

BRISTOL PUBLIC SCHOOLS

STUDENT-ATHLETE HANDBOOK 2019 - 2020



Bristol Eastern
High School
"Lancers"



Bristol Central
High School
"Rams"

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This handbook was designed to inform the parents and students of the many rules, regulations, and important details, which govern the interscholastic athletic programs at Bristol's Public Schools. Its purpose is to clearly spell out the program's goals and expectations of the participants. Each student-athlete and his/her parents should thoroughly review this handbook. If you have any additional questions they should be directed to the individual team coach or supervisor of athletics (860-584-7041). If during the season you have specific questions regarding the team or your son or daughter, you should first approach the coach.

It is hoped that by presenting you with this information, good understanding and cooperation will be fostered among the student-athlete, their parents, and the school staff. Bristol parents have always been a tremendous asset to our program, and I am looking forward to working with you to maintain this level of excellence, cooperation, and support.

Respectfully yours,

Christopher Cassin

Christopher Cassin
Supervisor of Athletics,
Physical Education and Health

Rev. 7/15

~ ~ STATEMENT OF PURPOSE ~ ~

A comprehensive and balanced interscholastic athletic program is an integral part of the total educational process. While the high school athletic program serves as an arena for the student-athlete to display his/her talents, student-athletes must, in turn, be willing to accept the responsibility to self, to team, and to school. Athletics, as an educational tool, provide opportunities for mastery of established learning outcomes and exiting skills. The student-athlete will demonstrate self discipline, emotional control and the ideals of good sportsmanship. The student-athlete will be given opportunities and experiences to develop a healthy self esteem. Through group participation, the student-athlete will develop appreciation for fitness, fun and wellness. The student-athlete will demonstrate ethical qualities and be capable of taking his/her place in modern society.

The athlete serves as an ambassador of their athletic program, as well as their school and community and should take pride in representing them. Good conduct is a large part of being a positive representative of your team and school. All student-athletes are expected to follow all school rules at all times. Team and league rules are also to be strictly followed. The athlete shall show respect for his/her teammates and coaching staff, as well as the opposing team, coaches and officials. On a personal level, the athlete shall respect himself/herself by not becoming involved with any controlled and illegal substances.

Participation in interscholastic athletics is a privilege. Students who demonstrate unacceptable behavior or who are continuously being reported academically deficient may lose the privilege to participate in interscholastic athletics.

~~ATHLETIC PROGRAM OBJECTIVES~~

The program provides opportunities for student-athletes:

1. To Work With Others – A student-athlete must develop self – discipline, respect for authority and the spirit of hard work and self sacrifice. The team and its objectives must be placed higher than personal desires.
2. To Compete – Although we cannot always win, we can strive for excellence.
3. To Develop Sportsmanship – To accept the outcome of every contest in a sportsmanlike manner.
4. To Develop Desirable Personal Health Habits – It is important to obtain a high degree of physical fitness through exercise and good health habits. It

additionally fosters the desire to maintain this level of physical fitness after formal competition has been completed.

5. To Enjoy Athletics – Athletic participation increases personal satisfaction as well as personal achievement.

~~SPORTS OFFERED IN HIGH SCHOOL~~

MEN

WOMEN

Fall: Football – V, JV, F
 Soccer – V, JV, F
 Cross Country – V

Cross Country – V
 Soccer – V, JV, F
 Volleyball– V, JV, F
 Swimming – V

Winter: Basketball – V, JV, F
 Wrestling – V, JV, F
 Swimming Co-op – V
 Indoor Track – V

Basketball – V, JV, F
 Indoor Track – V

Spring: Baseball – V, JV, F
 Golf – V
 Tennis – V
 Track & Field – V
 Lacrosse-V

Softball – V, JV, F
 Track & Field – V
 Tennis – V
 Lacrosse-V Coop

~~REQUIREMENTS FOR PARTICIPATION~~

1. SCHOLASTIC ELIGIBILITY

Extra-Curricular Activities/Athletics - High School Request for Pupil Transfer within the Bristol Public School System With No Change in Residency.

Any student who is granted an out of area transfer request that results in attendance at the non-resident high school is partially eligible for interscholastic athletics for thirty (30) calendar days from the first date of practice following the date of enrollment (first day of attending classes) (for students entering over the summer, the 30 days begin on the first day of practice) in the receiving school, or the first contest after the date of enrollment, if entry is after the first allowable play date in any sport the student participated in at the previous school

Students and/or their parents legal guardians may file a waiver request with the Superintendent of Schools within thirty (30) days of notification of denial of the out of area request, seeking exemption from this policy because the out of area request is required for compelling personal reasons unrelated to athletics/ such as illness or incapacity of family members. The Superintendent of Schools shall consult with the two high school principals and/or the Supervisor of Physical Education, Health and Athletics and make a recommendation to the Board regarding the request. Should the Superintendent recommend against the waiver, the student and/or parents/legal guardian may appear before the Board, which shall issue the final decision regarding the requested waiver.

High School Full Extra-Curricular Eligibility

Quarter 1, 2 and 3 grades will be used to determine eligibility during the winter and spring seasons. Final end of the year grades, 2nd semester and summer school grades will determine eligibility for the fall season. During the school year, student eligibility and ineligibility status is determined on the day report cards are distributed or on the fourteenth (14) calendar day following the end of the marking period.

In order to be eligible to participate in all aspects of an extra-curricular activity, a student must meet the following criteria:

Fall Season

A student is eligible when he/she:

- Is entering grade 9 from grade 8 OR must have received a minimum of five and a half (5.5) academic credits plus .5 physical education credit from the previous school year and summer school. Students attending BTEC or transferring into a Bristol School may have the .5 physical education credit waived by the building principal.
- Must be enrolled in a minimum of five and a half (5.5) academic credits plus .5 physical education credit during the current school year.
- Passes all courses OR

- Fails one class for the year or second semester with a grade no lower than 60, not retaken or failed in summer school and has a weighted semester two GPA of 2.0 or higher.
- If the student retakes the failed course in the fall, the student must achieve a grade of 65 or higher in that failed course by the midterm of the marking period. Eligibility of these students will be determined on the third school day after the progress reporting period.

If the student does not repeat the failed course, all grades must be a 70 or better at the midterm of the first marking period. Eligibility of these students will be determined on the third school day after the progress reporting period.

- The student must be a member of the school in grades 9, 10, 11 or 12.
- The student shall not have reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.
- 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.
- Any student who has been enrolled in grades 10, 11, 12 inclusive in any school (member or non-member) shall not participate in the same branch of athletics for more than (3) seasons. A student, upon enrolling in grade nine (9) shall have 4 continuous or uninterrupted years to complete his or her athletic eligibility.

Winter and Spring Seasons

- At the end of the previous marking period, the student is eligible when he/she:
- Is enrolled in a minimum of five and a half (5.5) academic credits plus ½ physical education credit.
- Passes all courses OR
- Fails one class with a grade no lower than 60 and have a weighted quarter GPA of 2.0 or higher.
 - To maintain full eligibility the student must achieve a grade of 65 or higher in the failed course on the progress report following the marking period in which the failure occurred.
 - If the student does not repeat the failed course, all grades must be a 70 or better at the progress report following the marking period in which the failure occurred.
 - Eligibility of these students will be determined on the third school day after the progress reporting period

- Students with an incomplete become ineligible the day grades are distributed or on the 14 calendar date after the close of the term. The student then has 10 days to make up the incomplete. If a student does not make up the incomplete within 10 days, the student remains ineligible. A student becomes eligible when the incomplete grade has been resolved within the 10 days.
- The student should be a member of that school in grade 9, 10, 11, 12.
- The student shall not have reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.
- 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.
- Any student who has been enrolled in grades 10, 11, 12 inclusive in any school (member or non-member) shall not participate in the same branch of athletics for more than (3) seasons. A student, upon enrolling in grade nine (9) shall have 4 continuous or uninterrupted years to complete his or her athletic eligibility.

High School Partial Extra-Curricular Eligibility

Fall Season

A student placed on Partial Extra-Curricular Eligibility would be granted limited participation but will not be able to represent the school in any type of competition, performance, etc. (i.e., athletic, drama, musical etc.).

Partial Extra-Curricular Eligibility will be offered to a student only once per academic year.

To gain Partial Extra - Curricular Eligibility, a student must meet the following criteria:

- Fails two classes for the year or second semester and not retaken or failed in summer school.
- Be carrying a full academic load; the load for all students is a minimum of five and a half (5.5) academic credits plus ½ physical education credit per year.
- The period of Partial Extra-Curricular Eligibility will extend to the progress reporting period of the first quarter.
- To become eligible at the progress reporting period, a student on Partial Extra-Curricular Eligibility must attain a minimum average of "65" in the subject(s) that were failed and be passing all other classes. If the student does not or is unable to retake the failed class or classes, the student **must have a 70 in all subjects**. Eligibility of these students will be determined on the third school day after the progress reporting period.
- Students, who qualify under the Partial Eligibility Rule during a try-out period, may try-out for extracurricular activities, with the understanding that the Partial Eligibility Rule goes into effect immediately should he/she make the cut.

- Transfer students' grades are interpreted by the standards of the previously attended school.
- The student shall not have reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.
- 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.
- Any student who has been enrolled in grades 10, 11, 12 inclusive in any school (member or non-member) shall not participate in the same branch of athletics for more than (3) seasons. A student, upon enrolling in grade nine (9) shall have 4 continuous or uninterrupted years to complete his or her athletic eligibility.

High School Partial Extra-Curricular Eligibility

Winter and Spring Seasons

A student placed on Partial Extra-Curricular Eligibility would be granted limited participation but will not be able to represent the school in any type of competition, performance, etc. (i.e., athletic, drama, musical etc.).

Partial Extra-Curricular Eligibility will be offered to a student only once per academic year.

To gain Partial Extra -Curricular Eligibility, a student must meet the following criteria:

- Be carrying a full academic load; the load for all students is a minimum of five and a half (5.5) academic credits plus $\frac{1}{2}$ physical education credit per year.
- For the current school year, fails (defined as a grade lower than 65) no more than 2 subjects at the end of the previous marking period. The period of Partial Extra-Curricular Eligibility will extend to the date of progress reporting of the marking period following the marking period in which the failure(s) occurred. A student on Partial Extra-Curricular Eligibility must attain a minimum average of "65" in the subject(s) that were failed and be passing all classes.
- In the event that a student fails a first semester course, which cannot be repeated the second semester, the student will be placed on Partial Extra-Curricular Eligibility for the third marking period and must be passing all subjects with a grade of 70 at the quarter progress report. Eligibility of these students will be determined on the third school day after the progress reporting period.
- Students, who qualify under the Partial Eligibility Rule during a try-out period, may try-out for extracurricular activities, with the understanding that the Partial Eligibility Rule goes into effect immediately should he/she make the cut.
- Transfer students' grades are interpreted by the standards of the previously attended school.

- The student shall not have reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.
- 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.
- Any student who has been enrolled in grades 10, 11, 12 inclusive in any school (member or non-member) shall not participate in the same branch of athletics for more than (3) seasons. A student, upon enrolling in grade nine (9) shall have 4 continuous or uninterrupted years to complete his or her athletic eligibility.

2. PHYSICAL EXAMINATION

A yearly physical examination is required. The proper school form must be completed and returned to the school prior to the first practice session. No athlete will be issued equipment or participate in organized practices or scheduled games until he/she has given the **School Nurse** a **current** sports physical examination form from a physician. The interscholastic sports physical form, which includes an important warning statement, must be filled out and signed by both parent or guardian and the prospective student-athlete. All sports physicals are valid for a period of 13 months. Students and parents of multiple sports are responsible for knowing the expiration date and making sure the sports physical remains current throughout the year.

3. EMERGENCY MEDICAL AUTHORIZATION

Emergency medical forms must also be filled out by the parent or guardian. These forms will enable the student athlete to receive medical attention for injury or illness that occurs while participating in school sponsored activities if the parent cannot be reached to give consent to emergency personnel.

4. PARENT/ATHLETE ACKNOWLEDGMENT FORM

Prior to the first practice, each student athlete must submit to the coach, a Parent/Athlete Acknowledgment form. This form will consist of an acknowledgment by both the student athlete and his/her parents or guardian that he/she has read, understands and agrees to adhere to the regulations included in this athletic handbook.

5. STUDENT/PARENT CONCUSSION EDUCATION PLAN AND CONSENT FORM

Students and legal guardians are required to be read, sign, date and be kept on file by the Bristol Public Schools annually to comply with Public Act No. 14—66 AN ACT CONCERNING STUDENT ATHLETES AND CONCUSSIONS.

~ ~ POLICIES AND PROCEDURES ~ ~

1. SQUAD SELECTION

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without compromising the integrity of their sport. Time, space, facilities, equipment, and other factors will place limitations on the most effective squad size for any particular sport.

The amount of playing time a student-athlete receives in a game is an important decision made by the coach. It is with this thought in mind that the following guidelines have been developed by the Athletic Department.

- **Varsity teams** are the culmination of the athletic program of the sport involved and must strive to be highly competitive against all opponents. At this level of competition, the success of the team has priority over the playing time of the individual.
- **Sub-varsity teams** at the high school are dedicated to preparing players for varsity competition. At this level, the development of the players takes priority over the win/loss record of the team.

2. TRYOUTS

There are some teams that athletes must try out for and risk being cut. During the tryout period the coach will provide an explanation of his/her expectations. It is then the athlete's responsibility to demonstrate to the coach that he/she can meet them. Athletes cut from one team are encouraged to try out for another team if there is space on that team. Students who are cut will be informed as to the reason for their being cut.

3. CUTS

Coaches are well aware of and sensitive to the disappointment experienced by players cut at any level. Before the first practice session, the coach will fully explain the criteria for the cutting process. The limited number of practice days prior to the first contest makes it impossible, in some sports, to have a lengthy try out schedule. Every effort will be made to allow enough time for each candidate to be observed and fairly evaluated. **Coaches are the sole judges of all candidates and their decisions will be supported by the administration.**

4. CHAIN OF AUTHORITY

Athletes who are having issues during their participation in the interscholastic program may be able to solve them easily and without incident if they go through the proper channels. Please follow the chain below:

1. Captain(s)
2. Coach
3. Athletic Coordinator at the School
4. Director of Athletics

5. INJURY POLICY

All injuries at athletic practices or games must be reported to the coach. An accident report must be filled out by the coach and submitted to the office of the building principal. Once a physician treats an athlete, the athlete must obtain the doctor's permission to return to the activity.

6. INSURANCE COVERAGE

A **Supplemental INSURANCE Plan** purchased by the Board of Education covers all Bristol athletes. This means that the student-athlete will be billed and the family's personal insurance will apply first. Bills not covered are to be submitted to the school's insurance company with the proper form. Your school's main office will forward these insurance forms to you. It is the responsibility of the athlete and the athlete's family to follow up on all claims.

~ ~ **STUDENT- ATHLETE'S RESPONSIBILITY TO SCHOOL** ~ ~

When student's athletes participate in a school sporting event, they become representatives of their city, school, and team and should act appropriately. Bristol has a reputation for having well-behaved athletes who make a respectable appearance both on and off the playing field. This is a positive reputation that Bristol athletes should want to uphold. Bristol athletes have the responsibility of keeping this reputation intact through their actions. It is also the responsibility of the athletes to take pride in their sport and always perform to the best of their abilities and to provide an exciting, well-played event.

As a team member, each individual has the opportunity to contribute towards the team goals by performing at the best of their ability. Also, each team member has the responsibilities to respect the contributions of their teammates, to adhere to established team rules and to demonstrate good sportsmanship at all times. Team members have the additional responsibility of ensuring that teammates do not let the team down and act in accordance with these guidelines.

1. SCHOOL DISCIPLINE

Detention

An athlete with a school disciplining obligation or detention is expected to fulfill the disciplining obligation before reporting to practice and/or game. Students cannot expect, and should not request disciplining action to be postponed or canceled for any athletic reason. An athlete may be removed from a team for excessive disciplinary problems. The athlete may be reinstated upon sufficient evidence of improvement. It is expected that Bristol student-athletes be model citizens both in and out of school.

Suspensions

Any athlete suspended out of school or assigned in-school suspension may not practice, play, or be with the team on the day(s) in which he/she is serving the suspension. The suspension is not considered over until the student-athlete is reinstated on the **next school day**.

2. ATTENDANCE REQUIREMENT FOR INTERSCHOLASTIC ATHLETICS

All student-athletes will adhere to the attendance policies established by the Bristol Board of Education, as explained in the Student-Parent Handbook.

Students who miss Physical Education for any reason will not be eligible for participation in after school intramural and/or interscholastic sports or activities. In order to participate in a sport, an athlete must attend **a minimum of 3 periods on the day of a practice, scrimmage, or game**. Tardiness or dismissals will only be accepted under extenuating circumstances and must be cleared through the administration **the day of the tardiness or dismissal**.

If the practice, scrimmage or game is held on a weekend or a holiday, the above statements will hold true for the school day preceding the weekend or holiday.

If an athlete must miss school for a portion of, or the entire day due to extenuating circumstances such as a college interview that can not be scheduled on a weekend or a prolonged orthodontist appointment, clearance must be given by the Principal **in advance** of the day to be missed, in order for the athlete to practice or play in a game. **An athlete may be removed from a team for excessive cuts or truancy. He/she may be reinstated upon sufficient evidence of improvement.**

An athlete excused from a physical education class may not participate in a practice, scrimmage or game for that day.

It is the responsibility of the student-athlete to see their teachers that day before the classes they miss because of an athletic contest. All work will be made up at the convenience of the teacher.

3. DAILY COMMITMENT

Athletes should plan to make a daily commitment of two to three hours, five or six days a week. At the sub-varsity level, some teams might not practice or play on weekends. The preparation times before and after practice and games bring the usual total time to three hours. It is important that a coach be notified if an athlete is not going to be present at a practice or game. All coaches expect their athletes to be present at all team related activities. A coach may suspend an athlete from practice or games for repeated unexcused absences. All Athletes are excused from team activities for illness, injury, academic, family or religious reasons. Prior notification is expected when possible.

Bristol athletes are expected and encouraged to maintain the highest level of academic achievement possible. Extra help sessions and make-up work are expected to be completed as soon as possible. On a practice day, athletes should stay after school to complete work whenever necessary. Students should inform coaches in advance, if possible, when practice time will be missed due to academic obligations. Once the obligations are completed, athletes are expected to report to practice as soon as possible. If advance notification was not given to the coach, students should ask their teacher for a note explaining the tardiness. Students arriving late to practice due to make-up work or extra help will not suffer an athletic team penalty. On game days, if time allows, students should ask their classroom teacher if makeup work or extra help may be postponed to a practice day. A classroom teacher may or may not grant a postponement.

4. CAPTAIN'S PRACTICE

The term "Captain's Practice" usually means the captain organizes and conducts practice sessions for that sport without adult supervision.

The CIAC and the Bristol Public School System do not in any way sanction, encourage or condone "Captain's Practice" in any sport. "Captain's Practice", depending on the member school's involvement, may be a clear violation of eligibility II, D. (season limitation) or certainly a violation of the spirit of Rule II, D.

There is also a serious practical consideration. CAS counsel advises that if it can be demonstrated that a school is allowing "Captain's Practice", the liability and responsibility for an injured athlete may be quite serious and that the threat of a negligence suit would lie heavy.

5. USE OF LOCKER ROOM

1. Many athletes have had their careers shortened by an injury which has occurred from the result of “horse-play” in the locker room. It is expected athletes will refrain from this type of behavior.
2. Do not place valuables in your locker. Leave them at home.
3. Keep your locker locked at all times.
4. No one except coaches and assigned players are allowed in the locker room.
5. Cleats should be removed before entering the locker room on days of inclement weather. Cleats are never allowed in any other part of the school building.

6. USE OF WEIGHT ROOM

1. All students must be under the supervision of an instructor or coach.
2. Nobody is to be in the weight room alone.
3. Lifters must work with a partner.
4. Replace all weights on racks immediately following use.
5. No abuse of equipment. Any damage must be reported.
6. No food, candy, or drinks in the weight room.
7. Shirts and shoes are required at all times.
8. Work with your coach on the proper program and techniques for weight training. Know your limits!

7. USE OF TRAINING ROOM

1. Sign-in with the trainer.
2. Athletes should be evaluated before taping.
3. Away games tape first.
4. No profanity or “horse-play”.
5. No items should be removed from the training room.
6. No food or drink in the training room.
7. No cleats or bags in the training room.
8. No student should be in the training room without the trainer.

8. EQUIPMENT/UNIFORMS

All athletes are responsible for the equipment and/or uniform issued to them during the course of the season. Equipment/uniform must be returned at the end of the season, and prior to the next season or graduation. Athletes failing to turn in all issued equipment/uniform, or returning equipment/uniform damaged through misuse, are responsible to meet the current replacement cost. In the event that the equipment/uniform is found and/returned after the payment, a refund will be made.

EQUIPMENT/UNIFORMS – continued

1. Parents will be notified by coach/or athletic director for collection or payment for equipment not returned.
2. An athlete will be denied participation until equipment has been returned or paid for.
3. Athletic equipment is to be used ONLY for team activities and not for personal use.
4. A senior athlete who has failed to return equipment/uniform or failed to pay for lost items may have their high school diploma withheld.

9. TRANSPORTATION

All athletes must travel to and from in-town and out-of-town athletic contests in transportation provided by the athletic department. The student-athletes will not be allowed to participate in any contest if they do not travel with the team, unless pre-arranged by the Principal, Supervisor of Athletics and Building Athletic Coordinator.

- The student-athlete will remain with their squad and under the supervision of the coach when attending away contests.
- All regular school bus rules will be followed.
- When the bus is in motion, remain seated with feet on the floor. In the unlikely event of an accident the bus was designed for all passengers to be seated in this manner. Sitting or lying in any other position can cause injuries which could otherwise be prevented. Also, please keep the noise level down so as not to distract the driver from keeping full attention on the road.
- Never hang any object, including parts of your body, from the window of a moving bus. This could cause serious injury to you, or could cause your driver to be distracted and cause an accident. Your bus is private property. Please keep it clean, and avoid damage to seats, etc., which may be caused by your equipment. Please pick up after yourself when disembarking: we ask that you not leave orange peels, soda spills, tape and other trash for the driver to clean up.
- All student-athletes are expected to return with the team in the transportation provided. If he/she is to return home with a parent, **due to extenuating circumstances**, a travel release form must be completed in advance. Travel release forms are available from the Building Athletic Coordinator.

10. CONFLICTS IN CO-CURRICULAR ACTIVITIES

The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of co-curricular activities and therefore attempts to schedule events in a manner to minimize conflicts.

Student-athletes have the responsibility to do everything they can to avoid conflicts, including belonging to too many activities.

11. STUDENT/FAMILY VACATIONS

Vacations by athletic team members during a sport season in which they are participating, is highly discouraged. In the event of an absence due to a vacation that is unavoidable, a student-athlete must:

1. Contact the head coach prior to vacation.
2. Assume the consequences related to absences from practices and contests.

The Bristol Athletic Program has no control over athletic events being scheduled during regularly scheduled school vacations. These events are controlled by the dates of the CIAC State Tournaments and games per week allowed by the CIAC.

An athlete must make a commitment to the team. Games that are lost because of the absence of players can have severe negative consequences which include the loss of a Divisional Championship or the failure of the team qualifying for a State Championship.

12. TRANSFERRING TO ANOTHER SPORT

A student shall not participate in or represent his or her school in more than one sport after the date of the first contest in that sport season, nor may that student represent more than one school during a season unless the student satisfies the conditions of C.I.A.C. Eligibility Rule II.C.

~ ~ STUDENT CONDUCT ~ ~

1. GROOMING AND DRESS

As a representative of the City of Bristol, the student-athlete is expected to be neatly groomed and appropriately dressed on all athletic trips.

If requested by the coach, boys will be expected to wear shirts, ties and jackets; girls, dresses or skirts and blouses.

2. EJECTION POLICY

Any student-athlete who is ejected from any contest will not be allowed to participate in any contest until he/she has been withheld from the next contest at the same level of play. The Athletic Director must be informed of all ejections within twenty four (24) hours.

3. THEFT OR MALICIOUS DAMAGE TO PROPERTY

Any student-athlete involved in theft or malicious damage to school or private property will be disciplined as follows:

- 1) First offense – restitution to the owner and possible dismissal from the team for the remainder of the season.
- 2) Second offense – suspension from the athletic program for the remainder of the school year.

The administration will also enforce the school discipline policy.

4. SPORTSMANSHIP

Sportsmanship is a number one priority at the Bristol Public Schools.

The Athletic Department expects all parties present at an event to display the highest possible level of sportsmanship. Players, coaches and spectators should treat opponents, game officials and visiting spectators with respect.

All athletic events are conducted in accordance with the rules and regulations of the CIAC, the NCAA or the National Federation. Any form of taunting of officials or players will not be tolerated at any Bristol High/Middle School athletic event. Likewise, profanity, objectionable cheers or gestures have no place at an athletic event, be it in Bristol or at another town.

The Bristol High/Middle School administration reserves the right to warn, censure or suspend up to one calendar year any spectators displaying poor sportsmanship at any athletic event home or away.

4. SPORTSMANSHIP - continued

A display of unsportsmanlike conduct which results in an ejection from an athletic contest for violent or abusive behavior prior to, during, or immediately following the athletic contest, shall not be eligible for the next athletic contest (see taunting rule).

5. TAUNTING RULE

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, standing over, straddling a tackled or fallen player, etc.

Penalty: 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.

6. HAZING

Student athletes associated with any activity sanctioned or authorized by the Bristol Board of Education shall not engage or participate in hazing.

Hazing is defined as an activity that recklessly, intentionally, or unintentionally endangers the mental health or physical health of a student for the purpose of initiation or admission into or affiliation with any organization.

"Endanger the mental health" shall include any activity which would subject the individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual.

"Endanger the physical health" shall include, but is not limited to, any brutality of a physical nature, such as whipping; beating; branding; forced calisthenics; exposure to the elements; forced consumption of any food, alcoholic beverage, drug, or controlled dangerous substance; or any other forced physical activity which would adversely affect the physical health or safety of the individual.

6. HAZING - continued

Any hazing activity shall be presumed to be a forced activity, even if the student athlete willingly participates in such activity.

Student athletes who violate this policy will be subject to disciplinary action, which may include suspension from participation and/or school.

7. SUPPLEMENTS

The use of supplements and ergogenic aids to enhance athletic performance is becoming more prevalent in athletics; however, there exist considerable safety concerns and myths surrounding their use. It is imperative that athletes, parents and coaches be educated as to the current state of knowledge regarding these products, which are currently not regulated by the Food and Drug Administration (FDA).

All student-athletes and their parents/guardians should consult with their physicians before taking any supplement product. In addition, coaches and school staff should not recommend or supply any supplement product to student-athletes.

Supplements in the form of pills, powder, drinks and food sources (medications, supplements and consumables) purporting to enhance strength and/or endurance should be ingested, if at all, only in accordance with applicable laws, and the advice of one's own health-care provider.

Several organizations, including the National Federation of State High School Associations (NFHS) have created policies regarding the use of supplements by athletes. For the most part, these organizations discourage the use of supplements by athletes due to the lack of published research addressing their long-term adverse effects, particularly in the adolescent athlete.

8. NCAA ACADEMIC REQUIREMENTS FOR INCOMING FRESHMAN

NCAA Division I – Freshman Eligibility Standards – All student-athletes MUST register with the NCAA Initial I- Eligibility Clearinghouse.

NCAA Division II – Freshman Eligibility Standards – All student-athletes MUST register with the NCAA Initial – Eligibility Clearinghouse.

For college freshman entering a Division I or II institution as your guidance counselor or contact the nearest ECAC office (telephone (508) 771-5060) to obtain an NCAA Guide to Freshman Eligibility for NCAA Division I or II institutions.

Student-athletes at Division I or II colleges may receive tuition, fees, room/board and books for each academic year based on athletic ability.

A student-athlete's aid at a Division III college is based on financial need and may not be associated with athletic ability.

The NCAA Eligibility Center verifies the academic and amateur status of all student-athletes who wish to compete in Division I or II athletics.

~ ~ CONDITIONING/TRAINING RULES AND REGULATIONS ~ ~

For the privilege of participating in athletics, all athletes must realize that more is expected of them than of other students in school. As an athlete, you are making a commitment which includes following a set of training rules. **PLEASE READ THE FOLLOWING INFORMATION CAREFULLY.**

Failure to comply with these rules may result in temporary or permanent suspension from an athletic team.

1. BASIC RULE

During the season of practice or play, 7 days a week, 24 hours a day, a student shall not use, consume, or possess, buy, sell, or give away any beverage containing alcohol, any tobacco product, marijuana, steroids, or any controlled substance. It is not a violation of this policy to be in possession of a legally defined drug specifically prescribed for the student's own use by a doctor.

2. NEW CIAC CHEMICAL HEALTH POLICY

In addition, any student found in possession of or using any anabolic steroid, hormones and analogues, diuretics, blood doping or any other performance enhancing substance would also be subject to the new CIAC Chemical Health Policy and the repercussions of that policy which include disqualification of that student from any further participation in any CIAC sponsored sports for 180 school days for each violation.

3. PENALTIES

First Violation – When the principal and/or assistant principal in conjunction with the Athletic Director confirms, following an opportunity for the student to be heard, that a violation has occurred, the student-athlete will be suspended from all contests for a period of five (5) school days. A *minimum* suspension of one (1) contest is required before reinstatement. Other disciplinary actions under the student code of conduct may be initiated by the principal. At the time of suspension, the school administrator shall advise and recommend appropriate treatment and/or rehabilitation services to the student. (Information concerning treatment programs for ongoing substance abuse problems is available from administrators, guidance and other student support services as outlined in the Board Policy.)

Second Violation – When the principal confirms, following an opportunity for the student to be heard, that a second or subsequent violation has occurred, the student shall lose interscholastic athletic eligibility for the remainder of the season.

4. RIGHTS OF AN ATHLETE

Before any suspension provided for under these rules shall take effect, the student shall be verbally advised by the head coach of the alleged violation and the student will have the opportunity to explain or justify his or her actions. If after such conference, the head coach is satisfied that a suspension is justified, the student shall be notified. The student has a right to request a formal hearing with the Principal and Director of Athletics to appeal any suspension or he/she may waive the right.

5. SELF-REFERRAL BY STUDENT- ATHLETES

Student-athletes may take advantage of a self-referral procedure to seek information, guidance, counseling and assessment in regard to student-athlete use of tobacco, alcohol, anabolic steroids and/or drugs. Voluntary referrals **do not carry** punitive consequences. However, treatment in a certified drug and alcohol program must begin prior to the next practice or contest. In certain circumstances, medical approval must be secured prior to continued participation.

- a. Self-referral is allowed one (1) time in a student's four-year high school career.
- b. Self-referral must be only by the athlete or a member of the immediate family.
- c. Self-referral must be prior to the first confirmed violation of use.
- d. Self-referral cannot be used by student-athletes as a method to avoid consequences once a confirmation of a violation has been made.
- e. Self-referral must be made to a coach, Athletic Director, teacher, administrator or guidance counselor.

~ ~ ATHLETIC DEPARTMENT AWARDS ~ ~

1. ELIGIBILITY

1. The player must complete the season in good standing.
2. The player must have returned or paid for all equipment that was issued.
3. The player must receive the coach's recommendation. To receive the coaches recommendation, the player must have: good attendance at all practices and contests; conducted him/herself in an exemplary manner both on and off the field of play; exhibited a good, positive attitude; good sportsmanship; team play; and growth in his/her particular sport.
4. Coach's discretion shall be the determining factor in the case of a player injured during the season. A player unable to complete the season due to circumstances beyond his control, or in the case of a senior athlete who has not met the minimum requirements for a varsity award may be eligible for awards.
5. Specific requirements will be determined by the head coach, and announced to the team at the beginning of the season.

2. VARSITY LETTER REQUIREMENTS

The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes all team obligations and receives the recommendation of the coach. (The coach may recommend a waiver of these requirements under unusual circumstances.)

1. In all sports except for Cross Country, Track and Swimming, all athletes must participate in fifty percent (50%) of the contests.
Cross Country – Finish in the top ten in three-fourths of the meets.
Track – Score an average of one point per meet, with points added or deducted for meeting or not meeting practice requirements.
Swimming – Score an average of one point per event per meet.
2. Season is defined as the period between the date officially designated by the CIAC as the beginning of the season for that sport and the close of the post-season CIAC tournaments.
3. Junior varsity and freshman awards are given on the recommendation of the coach to all athletes who complete the season.
4. Manager awards will parallel the regular awards systems if they manage for the entire season.
5. Statistician awards will be given for the satisfactory compilation of statistics for the entire season.

3. AWARDS

1. **Varsity:** Awards in the category shall be a seven-inch chenille block “B” letter, with the name “CENTRAL” or “EASTERN” interwoven on the vertical stem of the “B”. Only one varsity letter will be awarded during a high school career. With the letter, an appropriate metal emblem signifying the sport involved will be awarded. Each subsequent varsity award will be denoted by the awarding of additional metal emblems. Certificates will also be given.
2. **JV Awards:** This award is a five inch chenille award, a “B” and a certificate. The conditions governing its issuance are the same as for varsity awards.
3. **Freshman:** Awards in this category shall be five inch numerals and a certificate. The conditions governing their issuance are the same as for varsity awards.
4. **Manager Awards:** A team manager is eligible for the varsity award after two years service and with the recommendation of the coach.
5. **Awards Night:** There will be a sports awards night at the conclusion of each sport season. Athletes in good standing may attend. The program is highlighted with the distribution of team awards and any additional individual outstanding awards.

~~PARENTS CODE~~

Athletics, in an education program, is a vehicle for developing individual character, confidence and for instilling a sense of community and cooperation. It is important to understand that the “game” is a tool, not a goal. Student-athletes can gain experience and maturity by developing individual skills and working to meet the challenges of the game.

Parents contribute to the effort of teaching their children by being role models and athletic program supporters. As role models, parents need to present a positive attitude toward participation in the scholastic athletic program. A positive appreciation of the opportunities to be a part of a team and to contribute towards team goals under the direction of the designated coaching staff is a basic foundation for developing an attitude of good sportsmanship.

Bristol’s athletic philosophy outlines the specific role and purpose of each level of competition – middle school, junior varsity and varsity sports.

The role of the **middle school** level is to:

- Develop basic skills and learn the rules of the sport
- Determine if the student would like to continue in the sport and
- Provide fair playing time to all participants, at the coaches’ discretion

The role of **sub-varsity sports** is to:

- Further develop skills of the athlete
- Increase the intensity of competition
- Prepare for the varsity level
- Place more emphasis on winning but not to the extent of the varsity level

The purpose of the **varsity level** is to:

- Develop skills and physical conditioning of the athlete to its fullest potential
- Learn to set goals and to strive to achieve them; and
- Be a role model for younger athletes.

~~ATHLETIC BOOSTER CLUB~~

The purpose of the Athletics Booster Club is to provide organization for the cooperative expenditure of volunteer time and energy toward support for the various athletic programs in the Bristol School System. The Bristol high schools each have two booster clubs; one club is for the support of all athletic teams in the school program, another club is for support of the football team.

The football boosters work closely with the coaching staff to provide moral support for the team. Their activities include fund raising in the summer and fall and culminate with an awards banquet in December.

The all-sports boosters get organized at the beginning of the school year. Their main thrust for fund raising consists of concession operation during the winter months. The club's funds are used for three seasonal awards banquets, scholarships for graduating athletes, and the purchase of miscellaneous items for the individual teams as approved by the school administration and the Athletic Director.