

Athletic Handbook

For Parents and Students
of
Oxford High School



Principal – Frank Samuelson

Athletic Director – Glenn Lungarini

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Athletic Mission Statement

Oxford High School is a collaborative learning community dedicated to the personal, academic, and career success of every student. Working in partnership with parents, citizens, businesses, and civic organizations, we ensure the development of each individual's talents, skills, and character so that all of our graduates are prepared to be independent and successful members of our society.

Therefore, the athletic department conducts a program which is consistent with, and which contributes to, the basic mission of the school. As an integral part of the total educational process, Oxford athletics makes significant contributions toward helping students grow in mind, body, and spirit. Sports participation is an effective way to teach students about good character, discipline, teamwork, and the benefits of a healthy, fit body. It is a privilege to be a student/athlete in the interscholastic athletic program at Oxford High School. The school intends to maintain a sports program that is well managed and meets the needs of the students and the school community. Evidence of increased knowledge, growth in maturity, attainment of moral and ethical values, and motivation in the pursuit of excellence are all major factors considered in assessing the program's success.

Oxford High School's athletic program aims to:

- Promote self-discipline and responsibility, and teach the value of sustained effort.
- Develop teamwork, good sportsmanship, and a competitive spirit.
- Build school and community pride and unity.
- Develop fitness and athletic skills through physical education, intramural participation, and interscholastic team sports.
- Teach the lifelong benefits of sports and fitness for physical and mental well-being.

SWC Affiliation

Oxford is a member of the Connecticut Interscholastic Athletic Conference (C.I.A.C.), which is affiliated with the National Federation of State High School Associations. We are also members of the South Western Conference (S.W.C.). This prestigious league is comprised of the following schools: Bethel, Brookfield, Bunnell, Immaculate, Joel Barlow, Kolbe-Cathedral, Luralton Hall, Masuk, Newtown, Notre Dame, New Fairfield, New Milford, Oxford, Pomperaug, Stratford, and Weston.

Athletic Awards

Varsity Letter Requirements:

The following sports will be awarded varsity letters based upon:

- A.) A student-athlete being accepted on a team through tryouts: boys' & girls' volleyball, boys' & girls' soccer, boys' & girls' basketball, baseball, softball, cheerleading, field hockey, boys' & girls' lacrosse.
- B.) A student-athlete participating in at least half of his/her matches: wrestling, boys' & girls' tennis.
- C.) A student-athlete finishing the year as one of the top ten point recipients: cross country.
- D.) A student-athlete participating in at least half of the varsity games or an average of two quarters: football.
- E.) A student-athlete receiving points in a meet:
 - Boys' & girls' swimming: average of 3 points per meet.
 - Boys' & girls' track:
 - One point per meet for freshmen
 - Two points per meet for a sophomore
 - Juniors who qualify for SWC or state meets
- F.) Seniors who participate at a varsity level will receive a varsity letter.

All Academic Team

League certificates are awarded to varsity athletes who make the high school honor roll during the sport season in which they participate.

SWC Leadership Award

The SWC sponsors a leadership dinner that honors one senior boy and one senior girl from each of the conference schools. Students selected should be:

- Students of good character.
- Have at least a cumulative GPA of a C average after 7 semesters.
- Be active in school and community service.
- Display leadership qualities.

CAS-CIAC Scholar-Athlete

One male and one female graduating senior will be selected to become OHS' CAS-CIAC Scholar-Athlete. Selection is based upon the following criteria:

- A cumulative GPA of 3.5 or more using a 4.0 scale.
- Participation in a CIAC sponsored varsity sport in Connecticut for a minimum of two years.
- Outstanding school and community service.
- Display of high levels of integrity, self-discipline, and courage with personal standards that serve as a model to others.

Code of Ethics for Coaches

The function of our coaches is to teach attitudes, knowledge, skills, and strategies as well as to provide a positive role model for our youth. The student's welfare must be the focus of each coach at all time. The coach should be aware that he/she can have a tremendous influence on the athlete in many ways. The coach should always be a positive role model for our students and uphold the honor and dignity of the profession. The coach must set an example of the highest ethical and moral conduct when working with students, staff, parents, administrators, the media and the public. The coach must not use profanity at any time in his/her official capacity as a coach. The coach must never place the value of winning above the value of instilling the highest ideals of character.

The coach shall support rules that prevent the use of alcohol, drugs, and tobacco. Under no circumstance will the coach authorize students to use these substances at any time.

Each coach will develop his/her own rules that are fair and consistent for all team members. Written rules must first be approved by the athletic Director and should be conveyed to both the players and their parents at a parent-athlete meeting to be held by each coach in the early part of the season. The coach will be a good communicator with the parents, the school community, and the media throughout the season.

The coach will be thoroughly acquainted with both CIAC and SWC rules and is responsible for their interpretation and communication to team members. The coach shall not seek a competitive advantage by circumventing these rules. The coach shall enhance sportsmanship through interaction with his team members, spectators, and parents.

The coach shall not indulge in conduct that will incite players or spectators against the officials. Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event. A coach shall treat all players fairly and not penalize players unnecessarily. A coach shall not exert pressure on faculty members

to give student athletes special consideration. It is unethical for coaches to scout opponents by any means other than those adopted by the CIAC or the SWC.

When a coach is disqualified during an event for unsportsmanlike conduct, including taunting, that coach shall be prohibited from coaching that game and the next game, but may lead practice. Failure to enforce this regulation will prohibit the school from entry into the next CIAC tournament for that sport.

The coach will exhibit strong moral character while providing a positive role model for youth, their parents, and for the community. As an employee of the Oxford School district, it is expected that the coach will follow these rules. If these rules are not followed, the action (or lack of actions) will be immediately reviewed by both the Athletic Director and by the Principal.

Athletic Coach: Duties and Responsibilities

- Conducts tryouts and selects the team that best represents OHS.
- Conducts well-planned practices.
- Creates an atmosphere conducive to learning.
- Disciplines athletes in a fair and positive manner.
- Demonstrates an understanding of effective teaching skills, game rules, and strategies of coaching.
- Understands and demonstrates knowledge of appropriate conditioning techniques.
- Contributes to the development of the self-worth and dignity of the athlete.
- Teaches athletes to play competitively within the rules of the game.
- Demonstrates sportsmanship, dignity, and poise while coaching.
- Recognizes the need for medical intervention and utilizes proper first aid techniques when necessary.
- Participates in the annual awards ceremony.
- Ensures that all athletes, under his/her supervision, are complying with district policies and CIAC regulations.
- Supervises the care of equipment to include requisition, distribution, storage, inventorying, and return.
- Prepares and communicates to the athletic director additional team rules and criteria for athletic awards. Provide those written rules for both the athletes and parents.
- Provides information and direction to the booster club.
- Communicates and cooperates with other professional staff in regard to school events.
- Explains, enforces, and complies with all school, SWC, and CIAC rules and regulations.
- Performs other such related duties as assigned by the building principal and/or athletic director.

- Ensures that charter transportation to athletic contests goes directly to and from that event and does not stop for food or any other purpose (unless approved by the athletic director).
- Calls in game scores to the newspapers on the day of the contest.
- Last person to leave the facility.

The athletic coach reports to the athletic director and to the principal. Athletic coaches may be appointed yearly. They are evaluated by the athletic director.

Director of Athletics: Duties and Responsibilities

- Organizes and administers the overall program of interscholastic athletics.
- Coordinates the organization and management of high school interscholastic schedules and tournaments.
- Provides leadership in the selection, assignment, orientation, and evaluation of athletic coaches and staff members, including the athletic trainer.
- Fosters good school-community relationships by keeping the community aware of and responsive to the athletic program.
- Hires officials, police, and other necessary personnel as required.
- Arranges transportation for athletic contests whenever necessary.
- Develops and places into operation appropriate rules and regulations governing the conduct of athletic activities on the local and state level.
- Assists personnel in the improvement of knowledge and instruction of skills by encouraging participation in clinics, workshops and state meetings (as per budget allocation).
- Prepares and administers the athletic budget.
- Requisitions all program supplies and equipment.
- Arranges field and general practice schedules
- Implements all policies and rules relating to the athletic program.
- Keeps records of results of all school athletic contests and maintains a record file of all award winners.
- Plans and supervises a recognition program for school athletes.
- Creates good will amongst respective league members, parents, coaches and school administration.
- Arranges for visiting teams and officials to be greeted upon arrival at the game site and insures for the provision of all needs.
- Provides and arranges for proper notification to student athletes on the local, league, and state level of athletic eligibility requirements.
- Prepares and submits reports pertaining to athletic programs.
- Arranges the distribution of athletic schedules to coaches.
- Submits proper forms to the CIAC.
- Maintains eligibility rules and submits certified lists to the CIAC.
- Performs such other duties that are consistent with the nature of the position and that may be requested by the principal and/or the superintendent.

Detentions/Suspensions

If a student is given a detention (by either the classroom teacher or by an administrator), that student must serve the detention on the date it is assigned. Upon completion of the detention, the student may attend practice. The coach will make the determination if the student will practice or play with the team following the detention. This is a coach's decision.

A student who is suspended may not participate with the team from the time the student is informed of the suspension until the time the student has served the suspension **and** has attended one day of classes following the suspension.

Due Process (Solving Conflicts)

Participation in the interscholastic athletic program is a privilege, not a right. Students who do not abide by the schools rules, CIAC regulations and/or coaches' rules, will be excluded from that activity for a period of time or for the entire season. In the event an athlete violates any rule or regulation set forth by the district, he/she will be subject to the penalties as designated by the coach, the athletic director, or the principal. If a parent disagrees with the penalty due to a rule violation, or if the parent has a concern with the coach, due process is required. Due process involves the following steps:

1. The student-athlete and/or parent/guardian must first seek to resolve the problem or concern through direct contact with the coach.
2. If the concern is not resolved with Step 1, it must be addressed in writing to the Athletic Director of the school with a copy to the coach. The Athletic Director, along with the coach, student-athlete, and/or parent/guardian will strive to solve the problem.
3. If the concern is not resolved with Steps 1 and 2 the Principal must be notified in writing. The Principal and Athletic Director will strive to solve the problem.
4. Upon failure to resolve the concern with Steps 1, 2, and 3, the concern must be addressed in writing to the Superintendent of Schools for a final disposition.

Early Dismissal of Students from School

Team members may be dismissed early from class before the close of school at the request of the Athletic Director. Classroom teachers will have the ultimate authority on whether and individual student-athlete can be excused early from class for an athletic event (based upon academic achievement). Early dismissal will be scheduled as close as possible to the end of the school day. The student will be held accountable for all work missed.

Eligibility

Student eligibility for participation in interscholastic athletics is decided in accordance with the Board of Education Policy 5114.2.

A student athlete, in order to be eligible to participate in interscholastic athletics, must comply with all CIAC regulations and board of education policies. These include:

- Students entering the high school from the middle school, or any other eighth grade school, will be eligible to participate in interscholastic activities during their first marking period.
- Initial eligibility for participation in any interscholastic sport is based upon the grades from the marking period preceding the activity for the second, third and fourth quarter. Eligibility for the first quarter is based upon the final grades for the preceding year.
- Any student who does not maintain an overall average of 70, and pass all academic classes, at the end of the first, second, or third marking period will be ineligible to participate for the following marking period. Fall eligibility will be determined by final grades, not 4th quarter grades.
- All athletes must receive at least four Carnegie units of work towards graduation in each marking period.
- All athletes must be in attendance during the school day for a minimum of four hours in order to practice or play on that day. The Athletic Director may make an exception before the student-athlete's departure from school for that day.
- No student below grade nine is allowed to practice or participate in any interscholastic sport.
- Students will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.
- Students cannot play or practice a sport with any other team during the high school season for that sport.
- Students must have an updated physical from a physician on file with the school nurse.
- Students must have submitted a signed parental permission form and emergency card.

Expectation of Parents in the Athletic Program

- Attend games. Cheer for both your athlete and our team in a positive manner.
- Be positive with your athletes; let them know that they are accomplishing something by simply being part of the team.
- Do not offer excuses to athletes if they are not playing.
- Do not “put down” coaches or other athletes. We are all a part of one team. Let us support our coaches, athletes, and our team.
- Encourage athletes to follow the rules.
- Insist on good grades. Be sure your athlete is doing his/her homework.
- As a fan, show your vocal support at games in a positive manner. Do not become belligerent or arrogant towards players, coaches, or officials.
- Insist that your son/daughter respect team rules, school rules, game officials, and demonstrate sportsmanship. Self-respect begins with self-control.
- Encourage athletes to improve their self-image by believing in themselves. Do not compare and contrast athletes.
- Remember that the coach is involved as a coach because he/she is sincerely fond of children and is an experienced professional. Athletes’ lives are enriched by interacting with different types of leaders.
- At competitions, you represent the town, our school, and your son/daughter. Please be a positive role model.

How a Club Becomes a Sport

For a club to exist there is a need to demonstrate strong student interest in the creation of that club. There must be organized interscholastic competition at the league and state levels. The parents/students who promote the creation of a club must provide a proposal for the creation of that club to both the Principal and Athletic Director. That proposal must include information regarding:

- Facilities.
- Number of students involved.
- Equipment/uniforms.
- Budget requirements.
- Funding.
- Coaching.

Priority opportunities will be given to those sports that best equalize athletic opportunities for both boys and girls. The proposal must first be approved by both the Principal and the Athletic Director. Upon approval the proposal will be forwarded to the Superintendent of Schools for approval. Upon the Superintendent’s approval, the proposal will be forwarded to the Board of Education for final disposition.

If interest continues, the sport could be elevated to a junior varsity status and eventually become a varsity sport.

Injuries

Procedures in the event of an injury:

- Parents should be notified immediately of their child's injury, be advised as to what has been done, and informed as to the hospital or doctor's office to which they were taken.
- A coach or member of the sports medicine staff should accompany any athlete being taken to the hospital or to the doctor's office. He/she should remain with the student until the parents arrive. Note: In the event the coach is alone, the coach will remain with the team, send the student in the ambulance, and notify the parents as soon as possible.
- The head coach should follow the case closely. No athlete who has sustained a serious injury or received medical attention by a physician should be allowed to return to practice or competition without written approval by his/her physician.
- Coaches must complete and file an accident report with the nurse within 24 hours following the injury.

Insurance

Students participating in interscholastic sports will be covered by team insurance. This insurance is non-duplication, which means that the parents' insurance pays first. Insurance forms must be obtained at the nurse's office. All injuries must be reported to the health office as soon as possible.

Locker Room Responsibility

Athletes are encouraged to leave valuables at home during athletic contests. The Board of Education, the school, and the bus company are neither liable nor responsible for lost items. Locker rooms are expected to be in clean condition and all lockers will be cleaned at the conclusion of the season.

The issue of locker security is the responsibility of the athlete. Lost uniforms and equipment will result in accountabilities for the athlete. If not paid, these accountabilities can result in ineligibility to play the next season.

Managers

The team manager(s) will be appointed by the coach. The team manager must be an Oxford High School Student. The coach will define the specific duties and responsibilities of the team manger. Managers must adhere to the same academic standards as student-athletes. Upon successful completion of the season varsity team managers will receive a varsity letter.

The student team manager will:

- Travel with the team.
- Attend all games, awards ceremonies and banquets.
- Follow the appropriate team dress code.

Physical Examination Requirements

To participate in interscholastic athletics, students must have an annual physical examination. Students are urged to obtain physicals during July or August from their own physician. Physicals are valid for 13 months from the date of the exam. Each athlete must have an annual physical exam from a medical doctor. Proof of such an exam is to be given to the nurse.

Parental permission slips are also required. Students missing either a physical or a signed permission slip will not be allowed to try out, practice, or play in contests. Coaches will carry emergency medical information cards for athletes and manager in their medical kit to practices, home, and away games.

Captains

Each coach will be responsible for setting up criteria for selection of team captains. Each coach may have a different approach to the selection of captains.

Captain's Practice

Oxford High School and the CIAC do not, in any way, sanction, encourage or condone "Captain's Practice." It is a violation of CIAC rules. Students should not feel pressured or compelled to participate in off season workouts. Off season workouts are not sanctioned or supervised by Oxford High School coaches or the athletic department. Students do not have permission to practice or play on school grounds on their own. Athletic insurance will not cover students that are injured during unauthorized practice.

Responsibilities of the Student Athlete

It is important for students and parents to realize that participation in the Oxford Interscholastic Athletic Program is a privilege granted to individuals who possess the ability, attitude, and desire to uphold the highest esteem for the student body, the school district, and the Oxford community. The opportunity to participate in the athletic program is extended to all students who are willing to assume the responsibilities to achieve academic success, demonstrate good citizenship, exemplify good sportsmanship, display high standards of behavior, show respect for others, dress neatly and be well groomed. The school reserves the right to revoke the privilege of any participant to participate in a sport who does not conduct himself/herself in an acceptable manner. If an individual feels he/she is unable to abide by the rules in this handbook, and the coach's rules, he/she should not register to play on an athletic team.

Student athletes will be expected to:

- Conform to the school and CIAC eligibility rules (including medical and academic requirements).
- Act in a responsible manner and obey the rules and regulations in the Oxford Athletic Handbook.
- Conform to the specific laws established by the local, state, and federal governments.
- Attend and not be tardy for all practices and meets held during both the regular school session and vacations.
- Abide by all athletic training rules.
- Represent our school with dignity and pride.
- Travel to and from contests on the team bus accompanied by the coach (unless pre-approved by the athletic director).
- Conform to the proper dress code. Student athletes may only wear their uniforms at scheduled games. No part of a uniform may be worn at any other time unless approved by the coach.

Violation of rules will result in discipline. Discipline may include but is not limited to:

- Loss of a starting position
- Game and/or practice suspension
- Team suspension
- Community service to offset an infraction
- Other...

The following rules and regulations will apply to all athletes participating in interscholastic athletics at Oxford High School:

1. All Board of Education policies affecting students must be followed.

2. Attendance

- Student athletes must attend and be punctual to all practices and games as scheduled and in a punctual manner.
 - Students may not leave a practice or a scheduled game/contest to participate on a recreational team. A commitment to the high school program is the responsibility of the athlete.
 - Student athletes must attend classes on the day of a contest. Arrival at school after 9:00 a.m. on the day of a contest renders the student ineligible for competition or practice on that day (unless approved by the school principal). Pending review, an absence on a Friday may disallow participation in the following Saturday or Sunday contest. Exceptions can be made by either the Principal or the Athletic Director (the request must be presented prior to the absence). An absence due to illness will be reviewed and may be excused by the coach. Students who are dismissed early (due to an illness) may not return that day to either practice or to participate in interscholastic athletics.
 - No unexcused absences from practices are permitted. Vacations and other out-of-school activities (that are not considered educational) are not valid reasons for missing practices and contests. With respect to family vacations, to be fair to all, especially to the athlete who may have no choice but to go with the family, and to the athlete who has to take the absent athlete's place during practice and contests that occur during the vacation period, the following regulations have been developed: If an athlete is on vacation during the season, he/she should be prepared to sit out a certain number of games depending on the level of the sport (Freshman, JV, or Varsity). The rule follows the concept of: the higher the level of competition, the higher the expected dedication. In the event of a personal conflict, the participant should share the problem with the coach in a timely manner. Student athletes are asked to establish priorities and then to live by their decisions regarding any personal conflicts.
 - Absences from team activities due to medical or family obligations are acceptable when approved in advance by the team coach.
3. Drug/Alcohol Prohibited: Drug or alcohol consumption is forbidden. Any documented use of or possession of drugs/alcohol by a student will constitute grounds for dismissal from the team and full school discipline as outlined in the student handbook.
 4. Smoking and Chewing Tobacco Prohibited: The use of tobacco products is illegal on campus. Student athletes are prohibited from using any tobacco products on campus, during transport to an away event, or at the away game site. A student/athlete who fails to abide by school policy will be subject to dismissal from the team and face school discipline as outlined in the student handbook.
 5. Anabolic Steroids Prohibited: The use of steroid drugs by any OHS athlete is not permitted. Steroid drugs, growth hormone, and testosterone are not permitted. Staff members and coaches are asked to report knowledge of the use of steroids and/or suspicion of such use by any member of the student body to the Principal

- or to the Athletic Director. Use or possession of anabolic steroids by a member of team will result in immediate dismissal from the team.
6. Sportsmanship: OHS athletes are expected to exhibit good sportsmanship both on and off the playing field. Each coach will discuss good sportsmanship with team members at the beginning of the season. Emphasis will be placed on courtesy and respect for one another and for members of opposing teams. All athletes and coaches will strive to maintain good sportsmanship conduct.
 7. Fighting/Assault Rule: Any student athlete who initiates or participates in a fight during the course of an athletic contest in which his/her team is participating will be immediately removed from the contest and subject to further discipline, including suspension from the next game. If there is a second officially recognized violation of this rule the student will be dismissed from the team. Any student-athlete who physically assaults an official, coach, or a spectator will be immediately dismissed from the team for the remainder of the season.
 8. Unsportsmanlike Conduct: Unsportsmanlike conduct on or off the field of competition may result in an athlete's dismissal from the team and may jeopardize future participation in athletics. The final decision in this matter will be made cooperatively by the coach, the Athletic Director, and by the Principal. Any student-athlete ejected from a contest for unsportsmanlike conduct will not be permitted to participate in the next contest (CIAC bye-law 4.6).
 9. Hazing: Hazing means committing an act of physical or emotional harm against a student, or coercing a student into committing an act, that creates a risk of physical or emotional harm to a person. Hazing is not permitted or tolerated at OHS. Students cannot engage in any hazing activity at any time either on or away from school property. Coaches are responsible and obligated to inform their teams of this policy. A student/athlete who is involved in any hazing incident will be subject to immediate team dismissal and/or be subject to school discipline policy.
 10. Verbal and Physical Abuse: All team members are expected to treat opponents, officials, coaches, and spectators with respect. Any abuse by student/athletes may result in the immediate suspension from the team. Taunting will not be allowed.
 11. Travel and Behavior: Responsible behavior is expected by athletes at all times, especially in the locker room and on the bus. The Board of Education provides transportation to and from all "away" contests. All athletes are to use this means of transportation. It is **not** encouraged, but with a written note from the athlete's parent or guardian, an athlete may be transported home by the athlete's parent or guardian. Athletes are not to be transported by anyone other than their parent or guardian. It does not matter whether or not the athlete is eighteen years of age. Exceptions to this practice may only be made with prior approval of the Principal. Also, parents/guardians are to be aware that some athletic practices are not held on the OHS campus. Therefore, athletes may be required to provide their own transportation to and from practice.
 12. Responsibility of Equipment: The athlete is responsible for the supervision, care, and return of all assigned equipment. An athlete will be held financially responsible for the replacement of uniforms and/or equipment which are not returned or which are not returned in reasonable condition. No student with a financial obligation to the athletic department will receive report cards or

- diplomas, or be allowed to participate in any other sport until the financial obligation is cleared by the coach and the athletic director.
13. Team Roster Policy: If an athlete quits a team or is asked to leave a team, he/she cannot join another sport already in season. No athlete can try out for a team once a coach has given the official roster to the athletic department for grade and eligibility verification.
 14. Cleats: Athletes cannot wear cleats into the school building.
 15. Dress Code: Student/Athletes are expected to conform to the proper dress code set forth by the team coach on game day.

The following behaviors will be considered serious violations of the athletic code and school policies and may result in suspension from the team and/or discipline as outlined in the student handbook:

- Civil law infractions.
- Theft or malicious destruction of individual, private, or school property.
- Infraction of school rules requiring administrative action.
- Misconduct by an athlete that is potentially detrimental to the athletic program, school, or school district.
- Profanity or verbal abuse from any athlete while representing the Oxford High School athletic program at practice and/or games, and as a spectator at other rival high school athletic contests.

Violations and Consequences

Types of Violations:

- Use of tobacco.
- Alcohol or other controlled substance.
- Fighting (in an athletic contest or as a spectator).
- Police involvement, resulting in arrest.
- Criminal acts: any violation of local, state, and/or Federal law.

Smoking and drinking violations will be enforced during the athlete's season. Criminal acts will be enforced throughout the calendar year.

Reporting a Violation:

Any violation may be reported by:

- Coach
- Teacher
- Administrator
- Police/Security
- Community member

In order to act upon a report, the Athletic Director must have first hand information of the violation. No hearsay will be accepted. When possible, the accuser will immediately tell the athlete at the time of the violation for which he or she is being reported. The accuser must tell the coach and the athletic director of the violation at the first possible

opportunity. The head coach and/or athletic director will then inform the parent and the athlete of the violation and explain the steps in the process.

Suspension for criminal acts will begin when the head coach and/or athletic director receive information of the arrest of an athlete. The athletic director, if possible, sets up a meeting within seven calendar days from the time of the first report of the violation. At this meeting, the athletic director, the head coach, the athlete, and the athlete's parents may all be present. However, it will only be mandatory for the athletic director to be present.

Suspicion of a violation will result in a verbal warning and may include parental involvement.

Suspension:

Assuming that all information received by the athletic director concerning a violation is accurate, the suspension will start as soon as the head coach or athletic director informs the parent and the athlete. The suspension shall include any participation in games or practices (unless otherwise stipulated). However, the athlete is required to attend all games and practices during the suspension and will be allowed to participate in physical conditioning. Failure to attend may be viewed as insubordination and lead to termination unless otherwise stipulated.

Length of Suspensions:

- A. Smoking – minimum of 14 calendar days to include at least 2 games.
- B. Alcohol or other controlled substances – minimum of 14 calendar days to include at least 2 games.
- C. Fighting – maximum of 14 calendar days to include at least 2 games.
- D. Criminal acts – indefinite suspension, immediately following the meeting. – Length of the suspension will be determined based upon the individual case and the information presented to the Athletic Director. A suspension of an athlete by the Athletic Director should not be considered an admission of guilt by the athlete or imply guilt in any way. Immediate suspensions in this category are meant to allow the athlete to deal with the emotional and legal aspects of the situation.
- E. Any offense that occurs during pre-season will cost the athlete at least the first game.

Disciplinary Meetings:

At a disciplinary meeting, the head coach, the athlete, and the athlete's parent will have an opportunity to address the Athletic Director. At the conclusion, in closed session, the Athletic Department, in conjunction with the school's administration, will decide on the athlete's reinstatement, continued suspension for a specific time, or dismissal from the team. A vote for continued suspension could bridge the gap from one sport's season to the next sport's season. A vote for dismissal could be from all sports for the remainder of

the school year, at which time an underclassman could apply for reinstatement for the following year. To apply for reinstatement, the athlete will send a letter to the Athletic Director stating his/her intention to participate the next year.

Appeal Process:

Any decision may be appealed to the Principal first, then Superintendent, and finally, the Board of Education.

Second Infractions:

Any athlete brought to the Athletic Director for a second time is subject to immediate dismissal from all teams for the rest of his or her high school career, subject to the appeal process described above.

Team Rule Infractions:

Coaches may make “team rules”, and infractions may result in penalties. The Athletic Department supports the coaches and understands the importance of these team rules. All coaches are expected to review their team rules with the athletes and, when possible, their parents.

Hazing and Initiations

Everyone has a duty to behave responsibly and courteously toward others. Any activity that humiliates, degrades, abuses, or endangers a person’s physical or emotional health will not be tolerated. This includes bullying, teasing, hazing, taunting, and initiations of any kind. Appropriate disciplinary action will be taken. We hope that all members of our school community will send a message of responsibility, respect, and kindness toward others.

Volunteer Coaches

A volunteer coach can be appointed if he/she has the appropriate coaching certificate, has been interviewed and recommended by the school principal and athletic director, and approved by the Board of Education upon the superintendent’s recommendation. Volunteer coaches must abide by the same policies and procedures that other coaches who are employed by the Board of Education are required to follow.

Students Preparing for Collegiate Academic Challenges

Starting in 1986, before a student could participate in athletics his or her freshman year at an NCAA Division I or II institution, minimum academic requirements would have to be met. It should be noted that these initial-eligibility standards relate to athletics only. They have no bearing on admission to college. Extensive research showed that the best predictor for academic preparedness –and success- was a combination of test scores and grade point averages in core courses. It was determined that these core courses would be academic in nature and prepare the student for collegiate academic challenges. Since 1986, the minimum initial-eligibility standards have increased. Currently the number of core courses required for athletes is 14. Core course requirement continue to increase. See below. Since 1998, high schools are receiving greater guidance and insight into the core-course approval process. In the past 12 years, the goal of the NCAA initial-eligibility standards has been met and exceeded. The new focus of the student-athlete has resulted in a rising graduation rate. High school athletes also are better prepared for the challenge of succeeding in college academics and athletics.

It is the responsibility of the student-athlete and his/her parents/guardian to meet NCAA compliance standards.

Notes of interest:

1. Any athlete planning to play at a Division I or a Division II College/University must go through the NCAA Clearing House. See your counselor during your junior year.
2. The clearinghouse fee for students is \$25.00 for the graduating class of 2000 and beyond.
3. Graduating class of 2008: athletes must complete 16 core courses for Division I. One of the additional courses MUST be in mathematics. Division II will remain at 14 core courses for 2008 graduates.
4. For more information, visit www.ncaa.org or www.ncaaclearinghouse.net

NCAA Approved Core Courses:

English	American Studies	British Literature
Children's Literature	English 1	English 2
English 3	English AP	Humanities 1
Humanities 2	Journalism 1	Science Fiction
Shakespeare	Shakespeare/H	Short Fiction
Writing Workshop	Writing Workshop / ADV	Mathematics
ADV Algebra/Trig (Level 2)	Algebra 1 (Level 1)	Algebra 2 (Level 2)
Applied Geometry (Level 2)	Calculus (Level 2)	Geometry (Level 2)
Elem. Algebra (Level 1)	Int Algebra 2 (Level 2)	Pre Calculus
Intermediate Alg Acad (Level 1)	Technical Coll Algebra (Level 1)	
Social Science	Africa/Mid. East	American Studies

China/ S. East Asia History Psychology Sociology Western Civilization Natural/Physical Science Biology (Lab) Biology/Gen Chemistry/AP (Lab) Environmental Science/AP Spring Ecology	Cont. History Japan/Russia Russian Studies US History/AP Western Civilization/Hon Anatomy/Physiology Biology (Lab) Biology/H (BSCS) (Lab) Earth Science Oceanography	Contemporary Modern America Social Studies 1 West Hemp Studies Astronomy Biology/AP Chemistry (Lab) Fall Ecology Physics (Lab)
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Additional NCAA Approved Core Classes:

French 1	French 2	French 3
French 4	French 5/AP	
German 1	German 2	German 3
German 4	German 5/AP	
Latin 1	Latin 2	
Spanish 1	Spanish 2	Spanish 3
Spanish 4	Spanish 5/AP	
Statistics with computers		

Driving Directions to SWC Schools

Bethel

From Rt 84 west take exit 9. Go left off the exit. Go right on Rt 25 for 2 miles. At the light go left on Old Hawleyville Rd. At the second stop sign go right on Plumtrees Rd. After 2 miles go left at the light and Educational Park signs. BHS is at the top and on the left.

Swimming is at Western Ct State University while ice hockey is at The Danbury Ice Arena. Both venues have their own web sites with directions. Varsity softball is at Johnson School. Johnson School is in Ed. Park , directly below BHS.

Brookfield

I 84 to exit 9

Going west on 84, take a right at end of ramp of exit 9. Going east, on 84 take a left at the end of the ramp.

Continue on Route 25 north for approximately 3.5 miles to the intersection with Route 133. Go straight through the intersection staying on Route 25 for about 0.25 miles and the road will fork. Stay to the right of the fork. This will be Longmeadow Hill Road. Go 0.6 miles up Longmeadow Hill Road and the high school will be on your right.

Bunnell

Rt. 8 South to Exit 11; left at light at end of exit ramp; left at first light; go over Rt. 8; go through two lights; go straight at 4 way STOP (on Huntington Road); about a mile after STOP sign turn right onto Bulldog Blvd. (brick fire house on corner).

Immaculate

I-84 West to Exit 3. Take Danbury Airport Exit. Turn Left at bottom of ramp. At next light, turn Left onto Wooster Heights Road. * Up hill to third road on right. Make a Right on Southern Boulevard. Go 0.7 miles. HS is on Left.

Joel Barlow

Via I-84 West:

Take Exit 10, Newtown. At the end of the ramp, turn right toward the "Newtown Business District." Follow the signs for Route 25. Continue through the business district to the flagpole (less than one mile).

Turn left at the flagpole and continue for approximately one half mile to the stop light at Route 302.

Turn right onto Route 302 and continue for approximately 6.3 miles. (There will be a stop light at approximately 5.5 miles; continue through it.)

The next light is the intersection of Route 302 and Route 58. Turn left onto Route 58 (also called Putnam Park Road). Continue for approximately 6.5 miles to Joel Barlow High School. The driveway is on your left around a bend in the road, just beyond the "Spinning Wheel" restaurant.

Kolbe-Cathedral

TO KOLBE CATHEDRAL FROM WATERBURY: RTE.8 FEEDS INTO RTE. 25 SOUTH .TAKE EXIT 3. TO THE SCHOOL TAKE FORK TO RIGHT. TAKE LEFT AT END OF THE RAMP GO THRU FOUR TRAFFIC LIGHTS. PULL IN THE DRIVE WAY ON RIGHT 60 FEET PAST 4TH. T.L. TO THE SHEHAN CENTER GET OFF EXIT 3 BEAR LEFT GO THRU. ONE TRAFFIC LIGHT . LOOK TO YOUR LEFT [40 FEET]. STREET PARKING ONLY.

Lauralton Hall

I95 FROM POINTS SOUTH: I 95 North to Exit 37 (High Street): Turn right at end of exit ramp onto High Street. Cross Post Road (Route 1) at light and continue to follow High Street for ½ mile, staying right at fork, to school entrance on right.

I95 FROM POINTS NORTH: I 95 South to Exit 36 (Plains Road): Turn left at end of exit ramp. Turn left at light onto Post Road (Route 1). Turn right at fourth light onto High Street. Follow for ½ mile, staying right at fork, to school entrance on right.

FROM MERRITT PARKWAY (ROUTE 15): Exit 54: Follow expressway to third exit,

Route 1 (Post Road) South. Pass stop sign at end of ramp and turn right at light onto Route 1 (Post Road). Turn left at first light onto High Street. Follow for ½ mile, staying right at fork, to school entrance on right.

SWIMMING

Foran High School, 80 Foran Road, Milford, CT 06460 (203) 783-3502

I95 North: Take Exit 40; Turn right on Old Gate Lane; *Turn left on Route 162 (New Haven Ave.); Take 1st right onto Pond Point Ave.; At fork bear left onto Yale Ave; Turn left onto Edgefield Ave; Go about 300 feet; Turn left onto Foran Rd.; High School at end.

I95 South: Take Exit 40; Turn left onto Woodmont Rd.; Take 1st right onto Old Gate Lane; Follow 195 North from *above.

CROSS COUNTRY / TENNIS

Eisenhower Park, North St., (R t. 121), Milford

I95: Take exit 39A. Heading north, turn right onto Route 1 (Boston Post Road). Heading south exit 39A merges into Route 1 (Boston Post Rd). Stay to the right, 3rd traffic light after Friendly's, turn right onto Route 121 (North St.); follow approx. 1 mi to blinking light; take left into parking lot.

From Route 15 (Merritt Pkwy/Wilbur Cross Pkwy): Take exit 56 from north or south. Turn right onto Route 121 (Grassy Hill Rd.). Travel approx. 3.5 mi, turn right at blinking light into parking lot.

Masuk

From Route 84 (East or West) use exit 11. Take a right off the ramp and a right at the next light onto Route 34. Follow Route 34 East for approx. 6.5 miles and turn right onto Route 111. Masuk HS will be approx. 2 miles up on your left. Athletic Sites are on the left side of the building as you face it.

New Fairfield

Route I-84 West to Exit 6. At the end of the Ramp, go right onto Rt. 37N. Follow Route 37 to the center of New Fairfield (APPROX 6 MILES). Take a left at Stop light (Rt 39S). Follow Rt. 39 to top of the hill. Bear left, and then take a quick right onto Gillotti RD. Be sure the Schools are on your right hand side. Follow Gillotti Rd. for 1 mile. High School entrance is on your Right.

New Milford

I 84 Westbound

Take Exit 7 for US-7 NORTH toward BROOKFIELD/NEW MILFORD - go 8.7 miles. The high school is on the left at 388 Danbury Road (RT 7).

Newtown

Exit 11 off of I-84, turn RIGHT at the end of the ramp. Turn LEFT at the next light. Newtown High School is on your LEFT.

From Route 34 NORTH, Follow to intersection of Route 84. Straight through light. Newtown high School is on your LEFT.

Notre Dame – Fairfield

Merritt Parkway to exit 47. End of Exit take a left on to Park ave., continue to stop light and make a right on to Jefferson St. Around 500 yards on Right the school will be up on a hill. Turn right into driveway, continue up a hill to back parking lot. Gym and all fields will be visible.

Pomperaug

Rt. 188 to Southbury. Turn left onto Judd Road. PHS is located on the right.

Stratford

The Merritt Parkway (Route 15) from New Haven:

Take exit 53 (Route 110 south). At the end of the ramp turn left onto Main Street. Continue on Main Street for approximately 5 miles. At the light on Barnum Avenue turn right. Proceed to the stop light and turn left onto King Street. The school parking lot will be on the right.

Weston

Proceed west on I-84 to exit 3 (left side) Route 7 south. Proceed south to the intersection of Routes 57 & 107 . Turn left and proceed for one block to Route 57. Follow Route 57 for approximately 5 miles, bearing left over the bridge which brings you to an intersection with a flashing light. Turn right and go approximately .5 miles until you see the sign for Weston Public Schools on your left. Turn left onto School Road. Bear left immediately at the fork and follow School Road to the high school.