Nonnewaug High School



Student-Athlete Handbook 2026-27

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INTRODUCTION

Nonnewaug High School's Athletic Department recommends that all students participate in the many interscholastic athletic programs offered in the school. Athletics create opportunities for students to learn meaningful life skills.

A student athlete will learn the value of setting goals, sportsmanship, citizenship and self-reliance. Ultimately, the athlete develops an understanding of self- discipline and hard work to attain success. These educational values not only positively affect the future of these students, they also help foster achievement in the classroom. 88% of varsity athletes maintain at least a C average, compared with 70% of non-athletes (University of Kansas). There are other numerous benefits to joining Nonnewaug Athletics. Please consider playing one or more sports at Nonnewaug - we have a place for all.

Athletes are selected for varsity, junior varsity, or freshman teams based on their demonstrated abilities. Our numerous programs are designed to accommodate as many students as possible. Unfortunately, "cutting" athletes from certain programs may become necessary due to various constraints. Students who choose to participate in athletics are making a choice that requires self- discipline and commitment. Consequently, we place a strong emphasis on good training habits and commitment. Failure to comply with the rules of training can affect an athlete's performance and contribution to the team. Students who do not adhere to these rules will be jeopardizing their participation in the program. We remind all student-athletes that involvement in athletics is a privilege, not a right, and playing time is earned.

The information provided in this handbook is relevant to policies, regulations, and rules of Nonnewaug High School, the Region 14 Board of Education, Connecticut Interscholastic Athletic Conference (C.I.A.C.) and the Berkshire League (B.L.).

Nonnewaug High School's Athletic department is committed to the educational development of students. We are a properly controlled, well-organized, sports program is designed to exceed the students' needs for self-expression, mental alertness, and physical growth. Nonnewaug High School takes great pride in its athletic program. Whether you are a student, parent or a spectator, please come join and support Nonnewaug Athletics for experiences thousands will never forget.

Sincerely,

Sean McGee
Athletic Director

PHILOSOPHY

Nonnewaug High School's athletic department's mission is to provide a comprehensive, diverse, wholesome, and dynamic program consistent with the philosophy of Regional School District #14. As an integral part of a student's total education, Nonnewaug's athletic program makes a significant contribution to the personal growth and development of those involved.

Although Nonnewaug High School is looking forward to the success of its many programs, it does not condone a "win at all costs" attitude. The purpose of the program is to ensure a positive experience for those students who choose to participate. We strive to provide all student-athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values and a realization of their self-worth. One of Nonnewaug's prize goals is to win the Ted Alex Award. This award is given to a Berkshire League school that has the highest win percentages in all sports combined with the top sportsmanship ratings.

Nonnewaug High School seeks to produce well-rounded individuals with interests and abilities. Specialization in one sport during the middle school and high school years to the exclusion of others or other equally valuable activities is not encouraged.

Nonnewaug's athletic department has a professional staff who take great pride in both preserving and promoting the welfare of each athlete. The staff is cognizant of the tremendous influence a coach has on an athlete and is committed to instilling the highest ideals and character traits in our students.

DESCRIPTION OF THE PROGRAM

Varsity Athletics: Varsity athletic programs afford opportunities to those athletes who exhibit the greatest skills in their chosen sport. These athletes will compete against equally talented athletes from opposing schools. The skills of varsity athletes will be refined to provide Nonnewaug with the best possible win-loss record.

Junior Varsity Athletics: Junior varsity athletic programs afford those students who do not yet possess the skills required of varsity athletes an opportunity to participate in a competitive setting. Junior varsity athletes are in the process of gaining the valuable knowledge, skill and experience required for varsity competition. Junior varsity athletes may, on occasion,

participate in varsity contests. Decisions of this nature are based on the evaluation of the athletes' abilities by the coaching staff and are not absolute.

Freshman Athletics: Freshman athletic programs are designed to provide ninth-grade students with the opportunity to participate in an instructional yet competitive setting. Nonnewaug does not have designated freshman teams. However, we often schedule freshman or "froshmore" games when roster sizes are large. These programs will teach the basic skills of the sport and afford athletes an opportunity to gain valuable knowledge and experience, as well as the skills necessary for junior varsity competition.

Freshman athletes may, on occasion, participate in junior varsity or varsity contests, respectively. Decisions of this nature are based on the evaluation of the athlete's abilities by the coaching staff and sometimes the level of competitiveness. These decisions should not be interpreted as absolute in nature with the assumption that the athlete will move to the next level of competition.

Note: Decisions about playing time are made by the coaching staff and are not absolute.

The following athletic programs are offered at Nonnewaug High School:

SEASON	SPORTS
FALL	Cross Country, Field Hockey, Football Co-Op, Volleyball, Soccer, Sideline Cheerleading, and Golf
WINTER	Basketball, Competitive Cheerleading, Indoor Track, Wrestling, Gymnastics, Co-Op Hockey, and Unified Basketball
SPRING	Baseball, Softball ,Tennis, Track and Field, Co-Op Lacrosse, and Unified Sports

Tryouts: Try-outs for teams are held prior to the beginning of the season. Information concerning try-outs for the fall season will be posted on the school's athletic homepage. Students interested in trying-out for winter and spring season sports should check with the athletic office, however, weekly correspondence will also be emailed and will include this information. A one to three day try-out period will be in effect for each team. If a player gets "cut" from a team we strongly encourage the player to join another team. Upon reaching the first contest date, as indicated by the C.I.A.C., currently enrolled students will not be allowed to try out or gain membership to any other Nonnewaug team.

Participation: Athletes may participate in only one Nonnewaug sports program per season. If an athlete quits a team or is asked to leave a team, he or she cannot join another sport already in season. An athlete may also not try-out for a team once a coach has given the official roster to the athletic department for grade and eligibility verification. Transfer students are an exception to this rule. Athletes cannot participate in the same sport on the club team during the same time period in a high school seasoned sport (Example - CIAC winter basketball season, AUU Travel basketball during the winter season). This can force a team to be eliminated from the state tournament.

ATTENDANCE - SCHOOL AND CLASSES

Participation on an athletic team is a privilege granted after a student's academic responsibilities are met. Attendance in the classroom is an important requirement for a good education, as is attendance at team activities. Attendance requirements for participation in a sport are as follows:

- Athletes will attend all classes regularly and be on time. Tardiness to class and cutting class will not be tolerated.
- Athletes who come in late or leave early and miss a portion of the day due to a medical appointment must provide a note from their health care provider to the Athletic Director or their coach in order to participate that day.
- All students must be in attendance at school to take part in or attend any after school athletic events. The athletic director and/or principal will have final determination with respect to whether or not the student-athlete can play sports based on their attendance record.
- Athletes cannot use a sport as an excuse to miss class or portions of a class unless the team is departing early from school. In the case of an early dismissal, teachers will be notified via Weekly Notes.
- Athletes should be role models in physical education class. If an athlete does not participate in physical education during the day, he/she is not eligible to participate in practice or a game that day.

- A student suspended from school may not participate in a practice or a game during the effective date(s). A student suspended on Friday will not be eligible to participate in weekend contests.
- Students are expected to arrive at school on time. Excessive tardies can result in being suspended or dismissed from a team.

Attendance at Practices and Games:

Attendance at all practice sessions and games (including tournament and vacation periods) for all team members are mandatory. If for some reason you will be absent or tardy for a practice or game, you must speak personally to a member of your team's coaching staff prior to that practice or game.

No unexcused absences from practices or games are permitted. Students may not leave a practice or scheduled game/contest to participate on a recreational team or attend a job. Failure to abide by this rule may result in suspension or dismissal from the team.

The realities of tightly scheduled seasons along with state tournament dates result in practices and games being scheduled during school vacations. Students are asked to be committed to the team for the entire length of the season and games and/or practices missed during vacation periods may result in suspensions and/or dismissal from the team.

GAME SCHEDULE AND CHANGES

Schedules for all team contests can be viewed on the following web-site: https://ciac.fpsports.org. Weather-related postponements will be listed on the Region 14 website under Nonnewaug High School's Athletic homepage. Every attempt will be made to announce schedule changes by 1 pm on the date of the change. In the event of an official school closing, all scheduled events, contests and practices are automatically canceled. The Superintendent of Schools will make the final decision regarding facility usage during school closures. Furthermore, coaches will use their individual team Google classrooms to notify players of any changes to practice or game schedules.

STANDARDS AND EXPECTATIONS

Nonnewaug High School students who wish to participate in the athletic program must set priorities and make wise choices. Academic performance takes precedence over participation in athletics. Students who must receive extra help after school or make-up academic work should bring a note from the faculty member to their coach upon arriving at practice. It is always recommended that the student email and copy their coach and teacher when they need to seek academic support in lieu of attending any practices. Any disciplinary actions, including detentions, take precedence over athletic practices. Suspensions take precedence over both athletic practices and contests. Consequences for athletes in violation of these rules can include suspension or dismissal from the team, loss of captaincy and loss of awards.

In summary, as a student athlete you are expected to behave in ways that will bring honor to your school, coaches, family, community, or teammates, through the following:

- Exemplary school citizenship.
- Consistent attendance in class and school.
- Consistent attendance at team practices and games.
- Positively influencing team morale.
- Obedience to your coach.
- Meeting or exceeding standards for academic eligibility.
- Respect for school property and property of others.
- Display of exemplary sportsmanship conduct toward teammates, opponents, opposing fans, officials, and others.

Any violation of the aforementioned rules may lead to dismissal from the team for the duration of the season or result in an indefinite suspension.

TEAM CAPTAINS

All Nonnewaug High School team captains are expected to be leaders on their teams and in the school community, foster team and athletic program spirit and pride, set examples of academic integrity in the classroom, and follow the policy and procedures outlined in this handbook. In addition, they must serve as positive role models to the youth of the community. The role of the team captain for a Nonnewaug High School athletic team is a prestigious honor and a privilege. The captain is viewed as a mature leader who is looked upon by students, athletes, coaches and administrators to set a positive example of team pride, fair play, dedication and school spirit. Nonnewaug High School captains are expected to have the following attributes: honesty, leadership, compassion and integrity. Captains who are unwilling or unable to meet these requirements in or out of their season will be relieved of their position. The sport specific coach

will meet with the captains of each season to outline the responsibilities as they relate to this handbook.

FIGHTING PRIOR TO, DURING, OR AFTER AN ATHLETIC CONTEST

Fighting will not be tolerated for any reason. If an official ejects a student athlete for fighting from an athletic contest, he/she will not be eligible to participate in the next two (2) scheduled contests. Further ejections for fighting in a season can result in a progressive school based suspensions and also include removal from the team.

MOOD ALTERING CHEMICAL USE – TOBACCO, ALCOHOL AND DRUGS

There will be absolutely no use or possession of any quantity of tobacco (including smokeless vapes), alcohol, or illegal/non-prescription drugs, including steroids and performance enhancing substances or supplements, by a Nonnewaug athlete. Any individual who violates this rule either on or off campus will be subject to disciplinary action. Reminder to students: *this is a 24 hour rule and extends beyond the school day*.

DISCIPLINARY ACTIONS FOR VIOLATIONS

Consequences for Violating Drug, Alcohol and Tobacco/Vaping Policy:

1st Offense: suspension for one game.

2nd Offense: student will be dismissed from the team for the remainder of the season. After a second offense, if the student wishes to participate on another team, he/she must show evidence of having fully participated in a school approved substance abuse counseling program and write a letter to the coach asking permission to rejoin the team.

3rd Offense: student will be suspended from participating on any team for the remainder of the school year.

- Athletes not admitting to but subsequently found guilty of violating these rules may be suspended for the equivalent of an additional week of the season. Honesty is always the best policy.
- Any offense with the penalty of a police arrest at the level of misdemeanor or felony will result in more severe consequences.

Final consequences are subject the discretion of NHS administration and may change based on specific circumstances.

NOTE: Athletes found guilty of violating these rules are not eligible to receive post-season awards involving character and leadership. Captains found guilty of violating these rules will lose their captaincy and are not eligible to be named captains of any school based team until 3 seasons of play have passed from the date of their violation (including the season in which the violation occurred).

Performance Enhancing Drugs Minimum Penalty

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

A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

All CIAC contests/games/tournaments/championships in which the offending athlete participated while under the influence of performance enhancing substances shall be declared forfeitures and all records will be expunged.

A member school may apply to the CIAC Board of Control for reinstatement of the athlete's eligibility to participate in CIAC controlled activities. Any such application must include:

- The results of a CIAC-approved medically validated drug test which confirms that the student-athlete is chemical free. The test must have been completed with 30 days prior to the application. The CIAC shall not be responsible for any expenses related to this testing.
- A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athletes' eligibility.

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

- Anabolic Agents, Diuretics, Peptide Hormones and Analogues
- Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes)
- Substances and practices identified as banned by the NCAA and the USOC

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

HAZING 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 of this type may be illegal, and those involved may be subject to police action, as well as additional school consequences up to and including: dismissal and/or suspension from participation in any athletic program, and/or suspension and/or expulsion from school.

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body and participating in physically dangerous activities;
- Any activity involving the consumption of alcohol, drugs, tobacco products or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm
- Any activity involving actions of a sexual nature of the simulation of actions of a sexual nature;
- Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame or humiliation or which creates a hostile, abusive or intimidating environment; and
- Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.

UNSPORTSMANLIKE CONDUCT

If a player is ejected from a varsity, junior varsity, or freshman league or non-league contest, he/she will be suspended for a period of one contest at that level of play and all contests at any level played in the interim.

Unsportsmanlike conduct on or off the field of competition may result in an athlete's dismissal from the team and may jeopardize future participation in athletics.

Student athletes are subject to discipline, including suspension, dismissal, loss of captaincy and loss of awards for any behavior in violation of school policy. This discipline includes misconduct that occurs off school property or during non-school time. The following behaviors will be considered serious violations which may result in suspension from the team and discipline as outlined in the student handbook.

- Civil law infractions
- Theft or malicious destruction of individual, private, or school property
- Infraction of school rules requiring administrative action
- Misconduct by an athlete that is potentially detrimental to the athletic program, school, or school district
- Profanity from any athlete while representing the Nonnewaug High School athletic program at practice and/or games, and as a spectator at other rival high school athletic contests
- Documented possession or use of alcohol, tobacco or drugs

SUSPENSION OR DISMISSAL FROM A TEAM

Prior to the season, athletes will be informed by their coach about their individual team rules and expectations. Parents will be notified by an administrator via telephone as soon as possible after a student has been suspended or permanently removed from a team.

ADDITIONAL TEAM / SPORT REGULATIONS

Coaches may have additional regulations pertaining to their sport. These regulations will be discussed at the beginning of each season from the coaches. Coaches will also be sharing their team contracts with players and parents. Each team has their own rules and regulations that fall under the umbrella of Nonnewaug Athletics. Athletes, parents and spectators are required to follow these rules. Should the rules be violated consequences could lead to dismissal from the team or an inability to be a spectator at the events.

TRAVEL FOR ACTIVITIES

In the interest of building and maintaining team spirit and unity and limiting athletic program liability, all players, managers and anyone traveling on the bus to a contest, are **strongly encouraged to return with the team on the bus.**

- Parents will not transport athletes unless the Seasonal Transportation Request Form is filled out. That document can be found here: Seasonal Alternative Transportation. Parents should specifically delegate who can drive their son/daughter home on the form.

This form will also be accepted electronically on our athlete registration system (Final Forms)

- Athletes will remain with their team and under the supervision of the coach when at away contests.
- Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and have the coach's and/or athletic director's approval.
- When transportation is not provided to off-campus home venues, athletes may not transport other student athletes to any contests or practice sessions.
- Parents may not take other students home with them from away games where buses are provided unless it is specifically requested on the Seasonal Transportation Request Form.

*Please note that you only have to fill out the Seasonal Transportation Form once. Thus, please include all adults who have permission to drive your son/daughter home. Parents and/or legal guardians can email the athletic director (day of contest) if there are extenuating circumstances and an additional driver is needed to be added to the Seasonal Transportation Form.

CIAC / NONNEWAUG ELIGIBILITY RULES

TO BE ELIGIBLE: ALL INCOMING FIRST YEAR FRESHMEN ARE AUTOMATICALLY CONSIDERED ELIGIBLE UPON ENTRY INTO NONNEWAUG HIGH SCHOOL.

GRADE AVERAGE

A student cannot at any time represent Nonnewaug High School unless they are currently taking and have passed at least four (4) full 1 credit classes of work or its equivalent based on the previous quarter capture date.

- Incomplete grades are not considered to be passing grades.
- For fall sports eligibility, a student must be a continuing student (eighth grade to ninth grade) to have received credit for four (4) classes their previous year.
- Marking period grades (not semester grades) are to be used in determining scholastic eligibility. Nonnewaug uses specific capture dates to make its determination regarding eligibility. Capture dates are determined by NHS admin and locked by central office staff (usually 5-10 days after the close of the grading period).

AGE RESTRICTIONS

Upon reaching the age of 20, a student loses their eligibility to participate on an athletic team. A student cannot turn the age of 20 at any point from the first practice date through the last CIAC tournament date. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.

TRANSFER RULE

You must not have changed schools without a change of legal residence (Rule II.C. See complete rule for exceptions).

YEARS OF PARTICIPATION

No student-athlete shall participate in the same branch of athletics more than four (4) seasons in grades 9-12 at any school.

- Date of entry is defined as the first date of enrollment as a grade 9 student taking four (4) or more high school subjects.
- Students who are not eligible or elect to not participate do not preserve additional semesters for use at a later time. That is, there is no fifth year of eligibility per se.
- Once a student has attended 15 days or more, he/she may apply through the member school for consideration of a hardship waiver.
  Hardships involve serious documented medical situations where students are not able to attend school at all or become incapacitated. Injuries sustained in playing a sport do not constitute grounds for a medical hardship grant of an additional semester. Hardships will also be granted for a student who has been absent one or more semesters because of required military service. If a waiver is granted, the semester granted must be the same as the semester waived. Fall for fall, spring for spring.
- The fact that a student has not participated for four seasons will not justify allowing such student to participate in interscholastic sports beyond the eighth semester after his or her entrance into the ninth grade.
- This is an eight semester attendance rule, i.e., eight semesters of time not eight semesters of participation or competition rule.
- Exception: A student who interrupts his/her school career in order to participate in a CSIET-approved foreign study program may have his/her eligibility extended for up to two semesters, provided the student does not participate out-of-country in sports he/she wishes to play upon his/her return, subject to approval by the CIAC.

OUTSIDE PARTICIPATION

An athlete may not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. (Rule II.E.) This rule applies for all athletes in grades 9 through 12.

The exception to Rule II.E. shall be:

- Participation in parent-child tournaments and caddy tournaments and certain identified sports in which a student may practice but not compete with a non-C.I.A.C. team during the season (i.e. swimming, tennis and gymnastics).
- All Sports: The CIAC board of control may grant exceptions to athletes to participate in those contests legitimately organized for the sole purpose of preparing for and selection to the next Olympic Games or the Pan-American Games. In sports not sponsored by the International Olympic Committee or the Pan-American Games an athlete may participate in one (1) National Governing Body (NGB) sponsored national tournament event or the other NGB sponsored international competition during the sport season. These contests must be recognized by the United States Olympic Committee, the Pan-American Games and/or the NGB for the sport as having as its sole purpose the selection to the Olympic, Pan-American, national or international team. All decisions for participation will be made in accordance with the **Restricted Competition** provision of the U.S. Olympic Sports Act wherein state athletic associations shall have **"exclusive jurisdiction"** to conduct their programs without interference by any NGB.

Athletes wishing to compete in any of the above mentioned events must first seek the consent of their school administration prior to the school requesting permission to participate from the CIAC. Athletes granted permission to compete are subject to CIAC weekly limitations for the specific sport and the athlete is prohibited from missing a school competition to participate on a non-school team. Exceptions to these regulations may be granted by the CIAC Board.

FALSE IDENTIFICATION

You must not play under an assumed name on an outside team. (Rule II.F.)

ECONOMIC GAIN

You must not have received personal economic gain for participation in any CIAC sport (Rule II.F.)

SUMMER PHYSICAL CONDITIONING

Summer physical conditioning programs are **not** mandatory for team participation. Nonnewaug High School encourages families to take vacation time. Any conditioning program or practice is completely voluntary. Region 14 has recently invested in a part-time Athletic trainer during summer months in order to support athletes who do want to train over the summer. We encourage all student-athletes to partake in summer conditioning if they choose too.

"CAPTAIN'S PRACTICE"

The CIAC and Regional School District #14 **does not** in any way sanction or condone "Captain's Practice" in any sport. "Captain's Practice" may be a clear violation of C.I.A.C. Eligibility Rule II.D, and, therefore, is not permitted on Nonnewaug High School's facilities and fields. Recently, the CIAC did approve summer coaching time for teams. Coaches can now work with their athletes twice a week for a total of four hours. This is voluntary for coaches. Please contact your sport specific coach to see if there will be summer practices.

Due to the complexity and exceptions to these and other CIAC rules, any questions regarding eligibility should be discussed with the Athletic Director.

SPORTS REGISTRATION

All candidates and their parents or guardians must complete the Athletic Department *Final Forms* registration **before they may try-out or participate in any practice sessions. There are no exceptions to this rule**. Final Forms is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through Final Forms the system keeps track of your information in your Final Forms profile so you are required to enter your information only once even for multiple uses, multiple family members and multiple programs. Here is the link to Final Forms_____

All registrations will be completed online during the "open registration" period. Athletes will not be allowed to play or practice until all information has been provided and all processes completed for the registration process.

PHYSICAL EXAMINATIONS

A student athlete must have a physical each year to participate in interscholastic sports. It is the responsibility of the student athlete to ensure that the physical does not expire at any point during the season. **REQUIRED TO HAVE A PHYSICAL ON FINAL FORMS OR WITH THE SCHOOL NURSE EVERY 13 MONTHS!** If this is not completed the student will not be allowed to participate. Automatic emails are sent to email addresses connected with Final Forms.

- Families are encouraged to get on a summer schedule concerning athletic physicals. This would allow student athletes to compete in all three seasons with a valid physical.
- Completed physical examination forms must be on file in the nurse's office of the high school or approved on Final Forms prior to participation.

INJURIES AND ACCIDENT FORMS

Any injury sustained by an athlete during practice or during a game is to be reported immediately to the coach. This is the responsibility of the student athlete. The coach will then complete an accident form and submit it to the athletic trainer.

Athletes with an illness or injury sustained in an athletic event or any other activity which requires a visit to the doctor, hospital, or primary care facility **must receive written clearance by a physician** in order to return to participation in Nonnewaug High School athletic activities. Written clearance by a physician to return to participation must be submitted to the nurse or athletic trainer.

HEAT ILLNESS CONSENT FORM

The CIAC Board of Control passed a rule that requires all member schools to educate all student-athletes and their parents on Heat Illness. Nonnewaug provides the necessary information when families sign up on Final Forms.

CARDIAC CONSENT FORM

The CIAC Board of Control passed a rule that requires all member schools to educate all student-athletes and their parents on Cardiac Risks. Nonnewaug provides the necessary information when families sign up on Final Forms.

CONCUSSION CONSENT FORM

The CIAC Board of Control passed a rule that requires all member schools to educate all student-athletes and their parents on concussions. Nonnewaug provides the necessary information when families sign up on Final Forms. The mandatory topics that must be covered include the following:

- the recognition of signs and symptoms of concussion
- the means of obtaining proper medical treatment for a person suspected of sustaining a concussion
- the nature and risks of a concussion, including the danger in continuing to engage in athletic activity after sustaining a concussion
- the proper procedures for allowing a student who has sustained a concussion to return to athletic activity
- current best practices in the prevention and treatment of concussion

Further, CIAC also requires that all student-athletes and their parents must sign an informed consent form developed by the school that attests they are aware of the signs and symptoms of concussion and return-to-play requirements. This consent form will be completed through the Family ID registration process.

INSURANCE COVERAGE

A plan of Excess Insurance covering interscholastic sports has been purchased by Regional School District #14 Board of Education. The form of the coverage provides that valid claims for injuries received as a result of participating in interscholastic athletics will be paid on an excess basis. This Excess Insurance Policy will cover bills after a parent or guardian's health insurance has first been applied. Remember that Regional School District #14 will only cover those debts up to the limits set forth in the Excess Policy.

When an interscholastic sports injury occurs, you should obtain a claim form from the nurse's office and complete the form in full, including those bills showing the credit received from your insurance company.

No insurance forms will be provided unless an Accident Report Form is on file with the nurse and athletic trainer. Claims should be filed within 30 days and sent directly to the insurance company.

UNIFORMS AND EQUIPMENT

Uniforms and equipment are on a loaner basis and are to be worn only when authorized by the coach. Only uniforms issued by the athletic department will be permitted to be worn for contests. **The athletic department does not issue additional uniforms if a student forgets their uniform on game day**. All uniforms and/or equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season. If lost or stolen, the replacement cost of the uniform or equipment will be assessed to the student. You will not be allowed to try-out for or play on a team during the next season until you have returned or paid for the replacement of uniforms and equipment. Failure to return uniforms and/or equipment will

affect an athlete's ability to receive a parking pass and/or to receive their diploma upon graduation. In addition, the athlete would be ineligible for any athletic awards.

ALTERNATE TRANSPORTATION FORM

We strongly encourage athletes to take the bus with the team. However, if a student needs to get picked up from an athletic event you must fill out the alternative transportation form on Final Forms. The parent/guardian must put the adult's name, relationship and phone number of the participant picking up the student. In addition the parent and athlete must notify the coach at least 24 hours prior to the contest about the alternate transport. Unique cases need to be run by the Athletic Director and Coach. Failure to comply with these rules may result in removal of the privilege for an alternative transport.

LOCKER ROOM

You are responsible for your valuables, uniforms, and equipment. Please do not leave these items in the locker room unsecured. Keep your locker locked when you are not using it. At the end of each season locker rooms and lockers will be cleared of remaining articles. It is the responsibility of the student to supply their own lock for athletic lockers.

GYMNASIUM AND WEIGHT ROOMS

For reasons of safety, an athlete will only be allowed in a gymnasium or the weight room during a practice or when supervised by an authorized member of the staff. Unless you are supervised by a coach, you may not work out in the gymnasium or weight room while another team is having an official practice. While you are practicing, you may only use equipment designated for your sport.

- Please follow the rules in the weight room
    - Closed toed shoes required - (Open toed shoes, slippers and crocks are not permitted)
    - Athletes must wear suitable clothing
    - Athletes must use spotters for olympic lifts
    - No Food
    - Respect the equipment
    - Always need supervision from an adult
    - RERACK!

ATHLETIC TRAINING ROOM

- For reasons of safety, you may be in the training room only in the presence of the athletic trainer or a coach.
- You may take or use materials only with the permission of the trainer.
- Athletes in season have priority use of the training room.
- Only In-season athletes are allowed services

PROCEDURE FOR CONTACTING ATHLETIC DEPARTMENT PERSONNEL

- To encourage independence and responsibility, we encourage student athletes to first seek resolutions to problems on their own. If a student athlete has a concern, he/she should first speak with the coach to resolve the issue.
- If your son or daughter's meeting with the coach did not resolve the issue, please call to set up an appointment to meet with the coach or contact the coach.
- If the meeting with the coach did not provide a satisfactory resolution, call to set up an appointment to meet with the athletic director to discuss the situation.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both you and the coach. Meetings of this nature do not promote resolution.

HIGH SCHOOL ATHLETIC AWARDS POLICIES

CERTIFICATE OF PARTICIPATION

A certificate of participation will be awarded to each athlete who finishes an athletic sport season and is on the final athletic award roster.

VARSITY LETTER

A varsity letter and a patch indicating the type of sport will be given when an athlete earns the letter by satisfactory participation at the varsity level for the first time during a particular year. If an athlete earns a letter in more than one sport per year, he or she will be awarded an additional badge to designate the sport, but not an additional letter. If an athlete gets a letter in the same sport, they will receive bar pins indicating years of service at the varsity level in that sport. Varsity letters may be given to student-athletes who play at the highest level offered at Nonnewaug High School. The NHS athletic department may offer varsity letters to team members if Nonnewaug's highest level of participation is at the junior varsity level

(this has occurred with football in the past). Varsity letters in all varsity sports shall be awarded by Nonnewaug High School upon the recommendation of the coach who will consider the following award criteria:

An athlete must:

- Attend practice and games on a consistent basis.
- Display a cooperative spirit with the coach, teammates and opponents.
- Display respect for others on and off the field.
- Observe all rules and regulations as outlined in this handbook.
- Actual varsity game involvement.

* The coach and the Athletic Director will have the prerogative to award varsity status to a senior who has not met the seasonal requirements. Student managers, who successfully meet all their responsibilities, are awarded a varsity letter.

SCHOLAR ATHLETE

Nonnewaug High School recognizes athletes who achieved an 88.0 unweighted average or better while participating in interscholastic athletics. The criteria for the Scholar-Athlete is determined by the Berkshire League. These students will be recognized at the season sports award night.

DEFINITION OF SEASON

The season is defined as the period between the date officially designated by the C.I.A.C. as the beginning of the season for that sport and the close of the post season C.I.A.C. tournaments.

INJURY RULE

Any athlete who is a varsity starter or plays in varsity contests on a regular basis and becomes injured may be awarded a letter if, in the coach's judgment, he or she would have met the criteria.

NCAA ELIGIBILITY

Mr. Chris Maclean is the our School Counseling Department Chair and the School Counselor who handles all matters related to the NCAA clearinghouse. Please meet with him during your sophomore year if you believe that you may play division one or two college sports.

To be eligible to play college sports at the Division I and II level, prospective student athletes must:

- Complete and sign a NCAA clearinghouse student release form and mail white copy and fee to the NCAA clearinghouse.
- Give the yellow and pink copies of the clearinghouse form to your school counselor to forward.
- Have an official transcript mailed from any other high school attended.
- Have S.A.T. scores sent to the NCAA clearinghouse.
- Complete the NCAA Amateurism Certification Questionnaire.

To be certified by the NCAA clearinghouse, a student must:

- Graduate from high school.
- Earn a grade point average of at least 2.0 on a 4.0 scale in a core curriculum of at least 16 academic core courses during grades 9 through 12.
- Division I prospects must earn a minimum sum score of at least 1010 on the S.A.T. with a GPA of 2.0. There is a grading scale that is used for adjustments when one of these criteria points is not met.
- Division II prospects must earn a minimum sum score of at least 820 on the S.A.T. with a GPA of 2.0. There is a grading scale that is used for adjustments when one of these criteria points is not met.

Note: For additional NCAA information please check the following website www.ncaa.org

DIVISION III

These requirements do not currently apply to Division III colleges, where eligibility for financial aid, practice and competition is governed by institutional, conference and other NCAA regulations.

SPECTATOR EXPECTATIONS

Nonnewaug High School expects a high standard of conduct from all players, parents and spectators at athletic contests. Inappropriate spectator behavior reflects poorly on Nonnewaug High School and may result in disciplinary action and the loss of spectator privileges. Spectators must control themselves at all times, act in a sportsmanlike manner during both wins and losses and accept decisions as they are made by officials and/or coaches. It is of the utmost importance to treat officials and opponents with respect.

In 2023, The Berkshire League instituted a new proclamation regarding fan behavior. Any fan who is removed from a facility will not be allowed on school premises for the next two home contests. Nonnewaug has an incredible reputation with winning the Ted Alex award. Every single team at Nonnewaug gets a rating from league coaches. Fan behavior is one of the categories that is assessed. We appreciate your cooperation with this and look forward to observing fan behavior at its best.

THE STUDENT ATHLETE

As members of their team, a student athlete serves as a role model. They are admired and respected by many, including younger athletes and their behavior and actions often have a significant impact on others. The student athlete plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship. The Student Athlete:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will have a thorough knowledge of and abide by all rules of the game and CIAC.
- Will work for the good of the team at all times.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.
- Will refrain from the use of illegal or unhealthy substances to gain an unfair advantage.

PARENTS AND SPECTATORS

Parents need to keep the activity in perspective. High school athletics is an extension of the school's academic program and is designed to build the athlete's character, values and ethics and is not designed to be the avenue for an athletic scholarship. Parents and spectators must keep the game in perspective and support the coaches, players and officials in a positive manner. Parents and Spectators:

- Will respect the integrity and judgment of game officials.
- Will be respectful of all players, coaches, officials and other spectators.
- Will never target anyone for abuse whether it be physical, verbal or emotional.

- Will never engage in name calling, taunting, harassment, obscenities, and any other disrespectful language or gestures.
- Will always be a positive role model for other spectators and your athlete.
- Will cheer for your team not against your opponent.
- Will make an effort to know and understand the rules of the game.
- Will recognize that attending a high school athletic contest is a privilege, not a license to verbally assault officials, coaches or opposing teams(s) and their spectators.
- Will recognize and show appreciation for an outstanding play by either team.

FUNDRAISING

We strongly encourage parents and the community to aid in fundraising to help support our Athletic Department. Each team has an activity account with which donations and/or funds raised are deposited. All fundraisers must be approved. Coaches, parents or booster club members, please complete the Region 14's Fundraising Form Found Here:_____

Any and all assistance provided to raise funds is greatly appreciated. The funds are used to develop the team and/or purchase specialised clothing or equipment. We appreciate all the hard work the Nonnewaug Athletics Community supporters have given us over the years.

Nondiscrimination/Equal Employment/ Equal Education Opportunity

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Region 14 Board of Education, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or service, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability, or related abilities to perform the duties of the position.

The right of a student to participate fully in classroom instruction and extracurricular activities shall not be abridged or impaired because of race, gender, color, religion, national origin, age, sexual orientation, pregnancy, parenthood, marriage, or for any other reason not related to his/her individual capabilities.

Sexual Harassment:

The Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been a subject of discrimination or sexual harassment should contact the district's Equity/Title IX Coordinator Chris Quirk, Director of Special Services or an administrator.

Athlete Signature Page

I, _____, have read, understand and agree to comply with the provisions set forth in the pages of this athletic handbook.

I agree to pay a service charge for any and all equipment, uniform, or school property which I may lose, misplace or damage through carelessness or intent. I further agree to assume full responsibility for all equipment, uniform, or school owned property issued to me, and to confine the use of that equipment to practices, games, meets, etc.

Date_____ Athlete's Signature_____

I, as parent of_____, have read the rules and policies set forth for athletic participation at Nonnewaug High School, and give my son or daughter permission to participate under these conditions. I will do my part in seeing that he/she follows these rules and regulations. I also give permission to the attending physician to give first aid and emergency treatment to my son or daughter should he or she require assistance.

Date_____ Parent/Guardian's Signature_____