension. All Board of Education policies affecting students must be followed.

VACATIONS

Vacations and other out of school activities, without prior approval from the coach, are not valid reasons for missing practices and contests. Family vacations that interfere with organized practice and/or competitions should be discussed with the coach prior to the season.

COLLEGE VISITS

College visits should be scheduled during the summer break or at times that do not conflict with athletic competitions or practices. One excused absence per season is permitted for the purpose of a college visit as long as the coach has been given at least two weeks notice.

VARSITY

Athletes are required to be at all practices/contests during vacation periods. Unexcused absences will affect their acceptance as a team member. If excused by the coach/athletic director, the number of contests the athlete misses during the family vacation may be the number of contests he/she misses upon returning to the team unless otherwise covered under specific team rules. In addition to missing contests, athletes must earn their positions back on the team.

JV/FRESHMAN

If excused by the coach/athletic director, the number of contests the athlete misses during the family vacation may be the number of contests he/she misses upon returning to the team unless otherwise covered under specific team rules. In addition to missing contests, athletes must earn their positions back on the team.

- In the event of a family emergency, it is the coach's discretion if there will be any team consequence.
- Additional rules or regulations adopted by the head coach for a particular team will be approved by the athletic director. Such additions will be in writing and on file in the office of the athletic director and will be provided in writing to all student-athletes on that team. Student-athletes are asked to establish priorities and then live by their decision regarding any personal conflicts.

Due to weekly game limitations set by CIAC and the length of schedule, conflicts during vacation periods CANNOT be avoided. The SouthWest Conference and CIAC do not schedule around vacations. This is impossible to do because there is no one standard vacation week for all Connecticut Public schools. Athletes and parents need to be aware that games over vacations will be played and/or forfeited and not changed. This is a League as well as a State policy.

RELIGIOUS HOLIDAYS

Consistent with Board of Education Policy on recognition of Religious Holidays, the athletic department will attempt not to schedule games on religious holidays. In planning both CAS-CIAC and SWC league activities, the executive board attempts to avoid conflicts with major religious holidays when possible. Absence from practice to celebrate a religious holiday shall be an excused absence. Coaches will not penalize athletes observing religious holidays. Athletes/ Parents need not be concerned that their standing/ position on the team will be affected by observing religious holidays. It is the responsibility of the athlete/family to inform the coaching staff of an intended absence due to observance of a religious holiday. No team within the athletic department will hold practice during a religious holiday of which school would be closed off due to observance of the holiday.

RESPONSIBILITY FOR EQUIPMENT

- All issued school equipment will remain the property of the school and must be properly cared for by the student/athlete to whom it is issued. It is the financial responsibility of the student/athlete to ensure that the equipment is returned at the end of the season or upon departure from the team.
- Any student/athlete failing to return a uniform or accountability payment (at the rate of the replacement cost) at the end of a season is ineligible for play in any subsequent sport season until the account is cleared.
- Game uniforms should only be worn on the day of the contest or otherwise upon approval from the coach.

RESPONSIBILITY REGARDING LOCKER ROOMS

- The school is not responsible, nor is it liable, for your personal property.
- Do not bring valuable items to school with you, leave them at home.
- Locker rooms are expected to be left in a clean condition at the end of the day.
- Lockerrooms are assigned by sport and will be communicated to you by your coach.
- No equipment is to be stored outside of cubby area. This location will be shown to you by your coach or athletic personnel.

ACADEMIC ELIGIBILITY

- Initial eligibility for participation in any sport is based on the grades of the marking period preceding the activity for the second, third, and fourth quarters. Eligibility for the first quarter is based on the final grades for the preceding year.
- Students entering the high school from the middle school or any other eighth-grade school are automatically eligible to participate in activities or sports regardless of their previous academic record.
- To be eligible for fall sports, a student must have received four (4) credits toward graduation at the close of the preceding school year for which the student has not previously received credit. During the school year, a student must have received a passing mark in at least four (4) quarter credits of work or its equivalent at the end of the regular marking period preceding the contest.
- Student eligibility will be determined on the date official grades are posted for all students (whole-school eligibility) or on the fourteenth calendar day following the end of the marking period, whichever comes first.
- A failing grade in a class cannot be made up for eligibility purposes in any manner until the next report card is released. One exception, credits earned during the summer by any regularly approved board of education procedure will be accepted for the purpose of determining the eligibility of students desiring to participate in the athletic program of the school in September. Course incompletes must be made up within ten (10) school days following the date that student eligibility was determined for the respective marking period as defined above. Incomplete grades are not to be considered as passing grades.

New change proposal:

POTENTIAL change effective July 1, 2027, increases the number of credits required for interscholastic athletic academic eligibility from four (4) to five (5). This adjustment aligns athletic eligibility expectations more closely with the academic requirements placed on Connecticut high school students and reinforces the importance of maintaining meaningful academic progress while participating in interscholastic athletics.

IMPORTANT CLARIFICATION: For the 2026-2027 school year, schools may continue to utilize their current local athletic academic eligibility policies. However, if this change is approved by the membership, students will be required to earn a minimum of five (5) credits toward graduation during the 2026-2027 school year to be eligible for participation in Fall 2027.

The CIAC determines athletic eligibility requirements for students transferring into Region 15. Transfers should consult the Athletic Director concerning applicable rules in effect at the time of their enrollment.

- Students who are ineligible may not practice with a team.
- Scholastic failures cannot be made up for eligibility purposes in any manner until the next report card, except summer school credits for the fall season. Athletes may not practice with a team if an incomplete grade prevents them from being eligible until a finalized GPA is calculated.
- Scholastic incompletes must be made up within ten (10) school days following the end of the marking period or a student will be deemed ineligible. Incomplete grades are not to be considered passing grades.
- For eligibility purposes: an "X" on a report card will not be factored in as a "0", the letter grade behind the "X" will be averaged in to compute eligibility.
- Questions regarding eligibility should be referred to the Athletic Director or Principal.

IN SEASON RULE

Participation as an individual or as a member on a non-school sponsored team in a sports competition, practice, 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. In-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.

There are exceptions to the CIAC In Season Rule. If you ever have any questions about participating in "same sport-same season" consult with the athletic director.