

Bethel High School

Student – Athlete Handbook



Home of the Wildcats!

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SECTION 1: BHS ATHLETIC PROGRAM

Introduction

The Bethel High School Athletic Department is pleased that you plan to try out for an athletic team and we hope it is an enjoyable experience for you.

Bethel High School takes great pride in its Athletic Program. We invite you to become an integral part of Bethel's athletic community. Remember, more is expected of Bethel High student-athletes. Student-athletes are role models for others and should set a good example for others.

The information provided in this handbook is relevant to policies, regulations, and rules of Bethel High School, the Bethel Board of Education, Connecticut Interscholastic Conference (CIAC), and the South-West Conference (SWC).

Philosophy

Bethel High School Athletic Department's mission is to provide a comprehensive, diverse, wholesome, and dynamic program consistent with the basic philosophy of the Bethel School District. As an integral part of a student's total education, Bethel's athletic program makes a significant contribution to the personal growth and development of those involved.

While Bethel High School strives for athletic success, it does not condone a "win at all costs" attitude. The purpose of our program is to ensure a positive experience for those students who choose to participate. Another goal is to provide all student-athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values, and a realization of self-worth.

Bethel High School's Athletic Department has a professional staff which, takes great pride in both preserving and promoting the welfare of each athlete. The staff is cognizant of the tremendous influence a Coach has on an athlete and is committed to instilling the highest ideals and character traits in our student-athletes.

Vision Statement

The Bethel High School Athletic Department strives to be a model program in the CIAC by providing student-athletes the opportunity to develop mentally, physically, ethically and socially. Our expectation is to reach the highest level of success in the classroom and on the playing field through the following tenets:

1. Academic Success - providing academic assistance to enhance the academic success of all student-athletes, and enable each student to realize their full academic potential.
2. Competitiveness - by hiring coaches of the highest quality and providing opportunities for athletes to improve their athletic skill throughout the year with practice, training and

competition. As a result, student-athletes will be prepared to continue their athletic career at the post-secondary level.

3. Sportsmanship - our student-athletes, staff and fans will respect the sport, themselves and others both on and off the field of competition by fostering an appreciation of the benefits of hard work, motivation and perseverance in both winning and losing situations.

4. Community Relations - engage the Bethel community as full partners in furthering the mission of our program by publicly recognizing those individuals and groups who support the athletic program, and by encouraging fans, students, alumni and members of the community to attend sporting events.

Athletic Programs

The following athletic programs are offered at Bethel High School:

SEASON	BOYS	GIRLS
FALL	Cross Country Football Soccer	Cheerleading Cross Country Field Hockey Soccer Girls Swimming Volleyball
WINTER	Basketball Ice Hockey Boys Swimming Wrestling Indoor Track (coed)	Basketball Cheerleading Indoor Track (coed)
SPRING	Baseball Golf (coed) Lacrosse Tennis Track and Field	Softball Golf(coed) Lacrosse Tennis Track and Field

Program Description

Varsity Athletics: The Varsity athletic programs at Bethel High School are highly competitive. Team selection is based upon those student-athletes that try out for the team and are judged to have the talent and potential to help that team achieve its goals. The Varsity teams compete in the South-West Conference (SWC), and against non-conference opponents that support programs of equally talented student-athletes. The goal of Varsity athletics is to refine the skills and performance of the team and student-athletes in an attempt to achieve peak performance and to provide Bethel High School with the best possible chance for success in the competitive arena.

Junior Varsity Athletics: The Junior Varsity athletic programs at Bethel High School provide those students who do not yet possess the skills required of Varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining valuable knowledge, skill, and experience required for Varsity competition. Junior Varsity athletes may, on occasion, participate in Varsity contests. Decisions of this nature are based on the evaluation of the athletes' abilities by the Coaching staff and are not to be construed as a permanent move to the Varsity squad. Seniors are not eligible to compete on teams at this level except in special circumstances approved by the Athletic Department.

Freshman Athletics: The freshman athletic programs at Bethel High School are designed to provide 9th grade students with the opportunity to participate in an instructional yet competitive setting. These programs teach the basic skills of the sport and afford athletes an opportunity to gain valuable knowledge and experience, as well as the skills necessary for Junior Varsity competition. Freshman athletes may, on occasion, participate in Junior Varsity or Varsity contests. Decisions of this nature are based on the evaluation of the athletes' abilities by the Coaching staff. These decisions should not be misinterpreted as an absolute move to the next level of competition.

Eligibility

1. Student-athletes must be enrolled in at least seven (7) classes or "units of work" or the equivalent. A unit of work is defined as a course that meets for "200 minutes of recitation during a period of five consecutive school days".
2. Student-athletes must have passed at least four (4) quarter Carnegie Units of work or its equivalent at the last regular marking period with the exception of fall eligibility (Rule I.A.). Incomplete grades are not considered to be passing grades.
3. For Fall sports eligibility, student-athletes must have received credit for four (4) units or its equivalent toward graduation at the conclusion of the school year preceding the contest (Rule I.A.). Initial eligibility is based on Semester Two Final Grades from the previous school year. Students with more than one failing Semester Two grade will be declared academically ineligible. Please note: all incoming 9th graders are automatically eligible based upon successful completion of 8th grade.
4. Marking period grades (not semester grades) are to be used in determining scholastic eligibility for the Winter and Spring Season. The 1st Marking Period will determine winter sports eligibility. The 2nd Marking Period will determine spring sports eligibility.
5. A student-athlete may not receive more than one F from the previous marking term in order to remain eligible for participation.

Age Restrictions: Student-athletes may not be 20 years of age.

Transfer Rule: Student-athletes must not have changed schools without a change of legal residence (Rule II.C. See complete rule for exceptions).

Years of Participation: A student-athlete has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition. Date of entry is defined as the first date of enrollment as a grade 9 student. Students who are not eligible or elect to participate do not preserve additional semesters for use at a later time.

Outside Participation: A student-athlete may not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season (Rule II.E.). This rule applies for all student-athletes in grades 9 through 12.

False Identification: A student-athlete must not play under an assumed name on an outside team. (Rule II.F.)

Economic Gain: A student-athlete must not have received personal economic gain for participation in any CIAC sport (Rule II.F.)

CIAC Ejection Policy: If a player is ejected from a Varsity, Junior Varsity, or Freshman league or non-league contest, he/she will be suspended for a period of one contest at that level of play and all contests at any level played in the interim.

Captain's Practice: The CIAC and Bethel High School do not in any way sanction or condone "Captain's Practice" in any sport. Captain's Practice may be a clear violation of CIAC Eligibility Rule II.D and, therefore, is not permitted on Bethel High School's facilities and fields.

Participation: Student-athletes may participate in only one Bethel sport program per season. Athletes may not transfer to another sport after the first scheduled contest of the season.

A complete list of CIAC Rules may be obtained from the website www.casciac.org.

Due to the complexity and exceptions to these and other CIAC Rules, any questions regarding eligibility should be discussed with the Athletic Director.

Tryout Information

Student-athletes will be encouraged to try out for various athletic teams. A two to four-day tryout period will be in effect for each team. Upon reaching the 1st contest, as indicated by the CIAC, currently enrolled students will not be allowed to try out or gain membership to any other Bethel High School team.

Athletes must complete the following process prior to the 1st day of tryouts:

1. Meet the grade requirement (have no more than 1 failing grade in the marking period. Eligibility for fall sports is based upon a student's final grades for the year, and any work completed during summer school)
2. Complete an Emergency Athletic Form (Green Form) and bring it to the Main Office. (it requires an up-to-date physical on file in the Nurse's Office).
3. Pay the \$100 pay-to-participate fee (family cap is \$300 for the year) in the Main Office (get Green Form stamped PAID), and submit green form to Nurse's Office for signature.
4. On the first day of tryouts, give the coach:
 - a. Green Form
 - b. Parent/Student Agreement Form
 - c. Concussion Education Plan & Consent Form
 - d. Sudden Cardiac Arrest Plan & Consent Form

Contact Information

Main Office: 203-794-8600

Athletic Director: TBD
203-794-8600 ext TBD
Email: TBD

Athletic Trainer: Amy Schneider
203-794-8600 ext 113

BHS Athletic Website:

http://www.bethel.k12.ct.us/schools/bethel_high_school/clubs_and_activities/athletics/

SECTION 2: BHS ATHLETIC CODE OF CONDUCT

Code of Conduct

Playing sports and competing for Bethel High School is a privilege, not a right. Student-athletes will be held accountable for their behavior during school time, school activities, outside of school, and in the community at all times. As leaders, you have the great responsibility to represent your team, your school, and yourselves in positive and exemplary manners at all times. Sometimes, this means doing things that are inconvenient to you, but benefit your team and your school as a whole. In summary, as a student-athlete you are expected to behave in ways that will bring honor to your school, coaches, family, community, or teammates through the following:

- Exemplary school citizenship
- Consistent attendance in class and school
- Consistent attendance at team practices and games
- Positively influencing team morale
- Respect for your coach
- Meeting or exceeding standards of academic eligibility
- Display of exemplary sportsmanship and conduct toward teammates, opponents, opposing fans, officials, and others

Good Sportsmanship

The Bethel High School student-athlete is an ambassador for the school whenever he or she is competing. Therefore, it is important that this representation is favorable.

The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed by Bethel High School as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity. A good sport exhibits a genuine concern for the opponent; accepts results graciously; acts fairly; and maintains self-control in all circumstances. Specifically, team members are expected to:

1. Treat opponents with respect. Shake hands prior to and/or after contests.
2. Respect the judgment of contest officials. Abide by rules of the contest and display no behavior that would incite fans.
3. Cooperate with officials, coaches, and fellow participants to conduct a fair contest.
4. Accept the responsibility and privilege of representing Bethel High School.
5. Display positive public conduct at all times.

Attendance

School and Class

- Student-athletes will attend all classes regularly and be on time. Tardiness to class and cutting class will not be tolerated. In order to practice or play, all student-athletes must be in school no later than 8:00am on days of games and practices.
- Student-athletes will not use a sport as an excuse to miss class or portions of a class unless the team is departing early from school. In the case of an early dismissal, the Athletic Director and Coach will notify the student-athlete's teacher.
- Student-athletes will be permitted to participate in school athletics only if they are in attendance at school for the entire day of an event. Any exceptions to this rule will be made only by the Administration.
- Student-athletes may not miss practice or games to go to a job or participate on an outside team.

Practices and Games

Attendance at all practice sessions and games (including tournament and vacation periods) for all team members is mandatory. High School contests might be scheduled or rescheduled for Saturdays or Sundays.

If for some reason the student-athlete will be absent or tardy for a practice or game, s/he must speak personally to a member of the team's coaching staff prior to that practice or game. In the event of a family emergency, any missed game time is up to the coach's discretion.

Unexcused absences will result in consequences set by the Coach at the beginning of the season.

Coaches will always excuse student-athletes for extra help; however, the student-athlete should make every effort to seek help when it least interferes with practice.

Vacations and other out of school activities, without prior approval from the Coach, are not valid reasons for missing practices and contests. Family vacations that interfere with organized practice and/or games should be discussed with the Coach prior to the start of the season.

College visits should be scheduled during the summer break or at times that do not conflict with athletic competitions or practices. If a college visit is excused by the Coach/Athletic Director, the number of contests the student-athlete misses may be the number of contests s/he misses upon returning to the team unless otherwise covered under specific team rules. In addition to missing contests, student-athletes must earn their position back.

Athletic Misconduct

The Board of Education believes that involvement in extracurricular and athletic activities is essential to the development of well-rounded students. However, participation in extracurricular activities and athletics is a privilege and not a right. Students participating in extracurricular activities and athletic programs are expected to demonstrate responsible behavior and high ethical standards at all times. Negative or inappropriate behavior by participants during the school year, during periods of school recess, and during non-school hours can affect other's perceptions of an extracurricular activity or an athletic program, and the standards established by the Board of Education for all students. Consequently, student athletes and extracurricular participants who violate the Board's policy shall be subject to progressive sanctions, up to and including dismissal from participation in athletic or extracurricular activities, and suspension or expulsion.

All student-athletes shall conform to the behavioral norms of the school, society in general and to the specific laws established by the local, state, and federal governments. These guidelines may include but are not limited to fighting, verbal abuse of officials or coaches, civil law and criminal infractions, theft or malicious destruction of individual, private or school property and misconduct that is potentially detrimental to the athletic program, school, or school district.

Bullying

In accordance with Bethel Board of Education policy, bullying shall mean any overt acts by a student or group of students directed against another student with the intent to ridicule, harass, humiliate, or intimidate the other student while on school grounds, on a school bus, or at a school-sponsored activity, and which acts are committed more than once against any student during the school year. Additionally, any form of cyber-bullying committed more than once against any student during the school year by student(s) at school using school electronic devices, or from home computers or personal cell phones, or from any other personal electronic device, or done through the use of social networking sites of any kind is expressly forbidden.

Students who engage in any act of bullying, while at school, at any school function, or in connection to or with any district-sponsored activity or event are subject to appropriate disciplinary action up to and including suspension, expulsion, and/or referral to law enforcement officials. Board Policy and Regulation #5131.911 set forth this prohibition and the related procedures in detail, and are available to students and their parents/guardians upon request.

Fighting

Fighting will not be tolerated for any reason. It does not matter if you are the victim of an unsportsmanlike act, if you are provoked or taunted, if you are verbally or physically abused, or if you are subject to any other set of circumstances. The relevant question is, did you, the Bethel athlete, actively participate in a fight, retaliate in a fight, or leave the bench to join a fight in progress? If the answer is "YES" to any part of this question, you, the athlete, will be subjected to serious sanctions such as, but not limited to, suspension or

dismissal from the team.

Hazing

Hazing or initiations of student athletes by other team members is not acceptable and any practice of this type of behavior will not be tolerated. Actions of the type are illegal, and those involved may be subject to police action, as well as additional school consequences up to and including: dismissal and/or suspension from participation in any athletic program, and or suspension and/or expulsion from school.

Social Media Misuse

Facebook, Twitter, and other social media sites have increased in popularity globally, and are used by the majority of students and staff at Bethel High School in a variety of ways and for a variety of purposes.

Student-athletes and fans need to be aware that third parties (i.e. the media, BHS faculty, future employers, and NCAA officials) could easily access your profiles, and view all personal information. This includes pictures, videos, comments, and posts. Inappropriate materials found by third parties affect the perception of the student-athlete and the fans, the athletic department, and the school. This can also be detrimental to a student's future employment and educational options, whether in college athletics, admittance to schools, professional sports, or other industries.

If a student-athlete's or a fan's social media profile, comments, and/or posts are found to be inappropriate in accordance with any of the above behaviors or related behaviors, he or she will be subject to penalties as determined by the Athletic Department, including but not limited to possible suspension from his/her athletic team and/or future athletic events. In some cases, depending on the nature and severity of any profiles, comments and/or posts, police involvement may be required and legal action taken.

As a student-athlete at Bethel High School, you are an extension of what we do here and what we represent. This does not end when you leave school grounds, and it pertains to all types of social media.

Substance Abuse

Use, possession, sale or distribution of any illicit drugs including anabolic steroids, alcohol, any form of tobacco, marijuana, prescription medication, narcotics, drug paraphernalia, etc will result in a suspension and possible dismissal from the team for the season. Students must not host or attend any event (on or off campus) that involves the use of illicit drugs/alcohol. Please refer to Board of Education policy #5131.6 for a more thorough description of the policy.

Taunting

Taunting includes, but is not limited to, any actions or comments by Coaches or players which are intended to bait, anger, embarrass, ridicule, or demean other players, Coaches, or game officials. Included in this is conduct that berates, "needles," intimidates or threatens based on race, gender, ethnic origin or background and conduct that attacks religious beliefs,

size, economic status, speech, family, special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game (“trash talk”), reference to sexual orientation, “in-the-face confrontation” by one player to another, or standing over, straddling a tackled or fallen player, etc.

In all sports, game officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench personnel or athletes from that contest/day of competition and the player or Coach from the following contest/day of competition; i.e. the CIAC player/Coach ejection rule will be invoked. A warning may be given, but is not required before ejection. Severe instances may result in dismissal from the team.

Disciplinary Action

Failure to adhere to the Code of Conduct shall result in disciplinary action.

First Offense – Loss of practice and playing time for 20% of that respective athlete’s season (excluding vacations where the team does not practice or play). Each suspension will take place in the student-athletes respective level of play. (A varsity athlete in varsity contests, JV athlete in JV contests and freshman athletes in freshman contests).

Second Offense – A second offense will result in the removal of the athlete from the team for a period of time as determined by the Coach, Athletic Director, and building Administration.

School Suspension

A student-athlete who receives a suspension (in-school or out-of-school) shall be declared ineligible to play or practice for the duration of the suspension. The suspension may also include post-season play. Student-athletes may not practice or attend school activities while serving a suspension. A coach, in consultation with the athletic director and principal, may choose to dismiss a student-athlete from a team if s/he feels the cause of the suspension warrants such action

School Expulsion

A student-athlete expelled from school is ineligible to practice of play during the period of expulsion. When a student returns to school after an expulsion occurred, the expulsion shall be treated the same as a suspension.

A coach, in consultation with the athletic director and principal, may elect to disallow a student-athlete returning from an expulsion to be a member of his/her team if he/she believes that allowing such a student to be a member of the team is not in the best interest of the team and the other student-athletes on the team.

Athletes subject to disciplinary action may not be eligible to receive post-season Athletic Awards, scholarships and other school/community awards involving character and leadership.

Captains subject to disciplinary action will lose their position as captain and will not be eligible to be named captain of a team until three seasons of play have passed from the date of the violation.

CIAC Ejection/Disqualification Rule

The following policies for disqualification shall apply in all sports:

1. Any student-athlete who physically assaults an official, coach, opposing player or spectator will be immediately dismissed from the team for the remainder of the season.
2. When a student-athlete is disqualified during a contest for unsportsmanlike conduct, including taunting, that student is ineligible to participate in any contest until withheld from the next contest at that level of play.
3. Upon the second disqualification, if that violation is for initiating a fight or retaliating in a fight (as determined by the game official), that student-athlete will be dismissed from the team for the remainder of the season. Otherwise, #2 remains applicable.
4. When a coach is disqualified during a contest for unsportsmanlike conduct, including taunting, that coach shall be prohibited by his/her school from coaching or attending a contest until the next contest at the level of play has occurred.
5. Failure of the school, for any reason, to enforce this regulation will prohibit the school from entry in the CIAC tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during a CIAC tournament or during the last regular season contest/day of competition.
6. Any CIAC team that accumulates five (5) or more disqualifications for flagrant misconduct, unsportsmanlike conduct, including taunting, retaliating in a fight, or physically assaulting an official, Coach, opposing player or spectator during the course of one season will be barred from CIAC post-season competition. The number of disqualifications must be completed on all tournament forms. Disqualification from the team under Rule #1 constitutes one disqualification in team totals.
7. Disqualifications from one season carry over to the next season in that sport for undergraduates and coaches, or the next season of participation in any sport for seniors.
8. If the playing rules for a sport specify an additional penalty, the additional penalty will apply. The CIAC disqualification rule applies to all disqualifications with the exception of reaching the limit of personal fouls in basketball, reaching the limit of technical violations, or being disqualified by the rules in ice hockey, which does not require a next game disqualification.

SECTION 3: ATHLETIC FACILITY & RESOURCES

Locker Rooms

Bethel High School is not responsible for personal property. Student-athletes should not bring items of value to school. Keep the locker locked at all times, and do not share your combination with anyone. Locker rooms are expected to be left in clean condition at the end of the day. Lockers will be cleaned out at the end of each season. Anything left in the locker room will be either donated to a local charity or discarded.

Sidelines

Only coaches, student-athletes, managers, officials and the ATC are allowed on the sidelines or field of play. If a student-athlete is injured, parents should wait for the coach or ATC to indicate that it is an appropriate time to enter the sideline or field of play.

Training Room & Athletic Trainer

The ATC is charged with the responsibility of determining whether or not an injured student-athlete is physically able to participate in practice sessions and/or scheduled contests. The ATC is responsible for overseeing the treatment of injured athletes, their rehabilitation, and their expeditious return to full activity. In discharging these responsibilities, the ATC has well-defined working relationships with local physicians and physical therapists.

Training Room rules are as follows:

- For reasons of safety, student-athletes may be in the training room only in the presence of the Athletic Trainer or Coach.
- Student-athletes may take or use materials only with the permission of the trainer.
- Student-athletes in season have priority use of the training room.

Uniforms & Equipment

Student-athletes are responsible for all uniforms and equipment issued to them by the Coach or the Athletic Trainer during a particular season. Uniforms and all other equipment used by the team are the property of the Bethel Public Schools, and must be taken care of and returned promptly in good condition at the conclusion of the season. If lost or stolen, the replacement cost of the uniform or equipment will be assessed to the student-athlete. Student-athletes will not be allowed to try out or play on a team during the next season until they have returned or paid for the replacement of uniforms and equipment. Failure to return uniforms and/or equipment will make the student-athlete ineligible for any athletic award, and may affect his/her graduation status.

Weight Room & Gymnasium

For reasons of safety, student-athletes will only be allowed in a gymnasium or the weight room during a practice or when supervised by an authorized member of the staff. Unless supervised by a coach, student-athletes may not work out in the gymnasium or weight room while another team is having an official practice. While practicing, student-athletes may only use equipment designated by the Coach.

SECTION 4: HEALTH & MEDICAL INFORMATION

Physical Examinations

1. Prior to the first tryout or practice session, all candidates for athletic teams are required to have been examined by a certified medical practitioner, medical doctor, physician assistant or advanced practitioner registered nurse within the past 13 months and found medically fit and able to participate in high school athletics and Physical Education.
2. Completed physical examination forms (or copies of) must be on file in the Health Office of the high school prior to the first tryout of practice session. (A form, if needed, is included in this handbook.)
3. The physical examination is valid for 13 months.
4. Should the physical examination expire during the course of the sports season, the student-athlete will no longer be able to participate until an updated physical is on file in the Health office.
5. The Athletic Emergency Form (green form) must be completed and signed by a parent/guardian and submitted to the Health Office.

Reporting Injuries

Athletic activity involves the potential for injury. Even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility.

1. Report the injury immediately to the Coach and Athletic Trainer (ATC).
2. Receive necessary treatment from the Coach/Athletic Trainer.
3. If it is a traumatic injury requiring immediate medical care, the Coach will follow emergency medical procedures, i.e. call ambulance, contact parent/guardian, send the student-athlete with his/her emergency medical information to the hospital, (ensure an adult is present during transport).
4. If it is a routine athletic injury (sprain, strain, wound care, etc), receive an evaluation from our Athletic Trainer. The ATC will refer the injury if needed and limit participation.
5. Any visit to a doctor for treatment of a sport-related injury must be reported to the Coach. The student-athlete is obligated to obtain a written release from the doctor before further participation.
6. Under no circumstances will a student-athlete be allowed to return to play without a medical release from his/her attending physician.

Concussion/Return to Play

Public Act 14-66 AN ACT CONCERNING STUDENT ATHLETES AND CONCUSSIONS requires all school districts to provide current and relevant information regarding concussions and head injuries. It is impossible to predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse) trained in the evaluation and management of concussions.

The Bethel High School Return to Play protocol is as follows:

- Student-athletes cannot return to play on the day of a concussion
- Once they are symptom free for 24 hours, student- athletes must complete “Return to Play” ImPACT Test (performed by the Athletic Trainer).
- Student-athletes will then complete a 4 – 6 day “Return to Play” protocol.
- Student-athletes must receive final clearance by an appropriate health-care professional before being allowed to return to play in games or practices.

For more detailed information regarding concussion, please refer to the Student & Parent – Concussion Education Plan & consent Form.

Insurance Coverage

Bethel High School’s Interscholastic Sports Insurance Policy is a secondary or “excess” type benefit plan. All claims must first be submitted to the individual’s personal insurance carrier. Once the primary carrier has assigned its benefits, the school’s plan will review the claim. The athletic insurance will pay only the usual and customary portion of the balance of the medical expenses not provided or reimbursable under the other coverage. Insurance provided by Bethel will consider these expenses related to athletic injuries for up to 52 weeks from the date of the accident, provided medical attention was sought within 90 days of the accident.

It is imperative that student-athletes participating in extra-curricular activities participate in a medical insurance plan.

SECTION 5: MISCELLANEOUS INFORMATION

All Sports Booster Club

The Bethel High School All Sports Booster Club was organized to ensure ongoing support for the athletic programs at BHS and to foster school spirit. Our members strongly believe that the lessons student athletes learn, such as teamwork, dedication, and sportsmanship, from participating in well-organized athletic programs will benefit them in all areas of their lives. The funds raised each year from events such as the annual Ralph J. DeSantis golf tournament, the operation of the snack shed, the sale of spirit wear, etc. enable the club to provide the following in support of our athletics program:

- \$10,000 in annual scholarships to student athletes
- Improvement of BHS athletic facilities
- Improvement and purchase of athletic equipment
- Annual Senior Athlete Banquet
- Championship Gym Banners and Plaques
- Fan Buses to championship games
- And much, much more!

If you are interested in joining the Booster Club, or would like to attend a meeting to see what we're all about, please email the ASBC president or talk to the coordinator of your child's sport. The group meets on the second Tuesday of each month at BHS. You can also visit the on Facebook to see what's new.

Athletic Awards

The Varsity letter award shall be presented to any student-athlete who completes the season as a team member in good standing, receives the recommendation of the Coach, and who satisfies the participation as listed below. The Coach may recommend a waiver of these requirements under any unusual circumstances. A letter and pin is awarded to a student-athlete who qualifies for the first time; thereafter, sports pins are awarded to a student-athlete in lieu of additional letters. JV/FR athletes not receiving Varsity letters will receive certificates. Student managers may be awarded a Varsity letter. All teams will have specific award guidelines outlined in their team regulations.

Any student-athlete who is a Varsity starter or plays in Varsity contests on a regular basis and becomes injured may be awarded a letter if, in the Coach's judgment, he/she would have met the criteria. The Coach and the Athletic Director will have the prerogative to award Varsity status to a senior who has not met the seasonal requirements.

Any student-athlete who earns a varsity letter in their sport and qualifies for the Distinguished/High Honor roll during the season will earn a certificate for the SWC All-

Academic Team. Student-athletes participating in a Fall sport will qualify based upon 1st MP Grades, Winter sports by 2nd MP grades, and Spring sports for 4th MP grades.

NCAA Clearinghouse

To compete in college athletics, not only does an athlete have to be talented, he/she has to be a good student. The Division I and II initial eligibility requirements are as follow:

The New Rule:

1. *Increases in the number of required core courses from 13 to 14 for both Division I and Division II.*
 - The additional course may come from any of the following areas: English, mathematics, natural/physical science, social science, and world language.
2. *Changes to the Division I initial-eligibility index.*
 - This sliding scale takes both a student's grade point average and SAT, or ACT, scores into consideration.

Division III

These requirements do not currently apply to Division III colleges, where eligibility for financial aid, practice, and competition is governed by institutional, conference, and other NCAA regulations.

NCAA initial eligibility rules can be accessed through the clearinghouse website www.ncaaclearinghouse.net.

A complete listing of NCAA approved core courses at Bethel can also be accessed using our six digit high school code (070753)

How Do I Register for the Clearinghouse?

To be eligible to play college sports at the Division I and II level, all prospective athletes must:

1. *Visit the NCAA Clearinghouse website (www.ncaaclearinghouse.net) to complete the on-line or printable version of the Student Release form. There is a registration fee required with the filing of this document. A fee waiver may be requested if you qualified for and received a waiver for the SAT or ACT.*
2. *Provide your school counselor with a Bethel Transcript Release and 2 copies of the completed NCAA Clearinghouse Student Release Form. These copies are used to forward to the student's official transcript to the NCAA Clearinghouse.*

*** Please Note: You must arrange for official transcripts to be forwarded to the NCAA Clearinghouse from ALL the high schools you have attended.*

3. *Visit the College Board website (www.collegeboard.org) for all college admission testing information*

Parent Expectations

- Parents should help their children improve their self-esteem by encouraging them to believe in themselves.
- Parents should encourage their children to work hard and do their best. They should not criticize coaches or offer excuses if their child is not playing.
- Parents should insist on an academic commitment from their children.
- Parents should help their children adhere to the Athlete Code of Conduct
- As spectators, parents are entitled to cheer at sporting events, but should never become belligerent towards players, coaches or officials.
- Parents should insist that their children exhibit true sportsmanship during athletic contests, and emphasize the ideal of never embarrassing themselves, their family, team, school or community through inappropriate behavior on or off the field of play.

Physical Education

All student-athletes currently taking Physical Education must change and be active in class.

Resolving Conflicts

If a student- athlete has issue of concern the following steps of communication should be taken:

1. The student-athlete is to meet with the coach
2. The student-athlete is to meet with the athletic director.
3. The coach will meet with the parent.
4. The coach, student-athlete, parent and athletic director will meet.
5. The parent and athletic director will meet with the administration.

Please do not attempt to confront a Coach before or after a contest. These can be emotional times for both you and the Coach. Meetings of this nature do not promote resolution.

Season

The season is defined as the period between the dates officially designated by the CIAC as the beginning of the season for that sport and the close of the post season CIAC tournaments.

Transportation

The Bethel Board of Education provides transportation to/from all “away” contests. All student-athletes are required to use this means of travel to and from athletic contests.

Parents are not permitted to transport student-athletes unless written requests are submitted to the Athletic Director at least 24 hours prior to the contest for approval. (A transportation request form can be obtained from the Athletic Director’s office or the BHS website.)

Student-athletes will remain with their team and under the supervision of their Coach. Student-athletes are not permitted to drive themselves to/from athletic contests at any time for any reason.

Student-athletes who miss the bus will not be allowed to participate in any contest unless approved by the administration. Good conduct on trips must be maintained. Poor behavioral issues on the bus or at an opposing venue may lead to disciplinary action up to and including dismissal from the team.

Exceptions to these rules are those sports where the Athletic Department does not provide transportation for student-athletes (golf, ice hockey and skiing). In this case when transportation is not provided to off-campus venues, student-athletes may not transport other student-athletes to any contests or practice session.



BETHEL ATHLETIC DEPARTMENT



PARENTAL TRANSPORTATION FORM

I, _____, allow my son/daughter, _____ to ride home with me on _____ (date). If this form is not signed by the Athletic Director and a parent or guardian on the date listed, my son/daughter will take the bus back to Bethel High School. This permission is for my child only to ride with me. It does not include any other students.

Parent _____ Coach _____

Athletic Director _____ Date _____

This completed form is to be given to the coach at the time of departure from the activity.

Bethel High School

Notification of/Permission to Leave Athletic Program

To all BHS Athletes and their parents:

If your son/daughter decides to quit within the first two weeks of the start of the season, he or she must get this form signed by the coach of the sport he/she is leaving before the pay-to-play fee can be refunded. Once the player, the parent, and the coach sign this sheet, it should be given to Mrs. Dombroski in the BHS main office, where the pay-to-play fee will be refunded. If an athlete decides to quit, is dismissed, or leaves the team for any reason after two weeks from the start of the season, the pay-to-play fee will not be refunded.

For Spring Sports, the two-week cut-off date for a refund is:

.....

I, _____, attest that _____
(coach) (athlete)
is leaving _____ within the two-week cut off
(sport)
period for legitimate reasons and should be refunded his/her pay-to-play fee.

Coach Signature: _____ Date: _____

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Bethel High School and Bethel Middle School
Student & Parent - Concussion Education Plan & Consent Form
2014-15

Public Act No. 14—66 AN ACT CONCERNING STUDENT ATHLETES AND CONCUSSIONS requires all school districts to provide current and relevant information regarding concussions and head injuries.

❖ Please return completed form to Ms. Dombroski
A concussion is the immediate and transient alteration of neurological function in the brain caused by mechanical acceleration and deceleration forces.

Part I – SIGNS AND SYMPTOMS OF A CONCUSSION

A concussion should be suspected if any one or more of the following signs or symptoms are present, OR if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loss of consciousness
- Amnesia/memory problems
- Acting silly/combative/aggressive
- Repeatedly asking the same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

2. Symptoms of a concussion may include (what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

Note: Public Act No. 14-66 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited the signs and symptoms of a concussion.**

Part II – RETURN TO PARTICIPATION (RTP)

Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. If there is any loss of consciousness, vomiting, or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. Monitoring must take place for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an **initial written clearance** from one of the licensed health care professionals mentioned above directing them into a well-defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (and the athlete no longer exhibits any signs or symptoms or behaviors consistent with concussions), **final written medical clearance** is required by one of the licensed health care professionals mentioned above for the athlete to fully return to unrestricted participation in practices and competitions.

BETHEL HIGH SCHOOL

Student & Parent-Sudden Cardiac Arrest Plan & Consent Form 2015-16

NOTE: This document was developed to provide coaches with an annual review of current and relevant information regarding sudden cardiac arrest. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Public Act No. 14-93 AN ACT CONCERNING SUDDEN CADIAC PREVENTION.

PART I- SUDDEN CARDIAC ARREST- 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.

PART II- HOW COMMON IS SUDDEN CARDIAC ARREST IN THE UNITED STATES?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. It is the #1 cause of death for student athletes.

PART III- WHAT ARE THE WARNING SIGNS AND SYMPTOMS?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

PART IV- WHAT ARE THE RISKS OF PRACTICING OR PLAYING AFTER EXPERIENCING THESE SYMPTOMS?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

PART V -REMOVAL FROM PLAY

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

PART VI- 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 by a licensed medical provider.

PART VII -SUMMARY OF LOCAL/REGIONAL BOARD OF EDUCATION POLICY

(insert)

I have read and understand this document and understand the law requires me to annually review this Connecticut State Department of Education Approved Sudden Cardiac Arrest Educational Plan.

I have read and understand this document the "Student & Parent- Sudden Cardiac Arrest Plan & Consent Form" and understand the severities associated with sudden cardiac arrest and the need for immediate treatment of any suspected condition.

Parent name: _____ Date _____ Signature _____
(Print Name)

Simons Fund - <http://www.simonsfund.org/>
Pennsylvania Department of Health- <http://www.simonsfund.org/lwp-content/uploads/2012/061Parent-Handout-SCA.pdf>



PARENT-STUDENT AGREEMENT

_____	_____	_____	<input type="checkbox"/> Male
Student's Last Name	Student's First Name	Grade	<input type="checkbox"/> Female

A new Parent-Student Agreement must be completed **once each season**. This agreement is **NOT** sport specific; athletes must uphold this agreement for the entire school year. Failure to do so may result in suspension from participation in BHS Sports.

To be a member of a Bethel High School athletics team is a privilege and not a right. Students are expected to behave with respect and concern for the rights, safety and welfare of all individuals, while participating in the athletics program. The student athlete is expected to make responsible decisions about his/her behavior. The student athlete continually serves as a reflection of his/her coach, team, family, school, and community.

Student athletes must abide by the rules and regulations of the Athletics Department, which are covered in the BHS Athletic Handbook. Coaches may establish additional rules and regulations specific to that sport and his/her team, not covered in the handbook. These rules will be provided in writing at the team orientation meeting held at the beginning of each sports season and will be discussed with all prospective team members. These rules will be approved by the Athletics Director.

BOTH the athlete and parent/guardian's signatures must be on this form for the student to be eligible to participate in the Bethel High School Interscholastic athletics program.

- # *I acknowledge that I have read the BHS Athletic Handbook and all handouts administered by the Head Coach detailing the specific requirements of the sport in which I am participating.*
- # *I acknowledge that I have read the BHS Athletics Training Expectations which are in effect from the first day of practice through the last day of the season.*
- # *I agree to abide by all the rules and regulations, which govern the BHS Interscholastic Athletics Program.*
- # *I give permission for my son/daughter to participate in the BHS Interscholastic Athletics Program, realizing that such activity involves the potential for injury which is inherent in all sports. I recognize that even with the best coaching, use of appropriate equipment and strict observance of rules, injuries are still a possibility. I understand that the BHS and the School District (and their agents) shall bear no responsibility for any such injuries sustained by my son/daughter while participating in the BHS Interscholastic Athletics Program.*

Signature of Student Athlete

Date Signed

Signature of Parent/Guardian

Date Signed