

# SOMERS HIGH SCHOOL



## ATHLETIC HANDBOOK FOR STUDENTS and PARENTS

Principal – Mr. Gary Cotzin  
Assistant Principal – Mrs. Cheryl Gustafson  
Manager of Athletic Programs – Mr. Alan Walker

### Athletic Program Offerings

**FALL:** Boys Soccer, Girls Soccer, Field Hockey, Co-op Girls Swimming, Co-op Football, Boys & Girls Cross Country

**WINTER:** Boys Basketball, Girls Basketball, Wrestling, Tri-Town Ice Hockey, Cheerleading

**SPRING:** Boys & Girls Outdoor Track, Boys Lacrosse, Girls Lacrosse, Golf, Baseball Softball, Co-op Boy's Tennis

**North Central Connecticut Conference Members:** Bolton, Canton, Classical Magnet, Coventry, East Granby, East Windsor, Ellington, Granby, HMTCA, Rockville, SMSA, Somers, Stafford, Suffield, Windsor Locks

### INTRODUCTION

Our interscholastic program presents specialized educational opportunities to encourage, guide and develop the abilities, interests and attitudes of our young people so they may reach their potential as an individual and team player. Players, coaches, and spectators will provide an atmosphere that promotes good sportsmanship. Athletics offer a special opportunity for students to perform within the framework of a team situation and to develop a sense of fair play, sound fundamentals, cooperation, fitness, teamwork, competitive spirit, good sportsmanship and a pride in themselves and their school.

It should be understood that participation in athletics is a privilege and not a right. In competition, one goal is winning. Winning, however, can mean more than simply outscoring the opponent. Winning attitudes may also be learned and developed while actually losing a contest. If individuals learn to do their best, they will be “winners” in the long run.

The Student-Athlete Handbook is mandatory for all student-athletes and parents to read and is to be used as a procedural manual and reference. All athletes and parents are expected to adhere to all policies, procedures, and regulations.

## **PHILOSOPHY**

The Somers High School Athletic department's mission is to provide a comprehensive, diverse, wholesome, and dynamic program that is consistent with the basic philosophy of the Somers School District. The purpose of school athletics is both educational and recreational. Athletics can play an important role in the learning and growth process of the student and in his/her character development, encouraging the acceptance of responsibility to self, team, and the school.

The Somers High School Athletic Department encourages participation by as many boys and girls as possible and should be carried out with the best interests of the participants as the primary consideration without unreasonable interference with other school obligations. The athletic program should discourage any pressures that might tend to neglect good sportsmanship, good mental health, and the development of good attitudes.

Per BOE DBS Code 6145.21, Somers High School athletic policy defines the role of JV and varsity sports as follows:

JV Sports: to further develop skills; to increase the intensity of competition; prepare athletes for varsity sports and competition; and to place more emphasis on winning.

Varsity Sports: to develop the skills and physical conditioning of the athlete to the fullest potential; to allow the talented athlete to excel and to reach a higher level of competition; to be a role model for younger athletes; and to focus more on winning but not at the expense of good sportsmanship, character building, and enjoyment.

## **ATHLETIC DEPARTMENT POLICIES**

### **PARTICIPATION: PERMISSION, EMERGENCY MEDICAL, & PHYSICAL EXAMINATION FORMS/CONCUSSION & CARDIAC ARREST FORMS**

The first step to trying out for any sports team is to sign up with the school nurse. High school fall sports registration policies will be reviewed with incoming freshman students on "Step Up" day in June prior to their freshman year, and information will be posted on the school website for tryout dates as the fall season begins on official CIAC start dates. Sign-ups for all sports seasons will be posted on the sports website and are also announced on the high school morning announcements for at least a two-week period in the middle of the prior sports season. Students who have not been signed up by parents and do not have an approved physical by the nurse will not be on coach's eligible list and cannot participate.

All students and their parents/guardians must complete the online registration form on [www.somers.k12.ct.us](http://www.somers.k12.ct.us). The registration includes the Somers High School Parents Permission and Emergency Medical Forms, Concussion Consent Form, and Sudden Cardiac Arrest Form, and all must be completed prior to the first tryout and participation in any practice sessions. Prior to the first tryout/practice session, all candidates for athletic teams are required to submit the appropriate documentation of a physical with the

last (13) months of participation to be reviewed the school nurse. There will not be any exceptions to this rule. The online form requires a statement to confirm that the athlete has not sustained a serious injury or illness during the past sports season (or summer) and gives permission for participation in the next applicable season. Any student who does sustain a serious injury or illness must present at the request of the school nurse a doctor's statement giving permission for the student to return to participation.

The school nurse will manage the collection and storage of physical examination forms as well as evaluate the status of each subsequent sports sign-up during the school year. Students should not give medical forms or follow-up medical notes or documents to coaches. The physical examination is valid for 13 months and must cover the athlete for the entire sports season (including tryout periods and postseason competitions) as mandated by CIAC. Should the physical examination expire during the course of the sport season, the athlete will be required to be examined to continue to participate and forward the documentation to the school nurse for approval in order to continue to participate. Coaches will review the status of in-season physicals with their players, but the responsibility of meeting the required eligible date is with the student athlete and parent/guardian. If possible, the school nurse may also contact the student and/or parent/guardian regarding expiring physicals.

The Student and Parent Concussion Informed Consent Form and Sudden Cardiac Arrest Form are included on the online registration for parental review and sign-off. Coaches will also review concussion and cardiac policies with their teams, and athletes will sign the paper forms after completion of that review. Coaches will also review concussion and cardiac policies at an in-season scheduled parent's meeting. All forms are also available for review on the school website's sports page.

### **C.I.A.C./SOMERS ELIGIBILITY RULES: ACADEMICS**

Students must be taking at least 6 ½ credits of work and achieve an overall grade point average no lower than 4.0, (C-) with no more than one "F" grade at the end of each marking period. Incompletes are considered a failing grade until they are completed. For fall eligibility, a student must be a continuing student (grade 8 to grade 9) or have received credit for 4 units or its equivalent towards graduation at the conclusion of the school year preceding the contest. Incoming freshmen will receive a "free pass" in terms of GPA eligibility for the fall season. Academic appeals are limited to one per school year, and all appeals must be handled with the high school vice-principal.

A student has (8) consecutive semesters or (4) consecutive years of eligibility from the date of entry into high school to be eligible for interscholastic competition. Any student who turns age 20 prior to or during any part of the CIAC sport season (including the state tournament) is not eligible for interscholastic competition. Students are allowed only (4) years of competition from the first year of entry to any high school unless an appeal is granted by the CIAC. A student must not have changed schools without a change of legal residence (Refer to the CIAC rules for student eligibility and exceptions).

Student athletes are not allowed to play or practice with an outside team in the same sport

while a member of the school team during the CIAC season of that sport (see exceptions to that rule in CIAC Handbook); cannot play under an assumed name on an outside team; and are not allowed to receive personal economic gain for participation.

Failure to meet any of the above requirements will render a student ineligible to participate. This includes all tryouts, practices and competitions. A complete set of C.I.A.C. rules may be obtained at [www.casciac.org](http://www.casciac.org) or from the Somers High athletic department.

### **CONCUSSION MANAGEMENT & IMPACT TESTING**

Per BOE Admin. Reg 5141.7(a), all student athletes must complete baseline testing through the implementation of the Impact Testing (immediate post-concussion assessment and cognitive testing) every (2) years. All student athletes suspected of a head injury will be immediately removed from the practice or game and evaluated by a licensed health care professional as defined by the CIAC and CT State Statutes. All athletes must meet the CIAC mandated "Return to Play Protocol" as defined in BOE Admin, Reg 5141.7(a) and athletic department procedures before being allowed to participate in practices or games. Parents will be immediately notified of any potential head (or cardiac related) injury by the trainer or coach.

### **PAY TO PLAY FEE**

Upon making a sports team at Somers High, all student athletes are required to pay the "pay to play" fee. The fee is set at \$50.00 dollars per athlete per sport with a \$200.00 family cap. The registration process does include a credit card payment option. Pay to play fees with cash or checks are to be submitted only to coaches or to the Manager of Athletic Programs before the first game of the season. Pay-to-play fees are waived for the school year for student athletes and siblings who participate on a co-op team where the host school sets participation fees. The Manager of Athletic Programs and business office will manage all refunds when applicable.

### **TRYOUTS & TEAM SELECTION**

Once a student athlete is eligible, coaches are responsible for conducting all tryouts and for the selection of team members. Athletes may participate in only one sport program in a sports season. A student athlete who desires to switch teams prior to the first game of the season in that sport and tryout for another must immediately notify the school nurse or the Manager of Athletic Programs. Eligibility to change sports must be confirmed by the school nurse and Manager of Athletic Programs. All athletes must fulfill requirements of CIAC pre-season participation rules, including the mandatory (10) days of practices before participating in any games.

**The selection of team members for JV and varsity teams is at the sole discretion of the varsity coach. Coaching staffs are responsible for communicating team expectations during the pre-season tryouts. Varsity coaches also have the discretion of moving athletes between JV (freshman) and varsity teams during the season. In the case of insufficient participation levels (either at the start of the season or in-**

season) including any additional issues affecting the overall management of the JV and varsity teams, the coaching staff will review any potential ramifications with the Manager of Athletic Programs and high school administration. In the event of canceled or reduced JV (or freshman) schedules, the coaching staff, Manager of Athletic Programs, and/or high school administration should appropriately communicate decisions with athletes and parents.

### **TEAM CAPTAINS**

The position of a captain is both an honor and a privilege. This position requires the utmost in leadership with a commitment to excellence in academics, sport, and behavior. Student athletes begin to hold the position of captain when announced by the coach. Coaches are responsible for the process of how captains will be selected. Failure to comply with rules and regulations of the Athletic Department (including team rules) and Somers High School may lead to dismissal as captain.

### **ADDITIONAL TEAM SPORT RULES**

Coaches will have additional team rules pertaining to their sport (including all guidelines set for in the student handbook). Written team rules will be distributed and discussed at a parent's meeting at the beginning of each season. Parents and student athletes are requested to sign-off on team rules that includes an understanding of the student/parent athletic handbook and documentation of the Class Act Sportsmanship expectations. Somers High School is a member of the NCCC and the CIAC and abides by all guidelines set forth by the conference (and associated conferences for co-op teams) and CIAC.

### **CO-OP SPORTS TEAMS**

Existing sign-up and eligibility rules apply for all student athletes who wish to participate on any CIAC approved co-op team (or any "team of one" approved by the Manager of Athletic Programs). The host school is responsible for setting participation fees, and the Somers HS pay-to-play fee is waived. Student athletes and parents are responsible for working within both the Somers High School and host school's athletic department guidelines. The host school's program sports rules will take precedence over Somers High School sports rules, with the exception of any eligibility issues (school attendance, grades, and/or any disciplinary actions). Parents are encouraged to obtain a full understanding of all co-op host school rules and policies. Additional exceptions to any guidelines must be approved by the Manager of Athletic Programs and Principal. Parents are encouraged to participate with the host school's sport booster club (if applicable). Parents are responsible for transportation to the host school for practices and games (unless prior transportation has been supplied by the host or additional participating co-op school team).

### **SCHOOL & CLASS ATTENDANCE**

Athletes must be in attendance for a minimum of 4.5 hours on that school day to participate in a practice or game (including 4.5 hours on the last school day of the week preceding a Saturday game or practice). NOTE: All students must finish their school day at the designated dismissal time(s) regardless of the 4.5 hour minimum rule to be eligible

to participate in sports that day. Circumstances beyond the student's control resulting in absence (including early dismissal) on the day of a game or practice must be reviewed and approved by an administrator for permission to participate. Athletes will attend all classes regularly and be on time and tardiness and missing classes will not be tolerated. Athletes will not use their sport as an excuse to miss class time unless the team is departing early from school. Parental notes do not automatically excuse students from their class commitments. Absence from team activities due to other school-related activities, family obligations, or medical appointments are acceptable when prior approval is received from the coach. Absence from the team activities due to non-school related activities must have prior approval of the coach and principal.

### **ATTENDANCE – PRACTICE AND GAMES**

Attendance at all practice sessions and/or games (including tournament and vacation periods) for all team members is mandatory. Athletes must make every effort to speak to a member of the team's coaching staff prior to any practice or game if he/she knows they will be tardy or absent. Athletes are not permitted to leave practice early without prior approval of a member of the coaching staff (see travel section). Practices are allowed for 2.5 hours and no more than (6) days in a row. Allowances must be made by coaches for athletes with religious or family obligations for Sunday practices.

No athletic practice shall begin without the presence of the varsity coach or certified assistant coach. Per CIAC regulations, all athletes must have (10) days of practice prior to being allowed to play in a game (from the point of the first allowed practice for each athlete) and all coaches must abide by CIAC guidelines for practices and season limitations and eligibility rules. Coaches will review practice and game team rules during the pre-season parent meetings.

NOTE: Sunday practices are allowed and must start after 12:30 PM. Coaches are responsible for meeting district guidelines for team supervision prior to practices and games (see team rules) and be aware of all athletes appropriately leaving the facility per school guidelines. All coaches and athletes shall abide by any district or town approved requirements and/or restrictions for use of fields.

The coach should be notified at the beginning of the season if any extended absences are expected during the season (i.e. vacations). Athletes will not be excluded from the team, but can expect potential consequences such as reduced playing time or loss of position upon returning. Participation in other school extracurricular activities is encouraged, and athletes must notify coaches in advance and report to practice as soon as the other activities have concluded. Abuse of this guideline may result in disciplinary consequences.

### **PRACTICE AND GAME SCHEDULES**

Coaches are responsible for communicating practice and game schedules to their athletes. If practices are postponed, coaches are responsible for notifying the main office in a timely fashion and announcements will be made to students. The Manager of Athletic Programs will immediately communicate to the main office when games are postponed,

and all re-scheduled games will be made available through the CIAC and school sports websites. Please note you can access Somers High School schedule changes by requesting email/text updates from the appropriate link at [www.ciacsports.com](http://www.ciacsports.com). Athletes should be aware that high school contests are sometimes rescheduled for Saturdays (Sunday play is allowed only by state-wide exception from the CIAC). Efforts will be made each day to reasonably play all scheduled games, which may at times result in a shorter notice of cancellation. The school sports website will not include practice schedules once the season starts, but may occasionally include notifications on practice postponements or other important issues.

### **SOMERS HIGH SCHOOL SPORTS WEBSITE**

All sports related scheduling information can be found on the Somers district website at [www.somers.k12.ct.us](http://www.somers.k12.ct.us), including the postponement or cancellation of games and links to all CIAC games. Postponed games will be posted on this site as soon as possible, with the re-scheduled date posted once the schedule change has been confirmed. Co-op sports schedule changes will be posted as soon as the host school confirms all changes (refer to the appropriate co-op school sports website as well).

### **INJURIES & ACCIDENTS**

All injuries sustained by an athletic team member are to be reported immediately to the coach in charge. It is the responsibility of the student to report any injury to the coach and/or trainer, whether during a practice, a game, or from any out-of-school injury when not under the supervision of coaches. Coaches and our trainer will also file an injury report for the nurse. Students should also report any additional injuries outside of sports to the school nurse as soon as possible. Athletes with an illness/injury sustained in an athletic event, physical education class, or other activity, that requires a visit to a doctor, hospital, or primary care facility must receive clearance by a physician (and submitted to the school nurse) in order to return to participation in Somers High Athletic activities. Coaches are not allowed to accept medical clearance from athletes or parents. Coaches and/or the trainer will immediately contact a parent(s) about injuries (including head or cardiac injuries). Trainers at away sites will confirm with our coaches if they have made contact with parents for injuries during games at away venues.

### **PARENTS' INSTRUCTION FOR FILING A CLAIM**

The Accident Insurance coverage purchased by the Board of Education/High School provides coverage on an excess basis only. This means that only those medical expenses, which are not payable by your own personal or group insurance, are eligible for coverage under this policy up to the limits. Please see the school nurse to obtain the necessary insurance form and follow the listed instructions. Please note that the coverage is on an excess basis only, the claim form must also be signed by the school, and the claim must be filed within 90 days.

### **TRAVEL**

All athletes must travel to and from athletic contests in transportation provided by the Somers Public Schools. Athletes will remain with their team and under the supervision of the coach. Athletes who miss the bus will not be allowed to participate in any contests

unless there are extenuating circumstances and with the approval of the varsity coach and Principal. Parents should not transport athletes unless a written request is submitted in a reasonable time frame to the Principal prior to the contest for approval. Athletes must park their own vehicles in the approved staff parking areas at all times. Please note that transportation is not provided for co-op athletes unless specifically approved by the school administration.

### **C.I.A.C. EJECTION POLICY**

If a player is ejected from a varsity, junior varsity, or freshmen in a league or non-league contest, he/she will be suspended for a minimum period of one contest at that level of play and all contests at any level played in the interim. Athletes will not be allowed on-site when suspended per CIAC rules. Ejected athletes are subject to additional consequences as determined by school policy and/or NCCC or CIAC action.

### **LOCKERS & LOCKER ROOMS**

During the season, athletes should store and lock all valuables, clothing and equipment in a locker in their respective school locker rooms. Somers High School will not be responsible for any lost or stolen property that is stored improperly. Athletic lockers are obtained by contacting the Physical Education Instructor.

### **SUBSTANCE ABUSE POLICY - PERTAINING TO ATHLETICS AND EXTRACURRICULAR ACTIVITIES:**

Students in violation of the substance abuse policy will have a meeting with parents, coach, athletic manager and principal in order to review consequences. During out of school suspension, students may not participate in any school activity. Terms of suspension from athletics and extracurricular activities will begin concurrently with out of school suspension.

During the season of practice or play, a student shall not use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance not prescribed by the student's doctor. This policy includes products such as "NA or near beer". This standard is not intended to render "guilt by association", e.g. many student athletes might be present at a party where only a few violate this standard.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury, academics, or otherwise, the penalty will not take effect until that student is able to participate again.

### **MINIMUM PENALTIES:**

**FIRST VIOLATION:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive contests totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. The decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

**SECOND AND SUBSEQUENT VIOLATIONS:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive contests totaling 60% of all interscholastic contests in that sport. The decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. all fractional part of an event will be dropped when calculating the 40% of the season.

**1st Offense: 25%**

<b># of Events/Season</b>	<b>#Events/Penalty</b>
<b>1-7</b>	<b>1</b>
<b>8-11</b>	<b>2</b>
<b>12-15</b>	<b>3</b>
<b>16-19</b>	<b>4</b>
<b>20 or over</b>	<b>5</b>

**2nd Offense: 60%**

<b>1-3</b>	<b>1</b>
<b>4</b>	<b>2</b>
<b>5-6</b>	<b>3</b>
<b>7-8</b>	<b>4</b>
<b>9</b>	<b>5</b>
<b>10-11</b>	<b>6</b>
<b>12-13</b>	<b>7</b>
<b>14</b>	<b>8</b>
<b>15-16</b>	<b>9</b>
<b>17-18</b>	<b>10</b>
<b>19</b>	<b>11</b>
<b>20 or over</b>	<b>12</b>

**2nd Offense with Dependency Program**

<b>1-4</b>	<b>1</b>
<b>5-7</b>	<b>2</b>
<b>8-9</b>	<b>3</b>
<b>10-12</b>	<b>4</b>
<b>13-14</b>	<b>5</b>
<b>15-17</b>	<b>6</b>
<b>18-19</b>	<b>7</b>
<b>20 or over</b>	<b>8</b>

If the athlete's period of ineligibility extends beyond his or her current season, consequences will be exacted in the next season in which the athlete participates. The carryover period will not exceed one calendar year from the date of the offense. These consequences will apply to in season participants. Any athlete that is not currently in season or any extracurricular activity not currently running, consequences will only be administered per BOE/Administrative Regulation policy.

This policy is in effect for violations that occur on or off school grounds. Any additional penalties to the above policy made by an individual coach must be pre-approved by the athletic manager and the Building Principal.

### **HAZING / INITIATIONS AND BULLING**

Any form of hazing, initiations, or bullying of student athletes by other team members are not acceptable, and any practice of this type of behavior will not be tolerated. Actions (such as but not limited to taunting, teasing, bullying, and harassment) of this type may be illegal, and those involved may be subject to police action as well as dismissal and/or suspension from participation in any athletic program. (See Student Handbook for complete DBS Code on Hazing/Initiation Policy)

The District shall promote nondiscrimination and an environment free of harassment based on an individual's race, color, religion, sex, sexual orientation, national origin, disability, marital status or age or because of race, color, religion, sex, sexual orientation, national origin, disability, marital status or age of any persons with whom the individual associates.

### **EXCLUSION FROM CO-CURRICULAR/EXTRA-CURRICULAR ACTIVITIES**

Participation in co-curricular and extra-curricular activities is a privilege and not an entitlement. Students involved in such programs are expected to follow all school rules and demonstrate good citizenship. Failure to do so may result in partial or complete exclusion from said activities and programs. Activities include, but are not limited to, athletic programs, musical or drama productions, clubs, field trips, and school trips out-of-state and abroad.

### **UNIFORMS & EQUIPMENT**

Uniforms and equipment are on a loan basis and are to be worn only when authorized by the coach. All uniforms and/or school equipment are the responsibility of the athletes during the season and must be returned to the coach at the conclusion of the season. If lost or stolen, the replacement cost of the uniform/equipment will be assessed to the student. Also, athletes will be placed on the 'Hold List' in the Main Office and will be unable to participate or obtain a parking space until uniform/equipment is returned or fees collected. If an athlete decides to terminate his/her position on the team prior to the conclusion of the season he/she needs to return uniform to the head coach of that team only (not to another player or assistant coach). Coaches will appropriately communicate to athletes any personnel equipment needed to be individually supplied and maintained.

## **COMPLAINT PROCEDURE**

In the event that an athlete or a parent has a complaint about an athletic program, the following procedures will be followed. The purpose of this procedure is to effectively and efficiently address challenging athletic issues in a respectful and thorough manner. Student athletes are requested to first discuss issues with their coach. Please afford and encourage your child to discuss their issues or concerns with their coach.

If a meeting between the coach and player does not resolve the complaint, parent(s) may call to set up a meeting to discuss the complaint with the athlete's coach (if an athlete is participating in a JV sport the initial complaint should be brought to the attention of the JV coach). The athletic department phone number is 749-2270 ext 4151 should you need assistance in setting up a meeting with a coach. Please do not attempt to confront a coach before or after a contest or at practice. These can be emotional times for both parent and coach and are not preferred.

If the issue of the complaint is still unresolved, make an appointment to discuss the matter with the Manager of Athletic Programs. If the issue of the complaint is still unresolved, make an appointment to discuss the matter with the Principal. If the issue remains unresolved, make an appointment to discuss the matter with the Superintendent.

## **SPORTS AWARDS**

Varsity coaches have the responsibility for setting forth the criteria for earning a varsity letter. Coaches have the right, as does the school administration, to withhold awards from athletes not fulfilling athletic and/or school obligations.

The following awards are presented for each sport during the fall, winter and spring seasons:

**Junior Varsity Award:** Certificate (includes freshman sports)

**First Varsity Award:** Certificate and varsity letter (presented by Booster Club)

**Additional Varsity Awards:** Certificate

**Additional Awards:** A minimum of two special awards in the form of a trophy per team per season in recognition of special categories such as Most Valuable Player, Coaches Award, Most Improved, etc. Awards are given at the discretion of the coach.

**Booster Club Athlete of the Month:** Coaches will nominate their respective athletes for each of the months played during their season.

**NCCC Academic Awards:** Certificates will be awarded for student athletes who earn honor roll and high honor roll status only during the fall and winter playing seasons.

**All Conference Selection:** League Plaque (either voted by opposition league coaches or earned through competition i.e. wrestling, track & field, etc).

**All-State Selection** (including all state academic): Awarded by CHSCA in conjunction with the CIAC and certificate presented at All State banquets.

**Team Banners:** Presented for regular season championships, state runner-up, and state championship teams or athletes. League tournament championship teams are awarded trophies from the league. Additional banners are awarded for State Open Champions, All New England, or All American honors.

**Senior Athletic Letter Awards** (sponsored by the Booster Club): Plaques awarded to all seniors who have earned a minimum of (4) varsity letters (not including manager's letters) during their (4) years.

**Robert Millerick Award:** Presented to the outstanding male and female senior athlete during senior awards night. This award is determined using a formula based on number of total varsity letters, total seasons as captain, All NCCC, and All State awards during their (4) years.

**Various Newspaper Awards:** Publications such as the Journal Inquirer and Hartford Courant will acknowledge student athletes during the year for both academic and athletic accomplishments.

**CIAC Scholar Athletes:** Presented to a male and female senior athlete with the highest GPA participating on at least one varsity sport. Athletes are recognized by the CIAC at a state dinner.

**NOTE:** Additional awards may be presented as needed or required. Please note that some out-of-school awards are made available after scheduled sports awards nights.

All team and individual athletic achievement and recognition awards that are attained as a result of participation in authorized Somers High School athletic programs shall be presented to athletes only at Somers High School functions pre-approved by the Manager of Athletic Programs and/or administration. All varsity, junior varsity, All NCCC, and All-State awards are presented at one of three sports award ceremonies held at the conclusion of the fall, winter, and spring seasons. Athletes are required to attend the awards ceremonies. A general awards ceremony takes place in the school auditorium followed by individual team meetings in various breakout rooms for presentation of team awards and certificates. Once scheduled, sports awards information and dates will be announced during morning announcements and posted on the high school sports website. It is the student-athletes responsibility to inform his/her parents of the scheduled date for sports awards night.

### **BOOSTER CLUB**

All parents and supporters are encouraged to join the Somers Booster Club. Meetings are held once a month from September through June. The Booster Club operates under their own bylaws and within the guidelines and priorities set forth by Somers High School and the Somers BOE.

### **NCAA ELIGIBILITY**

As a prospective student-athlete at a Division I or II institution, you have certain responsibilities regarding NCCC eligibility. Information concerning who needs to register with the Clearinghouse and the documents that need to be submitted can be found at [www.ncaa.org](http://www.ncaa.org) and [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).

### **ATHLETIC CODE OF CONDUCT**

The community, school administration, and coaching staff believe high standards of conduct and citizenship is essential to a sound athletic program. As a representative of Somers High School, your team, coach and family, athletes will conduct themselves in an exemplary manner in the school, the community, and on all other school campuses.

**Somers High School will adhere to the CIAC Class Act Sportsmanship Standards and will require all student athletes and fans (including parents, guardians and spectators) to review all sportsmanship standards prior to each season as part of individual team rules.**

### **EXPECTATIONS OF ATHLETES**

---

Play the game for fun.

Be gracious when you win and graceful when you lose.

Respect and abide by the rules of the game.

Be a team player.

Accept decisions made by those in authority.

Demonstrate respect to your opponents, coaches and teammates.

Be accountable for your actions.

Develop a coachable attitude.

Accept the discipline involved in athletics.

Be an athlete of character

Respect and abide by all the rules as described in this handbook and your student handbook.

### **EXPECTATIONS OF PARENTS**

---

Attend as many games as possible.

Consider becoming a member of the Athletic Booster Club.

Do all you can to make the athletic experience positive.

Do not interfere with the operations and management of games.

View the game with the team goal in mind.

Attempt to relieve competitive pressure, not increase it.

Accept the judgment of officials and coaches.

Demonstrate winning and losing with dignity.

Dignify mistakes made by athletes who are giving their best effort.

### **EXPECTATIONS OF SPECTATORS**

---

Respect decisions made by contest officials.

Refrain from taunting, booing, heckling, and the use of profanity in any manner.

Leaving a contest prior to its conclusion, with expectations of returning, may not be permitted.

Admission to a game is not license to verbally assault others or to be generally offensive.

No noisemakers of any kind are allowed.

The use of alcohol, drugs and tobacco products are prohibited from the Somers Public Schools campus.

Be a fan...not a fanatic.

### **SPORTSMANSHIP EXPECTATIONS**

---

**The Somers High School athletic program abides by all district policies and the NCCC and CIAC guidelines for sportsmanship. Somers High School, the NCCC and the CIAC reserve the right to make decisions on fan attendance at all games based on the following guidelines:**

## **THE STUDENT-ATHLETE**

As members of their team, a student-athlete serves as a role model. They are admired and respected by many, including younger athletes and their behavior and actions often have a significant impact on others. The student-athlete plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship. Responsibilities of student-athletes as defined by the NCCC and CIAC are as follows:

1. Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
2. Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
3. Will win and lose graciously.
4. Will have a thorough knowledge of and abide by all rules of the game, NCCC and CIAC.
5. Will work for the good of the team at all times.
6. Will cheer for your team, not against your opponent.
7. Will congratulate opponents in a sincere manner following either victory or defeat.
8. Will refrain from the use of illegal or unhealthy substances to games.

## **THE PARENT/SPECTATORS**

The NCCC and member schools abide by the following standards for sportsmanship. High School athletics is an extension of the school's academic program and is designed to build the athlete's character, values and ethics with the support of parents and spectators who are expected to keep the game in perspective and to support the coaches, players and officials in a positive manner. Responsibilities of parents and spectators are defined by the NCCC and CIAC as follows:

1. Will respect the integrity and judgment of game officials.
2. Will be respectful of all players, coaches, officials and other spectators.
3. Will never target anyone for abuse whether it be physical, verbal or emotional.
4. Will never engage in name-calling, taunting, harassment, obscenities, and any other disrespectful language or gestures.
5. Will always be a positive role model for other spectators and your child.
6. Will cheer for your team not against your opponent.
7. Will make an effort to know and understand the rules of the game.
8. Will recognize that attending a middle or high school athletic contest is a privilege, not a license to verbally assault officials, coaches or opposing team(s) and their spectators.
9. Will recognize and show appreciation for an outstanding play by either team.
10. All spectators must remain in designated areas defined by the home team, and abide by all district policies as defined in parent/athlete handbooks.
11. Any spectator using or shouting inappropriate or abusive language or committing any physical action that could affect the safety of athletes, coaches, security or other spectators, will be required to leave the sports activity venue and may be charged with disorderly conduct. This applies to any off-site or rental facilities.

12. If groups of students or adult spectators use abusive language (including profane language or gestures), the athletic director or site director designee will announce that continued inappropriate behavior will cause the game to be disrupted or possibly ended.

**OFF SEASON CIAC GUIDELINES:**

Consistent with CIAC rules, coaches are not to take part in organizing, planning or recruitment of participants for off -season practices. If athletes choose to practice together prior to the beginning of the season, it must be without the knowledge or involvement of the coaching staff. High school facilities cannot be used for any off-season practices. NOTE: All pre-season conditioning sessions overseen by coaches must abide by CIAC regulations and approved by the Manager of Athletic Programs. “Off-season” is defined as all time outside of the official seasonal start and end dates of each CIAC sport.

**CAPTAIN’S PRACTICE CIAC DEFINITION:**

The term “Captain’s Practice” usually means the team’s captain organizing and conducting practice sessions for that sport without adult supervision. The CIAC does 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 rule (season’s limitations).

**PRACTICING WITH ANOTHER CIAC TEAM BY AN ATHLETE**

During each sport season players who are members of a CIAC team may not practice with another CIAC school in the same sport unless it is sanctioned by the principals of both schools or it is an approved activity governed by other CIAC rules and policies. Players who have ended their competitive season are not allowed to practice with another CIAC school in the same sport unless prior written permission is given by the principals of both schools. However, school teams may continue to practice until the end of tournament season.

**OUT-OF-SEASON (BOTH DURING THE SCHOOL YEAR AND DURING THE SUMMER)**

Member schools may not organize or permit coaches to organize, supervise or operate athletic practices or interscholastic athletic contests for their school or potential team members. A school or coach may not organize and conduct practices with any incoming ninth graders or students not on the eligibility list prior to the start of the sport season. Member schools may not permit students with athletic eligibility remaining in a sport to try out for a school-sponsored team prior to the first practice date of the CIAC authorized season. Schools may not organize out-of-season practices or tryouts for any prospective team member not on the eligibility list from the previous year.