SUUFFIELD ATHLETIC BOOSTER CLUB

We congratulate your student on his/her decision to participate on an athletic team. We would like to take this opportunity to invite you to become a member of the SHS Athletic Booster Club. We are a club of volunteer parents that meet on the first Monday of each month in the High School Commons at 7:00 P.M. We raise money to help benefit our athletes and sports teams by providing funds for unbudgeted requests. We also sponsor “Athlete of the Month” which you can read about in our local paper, the “Suffield Observer.”

If you are interested in joining this family of caring parents or learning more about our club, please call Sue Lydon at 860 966-2415 or email her at lydonct@cox.net. You can also fill out the below coupon and mail to: SHS Booster Club, c/o Suffield High School, 1060 Sheldon St., W. Suffield, CT

Name_________________________________
Phone_________________________________
email_________________________________

___Yes, I would like to become a member of the SHS Athletic Booster Club
ATHLETICS

The primary goal of the Suffield High School athletic program is to promote the growth and development of its participants. By taking an active role in sports, student athletes will benefit physically and emotionally becoming their best selves. It is hoped that through participation in an athletic program, students will be taught good citizenship traits such as self-control, self-discipline, cooperation and respect for rules, property and authority.

The athletic program is an integral part of the overall school program and is open to all students. Participation in after school athletics is voluntary and should be considered a privilege. Participants agree to be held to a higher academic and moral standard. The student athlete must be willing to accept the sacrifices that accompany upholding team rules, training requirements, and meetings.

In addition to the "Rules and Regulations for the students at Suffield High School," athletic program participants are also governed by the High School Athletic Code and the C.I.A.C.

HAZING

Hazing or the rites of initiation of an athlete to an athletic team will not be tolerated to any degree. Students in violation of these policies will be suspended from the squad for 5 (five) school days or dismissed from the team, depending on the severity of the incident.

PERFORMANCE ENHANCING DRUGS

Athletes found using anabolic steroids, hormones and/or analogues, diuretics, and/or other performance enhancing drugs will be held accountable according to CIAC policies and procedures.

Athletes found using performance enhancing drugs by their school district will be immediately disqualified from any further participation in CIAC-sponsored sports for a period of 180 school days on each occurrence. The policy and procedures apply to all CIAC controlled activities sponsored by the school.

IN ORDER TO PARTICIPATE:

All students must pass a physical exam (see below,) have the Athletics Consent Form signed, have the Student-Athlete Permission Form signed, and the Medical Information and Consent Form filled out and signed before they can participate in any athletic program.

PHYSICAL EXAMINATIONS:

All candidates for athletic teams shall be required to be examined by a physician, and deemed healthy to participate fully. Physical examinations are good for thirteen months from the date of the exam and must be on file with the school nurse. Forms can be found on the Suffield Athletic Website.
PARTICIPATION IN ATHLETICS AND EXTRA-CURRICULAR ACTIVITIES

Students will abide by all C.I.A.C. rules and regulations.

In addition, students must maintain a “C” average and pass all subjects (a minimum of five,) in order to be eligible to participate in athletics and extra-curricular activities. Students on academic probation or who are ineligible must appeal to the Principal in order to continue participation in athletics. Appeals will be granted only once a year. If the appeal is denied, the student may request a hearing with the Superintendent of Schools whose decision will be final.

"C" (2.0) Average: determination is made without weighting of grades according to whether they are honors or academic. All courses are included in this determination.

Special circumstances: each appeal will be dealt with on an individual basis, i.e. documentation of prolonged illness, a student working to potential but unable to maintain a passing grade, etc.

ACADEMIC AND ELIGIBILITY REQUIREMENTS (Please note that Suffield High School’s Requirements are higher in some cases.)

ATTENTION ATHLETES

In accordance with the CIAC you are NOT ELIGIBLE if:

___You are not taking at least four (4) units of work or its equivalent; (Rule I.B.)
___You have not passed at least four (4) units at the end of the last regular marking period as of the official day that grades are issued, with the exception of fall eligibility.* (Rule I. A.)
___You are nineteen (19) years of age; Student-athletes will be allowed to compete up through their 19th birthday, however, if their 20th birthday falls during a season, the student-athlete will not be allowed to start or compete during that season and all eligibility will cease. (Rule II.B.)
___You have changed schools without a change of legal residence; (Rule II.C.)
___You have been in attendance for more than eight (8) semesters (A student 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). (Rule II. B.)
___You 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.)

The exception to Rule II.E. shall be:

1. Participation in parent/child tournaments and caddy tournaments.
2. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-CIAC team or as an individual during the season as long as such practices do not interfere with or replace member school practices.

___You play under an assumed name on an outside team; (Rule II.F.)
___You receive personal economic gain for participation in any CIAC sport. (Rule II.F.)
___Your work habits or conduct both in and out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school.
___Suffield rules are more restrictive than those of the CIAC. (See: PARTICIPATION IN ATHLETICS AND EXTRA-CURRICULAR ACTIVITIES).
A PLAN OF INSURANCE

A plan of Interscholastic Sports Insurance has been purchased by the Suffield Public Schools to cover students participating in our organized sports programs. This form of insurance provides that valid claims for injuries sustained as a result of participation in interscholastic athletics will be paid on an EXCESS BASIS. This means that the Board of Education provided insurance will pay any amount in excess of that portion covered by family medical coverage, such as Blue Cross, Blue Shield, etc. Also, in many cases, payments will be after family medical coverage has paid their portion of the doctor’s or hospital expenses.

In case of an injury that requires medical attention, a school official will complete Part One of the claim form and forward it to you for subsequent completion and forwarding to your doctor or hospital.

SPORTS INFORMATION

Athletic Schedules, results and sports information can be found in two areas:
1. The Suffield High School website – shs.suffield.org (Go to Athletics).
2. The Connecticut Interscholastic Athletic Conference – C.I.A.C. (the governing body of high school athletics.) Website – www.ciaisports.com (on this site you will find athletic schedules and directions to all schools as well as offsite facilities, game results and post season tournament information. You can also register to receive schedule updates.)

Suffield High Concussion Policy

Athlete suffers head injury with concussion symptoms- Athlete is removed from activity for the rest of the day. Athlete’s parents are contacted (by coach and/or athletic trainer) regarding injury; follow up care, and return to play protocol. Upon medical professional clearance (physician or athletic trainer) and successful completion of neuro-cognitive testing (ImPact Test), athlete will follow recommended Graduated Return to Play.
Table 1. Graduated Return-to-Play Protocol
Rehabilitation Stage, Functional Exercise at Each Stage of Rehabilitation, Objective of Each Stage
1. No activity Complete physical and cognitive rest Recovery
2. Light aerobic exercise Walking, swimming, or stationary cycling, keeping intensity to, 70% of maximum predicted heart rate; no resistance training Increase heart rate
3. Sport-specific exercise Skating drills in ice hockey, running drills in soccer; no head impact activities Add movement
4. Non-contact training drills. Progression to more complex training drills, eg, passing drills in football and ice hockey; may start progressive resistance training. Exercise, coordination and cognitive load
5. Full-contact practice following medical clearance, participate in normal training activities. Restore athlete’s confidence; coaching staff assesses functional skills
6. Return to play Normal game play
There should be approximately 24 hours (or longer) for each stage, and should drop back to the previous asymptomatic level if any post-concussive symptoms recur.
STUDENT - ATHLETE
PERMISSION FORM

The Student/Athlete and Parent/Guardian must complete this form. The signed form must be returned to the coach prior to any practice sessions or participation in the sport.

I/We give our permission for __________________ to participate in organized high school activities, realizing that such activity involves the potential for injury which is inherent in all sports. I/We acknowledge that even with the best coaching, use of appropriate 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 or even death. I/We acknowledge that I/We have read and understand this warning.

____________________________________ Parent/Guardian

____________________________________ Athlete

SUFFIELD HIGH SCHOOL

Athletics Consent Form

Student Name ________________________

Dear Parent/Guardian:
Listed below are the interscholastic athletic teams available at Suffield High School. Participation in athletics is voluntary and involves considerable time and effort. Participation in athletics also carries the potential for injury. Safety in athletics is a shared responsibility between the athlete and coach. Athletes are also expected to meet academic eligibility standards and adhere to practice schedules and training rules established by coaches. In addition, athletes are responsible for school-issued equipment and must travel to and from games with the team.
Please read through the list of sports and place your initials next to the name of all the sports in which you will allow your child to participate.

THIS FORM WILL BE KEPT ON FILE BY THE SCHOOL NURSE AND COACH. IT WILL BE THE ONLY PERMISSION FORM YOU WILL BE ASKED TO SIGN THIS YEAR. YOU MAY REVOKE YOUR PERMISSION AT ANY TIME BY CONTACTING THE ATHLETIC DIRECTOR IN WRITING AT mbosworth@suffield.org.
FALL SPORTS:
Soccer  Field Hockey  Football  Cross-Country  Swimming
Volleyball
WINTER SPORTS:
Ice Hockey  Basketball  Indoor Track  Swimming
Wrestling  Cheerleading  Dance Team
SPRING SPORTS:
Golf  Tennis  Track  Baseball  Softball  Lacrosse

I, ___________________________, approve of my child's participation in the sports above. I recognize that the activities may be hazardous, but I will not hold the school (including the coach, administration, and Board of Education) responsible for any injuries that occur, and that we assume full responsibility for their actions.

Student’s Medical Information and Consent Form

Concussion  yes  no  Date(s) ________________
Sickle Cell Trait  yes  no
Kidney injuries  yes  no  Heart Conditions  yes  no
Diabetes  yes  no  Asthma  yes  no
Wear Glasses  yes  no  Wear Contacts  yes  no
Allergy to bee sting  yes  no  Allergy to Medications (specify) __________________________
Date of Last Tetanus shot __________
Medications Currently Prescribed __________________________
Parent/Guardians Name __________________________
Home Phone __________ Business Phone __________
Address __________________________
Family Doctor __________ Address/phone __________________________
Family Dentist __________ Address/phone __________________________
Athlete’s Date of Birth __________ Grade ______
Hospital of Choice __________________________

IN THE EVENT OF AN EMERGENCY REQUIRING MEDICAL ATTENTION I HEREBY CONSENT/GRANT PERMISSION TO A PHYSICIAN, HOSPITAL PERSONNEL AND/OR A SELECT MEDICAL ATHLETIC TRAINING STAFF MEMBER DESIGNATED BY THE SUFFIELD HIGH SCHOOL COACHING STAFF TO ATTEND TO MY SON/DAUGHTER. I UNDERSTAND THAT EVERY EFFORT WILL BE MADE TO CONTACT ME FOR SPECIFIC AUTHORIZATION PRIOR TO SECURING MEDICAL ATTENTION FOR MY CHILD. I ACKNOWLEDGE THAT MY SON/DAUGHTER HAS PASSED A SPORTS PHYSICAL WITHIN THE PAST THIRTEEN MONTHS.

Parent Signature __________________________
Division I or II Academic Eligibility Requirements

If you are entering a Division I or II college on or after August 1, 2013, in order to be classified a “qualifier,” you’re required to:
• Graduate from high school;
• Successfully complete a core curriculum of at least 16 academic course units as follows:
  English........................................4yrs
  Math (three years of mathematics courses at the level of Algebra)..................3 yrs
  Two years of Social Science...............2 yrs
  Two years Natural or Physical science (including one lab course, if offered by the high school)........2yrs
  One year of additional English, Mathematics, or Natural or Physical Science
  Four years of additional courses in any of the aforementioned categories, a Foreign Language, Philosophy or Non-doctrinal Religion........................................4 yrs
• Earn a minimum required grade-point average in core courses.
• Earn a qualifying test score on either the ACT or SAT.
• Request final amateurism certification from the NCAA Eligibility Center.

For Division I student-athletes who will enroll in August 2016 and later, the requirements to compete in the first year will change. In addition to the above standards, prospects must:
• Earn at least a 2.3 grade-point average in core courses.
• Meet an increased sliding-scale standard (for example, an SAT score of 1,000 requires a 2.5 high school core course GPA)
• Successfully complete 10 of the 16 total required core courses before the start of their senior year in high school. Seven of the 10 courses must be successfully completed in English, math and science.
• Prospects that earn at least a 2.0 GPA but not a 2.3 GPA and meet the current sliding scale eligible standard (for example, an SAT score of 1,000 requires a 2.025 high school core course GPA) will be for practice in the first term and athletically related financial aid the entire year, but not competition. Freshmen who are academically successful in the first term will earn the ability to continue to practice for the remainder of the year.

Division III college and universities set their own admission standards. The NCAA does not set initial eligibility requirements in Division III.
For more information, please go to www.ncaa.org or www.ncaaclearinghouse.net.
**SUFFIELD HIGH SCHOOL - GOALS**

1. To encourage student-athletes to achieve success by maintaining academic eligibility rules and to keep athletics in proper perspective.
2. To provide an opportunity to exemplify and observe good sportsmanship.
3. To maintain a high standard of credible and positive performance and conduct on and off the field.
4. To teach and emphasize the fundamental skills of the various sports as a necessary ingredient in achieving individual and team success.
5. To stress the importance of physical fitness, conditioning, health habits, and safety in athletics.
6. To provide opportunities to develop lasting friendships with teammates and opponents.
7. To teach athletes to work together as a cohesive unit in order to achieve a common goal.
8. To provide a well-planned and well-balanced program of interscholastic athletics for as many school students as possible.
9. To provide high quality leadership for all athletic programs so as to exemplify to student’s a desired behavior to be developed from each athletic program.
10. To provide opportunities for the development of a feeling of unity and belonging, team pride, teamwork and commitment.

**HIGH SCHOOL ATHLETIC CODE OF CONDUCT**

I. General Regulations

A. Connecticut Interscholastic Athletic Conference and Suffield High School rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc. Each coach has the responsibility to know, to inform team members and parents and to enforce school and CIAC regulations in these matters in or out of season.

B. Any civil law infraction or conduct (an athlete’s work habits or conduct both in and out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school) by a student athlete that is determined by the head coach and/or school administration to be detrimental to the team, athletic program, school, or school district will result in counseling by the head coach and/or Athletic Director/ School Administrator, and possible suspension from the team, school or both. Multiple civil law infractions or behaviors outside of school that are determined unbecoming of a Suffield athlete may result in suspension for the rest of the season.

C. Prior to the opening of each season, athletes will be allowed to transfer registration from one sport to another only on mutual agreement of the two coaches involved. Athlete must report to Athletic Department to make the switch. An athlete who drops from the squad after the first contest is not permitted to join another squad during that season.

D. Athletes must travel to and from contests away from Suffield in transportation provided by the school. The only exceptions are:

1. Injury to a participant which would require alternate transportation.
2. Prior arrangement with the principal or her designee between the participants’ parent/guardian.

E. A display of unsportsmanlike conduct toward an opponent or official, or use of profanity during a practice or contest toward an opponent, official, or coach will result in counseling and may result in disciplinary action and possible suspension from the current team * by the head coach, athletic director and/or principal. Multiple infractions may result in suspension for the rest of the season.

* If in the case of the display of unsportsmanlike conduct occurring during the last game/practice of the season, disciplinary action may be taken in the athletes next athletic season.

F. Excused absence from scheduled practice/game:
1. Illness
2. Death in family
3. Court
4. College visitations (practice only)
5. Other reasons approved by coach, AD, or principal/designee
6. CIAC/CHSCA sponsored activities

G. Family scheduled school vacations causing students to miss practices/games: Varsity athletes are not excused during vacation periods except with prior approval of coach, AD, or principal/designee.

H. Unexcused absence* from scheduled practice/game will result in:
   1. Suspension from next contest following the first/second violation.
   2. Suspension for remainder of the season following the third.
   3. If practice/game is last of the season, loss of award may be invoked for failure to finish season.
   * absence due to disciplinary detentions or internal suspensions qualify as unexcused absences.

I. Theft or malicious destruction of any school or individual private property during regular or out of school hours.
   1. First offense: Suspension from next contest following the violation.
   2. Second offense: Suspension for the remainder of the sports season and a referral of the student to the principal/designee.
   3. Serious infractions even if first offense will be referred to the principal/designee for disciplinary action and possible prosecution.

J. Students not returning uniforms will not be allowed to try out for the next season/or another sport during the year until payment or return of same.

K. Completion of the sports season is required in order for the student to be eligible for letter or other team or individual awards. (Exception: injury which limits participation.) No awards shall be given to any student suspended for the remainder of the season for Athletic Code violation.

II. School Attendance Requirements:
   A. Student must be present in school for at least 3.5 hours of their scheduled day in order to participate in an activity that day. An exception may be made if the student has an approved medical appointment or prior approval from the athletic director/administration.
   B. If the student is absent the last school day of the week, and the competition is on a non-school day, the student must bring to the coach a signed statement from the parent that permission is given to participate.
   C. A student who has been injured and has had medical treatment cannot participate again until the date indicated by the student’s physician.
   D. Students on internal or external suspension are not allowed to practice or participate in a game that day or attend any extracurricular event.

III. Chemical Health Policy and Regulations
Use or possession, transmission, being under the influence of, or in the presence of alcohol (i.e. underage use or possession) stimulants, street drugs (including but not limited to marijuana, heroin, nicotine, K2 and cocaine) by an athletic program participant is prohibited.

A. First offense: the individual will be suspended from the squad for five (5) school days by the Athletic Director and/or an Administrator. At the end of this period, following counseling, by the head coach and athletic director, a decision regarding further competition will be made.

B. Second offense: Suspension for the remainder of the season (and all other athletic events for the year) and referral of the student to the principal/designee.
C. Any player, while under direct supervision of the coach, using or possessing alcoholic beverages or other drugs (controlled substances) will be suspended for the remainder of the season and faces disciplinary action by the school administration.

D. All other school rules shall also apply.

IV. Before any "suspension from a team" provided for under these rules shall take effect, the student-athlete is referred to the coach or athletic director, and a school administrator.

A. The principal or designee holds a due process hearing.

B. The student-athlete is given an opportunity to tell his/her side of the story.

C. The principal or athletic director will make a decision within a reasonable period of time.

D. The student-athlete and parent/guardian will be notified of the decision in writing.

V. The rules and regulations in this code shall apply to any violations during the season of participation.

VI. Appeal Procedure

If the decision of the High School Principal is not satisfactory to the parties involved, they shall have the right of appeal to the Superintendent of Schools. Requests for such an appeal shall be made in writing to the Superintendent. Within five school days of being notified of any appeal, the Superintendent will review the issues presented and render a written decision to the parties involved, stating the reason or reasons for his or her decision.

If the Superintendent’s decision is not satisfactory to the parties involved, they have the right of appeal to the local Board of Education. Requests for such appeal should be in writing to: Chairperson, Suffield Board of Education, 350 Mountain Road, Suffield, CT 06078. The Board of Education shall render a decision within two weeks after receiving notification of an appeal of the decision of the Superintendent of Schools.

Athletic Equipment

- The student/athlete is responsible for all uniforms and equipment that is assigned to him/her.
- All equipment will be returned when the athlete completes the sport, either at the end of the season, or on leaving the team.
- If items are lost or abused, the student/athlete will be required to pay for a replacement.
- Uniforms are to be worn only at scheduled practices, contests or on game days.

Note: Athletes who do not return equipment/uniforms are ineligible to participate on additional athletic teams throughout the year. In addition, spring athletes will not receive their class schedules for the following school year until all items are returned or replacement costs have been submitted. Graduating seniors will not receive their cap and gown until they too have met the above responsibilities.

Awards

At the conclusion of each sports season, student-athletes will be presented athletic awards. Date, location, and time of the presentations are announced on the school athletic website. We encourage all student-athletes, parents and friends to attend in the celebration.

Appropriate dress is required at the Awards Program. Boys should wear casual or dress pants and shirts. Girls should wear pants or skirts and blouses. Hats, T-shirts, cut-offs, jeans and shorts are not allowed.

Mike Bosworth, Athletic Director
Suffield High School

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