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Dear Parents of Athletes:

This digest represents the combined efforts of the athletic department and the administration and it has been formulated to provide student athletes and parents with a resource which will foster a better understanding of the athletic program. We hope you will familiarize yourselves with the rules and regulations which govern participation in our programs and do your part to support them.

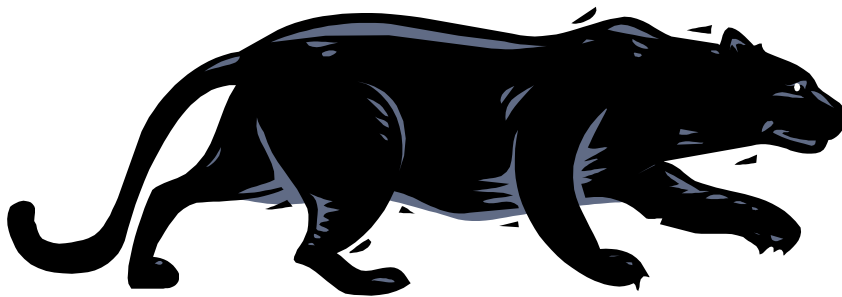
Each sport at the high school is conducted in a manner which we believe is in the best interest of the school and the participants. Parents who disagree with a coach's philosophy or methods, or cannot accept their child's role on a particular team, have a family decision to make. The best advice that can be given is to allow your child to handle all team matters on his/her own. You will be doing them a favor while contributing to their growth, development, and maturity.

As spectators at games, parents can significantly contribute in the fine reputation we have earned in the area of sportsmanship. We sincerely hope you will serve as role models for our student body by exhibiting the highest ideals of good sportsmanship. We must never lose sight of the fact that the participants in interscholastic athletics are only "children."

Parents have always been a tremendous asset to our program and we are grateful for your excellent cooperation, support, and loyalty to athletics. We are looking forward to the coming year and to your continued commitment toward upholding the tradition and pride of our athletic program. Thank you very much.

Sincerely,

Platt High School Athletic Department and
Administration



“IT IS A PRIVILEGE TO PARTICIPATE ON AN ATHLETIC TEAM NOT A STUDENT'S RIGHT”

Platt High School is governed by the Connecticut Interscholastic Athletic Conference (CIAC) and affiliated with the Central Connecticut Conference (CCC) and MUST abide by all the CIAC and CCC rules.

CIAC MISSION STATEMENT

The CIAC believes that interscholastic athletic programs and competitions are an integral part of a student's academic, social, emotional, and physical development. The CIAC promotes the academic mission of schools and honorable competition. As such, the CIAC serves as the regulatory agency for high school interscholastic athletic programs and exists to assure quality experiences that reflect high ethical standards and expectations for fairness, equity and sportsmanship for all student athletes and coaches. The CIAC provides leadership and support for member schools through the voluntary services of dedicated school administrators, athletic directors, coaches and consultants.

LEAGUE AFFILIATION

Platt High School is presently affiliated with the Central Connecticut Conference (CCC). This conference came into existence in the 1984-85 school year. It is comprised of 32 teams that are divided into Four (4) Divisions (North, South, East, and West). Platt competes in the Southern division in all sports with the exception of Football which currently competes in Division III.

Southern Division

Platt
Bristol Central
Bristol Eastern
Berlin
Bulkeley
Maloney
Middletown
Plainville

Football Division III

Platt
Berlin
Bristol Eastern
Northwest Catholic
Rocky Hill
Tolland
Weaver
Wethersfield



TELEPHONE DIRECTORY

Platt High School.....203-235-7962
Athletic Directors Office.....203-235-7962 (Ext. 139)
School Nurse.....203-235-7962 (Ext 117)
Event Postponement Information after 1:30.....203-235-7962
Downstairs Boys Locker room.....203-235-7962 (Ext 143)

Fall Football
Winter Wrestling
Spring Track

Pool Office.....203-235-7962 (Ext 142)
Upstairs Boys Varsity Locker room.....203-235-7962 (Ext 116)

Fall Soccer
Winter Basketball
Spring Golf/Tennis

POSTPONEMENT INFORMATION

Weather related changes and other last minute schedule alterations may force postponements or cancellations of athletic events. Information on these changes will be available after 1:30p.m. for afternoon contests. Please call 203-235-7962 after the appropriate times for an update. Information is also available on the CIAC website, which is www.casciac.org. Individuals may sign up on that site for email notification of schedule changes, including postponements and cancellations.

DIRECTION TO SCHOOLS

Directions to away contest sites are available at www.casciac.org



LIST OF SPORTS

<u>FALL SEASON</u>	<u>BOYS</u>	Cross Country, Football, Soccer
	<u>GIRLS</u>	Cheerleading, Cross Country, Soccer, Swimming, Volleyball
<u>WINTER SEASON</u>	<u>BOYS</u>	Basketball, Indoor Track, Wrestling, Swimming
	<u>GIRLS</u>	Basketball, Cheerleading, Indoor Track
<u>SPRING SEASON</u>	<u>BOYS</u>	Baseball, Golf, Tennis, Track
	<u>GIRLS</u>	Softball, Tennis, Track

	First Practice Date 2010 - 2011	First Practice Date 2011 -2012
FALL	All Sports - August 28 th Football Conditioning Week - August 23 rd	All Sports - August 27 th Football Conditioning Week - Aug. 17 th
WINTER	Girl's Basketball - November 23 rd All others - November 29 th	Girl's Basketball - November 21 st All others November 28 th
SPRING	Baseball Pitchers/Catchers - March 14 th All Others - March 21 st	Baseball Pitchers/Catchers - March 12 th All Others - March 19 th

**** All student-athletes MUST be ready to practice on the first practice day of their season.**

BENEFITS OF PARTICIPATING IN ATHLETICS

Research confirms that there is a direct correlation between success in later life and participation in co-curricular activities such as high school athletics.

We take great pride in our sports program which provides an exceptional opportunity for personal growth. Athletes learn to accept personal responsibility for success or failure and to recognize both limitations and strengths. Participants experience strong feelings of emotion, such as anger, determination, joy, frustration, suspense, and many others. Very few situations in life offer such an opportunity to recognize and handle such intense feelings while on public display.

Student/athletes learn about motivation, self-discipline, self-confidence, loyalty, leadership, sacrifice, extra effort, and a winning attitude----lessons which are valuable in our competitive world.

REQUIREMENTS FOR PARTICIPATION IN ATHLETICS

1. A yearly physical examination is required and **MUST** be dated on or after May 1st. The physical covers all sports for the entire year.
2. The following forms **MUST** also be completed in full **and be returned to your coach:**
 - A. **Athletic Department Training Rules and Agreement to Participate**
 - B. **Interscholastic Sports Insurance**
 - C. **Platt High School's Athletic Code of Conduct**
 - D. **Health History Questionnaire**
 - E. **Emergency Treatment Form**

These requirements must be met **PRIOR** to the first day of tryouts or practices. Failure to do so can seriously impact a student's chances of being part of a team. All forms can be found on the Platt High School website.

Platt High School
Athletic Awards System
Boys and Girls

ATHLETES

Award Certificate

Awarded to all participants on any athletic team upon completion of the sports season.

Letter (8" Chenille)

Awarded to varsity participants completing the designated standards for any sport with the coach's recommendation.

Sports Emblem (Metal)

Appropriate metal sports insignia awarded to letter winners in any sport. Only one (1) sports insignia will be awarded in the same sport.

Service Bar (Metal)

Awarded to letter winners for repeated completion of standards in the same sport.

SPORTS MANAGERS

Award Certificate

Awarded to all managers of any athletic team upon completion of the sports season.

Letter (8" Chenille) and **Manager Emblem (Metal)**

Awarded to managers of any athletic team upon completion of three (3) sports season with coach's recommendation. Awarded one (1) time only.

Service Bar

Awarded to manager letter winners for repeated service in any sports season.

RECORD-JOURNAL SCHOLAR ATHLETE AWARD

The Record-Journal Scholar Athlete Award is given to one athlete from each of our varsity programs. The criteria for selection includes the following:

- Outstanding athletic accomplishment
- Excellence in the classroom
- Strong character
- Leadership both on and off the field
- Valuable contribution to the community

The award winners are nominated by their coach and are honored at our awards ceremony following the sport season.

ATHLETIC PROGRAM GOALS

1. To foster academic and athletic achievement in student athletes by building self-discipline, positive work values and a commitment to personal excellence.
2. To develop in student athletes the desire to continually improve by diligently practicing their skills and consistently adhering to desirable work habits.
3. To accept and respect the coaches' authority and to accept that personal desires may need to be placed below the objectives for the team. Loyalty to the team and acceptance of the importance of placing the team above personal aspirations are essential.
4. To provide opportunities for student athletes to learn to respect others by developing emotional control and a cooperative spirit.
5. To generate school spirit by displaying good citizenship and a positive attitude.
6. To develop positive feelings about athletic activity in student athletes.
7. To stress the importance of proper conditioning and how it relates to personal fitness and health habits.
8. To abide by the Athletic Code of Conduct and thus be an example of a positive role model for others.
9. To instill in our student-athletes a feeling of ownership and a feeling of pride in our school building and our athletic facilities.

SPORTSMANSHIP STATEMENT

All spectators at our athletic events are reminded that they are guests at those contests and proper behavior is expected. Any spectator not abiding by the principles of good sportsmanship will be asked to leave the contest and may have the privilege of attending future contests revoked. Civility by all concerned promotes a positive atmosphere for athletic competition.

PLATT HIGH SCHOOL ATHLETIC EVENTS - SPECTATORS REGULATIONS

To enable all athletes and spectators of Platt High School to enjoy to the fullest the positive benefits of athletic contests, the following regulations apply to spectators:

1. Cheer to support the team. Cheers are in good taste (no insulting or obscene expressions)
2. Show respect to participants, including coaches, officials and opponents.
3. Support cheerleaders, drill team, color guard and pep band in a positive manner.
4. If showing support by dressing up in costumes or using make-up, be sure all is done in good taste.
5. Sit as a cheering section if possible, staying away from playing areas and players benches.
6. Show vocal support without noisemakers.
7. Enjoy the contest without risking harm through horseplay, throwing objects and the like.
8. Respect opposing fans; not engaging in intimidating behavior.
9. Follow normal school rules regarding alcohol, drugs, smoking, etc.
10. Be aware and follow CIAC tournament rules.
11. Be positive spectators, creating a good image - a step above the rest.

STUDENTS' RIGHTS

Each student athlete participating in Platt High Schools Athletic Program has the right to participate in a program that is free of harassment in any form, including sexual harassment. Any concerns related to actions by coaches or others that are questionable in nature must be reported to the athletic coordinator or the school principal.

HAZING

Hazing is any reckless or intentional act that humiliates, degrades, abuses, or endangers a person's physical or mental health for the purpose of initiation in or affiliation with an organization, regardless of that person's willingness to participate. Hazing by an individual or team is not permitted in any form and will not be tolerated. A student aware of any form of hazing directed at himself/herself or another student must report it to an administrator, teacher or coach.

GENERAL PROCEDURES

Athletic Equipment and Uniforms:

1. In most sports, practice and/or game equipment and uniforms will be issued to the student-athlete. He/she must use care so the equipment and other items are not lost, stolen or returned in a condition other than that in which they were issued.
2. All equipment must be returned at the end of the season or upon leaving the team. Students may **not** try out or participate in subsequent sport seasons until all uniforms and/or equipment is returned. If equipment is not returned a payment is needed to replace missing uniforms, equipment, etc. The cost of each item which is not returned will be based on the single unit replacement cost of that item.
3. School owned equipment is to be worn only at scheduled practices or contests. However, on game day jerseys may be worn to school if allowed by a coach. Game shorts are not to be worn to school. Uniforms should not be worn in physical education classes.
4. Athletes found wearing school-owned equipment in public, other than above, will be subject to disciplinary action.
5. All equipment and/or supplies will be issued by a coach. At no time may a student be in an equipment storage area.
6. Do not put cleats/spikes on in the building. Remove muddy and/or wet shoes before entering the school.

Locker Room:

1. Leave valuable items at home.
2. Keep your locker locked at all times except while actually at your locker - even while you are in the shower.
3. The school **will not** be responsible or liable for personal property.
4. Many athletes' careers have been shortened by an injury from "horse-play" in the locker room. All athletes must refrain from this type of behavior.
5. Locker rooms will be cleaned and all articles removed three days after a student-athlete's season ends.

Gymnasium/Weight Room Procedures:

1. No one is permitted in the gymnasium or weight room unless it is during a designated practice period.
2. At no time is it permissible for individuals or groups to work out in the gymnasium or weight room without authorized supervision present.
3. At no time will individuals or groups be working out while other teams are having an official practice or contest, unless they are under the direct supervision of a coach.
4. Teams "in season" have priority on gymnasium use.

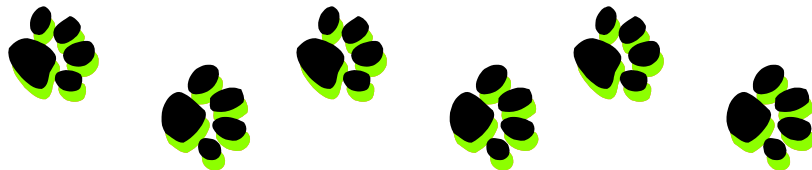
Training Room Procedures and Rules:

(weekly times will be posted on the door of training room)

1. No cleats/spikes or bare feet permitted in the training room.
2. No balls, bats, etc. are permitted in the training room.
3. No horseplay or foul language permitted.
4. No food or beverages are permitted in the training room.
5. No supplies or materials are to be taken or used without the approval of the trainer.
6. Athletes in season have priority from the trainer.
7. All reusable materials (braces, ace wraps, etc.) must be signed out and returned in a clean, and sanitary form after completion of injury rehabilitation.

PROCEDURES FOR TREATING INJURED ATHLETES

1. All injuries sustained while participating must be reported immediately to a member of the student-athlete's team's coaching staff or the team's athletic trainer.
2. Athletes should not try to treat their injuries without consulting their coach or trainer.
3. When playing at away sites, medical treatment may be administered by the home team athletic trainer or the team coach.
4. Coaches will exercise responsibility involving all incidents concerning their athletes. In the event a student must be transported for emergency treatment, a family member, assistant coach, or an adult will ordinarily accompany the injured athlete.
5. If an injury requires a physician's attention, the injured student-athlete must present written authorization from a physician before he/she may return to practices or games.
6. Athletic trainers at the high school have the authority to restrict a student-athlete's participation. Decisions are based on what is best for the student-athlete's present and future health.



MISCELLANEOUS ITEMS

1. **Outside Jobs:** We discourage outside employment for student-athletes while participating on a school team. The limited number of hours available to a student-athlete after school and practice makes it difficult to be employed and still have time for studying.
2. **Vacation Periods:** Students are expected to attend all practice sessions, including those scheduled during vacation periods. Parents are advised to check with the appropriate coach as to his/her policy on missing vacation practices. It is advisable to do this early in the school year so no misunderstanding arises relative to vacation periods.
3. **Travel to Away Contests:** All student athletes must travel with the team to away contests. They must also return from the contest with the team. Student-athletes may, however, return from a contest with a parent or guardian if the parent or guardian personally presents a note requesting the same to the student-athlete's Principal. Travel excusals must only be requested for very important reasons. The parent or guardian can only transport their child.
4. **Appearance:** An athlete is expected to be clean in appearance and neatly dressed at all times. Hair shall be cut to a length suitable for athletic participation and good grooming. Each team's coach is responsible for providing direction relative to acceptable grooming standards. All team members are required to wear the uniform prescribed by his/her coach. All forms of jewelry are prohibited during practices and competitions.
5. **Changing Sports:** Once a student-athlete participates in a contest they are **NOT** allowed to transfer to another sport.
6. **Captain's Practice:** The CIAC and CCC does not in any way sanction, encourage, or condone "Captain's Practice" in any sport. Captain's Practice depending on the member's school involvement, may be a clear violation of eligibility of rule II.D. (season limitations) or certainly a violation of the spirit of rule II.D.
There is also serious practical consideration. Legal counsel advises that if it can be demonstrated that a school is allowing "Captain's Practice," the liability for an injured athlete may be quite serious. The threat of a negligence suit would lie heavy.
7. There is an admission charge for most home events. (this helps defray the cost of officiating, contest support personnel and security)
8. Signs and noisemakers are **not** permitted at athletic contests.
9. All playing implements including balls, bats, racquets, etc. are prohibited in the cafeteria, hallways and all other areas of the school with the exception of the gymnasium (during organized practices only.) Throwing balls in the parking areas or around automobiles is also prohibited. Students will be subject to disciplinary action for violation of this policy.
10. Student-athletes on a team may not play or practice with an outside team in the same sport during the season of that sport.
11. Student-athletes may not park in the rear faculty parking lot during school hours.
12. Student-athletes are to leave school grounds at 2:00pm unless they are being supervised by a teacher or coach.

OUT OF SEASON PRACTICES

It is violation of CIAC regulations for a coach to work with student-athletes outside their sport season. There are some exceptions to this rule. For example, a coach may coach his/her son or daughter. A coach may coach if he/she is a genuine employee of a recreational institution. A coach may coach a non-school team provided there are no more than a designated number of his/her student-athletes on the team. That number varies by sport and is established by the CIAC. Coaching in a non-team setting is prohibited. There are additional exceptions to the out of season prohibition on coaching. For more information on this regulation, please contact the athletic coordinator. Out of season conditioning programs are permitted, and the coach of a sport may conduct them.

DISQUALIFICATION FROM PLAY

When an athlete is ejected from a contest for unsportsmanlike behavior or fighting, including taunting, the athlete is ineligible to participate in the next contest at the same level of play (even if the next contest does not occur until league or CIAC tournament play or next year.) If one or more different level contests are scheduled prior to the next contest at the same level of play, the athlete shall be ineligible to participate in the next (but no more than one) contest at all other levels of play.

Disqualifications from athletic contests are examples of poor sportsmanship and are inexcusable. We do not expect student-athletes or coaches to be disqualified from any contest.

IF YOU LIKE GOOD SPORTS, BE ONE!

HIGH SCHOOL PHYSICAL EDUCATION POLICY

No one is excused from physical education classes as a result of being on a team.

CONFLICT WITH CO-CURRICULAR ACTIVITIES

Many student-athletes **choose** to participate in extra curricular activities during his/her sport seasons. Although this is not prohibited, coaches do reserve the right to expect members of the team to be present at all practices and contests!



CIAC ACADEMIC AND ELIGIBILITY REQUIREMENTS

ATTENTION ATHLETES

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) 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 before July 1; 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.)
6. 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:
 - 1) Participation in parent/child tournaments and caddy tournaments.
 - 2) 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.
7. You play under an assumed name on an outside team; (Rule II.F.)
8. You receive personal economic gain for participation in any CIAC sport. (Rule II.F.)
9. 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.
10. Local rules may be more restrictive than those of the CIAC. (See additional eligibility requirements under policies and procedures).

* **For fall sports eligibility** - student must have received credit for four (4) units or its equivalent towards graduation at the close of the school year preceding the contest.

NOTE: Marking period grades (not semester grades) are to be used in determining scholastic eligibility, except for fall eligibility.

RULES OF ELIGIBILITY AND CONTROL - SCHOLARSHIP

INCOMPLETE GRADES ARE NOT CONSIDERED AS PASSING GRADES.

The most recent marking period grades at the start of a season are to be used in determining scholastic eligibility to participate in interscholastic athletics during any given season. To be eligible for fall sports a pupil must have received credit toward graduation for four (4) units of work for which he/she has not previously received credit.....the final academic grade average determines fall eligibility. Semester courses or mini courses completed earlier in the school year may be counted toward the four units used in determining eligibility for the fall season. (Year-end failures may be made up through successful completion of approved summer work in courses failed.)

IMPORTANT INFORMATION ABOUT NCAA ELIGIBILITY

The NCAA Division I initial-eligibility rules are changing. Please be aware that your freshmen (9th grade class) this academic year, 2009-2010, must present 16 core courses to the NCAA Eligibility Clearinghouse upon graduation in order to qualify for aid, practice, and competition in their first year of collegiate enrollment (2010-11).

The new rule **INCREASES** the number of core courses from 14 to 16. The additional core courses must come from the following areas: English, mathematics, natural/physical sciences, social science, foreign language, non-doctrinal religion/philosophy, or computer science. The breakdown of core courses requirements is listed below. The new rule and present rule are outlined below.

After graduation from high school in the spring of 2010, the final certification report, which is based on the academic record from grade nine through 12, will be evaluated under the new rule. It is not possible to mix and match rules.

PRESENT RULE	NEW RULE
14 Core Courses <ul style="list-style-type: none">• 4 years of English• 2 years of Mathematics (Algebra1 or higher)• 2 years of natural/physical science (1 Year of lab is offered by high school)• 1 year of additional English, mathematics or natural/physical science• 2 years of social science• 3 years of additional courses (from any are above foreign language, non-doctrinal religion/philosophy, computer science*)	16 Core Courses <ul style="list-style-type: none">• 4 years of English• 3 years of Mathematics (Algebra1 or higher)• 2 years of natural/physical science (1 Year of lab is offered by high school)• 1 year of additional English, mathematics or natural/physical science• 2 years of social science• 4 years of additional courses (from any are above foreign language, non-doctrinal religion/philosophy, computer science*)

***Please note:** Computer science is being eliminated as an acceptable core-course area for students first entering any college or university on or after August 1, 2005. Students entering college on or after August 1, 2005, may **NOT** use any computer science courses in meeting the core-course requirements.

Parent/Athlete/Coach - Communication Guide

Our Philosophy

Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.

The school athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff.

We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

Parent/Guardian's Expectations

A. It is reasonable to expect your child's coach to inform you:

- When and where practices and contests are held.
- About his/her coaching philosophy.
- About the expectations he/she has for your son or daughter.
- What is required to be part of the team, i.e., special equipment, voluntary off-season conditioning, lettering requirements, etc
- If your child is injured during participation in a practice or contest.
- Whenever any disciplinary action results in your son/daughter being denied participation in a practice or contest.

B. Typical concerns of parents that are appropriate to discuss with a coach are:

1. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her academic performance).
2. How can you contribute to your child's skill improvement and development?
3. Any dramatic changes you detect in your child's behavior.

Our Expectations

A. It is inappropriate to discuss with a coach:

1. Playing time
2. Team strategy or play calling
3. Other student-athletes

B. Coaches often need parents and/or student-athletes to tell them:

1. Any specific health concerns about your son/daughter expressed directly and informally to the head coach at a mutually convenient time.
2. Notification of any schedule conflicts well in advance.
3. Your commitment to the program, and how you plan to make a contribution to the program's success. For example, one way to be sure your child is at practice each day on time and to supervise that your child gets enough rest and nutrition at home.
4. Strategies that have worked for you in dealing with your son/daughter being successful in the past.

C. If you have a concern to discuss with a coach, what procedure should you follow?

1. Make an appointment with the coach. Never approach the coach after a game unless the coach requests this.
2. If the coach cannot be reached, call the Athletic Director to set up a meeting.
3. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and the coach and this period does not promote objective analysis of the situation.

D. **What should you do if the meeting with the coach does not result in a resolution to the problem?**

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined



SUBSTANCE USE, POSSESSION, OR DISTRIBUTION

- The use of any tobacco product.
- The possession of any lighted smoking materials
- The possession or use of alcoholic beverages or illegal/unauthorized drugs, including marijuana and anabolic steroids on school premises or in connections with school functions. Possession includes having material in automobile, locker, or similar location.
- Being under the influence of alcohol or drugs at school, school functions, part of a group, or part of a group where there is obvious drug or alcohol related activity.
- Any improper connections with drugs or alcohol, including selling, supplying, trading and the like.

In addition to school disciplinary action, violations of any or all of the above may result in suspension or possible expulsion from the team depending on the circumstances involved and the coach's judgment. Your behavior is a direct reflection of your team. As a representative of your school and community, it is essential that you do the "right" thing. Behavior that reflects poorly on your team will not be tolerated. Training rules **must** be followed. **YOU** are accountable for your actions both on and off the field.

TERMS:

Drugs: Any alcohol, tobacco products, controlled drugs, illegal substances, substance facsimile, inhalants or any medication for which the student does not have a prescription from a licensed health care professional, or a substance or medication which is misused.

Controlled Drug(s): Are those drugs which contain any quantity of a substance which has been designed as subject to the federal Controlled Substance Act, or which has been designated as a depressant or stimulant drug pursuant to federal food and drug laws, or which has been designated by the commissioner of consumer protection pursuant to Section 21a-243 of the Connecticut General Statutes as having a stimulant, depressant or hallucinogenic effect upon the higher functions of the central nervous system and as having a tendency to promote abuse and/or psychological or physiological dependence. Such controlled drugs are classified as amphetamine-type, barbituate-type and other stimulant and depressant drugs.

Drug Paraphernalia: Refers to equipment, products and materials of any kind which are used, intended for use or designated for use in planting, propagating, cultivating, growing, harvesting, manufacturing, compounding, converting, producing, processing, preparing, testing, analyzing, packaging, repackaging, storing, containing, concealing, injecting, ingesting, inhaling, or introducing into the human body controlled substances (e.g. bongs, pipes, roach clips, miniature cocaine spoons, crack vials, tobacco rolling papers) or any object or container used, intended for use, or designed for use in storing, concealing, or distributing controlled substances.

Possession: Any possession, which is unlawful under Connecticut State Law or Meriden Board of Education Policy.

Distribution: Giving possession of a drug to another person, whether or not for compensation.

Use: Ingesting, injecting, inhaling, or otherwise causing a drug to reach the bloodstream or digestive tract.

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 any 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 Director of Athletics.
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 Director of Athletics.
5. These are the steps to be followed for conflict resolution:
 - a. Athlete - Captain
 - b. Athlete - Coach
 - c. Athlete - Director of Athletics
 - d. Parent - Coach
 - e. Parent - Director of Athletics
 - f. Parent - Principal

Areas that will not be discussed include the following: Playing time, discussions about other student athletes, and game strategies.

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. Don't offer excuses to your athlete if he/she is not playing. There is usually a reason for it. Encourage your athlete to work hard and do his/her best.
3. 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. Be supportive in a positive way!
4. Insist on good grades. Check the number of hours your athlete spends on homework.
5. Don't try to live your life vicariously through your athlete. High school athletics is for high school students only!
6. Being a fan does not entitle you to be belligerent or abusive toward players, coaches or officials. Coaches work with athletes and know their talents. Respect that! Those who have actually played, officiated or coached ordinarily understand the nature of sport, and they are less likely to be a poor fan. **Also, consider that sons and daughters are often embarrassed by parents who can be heard from the stands.**
7. Insist that your athlete respect team rules, school rules, game officials and sportsmanship. Don't let him/her embarrass his/her family, school and team by a rude gesture or incident. Self-respect begins with self-control.
8. Encourage your athlete to maintain a positive self-image by believing in himself or herself. Don't compare and contrast athletes with family members who have previously played. Don't put added pressure on your athlete to be much better than his/her siblings.
9. Encourage your athlete to play for the love of the game - not a scholarship or college admission. This alleviates a lot of pressure for a child.
10. 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. Athletes' lives are enriched by interactions with different types of leaders.
11. Remember, at a competition, you, the parent, represent the school and your son/daughter and you should be a positive role model. Therefore, do not shout advice from stands. A steady stream of technique suggestions has no value to the athlete. Shout encouragement? You bet!
12. Be involved with your son's or daughter's team in a positive way. Cheer for all the kids on the team. Help with booster club fund raising. There are hundreds of ways to be involved with the team and be a good parent at the same time.

