

Rocky Hill High School

Student-Athlete Handbook

Revised 8/7/2021

2021-2022

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Mission Statement

The Rocky Hill High School Department of Athletics strives for excellence by providing opportunities for student-athletes to participate in programs designed to develop meaningful standards of athletic performance, leadership, scholarship, community service and appropriate conduct within the educational and social environments of Rocky Hill High School.

Varsity Athletics

Varsity athletes are those that exhibit the most skill of those that have tried out for the team. They will have the opportunity to compete against equally talented athletes from opposing schools. The purpose of varsity athletics is to refine the skills of the team in an attempt to provide the high school with the best possible win-loss record.

Junior Varsity Athletics

Junior varsity athletic programs offer those students who do not yet possess the skills required of varsity athletes an opportunity to participate in a competitive setting. Junior varsity athletes are in the process of acquiring the skills, experience, and knowledge required for varsity competition.

Junior varsity athletes may participate in varsity contests based on the decision by the coaching staff that the athlete has made sufficient progress. This move should not be misinterpreted as an absolute move to the varsity level. Similarly, junior varsity athletes in grades 10-11 may be required to try out for the team should participation numbers dictate the need for cuts.

Freshman Athletics

Ninth grade athletes may participate in all sport programs offered at the high school level, but may be required to “try out” for a team when a freshman team does not exist. Similarly, ninth grade athletes may be required to try out for the team should participation numbers dictate the need for cuts. These programs offer those students who do not yet possess the skills required of junior varsity athletes an opportunity to participate in a competitive setting. Freshman athletes are in the process of acquiring the skills, experience, and knowledge required for junior varsity competition.

Freshman athletes may participate in junior varsity or varsity contests based on the decision by the coaching staff that the athlete has made sufficient progress. This move should not be misinterpreted as an absolute move to the junior varsity or varsity level.

Goals

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

Staff Directory

ROCKY HILL HIGH SCHOOL
50 Chapin Ave.
Rocky Hill, CT 06067

Phone: (860) 258-7721
Fax: (860) 258-7735

Principal: Mr. Mario Almeida X 22210

Assistant Principal: Mr. Edward Malizia X 22217

Athletic Director: Mr. Joe Horvath X 22219

Sports Medicine
Select Physical Therapy
672 Silas Deane Highway
Wethersfield CT, 06109
(860) 257-7473

<https://www.selectphysicaltherapy.com/contact/find-a-location/ct/wethersfield/wethersfield/?ty=xt>

Athletic Trainer: Andrew Abraham X 22152 e-mail: acabraham@selectmedical.com
School Nurse: Renee Garrahy X 22220 e-mail: garrahyr@rockyhillps.com

COACHING ROSTER

<u>SPORT</u>	<u>Varsity</u>	<u>JV</u>	<u>FRESHMEN/Assistant</u>
Baseball	William Eller	John Korte	Chris Bouchard
B. Basketball	Michael Dudis	Chuck Veneziano	Ryan Oliva
G. Basketball	Jim McKinnon	Brenna Conrad	
Fall Cheerleading	Micheala Brocuglio		
Winter Cheerleading	TBA		
Cross Country	Austin Bobrow	Brenna Conrad	
Football	Rich Dance	Mike Dudis	Jeff D'Angona
Golf	Josh Dinerman		
Indoor Track	Josh Brown	Katherine D'Orvilliers/Leroy Johnson	
B. Lacrosse	Michael Albano	Jon Drumm	Josh Cavallo
G. Lacrosse	Kim Hillman	Hadeel Majdoub	Brenna Conrad
Outdoor Track	Josh Brown/TBA	Katerine D'Orvilliers/Leroy Johnson	
B. Soccer	Paul Horta	Mark LaCafta	TBA
G. Soccer	Annmarie Catania	Rachel Cassanta	Madison Nastri
Softball	Tyler Catlin	Stacey Pinto	Matt Decker
B. Swim and Dive	Lisa Cooney	Tyrrell White	
G. Swim and Dive	Lisa Cooney	Tyrrell White	
B. Tennis	Pete Asadourian		
G. Tennis	Michael Dudis		
Volleyball	Jonathan Patrei	Jim Bagley	
Wrestling	Paul Meyers	Luis Gomez	

Athletic Booster Clubs

Rocky Hill High School Athletic Booster Clubs are non-profit organizations established by parents and community members for the purpose of augmenting the Board of Education budget in the area of athletics. The boosters exist independently of the sports teams, conduct fundraising outside of the BOE and athletic department, and have contributed thousands of dollars to benefit the student-athletes of Rocky Hill. Parents are encouraged to become active members of the boosters and should contact their individual coach for more information.

Athletic Trainer Services

Athletic trainer services are contracted between Select Physical Therapy and the Rocky Hill School District. In almost all instances, a certified athletic trainer will be on duty at home athletic contests. A trainer is also available on most days 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. Payment for such additional treatment is explained in this handbook under "Injuries/Insurance"

Attendance Policy – Athletics

Students are required to be in school for at least seven class periods to be eligible to participate or attend extra-curricular activities that day (with the exception of approved field trips). This includes both games 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 from the head coach 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 actions taken for students who miss a practice the day before a contest.

All sports have practices, and most have contests scheduled during school vacations. Team attendance expectations and rules apply the same for these periods, and family vacations are not exempt from the policies of any team.

Awards

In order to receive an athletic department award, a student must complete the season as an active member of the team. Eligible athletes are presented **Class Numerals** for first participation in any sport at the varsity level. Upon recommendation of the head coach and approval by the athletic director, an athlete meeting the established criteria for a sport may earn additional **varsity letters**. The first time this letter is earned the athlete receives a chenille letter and the numerals of their graduating class. An athlete who earns an additional letter in a different sport will receive an additional gold team pin for that sport. Special pins are available for managers and team captains. Under extenuating circumstances, a coach may recommend a student to the athletic director for a varsity letter who has not fulfilled the varsity letter criteria. Varsity letter criteria vary by sport and are determined by each varsity coach.

Awards Night

Following each sport season, every sport will hold an awards banquet open to all athletes (varsity, jv and freshmen), and their families. Athletes from each sport and their families will meet with their teammates and coaches for presentation of certificates and a season wrap-up. Three special awards are presented to those varsity athletes deserving of special recognition, such as Team MVP, Coaches Award, etc...

Captains

Captains will be selected for each varsity sport. To be eligible for a team captaincy, an athlete must:

- Have varsity experience;
- Have demonstrated leadership potential, dependability, commitment to the team, and good sportsmanship;
- Have no failing grades on the most recent report card;
- Be a positive role model;
- Have no violation of a school rule that resulted in a suspension from school during the current school year.
- Have the approval of the Athletic Director

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.

Prior to each season, captains will have a meeting with the athletic director to discuss leadership roles and expectations of them.

Captain's Practices

The term "Captain's Practice" usually refers to the team's captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC, CCC and Rocky Hill High School do not in any way sanction, encourage or condone "Captain's Practice" in any sport. "Captain's Practices", depending on the member school's involvement, may be a clear violation of the season limitations eligibility rule or certainly 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. Eligible athletes are ranked by cumulative GPA and must have earned a varsity letter during their senior year.

Conditioning Programs

In accordance with CIAC rules, athletes may participate in conditioning programs out of season. These programs are not mandatory and can not be sport specific. 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

Rocky Hill participates in the Central Connecticut Conference (CCC). This is the largest conference in the state, consisting of 32 schools in the greater Hartford Area, divided into four divisions. The purpose of the CCC is to allow member schools, through a formal organization, to best serve the aims of their interscholastic 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. **Parents should not contact any other administrator without first having spoken with the athletic director.**
5. These are the steps to be followed for conflict resolution. They must be adhered to in all instances.
 - 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 The Team

If at any point in a season, an athlete fails to abide by team rules or the rules of the athletic department, they 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 Rocky Hill 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. This may include a 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 as outlined in appendix [A]. Academic eligibility for fall sports is determined by successfully accumulating four credits toward graduation in the preceding school year (physical education excluded). Failures made up in summer school (or in an approved tutorial) 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 four full time subjects effective the day report cards are issued.

Academic eligibility - competition in the winter season is also based on successful progress (60 or better) in four full time classes for the 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 (60 or better) in four full time classes for the 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 10 practices. At the discretion of the coach, and providing all other conditions for participation have been met, these 10 practices may occur before the athlete becomes eligible. In these instances, the athlete may not exceed 10 practices while ineligible.

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.

Athletic Requirements for Participation

In order to participate in any sport at Rocky Hill the following requirements must be met:

1. Sports Health Assessment Form completed by physician and parent/guardian submitted to the school nurse.
2. Parent/Athlete Acknowledgement/Emergency Medical Form completed and submitted to the Director of Athletics. These are found online via InfoSnap on the school website under Athletics page/athletic registration.
3. All CIAC and school eligibility academic requirements must be satisfied.
4. Student-Athlete Sports Contract submitted to the Director of Athletics via InfoSnap.

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. The coach will take inventory and inform the athletic director of any missing student uniforms and the student will be responsible for the cost to replace the uniform. 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.

Equipment Storage

During the school day, students may lock their athletic bags and equipment in the locker rooms across from the fitness room. They may also use their PE lockers. Equipment must be dropped off prior to 7:30 a.m. each day and picked up immediately at 2:20 p.m. The locker rooms in the hallway are kept locked during the day and will be reopened at the end of the school day. It is recommended that students do not leave items of value in their bags or lockers as the school is not responsible for lost/stolen items.

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. Consideration will be given students who have academic responsibilities that may require them to miss athletic activities.

Fundraising/Booster Clubs/SAF

Money from fundraisers and booster clubs are outside of the regular athletic budget. With administrative approval, coaches and parents may conduct fundraisers to benefit the student-athletes and programs in Rocky Hill. Unless a booster club is established as an outside group (eg: Friends of Rocky Hill ____, LLC) all monies raised will be deposited into the team's Student Activity Fund (SAF) account. Coaches or designated booster club members are responsible for making these deposits through the principal's office. Under no circumstances may fundraised monies be distributed to student-athletes or their parents/guardians. Fundraised money may not be used to purchase uniforms. All fundraisers must be approved in writing by the building principal one month in advance. Purchases through the SAF account must be pre-approved by the school administration and follow the same procedures as routine supply orders.

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 (5313) below for further information.

I. Purpose

The purpose of this policy is to maintain a safe learning environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the school district, disruptive of the educational process, and prohibited at all times.

II. Definition

"Hazing" means any action or activity that endangers the health or safety of a person for the purpose of initiation, admission into or affiliation with, or as a condition for continued membership in a student organization or activity, including membership of any athletic team. The term shall include, but not be limited to:

- A. Any type of physical abuse such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on the body.
- B. Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics, or other activity that subjects the student to a risk or harm or that adversely affects the mental or physical health or safety of the student.

- C. Any activity involving the ingestion or consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
- D. Any morally degrading or humiliating game, prank, stunt, practical joke or other activity that (a) intimidates or threatens the student with ostracism; (b) subjects the student to stress, embarrassment, or shame; and/or (c) adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
- E. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

III. Applicability of Policy

No student, teacher, administrator, coach, volunteer, contractor, or other person affiliated with the school district by employment or otherwise shall plan, direct, encourage, aid, engage, condone, or permit hazing. Apparent permission or consent by a person who is the victim of hazing will not avoid the prohibitions contained in this policy. The Superintendent or designee will act to investigate all complaints of hazing and will discipline or take appropriate action against any person who is found to have violated this policy.

For the purposes of student discipline, the Board of Education considers hazing to be seriously disruptive to the educational process whether or not it occurs during the school day.

IV. Reporting/Investigative Procedures

Individuals who believe that they have been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing, shall report the alleged acts immediately to the appropriate school official so that the incident can be properly investigated and appropriate action can be taken, including immediate notification of the Superintendent of Schools.

At the building level, the principal is the person responsible for receiving reports of hazing. In the case of athletic teams, the report may be made to the coach of the team, the Director of Athletics, the school nurse, or the school administration. Any person may report hazing directly to the Superintendent.

Teachers, administrators, volunteers, coaches, and other persons employee or affiliated with the school district shall be particularly alert to possible situations, circumstances or events, which might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct that may constitute hazing, shall immediately inform the appropriate school official, as outlined in Section B (above).

Submission of a good faith complaint or report of hazing will not affect the complainant or reporter's future employment, grades, work assignments, or participation in school activities.

V. School District Action

Upon receipt of a complaint or report of hazing, the Superintendent shall undertake or authorize an investigation by the school district.

Pending completion of a hazing investigation, the school administration may, at its discretion, take immediate steps to protect the complainant, reporter, students, or other persons involved.

Upon completion of the investigation, the school administration may take appropriate action if necessary. Such action may include, but is not limited to, warning, detention, suspension, exclusion, expulsion, termination of employment in the case of staff, and/or referral to law enforcement officials.

VI. Reprisal

The Superintendent will take appropriate action, including disciplinary action, in the event of retaliation against any person who makes a good faith report of alleged hazing or who testifies, assists, or participates in an investigation, or who testifies, assists, or participates in a proceeding or hearing relating to such hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal, or harassment.

VII. Dissemination

This policy shall appear in all parent-student handbooks and staff handbooks.

Indebtedness

Any athlete who fails to turn in team equipment or uniforms at the end of the season will be placed on the indebted list. Those students will not be able to join any other team, receive report cards or have transcripts sent to colleges until they return or pay for the delinquent item. ALL ITEMS MUST BE RETURNED TO THE COACH, WHO

WILL THEN NOTIFY THE OFFICE OF THE RELEASE FROM INDEBTEDNESS. School office personnel and the athletic director CAN NOT accept uniforms or equipment. Items being paid for can be paid at the office.

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 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. **Athletes who fail to notify their coach of an injury and then seek medical treatment will jeopardize their ability to have the treatment covered by school insurance.**

Student-athletes are covered by school insurance during the time they are engaged in a sport, and the school acts as a secondary insurer in such cases. The following procedure must be followed in the case of any injury requiring medical treatment beyond the free consultation with the athletic trainer. It is important to note that the athletes are only insured during their athletic competitions and practices. Injuries received at other times (such as in gym class or while training on their own) are not covered by the school's athletic insurance policy.

1. The **athletic trainer** or **coach** may make an initial assessment of athletic injuries and may make recommendations to the **parent/guardian**.
2. The **parent/guardian** seeks appropriate medical care as allowed by his/her own insurance carrier. If the parent's insurance is a PPO or HMO, they should stay in-network as the benefits may be reduced by 50% for out-of-network treatment. Injury treatment must commence within 90 days of the date of injury.
3. As soon after the injury occurs as possible, the **coach** fills out a town of Rocky Hill accident report form ("Report of Incident/Accident on Town Property or at Sponsored Activity") and submits to the office. This form and all insurance forms are kept on record and are in the main office and are also found on the schools website.
4. The **coach** completes Part I ("School Report") of the secondary insurance claim form ("Notification of Injury") and gives this form to the **parent/guardian** of the injured athlete.
5. The **parent/guardian** completes Part II of the secondary insurance claim form. When the claim form is complete, parents should mail the form to the school insurance carrier at the address on the form. Claim forms must be submitted within 90 days of the date of injury. Parents should make copies of the completed form for their records.
6. The **parent/guardian** submits any bills for treatment to his/her own insurance carrier for payment. Parents should make copies of all bills for their records.
7. In the case where the **parent/guardian's** primary insurance does not fully cover all expenses, the **parent/guardian** should then submit to the **school insurance company** the following:
 - the "explanation of benefits" (EOB) from their own insurance company indicating that there was some amount not covered;
 - any outstanding itemized bills (statements will not be accepted).
8. The **school insurance company** will match all received bills and EOBs with the previously submitted claim form and will make payments directly to physicians and providers. The **parent/guardian** should not have to make payments out of pocket. If this is unavoidable, the **parent/guardian** should submit paid receipts to the school insurance company in addition to the items listed above.
9. Any questions or claim problems may be directed to the school insurance representatives at:

BMI
P.O. Box 511
Phone: 800.445.3126
Fax: 732.583.9610
Matawan, New Jersey 07747
www.bobmcloskey.com

Any injured athlete who misses more than five consecutive days of practice/contests must get medical clearance from a physician before being permitted to resume athletic activity.

IMPACT TESTING AND RETURN TO PLAY PROTOCOLS

1. All 9th and 11th grade student-athletes will complete a baseline neurological test (IMPACT) prior to participation in athletics in 2021-22.
2. Renee Garrahy, our school nurse, and Andrew Abraham, our athletic trainer, are trained in IMPACT and will administer all testing.
3. Results will be stored with the school nurse and sent to student-athletes PCP.
4. All concussion agreements are embedded in InfoSnap athletic registration.
4. For every documented concussion, a student-athlete will need to pass the IMPACT re-test prior to being allowed back into practice or competition.
6. For a prior history of concussions (multiple) additional steps and time will be required.
7. Rocky Hill's Return to Play Protocol will follow the 5 step recommendation of the CIAC as outlined below. These steps are also outlined in the concussion consent agreement embedded in InfoSnap athletic registration on the athletic page of the school website.

Medical Clearance RTP protocol (Recommended one full day between steps)

Functional exercise at each stage of rehabilitation Objective of each stage

Rehabilitation stage

1. No activity. Complete physical and cognitive rest until asymptomatic.

Recovery stage

2. Light aerobic activity (walking, swimming or stationary cycling) keeping intensity <70% of maximal exertion; no resistance training. Increase heart rate.
3. Sport Specific Exercise. For example, 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, (e.g. passing drills), may start progressive resistance training. Exercise, coordination and cognitive load
5. Full contact practice. Following medical clearance, participate in normal training activities. Restore confidence and assess functional skills by coaching staff * If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to their medical provider.

JV Philosophy

Whenever appropriate and where sufficient interest exists, the athletic department offers Junior Varsity (JV) 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 may not be 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. Small signing ceremonies will be held for Division I and II student athletes during the signing periods in November and April. ***It is the student-athlete's responsibility to inform the Athletic Director of their decision.*** A summary of these regulations is available in the guidance office. Additional information can be found at www.NCAAstudent.org. 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. These athletes are recognized with certificates at sports night. 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 85 or better for the preceding marking period (spring sports are based on third quarter grades).

Out of School Conduct

Student-athletes at Rocky Hill 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 Rocky Hill 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. Please see "Expectations for Student Athletes" and the section of this handbook entitled "substance abuse."

Participation Fees

There are no participation fees (pay-to-play) for athletics in Rocky Hill. However, due to the expensive nature of the sport, athletes who participate in our co-op Ice Hockey program must pay a fee. This fee varies (the exact amount depending on the number of players participating) and must be paid prior to the start of hockey season. Currently Rocky Hill participates in a co-op with Haddam Killingworth, Plainville and Middletown High Schools with Rocky Hill as the host school.

Physical Exam Requirements

Students participating in athletics at Rocky Hill High School are required to have a physical examination. A sports physical is valid for 13 months, ***but must include the entire season for the sport in which the student will participate.*** Parents must have athletes' private physicians perform the exam and must forward the completed ***original*** paperwork to the school nurse prior to the athlete trying out for a team. Sports physical forms are available in the main office. Any questions regarding health assessments should be directed to the school nurse.

Postponements of Athletic Events

In the event of inclement weather on the day of an athletic contest, a decision to postpone or cancel an athletic event will, in most instances, be made prior to 1:00 p.m. 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 (see "Schedules" in this handbook).

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.

Schedules

Schedules for all schools and teams in the state, including Rocky Hill, are available on line at casciac.org. There is also a link to all of these schedules on our school website. 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 highschool of the opponent except as shown on the schedule. As postponements or changes are made to the schedule, the CIAC website is updated.

Starting Dates for the 2021-22 School Year are:

Fall Sports – Saturday, Aug 26, 2021 (except football and golf, August 16th)

Winter Sports – Thursday, December 5 (Girls' Basketball and Wrestling, Monday December 2) Subject to change

Spring Sports – March 21 (baseball pitchers and catchers, March 14) /Subject to change

Sports Offered at Rocky Hill High School:

FALL

BOYS

Cross Country
Football
Soccer

GIRLS

Cross-Country
Soccer
Swimming and Diving
Volleyball

COED

Cheerleading
Golf

WINTER

BOYS

Basketball
Indoor track
Swimming and Diving

GIRLS

Basketball
Indoor Track

COED

Cheerleading
Wrestling
Ice Hockey (co-op)

SPRING

BOYS

Baseball
Tennis
Track & Field
Lacrosse

GIRLS

Softball
Tennis
Track & Field
Lacrosse

COED

*Girls are permitted to participate on boys' teams if the same sport is not offered. Boys may not participate on girls' teams.

**All sports may have limited roster spots and may require a "tryout."

Where sufficient interest exists, students may petition the administration for the addition of athletic activities to the athletic program. The decision to add a sport is made by the Board of Education. Conversely, a sport or a level within may be suspended for the year or eliminated due to lack of interest.

Substance Abuse/Chemical Health

The use of smoking materials 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 (except as noted in the student handbook as “Medication”) 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. A complete statement of the CIAC chemical health policy is included as appendix B of this handbook. Please make special note of the minimum penalty for use of performance enhancing substances.

In addition, athletes are not to be in the presence of and are expected to remove themselves from any situations of underage alcohol consumption or illegal use of drugs, whether occurring on or off school grounds. Failure to comply with this requirement shall result in discipline up to and including removal from the team. **Any violation of school rules involving drugs or alcohol may result in dismissal from an athletic team.**

Rocky Hill High School provides preventative and intervention educational programs for its student-athletes. All students receive preventative education through the Health curriculum and the “Wellness” component of the Physical Education curriculum. This education is reinforced through information provided by the coaches of each team, and the athletic trainer. If necessary, students will be referred to the Town of Rocky Hill Youth Services for appropriate intervention programs.

Rocky Hill has a zero-tolerance policy and therefore the use or possession of tobacco (including smoking, vaping, chewing, or use of snuff) will result in immediate dismissal from the team. A smoking cessation program will be recommended for the student-athlete.

The principal, in consultation with the assistant principal, school nurse, athletic director, and athletic trainer shall be responsible for the administration, enforcement, and monitoring of the policies regarding alcohol and drug use. By signing the athletic permission slip, athletes and parents/guardians acknowledge that they have read and fully understand all the policy and procedures as they pertain to alcohol and drug use, including team, school, and CIAC imposed consequences.

Suspension/Saturday 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. Students assigned Saturday Detention may not participate in any athletic event on that Saturday including 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.** Athletes who become Rocky Hill students or athletes who become eligible for participation after the tryout period is conducted will

be evaluated individually at the discretion of the coach. For a list of sports which typically require tryouts, see “Sports Offered” in this handbook.

Title IX

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

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 or to the Rocky Hill School District Title IX Coordinator.

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. In the case of ice hockey, parents/guardians must provide transportation to practices and contests. An athlete may petition the principal in writing for an exception to this rule. A note from a parent granting permission to be transported to or from a contest must be signed by the parent and the principal (or athletic director acting on his behalf) and then given to the coach. 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.

Weight Room

Rocky Hill 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. See fitness room policy on athletics page of school website.

Policies and Procedures for All Student/Athletes

- A. Substance Abuse Policy – Use, possession, or distribution of illicit drugs, including anabolic steroids, alcohol, drug paraphernalia, tobacco (including smoking, vaping, chewing, or use of snuff) or the misuse of other drugs/medications will result in timely appropriate disciplinary action up to and including dismissal from the team determined by administration.
- B. Appropriate Behavior Policy
 - 1. Any student/athlete who initiates a fight will face timely appropriate disciplinary action determined by the school administration up to and including dismissal from the team.
 - 2. Verbal and/or physical abuse of officials or coaches by students/athletes will result in timely appropriate disciplinary action up to and including dismissal from the team determined by the school administration.
 - 3. The following behaviors will be considered serious violations of the athletic code and school rules and will result in timely appropriate disciplinary action determined by the school administration:
 - a. Civil law and criminal infractions.
 - b. Theft or malicious destruction of individual, private or school property.
 - c. Misconduct by an athlete that is potentially detrimental to the athletic program, school or district.
- A. **SELF REFERRAL POLICY (Note: Self-referral is not an attempt to turn in oneself after violating the drug policy to avoid penalty.)**

When a drug dependency problem is identified with the use of the above substances by the student-athlete through self-referral or by a parent’s referral and is being monitored by a physician, the student-athlete WILL NOT be dismissed from the team, however,

1. The student-athlete and present coach will collaborate with the appropriate certified personnel and develop a program of assistance utilizing the school resources and outside agencies. The assistance team will then monitor and report progress.
2. Dismissal from the team will result if the student-athlete fails to complete the program of assistance.
3. The student-athlete WILL BE dismissed from the team upon the next incident of any substance abuse violation.

B. OTHER REFERRALS

When a substance problem is identified by a team member, teacher, coach, administrator, or concerned person:

1. The student-athlete is referred to appropriate coach, athletic director and school administrator.
2. The principal or designee holds a due process hearing.
 - a. The student-athlete is informed of the charges.
 - b. The student-athlete is given an opportunity to tell his/her side of the story and parent contact is made.
 - c. The principal or designee will make a decision within a reasonable period of time.
3. The student-athlete and parent/guardian will be notified of the decision in writing.
4. If the principal or designee determines a violation exists, the student-athlete could face removal from the team for the season.
5. The administration will refer the student-athlete for an assessment by a qualified professional, which may include the family care physician or other persons, approved by the administration.
6. After assessment is completed, a planned program of assistance will be prescribed if needed. Such programs will be conducted by a qualified healthcare professional.
7. The student-athlete may regain athletic eligibility for the next season after completing a planned assistance program, and the athletic office is informed by administration of eligibility.
8. The student-athlete who refuses to participate in the assessment or the recommended planned program of assistance will not regain eligibility for a sport until the planned program is completed.