

Rocky Hill
High School

ATHLETIC
HANDBOOK

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STAFF DIRECTORY

ROCKY HILL HIGH SCHOOL
 50 Chapin Ave.
 Rocky Hill, CT 06067

Phone: (860) 258-7721
 Fax: (860) 258-7735

Principal: Mr. Mario Almeida
 Assistant Principal: Mr. Edward Malizia
 Athletic Director: Mr. Thomas McCabe

ATHLETIC MEDICINE

Athletic Trainer Solutions
 466 South Elm Street
 Wallingford, CT 06492
 (860) 805-7259 Fax 203-265-1505
 e-mail: edk@athletictrainersolutions.com
 web address: www.athletictrainersolutions.com

Athletic Trainer: Ed Kravitz
 School Nurse: Maureen Schaffer

COACHING ROSTER

<u>SPORT</u>	<u>BOYS</u>		<u>GIRLS</u>	
	<u>JV</u>	<u>VARSITY</u>	<u>JV</u>	<u>VARSITY</u>
Baseball	Glen Rowland	George McKinnon		
Basketball	Garrett Kelly	Pete Asadourian	Rich Deneen	Peter Egan
Cheerleading				Lauren Jeffers
Cross Country		Brian Graca		Zoe Dolan
Football	Larry Fritz	Dave Coyne		
Golf		Richard Bruneau		
Hockey		Sean Cole		
Indoor Track		Brian Graca		Brian Graca
Outdoor Track		Brian Graca		Brian Graca
Soccer	Marcelo Caetano		AnnMarie Catania	Bill Pacelia
Softball				Gil Gioia
Swimming		Lisa Cooney		Lisa Cooney
Tennis		Rich Seidman		Zoe Dolan
Volleyball				George McKinnon
Wrestling		Sal Maimone		

Athletic Booster Club

The Rocky Hill High School Athletic Booster Club (ABC) is a non-profit organization established for the purpose of augmenting the Board of Education budget in the area of athletics. The boosters conduct extensive fundraising and have contributed thousands of dollars to the athletic program with benefit to all sports. Parents and coaches are encouraged to become active members of the ABC and should contact the Athletic Director or the ABC membership board for information.

Athletic Trainer Services

Athletic trainer services are contracted between Athletic Trainer Solutions and the Rocky Hill School District. Whenever possible, a certified athletic trainer will be on duty at home athletic contests. A trainer is also available periodically after school for evaluation of athletic injuries. Whenever necessary, athletes with injuries are encouraged to see the trainer for a physical evaluation. Students who can not see a trainer while at school may get an evaluation at the facility of their choice. Evaluations performed at the school are free of charge to all athletes. There will be instances where an athlete's injury will require additional medical treatment. The athletic trainer may refer an athlete to his/her family doctor, or may recommend a conditioning or rehabilitation program. Payment for such additional treatment is explained in this handbook under "Injuries/Insurance".

Attendance Policy – Athletics

Students are required to be in school by 10:30am to be eligible to participate or attend extra-curricular activities that day (with the exception of approved field trips). This includes both contests and practices. For those sports that hold practice before school, students must also attend school that day. Students who fail to abide by this regulation will become ineligible to participate in the next contest or practice, depending on which was attended improperly.

All teams will have a written policy regarding attendance regulations, which will address the expectations of athletes and the action to be taken when an athlete violates the policy. Included in this policy will be the actions taken for student who misses a practice the day before a contest.

All sports have practices, and most have contests scheduled during school vacations. Team attendance expectations and rules apply the same for these periods, and family vacations are not exempt from the policies of any team.

Awards

In order to receive an Athletic Department award, a student must complete the season as an active member of the team. Eligible athletes are presented **Class Numerals** for first participation in any sport on any level. Upon recommendation of the head coach and approval by the Athletic Director, an athlete meeting the established criteria for a sport may earn a **Varsity letter**. The first time this letter is earned the athlete receives a Chenille letter and a **Gold Team Pin**. An athlete who earns an additional letter in a different sport will receive an additional team pin for that sport. Special pins are available for Managers and Team Captains. Under extenuating circumstances, a coach may recommend a student to the athletic director for a varsity letter who has not fulfilled the varsity letter criteria. Such recommendation must include a written statement describing the reasons that warrant consideration for an exception.

Awards Night

Following each sports season, the school hosts a Sport's Awards Night open to all athletes (Varsity, JV and freshman), and their families. Athletes from each sport and their families meet with their teammates and coaches for presentation of certificates and a season wrap-up. Athletes, families and coaches from all sports also gather as a large group in the auditorium for presentation of special awards. These awards are presented to those athletes deserving of special recognition, such as Team MVP, Rookie of the year, etc. Athletes are expected to dress appropriately for awards night.

Captains

Captains will be selected for each varsity sport. To be eligible for a team captaincy, an athlete must:

- Have varsity experience;
- Have demonstrated leadership potential, dependability, commitment to the team, and good sportsmanship;
- Have no failing grades on the most recent report card;
- Be a positive role model;
- Have no violation of a school rule that resulted in a suspension from school during the current school year.

Captains who do not hold to the above standards may be removed as team captain after an informal hearing with the coach and Athletic Director.

Each head coach is responsible for the selection of team captains, the duration of the assignment, and the number of captains for each team. No team shall have more than three captains unless approved by the Athletic Director.

Each season, the CCC hosts a Captains' Training Seminar and Luncheon. Captains from each sport and from each school meet to discuss relevant issues within the league and to promote positive sportsmanship between league schools. All team captains are required to attend.

Captain's Practices

The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC and CCC 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.

CIAC

The Connecticut Interscholastic Athletic Conference is the governing body for high school athletics in the state. Their website "casgiac.org" can provide a wide variety of information including eligibility criteria for athletes, schedules for any team in the state (see "Schedules" in this handbook), directions to any athletic facility or high school in the state (see "Directions"), athletic contest results, tournament schedules, pairings and results.

CIAC Scholar-Athlete

Each year, the CIAC recognizes one male and one female senior athlete from each school in the state as the Scholar-Athletes of the year. These athletes are recognized at a banquet in May.

Conditioning Programs

In accordance with CIAC rules, athletes may participate in a school-run conditioning program out of season. These programs are not mandatory and can not be sport specific. Athletes who elect to participate must have a physical exam on record within one year of the dates of the conditioning program. Athletes may participate in private conditioning programs at their own expense.

Conference Affiliation

Rocky Hill participates in the Central Connecticut Conference a 4 league division with 8 teams in each division comprising a 32 team league. The purpose of the Central Connecticut Conference is to allow member schools, through a formal organization, to best serve the aims of their inter-scholastic athletic programs. These aims include

the development of friendly rivalries, new friendships, improved playing skills, better community relations, and the fostering at all times, by word and action, the qualities of fair play, courtesy, and good sportsmanship on the part of the coach, the player, the student body, and the community.

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.

Directions

Directions to all athletic contests can be found on line at casciac.org. Select the “Directions” tab at the top of the page. The first choice on the screen will allow you to type in a school name and get driving directions to that school through mapquest.com. Below that, you may select any school from the pull-down menu and get a list of where that school holds its athletic contests, and directions to those facilities. These directions are provided by the school itself. Further down on the same page is a list of facilities (with directions) often used by the CIAC as neutral sites, banquet facilities, state tournament sites, or special events.

Dismissal From Team

At any point in a season, an athlete who fails to abide by team rules or the rules of the Athletic Department may be dismissed from the team. The coach or the school administration may implement the process of dismissing a player. For a coach to dismiss a player, the coach must first conduct a meeting with the athlete and notify the athlete’s parents about the pending dismissal. The coach will then submit a written request to have the athlete removed from the team roster to the Athletic Director. If warranted, the Athletic Director will then remove the athlete from the team. The athlete and/or the athlete’s parents may request a hearing with the Athletic Director and/or the principal to contest the dismissal.

Dress Code

As representatives of Rocky Hill High School, athletes and coaches are expected to dress appropriately. On the day of a contest, athletes are expected to dress in a manner deemed appropriate by the coach both in school and at the contest. This may include shirt and tie for males and skirts or pants/blouse for females. Team uniform days may also

be permitted at the discretion of the coach. At practices, athletes may not wear underwear as outerwear (including sports bras).

Eligibility

Student eligibility will be determined by the CIAC criteria as outlined in appendix [A]. Academic eligibility for fall sports is determined by successfully accumulating four credits toward graduation in the preceding school year (physical education excluded). Failures made up in summer school (or in an approved tutorial) are acceptable. Eligibility in fall sports is reviewed at the completion of the first quarter; continuation in a fall sport is dependent on the athlete passing four full time subjects effective the day report cards are issued.

Academic eligibility to begin competition in the winter season is also based on successful progress (60 or better) in four full time classes for first quarter. Continuation in a winter sport after the end of the first semester is dependent on successful progress during the second quarter, and is based on *second quarter grades* at the time report cards are issued, not semester or exam grades.

Academic eligibility to begin competition in the spring season is based on successful progress (60 or better) in four full time classes for second quarter. Continuation in a spring sport after the end of the third quarter is dependent on successful progress during the third quarter, and is based on those grades at the time report cards are issued.

Students who are ineligible at the start of a season may become eligible during the season. In these cases, an athlete may join a team whose season is in progress. For teams that conduct tryouts as a condition of qualifying for a roster spot, the athlete will be required to meet the same tryout conditions as other team members and may be subject to cuts. Prior to participation in any contest, previously ineligible athletes must first practice in a team setting for a minimum of 15 practices. At the discretion of the coach, and providing all other conditions for participation have been met, these 15 practices may occur before the athlete becomes eligible. In these instances, the athlete may not exceed 15 practices while ineligible.

Eligibility Officers

The athletic director and the principal are appointed by the CIAC as the only individuals allowed to interpret CIAC eligibility rules. At the direction of the CIAC, coaches, parents, students, guidance counselors, and teachers are not permitted to interpret eligibility rules or answer eligibility questions. As such, the CIAC will only discuss eligibility questions with the principals and athletic directors of member schools. The CIAC has directed schools to inform all parties that no other individual should contact the CIAC regarding eligibility. All inquiries made by persons other than the principal or athletic director will be refused. Parents or students with questions regarding eligibility should contact the athletic director.

Athletic Requirements for Participation

In order to participate in any sport at Rocky Hill the following requirements must be met:

1. Sports Health Assessment Form completed by Physician and Parent/Guardian submitted to the Director of Athletics.
2. Parent/Athlete Acknowledgement/Emergency Medical Form completed and submitted to the Director of Athletics.
3. All CIAC and school eligibility requirements must be satisfied.
4. Student-Athlete Sports Contract submitted to the Director of Athletics.

Equipment/Uniforms

All athletic equipment and uniforms issued to athletes must be turned in to the coach promptly upon the conclusion of the athletic season. Uniforms should be cleaned. Any missing or damaged equipment is the responsibility of the athlete. Until the athlete has returned or paid for missing items, the school will withhold athletic awards, report cards,

and transcripts. In addition, the athlete will get no other equipment issued to them, including uniforms for other sports.

Equipment Storage

During the school day, students may lock their gym bags and athletic equipment in the locker room across from the gym. Equipment must be dropped off prior to 7:20 a.m. each day and picked up immediately at 2:10 p.m. The room is kept locked during the day. Athletes do not have access to their bags during the day. It is recommended that students do not leave items of value in their bags.

Exam Schedules

It is understood that exam week is a stressful time for all students. Due to scheduling constraints, it is not always possible to eliminate contests from the schedule during exam week. Athletic events held during exam week will, as often as possible, be scheduled early in the afternoon to minimize their impact on exam preparation. Team practices will still be held, but may be shortened at the discretion of the coach. Consideration will be given students who have academic responsibilities that may require them to miss athletic activities.

Fundraising

The Athletic Booster Club exists for the benefit of all athletic teams at the high school. However, there may be times when individual teams fundraise for the purpose of purchasing sport-specific items that are beyond the athletic department budget and the booster club funds. All fundraising must be approved by the administration. Athletes are encouraged to participate in team fundraisers, but participation is not required as a condition of team membership. Any funds raised by an individual team must be deposited in that team's account in the Student Activity Fund (SAF). All purchases for that team using fundraised money will then be paid for out of their account.

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. Athletes who participate in hazing will be punished by penalties including, but not limited to, dismissal from the team. This policy applies to all situations whether school is in session or not, and whether done in a team setting or not. See Board of Education policy (5114 section III) for further information.

Indebtedness

Any athlete who fails to turn in team equipment or uniforms at the end of the season will be placed on the indebted list. Those students will not be able to join any other team, receive report cards or have transcripts sent to colleges until they return or pay for the delinquent item. **ALL ITEMS MUST BE RETURNED TO THE COACH, WHO WILL THEN NOTIFY THE OFFICE OF THE RELEASE FROM INDEBTEDNESS.** School office personnel and the athletic director **CAN NOT** accept uniforms or equipment. Items being paid for can be paid at the office.

Injuries/Insurance

Athletic activity involves the potential for injury that is inherent in all sports. Even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

Athletes who are injured during a practice or contest **must report their injury to the athletic trainer (if available) and the coach.** All coaches are required to be certified by the Red Cross in basic first aid and CPR. The coach or trainer will make a recommendation on the level of medical treatment needed for the injury. If necessary, a parent will be notified through the contact information on the athlete's emergency form. An athlete may not return to the practice or contest without the consent of the coach. **Athletes who fail to notify their coach of an injury and then seek medical treatment will jeopardize their ability to have the treatment covered by school insurance.**

Student-athletes are covered by school insurance during the time they are engaged in a sport, and the school acts as a secondary insurer in such cases. The following procedure must be followed in the case of any injury requiring medical treatment beyond the free consultation with the athletic trainer. It is important to note that the athletes are only insured during their athletic competitions and practices. Injuries received at other times (such as in gym class or while training on their own) are not covered by the school's athletic insurance policy.

1. The **Athletic Trainer** or **coach** may make an initial assessment of athletic injuries and may make recommendations to the **parent/guardian**.
2. The **parent/guardian** seeks appropriate medical care as allowed by his/her own insurance carrier. If the parent's insurance is a PPO or HMO, they should stay in-network as the benefits may be reduced by 50% for out-of-network treatment. Injury treatment must commence within 90 days of the date of injury.
3. As soon after the injury occurs as possible, the **coach** fills out a town of Rocky Hill accident report form ("Report of Incident/Accident on Town Property or at Sponsored Activity") and submits to the office. This form is kept on record.
4. The **coach** completes Part I ("*School Report*") of the secondary insurance claim form ("*Notification of Injury*") and gives this form to the **parent/guardian** of the injured athlete.
5. The **parent/guardian** completes Part II of the secondary insurance claim form. When the claim form is complete, parents should mail the form to the school insurance carrier at the address on the form. Claim forms must be submitted within 90 days of the date of injury. Parents should make copies of the completed form for their records.
6. The **parent/guardian** submits any bills for treatment to his/her own insurance carrier for payment. Parents should make copies of all bills for their records.
7. In the case where the **parent/guardian's** primary insurance does not fully cover all expenses, the **parent/guardian** should then submit to the **school insurance company** the following:
 - the "explanation of benefits" (EOB) from their own insurance company indicating that there was some amount not covered;
 - any outstanding itemized bills (statements will not be accepted).
8. The **school insurance company** will match all received bills and EOBs with the previously submitted claim form and will make payments directly to physicians and providers. The **parent/guardian** should not have to make payments out of pocket. If this is unavoidable, the **parent/guardian** should submit paid receipts to the school insurance company in addition to the items listed above.

Any injured athlete who misses more than five consecutive days of practice/contests must get medical clearance from a physician before being permitted to resume athletic activity.

JV/Freshman Philosophy

Whenever appropriate and where sufficient interest exists, the athletic department offers Junior Varsity (JV) and Freshman teams. These teams are developmental in nature and are offered to improve athletes' skills and provide a team environment on a competitive level for students who may not be ready for varsity play. In some sports, tryouts are required for JV as well as varsity. However, it is the policy of the athletic department that all JV athletes get a chance to play in each contest unless there are extenuating discipline circumstances. This should not be interpreted that all playing time will be equally distributed, only that every JV athlete will get an opportunity to contribute to the team.

NCAA Requirements

The NCAA has detailed requirements for participation in athletics on the collegiate level. These requirements include eligibility standards, recruiting limitations, and Clearinghouse registration. Any athlete intending on athletic participation in college (Division I or II), and parents of these athletes should become familiar with NCAA regulations. A summary of these regulations is available in the guidance office. Additional information can be found at www.NCAAstudent.org. Questions can be brought to the athlete's guidance counselor.

CCC Scholar-Athletes

Each sports season, the CCC recognizes eligible athletes from each school in the CCC as Scholar-Athletes. These athletes are recognized with certificates at sports night. Selection is based on the following criteria: (1) they must have earned a varsity letter for the previous athletic season; (2) they must have achieved an average of 88 or better for the preceding marking period (spring sports are based on third quarter grades).

Out of School Conduct

Student-athletes at Rocky Hill High School are expected to act in a legal and responsible manner, realizing that at all times, they are representing their school and team. Conduct out of school which discredits or embarrasses Rocky Hill High school, the Athletic Department or any sport may result in athletic department disciplinary action up to and including dismissal from a team. Further disciplinary action may also be taken if deemed appropriate by the school administration. Please see "Expectations for Student Athletes" and the section of this handbook entitled "substance abuse".

Participation Fees

Effective September 2004, participation fees have been discontinued by the Board of Education. However, due to the expensive nature of the sport, athletes who participate in Ice Hockey must pay a fee. This fee has ranged from \$250 to \$550 (the exact amount will vary depending on the number of players participating) and must be paid prior to the start of hockey season.

Physical Exam Requirements

Students participating in athletics at Rocky Hill High School are required to have a physical examination. A sports physical is valid for 13 months, but *must include the entire season for the sport in which the student will participate*. Effective June 2004, the Board of Education discontinued the practice of offering school sports physicals during the summer. Parents must have athletes' private physicians perform the exam and must forward the completed paperwork to the school nurse prior to the athlete trying out for a team. Sports physical forms are available in the main office. Any questions regarding health assessments should be directed to the school nurse or the Director of Athletics.

Postponements of Athletic Events

In the event of inclement weather the day of an athletic contest, a decision to postpone or cancel an athletic event will be made prior to 1:00 p.m. Team practices are at the discretion of the coach and may still occur. Athletes will be notified over the public address system. In the event of an early release or a school cancellation due to snow, all extra curricular activities are cancelled, including team practices. Postponements due to other reasons may occur occasionally; in these instances, coaches will inform their athletes with as much advance notice as possible. Any changes in the original published athletic schedule can be found at the CIAC website (see "Schedules" in this handbook).

Preseason Parent Meetings

The CIAC requires each team to conduct a mandatory pre-season parent meeting. This meeting provides parents with important information regarding the impending season. Items of importance to be discussed at this meeting include CIAC eligibility requirements, team goals, injury and insurance procedures, team attendance policies, playing time considerations, hazing prevention, tryout procedures, substance abuse/chemical health, and anything else the coach deems necessary for athletes and their parents to know. Parents should make every effort to attend.

Schedules

Schedules for all schools and teams in the state, including Rocky Hill, are available on line at casciac.org. These schedules include locations of events not held at the home team's school and include links to directions to these facilities. Any event listed as "away" on the schedule is held at the high school of the opponent except as shown on the schedule. As postponements or changes are made to the schedule, the CIAC website is updated. Paper copies of a particular team schedule can be obtained from the coach of that team.

Starting Dates for the 2010 – 2011 School Year are:

Fall Sports – Saturday, August 28 (Football, Monday August 23)

Winter Sports – Monday, November 29 (Girls' Basketball Monday November 22)

Spring Sports – Monday, March 21 (Baseball pitchers and catchers, Monday March 14)

Sports Offered at Rocky Hill High School:

FALL

BOYS

Cross Country
Football*
Soccer

GIRLS

Cross-Country
Soccer
Swimming
Volleyball**

COED

Cheerleading **

WINTER

BOYS

Basketball**
Wrestling*
Ice Hockey*
Indoor Track
Swimming

GIRLS

Basketball**
Indoor Track

COED

Cheerleading **

SPRING

BOYS

Baseball **
Tennis **
Track & Field
Golf **
Lacrosse (club team)

GIRLS

Softball **
Tennis **
Track & Field
Lacrosse (club team)

*Girls are permitted to participate on these teams; Boys may not participate on girls' teams.

**These teams have limited roster spots and may require a "tryout"

Where sufficient interest exists, students may petition the administration for the addition of athletic activities to the athletic program. The decision to add a sport is made by the Board of Education.

Substance Abuse/Chemical Health

The use of smoking materials or any other tobacco product, any type of alcoholic product, or any narcotic or drug is absolutely forbidden. This includes the use of anabolic steroids, hormones and analogues, diuretics and other performance enhancing substances. The possession of alcoholic beverages, any narcotics, or any drugs (except as noted in the student handbook as "Medication") is also forbidden. All school rules and regulations regarding substance abuse are outlined in the student handbook. These rules apply to all athletes and at all CIAC controlled activities sponsored by the school including athletic events, practices and team meetings/gatherings. Participation in these activities is a privilege, not a right. As such, the CIAC may impose sanctions beyond those applied by the school for use of these substances by athletes. A complete statement of the CIAC chemical health policy is included as appendix B of this handbook. Please make special note of the minimum penalty for use of performance enhancing substances.

In addition, athletes are not to be in the presence of and are expected to remove themselves from any situations of underage alcohol consumption or illegal use of drugs, whether occurring on or off school grounds. Failure to comply with this requirement shall result in discipline up to and including removal from the team. Any violation of school rules involving drugs or alcohol will result in dismissal from an athletic team. Any violation of a school rule involving smoking or other tobacco products will result in a two game suspension from athletic competition on the first offense, and dismissal from the team on the second offense.

Rocky Hill High School provides preventative and intervention educational programs for its student-athletes. All students receive preventative education through the Health curriculum and the "Wellness" component of the Physical Education curriculum. This education is reinforced through information provided by the coaches of each team, and the athletic trainer. If necessary, students will be referred to the Town of Rocky Hill Youth Services for appropriate intervention programs.

The use or possession of tobacco (including smoking, chewing, or use of snuff) will result in a two week suspension from the team. A second violation of this nature will result in removal from the team for the season. A smoking cessation program will be recommended for the student-athlete.

The principal, in consultation with the assistant principal, school nurse, athletic director, and athletic trainer shall be responsible for the administration, enforcement, and monitoring of the policies regarding alcohol and drug use. By signing the athletic permission slip, athletes and parents/guardians acknowledge that they have read and fully understand all the policy and procedures as they pertain to alcohol and drug use, including team, school, and CIAC imposed consequences.

Suspension/Saturday detention

Students suspended from school, (outside or in-school suspension) are not permitted to participate in, or attend any athletic event during the period of their suspension. This includes team practices. Students assigned Saturday Detention may not participate in any athletic event on that Saturday including team practices. In addition to school suspension/detention, team coaches may impose team penalties if warranted, up to and including dismissal from the team.

Team Rosters/Tryouts

The number of students permitted on some teams may be limited due to allowable roster sizes. For these teams, a tryout will be conducted. At the tryout, all athletes will be afforded an opportunity to showcase their talents and earn a spot on the roster. For some teams, selection may be highly competitive, and the ability level necessary to make a Varsity or JV roster will vary from year to year. Coaches are required to have in place fair and consistent evaluation criteria for the tryout period. Basis for team selection will be at the sole discretion of the coach. **Just because a student/athlete has participated on a team before does not mean that they cannot be cut the following year. All student/athletes are required to go through a fair tryout.** Athletes who become Rocky Hill students or athletes who become eligible for participation after the tryout period is conducted will be evaluated individually at the discretion of the coach. For a list of sports which typically require tryouts, see "Sports Offered" in this handbook.

Title IX

Title IX is a United States Code implemented in 1972. It reads:

No person in the United States shall, on the basis of gender, be excluded from participation, be denied the benefits of, be treated differently from another person or otherwise be discriminated against in any interscholastic, intercollegiate, club or intramural athletics offered by a recipient, and no recipient shall provide any athletics separately on such basis.

Title IX concerns or complaints may be brought in writing to the Athletic Director or to the Rocky Hill School District Title IX Coordinator.

Travel

Travel to all away athletic contests must be by team bus (with the exception of Hockey). No athlete will be permitted to participate in an away contest if travel was not by team bus. In the case of Ice Hockey, parents/guardians must provide transportation to practices and contests. An athlete may petition the principal in writing for an exception to this rule. A note from a parent granting permission to be transported to or from a contest must be signed by the parent and the principal (or athletic director acting on his behalf) and then given to the coach. Any athlete that leaves an away athletic event without prior written approval of the principal as outlined above, will face disciplinary action including, but not limited to, suspension from the next athletic contest.

Weight Room

Rocky Hill High School's weight room is available for the physical training of athletes. Use of the weight room is only permitted under the supervision of a coach or the Athletic Trainer. At no time should an athlete work out alone or unsupervised. It is also important that athletes using the equipment be properly trained in its use by a coach or athletic trainer.

Policies and Procedures For All Student/Athletes

- A. Substance Abuse Policy – Use, possession, or distribution of illicit drugs, including anabolic steroids, alcohol, drug paraphernalia or the misuse of other drugs/medications will result in the possible removal from the team for the season. The student/athlete shall report any use of medication(s) prescribed by a physician to the coach. The use or possession of tobacco (including smoking, chewing, or use of snuff) will result in a two (2) week suspension from the team and a referral to a smoking cessation program. A second violation of this nature will result in the dismissal from the team for the season.
- B. Appropriate Behavior –
 - 1. Any student/athlete who initiates a fight will face possible dismissal from the team.
 - 2. Verbal and/or physical abuse of officials or coaches by student/athletes will result in possible dismissal from the team.
 - 3. The following behaviors will be considered serious violations of the athletic code and school rules and will result in disciplinary action:
 - a. Civil law and criminal infractions.
 - b. Theft or malicious destruction of individual, private or school property.
 - c. Misconduct by an athlete that is potentially detrimental to the athletic program, school or district.

A. SELF REFERRAL POLICY (Note: Self-referral is not an attempt to turn in oneself after violating the drug policy to avoid penalty.)

When a drug dependency problem is identified with the use of the above substances by the student-athlete through self-referral or by a parent's referral and is being monitored by a physician, the student-athlete WILL NOT be dismissed from the team, however,

- 1. The student-athlete and present coach will collaborate with the appropriate certified personnel and develop a program of assistance utilizing the schools resources and outside agencies. The assistance team will then monitor and report progress.
- 2. Dismissal from the team will result if the student-athlete fails to complete the program of assistance.
- 3. The student-athlete WILL BE dismissed from the team upon the next incident of any substance abuse violation.

B. OTHER REFERRALS

When a substance problem is identified by a team member, teacher, coach, administrator, or concerned person:

- 1. The student-athlete is referred to appropriate coach, athletic director and school administrator.
- 2. The principal or designee holds a due process hearing.
 - a. The student-athlete is informed of the charges.
 - b. The student-athlete is given an opportunity to tell his/her side of the story and parent contact is made.
 - c. The principal or designee will make a decision within a reasonable period of time.
- 3. The student-athlete and parent/guardian will be notified of the decision in writing.
- 4. If the principal or designee determines a violation exists, the student-athlete could face removal from the team for the season.
- 5. The administration will refer the student-athlete for an assessment by a qualified professional, which may include the family care physician or other persons, approved by the administration.

6. After assessment is completed, a planned program of assistance will be prescribed if needed. Such programs will be conducted by a qualified health care professional.
7. The student-athlete may regain athletic eligibility for the next season after completing a planned assistance program, and the athletic office is informed by administration of eligibility.
8. The student-athlete who refuses to participate in the assessment or the recommended planned program of assistance will not regain eligibility for a sport until the planned program is completed.

Appendix A – CIAC Eligibility

Appendix B – CIAC Chemical Health Policy

Appendix C – Informed Consent: Interscholastic Athletics