



# Student & Parent Athletic Handbook

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Avon High School

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# **PARTICIPATION IN AVON HIGH SCHOOL ATHLETIC PROGRAMS**

**In order to participate at any level in any athletic program at AHS, there are several forms that must be returned to the nurse and/or coach BEFORE the student can practice or try out.**

1. **Updated Sport Physical- (given to the school nurse).** The CIAC requires that a valid sports physical be provided before a prospective athlete can practice and/or compete for any CIAC member school. A physical is valid for 13 months(15 months for Fall Sports 2020 only due to COVID-19). Physical appointments usually require significant advance notice therefore, we urge any parent anticipating that their child may participate in sports make their appointments far in advance. Extension notes from a physician will not be accepted. The student **MUST** have a current physical and we are unable to make exceptions.
2. **Athletic Emergency Information Card- (given to the coach):** This form is very similar to the Emergency information form that goes to the School Nurse. It is for the Coach and Athletic Trainer in case an emergency arises during practice or games. This form is vital to the trainer and/or the coach to provide proper care.
3. **Student/Parent Concussion Education & Consent Form- (signed by both the student and parent and given to the coach):** This form is a state mandated form, and will help with the identification of concussion symptoms.
4. **Student/Parent Sudden Cardiac Arrest Education & Consent Form- (signed by both the student and parent and given to the coach):** This form is a state mandated form.

These forms **MUST** be handed in before the first day of practice, **no exceptions**.

## **2020-2021 SEASON START DATES**

**Fall Sports- August 27th (Football- August 17th)**

**Winter Sports- December 3rd(Wrestling, Ice Hockey & Girls Basketball Nov.30th)**

**Spring Sports- March 20th (Baseball Pitchers and Catchers only, March 13th)**

## AVON HIGH INTERSCHOLASTIC ATHLETICS

The Avon High School Department of Athletics strives for excellence by providing opportunities for students to participate in athletic programs that are designed to develop meaningful standards of athletic performance, leadership, community engagement and appropriate conduct within the educational and social environments of our school district. We take pride in our strong legacy of demonstrating good sportsmanship, character, and determination on the field.

We offer a wide variety of sports at the varsity and sub varsity levels. These programs are a complement to the overall educational program. Responsibility for the direction of these programs lies with the Avon Board of Education, consistent with the guidelines and regulations of the school, and the Connecticut Interscholastic Athletic Conference.

It is a privilege to be a student athlete at Avon High School. You will be expected to always display high levels of integrity, leadership and responsible behavior. Understand that you represent Avon *at all times* on and off the field. Take pride in your conduct and know that win or lose, we will feel equal pride knowing you have tried your best and displayed the highest level of sportsmanship. Work hard, bring a positive attitude, allow coaches to coach, and know we are here to support you.

Mike Renkawitz  
Principal

Timothy Filon  
Athletic Director

## **FORWARD**

The purpose of this handbook is to provide a guide for students and parents in order to understand the established procedures and policies of Avon High School in conjunction with the Connecticut Interscholastic Athletic Conference. Described are the procedures, which should bring about a more efficient operation of the interscholastic athletic program. Participation and involvement in the athletic program will contribute to the development of the role students will play in adult life and should help to promote a feeling of pride and school spirit.

## **ATHLETIC DEPARTMENT MISSION STATEMENT**

The Avon High School Department of Athletics strives to encourage every student-athlete to foster an environment where academic integrity, social responsibility, respect for others and competitive athletic excellence are highly valued. To discover and nurture the “total person” who enriches the world and brings honor to Avon, now and throughout life.

## **GOALS OF THE ATHLETIC DEPARTMENT**

1. To encourage student-athletes to achieve success by maintaining academic eligibility rules and to keep athletics in proper perspective.
2. To develop good citizenship, honesty, emotional control, dependability, and respect for rules, property and authority.
3. To provide an opportunity to exemplify and observe good sportsmanship.
4. To maintain a high standard of credible and positive performance and conduct on and off the field.
5. To teach and emphasize the fundamental skills of the various sports as a necessary ingredient in achieving individual and team success.
6. To stress the importance of physical fitness, conditioning, health habits, and safety in athletics.
7. To provide opportunities to develop lasting friendships with teammates and opponents.
8. To teach athletes to work together as a cohesive unit in order to achieve a common goal.
9. To provide a well-planned and well-balanced program of interscholastic athletics for as many secondary school students as possible.
10. To provide high quality leadership for all athletic programs so as to exemplify to student's a desired behavior to be developed from each athletic program.
11. To provide opportunities for the development of a feeling of unity and belonging, team pride, teamwork and commitment.

## CODE OF CONDUCT FOR ATHLETES

**Athletes failing to conform to and meet the requirements of the Code of Conduct shall face disciplinary action, on an individual basis, which is to be conducted in accordance with the rules and regulations of due process of the athletic department, school, and/or community. This action could include suspension or dismissal from the team, or prevent full participation by a student not yet in season, as deemed appropriate by the Principal or Athletic Director. Students are reminded that these rules do not end when games and practices conclude or when a student is off school grounds. Because a situation is not specifically listed below does not mean it will not receive appropriate disciplinary action. Students are responsible for being fully aware of all other information in guidelines distributed by coaches or school administrators.**

- Athletes shall conform and achieve a thorough understanding and acceptance of the rules of performance and the standards of eligibility of the school, Central Connecticut Conference, and Connecticut Interscholastic Athletic Conference (C.I.A.C.), including all medical and academic requirements.
- Athletes shall conform to the behavioral norms of the school and act in a responsible manner with regard to the rules and regulations established in the Avon High Student Handbook.
- Athletes shall always displays high levels of ethical conduct, fair play, sound moral character, good citizenship, and emotional maturity. This includes showing courtesy, safety and respect to all fellow students, visitors, opponents, coaches, judges, officials, staff members, guests, and fans.
- Athletes shall conform to the behavioral norms of society in general and to the specific laws established by the local, state and federal governments.
- Athletes shall attend and arrive on time to all practices, games and meets held both during regular school sessions and during vacations. Exceptions shall be subject to the approval of the head coach.
- Athletes shall get proper amounts of sleep and rest, both of which are recognized as essential for maximum effectiveness and efficiency in athletic participation.
- Athletes shall maintain a proper, well-balanced and nutritious diet in order to maintain peak effectiveness in their respective sports.
- Athletes shall abstain from using those substances- drugs, alcohol, steroids, and all tobacco products (including e-cigarettes, vaporizers)- that are deemed harmful to one's athletic performance, health and general well-being.
- Athletes shall be held responsible and accountable for all equipment issued and associated with the functions of the team. Specifically, this includes uniforms and

equipment related to the performance of their particular event.

- Athletes shall always conduct themselves with an attitude that is positively stated, exhibits pride and is representative of the Avon community in general.

## **BEHAVIORS REQUIRING DISCIPLINARY ACTION**

Students who violate the basic school conduct rules will jeopardize the privilege of serving in leadership roles. In all cases in which students are suspended and/or expelled, students will be removed from any/all leadership positions for the remainder of that academic year and may not hold or run for any leadership position during the following calendar year beginning on the date of the incident. This includes but it is not limited to all captaincies.

### **1. Alcohol/Drug Use or Possession**

Students found to be in the presence, possession, or involved in the use of alcohol, drugs or mood altering substances in or out of school will be suspended from the activity for a period of **15 calendar days**. Students will be removed from the activity for **30 calendar days** for a second offense and **120 calendar days** for a third offense. If the suspension occurs at the end of the “season,” the suspension will extend into the next season of participation by the student. Additionally, if the infraction occurs in school, on school grounds, or at a school event, the school’s disciplinary policy will be followed. All instances of possession, distribution, use, abuse, or in the presence of any harmful substance will be considered a violation.

### **2. Fighting**

- a. Any student, who is determined to have precipitated a fight before, during or after a co-curricular game/event, will be ejected from the game, contest, or performance and barred from the following two (2) games, contests, or performances. A second occurrence of precipitating a fight will result in ejection and barring from all future participation in any co-curricular activity for the balance of the school year, or for one co-curricular season in the same sport/activity, whichever is greater. A third occurrence will result in permanent prohibition from participation in any sport/activity in the school system, for a period not less than two years. Penalties will be carried over to succeeding years.
- b. Any student involved in a fight, before, during or after a co-curricular game/event, will be ejected from the game, contest, or performance and will be banned from the next two (2) succeeding games, contests, or performances. A second occurrence of involvement in a fight will result in ejection and banning from the following three (3) games, contests, or performances. A third occurrence will result in prohibition in any sport/activity for the balance of that school year. Penalties shall be carried over to succeeding years.
- c. Any student who participates in horseplay and/or other forms of mock fighting during or after a co-curricular game/event, will be ejected from the game, contest, or performance at the discretion of the administration or its designee and may be banned from succeeding games, contests, or performances.

Note: If injury occurs during any fight, it may be treated as an assault.

3. **Smoking:** Students found smoking (including all tobacco products, e-cigarettes, and vaporizers) will be subject to suspension or dismissal from the activity for a minimum of **two games**. Authorities may be notified in cases of tobacco possession.
4. Acting as a poor school citizen.
5. Cutting classes, school, practices, performances, and/or contests.
6. Being a negative influence in terms of school/team morale or effort. This includes insubordination to the advisor, coach, or others.
7. Not making a sincere effort or complying with eligibility requirements.
8. Stealing of any kind.
9. Vandalizing or destroying property.
10. Displaying poor attitude, disrespectful actions, or inappropriate language directed toward peers, advisors, visitors, competitors, officials, or others.
11. Exhibiting any similar behavior that casts an adverse reflection on our participants as a group, co-curricular program, or is in violation of school rules or the state or federal statutes.
12. Students will be automatically suspended from the next regularly scheduled event, contest, or performance for being ejected from an event.

### **INDIVIDUAL TEAM POLICIES**

Coaches have the privilege of setting their own conduct rules, and these may go beyond the school regulations. However, they may not be less restrictive than the regulations contained in this handbook. Any coach wishing to incorporate additional or more stringent team rules not covered by the school's specific rules will have such rules approved and signed by the Principal or Athletic Director. A copy of the rules will be provided to each student and parent prior to the start of the season. These rules will be signed by each student and the student's parent/guardian and returned to the advisor and/or head coach. A copy of the rules will be on file with the athletic department. No student can participate in a performance or contest unless his/her school acknowledgment form has been returned to the advisor or head coach.

All student participants have a right of due process. Coaches must provide students with an opportunity to be heard before deciding on an appropriate action. Penalties for violation of activity or school rules may vary from a warning to dismissal from the activity. Parents are advised to encourage students to work out their problems with the coach, or Athletic Director. If the Athletic Director believes the nature of the offense is serious enough to warrant him handling of the case, then he will consider its adjudication and disposition. During a disciplinary hearing, the student and his/her parent/guardian may provide information salient to the case. The determination made by the Athletic Director shall be final.

## **SPORTS HEALTH ASSESSMENTS FOR INTERSCHOLASTIC ATHLETICS**

The Board of Education requires that all students have a Sports Health Assessment before being permitted to take part in interscholastic sports. This means they may not participate in try-outs, practices, or contests without evidence of a valid sports physical on file in the High School Nurse's Office.

**IMPORTANT:** The blue colored State Medical Form is *not acceptable* for athletic participation unless the examining physician specifically states in writing on the form that the athlete is: **“physically able to participate in all sports including contact sports during the current school year”**.

A Sports Health Assessment must be obtained for each school year and will serve for the entire school year unless the student has been injured after the physical examination. A Sport Health Assessment is valid for 13 months(15 months for Fall 2020 only). Should a physical expire during the school year and/or during the season a student is participating in, the student will be expected to submit evidence of an updated physical by submitting a new form to the health office. Parental or medical notes indicating a future scheduled appointment will not be honored in lieu of a completed record of a physical. **A student-participant who has a medical excuse for physical education class will not be allowed to participate in athletic practices or contests during that time.**

To return to the team after an injury, the athlete must obtain a note from the attending physician stating that the athlete may continue in the program. This note must be given to the school nurse or athletic trainer. Without a re-entry slip, the athlete will not be allowed to participate in any practice or contest. If there is a difference of opinion between the doctor, trainer, athlete, or parent, the final decision will be that of the attending physician.

## **ACADEMIC AND ELIGIBILITY REQUIREMENTS**

1. Abide by the AHS Code of Conduct, Attendance, Academic, and Disciplinary Policies.
2. Students must be enrolled at Avon High School
3. Students may have no outstanding UFOs (Unfulfilled Obligations)
4. Follow rules of student interscholastic activities governed by the Connecticut Interscholastic Athletic Conference (CIAC) regulations.

**In accordance with the CIAC you are NOT ELIGIBLE if:**

1. You are not taking at least four (4) units of work or its equivalent. (Rule I.B.)
2. You have not passed at least four (4) core units at the end of the last regular marking period as

of the official day that grades are issued, with the exception of fall eligibility. (Rule I. A.)

3. You are nineteen (19) years of age; Student-athletes will be allowed to compete *up through their 19th birthday, however, if their 20th birthday falls during a season, the student-athlete will not be allowed to start or compete during that season and all eligibility will cease.* (Rule II.B.)

4. You have changed schools without a change of legal residence; (Rule II.C.)

5. You have been in attendance for more than eight (8) semesters (A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition). (Rule II. B.)

5. 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:

6. Participation in parent/child tournaments and caddy tournaments.

7. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-CIAC team or as an individual during the season as long as such practices do not interfere with or replace member school practices.

8. You play under an assumed name on an outside team; (Rule II.F.)

9. You receive personal economic gain for participation in any CIAC sport. (Rule II.F.)

10. Your work habits or conduct both in and out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school.

## **INSURANCE FOR ATHLETES**

The Avon Public School System maintains interscholastic insurance coverage for injuries sustained by students involved in high school interscholastic activities. To submit insurance claims, refer to the following:

1. The insurance policy paid by the Board of Education is secondary coverage which becomes effective after a parent's insurance company has paid its maximum benefit for an injured athlete. It is the responsibility of the parents to first submit their child's bills for all injuries sustained through sports to their insurance carrier. After a denial for payment from the parent's health insurance carrier, a bill may be submitted to the school's interscholastic insurance carrier.
2. Proper forms and information may be obtained through the Athletic office. Consideration for reimbursement under the interscholastic sports coverage plan will be evaluated by the district's insurance carrier. Questions concerning insurance coverage should be addressed to the school nurse or to Central Office.

**PLEASE TAKE NOTE THAT, IF YOU HAVE QUESTIONS ABOUT COVERAGE OR PARTICULAR TREATMENT UNDER THE SCHOOL'S ATHLETIC INSURANCE POLICY, YOU SHOULD INQUIRE ABOUT SUCH COVERAGE BEFORE YOU REQUEST OR AUTHORIZE SUCH TREATMENT.** Athletes who are injured must alert the coach and school nurse to make sure an accident/injury report is filled out. This is important as claims must be on file with the insurance company within 90 days of the injury. If your student athlete is injured and you do not receive paperwork in the mail within two weeks of the injury, please contact the school nurse.

### **ATHLETIC INJURIES**

1. All injuries sustained while participating must be reported immediately to a coach or athletic trainer. The coach must file an accident/injury form with the school nurse within 24 hours of the incident.
2. Students should not try to treat their injuries without consulting with their coach, school nurse, or the trainer. While at away sites, the opposing schools trainer and/or medical personnel responsible for coverage of that site will administer medical treatment, unless our trainer happens to be present. A doctor and/or ambulance is required by league rules for all varsity football contests. The coach has the responsibility to evaluate all incidents involving their student-participants. In the event a member must be transported for emergency treatment, a family member or assistant coach will ordinarily accompany the injured student. A copy of the emergency information form will accompany the student.
3. If an injury requires a physician's attention, the student-participant must present written authorization from a physician before she/he may return to practices, performances or contests. That authorization must be given to the head advisor or head coach, who will submit it to the school nurse.
4. The school nurse and the high school athletic trainer has the authority to restrict a student's participation as determined by the best interests of the student's present and future health.

### **AHS CONCUSSION PROTOCOL**

1. As soon as a concussion is suspected the student must immediately be removed from the activity and appropriate medical personnel will be contacted including: the school nurse; athletic trainer; or 911.
2. Should the student display ANY symptoms of a concussion a parent/guardian will be called and the student will be removed from the activity or event and referred to the

student's primary care physician, the emergency room, or 911 will be called.

3. If the student does not show symptoms until later on, such that the coach or trainer had no knowledge the student is symptomatic, the school nurse must be notified by the parent/guardian. Should the student not go to the emergency room initially, it is ALWAYS recommended that immediate medical care be sought if certain worrisome signs develop including:
  - Worsening headache that does not go away
  - Repetitive vomiting
  - Altered mental status (drowsy or cannot be awakened)
  - Weakness, numbness or decreased coordination
  - Slurred speech
4. The ImPACT test will be re-administered 24-72 hours after the injury by appropriate school personnel (depending upon instructions from the Doctor).
5. School activities including; attendance at school, classwork load, and homework may need to be accommodated during the recovery period. The school nurse will work with your child's school counselor and your child's primary care physician to create a plan that works best for your child.

**IF YOUR STUDENT WAS DIAGNOSED WITH A CONCUSSION THEY MUST COMPLETE ALL OF THE FOLLOWING:**

**STEP 1:** In order to be eligible for the return to play protocol, a student must meet ALL of the following requirements:

- A note from the student's **primary care physician** clearing them for activity must be received by the school nurse
- Symptom free for 7 days
- Completing full days of school with no academic restrictions
- Participating in Physical Education
- ImPACT test administered, and evaluated by our Athletic Trainer.
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**STUDENTS WILL NOT BE ALLOWED ON THE SIDELINES OF A GAME OR PRACTICE, OR TRAVELING TO AWAY CONTESTS PRIOR TO COMPLETING STEP 1.**

**STEP 2:** Once all of these conditions above have been met, the student can begin the gradual return to play protocol

Day 1: Running/Sprinting

Day 2: Noncontact drills

Day 3: Contact drills

Day 4: Full Scrimmage Play

Day 5: Able to Play in a Game

**STEP 1 & STEP 2 ARE NOT COMPLETED AT THE SAME TIME. THE GRADUAL RETURN TO PLAY (STEP 2) BEGINS AFTER ALL REQUIREMENTS IN STEP 1 HAVE BEEN MET. A STUDENT WILL BE ALLOWED TO RETURN TO PLAY ONLY AFTER STEP 1 AND STEP 2 HAVE BEEN FULLY COMPLETED.**

**AVON HIGH SCHOOL ATHLETIC TEAMS**

	<b><u>Girls</u></b>	<b><u>Boys</u></b>
<b>FALL SEASON</b>	Cheerleading Cross Country Soccer Field Hockey Crew Volleyball	Cross Country Football Soccer Crew
<b>WINTER SEASON</b>	Basketball Cheerleading Swimming/ Diving Indoor Track & Field Club Ice Hockey Co-Op	Basketball Ice Hockey (Co-Op) Swimming/Diving Indoor Track & Field Wrestling
<b>SPRING SEASON</b>	Softball Tennis Golf Outdoor Track & Field Lacrosse Crew Ult. Frisbee	Baseball Tennis Golf Outdoor Track & Field Lacrosse Crew Ult. Frisbee

Selection of team members is subject to the discretion of the coaching staff and nature of the sport. Student-athletes are encouraged to refer to the coach for the selection process of a particular sport and for the levels of participation offered in that sport.

**TRAINING ROOM SERVICES/COVERAGE**

Athletic training services are available for all sports teams. On-field game coverage is limited primarily to varsity sports, due to the number of games. The athletic training staff will also

provide care to teams visiting AHS.

## **CHEMICAL HEALTH POLICY**

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.

Any student athlete who refuses to submit to testing as part of a member school's Board of Education- approved random drug testing policy shall be ineligible to participate in all CIAC-controlled activities.

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

- a. Anabolic agents, diuretics, peptide hormones, and analogues.
- b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- c. 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.

## **CONFLICT RESOLUTION**

1. An athlete and coach should first attempt to resolve any issues
2. If the conflict cannot be resolved between the athlete and coach, the athlete should make an appointment to meet with the Athletic Director
3. If the problem is still unresolved, then the parent should contact the coach
4. Only when the problem cannot be resolved with the coach should the parent contact the Athletic Director
5. These are the steps to be followed for conflict resolution:
  - a. Athlete – Coach
  - b. Athlete – Coach(second meeting as follow up)
  - c. Athlete – Athletic Director

- d. Parent/Athlete – Coach
- e. Parent/Athlete – Athletic Director
- f. Parent/Athlete – Asst.Principal /Principal

**Areas that will not be discussed include the following: playing time, discussions about other student athletes ability levels; captain selections and game strategies by coaches.**

## **SPORTSMANSHIP**

### **Spectators:**

- Spectators will show respect for game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.
- Spectators will show respect for all players, coaches, other spectators, and game staff
- Spectators will always be good role models.
- Spectators will always respect decisions made by game staff and Administration. Failure to remain respectful will be grounds for dismissal. Should a spectator be removed from a game they will not be allowed to return until they have met with the Principal and/or Athletic Director.
- Spectators will let the coaches coach; coaching from the sideline is not acceptable behavior.
- Spectators will recognize that attending an athletic contest is a privilege and not a license to verbally assault officials, coaches, game staff, or opposing team(s) and their spectators.
- Spectators will adhere to Avon High School's acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests, all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school referenced in the sign.
- Noisemakers of any kind are not allowed at CCC or CIAC contests.
- Spectators will cheer positively to support their team. They will not cheer negatively against the opponent. They will never target anyone for abuse whether it be physical, verbal, or emotional. They will never engage in name calling, taunting, harassment, obscenities, and any other disrespectful language or gestures.

### **Players:**

- Players 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.
- Players will demonstrate respect for self, coach, game staff, medical staff, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Players will win and lose graciously.
- Players will have thorough knowledge of and abide by all rules of the game and CIAC.
- Players will work for the good of the team at all times.
- Players will cheer for your team, not against your opponent.
- Players will congratulate opponents in a sincere manner following either victory or defeat
- Players will refrain from the use of illegal or unhealthy substances to gain an unfair advantage
- Players will recognize that attending an athletic contest is a privilege and not a license to verbally assault officials, coaches, game staff, or opposing team(s) and their spectators.
- Players will recognize and show appreciation for an outstanding play by either team.

## **POLICIES AND PROCEDURES FOR ALL STUDENT ATHLETES**

### **School Attendance**

1. The participating student must attend their regularly scheduled classes on the day of any activity. A student athlete must be present for a minimum of **two full class periods** in order to participate in athletics that day. Exceptions to this rule may be granted by the administration in emergency or highly unusual circumstances.
2. If a student is unable to participate in Wellness class on a particular day due to a medical excuse, the student may not participate in any athletic activity on that particular day. If a student does not participate in PE class due to a class cut, absence or forgotten gym clothes, the student may not participate as a member of a team for that day.
3. Unexcused absences will result in the student being suspended from any school activity on that day or the next day.
4. Failure to report for a scheduled practice, performance, or contest without being excused may result in disciplinary action by the Head Coach or Athletic Director.
5. Students with significant family or religious obligations are not required to attend practice held on a Sunday, or any religious holiday. If a student is unable to attend a weekend practice, as a courtesy, the student should inform the coach prior to the game or practice. Practices scheduled for Sunday may not begin before 1:00 p.m. If a coach would like to go earlier, they must receive permission from the Athletic Director and Principal. **Sunday practices are not mandatory.**

### **Absence from Scheduled Practice**

A team will only function effectively when all participants are present. Any player who skips practice is hurting themselves and the team. A player must notify the coach in person of any practice he or she is required to miss. The coach will determine if the excuse is acceptable. Athletes need to be aware of the team rules on missing practices/games as they may impact participation.

### **Locker Rooms**

1. It is the student athlete's responsibility to leave all valuables at home and keep their locker locked at all times **The school will not be responsible for personal property.**
2. Any student that is found to have damaged, vandalized, or destroyed school property will be responsible for the cost of the damage. Said student(s), by this behavior, will be subject to dismissal from the squad and school discipline.

### **Athletic Equipment**

1. The student/athlete is responsible for all uniforms and equipment that is assigned to him/her.
2. All equipment will be returned when the athlete completes the sport, either at the end of the season, or on leaving the team.
3. If items are lost or damaged, the student/athlete will be required to pay for a replacement.
4. Uniforms are to be worn only at scheduled practices, contests or on game days.

**Note: Athletes who do not return equipment/uniforms are ineligible to participate with additional athletic teams throughout the year. In addition, graduating seniors will not receive their cap and gown until they have met the above responsibilities.**

### **Vacations**

Team members are expected to attend practices and contests during vacations that fall within the team season. Parents should make family vacation plans with the student/athlete's commitment in mind. However, athletes who have family vacation plans must furnish the coach notification

of vacation plans prior to the first day of practice or as far in advance as possible. A parent or guardian of the athlete must sign the written notification. No team member will be removed from a team for missing practice or games during vacation for which they have notified the coach as previously stated. **However, an athlete's playing time is completely up to the coach upon their return. It shall be the coach's prerogative to decide when a player is in condition to resume play or depending on the reason for absence, how long a player must sit out upon their return.**

**\*This should be fully stated in all coaches team policies, which are presented at the pre season parent meetings.**

**Games/matches/meets will not be rescheduled over school vacation days.**

### **Bus Behavior**

1. Student/athletes must travel to and from contests on the team bus, accompanied by the coach.
2. Athletes will be expected to conduct themselves appropriately at all times while riding to and from athletic contest.
3. The athlete(s) involved will pay for any damage to buses, caused by athletes. Said athlete(s), by this behavior, will be subject to dismissal from the squad and school discipline.

### **Hazing**

Hazing is **prohibited** at all times. Hazing activities of any type are inconsistent with the educational goals of the school system. "Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a risk of physical or emotional harm to a person, in order for the student to be initiated into or affiliated with a student organization or any other purpose.

### **The term hazing includes, but is not limited to:**

1. Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on the body.
2. Any type of physical activity that subjects the student to a risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity that intimidates or threatens the student with ostracism, that subjects a student to stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.

4. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

**Note: The school district will act to investigate all complaints of hazing and will discipline up to and including expulsion.**

### **Captain's Practice**

The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC, Central Connecticut Conference, and Avon High School do not in any way sanction, encourage, or condone "Captain's Practice" in any sport. "Captain's Practice," depending on the member school's involvement, may be a clear violation of the season limitations eligibility rule or certainly a violation of the spirit of the rule.

### **Changing Sports**

- Prior to the opening of each season, athletes will be allowed to transfer from one sport to another only on the mutual agreement of the two coaches involved. The Athlete must report directly to the Athletic Director to make the switch.
- Athletes will not be permitted to switch sports once the try-out process is underway and/or complete for the program they wish to switch to.
- An athlete who drops from the squad after the first contest is not permitted to join another squad during that season.

### **Gymnasium /Fitness Center Procedures**

- No one is allowed in the gym and or fitness center unless it is his or her designated practice/or class period.
- At no time is it permissible for individuals or groups to work out in the gymnasium, unless under the direct supervision of a certified coach employed by the Avon Public School System.
- Athletes practicing in the gymnasium will refrain from using equipment not specifically designated for their sport.
- Teams "in season" will have priority on gymnasium and fitness center use.

### **School Suspensions**

- Students may not participate in any game, contest, practice or school activity while under suspension, nor may a student appear on school grounds or at a school activity on any school day while suspended from school. This includes contests at away sites. The suspension is in effect until the student is readmitted to classes by a school administrator.(Asst. Principal and or Principal)

### **Transportation**

- Transportation to and from athletic contests will be provided by the school (with few exceptions). **Athletes are not permitted to drive themselves to or from practices or games at any time.**
- Athletes are expected to return from away contests on the transportation provided by the district. Athletes who need to leave an away contest with his or her parent/guardian must bring a note requesting an exception to the Athletic Director for approval 24 hours prior to the contest. The form can be found on the AHS website under Athletics.

### **Social Media Usage**

Student athletes who post inappropriate pictures, information and or use inappropriate language on social media sites are subject to disciplinary action by the school administration. This includes any inappropriate comments that are directed towards our opponents, their coaching staff, another AHS student athlete, and any member of the current AHS coaching staff.

A first offense will result in a **one game** suspension and the post must be removed immediately upon request of school administration.

A second offense will result in a **two game** suspension from athletics.

A third offense will result in **full dismissal** from athletics for the remainder of the school year.

## **EXPECTATIONS OF PARENTS**

1. Be positive with your athlete; let him/her know that he/she is accomplishing something simply by being part of the team.
2. Encourage your athletes to work hard and do his/her best. Don't offer excuses to your athlete if he/she is not playing. There is usually a reason for it.
3. Be supportive in a positive way. Don't put down the coaches or other athletes. If you are constantly berating your athlete's coach, do not expect positive results from the season.

4. Insist on good grades. Check the number of hours your athlete spends on homework
5. Being a fan does not entitle you to be belligerent or abusive toward game staff, players, coaches or officials. Coaches work with athletes and know their talents. Understand that sons and daughters are often embarrassed by parents who can be heard from the stands.
6. Insist that your athlete respect team rules, school rules, game officials and sportsmanship.
7. Encourage your athletes to play for the love of the game – not scholarship or college admission. This can alleviate a lot of pressure.
8. Remember that the coach is involved as a coach because he/she is sincerely fond of children and is an experienced professional. Coaches have different ways of dealing with people and situations. Athlete's lives are enriched by interactions with different types of leaders.
9. Remember, at a competition, you also represent the school and your son/daughter and you should be a positive role model. Therefore, do not shout advice from the stands. A steady stream of technique suggestions has no value to the athlete. Shout words of encouragement.
10. Be involved with your son's or daughter's team in a positive way. Cheer for all athletes on the team. Help with booster clubs. There are many ways to be involved with the team and be a good sports parent at the same time.
11. Be respectful to all game staff. Do not argue with them. The Athletic Director, Administration, and/or security staff will ask you to leave if you are unable to be positive throughout the entire game. This includes but is not limited to: yelling at officials; coaching from the stands; addressing students by name or number negatively; use of profanity; or being disrespectful overall.

### **NCAA INITIAL-ELIGIBILITY FOR COLLEGE ATHLETES**

Information on initial-eligibility for college participation can be found by logging onto the NCAA Eligibility Center <https://web3.ncaa.org/ecwr3/>. The Athletic and School Counseling Departments work together to produce information on the eligibility process at a student or parent's request. Students should begin thinking about the academic requirements for college participation in their freshman year and register with the eligibility center by the time they are a sophomore. If you have any further questions, please contact the Guidance or athletic departments.