

VINAL TECHNICAL HIGH SCHOOL

Student Athlete Handbook

CHEERLEADING

CROSS COUNTRY

WRESTLING

RIFLE

BASKETBALL

BASEBALL

VOLLEYBALL

FOOTBALL

SOCCER

TRACK & FIELD

2008-2009

PHILOSOPHY & STANDARDS OF VINAL TECH INTERSCHOLASTIC ATHLETICS

The Vinal Tech Athletic Department is an integral part of the total school program and is a vehicle used to prepare young adults for a successful role in future years.

Athletics serve as a base for the development of a positive self-image for all participants, encourages individual and group excellence, dedication and commitment in working toward team goals, contributes to the participating growth in physical fitness and skills, fosters mental alertness, emotional maturity, and social interaction.

While the athletic program serves as an arena for the student-athlete to display his/her talents, student-athletes must in turn, be willing to assume certain responsibilities, namely:

1. Striving to achieve sound citizenship, emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintaining academic eligibility and training rule standards.
3. Sharing respect for both authority and property.
4. Learning to attain total well-being through positive life style habits.
5. Learning the spirit of hard work, dedication and commitment.
6. Desiring to excel.

Student-athletes need to keep in mind they are in the public eye and that their personal conduct always must be above reproach.

Student-athletes have an obligation to serve as positive role models and to gain the respect of their teammates, student body, and the community. The student-athlete continually serves as a reflection of his/her coach, team, school and community.

Should a player or parent have any questions regarding Vinal Tech Athletic policies, please contact the coach or Director of Athletics.

Best wishes for a successful and enjoyable year.

Sheila Fredson, Principal

David Curtis, Director of Athletics

ATHLETIC DEPARTMENT POLICIES

SCHOOL AND CLASS ATTENDANCE

1. Student-athletes are expected to attend school on a regular basis and are subject to follow the attendance policy of the school as are all other students. Attendance following the day of an activity will be carefully monitored.
2. All teachers will have copies of team rosters in case of early dismissals for a sports activity.
3. Discipline problems concerning student-athletes may be additionally referred to the Athletic Director and/or coach.

ELIGIBILITY AND GRADE AVERAGE

I. Athletics Eligibility Requirement for Participation in Interscholastic Sports

The athletic program is an important and integral part of the total school program and is open to participation by all students enrolled at a Connecticut Technical High School. Athletics serve as a base for the development of a positive self-image for all participants, encourages individual and group excellence, dedication, and commitment in working toward team goals, contributes to the participants' growth in physical fitness and skill, fosters mental alertness, emotional maturity, and social interaction. 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 assume certain responsibilities. The Connecticut Technical High School System adheres to C.I.A.C. Eligibility Rules and those listed below:

A student is not eligible:

- 1) If he/she is not taking four (4) units of work or the equivalent (CIAC handbook Sec. 7.0 Eligibility Rule I.B.).
- 2) If he/she failed trade/technology course at the end of the last marking period. The final average grade in trade/technology determines fall eligibility. (CIAC handbook Appendix B-Eligibility Rule I.D.).
- 3) If he/she has failed more than one full credit course (i.e. math, science, English, social studies) and one partial credit course (i.e. physical education, art, health) at the end of the last marking period. The final academic grade averages determines fall eligibility. (CIAC handbook Appendix B-Eligibility Rule I.D.).
- 4) If he/she has failed physical education (CTHSS policy).
- 5) If he/she is nineteen (19) years of age prior to July 1 (CIAC handbook Appendix B-Eligibility Rule II.B.).
- 6) For 30 calendar days if he/she has changed schools without a change of legal residence provided both the receiving and sending school principals sign a Transfer Waiver Form attesting that the student to the best knowledge of the principals, did not transfer for athletic reasons. (CIAC handbook Appendix B-Eligibility Rule-II.C.).
- 7) If he/she has played the same sport for more than three (3) seasons in grades 10, 11, and 12 (CIAC handbook Appendix B-Eligibility Rule II.B.).
- 8) If he/she plays or practices with an outside team in the same sport while a member of the school team after the first scheduled game in any season (CIAC handbook Appendix B-Eligibility Rule II.E.). The exceptions to Rule II.E shall be:
 - (1) Participation in parent-child tournaments and caddie tournaments.
 - (2) Swimming, Tennis and gymnastics - a pupil may practice but not compete with a non-C.I.A.C. team during the season, (not to exceed three (3) hours per week delete this.) and add as long as such practices do not interfere with or replace member school practices.
- 9) If he/she plays under an assumed name on an outside team (CIAC handbook Appendix B-Eligibility Rule II.F).
- 10) If he/she receives personal economic gain for participation in any C.I.A.C. sport (CIAC handbook

Appendix B-Eligibility Rule II.F).

When a student is academically ineligible at the end of the first or second marking period, a review can be conducted at the mid-point of the next marking period. Assuming the student is eligible by CIAC criteria, (passing courses leading to at least 4 Carnegie units), he/she can obtain a form from the athletic coordinator and have it signed by all of his/her teachers to show that ALL courses are being passed for the year (not just the marking period) then that student could be classified as eligible once again.

The Connecticut Technical High School determines a student athlete's eligibility based on the official receipt of the previous marking period's report card.

II. PARTICIPATION IN SCHOOL ACTIVITIES/ABSENCE

Students who are absent from school will not be permitted to participate in interscholastic athletic contests, athletic practices, extracurricular activities, or other school-sponsored activities on the days they are absent from school. Coaches and advisors will check daily attendance sheets for compliance with this regulation.

- A. To be eligible for participation in an inter-scholastic athletic contest on a particular day a student must be present in school for the time equivalent to a shortened day unless participating in a school sponsored activity that day.

III. MEDICAL REQUIREMENTS

- A. Before the student will be allowed to practice and/or compete in any interscholastic sport activity, the Parent Approval, Student Medical History and Sports Physical Examination forms are to be filled out completely and filed in the office of the school nurse or in the office of the athletic director/coordinator. The sports physical examination is valid for one year from the date of the previous sports physical exam.
- B. Students excused from the physical education program because of medical reasons are not eligible to participate in the interscholastic program (practices and contests).
- C. Students not participating because of being under doctor's care must obtain a release from the doctor before being declared eligible to compete

IV. SUSPENSION

- A. Student-athletes are ineligible for events on days that they are in-school or outside suspended. If a student's suspension extends into a following week, he/she cannot participate in a weekend event during the course of the suspension. This same rule shall apply to school vacation time.
- B. Student-athletes who are in-school suspended may attend practice (at the coach's discretion) but may not participate in the activities of the practice. Students who are outside suspended may not attend practices or games during the suspension period.

V. PHYSICAL EDUCATION

- A. All student-athletes are required to participate in physical education classes with the exception of event days.

VI. CONDUCT OF ATHLETES

- A. Athletics are school-sponsored activities. Therefore, any and all disciplinary policies that exist in

the Vinal Tech Student Handbook will be enforced in this domain.

- B. A coach or school representative is required to remain at the school until all athletes have left the premises. It is imperative, therefore, that athletes leave the school in a timely manner (within **15 minutes** of the end of the game/practice) so as not to put additional time requirements on coaches and other school personnel.
- C. Athletes are not to fraternize with friends or family during athletic contests. By the same token, only team personnel are allowed to occupy areas exclusive to team members (benches, dugouts, etc.)
- D. Team practices are to be attended by only those participants of the sport. Parents and others outside the program must get prior approval from the coach, athletic director and/or school administration to attend a practice.
- E. Hazing-Any conduct or method of initiation which willfully or recklessly endangers the physical or mental health or humiliates or harasses any student will be considered **HAZING**. Also included in the term "hazing", but not limited to, are the following:
 - a. Requiring indecent exposure of the body;
 - b. Requiring any activity that would subject the person to extreme mental stress, such as sleep deprivation or extended isolation from social contact;
 - c. Confinement of the person to unreasonably small, unventilated, unsanitary or unlighted areas;
 - d. Any assault upon the person, or
 - e. Requiring the ingestion of any substance or any other physical activity which could adversely affect the health or safety of the individual. The term shall not include an action sponsored by an institution of higher education which requires any athletic practice, conditioning, or competition or circular activity.
- F. Student-athletes must travel to and from all contests on the team bus. Exceptions may be made, but only for extenuating or emergency situations that must be approved through the Athletic Director's office **48 hours prior to the event.**

TOBACCO, ALCOHOL, DRUGS
(Illegal Non-Prescription)

There will be absolutely no use of any tobacco, alcohol, or drugs by Vinal Tech athletes. Any individual who is observed violating this rule (either on or off campus) by an Administrator, Teacher or member of the Coaching Staff, will be subject to disciplinary action which may include immediate dismissal from the team.

Training rules regarding substance abuse have been established to create an environment where you will be able to participate at your optimum level.

In the appendix of this handbook there is a section entitled "**Common Beliefs About Chemical Use and Sports**". This information is provided for you and your parents or guardians. Read it carefully. Together you will make decisions about your health and athletic performance.

PHYSICAL EXAMINATIONS

An up-to-date physical and permission form must be on file with the School Nurse before a student tries out for, practices or plays a sport.

As of July 1, 2008, the Connecticut Technical High School System (CTHSS) will no longer be providing sports physical exams to students. However, the CTHSS supports student participation in interscholastic sports and has implemented a form and policy designed to simplify the requirements for sports participation and to help ensure the health and safety of our student athletes.

The process is easy:

- Complete both sides of the attached form, have your child's doctor sign it and
- Attach a copy of any physical exam completed in the last year and return to the school nurse.

A sports physical exam is good for 13 months and can be part of your child's routine yearly physical exam.

Most insurance plans, including Husky, will cover a yearly physical exam. If you need help scheduling an exam, do not have insurance or have questions please contact the School Nurse, Debra Ismail at (860) 344-7100 ext. 318 or debra.ismail@ct.gov. (Important: Completed sports physical forms must be returned directly to the School Nurse. Please place forms in a sealed envelope, and clearly mark "sports physical" on the outside of the envelope. This is especially important when sports forms are returned during the summer months).

INSURANCE

Student-athletes are initially covered by their parents' private insurance carrier. There is a blanket policy issued by the State of Connecticut which will pay any amount (of a valid claim) in excess of that portion already satisfied by all other coverage, for example, an athlete's family medical coverage.

When an interscholastic sport's injury occurs, the student athlete and coach must notify the nurse of the incident and file an injury report with the school nurse as soon as possible.

PERMISSION FORM

All student-athletes must file a parental/guardian permission form before they participate in any practice session. This form must also include an emergency phone number in case parent/guardian is unavailable.

UNIFORMS AND EQUIPMENT

Uniforms and equipment are on a loan basis and are to be worn only when authorized by the coach. All uniforms and/or equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season. If not returned, students may not participate in the next athletic season. If lost or stolen, the replacement cost of the uniform/equipment will be assessed to the student and that student will be placed on the school-wide obligation list.

SUSPENSION OR DISMISSAL FROM A TEAM

At the beginning of each season, students will be informed by the coach of the types of behavior which may warrant suspension or removal from the team. Each case will be considered individually.

Parents, the Director of Athletics, and School Principal will be notified as soon as possible after a student has been suspended or permanently removed from the team.

Requests for an appeal of this action may be made by contacting the Director of Athletics.

AWARDS

At the conclusion of each sports season, student-athletes will be presented athletic awards at a special awards ceremony. If a student-athlete has been removed from a team for breaking training rules, he/she will not receive an athletic award. Parents and friends are encouraged to attend the various sports ceremonies.

ADDITIONAL AWARDS

1. All student-athletes who do not earn varsity letters will be given certificates for participation.
2. Elected team captains will be awarded a captains' pin for their varsity letter.
3. Varsity letters will be awarded the first time the requirements are met for a letter. The letter will also contain a sport pin in the middle. Each time a varsity letter is earned in any sport thereafter, the student-athlete will be awarded a pin for that particular sport, or a star if multiple varsity letters in the same sport have been achieved.

FINANCIAL AID OR SCHOLARSHIPS

In the event that a student-athlete wishes to continue in their sport at the intercollegiate level, the following is a list of appropriate steps to follow.

Suggested Procedures:

1. *Discuss* with your guidance counselor the range of colleges for which you are academically qualified.
2. *Talk* with your coach about the level of competition he/she feels you might be best suited to participate in. (Division I, II, III)
3. *Narrow* your college selection list to a reasonable size, taking into consideration the *quality of academic and athletic programs*, determining whether they are *right for you*.
4. Find the name of the coach in your sport(s) at each college on your list. (Use the National Directory of College Athletics in your guidance counselor's office.)
5. Request your high school coach write a personal letter to the college coach. This letter should include:
 - a. A transcript of your academic interests and achievements.
 - b. A thorough and detailed discussion of your athletic accomplishments - statistics, clippings,

letters earned, records and honors, videotape - (request your coach supply this to your college coach.)

- c. Indicate financial need--how much
6. *Decide* where you wish to apply. Few college coaches will take interest in you unless you formally apply. *Initiate* don't react.
7. After applying, *remain in touch* with the coaches. Inquire about the status of your application and financial aid. If possible, visit the college and the coach--sell yourself as a person and a student-athlete. A letter from a college coach is an overture *not* an offer.
8. Be familiar with NCAA visitation rules. (Check with your coach.)

BOYS & GIRLS SPORTS OFFERINGS 2007-2008

BOYS SPORTS

Baseball	Rifle
Basketball	Football
Cross Country	Track/Field
Golf**	
Soccer	

GIRLS VARSITY SPORTS

Basketball	Soccer
Softball	Rifle
Volleyball	Track/Field
Cross Country	Cheerleading

** denotes sports offered at a coeducational level

APPENDIX

Common Beliefs About Chemical Use and Sports

Success in sports requires physical, intellectual, and emotional preparation. An athlete must be able to learn skills and strategies of a sport, train his or her body to perform specific functions, and become emotionally ready to compete in specific events. There is a price to be paid for excellence in sports. The price includes time, practice, effort, and willingness to give up some other activities.

Most high school, college and professional athletes today are willing to do whatever it takes to be successful. They practice long and hard, read about strategy, listen to good coaching, train their bodies to perform specific skills, and learn special skills to prepare emotionally for the stress of competition. These young men and women know what it takes to perform at maximum levels and are willing to take action.

Some athletes believe chemical use will aid in their training program or give them a competitive edge during a contest. Some athletes believe that using certain chemicals can medicate their injuries and get them into action faster than waiting out the natural healing process. Some athletes believe that chemical use after competition will help them relax and recover to prepare for coming events, or that it won't affect their future performance. Let's examine some beliefs and facts about the use of chemicals and success in athletics.

Belief #1: Some chemicals are helpful during training for sports.

It has been suggested that anabolic-androgenic steroids help certain athletes increase muscle and strength. The illegal or legal controlled use of steroids has been identified by some athletes as an effective method to gain an advantage over opponents in athletic competition where increased muscle mass and strength are desirable. The basis for using these substances for such a purpose are to increase protein synthesis in muscle, block the protein breakdown after exercise, and enhance aggressive behavior which will promote a greater quantity and quality of strength training.

According to a 1984 American College of Sports Medicine Position Study, the use of anabolic-androgenic steroids, in the presence of an adequate diet, can contribute to an increase in body weight, often in the lean body mass compartment, but may be largely due to increased water retention. In some individuals and under certain conditions, these steroids may contribute to small gains in strength beyond those normally achieved through high-intensity training and proper diet alone. The use of steroids does not increase aerobic capacity.

Studies of anabolic-androgenic steroid use by athletes involved in extensive physical training show mixed results. Extensive physical training appears to be the dominant factor for increasing muscle mass and strength. Research also indicates that steroid use is associated with some adverse events. In addition to mood swings and aggressive behavior, other negative health factors associated with steroid use include testicular atrophy, arrested growth in adolescents, masculinization of females, and a greater likelihood of future problems with the liver, heart, and blood vessels.

The use of steroids is banned by rules of many sports governing groups. All the answers to the questions athletes and coaches ask about steroids are not yet answered by research studies. Some athletes believe that these substances will increase their physical strength and are willing to take the risks associated with using them. Other athletes are not aware of the risks. Many other athletes choose to rely on their own physical and psychological abilities and efforts to increase their strength.

Belief #2: Some chemicals will give a competitive edge at the time of a game or contest.

Amphetamines and other stimulants are used to increase aggressiveness and decrease fatigue and therefore help an athlete perform at maximum levels on the day of a game.

Research on the effects of amphetamines tells us the amphetamines work by stimulating both the central and peripheral nervous systems resulting in increased heart and respiratory rates, decreased sense of fatigue, elevation of mood, and an increase in physical activity.

The specific effects of stimulants depend on many factors, such as weight, state of health, and mood. In order to achieve beneficial effects from stimulants, a precise dose would need to be prescribed and monitored by a

physician.

Amphetamine use affects judgment and may help an athlete believe he or she is performing better than usual when there is no improvement. Amphetamine use can have a negative effect on timing in athletic events which require specifically timed skills or coordinated effort by a team.

Because amphetamines use tends to mask fatigue and pain, it may increase the risk of serious injury to an athlete. An athlete may not recognize the extent of all injury while feeling the effects of amphetamines. Some athletes using stimulants also use other drugs to "come down" - this forms a dangerous pattern. For all of these reasons, the use of amphetamines is banned by rules of all sports governing groups.

Some athletes believe the psychological effects of decreased sense of fatigue and mood elevation are beneficial to performance. The risks and consequences of use are clear and most athletes recognize the potential costs of amphetamine use.

Belief #3: Chemicals can be effectively used to treat injuries and speed a return to action.

Many medications available today are capable of powerful effects on the body. Pain reducers, anti-inflammatory drugs, muscle relaxants, and antibiotics can reduce symptoms and speed the healing process. Many athletes, coaches, and trainers expect medications to ease problems due to injury and allow athletes to perform with minimal recovery time.

Research on using medications to treat injuries tells us the following:

- Recovery from injury requires time. If injuries are not healed completely before a return to competition, the use of pain-reducing medications may increase the risk of long-term problems.
- Certain medications are effective in reducing pain and swelling and can complement a treatment process.
- Medications can mask pain due to injury, allowing an athlete to participate in a sport. Masking pain can result in improper healing or re-injury resulting in long-term problems and more serious damage.

Belief 14: Recreational use of chemicals will help an athlete relax, have fun, and recover.

Some athletes in social settings away from athletic competition use cocaine, marijuana, alcohol, and nicotine. Athletes expect the mood changes triggered by these chemicals to have a positive effect on their feelings and behavior by alleviating stress, allowing them to relax and have fun.

Research on the recreational use of these chemicals tells us the following:

Cocaine

- Cocaine stimulates certain brain cells, producing a sense of euphoria and excitement.
- Cocaine use usually induces a very positive feeling of euphoria, well-being, and confidence for approximately 20-40 minutes following use.
- This feeling of euphoria is followed immediately by a period of depression and often confusion.
- Cocaine use is highly psychologically addicting and financially very costly for the user.
- Cocaine use can lead to undesirable physical effects such as vomiting, rapid increase followed by rapid decrease of blood pressure, variations in breathing patterns, changes in body temperature, insensitivity to temperature, dryness of throat and mouth, and dizziness.
- Cocaine use is illegal and banned by rules of sports



I have read the rules and regulations of this handbook and agree to abide by them.

Print Name: _____

Date: _____

Signature: _____

Indicate Sport(s): _____