

Tolland High School Athletic Handbook



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STAFF DIRECTORY

Tolland High School
1 Eagle Hill Rd
Tolland, CT 06084

Main Office Phone: (860) 870-6820
Athletic Office Phone: (860) 870-6827
Athletic Office Fax: (860) 870-6828

Principal: Ms. Dominique Fox
Assistant Principal: Mrs. Margot Martello
Assistant Principal: Dr. Linda Yankowski
Athletic Director: Mr. Patrick Cox
Athletic Trainer: Ms. Paula Dombek
School Nurse: Michelle Povilonis

COACHING ROSTER

Baseball: Scott Czerwinski (V), Matt Gavin (JV), Sam Moser (Fr)
Boys Basketball: Mike Lewis (V), Sam Moser (JV), TBA (Fr)
Girls Basketball: Vinnie Cianfarani (V), Beth Pion (JV)
Cheerleading: Tricia Bottaro
Boys Cross Country: Brandon Elliott
Girls Cross Country: Judi Lafontaine
Football: Andy Bourquin, Steve Lewis, Jon Cooper, Bruno Sessions
Golf: Augie Link (V), Jim Booth (JV)
Hockey: Vic Hurtuk
Indoor Track: Corey Bernier, Brandon Elliott, Corey Pusey
Lacrosse: Vic Hurtuk (V), Steve Schaus (JV)
Boys Outdoor Track: Brandon Elliott, Scott Weldon
Girls Outdoor Track: Corey Bernier, Corey Pusey
Boys Soccer: Jim Leahy (V), TBA (JV)
Girls Soccer: Ken Boucher (V), Fallon Harrison (JV)
Softball: Tom Drury (V), Beth Sadloski (JV)
Boys Tennis: David Chassanoff
Girls Tennis: Kris Coffey
Volleyball: Mike Lewis (V), Ken Brown (JV)

Athletic Requirements for Participation

In order to participate in any sport at Tolland High School the following requirements must be met:

1. Sports Health Assessment Form completed by Physician and Parent/Guardian submitted to the nurses office by the appropriate due date. Said date will be communicated via electronic backpack and morning announcements.
2. Student Athlete Permission Form must be completed and submitted to the nurse's office along with the Sport Health Assessment Form.
3. All CIAC and school eligibility requirements must be satisfied.

Athletic Trainer Services

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

Attendance Policy – Athletics

Students are required to be in school by 10:15 am to be eligible to participate or attend extra-curricular activities that day (with the exception of approved field trips). This includes both contests and practices. For those sports that hold practice before school, students must also attend school that day. Students who fail to abide by this regulation will become ineligible to participate in the next contest or practice, depending on which was attended improperly.

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

Attendance Policy - Vacations

Vacations by athletic team members during a sport season are discouraged. Parents and athletes wishing to go away during a particular season may want to defer participation so as not to create conflicts.

In the event that a family vacation is unavoidable:

1. The athlete must notify the coach at the start of the season
2. A **“time for time” policy will be used to determine when the athlete may compete upon his/her return For example, if a player missed three (3) practices due to vacation he/she will have to practice at least three days before they are eligible to play in a game**

Awards Night

Following each sports season, each sports program will host a post season awards gathering for all athletes (Varsity, JV and freshman), and their families. Athletes from each sport and their families meet with their teammates and coaches for presentation of certificates and a season wrap-up.

Captains

Captains will be selected for each varsity sport at the start of their respective season. To be eligible for a team captaincy, an athlete must:

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

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

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

Captain's Practices

The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC, CCC and Tolland High School expressly prohibit "Captain's Practices" in all sports. "Captain's Practice", depending on the member school's involvement, may be a clear violation of the season limitations eligibility rule and/or a violation of the spirit of the rule.

CIAC

The Connecticut Interscholastic Athletic Conference is the governing body for high school athletics in the state.

Their website "casciac.org" provides a wide variety of information including eligibility criteria for athletes, schedules for any team in the state (see "Schedules" in this handbook), directions to any athletic facility or high school in the state (see "Directions"), athletic contest results, tournament schedules, pairings and results.

CIAC Scholar-Athlete

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

Conditioning Programs

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

Conference Affiliation

Tolland High School participates in the Central Connecticut Conference, a 4 league division with 8 schools in each division comprising a 32 school league. The purpose of the Central Connecticut Conference is to allow member schools, through a formal organization, to best serve the aims of their inter-scholastic athletic programs. These aims include the development of friendly rivalries, new friendships, improved playing skills, better community relations, and the fostering at all times, by word and action, the qualities of fair play, courtesy, and good sportsmanship on the part of the coach, the player, the student body, and the community.

Conflict Resolution

1. An athlete and coach should first attempt to resolve any issues.
2. If the conflict cannot be resolved between the athlete and coach, the athlete should make an appointment to meet with the Director of Athletics.
3. If the problem is still unresolved, then the parent should contact the coach.
4. Only when the problem cannot be resolved with the coach should the parent contact the Director of Athletics.
5. These are the steps to be followed for conflict resolution:
 - a. Athlete – Captain
 - b. Athlete – Coach
 - c. Athlete – Director of Athletics
 - d. Parent – Coach
 - e. Parent – Director of Athletics
 - f. Parent – Principal

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

Directions

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

Dismissal From Team

At any point in a season, an athlete who fails to abide by team rules or the rules of the Athletic Department may be dismissed from the team. The coach or the school administration may implement the process of dismissing a player.

For a coach to dismiss a player, the coach must first conduct a meeting with the athlete and notify the athlete's parents about the pending dismissal. The coach will then submit a written request to have the athlete removed from the team roster to the Athletic Director. If warranted, the Athletic Director will then remove the athlete from the team.

The athlete and/or the athlete's parents may request a hearing with the Athletic Director and/or the principal to contest the dismissal.

Dress Code

As representatives of Tolland High School, athletes and coaches are expected to dress appropriately. On the day of a contest, athletes are expected to dress in a manner deemed appropriate by the coach both in school and at the contest and must be in line with THS dress code policy. This may include shirt and tie for males and skirts or pants/blouse for females. Team uniform days may also be permitted at the discretion of the coach. At practices, athletes may not wear underwear as outerwear (including sports bras).

Eligibility

Student eligibility will be determined by the CIAC criteria. Academic eligibility for fall sports is determined by successfully accumulating six credits toward graduation in the preceding school year. Failures made up in summer school are acceptable.

Eligibility in fall sports is reviewed at the completion of the first quarter; continuation in a fall sport is dependent on the athlete passing three full time subjects (65 or better) effective the day report cards are issued.

Academic eligibility to begin competition in the winter season is also based on successful progress (65 or better) in three full time classes for first quarter. Continuation in a winter sport after the end of the first semester is dependent on successful progress during the second quarter, and is based on *second quarter grades* at the time report cards are issued, not semester or exam grades.

Academic eligibility to begin competition in the spring season is based on successful progress (65 or better) in three full time classes for second quarter. Continuation in a spring sport after the end of the third quarter is dependent on successful progress during the third quarter, and is based on those grades at the time report cards are issued.

Students who are ineligible at the start of a season may become eligible during the season. In these cases, an athlete may join a team whose season is in progress. For teams that conduct tryouts as a condition of qualifying for a roster spot, the athlete will be required to meet the same tryout conditions as other team members and may be subject to

cuts. Prior to participation in any contest, previously ineligible athletes must first practice in a team setting for a minimum of 14 practices.

Eligibility Officers

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

Equipment/Uniforms

All athletic equipment and uniforms issued to athletes must be turned in to the coach promptly upon the conclusion of the athletic season. Uniforms should be cleaned. Any missing or damaged equipment is the responsibility of the athlete. Until the athlete has returned or paid for missing items, the school will withhold athletic awards, report cards, and transcripts. In addition, the athlete will get no other equipment issued to them, including uniforms for other sports.

Exam Schedules

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

Extenuating Circumstances

In the event that issues arise that are not covered in this handbook, the Tolland High School Athletic Department and the Tolland High School Administration reserve the right to address said issues in a manner they deem appropriate.

Fan Behavior

The Tolland Athletic Department expects fans to exhibit the highest level of sportsmanship at all times. Swearing, use of noise makers, calling out individual players or officials, and/or any other inappropriate behavior at contests will result in the removal of that fan from the contest and may lead to additional discipline action by the Tolland High School administration. Students who are athletes in other sports who are removed from a contest as spectators may be subject to additional discipline with their team.

Hazing

Hazing is any reckless or intentional act that humiliates, degrades, abuses, or endangers a person's physical or mental health for the purpose of initiation in or affiliation with an organization, regardless of that person's willingness to participate. Hazing by an

individual or team is not permitted in any form and will not be tolerated. Athletes who participate in hazing will be punished by penalties including, but not limited to, dismissal from the team. This policy applies to all situations whether school is in session or not, and whether done in a team setting or not See Board of Education policy (#5081) for further information.

Injuries/Insurance

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

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

Student-athletes are covered by school insurance during the time they are engaged in a school sponsored sport, and the school acts as a secondary insurer in such cases. It is important to note that the athletes are only insured during their athletic competitions and practices. Injuries received at other times are not covered by the school's athletic insurance policy.

JV/Freshmen Philosophy

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

NCAA Requirements

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

CCC Scholar-Athletes

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

Out of School Conduct

Student-athletes at Tolland High School are expected to act in a legal and responsible manner, realizing that at all times, they are representing their school and team. Conduct out of school which discredits or embarrasses Tolland High School, the Athletic Department or any sport may result in athletic department disciplinary action up to and including dismissal from a team. Further disciplinary action may also be taken if deemed appropriate by the school administration.

Pay for Participation

When necessary the Board of Education may require a pay for participation fee in order to meet the costs of the athletic program. When pay for participation is implemented, the money is due to the coach one (1) week before the first official contest. Failure to meet the deadline will result in not participating in practices or scrimmages until the fee is paid. Fees can be made in the form of personal or bank check. Due to auditing issues, cash cannot be accepted. Once the official season has begun no refunds will be given should the athlete quit, be deemed ineligible or be dismissed from the team. In the event that scheduled contests are cancelled, pay for participation will not be pro-rated.

Physical Exam Requirements

Students participating in athletics at Tolland High School are required to have a physical examination. A sports physical is valid for 13 months.

Parents must have athletes' private physicians perform the exam and must forward the completed paperwork to the school nurse by the established due date. Sports physical forms are available at <http://www.tolland.k12.ct.us/ths/sports/sportphysicalform.pdf>.

Any questions regarding health assessments should be directed to the school nurse or the Director of Athletics.

Postponements of Athletic Events

In the event of inclement weather the day of an athletic contest, a decision to postpone or cancel an athletic event will be made prior to the end of the school day. Team practices are at the discretion of the coach and may still occur. Athletes will be notified over the public address system. In the event of an early release or a school cancellation due to snow, all extra curricular activities are cancelled, including team practices.

Postponements due to other reasons may occur occasionally; in these instances, coaches will inform their athletes with as much advance notice as possible. Any changes in the original published athletic schedule can be found at the CIAC website.

Preseason Parent Meetings

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

Priority – High School Team vs Recreation/AAU/Premier/Travel

The Tolland High School Athletic Department discourages student athletes from participating in multiple sports at the same time, as this practice can overstress them physically and psychologically. In the event that a student athlete does choose to participate in multiple sports at the same time, it is the expectation of the Tolland High School Athletic Department and each individual athletic program at THS that first priority is given to the high school team that is in season. Obligations to travel teams, AAU teams, Premier teams, recreation teams, etc are secondary. Please note that sometimes creative scheduling may occur in order to reschedule postponed games. In the event that this happens and creates a conflict with an outside teams' schedule, the student is obligated to participate in the high school scheduled event. Students who are not able to make the high school team their first priority may want to defer participation so as to not create conflicts.

Schedules

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

Starting Dates for the 2011 – 2012 School Year are:

Fall Sports – Saturday, August 27 (Football, Monday August 22)

Winter Sports – Monday, November 28 (Girls' Basketball Monday November 21)

Spring Sports – Monday, March 19 (Baseball pitchers and catchers, Monday March 12)

Sports Offered at Tolland High School:

FALL

Cross Country (boys and girls)
Cheerleading
Football
Soccer (boys and girls)
Volleyball
Girls swimming (available as a “team of one”)

WINTER

Basketball (boys and girls)
Cheerleading
Indoor Track (boys and girls)
Ice Hockey (co-op with EO Smith and Windham)
Boys Swimming (co-op with EO Smith)

SPRING

Baseball
Softball
Tennis (boys and girls)
Track & Field (boys and girls)
Golf
Lacrosse

Substance Abuse/Chemical Health

The use of smoking materials (including electronic cigarettes and hookah smoking) or any other tobacco product, any type of alcoholic product, or any narcotic or drug is absolutely forbidden. This includes the use of anabolic steroids, hormones and analogues, diuretics and other performance enhancing substances. The possession of alcoholic beverages, any narcotics, or any drugs is also forbidden. All school rules and regulations regarding substance abuse are outlined in the student handbook. These rules apply to all athletes and at all CIAC controlled activities sponsored by the school including athletic events, practices and team meetings/gatherings. Participation in these activities is a privilege, not a right. As such, the CIAC may impose sanctions beyond those applied by the school for use of these substances by athletes.

Substance Abuse/Chemical Health: Out of season violation

First Offense: Any athlete caught using alcohol, drugs, or tobacco out of season will serve a two (2) calendar week suspension at the beginning of their next sport.

Second offense: Any athlete caught using alcohol, drugs, or tobacco out of season a second time will serve a four (4) calendar week suspension at the beginning of their next

sport. If the second violation occurs before the suspension from the first violation has been served the suspensions will be served consecutively.

Third offense: Any athlete caught using alcohol, drugs, or tobacco out of season for a third time will serve a one (1) calendar year suspension from interscholastic sports.

Substance Abuse/Chemical Health: In season violation

First Offense: Any violation of school rules involving drugs, alcohol, or tobacco during an athletic season will result in immediate dismissal from the athletic team. The student athlete must attend a meeting with his/her parents, the coach, the Athletic Director and the Principal.

Second Offense: A second violation of school rules involving drugs, alcohol, or tobacco during an athletic season will result in immediate dismissal from the athletic team. The athlete will also serve a one (1) calendar year suspension from all inter-scholastic sports. The student athlete must attend a meeting with his/her parents, the coach, the Athletic Director and the Principal.

Third Offense: A third violation of school rules involving drugs, alcohol, or tobacco during an athletic season will result in permanent suspension from interscholastic sports at Tolland High School.

Suspension/ Detention

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

Team Rosters/Tryouts

The number of students permitted on some teams may be limited due to allowable roster sizes. For these teams, a tryout will be conducted. At the tryout, all athletes will be afforded an opportunity to showcase their talents and earn a spot on the roster. For some teams, selection may be highly competitive, and the ability level necessary to make a Varsity or JV roster will vary from year to year. Coaches are required to have in place fair and consistent evaluation criteria for the tryout period. Basis for team selection will be at the sole discretion of the coach. After teams have been selected athletes cannot switch sports.

A student/athlete's participation on a varsity or junior varsity team in a given year does not mean that they are entitled to a spot on that team the following year All student/athletes are required to go through a fair tryout for each season.

Team Rules:

Individual coaches/programs may have additional rules beyond what is set forth in this handbook. In the event that this occurs, the additional rules will be in writing and must be signed by the athlete and the athlete's parent or guardian.

Title IX

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

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

Title IX concerns or complaints may be brought in writing to the Athletic Director.

Travel

Travel to all away athletic contests must be by team bus (with the exception of Hockey). No athlete will be permitted to participate in an away contest if travel was not by team bus. An athlete may petition the principal in writing for an exception to this rule. A note from a parent, requesting permission to be transported to or from a contest must be signed by the parent and the principal (or athletic director acting on her behalf) and then given to the coach at least one (1) day in advance of the contest. Athletes are not allowed to be transported to or from any athletic contest by anyone other than their parent or guardian. Any athlete that leaves an away athletic event without prior written approval of the principal as outlined above, will face disciplinary action including, but not limited to, suspension from the next athletic contest.

In the case of Ice Hockey, parents/guardians must provide transportation to practices and contests.

Weight Room

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

STUDENT ATHLETE HANDBOOK AGREEMENT

I have read and understand the rules set forth in the athletic handbook by the Tolland High School Athletic Department and the Tolland High School Administration.

Athlete Name (Printed)

Parent Name (Printed)

Athlete Signature and Date

Parent Signature and Date