

Avon Interscholastic Athletics

Table of Contents

Statement of Purpose.....	1
Goals.....	1
Responsibility of the Student Athlete.....	2
Athletic Travel.....	5
Team Bench and/or Area.....	5
Changing Sports.....	5
Captain Selections.....	5
Injuries.....	5
Due Process.....	6
Student Athletic Insurance.....	6
Interscholastic Athletic Eligibility (C.I.A.C.)	6
NCAA Rule and Regulations.....	7
Athletic Physical Exams Forms.....	7
Permission Form.....	7
Emergency Card.....	8
Lost or Stolen Articles.....	8
League Affiliations.....	9

STATEMENT OF PURPOSE

Our interscholastic program presents specialized educational opportunities to encourage, to guide and develop the abilities, the interest and the attitudes of your young people so they may reach their potential as an individual and team player. An atmosphere will be provided whereby our athletic program promotes good sportsmanship by players, coaches, and spectators.

Athletics offer a special opportunity for students to perform within the framework of a team situation, to develop a sense of fair play, sound fundamentals, cooperation, finesse, teamwork, competitive spirit, good sportsmanship and a pride in themselves and their school. It should be understood that participation in athletics is a privilege and not a right.

GOALS

- ◆ To promote student/athletic self-esteem that reinforces a positive attitude.
- ◆ To provide leadership and supervision that stresses self-discipline, self-motivation, work ethics, excellence in both academics and athletics; the ideals of good sportsmanship.
- ◆ To develop the skills of the athlete by teaching fundamentals in an effort to reach athletes potential.
- ◆ To provide coaches whom, as teachers, will carry out the statement of purpose.
- ◆ To provide a rewarding athletic experience for students.
- ◆ To develop an understanding of physical fitness and wellness appropriate to an adult life.
- ◆ To promote an attitude whereby all of our athletic teams (men's and women's) are supported and developed equally.
- ◆ To provide a focus of interest on programs for student, faculty, and community that will generate a feeling of unity and school pride.
- ◆ To provide an adequate medical training for athletic staff.

RESPONSIBILITY OF THE STUDENT ATHLETE

General Team Rules

As representatives of our school and community, student athletes shall know and uphold the goals and objectives of the Avon Athletic programs as outlined in the Statement of Purpose.

1. All CIAC and Avon Board of Education eligibility rules will be strictly adhered to and enforced during the season.
2. Student Behavior – All athletes shall conduct themselves as good school and community citizens. Unsatisfactory behavior may result in complete or partial suspension from the team.
3. Team Conduct – all team members shall extend courtesy to teammates, opponents, officials, coaches and spectators both home and away. Abuse of this rule can mean complete or partial suspension from the team.
4. Sportsmanship – Student athletes shall adhere to the spirit of fair competition through ethical conduct, leadership and sound judgement during both practices and games.

A. Attendance

1. Student athletes must attend all practices and games as scheduled. Unexcused absences from practices/games will result in game suspensions.
2. Student athletes must attend and participate in all classes on the day of a contest, including Physical Education.
3. Athletes must arrive to school on time in order to be eligible for practice and/or games. (Extenuating circumstances must be approved by the administration.)
4. A student will not be allowed to participate in any student activity on the day that the student is absent from school unless the absence is the result of the student's participation in a school-sponsored activity such as a field trip.
5. Athletes must attend school on the day prior to athletic competition or will be eligible to compete. Absence on Friday will disallow participation on the following Saturday contest. (Extenuating circumstances must be approved by the administration).
6. Valid reasons for tardiness to practice and/or contest must be presented to and approved by your coach. (Detentions are not a valid reason).
7. Detentions and In-school Suspension may result in loss of playing time and may lead to team dismissal.
8. Athletes who receive an out of school suspension will become ineligible for all practices and games until the student has both completed the suspension date(s) and has returned to his/her regularly scheduled class. A second offense may result in team dismissal.

9. Athletes must not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game of that season.
10. Athletes may not switch from one athletic team to another after the first contest.

B. Behavior

1. Student athletes are expected to conform to the proper dress code set forth by the team coach on game day.
2. Student athletes must travel to and from contests and practices on the team bus accompanied by the coach.
3. Student athletes are encouraged to promote their sport and participation of athletics in general. A positive attitude and approach from peers can encourage others to participate who normally would not.
4. Any student athlete who participates in a fight during team activities will be dismissed immediately from the team for a period to be determined by the team coach.
5. Verbal and/or physical abuse of officials, coaches, opponents or spectators by student athletic will result in disciplinary action and/or dismissal from the team.
6. Athletics restricted from playing due to an unexcused absence shall dress and sit on the bench as a team member the day of the game.
7. Athletes will not wear any type of cleats in the school building.
8. Responsible behavior is expected by athletes at all times, especially in the locker room and on the bus. Athletes are not to show disrespect for school property.
9. A student must be a good school citizen and a worthy representative of Avon High School. Repeated infractions of school rules, poor attendance, or other evidence of poor citizenship, as determined by the building principal, will render a student ineligible.

C. Health

Student athletes shall maintain proper health and fitness levels to properly train and compete in the current sport. Areas of concern include proper diet, sleep, personal hygiene, weight training and cardio-vascular fitness. Athletes affected with communicable disease should report details to the team coach.

If a student is under medication of any type, it is her/his responsibility to inform the team coach.

All athletes must have a yearly physical prior to the start of the season (first day of practice) and must submit to the coach, documentation from their doctor. **NO ATHLETE WILL BE ALLOWED TO PRACTICE WITHOUT A PHYSICAL.**

D. Guidelines for Training Rules

The Department of Student Activities, in an attempt to establish uniform rules of training, established the following guidelines:

1. No student athlete will be permitted to use tobacco while a member of any interscholastic athletic team at Avon High School. It is understood that disciplinary action will be taken against any athlete who is found to be using tobacco at any time, either on school grounds or off school grounds.
2. Any student involved in the use or possession of alcohol or drugs at any time, either on school grounds or off school property, will forfeit his/her eligibility to participate in the athletic program. On the first offense, the student will be ineligible to participate for two weeks (fourteen calendar days.) On the second offense within one calendar year, the athlete will forfeit eligibility to participate for six weeks (forty-two calendar days). If the season ends before the period of ineligibility is completed, the period of ineligibility shall commence with the first official practice date of the next season in which the student participates. Other school sanctions, as outlined in the student handbook, may also be imposed.

E. 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 to ensure that the equipment is returned at the end of the season or departure from the team. Any student athlete failing to return a cleaned uniform or accountability payment at the end of a season is ineligible to play the next sport season.

Game uniforms should only be worn on day of the contest or upon approval of the coach.

F. Locker Rooms

1. Do not bring valuable items to school with you, leave them at home.
2. Keep your locker locked at all times and do not share your combination with anyone.
3. The school is not responsible nor is it liable for your personal property
4. Lockers will be cleaned out at the conclusion of each season.
5. Athletes will leave locker room in a clean condition.

ATHLETIC TRAVEL

Students participating in interscholastic athletics must travel to and from contests away from Avon in transportation provided by the school. The **only** exceptions are:

1. Injury to a participant which would require alternate transportation.
2. Prior arrangement between the participant's parent/guardian and coach for the student to ride with the parent/guardian.

Under no circumstances will permission be given (even with approval by a parent/guardian) for a student athlete to drive to a contest.

TEAM BENCH AND/OR AREA

Other than players, coaches, medical personnel, and student managers, no other persons are permitted on or near the team benches. Coaches must enforce this rule with assistance from athletic personnel.

CHANGING SPORTS

The participant of a sport who desires to drop from one team and try out for another is given this opportunity up to the first game.

CAPTAIN SELECTIONS

Each coach shall set up criteria and be responsible for the selection of captains.

INJURIES

Procedures to be followed in the event medical assistance is needed:

1. Parents should be notified immediately of their son's or daughter's injury and advised as to what has been done and the hospital or doctor's office to which they were taken.
2. A coach or member of the sports medicine staff should accompany any athlete being taken to the hospital or doctor's office. He should remain at least until the parents arrive.
3. The head coach should follow the case closely. No athlete who has sustained a serious injury should be allowed to return to practice or competition without the approval of the physician in charge.

The Avon Public Schools require the use of a *Student Accident Report Form*. This is made out by the coach and forwarded as noted. The coach is responsible for checking that the injured participant has completed an accident report form.

DUE PROCESS

Participation in the interscholastic athletic program is a privilege, not a right. In the event, a student/athlete chooses to violate any rule or regulation set forth by the school district, due process is required. Due process involves the following steps:

1. The coach states the violations.
2. The student/athlete has the opportunity to respond.
3. Any necessary investigation/discussion follows.
4. The decision is rendered with the appropriate consequences as stipulated within the student/athlete handbook or school policies.

In the event a student/athlete or parent/guardian has a concern, it should be submitted in writing, as soon as possible, and addressed through the following process:

1. Head Coach
2. Director of Student Activities
3. Principal
4. Superintendent
5. Board of Education

STUDENT ATHLETIC INSURANCE

All participants in the interscholastic program are covered under a student accident insurance policy. This policy provides that the parents personal insurance is the primary carrier and the Board of Education covers any remaining claims. If there are medical expenses beyond what the family health insurance covers, then the Board policy provides coverage for any and all additional bills up to the policy maximum.

INTERSCHOLASTIC ATHLETIC ELIGIBILITY (C.I.A.C.)

YOU ARE NOT ELIGIBLE:

1. If you are not taking at least four (4) units of work or the equivalent (Rule I.B.).
2. If you have not passed at least four (4) units or the equivalent at the end of the last regular marking period (Rule I.A).
3. If you are nineteen (19) years of age prior to September 1st (Rule II.B)
4. If you have changed schools without a change of legal residence (Rule II.C).
5. If you have played the same sport for more than three (3) consecutive seasons in Grades 10, 11, and 12 (Rule II.B).
6. If you play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season (Rule II.E.). The exception

to Rule II.E shall be: Participation in parent-child tournaments and caddy tournaments; and, a pupil may practice but not compete with a non-C.I.A.C. team as an individual in swimming, tennis, or gymnastics during the season as long as such practices do not interfere with or replace member school practices.

7. If you play under an assumed name on a outside team (Rule II.F)
8. If you receive personal economic gain for participation in any C.I.A.C. sport (Rule II.F).
9. If you have not submitted a doctor's certificate for a physical complete within one year of the first practice date in a sport during the current school year.

Student eligibility will be determined for all students on the date that report cards are issued or on the fourteenth calendar date following the end of the marking period, whichever comes first.

To be eligible for fall sports a pupil must have received credit toward graduation at the close of school year preceding the contest in at least four (4) Carnegie Units of work or its equivalent for which he or she has not previously received credit. "*Equivalent*" is any courses which are equal to one Carnegie Unit. Credit must be earned during the same academic year.

Students requiring further interpretation or additional information should contact the Director of Student Activities.

NCAA RULE AND REGULATIONS

All high school students who wish to compete at a Division I or II institution **MUST** register with the Initial Eligibility Clearinghouse. These forms are available through the Guidance Office. Registration should occur during the junior or senior year.

ATHLETIC PHYSICAL EXAMS FORMS

(All forms maybe down loaded)

Athletic physical examinations must be completed within one calendar year of the first practice/try-out date in a sport during the current school year. An Avon High School Physical Assessment Form for Interscholastic Sports must be completed and signed by a physician and be on file with the school nurse before a student may engage in an interscholastic or club sport, including try-outs, practices, and contests.

PERMISSION FORM

Each participant is required to return a Permission Form from their parent prior to the first practice session.

EMERGENCY CARD

Patient information regarding emergency telephone numbers are indicated and necessary when needed.

LOST OR STOLEN ARTICLES

The School Department nor the Bus Company will not be held responsible for lost or stolen articles. Valuable should be left at home, whether athletes are participating in home or away games.

LEAGUE AFFILIATIONS

Avon High School is a member of the North Central Connecticut Conference. The schools included in this conference are: Canton, East Granby, Ellington, East Windsor, Enfield, Granby, Somers, Suffield, Stafford, Tolland and Windsor Locks. In addition, Avon High School is affiliated with the Nutmeg Football Conference and the Nutmeg Swim Conference. These member schools number: Berlin, Middletown, Plainville, St. Paul (Bristol), Northwest Catholic (West Hartford), East Catholic (Manchester), Rocky Hill and RHAM (Hebron), Vinal/Coginchaug (Coup).

Directions to these schools can be found through the CIAC Website www.casciac.org