

**Canton High School and Middle School
Student-Athlete Handbook
2011 - 2012**

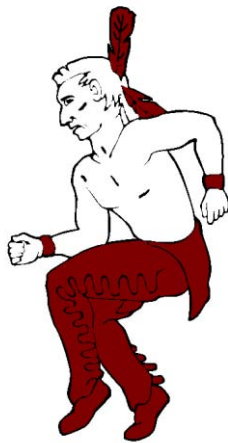


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LEAGUE AFFILIATIONS

Canton High School is a member of the Connecticut Interscholastic Athletic Conference (CIAC), which is affiliated with the National Federation of State High School Associations. We are also a member of the North Central Connecticut Conference (NCCC), which is comprised of the following schools: Avon, Bolton, Coventry, East Granby, Ellington, East Windsor, Enfield, Granby, Somers, Sports Science and Medical Academy, Suffield, Stafford, Tolland, and Windsor Locks.

ATHLETIC PHILOSOPHY

The athletic experience is an essential part of many students overall education. Athletics plays a significant role in developing positive self-esteem and a sense of well-being. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are integral parts of our athletic program. To this end, the goal at every level of athletics is to strive for excellence. Student growth and development is positively impacted when students engage in a strong academic program and participate in a strong athletic program.

While learning fair play, teamwork and self-discipline, student athletes must be challenged at the level or skill they bring to the sport. Student athletes, male and female, shall be afforded the opportunity to participate at the most appropriate level to achieve optimal personal growth. Student athletes must have the opportunity to develop their skills and reach their maximum potential in a well-coached environment.

GOALS

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

ATHLETIC EXPECTATIONS

All coaches, student athletes, parents/guardians, and administrators will be responsible and accountable for promoting and upholding the athletic department's expectations.

All student athletes are expected to:

- Recognize that academic achievement comes first
- Communicate openly with coaches and parents/guardians about all matters pertaining to his/her sport
- Attend and arrive on time for practices, games, meetings, etc.
- Promote school spirit as a representative of his/her sport while demonstrating support for all school programs and extracurricular activities
- Understand playing time is at the sole discretion of the coach

All parents/guardians are expected to:

- Understand that coaches have autonomy in all decisions regarding playing time, style of play, strategy, line-ups, playing time, etc.
- Demonstrate support and enthusiasm for the entire team rather than their son/daughter exclusively
- Be positive and constructive in the development of their child as a student-athlete
- Communicate in a reasonable manner to the proper authority regarding athletic concerns
- Understand they are role models

All coaches are expected to:

- Communicate openly and clearly with all athletes, parents/guardians, and administrators
- Advise parents your philosophy as a coach and expectation of their son/daughter
- Advise parents and student/athlete of the transportation policy
- Regularly participate in professional development opportunities to enhance, improve, and stay current with best coaching practices
- Help develop each student-athlete in fulfilling his/her potential regarding the strategy, skill, fitness, and psychological aspects of the respective sport
- Make decisions regarding all team matters
- Understand they are role models

All administrators/athletic directors are expected to:

- Appoint, maintain, and support competent and knowledgeable coaches
- Require regular participation in professional development opportunities for coaches
- Supervise all coaches in a fair and thorough manner.

DIVISION OF SKILL

The Canton Middle School athletic program will be designed to meet the developmental needs of students through appropriate intramural and interscholastic activities. The athletic program at this level will emphasize exploration of various sports, the strengthening of fundamental skills, teamwork, sportsmanship, health and safety. It is the Administrations intent that the programs promote opportunities for involvement of all team members in practices and play. The Administration supports intramural activities for students not participating in interscholastic activities or when financial, staffing or other concerns require the school to limit the number of students participating in interscholastic activities. The list of current available intramural activities and interscholastic activities will be provided at the start of each school year.

Junior Varsity athletic programs offer those students in grades nine through twelve who do not yet possess the skills required of Varsity athletes the opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining valuable knowledge, experience and advanced skills required for Varsity competition. Exemplary sportsmanship is a high priority and winning is a goal.

Occasionally, Junior Varsity athletes may participate in Varsity contests based on the decision by the coaching staff that the athlete has made sufficient progress. This should not be misinterpreted as an absolute move to the Varsity level.

The Varsity athletic program is an advanced program. Students in grades nine through twelve who compete at the Varsity level must exhibit high level skills and abilities. Varsity athletes are program leaders both off and on the field/court. Exemplary sportsmanship and winning are high priorities.

INCLEMENT WEATHER AND EARLY DISMISSAL GUIDELINES

No School:

- All practices and games are canceled, unless special arrangements have been made by the Athletic Director.

Early Dismissal:

- All practices and games are canceled for the remainder of the day, unless special arrangements have been made with the Athletic Director.

CAPTAIN PRACTICES

The term —Captain’s Practice” usually means the team’s captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC and the NCCC does not in any way sanction, encourage or condone —Captain’s Practice —in any sport. Knowledge of this activity and a coach’s involvement in this is a clear violation of the season limitations eligibility rule. There is also a serious practical consideration. CAS counsel advises that if it can be demonstrated that a school is allowing —Captain’s Practice,” the liability responsibility for an injured athlete may be quite serious.

CAPTAIN SELECTION

To be appointed a team captain for a Canton athletic team is a distinction. Characteristics of a team captain include the following: Leadership, Integrity, Knowledge, Courage, Decisiveness, Dependability, Initiative and Example.

Selection of Team Captains:

The team captain is the liaison between members of the team and the coaching staff. The final decision for team captain is the responsibility of the head coach(s). At the varsity level, seniors should be preferred for a team captaincy. However, should there be no qualified seniors; a junior may be selected at the discretion of the coach. Other than the selected team captain, individual game or match captains may be selected by the coach.

Summary:

A good captain is one who, by example, will lead his/her teammates to follow the rules set by the team and the coaches.

A good captain is not involved in a popularity contest. A leader should gain the respect, confidence and trust of his/her teammates.

TRANSPORTATION

All forms of transportation are to be scheduled in cooperation with the Athletic Director, including the departure time. It is the coach's (or his/her designee) responsibility to make contact with the Athletic Director to receive and verify bus information the day prior to a game, scrimmage and/or practice.

Any changes in the departure time or circumstances of the trip are to be made through the Athletic Director.

In the event of a cancellation due to weather, the Athletic Director will contact the bus company.

Participants should not be allowed to drive a car or carry other players or personnel to a contest involving the team they are representing unless previously approved by the principal. The Canton School System will provide transportation for athletic teams to and from games and scrimmages.

The following is a basic checklist for coaches for away contests regarding buses:

The coach and or staff member must accompany the team on the bus and is responsible for supervising student conduct.

The coach will establish orderly procedures for loading the bus, including equipment and storage. No equipment will be stored in the aisles or doorways.

Coaches and players are to display positive attitudes toward the driver. This also includes assistance with directions.

Attention to cleanliness of the bus will be maintained throughout the trip.

The bus will be checked at the end of the trip to make certain that no equipment was left behind and that no damage was done.

All participants must return to Canton on the team bus unless previous arrangements have been made with the Athletic Director.

Players who ride on a bus or are conveyed by the coach are representatives of the school. Their appearance should be that of neat well-groomed athletes.

In an emergency, athletes may travel to or from an away contest with their parent only when a written request comes directly from the parent and is approved in advance by the Athletic Director.

Stopping to eat during athletic trips is not allowed unless prior approval from the Athletic Director is given. This practice increases the cost of transportation and at times brings negative attention to certain children who may not have the funds to purchase food. May I suggest that if the need of food on a trip is desired, that you instruct your athletes to pack a snack. Please make sure they clean up if they consume the snack on the bus.

There will be instances for exceptions to this rule, such as an all day trip to a far away tournament or game. Special permission may be granted by contacting the Athletic Director in advance. He will inform the appropriate personnel to make special arrangements with the drivers.

Players who return on the bus from a contest are not to re-enter the school. Access to the school will be at the discretion of the coach under certain circumstances.

CANTON MIDDLE SCHOOL STUDENTS ONLY:

Canton Middle School parents/guardians may transport their son/daughter under certain circumstances or exceptional situations where it creates an inconvenience to the family. Athletes may be excused from riding either to or from an athletic event on school authorized transportation. The privilege is to be kept to a minimum since our philosophy continues to be that an athlete is a part of a team in all phases of the activity. The athlete will be released to the parent(s)/ guardian(s) by the coach only. The coach will have a roster of team members and have that parent/guardian initial by their son/daughters name prior to release.

CIAC AND NCCC EJECTION RULES

Any student who is ejected from a contest by an official is ineligible to participate in the next scheduled contest at the same level of play. The CIAC, the NCCC, and Canton High School consider ejection from a contest a very serious matter. After an ejection, a conference between the student, the coach, and the athletic director is required.

ADDITIONAL RESPONSIBILITIES

A. Uniforms and Equipment:

All equipment/uniforms issued to the student-athlete remain the property of the school and must be properly cared for by the student-athlete to whom it is issued.

All equipment/uniforms must be returned, properly cleaned, within one week of the end of last contest. Lost or destroyed uniforms/equipment is the financial obligation of the student-athlete to whom they

were issued. Replacement cost will be charged and the student is ineligible to begin another season until the account is cleared.

Game uniforms/warm-ups, etc. may be worn only on the day of a scheduled contest unless permission is given by the coach for a special reason.

Uniforms and equipment are to be worn/used only when authorized by the coach.

B. Locker Rooms

The school cannot be responsible for personal items left in the locker room. Valuable items should not be brought to school or to contests. Varsity Team lockers must be cleaned out promptly following the conclusion of the season.

ELIGIBILITY

Canton is a member school of the Connecticut Association of Elementary and Secondary Schools. As a member school, we are governed by a minimum of uniform eligibility requirements by the CIAC.

Coaches should be familiar with the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut as well as the Athletes' Rights of Due Process. In accordance with the CIAC students are **NOT ELIGIBLE** if they:

Are not taking at least four (4) units of work or its equivalent; (Rule I.B.)

Have not passed at least four (4) units at the end of the last regular marking period as of the official day that grades are issued, with the exception of fall eligibility. * (Rule I. A.)

Are nineteen (19) years of age before July 1; Student-athletes will be allowed to compete up through their 19th birthday, however, if their 20th birthday falls during a season, the student-athlete will not be allowed to start or compete during that season and all eligibility will cease. (Rule II.B.)

Have changed schools without a change of legal residence; (Rule II.C.)

Have been in attendance for more than eight (8) semesters (A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition); (Rule II. B.)

You play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season; (Rule II.E.)

The exception to Rule II.E. shall be:

Participation in parent/child tournaments and caddy tournaments.

Swimming, tennis, and 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.

Play under an assumed name on an outside team; (Rule II.F.)

Receive personal economic gain for participation in any CIAC sport. (Rule II.F.)

Work habits or conduct both in and out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school.

Local rules may be more restrictive than those of the CIAC. (See additional eligibility requirements under policies and procedures).

The school principal may declare a student ineligible if it is felt that the student is not taking care of his/her responsibilities both as a student and citizen of Canton High School and the community.

*For fall sports eligibility – student must have received credit for four (4) units or its equivalent towards graduation at the close of the school year preceding the contest.

NOTE: Marking period grades (not semester grades) are to be used in determining scholastic eligibility, except for fall eligibility. Each coach should, at the initial day, review the rules with the entire squad. The date of eligibility is the day report cards are issued.

FOREIGN STUDENT ELIGIBILITY

Refer to —Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut.” (Article IX - CIAC Bylaws); (Rules II.A and II.C.5)

The Council on Standards for International Educational Travel referred to in Eligibility Rule II.H. (CSIET) is a non-profit organization committed to establishing standards for international educational travel, monitoring compliance with those standards, and sharing information about organizations operating international educational travel and exchange programs at the high school level on behalf of schools, communities, and educational groups in the United States. The CIAC accepts all programs listed and accepted by CSIET as being bona-fide exchange programs for the purposes of establishing eligibility of athletes who are exchange students.

A list of approved programs may be obtained from:

Council on Standards for International Educational Travel (CSIET)
212 South Henry Street
Alexandria, VA 22314
Telephone - (703) 739-9050
Fax - (703) 739-9035
E-Mail - Exchange@aol.com

Schools are responsible for determining if a foreign student has participated in specific sports one year prior to registration at their school. (Please refer to CIAC Transfer Rule II.C.)

To assist our schools in evaluating sport participation that is equivalent to or a higher level than our scholastic sports program in foreign countries where there is not a scholastic athletic program, the following guidelines are offered. The elements listed can be used to judge an athlete’s previous experience in a specific sport. All elements need not be present in order to be a comparable experience.

The athletic contests are found and cannot be considered “pick-up” games.

Competition is organized and scheduled between teams/individuals/organizations.

Recognized rules are followed.

Scores are kept.

Equipment and/or facilities and/or uniforms are provided by a sponsor (club, school, town, and agency).

Competitions are officiated by qualified individuals.

Competitions are scheduled and scores are publicized.

Competitions are against a variety of opponents organized in a similar manner (clubs, towns, regions, nations).

CIAC ELIGIBILITY GUIDELINES

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, CT 06410
Phone 860-250-1111

14 POINT CHECKLIST FOR STUDENT ELIGIBILITY

This checklist is for the coach, athletic director, principal, assistant principal or guidance counselor to enable him or her to become aware of the CIAC rules of eligibility and to enforce them. If you cannot check all fourteen items, please refer to the CIAC Code of Eligibility to determine if the student is in violation of the Code which will place him/her in an ineligible status for high school athletics.

1. () Enrolled in four full time courses (Rule I.B.)
2. () Passing in four full time courses (Rule I.B.)
3. () Earned four credits toward graduation in the preceding school year (Rule I.A.)
4. () Is an enrolled student in the school for which playing (Rule II.A. see exception)
5. () Has never dropped out of school (Rule II.A. paragraph 2 see exceptions)
6. () Has not changed schools without parents moving to another school district or school service area (Rule II.C. see exceptions)
7. () Has not played more than three seasons of the same sport after entering grade ten (10) (Rule II.B.)
8. () Has not reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls. (Rule II.B.)
9. () Has not played or practiced the sport with another team during the high school season for the sport (Rule II.E. see exceptions)
10. () Has not been on more than one school team in the same season nor represented more than one school in the same season at the same time (Rule II.F.)
11. () Has not received a salary or personal economic gain for playing the sport or competed under an assumed name (Rule II.F.)
12. () Is not a member of a school team of the opposite gender (Boy on a girls' team or girl on a boys' team (Rule IV.G. see exceptions)
13. () Has not been recruited to attend this high school for athletic purposes (Rule IV.C.)
14. () Is an American Citizen (Rule IV.C. see exception)

Note: The use of this check list does not absolve the member school of the responsibility of checking each athlete's eligibility against the complete rules and regulations contained in the document entitled ~~Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut~~ effective July 1, 1990. **STUDENTS**

TITLE IX

–No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance.”

INSURANCE

The interscholastic sports insurance policy is an –excess” policy, i.e., the policy only pays after the participant’s primary insurance pays. Therefore, parents/guardians first need to submit a claim with their insurance company. A student accident/injury report must be completed and forwarded to the Central Services Business Office as soon as possible but not less than 60 days after the incident. Whatever fees are not covered by the insurance policy of the parents/guardians can then be submitted to the Central Services Business Office located at 4 Market Street, Collinsville. The district’s insurance company will review such claims and make a decision as to what, if any, fees will be paid.

At the beginning of each school year, parents/guardians and students are offered the opportunity to purchase 24-hour medical coverage and extended dental coverage (up to \$10,000.00).

Parents/guardians with students involved in intramural or interscholastic programs are strongly encouraged to take advantage of both the 24-hour coverage and especially the extended dental coverage.

CONDUCT OF AN ATHLETE

The athlete serves as an ambassador of their athletic program, as well as their school and community and should take pride in representing them. Good conduct is a large part of being a positive representative of your team and school. All student-athletes are expected to follow all school rules at all times. Team and league rules are also to be strictly followed. The athlete shall show respect for his/her teammates and coaching staff, as well as the opposing team and coaches. On a personal level, the athlete shall respect himself/herself by not becoming involved with any controlled and illegal substances.

DAILY COMMITMENT

Athletes should plan to make a daily commitment of two to three hours, five or six days a week. At the sub-varsity level, some teams might not practice or play on weekends. Their preparation times before and after practice and games bring the usual total time to three hours. It is important that a coach be notified if an athlete is not going to be present at a practice or game. All coaches expect their athletes to be present at all team related activities. A coach may suspend an athlete from practice or games for repeated unexcused absences. All athletes are excused from team activities for illness, injury, academic, family or religious reasons. Prior notification is expected when possible.

Canton athletes are expected and encouraged to maintain the highest level of academic achievement possible. Extra help sessions and make-up work are expected to be completed as soon as possible. On a practice day, athletes should stay after school to complete work whenever necessary. Students should inform coaches in advance, if possible, when practice time will be missed due to academic obligations. Once the obligations are completed, athletes are expected to report to practice as soon as possible. If advance notification was not given to the coach, students should ask their teacher for a note explaining the tardiness. Students arriving late to practice due to make-up work or extra help will not suffer an athletic team penalty On game days, if time allows, students should ask their

classroom teacher if make-up work or extra help may be postponed to a practice day. A classroom teacher may or may not grant a postponement.

ATHLETIC PROGRAM OBJECTIVES

CHECKLIST FOR PARTICIPATION

- _____ 1. Read the Canton High School/Middle School Student-Athlete Handbook, including the –Responsibilities of the Canton Student-Athlete” and the –Drug and Alcohol Policy/Procedure statement.”
- _____ 2. Agree to adhere to the Canton High School Sportsmanship Policy, Rules and Regulations for Student Athletes, and Canton High School, CT Interscholastic Athletic Conference, and North Central CT Conference Eligibility Rules.
- _____ 3. Submit a signed –Acknowledgement Form for Student/Athlete Handbook” prior to the first day of practice. (Forms on last pages of this booklet.)
- _____ 4. Have an up-to-date physical (less than one year old) on file with the school nurse.
- _____ 5. Submit a completed –Emergency Medical Card” to your coach (available from the coach.)
- _____ 6. Mandatory Meeting with parents, student-athletes, coaches and school administration prior to the start of each season.

TRYOUT POLICY

We encourage coaches to involve as many students as they can without compromising the safety of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport.

1. Tryout guidelines and evaluation criteria should be formulated by the head coach in consultation with assistant coaches and distributed to the athletic director.
2. The coach shall discuss the following information to all candidates for the team:
 - a) length of tryout period;
 - b) criteria used to select the team;
 - c) number or approximate number to be selected;
 - d) practice commitments if a student makes the team;
 - e) clear notification that tryouts are based on the performance during the selection period and not based on summer participation or coaching camps the athletes participated in prior to selections;
 - f) and the athletic eligibility regulations.
3. A student is not permitted to participate in tryouts while serving an out-of-school suspension.
4. A student-athlete must be registered through the athletic office and have medical clearance from the nurse.
5. Tryouts should be structured so that they are fair and equitable for all candidates.

6. A minimum evaluation period of three to five days is recommended. Team selections will be made after this evaluation period based on **sport specific skills, athletic abilities, and attitude.**
7. If a student is going to miss tryouts due to extenuating circumstances, e.g., extended sports season, sickness, injury, or another compelling reason, he or she must have prior approval of the head coach and the athletic director.
8. The results of tryouts need to be announced in a timely fashion and empathy should be shown to all candidates.
9. Cut lists are not to be posted; in extenuating circumstances, a team list may be posted with prior approval of the athletic director. It is recommended that each candidate be personally informed of the cut and the reason for the action.
10. Coaches are encouraged to discuss alternative possibilities for participation in the sport or other areas in the athletic program.

**ADMINISTRATIVE REGULATIONS
FOR
CANTON HIGH SCHOOL ATHLETICS PARTICIPATION FEE**

1. Fee Structure

Students will pay a fee for participation on each athletic team. The fee applies to all levels of interscholastic play, including varsity, junior varsity, freshman and developmental teams.

The participation fees do not include any additional costs an athletic team requires students to pay that are not funded through the operating budget (i.e., items such as softball/baseball caps).

2. Fee Collection

Fees will be collected after the teams are selected and before the first official game. No fees will be collected for try-outs. Students selected for team membership will not participate in games until the fee is paid. Fees will be collected in the Athletic Office with checks payable to the "Canton Board Of Education".

3. Fee Waiver

Students receiving free or reduced price meals are exempt for payment of Student Participation Fees. Those students with other financial hardships may complete a waiver form for a reduction of or exemption from the Student Participation Fees.

4. Refunds

Students who become academically ineligible to participate on an athletic team, are removed from a team for disciplinary reasons, or who quit the team will not be eligible for a refund of a participation fee. Students who are injured or move out of the district will receive a pro-rated refund based on the number of weeks they were on the team.

5. Playing Time

Payment of an athletic participation fee does not guarantee playing time. The coaching staff will determine who makes the team, the positions played, and how much playing time each student receives.

NCAA CLEARINGHOUSE

Parents of students who have aspirations of participating in athletics beyond high school at Division I or Division II college level are encouraged to look up the following website: www.eligibilitycenter.org or call toll free 877-622-2321 to register and to research pre-entry requirements.

POLICIES AND PROCEDURES FOR ALL STUDENT/ATHLETES

A. Substance Abuse Policy

Substance Abuse Policy –
Canton High School has a clear and concise policy regarding possession and use of drugs, alcohol, and/or tobacco (pp. 12 and 14-21 in the Student Handbook) during the normal school day and at school activities consistent with public high schools across the state of Connecticut. However, the administration and staff are also very concerned with the use and abuse of alcohol and other drugs, (including steroids) as well as the use of tobacco among our students beyond the school day.

Concerns include:

- The danger it poses to our young people academically, physically and emotionally.
- The adverse effect it has on students involved in training regimens and performance-oriented activities.
- The negative impact substance abuse has on how the abuser is perceived by her/his school, community, team or activity.
- The potential for serious accidents.
- The illegality of the act.

Through the use of a revised curriculum, classroom activities, community support and resources, a strong and consistent administrative and faculty effort, and rehabilitative and disciplinary procedures, Canton High School will work to educate, prevent, and intervene in the use and abuse of alcohol, tobacco and drug substances by the entire school population during and beyond the school day. The administration, enforcement, and monitoring of this policy is the responsibility of the principal, assistant principal, athletic director, and other professional staff members as designated by the principal. A faculty committee made up of the guidance counselors, the school psychologists, and teachers deals with these issues acting as the Student Intervention Team (SIT).

If students should violate any of the drug, alcohol, or tobacco regulations during the school day or at school-sponsored activities, consequences will be levied as outlined in the CHS Student Handbook. In addition, the following rules, regulations, and procedures shall be used by district personnel when responding the use of alcohol, drugs, or tobacco during and/or beyond the normal school day by a student engaged in athletics governed by the CIAC:

First Offense for Violation of Drug, Alcohol, & Tobacco Regulation:

If the athlete admits to the violation to the coach or school representative, the athlete shall be suspended from the team for a period of ten (10) school days from the initial meeting. The student-athlete will be given the opportunity to present her/his side of the story. The athletic director will hear the evidence presented and make a determination whether the student violated the athletic policy regarding use of a substance.

During this suspension period, the athlete and parent/guardian will meet with the school counselor (psychologist or social worker) for an assessment. Additional sessions may be required at the discretion of the school counselor. The athlete must attend and participate in all practices. The athlete must attend all contests but may NOT participate and may NOT be in uniform.

If the athlete does not admit to the violation in the initial meeting, and it is subsequently shown or admitted that a violation did occur, the athlete shall be suspended from the team for a period of twenty (20) school days from the time that a violation was determined. The athlete must also perform ten (10) hours of school/community service. The student must also comply with the three conditions set out above. Failure to comply with these conditions will result in the student's disqualification from all athletic programs for one calendar year.

The suspension provided by this regulation may extend into another team's season.

Second Offense for Violation of Drug, Alcohol, & Tobacco Regulation:

Should a second violation occur, the following procedure will apply:

If the athlete admits to the violation in the initial meeting with the coach or school representative, the athlete shall be suspended from the team for the remainder of the season and for any additional period as determined by the athletic director and principal. The student-athlete will be given the opportunity to present her/his side of the story. The athletic director will hear the evidence presented and make a determination whether the student violated the athletic policy regarding use of a substance.

If the athlete does not admit to the violation in the initial meeting, and it is subsequently shown or admitted that a violation did occur, the athlete shall be suspended from all athletic programs for one calendar year.

The suspension provided by this regulation may extend into another team's season.

Involvement on Further Teams after Second Offense:

Any further participation in the athletics program shall be contingent upon a recommendation of the school counselor and coach. The final decision will be that of the athletic director and principal.

Reinstatement:

In order to be reinstated after a second offense prior to the end of the school year, a student must show evidence of a medical evaluation and have participated in a counseling program deemed appropriate by a faculty committee that includes the athletic director, a school administrator, the school psychologist and/or social worker, the student's guidance counselor, and two members of the teaching faculty.

Appeals Procedure:

A student had the right to appeal and action taken as a result of the Drug/Alcohol Regulation and Procedures. That appeal, if made by a student, may be made verbally or in writing to the principal or assistant principal within five (5) school days of the action.

Appeals Board – an appeals board, consisting of a school administrator, Director of Athletics, and two members of the teaching faculty will meet within three (3) school days from notification of request for appeal.

Appeals Board Hearing- the student will present pertinent information relating to the nature of his/her appeal. The student may be accompanied to the hearing by a parent, guardian, or teacher advocate. The Appeals Board will reserve the right to question the student or request additional information.

Appeals Board Decision- the Appeals Board will render a written decision within seven (7) school days from the close of the Appeals Board Meeting.

NOTE: Any action taken by Canton High school regarding use/abuse of drugs/alcohol beyond the school day as outlined above will not impact on the education of the student during the normal school day and is intended to impact only on the extra-curricular activity program, unless Board of education Policy is violated.

B. Appropriate Behavior

1. Any student/Athlete who initiates a fight will be dismissed immediately from the team.
2. Verbal and/or physical abuse of officials or coaches by student/athletes may result in immediate disciplinary action from the team.
3. The following behaviors will be considered serious violations of the athletic code and school rules and will result in disciplinary action:
 - a. Civil law and criminal infractions.
 - b. Theft or malicious destruction of individual, private or school property.
 - c. Misconduct by an athlete that is potentially detrimental to the athletic program, school or school district.

C. School Attendance

1. Athletes will be allowed to participate in practice or contest only if they are in school by 10:30am on that day. Students who are absent from school may not participate in any athletic event during that afternoon or evening. The principal when arranged in advance may approve individual exceptions.
2. Unexcused single period absences during a given day may cause an athlete to be withheld from practice or contests on that day.

D. Absence from Scheduled Practice - A team will only function effectively when all participants are present. Any player who skips practice is hurting himself/herself and the team. A player must notify the coach in person of any practice he or she is required to miss. The coach will determine if the excuse is acceptable.

E. Locker Rooms- The student athlete is responsible to keep their locker locked at all times and to refrain from bringing any valuables to school.

F. Athletic Equipment

1. The student/athlete is responsible for all uniforms and equipment that is assigned to him/her.
2. All equipment will be returned within one (1) week from the completion of the sport, either at the end of the season, or on leaving the team. Head coach will ensure all athletes comply.
3. If items are lost or abused, the student/athlete will be required to pay for a replacement.
4. Uniforms are to be worn only at scheduled practices, contests or on game day. Uniforms should be washed after EACH use. **NO cleats are allowed to be worn in the building.**

NOTE: Athletes who do not return equipment/uniforms are ineligible to participate on additional athletic teams throughout the year. In addition, spring athletes will not receive their class schedules for the following school year until all items are returned or replacement costs have been submitted. Graduating seniors will not receive their diploma until they too have met the above responsibilities.

G. Vacations – Team members are expected to attend practices and contest during vacations that fall within the team season. Parents should make family vacation plans with the student/athletes commitment in mind.

H. Bus Behavior – Athletes will be expected to conduct themselves appropriately at all times while riding to and from athletic contest. Any athlete(s) involved will pay for any damages to the buses. Said athlete(s), by this behavior, will be subject to dismissal from the team and school discipline.

I. Weight/Fitness Room - Student-athletes must be accompanied by a certified coach, teacher, or administrator when using the weight/fitness room equipment. Clean and disinfect daily surfaces that are touched on a regular basis. This includes benches, fitness room and weight room equipment. Wrestling mats MUST be cleaned DAILY before and after use. This would include use by the physical education classes.

J. Hazing - Hazing is **prohibited** at all times. Hazing activities of any type are inconsistent with the educational goals of the school system. “Hazing,” means committing an act against a student, or coercing a student into committing an act, that creates a risk of physical or emotional harm to a person, in order for the student to be initiated into or affiliated with a student organization or any other purpose.

The term hazing includes, but is not limited to:

Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on the body.

Any type of physical activity that subjects the student to a risk of harm or that adversely affects the mental or physical health or safety of the student.

Any activity that intimidates or threatens the student with ostracism, that subjects a student to stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.

Any activity that causes or requires the student to perform a task that involves violation of state or

federal law or of school district policies or regulations.

Note: The school district will act to investigate all complaints of hazing and will discipline the athlete accordingly. Discipline may include suspension and or expulsion from school.

- K. Performance Enhancing Drugs Policy** – A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances shall be declared **ineligible** for all CIAC-controlled activities for **one hundred eight (180) school days** on each occurrence.
- L. Changing Sports** - Prior to the opening of each season, athletes will be allowed to transfer from one sport to another only on mutual agreement of the two coaches involved. An athlete who drops from the squad after the first contest is not permitted to join another squad during that season.
- M. Gymnasium Procedures** - No one is allowed in the gym unless it is his or her designated practice period. At no time is it permissible for individuals or groups to work out in the gymnasium, unless under direct supervision of a coach. Athletes practicing in the gymnasium for one sport will refrain from using equipment not specifically designated for their sport. Teams —in season” will have priority on gymnasium use.
- N. School Suspensions** – Students may not participate in any game, contest, and practice or school activity on any school day while suspended from school. This includes contests at away sites. The suspension is in effect until the student is readmitted to classes by an administrator.
- O. Conflict Resolution** – Participating in athletics can be emotional and time consuming experience. From time to time, conflicts between student athletes and coaches may arise. The following process is in place for student athletes and their parents to follow to resolve conflicts and/or issues between coaches and athletes.

Step 1: Individual Student – Coach Contact

The student involved is to speak to the coach about the problem as soon as possible.

Step 2: Parent/Student – Coach Contact

The parent/student should set a time to meet individually with the coach. Meetings will not be scheduled 24 hours prior to or immediately following a contest or during an active practice session, or during a time when other coaches, parents or athletes are present.

Step 3: Parent/Student Athlete – Athletic Director contact

If satisfactory resolution is not reached through direct contact with the coach, the parent/student athlete should contact the athletic director. If the meeting with the parent/student athlete and athletic director does not result in a satisfactory conclusion, the athletic director will schedule a meeting involving all concerned parties in an attempt to reach a satisfactory resolution.

Any comments, concerns or issues brought to the attention of the Athletic Director will be addressed. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perspectives and experiences can lead to more productive relationships and clearer understanding in the future.

Step 4: Parent /Student Athlete- Administrator/AD/Coach contact

If after Step 3, satisfactory resolution has not been reached, the parent and student athlete should contact the building principal to schedule a meeting with all concerned parties.

Step 5: Parent/Student Athlete – Superintendent

If there is no resolution at Step 4, the parent/student athlete should contact the superintendent to schedule a meeting with all concerned parties.

ATHLETIC REQUIREMENTS FOR PARTICIPATION
“Participation in athletics is a privilege and not a right”

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

1. Sports Health Assessment Form completed by physician and parent/guardian and submitted to the coach.
2. Parent/Athletic Acknowledgement/Emergency Medical Form completed and submitted to the coach.
3. All eligibility requirements must be satisfied. Student-Athlete Sports Contract submitted to the coach.
4. Pay to Participation fee must be received before the first game.

ATHLETIC TEAMS & ORGANIZATION OF NEW TEAMS

Sport offerings at Canton High School include the following:

	Fall	
<u>BOYS</u>		<u>GIRLS</u>
Football (V, JV)		Field Hockey (V, JV)
Soccer (V, JV)		Soccer (V, JV)
Cross Country		Cross Country
		Volleyball (JV)
	Winter	
Basketball (V, JV, F)		Basketball (V, JV)
Wrestling (V, JV)		Indoor Track
	Spring	
Baseball (V, JV)		Softball (V, JV)
Tennis		Tennis
Outdoor Track		Outdoor Track
Golf		Golf
Lacrosse (V, JV)		Lacrosse (V, JV)

Athletic teams may be added to the athletic program if there is sufficient student interest, adequate funding, opportunities to develop a viable and competitive schedule, and the necessary facilities.

SPORTS AWARD ASSEMBLY

At the conclusion of each sports season, student athletes will be presented letters, numerals, metal insignias, and certificate awards according to their participation level. These awards will be presented at a Sports Award Assembly in the Canton High School Auditorium. The Athletic Director shall be responsible for coordinating the awards format at the end of the season. Student athletes will be informed by their coaches as to the date and time of the assembly held in their honor.

AWARDS

Upon receiving a varsity letter for the first time, the letter recipient will be awarded a varsity C.

AWARD REQUIREMENTS:

Varsity

Varsity letters will be awarded to athletes upon the successful completion of an athletic season and the recommendation of the head coach. Specific guidelines will be developed by each coach and clearly defined to all athletes. A player shall have conducted themselves in an exemplary manner both on and off the field, exhibiting good sportsmanship to his /her opponents, teammates and coach.

Junior Varsity

All members of a sub varsity team who have successfully completed an athletic season in a particular sport are to be awarded a Junior Varsity Letter.

Manager

Manager awards will parallel the regular awards system and will be made only upon the recommendation of the coach.

AWARD RECIPIENTS:

All recipient award/letter/certificate winners **MUST** be present to receive their awards. Failure to attend may result in the forfeiture of awards. Players may receive permission from their coaches to be absent and remain eligible to receive awards.

Athletes **MUST** have completed the season in good standing to be eligible to receive any such awards.

DISCRIMINATION/SEXUAL HARASSMENT

Discrimination and Sexual Harassment will not be tolerated in any form. All incidents of discrimination or sexual harassment will be promptly investigated.

Reference: The Canton Board of Education Policy Handbook:

#0521 - Nondiscrimination / Grievance Procedure

0521.1 - Sexual Harassment

DUE PROCESS/APPEALS

If the decision of the principal is not satisfactory to the parties involved, they shall have the right of appeal to the Superintendent of Schools. Requests for such an appeal shall be made in writing to the Superintendent. Within five (5) days of being notified of any appeal, the Superintendent will review the issues presented and render a written decision to the parties involved, stating the reason or reasons for her/his decision. If the Superintendent's decision is not satisfactory to the parties involved, they have the right of appeal to the local Board of Education. Request for such an appeal should be in writing to the Chair of the BOE. The BOE shall review the issues presented and render a decision within two weeks after receiving notification of an appeal of the decision of the Superintendent.

The "Athlete's Rights of Due Process" as stated by CIAC bylaws and their rights under these bylaws are available from the coach or athletic director.

If the athlete does not admit to the violation in the initial meeting, and it is subsequently shown or admitted that a violation did occur, the athlete shall be suspended from all athletic programs for one calendar year.

The suspension provided by this regulation may extend into another team's season.

Involvement on Further Teams After Second Offense

Any further participation in the athletics program shall be contingent upon a recommendation of the school counselor and coach. The final decision will be that of the athletic director and principal.

Reinstatement

In order to be reinstated after a second offense prior to the end of the school year, a student must show evidence of a medical evaluation and have participated in a counseling program deemed appropriate by a faculty committee that includes the athletic director, a school administrator, the school psychologist and/or social worker, the student's guidance counselor, and two members of the teaching faculty.

Appeals Procedure

A student had the right to appeal and action taken as a result of the Drug/Alcohol Regulation and Procedures. That appeal, if made by a student, may be made verbally or in writing to the principal or assistant principal within five (5) school days of the action.

Appeals Board—an appeals board, consisting of a school administrator, Director of Athletics, and two members of the teaching faculty will meet within three (3) school days from notification of request for appeal.

Appeals Board Hearing—the student will present pertinent information relating to the nature of her/his appeal. The student may be accompanied to the hearing by a parent, guardian, or teacher advocate. The Appeals Board will reserve the right to question the student or request additional information.

Appeals Board Decision—the Appeals Board will render a written decision within seven (7) school days from the close of the Appeals Board Meeting.

NOTE: Any action taken by Canton High School regarding use/abuse of drugs/alcohol beyond the school day as outlined above will not impact on the education of the student during the normal school day and is intended to impact only on the

extra-curricular activity program, unless Board of Education Policy is violated.

The administration of the Canton Athletic Program is giving each student-athlete the opportunity to take part in a student-athlete survey to assist in the professional development of our coaches. The student is to complete the survey anonymously at the end of their season and place in the coaches' mailbox in the main office.

STUDENT – ATHLETE SURVEY

CODE: 1 – Strongly Agree 2 – Agree 3 –Disagree 4 – Strongly Disagree NA – Not Applicable

COMPETITIVENESS/PHYSICAL FITNESS: We are dedicated to the pursuit of excellence through hard work at all times. WE view physical fitness and a healthy lifestyle as essential in order to perform at the highest level.

1	2	3	4	NA	
					My coach encouraged me to maintain good physical conditioning in the off-season by providing me with a conditioning program.
					The methods used to attain and maintain good physical conditioning during the season were appropriate to the sport.
					My skills and knowledge of the game improved over the season.
					Our team's skills and knowledge of the game improved over the season.
					My coach used a variety of drills to teach the skills of the game.
					My coach taught us a variety of offensive and defensive strategies.
					My coach monitored my academic progress.
					My coach valued my academic success.
					My playing time was appropriate based on my ability.
					The athletic trainer was available to service my needs and the needs of our team.
					My coach challenged his/her athletes.
					My coach has well planned practices.
					My coach maintained a safe and orderly practice area.

TEAMWORK: We work collaboratively and cooperatively for the benefit of the team.

1	2	3	4	NA	
					Being a member of this team helped me learn how to work well with others
					Being a member of this team was a positive experience for me.
					My coach supported appropriate team traditions.
					My coach fostered team unity.
					My coach clearly defined my role on the team.

SPORTSMANSHIP/CITIZENSHIP

1	2	3	4	NA	
					My coach exhibits enthusiasm in his/her coaching efforts.
					My coach inspired his/her athletes.
					My coach demonstrated good sportsmanship.
					My coach demonstrated a positive leadership style.
					My coach served as a good role model for his/her athletes.
					I respect my coach.
					Being a member of this team helped me in the area of self-control.
					Being a member of a team helped me to become a better decision maker.
					My coach helped improve my self-confidence.

COMMUNICATION

1	2	3	4	NA	
					My coach effectively communicated the (team) selection criteria and process.
					My coach effectively communicated the team rules and policies.
					My coach consistently enforced team rules and policies.
					My coach used effective communication skills with athletes and parents.
					My coach was available and willing to discuss personal issues that I might have.
					My coach provided constructive criticism.
					My coach clearly communicated the selection criteria of the team's leaders or captains.
					My coach provided me with useful feedback to improve my skills throughout the season.

Program Strengths:

Areas for Program Improvement:

PARENTS CODE

Athletics, in an education program, is a vehicle for developing individual character, confidence and for instilling a sense of community and cooperation-operation. It is important to understand that the “game” is a tool, not a goal Students-athletes can gain experience and maturity by developing individual skills and working to meet the challenges of the game.

Parents contribute to the effort of teaching their children by being role models and athletic program supporters. As role models, parents need to present a positive attitude toward participation in the scholastic athletic program. A positive appreciation of the opportunities to be a part of a team and to contribute towards team goals under the direction of the designated coaching staff is a basic foundation for developing an attitude of good sportsmanship.

**CANTON PUBLIC SCHOOLS
DEPARTMENT OF ATHLETICS**

I hereby acknowledge I have read the Student/Athlete Handbook and will adhere to the rules and regulations while participating in athletics at Canton High School.

I agree to adhere to these regulations while participating in athletics at Canton High School.

_____ **Sport** _____
Print name of student/athlete

Signed _____
Student/athlete **Date**

I understand that such activity involves the potential for injury which is inherent in all sports. Even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis or even death.

I give my permission to the appropriate certified school staff or medical personnel to render emergency treatment, if required, when associated with an athletic injury or illness.

I also agree not to hold the school or anyone acting in its behalf responsible for any injury occurring to the above named student in the course of such athletic activities or travel.

_____ **has my permission to participate in** _____
Athlete's name **Sport**

I give my consent for my child to participate in the Canton Public Schools Athletic Program, and have read the Student/Athlete Handbook.

Signed _____
Parent/guardian **Date**

RETURN TO YOUR COACH

SPORTS CONTRACT

As a student athlete, I understand that participation on an interscholastic team is a privilege and a commitment, not a right. I have read and understand the expectations for student-athletes contained in the Canton High School Student Handbook. I also understand that this contract shall be in effect for this academic year.

As a team member, I am dedicated to keeping myself in the best physical condition possible in order to perform to the best of my ability and to contribute to the success of the team. As such, I agree that I will not use, consume, possess, buy, sell, or distribute any beverage containing alcohol, any tobacco product, marijuana, steroids, or any controlled substance.

I have read and understand the sports contract and I am aware of the consequences of its violation. (Refer to student-athlete handbook). *Use, possession, or distribution of illicit drugs, including anabolic steroids, alcohol will result in the **immediate dismissal** from the team for the season. Use of tobacco (including smoking, chewing, or use of snuff) will result in a two (2) week suspension from the team. A second violation of this nature will result in the **immediate dismissal** from the team for the season. Use of performance enhancing drugs shall declare an athlete ineligible for 180 school days.*

Print Student-Athlete's Name: _____

Signature of Student-Athlete: _____

Date: _____ Year of Graduation: _____

Sport Participating In: _____

WE HAVE READ AND WE UNDERSTAND THIS CONTRACT AND WE HAVE DISCUSSED IT WITH OUR SON/DAUGHTER. WE RECOGNIZE OUR RESPONSIBILITY IN ENSURING THAT OUR SON/DAUGHTER ABIDES BY THE PROVISIONS OF THIS AGREEMENT.

Signature of Parent/Guardian: _____

Date: _____

RETURN TO YOUR COACH