

**\*\*Signature and Return Required\*\***

***South Windsor High School***

Dear Student and Parent(s)/Guardian(s):

The South Windsor High School staff is dedicated to providing each student with the best possible interscholastic athletic experience. In order to achieve that goal, each student is expected to assume his/her responsibility by adhering to the policies and procedures of the CIAC, CCC, and South Windsor High School.

The *Student Athlete Handbook* contains important information we wish to bring to your attention. We ask that each student-athlete and his/her parent/guardian review this handbook and keep it available for review throughout the season.

Please sign and return this form to your coach prior to the beginning of the sports season. If you have any questions, please contact the coach or the Athletic Director.

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We (student and parent/guardian) have received a copy of the 2018-2019 South Windsor High School *Student-Athlete Handbook* this school year and thereby have been informed of the program's rules, policies, procedures, and information.

Date: \_\_\_\_\_

\_\_\_\_\_  
Print Student's Name

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Print Parent's/Guardian's Name

\_\_\_\_\_  
Parent's/Guardian's Signature

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# Student Athletic **Handbook**

**2018-2019**



**South Windsor High School**

Revised July 2018



# SOUTH WINDSOR HIGH SCHOOL

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## Non-Discrimination Policy

It is the policy of the Board that any form of discrimination or harassment on the basis of race, religion, color, national origin, sex, sexual orientation, marital status, age, disability (including pregnancy), veteran status, gender identity or expression, or any other basis prohibited by state or federal law, is prohibited, whether by students, Board employees or third parties subject to the control of the Board. The Board's prohibition of discrimination or harassment in its educational programs or activities expressly extends to academic, nonacademic and extracurricular activities, including athletics. It is also the policy of the Board to provide for the prompt and equitable resolution of complaints alleging any discrimination on the basis of protected characteristics such as race, color, religion, age, sex, sexual orientation, marital status, national origin, disability (including pregnancy), veteran status, or gender identity or expression.

Section 504 of the Rehabilitation Act of 1973 ("Section 504") prohibits discrimination against persons with a disability in any program receiving Federal financial assistance. Similarly, Title II of the Americans with Disabilities Act of 1990 prohibits discrimination against individuals with a disability by state and local governments. To be protected under Section 504 and the ADA, an individual must (1) have a physical or mental impairment that substantially limits one or more major life activities; (2) have a record of such an impairment; or (3) be regarded as having such an impairment. In order to fulfill its obligation under Section 504/ADA, the South Windsor Public Schools recognize a responsibility to avoid discrimination in policies and practices regarding its personnel, students, parents/guardians and members of the public who participate in school sponsored programs. In this regard, the South Windsor Public Schools prohibit discrimination against any person with a disability in any of the services, programs or activities of the school system.

Assistant Superintendent Colin McNamara is the designated district compliance officer who will coordinate compliance with the nondiscrimination requirements of Title IX Section 504 and the ADA.

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# GENERAL INFORMATION

## Introduction

A comprehensive athletic program is an essential part of South Windsor High School's educational program. In order to help students reach the standards set forth in the school's mission statement, the athletic program will provide students with an opportunity to grow emotionally, mentally, and physically; to develop respect for self and others; and to build self-esteem and confidence.

The privilege of being a member of a South Windsor athletic team brings with it specific responsibilities. All persons involved in athletics – coaches, volunteers, athletes, and spectators – are expected to meet the same high standards of behavior, ethics, and values that our students and staff must meet in the classroom.

Student-athletes are required to follow South Windsor High School's rules and regulations, as well as the athletic policies and procedures established by:

- Connecticut Interscholastic Athletic Conference (CIAC)
- Central Connecticut Conference (CCC)
- South Windsor Board of Education

## Athletic Mission and Core Values

The South Windsor High School athletic program will strive to provide opportunities for student-athletes to demonstrate progression in physical skills, knowledge, and well-being in a fun and challenging setting throughout their high school career. Furthermore, South Windsor High School will promote excellence in athletics without compromising the highest academic potential for each student-athlete. Our hope is that all student-athletes will develop life-long skills such as: problem-solving, teamwork, and a strong work ethic as a result of their involvement in athletics. In order to achieve our mission, the South Windsor athletic program is committed to these core values:

**COMPETITIVENESS:** We are dedicated to the pursuit of excellence through hard work at all times

**TEAMWORK:** We work collaboratively and cooperatively for the benefit of the team

**SPORTSMANSHIP:** We are respectful, positive competitors, coaches, parents, and fans at all times

**CITIZENSHIP:** We represent the South Windsor community with pride, integrity, and dignity in all endeavors

**PHYSICAL FITNESS:** We view physical fitness and a healthy lifestyle as essential in performing at our highest level on and off the field.

## Athletic Teams

### FALL SPORTS

Cheerleading  
Cross Country (B/G)  
Field Hockey  
Football  
Soccer (B/G)  
Swimming/Diving (G)  
Volleyball (G)

### WINTER SPORTS

Basketball (B/G)  
Cheerleading  
Dance  
Boys Ice Hockey  
Coop Girls Ice Hockey  
Indoor Track (B/G)  
Swimming/Diving (B)  
Wrestling  
Gymnastics

### SPRING SPORTS

Baseball  
Golf (B/G)  
Lacrosse (B/G)  
Outdoor Track (B/G)  
Softball (G)  
Tennis (B/G)  
Volleyball (B)

# REQUIREMENTS FOR PARTICIPATION

In order to participate in athletics at South Windsor High School, a student-athlete must meet and abide by all CIAC and South Windsor eligibility rules (see ATHLETIC ACADEMIC ELIGIBILITY section of handbook).

## Team Limitations / Tryouts

South Windsor High School Athletics provides opportunities for the skilled student-athlete to compete against student-athletes from other high schools. The different nature and structure of sport teams often requires coaches to limit the number of athletes competing as part of an athletic team. Depending on the number of student-athletes that try out for various sport teams, coaches may be forced, in any given year, to reduce the size of their teams.

The athletic coach is the person responsible for selecting student-athletes to compete on a given athletic team. It is also the Board of Education policy that any issues regarding playing time or a particular position a player plays on a given team, should be first discussed and resolved between the player and the coach whenever possible (see Complaint Procedure).

## Attendance

- Student-athletes who are absent from school, or who are dismissed from school for reason of illness, may not participate in ANY after school athletic events (game or practice) on the day of the absence, unless prior administrative permission is granted. Students must be in attendance for at least **5 periods** on a given day to participate in athletic contests or practices for that day. When a practice or game occurs on a Saturday, students must be in attendance for a minimum of **5 periods** on the Friday before in order to attend. Students who are absent for medical reasons or extenuating circumstances must have administrator approval to attend along with relevant documentation. A student athlete who violates this rule shall be suspended from the next competition. If a student-athlete has an unexcused absence from school and cannot present a valid reason in writing, the student-athlete is suspended from the first scheduled contest following the absence. A second unexcused absence will result in suspension from the team for the remainder of the season.
- **Student-athletes must be in attendance for all practices and games.** Each team's attendance policy will be outlined and shared with the athlete and parent at the beginning of each athletic season. Repeated violation of the team's attendance policy may lead to complete or partial suspension.
- If a student-athlete misses a practice/game due to an event that is academically-related, he or she must get prior approval from athletic director. A spot in the starting line-up and playing time are not guaranteed after a vacation or extended absence from the team.
- If athletes have been suspended from athletics due to a violation of the drug/alcohol/tobacco policy, they must still attend all practices or risk removal from the team (see Appendix A)
- An athlete who is injured during practice will sit out the remainder of the practice and subsequent practices until cleared by an athletic trainer or (at the trainer's recommendation) a physician.
- Sunday practices are prohibited, including volunteer practices (no exceptions).

## Participation Fees

The sports participation fee is \$125 per sport with a \$500 family cap. Hockey and gymnastics are \$400 per athlete with a family cap of \$800. The funds collected from the participation fees will be used to defray expenses for operating the athletic program. Student-athletes who fail to turn in their participation fees and forms by the due date will **NOT** be allowed to tryout or practice until their fees have been collected. Student-athletes in need of financial assistance may apply for a waiver of fees through the Athletic Director's office. The fee will only be returned to student-athletes not making teams that have limitations on squad size during the tryout period.

## Physical Examination

All participants are required to turn in a physician's statement signed after June 1<sup>st</sup> of the upcoming academic school year.

- A current physician's statement and the parent release form must be turned into the main office with the appropriate fee in order to try out and participate in athletics. All materials must be turned in at the same time by the due date on the permission slip.
- If you receive a physical from your family physician, your physical may be good for two years. However, **you are still required to have the Physician's Statement Form signed by your doctor and turned in to our office every year.**



## Sports Insurance

The South Windsor Board of Education has purchased an accident medical insurance plan to help cover medical expenses resulting from interscholastic sports injuries. All student-athletes, student-coaches and student-managers of every interscholastic sport, including cheerleading and dance, are covered while participating in or traveling while under the supervision of proper school authority, to or from any regularly scheduled game or practice of any interscholastic sport.

This is an excess type program. The plan does not cover treatment or service for which benefits are payable or service is available under any other insurance or medical service plan available to the insured person, including, but not limited to, HMOs, PPOs, Workers' Compensation, and automobile medical payment insurance. This does not apply to a plan of insurance by the Connecticut Health Reinsurance Association. The benefits payable shall be reduced to the extent necessary so that the sum of such reduced benefits and all of the benefits provided by any other plan shall not exceed the total of the expenses incurred by the Insured.

Treatment must be done by a legally qualified medical or dental physician or practitioner of an injury which is direct and independent of all other causes. Treatment must start and first expense must be incurred within 90 days from the date of the accident causing injury. Covered charges may not exceed the usual, customary and reasonable expenses for services, supplies and treatment normally made within the geographic area in which the service is rendered. There is no deductible for this excess plan, but no payment will be made for any expense incurred more than 104 weeks from the date of the accident causing injury.

The principal's office has a description brochure of the plan on file and the school has been supplied with claim forms. Claim forms get mailed to:

Bollinger Inc.  
Claims Department  
P.O. Box 1346  
Morristown, N.J. 07962

## Length of Season

All student-athletes are considered in season in accordance with the CIAC length of season dates, regardless of whether or not the individual's team is still actively participating. In addition, any individual who is still participating in post-season play (i.e. all-star games, all-state, and all-New England or other competitions) while representing his/her high school or region is still considered in season. Once a season has begun, an athlete may not leave one sport to participate in another.

## Transportation

- All forms of transportation to and from events will be provided by the South Windsor Athletic Department. Students must travel with their teams except for special circumstances as outlined in the South Windsor High School Athletic/Activity Transportation Policy.
- Exceptions to this will be granted only on rare occasions consistent with our Athletic/Activity Transportation guidelines. Release of Liability forms, which can be picked up in the athletic director's office or are available on the SWHS web site, must be handed in 24 hours before the request date for the Athletic Director or an associate principal to approve.

## Athletic Awards

Varsity letters in all athletics shall be awarded by the school upon the recommendation of the coach who shall consider playing time as the primary requirement. In addition, the following requirements shall be considered:

- A player must have observed all training rules and regulations.
- A player shall have conducted himself/herself in a most exemplary manner both on and off the field, exhibiting good sportsmanship to his/her coach, teammates, and opponents.
- A student-athlete is not eligible to receive an award (i.e. athletic letter, pins, certificates, team awards) if they have been permanently removed from the team for academic, drug/alcohol, or disciplinary reasons during any part of the season, nor can they participate or be recognized at athletic team banquets or senior recognition events, i.e. senior nights, etc.

# CIAC AND SOUTH WINDSOR ATHLETIC ELIGIBILITY

All CIAC and South Windsor Athletic High School eligibility rules will be strictly adhered to and enforced, including but not limited to:

## South Windsor High School – Athletic Academic Eligibility 2018-2019

\*Student-athletes must meet the following **CIAC ATHLETIC ELIGIBILITY STIPULATIONS**:

- Students must carry a course load of no less than 5 credits and at least 5 credit classes that meet daily in the current marking period. Pass/Fail courses and independent study classes may not be included in these credits (SWHS requirement)
- Students must earn passing grades in at least 4 credits (Carnegie units) of work in the most recent marking period

\*\*Above and beyond the aforementioned **CIAC ATHLETIC ELIGIBILITY STIPULATIONS**, South Windsor High School Student-Athletes must meet the athletic eligibility stipulations below:

- ❖ **Student-athletes must earn 6 credits per year to remain eligible for athletics the next school year.** A student-athlete earning less than 6 credits at school year's end, can earn summer school credits to regain athletic eligibility for the next school year.
- ❖ **Fall sports eligibility** for all returning student-athletes is determined **solely** on 6 credits being earned the previous school year. All incoming freshman will also be eligible for the start of fall sports.
- ❖ In addition, the following 2.0 GPA requirements will be enforced for all student-athletes:
  - Any student-athlete who has below a 2.0 GPA when quarter report cards are distributed will be placed on academic probation for the next quarter. While on academic probation, a student-athlete will be allowed to participate in practices and games. Student-athletes who are on probation will be given an action plan collaboratively designed by the student-athlete, coach and Athletic Director.
  - **All** student-athletes on academic probation will be required to attend a study hall a minimum of 3 hours/week across 3 or more sessions. If this attendance is not achievable in a particular week due to rescheduled away games or cancellations an exemption may be granted by the Athletic Director.
  - Student-athletes in their **1<sup>st</sup> or 2<sup>nd</sup> year** of high school who are on academic probation for two consecutive quarters will remain on this plan until they have achieved a quarter ending GPA of 2.0 or higher.
  - Student-athletes in their **3<sup>rd</sup> or 4<sup>th</sup> year** of high school cannot be on academic probation for two consecutive quarters or they will be deemed ineligible.
- ❖ Eligibility is determined by marking period grades. All changes to eligibility status occur on the day report cards are distributed. Progress report grades are not considered in determining eligibility.

To help determine your eligibility, please use your most recent report card to answer the following:

<p>1. Is this your 1<sup>st</sup> year of high school or did you earn 6 credits last school year in high school?</p>	<p>YES: Go to question #2 NO: <b>You are ineligible</b></p>
<p>2. Does your current schedule include at least 5 credits for the year and at least 5 <i>graded</i> courses that meet daily in this report card period? Pass/Fail classes and independent studies may not be included</p>	<p>YES: Go to question #3. NO: <b>You are ineligible.</b></p>
<p>3. In the most recent marking period that ended this school year, did you earn a marking period GPA of at least 2.0? <b>*Note: if the 1<sup>st</sup> quarter marking period has not ended you are eligible (stop here)</b></p>	<p>YES: <b>You are eligible (stop here)</b> NO: Go to question #4.</p>
<p>4. If you are a 3rd or 4th year student in high school, did you earn a marking period GPA of at least 2.0 in the previous marking period this school year? <b>*Note: If there was no previous marking period this school year...you are on academic probation.</b></p> <p>-----</p> <p>If you are a 1st or 2nd year student in high school, did you earn a marking period GPA of at least 2.0 in the previous marking period this school year? <b>*Note: If there was no previous marking period this school year...you are on academic probation.</b></p>	<p>YES: <b>You are on academic probation.</b> NO: <b>You are ineligible.</b></p> <p>-----</p> <p>YES: <b>You are eligible.</b> NO: <b>You remain on academic probation.</b></p>

Students who are academically ineligible may not be in uniform and may not sit on the bench with the team.

\*For a complete list of CIAC eligibility rules, please refer to <http://www.casciac.org/pdfs/eligrules070108.pdf> or ask SWHS athletic director for a printed copy. For a complete list of South Windsor Public Schools Board of Education policies, please refer to [www.southwindsorschools.org/boardpolicies](http://www.southwindsorschools.org/boardpolicies).

## CIAC Regulations Regarding Try Outs and Non-School Sports Participation

Participation in organized **non-school** sports competition, practice, try-outs, and work-outs during the authorized contest season, including CIAC tournament series and New England tournament (if applicable) in the same branch of athletics is not allowed and may result in suspension from all interscholastic athletics. This regulation also includes activities which are designed for the purpose of showcasing or evaluating talent.

## CIAC Regulations Regarding All Star Competition

The CIAC does not sanction or approve any athletic activity of an “all-star” nature. Any individuals from Connecticut schools who participate will not jeopardize their eligibility if they are not identified with their schools, do not wear school uniforms or equipment and are not subsidized by their school.

# ATHLETIC DEPARTMENT EXPECTATIONS

All coaches, student-athletes, parents/guardians, and administrators will be responsible and accountable for promoting and upholding the athletic department's mission statement and core values. We will abide by the rules as set forth by South Windsor High School, the Central Connecticut Conference (CCC), and the Connecticut Interscholastic Athletic Conference (CIAC).

## Sportsmanship

South Windsor High School considers good sportsmanship and fair play to be the foundation of athletic competition. Teamwork, lasting relationships, and the joy associated with personal and team accomplishments are outcomes of good sportsmanship. Good sportsmanship is expected on and off the field.

### All student-athletes are expected to:

- Recognize that academic achievement comes first
- Promote positive school spirit as a representative of his/her sport and school while demonstrating support for other school programs and extracurricular activities
- Show respect to all opponents, coaches, spectators, and officials (accept the decisions of officials)
- Communicate openly and appropriately with coaches and parents/guardians with all matters pertaining to his/her sport
- Follow team rules; attend and arrive on time for practices, games, meetings, etc.
- Refrain from all types of hazing, taunting, harassing/bullying or similar behavior
- Avoid possession, use, or distribution of substances/paraphernalia (refer to Appendix A) banned by Board of Education policy 5131.6

### All parents/guardians/spectators are expected to:

- Demonstrate positive support and enthusiasm for the entire team as well as for their son/daughter exclusively
- Cheer for their team—not against opponents; use positive language and display appropriate signs
- Communicate in an appropriate manner with coaches and officials (accept the decisions of officials)
- Refrain from “coaching” from the sidelines
- Understand they are role models--be positive and constructive in the development of their child as a student-athlete

Parents and spectators are subject to disciplinary actions if they fail to abide by the rules and guidelines mentioned that include but are not limited to:

- Verbal or written warning by official, head coach, and/or head of league organization
- Parental game suspension and written documentation of incident kept on file
- Game forfeit through the official or coach

# POLICIES AND PROCEDURES FOR STUDENT-ATHLETES

## Procedures and Due Process

South Windsor High School has high expectations for the behavior and conduct of all student-athletes. These expectations extend to students **on and off school grounds and beyond the school day to weekends and other times when school is not in session** (i.e. holidays, vacations, etc.). When a student-athlete violates the rules and regulations set forth by the South Windsor High School Athletic Department and the CIAC, the appropriate disciplinary action shall be applied.

## Serious Violations

The following activities are considered serious violations:

- Use/possession/distribution of alcohol, illicit drugs, or drug paraphernalia (refer to Appendix A)
- Anabolic steroids, misuse of other drugs/medications per board policy
- Tobacco (including smoking, chewing, or use of snuff)
- Harassment/bullying (refer to Appendix C)
- Threatening/Intimidation (students, coaches, officials, or school personnel)
- Hazing (Appendix B)– humiliates, or endangers the health or well-being of another student
- Fighting (initiating or enticing)
- Disrespect toward school personnel

\*If an athlete is in violation of the drug/alcohol policy and the season ends before the prescribed penalty is complete, the penalty is carried over to the next season the athlete participates in. The remaining penalty shall begin with the first regularly scheduled game or contest. If athletes have been suspended due to a violation of drug/policy, they must still attend all practices or risk removal from the team

## Disciplinary Referrals and Due Process

When a disciplinary concern is reported by a team member, teacher, coach, administrator, or member of the community, the following will occur:

1. The student-athlete is referred to the appropriate coach and athletic director. The athletic director will make a determination if further disciplinary action or a referral to high school administration is necessary.
2. The athletic director or the principal's designee holds a due process hearing.
  - The student-athlete is informed of the charges.
  - The student-athlete is given the opportunity to give his/her side of the story.
  - The athletic director or principal's designee will make a decision within a reasonable time period.
3. The student-athlete and parent/guardian will be notified of the decision. If the athletic director or principal's designee determines a violation exists, the student-athlete will be held accountable to the disciplinary action associated with the violation.

## Complaint Procedure

In the event that an athlete or a parent has a complaint about an athletic program, the following procedure will be followed. The purpose of this procedure is to effectively and efficiently deal with challenging athletic issues in a respectful and thorough manner.

**Step One:** The student-athlete will discuss the complaint with his/her coach. For instance, if an athlete is participating in a freshman sport the initial complaint should be brought to the attention of the freshman coach.

**Step Two:** If the complaint is unresolved with the coach, the student-athlete and the coach will meet with the varsity head coach to discuss the matter.

**Step Three:** If the issue of the complaint is unresolved after step two, the student athlete will discuss the matter with the athletic director.

**Step Four:** If the issue of the complaint is still unresolved after the first three steps, the student-athlete and a parent may discuss the matter with the athletic director.

**Step Five:** If the issue of the complaint is still unresolved after step four, the parent of the student-athlete may request a meeting with the coach, athletic director and principal.

## Athletic Equipment

The following are the sole responsibilities of student-athletes who are issued athletic uniforms and/or equipment:

- Uniforms and equipment are to be used and worn **ONLY** during contests in which the athlete is representing South Windsor High School.
- Student-athletes must return all issued equipment and uniforms to their coach at the conclusion of the season.
- Student-athletes will not be allowed to participate in any other sport until they have reimbursed the athletic department the replacement cost of any equipment or uniforms not returned.
- Student-athletes are responsible for their personal items. The school will not be accountable for personal items or athletic issued equipment/supplies that are lost or stolen.
- Student-athletes will have a team locker room, which is locked. However, student-athletes are strongly encouraged to bring an individual lock for their locker.
- At the conclusion of the school year, student-athletes still owing equipment/uniforms will have report cards, transcripts, and diplomas withheld until all items are returned or paid for.

## Steroids and Performance Enhancers

The National Federation of State High School Associations prohibits the use of anabolic steroids and other performance enhancing substances by high-school athletes. The CIAC fully endorses the National Federation position on steroids.

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 days period of ineligibility commences on the day the CIAC Board of Control makes such determination. All CIAC contests/games/tournaments/championships in which the offending athlete participated while under the influence of performance enhancing substances shall be declared forfeitures and all records will be expunged.

## Concussion Policy

As head injuries can progress to be more serious than they initially appear, it is important to monitor the athlete carefully follow recommended procedure. Parents will be notified of any head injury incurred by an athlete. *This is especially important because of the possibility of the onset or increase of symptoms later on.*

This will serve as a guide for head injuries suffered; the athletic trainer can provide more information on the care of sports-related injuries.

### Management

- Athlete is removed from practice/game. Not allowed to re-enter.
- Athlete should continue to be monitored to ensure no return of symptoms

### Parent/Athlete Responsibility

- Parent and athlete must sign concussion education consent form before an athlete can compete in an athletic contest.

### Return to Play Plan for Concussions

- Athlete may begin return to play protocol when asymptomatic for 24 hours
- Athlete must provide written clearance BY A MEDICAL DOCTOR
- Athlete will receive impact-testing (if utilized by school)

Exertion plan for return as follows:

- Day 1- Light aerobic exercise
- Day 2 – Sports specific exercise
- Day 3 – Non contact Drills
- Day 4 – (with medical clearance) full contact drills
- Day 5 – Game

If symptoms return during any one phase the athlete should stop activity and return to the previous phase the next day.

## Grades of Concussion

<b>Grade I</b>	<ol style="list-style-type: none"><li>1. Transient confusion (inattention, inability to maintain a coherent</li><li>2. Stream of thought and carry out goal-directed movements) or any other symptoms listed below</li><li>3. No loss of consciousness</li><li>4. Concussion symptoms or mental status abnormalities on examinations resolve in less than minutes</li></ol>
<b>Grade II</b>	<ol style="list-style-type: none"><li>1. Transient confusion or other symptoms listed below</li><li>2. No loss of consciousness</li><li>3. Concussion symptoms or mental status abnormalities (including amnesia) on examination last more than 15 minutes</li></ol>
<b>Grade III</b>	<ol style="list-style-type: none"><li>1. Loss of consciousness</li></ol>

## Return to Play Plan for Injuries other than Concussions

If your student-athlete is injured in a South Windsor High School athletic contest or outside of sports to the extent in which a visit to a health care professional is required, then a doctor's note clearly stating the injury and a specific date when they are able to return to the specified sport must be presented to the athletic trainer. This includes any urgent care, walk-in, primary care physician, orthopedic or any other specialty doctor.

Athletes are not permitted to participate in any practice or game if a doctor's note is not presented to the athletic trainer prior to returning to the specified sport.

## Sudden Cardiac Arrest Awareness

Student-athletes and parents/guardians will be provided with current and relevant information regarding sudden cardiac arrest. A new form is required to be read, signed, dated and kept on file by the student-athlete's associated school district annually to comply with Connecticut General Statutes Chapter 163, Section 10-149f: SUDDEN CARDIAC ARREST AWARENESS EDUCATION PROGRAM.

### What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

### Management

- Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed health care professional trained specifically in the treatment of cardiac care. The symptoms can happen before, during or after activity.

## Parent/Athlete Responsibility

- Parent and athlete must sign cardiac arrest education consent form before an athlete can compete in an athletic contest.

## Return to Play

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed and written clearance be provided by a licensed medical provider.

## Social Media Guidelines

Any player found slandering or threatening an opponent, official, teammate, coach, etc. on social network (texting, Facebook, tweeting, etc.) will be disciplined at the discretion of the coaching staff and school administration, which may include dismissal from the team.

# ATHLETIC PARTICIPATION IN COLLEGE

## General Information

We encourage student-athletes to speak with their coaches in regards to competing at the intercollegiate level. Please note that academics is a primary concern when selecting a post-secondary experience and that the student-athlete's school counselor is a vital resource to assist students in the college admissions process. The South Windsor School Counseling Department has created a publication entitled *College Admissions Guide for the Student Athlete* as a resource guide for student-athletes. Please see your school counselor or check the SWHS website for a copy of the guide if you are interested in playing athletics at the collegiate level.

Student-athletes and parents are strongly encouraged to become familiar with the current NCAA eligibility requirements. Information is available on the SWHS website and the NCAA website at [www.ncaa.org](http://www.ncaa.org).

## NCAA Eligibility Center

Student-athletes must have eligibility for practice and competition in the freshman year of college, certified by the NCAA Eligibility Center. Student-athletes may register with the Eligibility Center online at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)

**NCAA recommends that a student-athlete registers with the Eligibility Center during his/her sophomore year of high school.**

The NCAA Eligibility Center has been established for a review of core courses and high school transcripts for all prospective **Division I and Division II student-athletes**. Please contact the NCAA website <http://www.ncaa.org/student-athletes/future> or your school counselor for more information.



## **Appendix A: BOE - Alcohol, Drugs and/or Drug Paraphernalia Use and/or Possession Policy**

### **5114.2(b)**

#### **Interscholastic Athletic Suspension Due to Possession and/or Use of Tobacco Products**

When a student athlete is found to use or possess tobacco products, he or she will face consequences in accordance with the progressive disciplinary processes set forth below. These consequences relate solely to participation in athletics, and school discipline may otherwise be imposed if the student's conduct so warrants. The policy shall apply each school year from the first day of CIAC practice eligibility in August to the last day of school in June.

#### **Progressive Disciplinary Process for Possession and/or Use of Tobacco**

Student athletes are expected to refrain from the possession and/or use of tobacco products on or off campus during the athletic calendar year. The penalty for possessing and/or using tobacco products will be as follows:

##### **First Offense:**

The student athlete shall be suspended for two games OR shall enroll in and successfully complete an administration-approved smoking cessation program. If a student athlete elects to enroll in a smoking cessation program, she or he must enroll in the next available class as identified by school administration.

##### **Second Offense:**

The athlete shall forfeit eligibility for the rest of the current athletic season.

#### **Progressive Disciplinary Process Due to Use and/or Possession of Alcohol, Drugs and/or drug Paraphernalia**

When a student athlete is found to use, distribute, sell and/or possess drugs, drug paraphernalia and/or alcohol, he or she will face consequences in accordance with the progressive disciplinary processes set forth below. These consequences relate solely to participation in athletics, and school discipline may otherwise be imposed if the student's conduct so warrants.

When a student athlete is found to use, distribute, sell and/or possess drugs, drug paraphernalia, and/or alcohol, the student will face consequences, as the administration deems appropriate based on the specific circumstances. Generally, such consequences will be determined in accordance with the progressive disciplinary processes described below, provided that the administration reserves the right to deviate from these progressive disciplinary processes as it deems appropriate. The policy shall apply each school year from the first day of CIAC practice eligibility in August to the last day of school in June.

**First Offense:** The student-athlete shall be suspended for the number of games equal to 50% of the regular season schedule. The suspension shall be served consecutively, including post season contests. If at the time of his or her hearing, the student athlete agrees to participate in a drug/alcohol education program, the suspension will be reduced to the number of games equal to 25% of the contests, pending certification by the instructor that the student athlete has successfully completed the program. If an athletic season ends before the end of a student's suspension, the athlete will serve the remaining suspension (determined by the remaining percentage) which will resume on the date of the first game in his or her next season of athletics that the student-athlete (grades 10, 11, 12) has previously participated in.

**Second Offense:** The student-athlete shall be immediately dismissed from his/her team and suspended from participation in all interscholastic athletics for one calendar year. This includes tryouts, practices, contests, games and all facets of the athletic program. A student may not try out for a sport until the season after completing his/her suspension.

**Third Offense:** The student-athlete shall be ineligible from all participation for the remainder of his/her high school career. This includes practices, contests, games and all facets of the athletic program.

Policy adopted: May 27, 1997; Policy revised: January, 2012, South Windsor Public Schools

## **Students**

### **5131.611**

#### **Interscholastic Suspension Due to Use and/or Possession of Alcohol, Drugs and/or Drug Paraphernalia**

##### **A. Reporting Offenses**

1. All violations of this policy shall be reported to the athletic director or building administrator who supervises athletics.

##### **B. Investigating Offenses**

1. The athletic director and building administrator shall investigate drug and alcohol offenses. They shall interview the student and as appropriate other persons to determine the facts..

##### **C. Maintaining Records**

1. Upon completion of their investigation, the athletic director and building administrator shall complete a disciplinary referral form that indicates the offense and the length of the suspension imposed on the athlete.
2. The incident shall be entered into the school's discipline database and the hard copy of the report filed in the associate principals' office.
3. The administrator shall provide the student and his or her parents with verbal and written notification of the suspension.

##### **D. Review**

An athlete's request for review shall be filed in writing within two days of being notified of the suspension. The principal's review shall be limited to the facts of the case, the athlete's due process, and the appropriate application of the policy. The request must clearly state the reasons for the appeal. When practicable, the principal shall notify the athlete of his or her decision within five days of the filing of the appeal. The suspension shall remain in effect during the appeal.

Regulation approved: June 22, 2004

# Appendix B: BOE – Hazing Policy

5131.91(a)

## Hazing

### I. Purpose

The purpose of this policy is to maintain a safe learning environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the school district and are prohibited at all times.

### II. General Statement of Policy

- A. No student, teacher, administrator, volunteer, contractor or other employee of the school district shall plan, direct, encourage, aid, or engage in hazing.
- B. No teacher, administrator, volunteer, contractor, or other employee of the school district shall permit, condone, or tolerate hazing.
- C. Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy
- D. Hazing activities are seriously disruptive of the educational process in that they involve students and violence or threats of violence. This policy applies to behavior that occurs on or off school property and during and after school hours.
- E. A person who engages in an act that violates school policy or law in order to initiate another person or to be initiated into or affiliated with a student organization shall be subject to discipline for that act.
- F. The school district will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor, or other employee of the school district who is found to be in violation.

### III. Definitions

“Hazing” means committing an act against a student, or coercing a student into committing an act, that creates a risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for 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 such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics, or other 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 involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
4. 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.
5. 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.

### IV. Reporting Procedures

- A. Any person who believes he or she has been the victim of hazing or any person with knowledge or belief or conduct which may constitute hazing shall report the alleged acts immediately to an appropriate school district official designated by this policy.
- B. The building principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to the assistant superintendent for personnel and administration or to the superintendent
- C. Teachers, administrators, volunteers, contractors, and other employees of the school district shall be particularly alert to possible situations, circumstances or events which might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the building principal immediately.
- D. Submission of a good faith complaint or report of hazing will not affect the complainant or reporter's future employment, grades, or work assignments.

## **V. School District Action**

- A. Upon receipt of a complaint or report of hazing, the school district shall undertake or authorize an investigation by school district officials or a third party designated by the school district.
- B. The school district may take immediate steps, at its discretion, to protect the complainant, reporter, students, or others pending completion of an investigation of hazing.
- C. Upon completion of the investigation, the school district will take appropriate action. Such action may include, but is not limited to, warning, suspension, exclusion, expulsion, transfer, remediation, termination, or discharge. Disciplinary consequences will be sufficiently severe to deter violations and to appropriately discipline prohibited behavior. School district action taken for violation of this policy will be consistent with the requirements of applicable collective bargaining agreements, applicable statutory authority, including school district policies and regulations.

## **VI. Reprisal**

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor, or other employee of the school district who retaliates against any person who makes a good faith report of alleged hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists, or participates in a proceeding or hearing relating to such hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal, or harassment.

## **V. Dissemination of Policy**

This policy shall appear in each school's parent and/or student handbook and in each school's staff handbook.

**Policy approved: June 23, 1998**

## Appendix C: BOE - Bullying Policy

The South Windsor Board of Education is committed to creating and maintaining an educational environment that is physically, emotionally and intellectually safe and thus free from bullying, harassment and discrimination. In accordance with state law and the District Safe School Climate Plan, the Board expressly prohibits any form of bullying behavior on school grounds; at a school-sponsored or school-related activity, function or program, whether on or off school grounds; at a school bus stop; on a school bus or other vehicle owned, leased or used by a local or regional board of education; or through the use of an electronic device or an electronic mobile device owned, leased or used by Board of Education.

The Board also prohibits any form of bullying behavior outside of the school setting if such bullying (i) creates a hostile environment at school for the student against whom such bullying was directed, (ii) infringes on the rights of the student against whom such bullying was directed at school, or (iii) substantially disrupts the education process or the orderly operation of a school. Discrimination and/or retaliation against an individual who reports or assists in the investigation of an act of bullying is likewise prohibited. Students who engage in bullying behavior shall be subject to school discipline, up to and including expulsion, in accordance with the Board's policies on student discipline, suspension and expulsion, and consistent with state and federal law.

For purposes of this policy, "Bullying" means the repeated use by one or more students of a written, verbal or electronic communication (such as cyber bullying) directed at or referring to another student attending school in the same school district, or a physical act or gesture by one or more students repeatedly directed at another student attending school in the same school district, that:

1. causes physical or emotional harm to such student or damage to such student's property;
2. places such student in reasonable fear of harm to himself or herself, or of damage to his or her property;
3. creates a hostile environment at school for such student;
4. infringes on the rights of such student at school; or
5. substantially disrupts the education process or the orderly operation of a school.

Bullying shall include, but not be limited to, a written, verbal or electronic communication or physical act or gesture based on any differentiating characteristics, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, socioeconomic status, academic status, physical appearance, or mental, physical, developmental or sensory disability, or by association with an individual or group who has or is perceived to have one or more of such characteristics.

*Students and parents/guardians may file written reports concerning suspected bullying behavior. Such reports shall be reasonably specific as to the basis for the report, including the time and place of the alleged conduct, the number of incidents, the target of the suspected bullying, and the names of potential witnesses. Students may make anonymous reports of bullying to any school employee. Any report of suspected bullying behavior will be promptly reviewed. No disciplinary action will be taken solely on the basis of an anonymous complaint. If acts of bullying are verified, prompt disciplinary action may be taken against the perpetrator, consistent with his/her rights of due process.*

The full policy can be found on the district website: [www.southwindsorschools.org/boardpolicies](http://www.southwindsorschools.org/boardpolicies).



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