



ATHLETIC HANDBOOK

2020-2021

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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

Woodstock Academy is a proud member of the



www.ciacsports.com



www.eccathletics.org

ATHLETIC MISSION STATEMENT

The mission of the Woodstock Academy athletic department is to provide broad-based, competitive athletic programs that enrich the academic experiences and achievements of its student-athletes. Our focus is to develop leaders who demonstrate outstanding character and integrity. We will pursue victory with honor, emphasizing responsibility to self, team, and community.

ATHLETIC PROGRAM GOALS AND EXPECTATIONS

The athletic department's primary goals are to cultivate each student-athlete's mind, body, and spirit in ways that inspire, teach positive life lessons, and create enjoyment. Specific emphasis for each participant includes:

- **Athletic Performance** – Skill Development, health and nutrition, tactical strategies, mental toughness, strength and conditioning;
- **Academic Achievement** – Demonstrate scholarship, prepare for life after high school, maintain academic eligibility;
- **Leadership** – Guide others to reach their highest potential, lead through both word and actions, work as a cohesive unit to achieve common goals;
- **Citizenship** – Show respect for others, commit to team, invest in the community; and
- **Sportsmanship** – Demonstrate honesty, integrity, and class; pursue victory with honor.

ATHLETIC CORE VALUES

The Woodstock Academy Athletic Department is committed to supporting the overall mission and vision of Woodstock Academy. The Athletic Program is considered an extension of the classroom, and the academic success of all student-athletes will be encouraged and monitored. With that in mind, our athletic department advocates the following:

- The athletic department will work diligently to increase the participation rate in athletics by providing a wide variety of offerings that allow student-athletes access to the sports of their choice.
- The athletic department will emphasize the respect for human differences and diversity as the cornerstone of the athletic experience. The coaches and student-athletes are the “front porch” to the Academy Community; citizens from our community and others will judge our school by the performance and behavior of our coaches and athletes.
- The athletic department will evaluate our athletic, professional, and personal progress regularly. Success will not be measured merely by wins and losses, but by the quality of effort, progress, and sportsmanship of our coaches and players.
- The athletic department will foster moral awareness and civic participation that place an emphasis on coaches and student-athletes becoming productive and visible members of the community.
- The athletic department will encourage and demand qualities of citizenship, ideals of sportsmanship, moral courage, and ethical behavior throughout the school and community.

SPORTS OFFERED AT WOODSTOCK ACADEMY

Fall:

Cheerleading
Cross Country (Boys)
Cross Country (Girls)
Field Hockey
Football
Soccer (Boys)
Soccer (Girls)
Unified Soccer
Volleyball (Girls)

Winter:

Basketball (Boys)
Basketball (Girls)
Cheerleading
Gymnastics
Ice Hockey (Boys)
Ice Hockey (Girls)
Indoor Track (Boys)
Indoor Track (Girls)
Unified Basketball
Alpine Skiing

Spring:

Baseball
Golf (Boys)
Golf (Girls)
Lacrosse (Boys)
Lacrosse (Girls)
Softball
Tennis (Boys)
Tennis (Girls)
Track (Boys)
Track (Girls)
Unified Fitness

PAY-TO-PLAY SPORT OPTIONS

In order to cover rental costs of athletic programs using outside facilities, The Academy has a pay-to-play fee associated with only the following sports: ice hockey, gymnastics, skiing, and golf.

Fees will be posted on the student's online account after teams are selected. The fees may be paid online or in person at the business office. PTP fees must be paid one week prior to the first game of the season. Students whose fees have not been paid by the deadline will be removed from all athletic activity until the fee has been paid. An athlete may rejoin the team once his/her participation fee is paid in full.

Refunds for PTP Fees will only be granted if there are not enough participants to field a team. Student-athletes that either quit the team or are removed from the team due to ineligibility or for disciplinary purposes will not be refunded. Fees are not pro-rated.

Students who receive free or reduced lunch may have their participation fees waived. Students who are experiencing extraordinary financial difficulties may request, through the athletic director, a fee reduction or waiver of the participation fee.

PARENT INFORMATION

Each player's safety, development, and personal growth are of great importance to everyone associated with the Woodstock Academy Department of Athletics: Director of Athletics, Assistant Director of Athletics, Athletic Trainers, Coaches, and Contest Staff. It is very important to us to make sure that parents get the necessary information needed related to registering for a sport, scheduling, game/practice cancellations, directions, and all other information related to the athletic teams. You can obtain all schedule information on the web the CIAC website www.ciacsports.com or the Woodstock Academy Website www.woodstockacademy.org. On the Woodstock Academy website you can also find contact information for all Athletic Department staff including coaches. On the CIAC website parents can also sign up to receive automatic game cancellation notifications and game time/location changes. Parents can also contact the athletic office with any questions related to game and/or practice schedules. All athletic registrations must be completed online at using the parent PowerSchool account. There are many volunteer opportunities for parents including participation in individual team parent support groups.

Woodstock Academy Phone Number: 860-928-6575

Director of Athletics

Sean M. Saucier x1181 – ssaucier@woodstockacademy.org

Director of Health Services

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(860) 928-6575; option 4

Athletic Trainers

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Athletic Secretary/Transportation Director

Trish Welch x1102 – twelch@woodstockacademy.org

ATHLETIC REGISTRATION INFORMATION

We offer the convenience of online registration for our sports programs through parent PowerSchool accounts. PowerSchool is a secure registration platform that provides an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. Simply click on “forms” and select the athletic demographic form.

ALL REGISTRATIONS MUST BE DONE ONLINE

Before any student can participate in a sport or tryout for a team, the following requirements must be met:

1. The PowerSchool online registration must be completed by a parent or guardian only
2. All student-athletes **MUST** turn in a copy of their most recent physical to the nurse's office prior to the first day of practice. Physicals are good for 13 months from the date of the exam. Students with expired physicals will not be permitted to participate in practices or games until a new physical is turned in. It is the responsibility of the student-athlete and the parents to make sure a current physical is on file with the nurse's office.
3. Any additional medical information concerning your child's health, medical concerns, injuries, medications and allergies should be reported to the Nurse and Athletic Trainer.
4. Impact Testing (baseline concussion testing) must be completed

It will be helpful to have the following information handy to allow for accurate completion of your online registration: Doctor Information and Health Insurance Information.

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

The player/coach relationship is critical to the development of each student-athlete, therefore, all communication regarding a player's position on the team (Varsity, JV, Freshman) and role on the team (playing time, line up, captain status, areas of improvement needed) will be between the coaching staff and the player. All coaches are expected to have an open door policy as it relates to player/coach communication. Additionally, coaches will schedule informal times to meet with players to discuss player selection, performance, role on the team, and areas for growth. A player may not always like the feedback they receive, but they will always receive honest and direct feedback from their coaches. Coaches are there for their athletes to discuss anything and everything. Problems cannot be solved without two way communication; therefore, the athletes are always encouraged to speak to their coach when they have a question or concern. As a parent if your child shows concern for their role on the team encourage them to speak to their coach.

There are several reasons why we encourage and limit performance/playing discussions to the student athlete and the coaches:

1. There are strong educational benefits that occur when a player takes “ownership” of his/her relationship with their coach. It is important for young women and men to learn how to ask questions and express concerns with adults in ways that are both forceful and appropriate.
2. In the past, parents have tried to communicate with the coach without their child's knowledge. This has proven to be damaging for both the coaches' relationship with the player and the player's relationship with the parent(s).
3. Invariably parent concerns are related to “playing time”. By their nature, playing time discussions also involve an evaluation of someone else's child. It is inappropriate for a coach to talk about another player on the team with a parent.

If there are concerns other than your child's position, role on the team, or playing time there is a proper chain of command to follow when dealing with conflict resolution. 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:

CHAIN OF COMMAND:

1. Coach (this may include the head coach and/or an assistant coach) – the player should be in attendance at this meeting
 - NOT Prior to or immediately following a game
 - NOT During a practice session
 - NOT During a time when other teammates are present
 - NOT If there is not sufficient time for a complete discussion
2. Athletic Director (Meeting will take place with the Coach, Player, Parent and Director of Athletics)
3. Assistant Headmaster
4. Headmaster
5. 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 reached.

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.

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 evidence 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.

Participation in Athletics at Woodstock Academy

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 the team to assume responsibility for all practices and contests. If there is a conflict with your attendance, it is the responsibility of the student-athlete to discuss this with their coach and to clearly understand the consequence for missing practices and/or games.

Outlined below are the general regulations for participation in athletics at Woodstock Academy. Failure to meet such regulations may result in suspension from contests and practices up to dismissal from the team.

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).
- A student who is dismissed from school for illness or other medical issues will not be allowed to participate in practice or games that day.
- Athletes are expected to attend school on time the day after games. Absences and/or tardiness will not be excused because of a previous day's game.
- 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.
- Contests and practices may be held on weekends (including Sunday), holidays, and school vacations. Sunday practices are only mandatory if there is a contest on the following 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 practices" are 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 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 to the program at any time 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. Parents are required to register their child/guardian online at which time they will digitally sign that they give their child/guardian permission to play a sport at Woodstock Academy. A player cannot participate in a practice or competition until they are registered and their parent/guardian has given permission to play.

Medical Information:

Physicals:

All athletic candidates must pass a physical examination. Written verification of the physical exam via a doctor's note must be forwarded to the Health Services Department prior to participation. 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 Health Services Department will maintain a record of physical and sport health history.

Injuries:

Any player who is injured and has seen a physician for that injury must submit a note to the athletic trainer or Health Services Department stating ability to participate, or a disability statement. If a player is disabled, regardless of length of time, they must submit to the Health Services Department a note from the attending physician to return to play. Coaches cannot accept such a note. Athletes are required to report all injuries to a coach. The coach will then refer the athlete to the school Athletic Trainer and/or Nurse for further evaluation if necessary.

A school appointed medical consultant and/or a certified athletic trainer will make the final decision as to whether or not a student-athlete is medically cleared to participate in athletics.

Concussions:

Public Act No. 14-66:

During the 2014 Legislative session the Connecticut General Assembly passed Public Act No. 14-66. That act, entitled "An Act Concerning Youth Athletics and Concussions",

The law institutes a requirement for boards of education to implement concussion education plans for student-athletes and their parents:

"Each local or regional board of education shall implement such plan by utilizing written materials, online training or videos or in person training that address at minimum, (1) the recognition of signs and symptoms of concussion, (2) the means of obtaining proper medical treatment for a person suspected of sustaining a concussion, (3) the nature and risks of a concussion, including the danger in continuing to engage in athletic activity after sustaining a concussion, (4) the proper procedures for allowing a student who has sustained a concussion to return to athletic activity, and (5) current best practices in the prevention and treatment of a concussion".

Additionally, effective immediately, the law requires every parent and student **MUST** sign a consent form and that schools must notify parents whenever students exhibit the signs and symptoms of a concussion:

Public Act No. 14-66 requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion may have occurred. Upon removal of the athlete a qualified school employee must notify the parent or legal guardian within 24 hours that the student-athlete has exhibited the signs and symptoms of a concussion.

With the passage of Public Act No. 14-66 school districts are required to educate parents on concussions and to have them sign off that they have received education on this topic. Information on concussions is included below and will be part of our online registration procedure: www.familyid.com where parents must sign off that they have received the information on concussions.

Concussion Defined: A concussion is a trauma induced disturbance in brain function caused by a direct blow or transmitted force to the head. It results in a variety of non-specific symptoms and does not always involve a loss of consciousness. A concussion is suspected in the presence of any one or more of the following signs and/or symptoms after an observed or suspected blow to the head or body:

SYMPTOMS	SIGNS	COGNITIVE	BEHAVIORAL
Headache/Head Pressure	Balance Problems	Confusion	Altered Emotional State
Dizziness	Dazed Appearance	Memory Problems	Personality changes
Fogginess/Detached	Visual Disturbances	Difficulty Concentrating	Sleep Disturbances
Fatigue/Low Energy	Ringing in Ears	Feeling "Slowed Down"	Depression/Anxiety
Nausea/Vomiting	Light/Noise Sensitivity	Academic Difficulties	Irritability
Neck Pain			

Evaluation & Management of a Concussion:

1. A coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion may have occurred.
2. Upon removal of the athlete a qualified school employee must notify the parent or legal guardian within 24 hours that the student-athlete has exhibited the signs and symptoms of a concussion.
3. On-site evaluation should be performed by the Certified Athletic Trainer (ATC) whenever possible using the SCAT2 (or other similar assessment tool). If on-site evaluation is not possible the athlete should be urgently referred to a licensed health care provider (HCP) that is trained in concussion recognition and management. This evaluation should assess: signs/symptoms, orientation, immediate memory, concentration, balance, vestibular-ocular function, coordination and delayed memory.
4. Licensed healthcare professionals that are trained in concussion recognition and management as defined by Connecticut State law include: Physicians (MD, DO), Physicians Assistants (PA), Advanced Practice Registered Nurses (APRN) and Certified Athletic Trainers (ATC).
5. The athlete should not be left alone following the injury and serial monitoring for deterioration is essential over the initial 2-3 hours following the concussive injury. If there is a loss of consciousness, vomiting or increasing severity of signs and/or symptoms at any point

- EMS needs to be activated and the athlete needs to be evaluated in the Emergency Department to rule out a more severe brain injury.
- An athlete with a suspected or diagnosed concussion will not be allowed to return to activity on the day of injury.

The cornerstone of concussion management is physical and cognitive rest until symptoms resolve. Activities that require concentration and attention (such as school work, computer use, text messaging, etc.) and physical exertion (sports, weight lifting, P.E. class, etc.) may increase symptoms and delay recovery.

Return to Play Procedures (RTP) Following a Concussion:

- Athlete must complete the “Daily Symptom Checklist” until they have been asymptomatic for 48 hours.
- Athlete will be eligible to begin the RTP protocol when they have been asymptomatic for 48 hours AND they demonstrate normal cognitive function on follow-up evaluation/neurocognitive testing AND have written clearance to begin a gradual return to play protocol by one of the following licensed healthcare professionals: Physician (MD, DO), Physician Assistant (PA), Advanced Practice Registered Nurse (APRN) or Certified Athletic Trainer (ATC).
- The athlete must complete a gradual RTP protocol that is in accordance with CT state law. The RTP protocol is a stepwise progression that takes a minimum of 8 full days to complete, allowing 24 hours between each step. The athlete will progress to the next step in the protocol if symptom free at the current stage; if symptoms recur they must discontinue activity, rest an additional 24 hours (or until asymptomatic for 24 hours) and then resume the protocol at the last step completed without symptoms:

STEP	GRADUAL RETURN TO PLAY PROTOCOL	DAY
0	<i>Athlete self-report asymptomatic at rest and with daily activities</i>	1
1	<i>Athlete asymptomatic for 24 consecutive hours</i>	2
2	<i>Athlete asymptomatic for 48 consecutive hours</i>	3
3	<i>Athlete is eligible for exertional testing</i>	4
4	<i>Athlete is eligible for sport specific conditioning activities</i>	5
5	<i>Athlete is eligible for non-contact sport activities</i>	6
6	<i>Athlete is eligible for unrestricted PRACTICE participation</i>	7
7	<i>Athlete is eligible for unrestricted return to FULL activity</i>	8

Following successful completion of the gradual RTP protocol the athlete must receive final written clearance from a licensed healthcare professional that is trained in the recognition and management of

concussions. The ATC, and/or school physician reserve the right to make final return to play decisions. The ATC may override another healthcare professional's clearance if that athlete has not completed the gradual RTP protocol.

Associated Head Injuries:

1. Second Impact Syndrome: Athletes who sustain a concussion, and return to play prior to being recovered from the concussion, are also at risk for Second Impact Syndrome (SIS), a rare but life-altering condition that can result in rapid brain swelling, permanent brain damage or death
2. Post-Concussion Syndrome: A group of physical, cognitive, and emotional problems that can persist for weeks, months, or indefinitely after a concussion

Concussion Myths and Misconceptions:

- Concussions always involve a loss of consciousness (LOC)
 - Fact: Only 10% of all concussions involve LOC
- Concussions are brain bruises or mild brain bleeds
 - Fact: There is no structural damage to the brain with concussions; bruising/bleeding are signs of a more severe brain injury
- Concussions are only caused by blows to the head
 - Fact: A blow elsewhere on the body can transmit enough force to the head to cause a concussion
- MRI and/or CT scans are helpful in diagnosing concussion
 - Fact: Concussions are a functional, not structural injury; MRI and/or CT scan are not useful in aiding concussion diagnosis, but are helpful in identifying more severe brain injury

Academic 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 a "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. When on probation the student athletes will be required to be part of the Academic Assistance Program and fill out a daily checklist of accountability. Failure to participate in the Academic Assistance program may result in loss of practice and/or game time.
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 Athletic Director, and the Assistant Principal and/or the Principal will serve as an appeal panel to consider appeals as made by affected students. Students should submit appeals in writing to the Athletic Director.

Substance Use/Abuse

Use of and/or possession of a **controlled substance** by a student-athlete, in or out of school, will result in a suspension from interscholastic athletics. In-school offenses will also be subject to school discipline. **The list of controlled substances include alcohol, tobacco or other nicotine products, stimulants, street drugs (including but not limited to marijuana, heroin, and cocaine), anabolic steroids, hormones and analogues, diuretics, and any other performance enhancing substances.** *Possession is often difficult to determine, therefore a more clear definition will help in determining if a violation has occurred. Possession can be either "actual possession" or "constructive possession". Actual possession is defined as being in physical contact with a controlled substance (holding). Constructive possession is defined as having knowledge of the object and the ability to control the object even though they may not have actual physical contact with the object (having a controlled substance in a vehicle). Possession does not necessarily render "guilt*

by association". There may be cases where a student-athlete is present at a party and not be in violation this policy, however if a student-athlete is in a car with a controlled substance they would be considered in possession of the controlled substance. To determine if a violation has occurred, a complete and full investigation will be conducted by the school administration with the student-athlete having an opportunity to be heard.

If a student-athlete is under medication prescribed by a physician, it is his/her responsibility to inform the coach. The student-athlete must also abide by the Administering Medication procedure outlined in the student handbook.

1st Violation:

When the school administration confirms, following an opportunity for the student to be heard, that a 1st violation has occurred involving a **controlled substance**, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. All fractional parts of a contest will be rounded down when calculating the 25%.

For example:

- 1-7 Total Regular Season Contests Scheduled = 1 Contest Suspension
- 8-11 Regular Season Contests = 2 Contest Suspension
- 12-15 Regular Season Contests = 3 Contest Suspension
- 16-19 Regular Season Contests = 4 Contest Suspension
- 20 Regular Season Contests = 5 Contest Suspension

Use of and/or possession of **tobacco and/or nicotine 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 suspension of two contests.

A contest is defined as an athletic contest that happens on any one day (game, track meet, volleyball play day, wrestling tournament). If there are more than one event on any given day (wrestling tri-meet for example) it still counts as one contest for the purpose of determining the number of contests scheduled and the number of contests suspended.

During the suspension the player may not participate in any scrimmages, but they may practice with the team at the discretion of the coaching staff and school administration. While suspended the student-athlete may not be in uniform during the contests.

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 even if that carries over to another school year. In the case where the suspension carries over

to another season the number of games of suspension will be decided by the school administration base on the number of contests for each sport to determine what 25% of the season would equal in terms of number of games. The minimum carryover would be one game. For example: If a soccer player misses 2 games of their 16 game schedule (12.5%) and then goes into a basketball season which has 20 games scheduled, they would only have to miss 2 basketball games (10%) to fulfill their suspension. However, if a baseball player who had a 20 game schedule sits out of 4 games (20%) they would still have to sit out at least one football game (10%) even though it would be greater than 25% because the minimum carryover is one contest.

If a student-athlete violates this policy in between seasons they may participate in the next season and serve their penalty if they fully participate and complete that season. For example: A spring athlete who violates the rule during the fall season can participate in a winter sport in order to serve the penalty before his/her spring season provided the student-athlete makes the team at the beginning of the season and remains a team member through the completion of the Winter season.

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

2nd Violation:

When the school administration confirms, following an opportunity for the student to be heard, that a 2nd violation of a **controlled substance or tobacco/nicotine product** has occurred at any time during his/her high school years, the student-athlete will be suspended from all athletic teams for 365 calendar days. During the suspension of a second offense the player may not participate in any athletic activity including games and practices.

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**

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. For sports that are different than that the student-athlete is currently playing, it is left to the individual coach's discretion whether or not to allow a player to participate on any non-school sport team during the season at hand. If participation in a non-school sports team is allowed by the coaching staff, a Woodstock Academy practice or game should never be missed for an outside of school sports team practice or game. If a Woodstock Academy practice or game is missed due to an outside of school sports team that will be considered an unexcused absence and be subject to discipline under the "Participation in Athletics at Woodstock Academy – General Regulations" found on Page 11 of the Athletic Handbook which states "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."

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 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.

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 transportation. On certain games the bus will stop at a designated location to drop off players on the way home from an athletic event. Players will be dropped off at these locations only when a parent/guardian is present to pick them up. 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 a Transportation Waiver Form (found at: www.woodstockacademy.org) prior to 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. Student-athletes who have a student parking pass, parent permission, and approval of the Athletic Director or Administration may drive to home athletic sites for contests and/or practices.

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. At the conclusion of the tryout process each player who participated in the tryouts will be spoken with on an individual basis to explain their status in the program.

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 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 and Uniforms

Equipment and uniforms are on a loan basis, and are to be worn only when authorized by the coach. All issued equipment and/or uniforms are the responsibility of the athlete whom it is issued to during the season and must be returned at the conclusion of the season. If lost, stolen, or damaged 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.

Game Cancellations

Cancellations will be immediately placed on the CIAC site (www.ciacsports.com) and communicated to the coaches and student body. Any individual wishing to receive automatic email updates of cancellations and reschedules may sign up on the CIAC site.

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 night which is held each year in June. The Senior-Awards Night honors each senior student-athlete, and is a departing thank you for them and their parents. Recognition of all senior athletes 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.

All-State Honors: Should a player be named "All-State," WA will pay for an administrator and coach to attend the banquet. The athlete attends free of charge. All other guests/family members of the player will have pay to attend the banquet.

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 is a first-time participant in a WA sport 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.

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.

CIAC

Woodstock Academy is a member of the Connecticut Interscholastic Athletic Conference and therefore we are required to abide by all CIAC rules and regulations. The CIAC Policy Book can found at

http://www.casciac.org/pdfs/ciachandbook_1415.pdf

Woodstock Academy Athletics

Pillars of Success

Where we are students first;

Where champions are made;

Where leaders are developed;

Where we pursue victory with honor; and

Where community outreach is our way of life

Play Like a Centaur Today!





**ATHLETIC
HANDBOOK**

2020-2021