



Athletic Handbook

2009 – 2010

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STATEMENT OF NON-DISCRIMINATION

It is the policy of Woodstock Academy not to discriminate on the basis of sex, orientation, race, or creed in its educational programs, activities, or employment policies. Inquiries regarding compliance may be directed to the Headmaster.



For schedules, updates, and result,
please visit our website regularly:

www.woodstockacademy.org



EXPECTATIONS OF PARENTS

1. Support your child and attend as many contests as possible.
2. Avoid putting pressure on your child to start, score, or be the star of the team.
3. Support the coach in public around other parents, and fans.
4. Avoid speaking negatively about the coach in front of your child. It may create a major barrier in the child's hope for improvement in the sport.
5. Understand the ultimate purpose of athletics: it exists as an integral part of the total educational mission of the school, and participation in athletics is a privilege, and not a right.
6. Serve as a good role model for the students, athletes, and other fans.
7. Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach.
8. Attend the pre-season parents' meeting, and read our *Athletic Handbook*.
9. Serve as beacons of good sportsmanship.
10. Show respect to everyone involved in high school athletics-the coach, athlete, fans, officials, and administrators.
11. Follow the chain of command at Woodstock Academy if you have a question or concern.
12. Express questions and concerns in a courteous and civil manner, and do it at the right time, and in the proper setting.
13. Abide by all policies, regulations, and rules for our athletic program.
14. Understand that the goals of the team and athletic program are more important than the individual success of your child.
15. Avoid constant and chronic complaining.

ATHLETIC CHAIN OF COMMAND

Should a parent or athlete have a question or concern regarding athletics at Woodstock Academy, the chain of command to address the question/concern is:

- ⇒ **Coach (this may include the head coach and/or an assistant coach)**
- ⇒ **Athletic Director**
- ⇒ **Assistant Headmaster**
- ⇒ **Headmaster**
- ⇒ **Board of Trustees**

If there is a question or concern, please contact the appropriate coach first. If there is no resolution, then contact the athletic director, and so on, until a solution is agreed upon.

WOODSTOCK ACADEMY INTERSCHOLASTIC ATHLETIC POLICIES AND PROCEDURES

Athletics are a very important part of a student-athletes' overall educational experience. They serve as a base for positive self-image, dedication, commitment, responsibility, group cooperation, and the development of social and physical skills.

In order to achieve these results in a smooth and orderly fashion, policies and procedures have been developed for the Woodstock Academy Athletic Program. Student-athletes are expected to abide by all policies set forth in the Woodstock Academy Student Handbook, as well as those policies and procedures listed in the Athletic Handbook. If adhered to, these policies and procedures will help create a consistent, equitable, and positive environment for all involved.

The goals for the Woodstock Academy Athletic Program are centered on promoting and encouraging student involvement, teaching the skills necessary to compete interscholastically, and helping to realize both individual and team athletic potential. Woodstock Academy student-athletes are expected to display the following attributes:

- Fair play and sportsmanship;
- Self-control and self-discipline;
- Honesty demonstrated by playing in strict accord with the rules both on and off the court/field;
- Respect for opposing players, coaching staff, fans, and officials;
- A desire to excel;
- An enjoyment and appreciation of the values inherent in learning the skills of sport and game competition;
- Team commitment, camaraderie, and team spirit;
- Pride in school, team, and self as evidenced by behavior and appearance;
- Respect for self and competitors as evidenced by word and deed; and
- Hazing and/or harassment of any kind will not be tolerated.

Risk of Athletic Participation

In spite of protective equipment, and the supervision and sound instruction of our certified coaches, there are some risks associated with athletic participation. Injuries can and do occur in most athletic activities. In extremely rare cases, serious permanent and fatal injuries could also result. All athletes and parents need to be aware of and understand this very real possibility. At Woodstock Academy, we do all we can to assure a safe and healthy environment for our athletes.

Practices and Games

The following should be clearly understood by all students planning to participate in the Woodstock Academy Athletic Program:

When you choose to participate in Woodstock Academy athletics, you have made a commitment to assume responsibility for all practices and games. If there is a conflict with your attendance, it is the responsibility of the student-athlete to discuss this with the coach and clearly understand the consequences outlined below.

GENERAL REGULATIONS:

- A student must be in compliance with the school attendance policy, which states that a student must be in attendance for a minimum of two full blocks on the day of a practice or contest in order to participate on any athletic team (excused absences may be approved by the administration and/or athletic director) .
- Practice will generally take place daily from the first day of your specific sport season (as established by the CIAC) to the conclusion of your season. Days off are at the discretion of the coaching staff.
- Practices generally last two hours. They may be longer, or shorter, at the discretion of the coach. It is the coach's responsibility to communicate the starting and ending times to the athletes and parents.
- Practices may be held on weekends (including Sunday), holidays, and school vacations. Sunday practices are only mandatory if there is a contest on Monday.
- For every contest, or contests, an athlete misses due to an unexcused reason, the athlete must sit out the next contest and/or subsequent contests. THEREFORE, FAMILY VACATIONS AND COMMITMENTS INVOLVING A STUDENT-ATHLETE SHOULD BE PLANNED ACCORDINGLY.
- No team may practice without a coach in attendance. "Captain's practice" is NOT permitted.
- On days when school has been cancelled or closed early due to inclement weather, the Director of Athletics, in consultation with administration, will determine whether practices and/or games will be held. Coaches will notify their teams as early as possible.
- If a student-athlete has a physical education class scheduled on the day of a game, they are expected to participate in the that class.
- If a student athlete is medically excused from physical education on a particular day, the student athlete may not participate in athletics on that same day. Coaches will be notified of such cases.
- Behavior that is unsportsmanlike or detrimental will not be tolerated at any time during games or practices.

Game Cancellation

Any game, which is cancelled due to weather or any other circumstance out of the school's control, will be announced on WINY Radio 1350 AM. Cancellations will also be immediately placed on the CIAC site (www.ciacsports.com). Any individual wishing to receive automatic email updates of cancellations/reschedules may sign up on the CIAC site.

Team Travel

Woodstock Academy provides its teams with a bus for transportation to and from all athletic contests, and as such all student-athletes are encouraged to travel to and from all contests on the team bus. If an athlete is traveling home with a parent/guardian they must be signed out with the coach by the transporting parent/guardian on a team sign-out sheet after the completion of the game. Athletes who wish to accompany another adult family member or a parent of another team member from a game must fill out and turn in a Transportation Waiver Form (found at: www.woodstockacademy.org) to the coach 24 hours before the game. The transporting adult family member or parent of the other team member must then sign out the athlete with the coach on the team sign-out sheet after the completion of the game.

Team Tryouts/Cuts

At the beginning of each season, tryouts will be conducted to determine team rosters. The tryout period will be determined by the coaching staff of each sport, and it is critical that all prospective students attend these tryouts.

It should be clearly understood that tryouts are competitive and selective for most sports, particularly at the varsity level. The invitation to participate in interscholastic athletics is open to all students, yet it is extended within the framework of realistic and reasonable team roster size. Such a framework will provide team members the full opportunity to learn and exercise the skills necessary to develop their proficiency in the sport and to compete interscholastically.

As roster sizes and cutting procedures differ among sports, and may fluctuate slightly from year to year, the varsity coach will determine what is in the best interest of the program.

Issued Equipment/Uniforms

Equipment and uniforms are on a loan basis, and are to be worn only when authorized by the coach. All equipment and/or uniforms are the responsibility of the athlete during the season and must be returned at the conclusion of the season. If lost or stolen, the replacement cost of the equipment/uniforms will be assessed to the student. A student-athlete may not participate in the next season if there are any outstanding athletic debts, i.e. uniforms, equipment, replacement fees, etc.

Substance Abuse

1. Use of and/or possession of a controlled substance by a student-athlete, in or out of school, will result in a minimum four-week suspension from athletics. In-school offenses will also be subject to school discipline. In cases where a season ends before the suspension is completed, the suspension will carry over to the student-athlete's next season of participation as defined by the CIAC season limitations policy. The suspension will include all games and practices which take place during this time period. The list of controlled substances include alcohol, stimulants, street drugs (including but not limited to marijuana, heroin, and cocaine), anabolic steroids, hormones and analogues, diuretics, and any other performance enhancing substances. A 2nd violation of this policy by any student-athlete, at any time during his/her high school years, will result in suspension from all athletic teams for 365 calendar days.
2. Use of and/or possession of tobacco products, restricted substances, or any other substance that endangers the health and safety of students (jimson weed, salvia, etc.), by a student-athlete, in or out of school, will result in a minimum suspension of two games (not scrimmages) and all practices in that time period.
3. If a student-athlete is under medication prescribed by a physician, it is his/her responsibility to inform the coach. The student-athlete must abide by the *Administering Medication* procedure outlined in the student handbook.

Hazing

Hazing is a very serious criminal offense. Under no circumstances will hazing and/or initiation practices be tolerated at Woodstock Academy. The term "hazing", as defined by Connecticut State Law, means any action which recklessly or intentionally 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. (Connecticut Hazing Law, Section 53-23a. Hazing). Violation of this policy will result in immediate dismissal from the team.

The following activities have at one time or another, been construed as hazing by the courts and/or institutions of higher learning:

Paddling or striking anyone in any manner; Marking or branding; Treasure or scavenger hunts/road trips; Requiring calisthenics such as sit-ups, push-ups, etc.; Requiring the carrying of items, such as

rocks, helmets, shields, books, etc.; Preventing/restricting sleep; and Forcing someone to eat/drink against their will.

Athletic Council

The Athletic Council is a student service organization whose primary charge is to provide assistance to the Athletic Department in the planning, coordination, and implementation of designated activities and fundraisers throughout the school year. The council also serves as a forum for student input, new ideas, as well as student feedback relative to the ongoing program.

Officers of the Athletic Council will be elected at the end of the previous school year. Positions to be served include President, Vice-President, Treasurer, and Secretary. A minimum of two representatives from each sport will be selected to serve on the Council, in addition to at-large members who must be approved by the Athletic Director/Athletic Council. In seeking these positions, the invitation for membership is open to all interested students.

The responsibilities and service tasks of Athletic Council members include, yet are not limited to:

- Actively assisting the Director of Athletics with sports related requests;
- Maintaining and updating the Athletic Bulletin Board;
- Periodic cleaning of the Athletic Trophy cases;
- Assisting in Athletic Department and Booster Club fundraisers; and
- Assisting in the planning and coordination of the Awards Night programs and the Senior Athletic Banquet.

Awards

At the conclusion of each sport season, every student-athlete who participated will be recognized at one of our three seasonal Athletic Awards Night programs. In addition to these programs, the Athletic Department also sponsors an annual Senior Athletic Awards Banquet which is held each year in June. The banquet honors each senior student-athlete, and is a departing thank you for them and their parents. A catered buffet, a guest speaker, and the presentation of the major annual athletic awards and scholarships are all part of this evening. All students and their parents are encouraged to attend these award ceremonies.

AWARD CRITERIA:

The following guidelines have been established for the distribution of seasonal athletic awards:

1. All student-athletes will receive a certificate of participation.
2. Varsity letters in all sports will be awarded by the school upon the recommendation of the varsity coach. The following criteria applies:
 - A player shall participate in at least 50% of their season's contests.
 - A player who has not met the 50% rule may receive a varsity letter by the recommendation of their coach.
 - A player shall have demonstrated positive compliance with training rules and regulations.
 - A player shall have demonstrated positive conduct and citizenship both on and off the field.
 - A student-athlete will receive a varsity letter for his/her first varsity sport. Subsequent varsity sports and letters earned will be presented by a sports emblem which may be sewed onto the Varsity letter.

3. A student-athlete who participated at the sub-varsity level will receive a set of numerals which designate his/her year of graduation.
4. At the seasonal awards night programs, the coach of each sport will recognize a player or players to receive the "Coaches Award". The following guidelines are used:
 - The player who demonstrated a hard-working, unselfish, positive, competitive attitude.
 - The player who, in the eyes of his or her coach, is a "model" participant for others to follow.

Booster Club

The Woodstock Academy Booster Club is a volunteer, nonprofit, service organization which supports the Academy Athletic program through various activities, events, and fund-raisers sponsored each year. Membership is open to all students, parents, faculty, and friends of Woodstock Academy. An annual membership drive is held during the fall season.

Booster Club meetings are held monthly at Woodstock Academy. Each October, the designated Annual Meeting is held to elect new officers, review existing bylaws, develop a calendar of activities, and discuss and outline proposed expenditures for the coming year.

Every student-athlete should be aware that the Booster Club raises a substantial amount of money to develop and enhance our interscholastic sports program. This organization is deserving of our full support, and all athletes and their parents are encouraged to become involved in and participate in Booster Club activities as their time and schedules permit.

Physical Exams, Emergency Medical Cards, and Parent Permission Forms

All athletic candidates must pass a physical examination, complete an Emergency Medical Card form (APPENDIX C), and complete a Parent Permission Form (APPENDIX D) **before** they participate in any practice session. Written verification of the physical exam via a doctor's note must be forwarded to the school nurse prior to season participation. Parent Permission Forms can be found in the athletic handbook and on the school website or can be obtained from the coach or the Athletic Department secretary. Once an athlete has passed his/her physical, it will be sufficient medical coverage for a 13 month period from the date of the exam. The school nurse will maintain a record of physical and sport health history.

Medical and Injury

Any player who is injured, and has seen a physician for that injury must submit a note to the athletic director or school nurse stating ability to participate, or a disability statement. If a player is disabled, regardless of length of time, they must submit to the athletic director or school nurse a note from the attending physician to return to play. Coaches cannot accept such a note without clearance through the athletic director or school nurse.

Athletes are required to report all injuries to a coach. The coach will then refer the athlete to the school trainer for further evaluation if necessary.

Participation in Non-School Athletic Teams

While there are many opportunities in non-school sports for students today, it is important to remember that participation on a school sponsored sports team takes precedence over participation on a non-school sports team. During a season, a student-athlete is not allowed by CIAC regulations to play on a non-school sport team of the same sport. Furthermore, it is left to the individual coaches discretion whether or not to allow a player to participate on any non-school sport team during the season at hand.

Specialization of Sports

It is the belief of the Woodstock Academy Athletic Department, in accordance with similar stances adopted by the Connecticut Interscholastic Athletic Conference and the National Federation of State High School Associations, that specialization in one sport during the high school years, to the exclusion of others, and too often at the expense of other equally valuable and wholesome activities, is at variance with the basic philosophical premise of American education. This philosophical premise seeks to produce well-rounded individuals with interests and abilities in many areas. The objective of the greatest personal growth of the student is best served by a varied program of activities, both academic and athletic, which keeps proper perspective on the total development of the youngster from adolescence to adulthood, and which allows the student to do and be other things as well.

It is, therefore, the goal of the Woodstock Academy Athletic Department to limit specialization in sports and to promote a more well rounded student-athlete. Students should be discouraged from devoting all their energies and time to a single sport. Rather a student-athlete should be encouraged to allow themselves the experience of more than one sport. The athletic director, the coaches, and the parents of the student-athlete all have the responsibility of encouraging and insuring that the student is afforded opportunities in several areas.

Eligibility for Student-Athletes

Every student-athlete shall conform to the rules of Eligibility and Control of the Connecticut Interscholastic Athletic Conference (CIAC). These rules are printed in Appendix B for your review, and you are strongly encouraged to acquaint yourself with this information. Questions regarding interpretation of these rules should be forwarded to the Athletic Director. Woodstock Academy's rules of eligibility for a student-athlete are:

1. A student will be deemed ineligible to participate in the Academy's athletic program should that student fail more than one course in the quarter prior to the start of such sport or during the quarter(s) when his/her sport shall be in session.
2. In order to be eligible for fall sports, a student must have earned a minimum of 5 credits from the previous school year. Year end failures may be made up through successful completion of Academy approved summer school work.
3. Students receiving an "F" or two or more grades of "D" in the quarter prior to the start of such sport, or during the quarter(s) when their sport is in session, shall be placed on academic probation. This probation shall continue until the next progress report. The Administration reserves the right to suspend student's eligibility should students fail to improve and/or a decline is documented in these courses or others. The length of suspension of eligibility shall be at the discretion of the Administration.
4. All other applicable rules and regulations, as defined by the Connecticut Interscholastic Athletic Conference (CIAC), shall apply where not noted in the above regulations.
5. The Coach of the effected sport, the Dean of Students, and Headmaster will serve as an appeal panel to consider appeals as made by affected students. Students should submit appeals in writing to the Dean of Students.

APPENDIX A

Athletes' Rights of Due Process and the Eligibility Policy of the CIAC:

**THE CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 REALTY DRIVE, CHESHIRE, CT. 06410
TELEPHONE (203) 250-1111 FAX (203) 250-1345**

To CIAC Student Athlete:

The CIAC has provided this document so that you, the student athlete, might have the means to be informed both of the CIAC bylaws and your rights under those bylaws. This is also your personal copy of the Rules of Eligibility and Control with which all member schools and their athletes are required to comply. You and your parents or legal guardians are strongly urged both to read this document carefully to acquaint yourselves with the important information it contains, and to save it for future reference. This document does not purport to list all CIAC athletic policies or regulations. Those can be found in the CIAC Handbook, a copy of which has been distributed to all member high schools.

ATHLETES' RIGHTS OF DUE PROCESS

There may come a time when, because of special circumstances, an athlete either commits an act, or fails to perform a duty, which results in his/her being declared ineligible to compete in a high school sport. In some cases, exceptions to the eligibility rules can be granted. All athletes have the right to the due process procedures listed below in seeking to have their eligibility restored.

Step 1. The athlete should first discuss the matter with the appropriate coach or Athletic Director. If it is felt that the circumstances of the case warrant a request for the exception to the rule, the high school principal should be informed.

Step 2. The high school principal then requests in writing to the CIAC Eligibility Committee that the matter be examined and an exception granted. Address of the committee: 30 Realty Drive, Cheshire, CT 06410.

Step 3. The CIAC Eligibility Committee will examine the facts of the case at its next regular meeting. The committee has the right to require that medical reports and/or other relevant documentation be provided.

Step 4. If the appeal is denied, the student's ineligibility remains in force for the period required in the regulations. The school has the right to request a hearing on the denial before the Eligibility Review Board. If the Eligibility Committee decides that the circumstances of the case merit an exception, the matter will be forwarded to the Eligibility Review Board. In both cases the Eligibility Review Board will conduct a full hearing on the matter at its next scheduled meeting. Meeting time lines will be followed. At that time, the athlete, parents of the athlete, school representatives, and any other persons that may help to represent the athlete's case may appear and present evidence before the Eligibility Review Board. The Board has the right to require presentation of medical reports, financial data or other relevant documentation.

Step 5. The Eligibility Review Board will, following a full hearing and proper consideration of the facts of the case, render its decision, either to grant or deny the requested exception or to uphold the decision of the Eligibility Committee. If the exception is granted, the athlete's eligibility is restored immediately and retroactively. If it is denied, the student's eligibility remains in force for the period required in the regulations.

In all matters of athletic eligibility, the decision of the Eligibility Review Board are final except where the CIAC Board of Control reserves the right to review and act upon those cases which the Board of Control considers worthy of its attention.

APPENDIX B

RULES OF ELIGIBILITY AND CONTROL FOR BOYS AND GIRLS HIGH SCHOOL ATHLETICS IN CONNECTICUT

(ARTICLE IX – CIAC BYLAWS)

As Adopted by

THE CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE, INC.

Effective July 1, 2004

These rules apply in every athletic contest in all CIAC – controlled sports listed in section VIII of this code in which a member school participates, regardless of opponent. These are minimal regulations of the CIAC. All levels of play of CIAC – controlled athletic contests including varsity, junior varsity, freshmen or sports clubs representing any member school in interscholastic competition shall conform to the eligibility rules of the CIAC. Athletic teams are made up entirely of boys or entirely of girls; are mixed teams (such as mixed doubles in tennis); or are as otherwise provided in Section IV, paragraph G.

I. SCHOLARSHIP

For purpose of this rule the term “unit” refers to the traditional Carnegie Unit. A Carnegie Unit is herein defined as “200 minutes of recitation during a period of five consecutive school days for and entire school year”. Principals may equate any course offering with the Carnegie Unit, no matter what the scheduling pattern, by referring to the following: if a course is scheduled a minimum of 200 minutes during period of five consecutive school days for a traditional nine week marking period and awards at least ¼ credit for that period, including independent study, that course should be considered one-quarter of a Carnegie Unit work; mini-courses; tri-semester courses, alternative school programs, shared time programs, D.E., D.W.E. and other cooperative community programs must meet the minimum time and credit requirements above to be considered a quarter of a Carnegie Unit of Work.

To be eligible for fall sports a pupil must have received credit toward graduation at the close of the school year preceding the contest in a least four (4) Carnegie Units of work or its equivalent for which he or she has not previously received credit. “Equivalent” is any number of courses which are equal to one Carnegie Unit.

A pupil cannot at any time represent a school unless taking at least four Quarter Carnegie Units of work or its equivalent. During the school year a pupil must have received a passing mark in at least four (4) quarter Carnegie Units of work or its equivalent at the end of the regular marking period next preceding the contest. Student eligibility will be determined for all students on the date that report cards are distributed or on the fourteenth calendar day following the end of the marking period, whichever comes first. No Carnegie Unit or equivalent for which the pupil has already received credit shall be included in those required by this rule.

If computer, arena, or hand scheduling assigns an athlete less than four Quarter Carnegie units or equivalent of work in a marking period, that student is ineligible unless additional courses needed are added to the schedule.

Scholastic failures cannot be made up for eligibility purposes in any manner until the next report, except that credits earned during the summer by any regularly approved board of education procedure will be accepted for the purpose of determining the eligibility of pupils desiring to participate in the athletic program of the school in September. Scholastic incompletes must be made up within ten (10) school days following the date that student eligibility was determined for the respective marking period as defined above. Incomplete grades are not to be considered as passing grades.

It should be understood that the above regulations are minimal and do not prohibit a school from establishing more rigid eligibility standards.

Marking period grades (not semester grades) are to be used in determining scholastic eligibility to participate in interscholastic athletics during any given marking period. To be eligible for fall sports a pupil must have received credit toward graduation for four Carnegie Units of work for which he has not previously received credit. The final academic grade average determines fall eligibility. Semester courses or mini courses completed earlier in the school year may be counted toward the four units used in determining eligibility for fall season. Year-end failures may be made up through successful completion of LEA approved summer school work in courses failed.

II. PUPIL ELIGIBILITY

The Pupil shall be a member of that school in grade 9, 10, 11 or 12. A graduate from any secondary school is ineligible. In local public school districts where grade 10-12 high schools exist, 9th grade pupils in a public JH/MS school, with local public school district approval may participate at the local public school, where grades 10-12 exist. No student below grade 9 is allowed to practice or participate in any CIAC controlled sport. All situations which are not covered by this rule are to be referred in writing to the CIAC Board of Control prior to participation.

The pupil must have been in membership at a secondary school for at least twelve (12) school weeks immediately preceding the time of participation, or regularly admitted from an elementary, middle, or junior high school within ten (10) school days from the opening of the succeeding school term. The time of summer vacation spent in summer school or private tutoring shall not be counted in the required twelve (12) weeks of school membership.

The pupil shall not have reached his or her nineteenth (19) birthday, except that a player who reaches his or her (19) birthday on or after July 1, shall be eligible to compete during the remainder of the school year if he or she is otherwise eligible.

No pupil who has been enrolled in grades 10, 11, or 12 inclusive in any school (member or non-member) shall participate in the same branch of athletics for more than three (3) seasons. Participation is defined as being a member of an athletic team in one or more interscholastic athletic contests during a season.

A pupil who transfers from one CIAC member school to another CIAC school during grade 10,11, or 12 without at the same time changing legal residence to another school district or school service area, or satisfying at least one of the following requirements must complete at least one year (365 days) of approved membership before being eligible for interscholastic competition in any sport in which he or she was a participant in the present or preceding season during grades 10,11,or 12 on the junior varsity or varsity team in the school from which he or she transferred; (legal residence is defined as location of legal guardian) (1) A student who moves into another school district or school service area with the persons with whom he or she was living during his or her last school enrollment. (2) A student who moves into another school district or school service area and resides with his or her parents in that school district or school service area. (3) A student who is a ward of the court or state and is placed in another school district or school service area by court order. Guardianship other than court administered does not fulfill this requirement. (4) A foreign exchange student who is placed in a member school by an exchange program approved by NASSP. (5) A student who marries and establishes a new residence in another school district or school services area. (6) A student who transfers to another school because his or her school ceases to operate. (7) A student in attendance at a school designated by the governing body of that school as the result of reorganization, consolidation, or annexation, of or at the school in the district where he

or she resides. (8) A student ordered transferred within a school system, for other than athletic purposes, by a board of education or the governing body of a private or parochial school system. Transfer must take place within the same school system. (9) A student from divorce/separated parents or because of the death of one parent who moves into another school district or school service area or retains the same residence with one of the aforementioned parents and a parent(s) certifies the reason for the move as it relates to the divorced/separated parents or because of the death. For purposes of eligibility transfer is permitted once per twelve-month period which commences on the date of said transfer and must be approved by the CIAC Eligibility Committee before the student competes in interscholastic athletic competition. (10) For purposes of eligibility a student eighteen (18) years or older but not 19 before September 1, who moves from one school district or school service area to another without being with a parent or parents and resides within the school district or school service area and complies with local board of education residency requirements will be eligible for participation. The transfer will be permitted once per twelve-month period which commences on the date of said transfer and must be approved by the CIAC Eligibility Committee. (11) A student who completes the last grade available in the school system previously attended. (12) A pupil transferring from a non-CIAC member secondary school to a CIAC member school shall be eligible immediately to participate in interscholastic sports in that school, provided he or she meets all other eligibility requirements. (13) A pupil entering into a Board of Education approved exchange program between CIAC member schools for less than a full academic school year will retain interscholastic athletic eligibility with the sending school. (14) A student who transfers because the sending school discontinues a sport maintains athletic eligibility in any sport discontinued by the sending school, but is subject to the transfer rule in all sports not discontinued by the sending school. Such transfer will be permitted once per twelve-month of period commencing on the date of transfer and must be approved by the CIAC Eligibility Committee. A student whose parents move out of the district any time after he or she becomes a grade 10 student may continue to be eligible in the same school provided enrollment is continuous (unbroken) in the same school.

A pupil shall not participate in or represent his or her school in more than one sport after the date of the first contest in that sport season, nor may that pupil represent more than one school during a season unless the pupil satisfies the conditions of Eligibility Rule 11.C.

The school season is defined as the period between the date officially designated by the CIAC as the beginning of the season for that sport and the close of the post-season CIAC tournaments, except for those teams and/or athletes qualifying for the New England Tournaments. The conclusion of the New England Tournaments will be the end of the season for these teams and/or athletes. In the case of a sport in which the CIAC does not sponsor a tournament, the three (3) sports seasons shall be defined as follows: Fall – the Monday of the week immediately preceding Labor Day to December 2, inclusive; Winter – November 1 to April 1; Spring – March 15 to the end of the school year.

A pupil who is a member of a school team after the first scheduled tournament, meet or game in any seasons shall not participate with any outside team, or participate as an individual in non-CIAC tournaments, meets or games in the same branch of athletes. Exceptions to Rule II.E. are: (1) Participation in parent-child tournaments and caddy tournaments. (2) Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-CIAC team or as an individual during the season as long as such practices do not interfere with or replace member school practices.

A pupil shall not participate as a member of a team or as an individual in competition from which he or she receives personal economic gains because of his or her athletic skill. A pupil shall always participate under his or her OWN NAME.

A pupil shall not participate in a post season contest as a representative of his or her school except as provided in Article VII. Section A., 4., of the CIAC Bylaws.

III. PENALTIES

Violation of Rule II.D. shall mean that the pupil shall be ineligible for the remainder of the season.

Violation of Rule II.E. shall mean that the pupil shall be ineligible for the remainder of the season.

Violation of Rule II.F. shall mean that the pupil is suspended from all interscholastic athletics until he or she shall have been reinstated by the Board of Control of the CIAC after voluntary petition to the Board of Control. The Board of Control shall not consider any petition for reinstatement until at least three (3) school months after the presentation of the petition.

Violation of Rule II.G. shall mean that the pupil shall be ineligible for one calendar year from the date of such participation.

A pupil of any member school of the CIAC may be barred from participation in athletic contests for violation of the CIAC Bylaws. A pupil against whom a charge or protest has been filed shall have the privilege of having his or her case presented by his or her principal at the next scheduled meeting of the Board of Control.

IV. GENERAL PROCEDURES

If a team uses an ineligible player, the game, whether won or lost, shall be counted, at the discretion of the CIAC Board of Control, as a defeat for the team on which the ineligible player played. For the opposing team such a game shall be counted as a victory. All such games shall be counted on the schedule of both teams as games played.

No member of the administration or teaching staff of a member school shall engage in, or cooperate in negotiations to induce a potentially eligible pupil to engage in professional sports, or to sign a contract before graduation or before leaving school. In the case of violation the school will be issued a warning in writing for the first offense and be subject to suspension for the second offense.

1. A member school or any affiliated person or organization of that school may not recruit a student for athletic purposes.
2. Recruitment means the influencing or inducing of a student to attend a particular high school for athletic purposes.
3. As long as a student alleged to have been recruited is a member of the school charged with having recruited the athlete, the CIAC Board of Control will allow a charge of recruiting to be heard. Adjudication of the issue shall be conducted in accordance with provisions of Article X of these Bylaws.

In case of violation the school, after a proper hearing before the CIAC Board of Control may be penalized as provided in Section V, PENALTIES.

Within two (2) school days after the first game of each sport, the principal shall sign and submit to the Executive Director of the CIAC, for each sport, a typed, alphabetical list of pupils by name, date of birth, grade, school last attended (if a transfer student as defined under II,C), certifying that these pupils are eligible for that season. As changes occur in eligibility they must be submitted, postmarked within 2 school days, to the Executive Director. Failure to comply with this rule may be cause of probation. ALL questions of eligibility verification must be referred to the Executive Director.

The Headmaster or principal of each member school agrees that the interpretation of these eligibility rules made by the Committee on Eligibility Rules of the Connecticut Interscholastic

Athletic Conference shall be final, subject only to review by the Board of Control of the Conference.

Conference members must request and secure in writing from the Eligibility Committee the eligibility status of each foreign exchange student.

Girls may participate on boys teams. Girls may participate on either a girls team or a boys team in the same sport, but not both, within a time period of one school year. However, a member school has discretion to exclude girls from boys teams when it can demonstrate that its overall sports program does not limit athletic opportunities for girls.

Girls who participate on boys teams may enter either the boys or the girls state tournament, but not both

Boys may not participate on girls teams.

On the eve of a tournament when there is not sufficient time for normal administrative procedures if a question of pupil or team ineligibility arises the Executive Director of CAS, in consultation with the CIAC Eligibility Committee and the Chairman of the tournament in question, will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.

V. PENALTIES

For these rules of eligibility and control the following definitions shall be used by the CIAC Board of Control:

PROBATION - A period of trial during which the school is monitored to determine compliance with the requirements of CIAC regulations.

PROBATION – The school cannot participate in any CIAC sponsored meets or tournaments.

SUSPENSION — A school is removed from the CIAC and has the status of a non-Member in all activities.

FINE—Punitive monetary fines not to exceed \$10,000 may be imposed.

VI. EXCEPTIONS

Requests for exception to the eligibility rules must be made according to Article VIII. Section B., 4., of the CIAC Bylaws.

VII. APPEALS

Any appeals from the decisions of the Eligibility Committee must be made According to Article VIII. Section B., 6., of the CIAC Bylaws.

VIII. LIST OF CIAC-CONTROLLED ATHLETIC ACTIVITIES AT WOODSTOCK ACADEMY

GIRLS ACTIVITIES

Fall	Winter	Spring
Cross Country	Basketball	Golf
Soccer	Gymnastics	Lacrosse
Volleyball	Indoor Track	Outdoor Track
		Softball
		Tennis

*Fall and Winter Cheerleading is CAS controlled

BOYS ACTIVITIES

Fall

Cross Country
Football
Soccer

Winter

Basketball
Wrestling
Indoor Track

Spring

Baseball
Golf
Lacrosse
Outdoor Track
Tennis

IX. EFFECTIVE DATE

These rules shall be in effective on, and after July 1, 2004.

X. For rule interpretations, Sunday is considered the first day of a calendar week.

For a complete listing of CIAC rules and regulations, schedules, results, and to sign up for automatic email updates please visit the CIAC website at:

www.ciacsports.com



**APPENDIX C
WOODSTOCK ACADEMY ATHLETIC DEPARTMENT
EMERGENCY MEDICAL CARD**

If serious illness or injury occurs, the student's parents or legal guardians will be contacted. For this reason, it is important to have on file the parent's address and phone number. Moreover, if the student's parents or legal guardians cannot be reached, it is important to have authorization to administer appropriate medical or dental action which might include anesthesia. With this in mind, please complete the section below.

In the event of illness or injury, if it is not possible for the hospital or the school to contact me, my permission is given for necessary medical or dental intervention and, if necessary, the administration of anesthesia, for my son/daughter.

Name of Parent/Guardian (Please Print)

Signature of Parent/Guardian

Date

Coaches should always have emergency information available about their athletes. As a parent, it is your responsibility to make sure this information is available for your children's coaches. These emergency cards should be readily available at all practices and games.

Student Name: _____ DOB: _____

Address: _____

City: _____ State: _____ Zip: _____

Father's Name: _____

Telephone: (H) _____ (W) _____ (C) _____

Mother's Name: _____

Telephone: (H) _____ (W) _____ (C) _____

Insurance Carrier: _____ Policy #: _____

Family MD: _____ Telephone: _____

Orthopedic MD: _____ Telephone: _____

Dentist: _____ Telephone: _____

Please list any allergies to medications, etc: _____

Has your child been prescribed an inhaler or epipen? _____

Is your child taking medication? _____ If so, list: _____

Date of last tetanus shot: _____ Does your child wear contact lenses? _____

Please list any significant health problems that may be useful to a physician evaluating your child in case of emergency: _____

In the case that the parent or guardian cannot be contacted please list another individual we may contact:

Name: _____ Relationship: _____

Telephone: (H) _____ (W) _____ (C) _____

APPENDIX D
WOODSTOCK ACADEMY ATHLETIC DEPARTMENT
PARENT PERMISSION FORM

ATHLETIC HANDBOOK ACKNOWLEDGEMENT

I have read and/or had the 2008—2009 Woodstock Academy Athletic Handbook explained to me. I agree to abide by the rules and regulations contained in this handbook.

PARENT OR LEGAL GUARDIAN PERMISSION/ACKNOWLEDGEMENT OF RISK

By its nature, participation in interscholastic athletics includes risk of injury which may range from minor, to disabling, to even death. Although serious injuries are not common in supervised school athletic programs, it is impossible to completely eliminate the risk. Participants must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. By following these basic steps participants can help reduce the chance of injury.

By signing this Permission Form, we acknowledge that we have read the above information. PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.

I agree that I will not hold Woodstock Academy or anyone acting in its behalf responsible for any injury occurring to the above-named student in the proper course of such athletic activities or travel.

I hereby give _____ permission to participate in Athletics at Woodstock Academy for the 2009-2010 school year.

Sport(s): Fall _____ Winter _____ Spring _____

**Please Specify Sport of Participation for Each Season Where Applicable*

By signing below I acknowledge that I have read the Woodstock Academy Athletic Handbook and that I understand the inherent risks in athletic participation.

Signature: _____ Date: _____
Parent/Legal Guardian

Signature: _____ Date: _____
Student