

***STUDENT~ATHLETE
HANDBOOK
2019~2020***



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DANBURY HIGH SCHOOL HEAD COACHES

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Jess Halas Head Girls Soccer halasj@danbury.k12.ct.us
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Rob Murray Head Boys Cross Country murrar@danbury.k12.ct.us
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WINTER:

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SPRING:

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INTRODUCTION

Danbury High School's Athletic Department extends an invitation to all students to participate in the many interscholastic athletic programs offered at Danbury HS.

The information provided in this handbook is relevant to policies, regulations, and rules of Danbury High School, the Danbury Board of Education, Connecticut Interscholastic Athletic Conference (CIAC) and the Fairfield County Interscholastic Athletic Conference (FCIAC).

Danbury High School's Athletic Department is committed to the educational development of students and feels that a properly controlled, well-organized, sports program will meet the students' needs for self-expression, mental alertness, and physical growth.

The student athlete will learn the value of setting goals, sportsmanship, citizenship and self-reliance. Ultimately, the athlete develops an understanding of the necessity of self-discipline and hard work to attain success.

Athletes are selected for Varsity, Junior Varsity, or Freshman teams based on their demonstrated abilities. Our numerous programs are designed to accommodate as many students as possible. Unfortunately, "cutting" athletes from certain programs may become necessary due to various constraints.

Students who choose to participate in athletics are making a choice that requires self-discipline. Consequently, we place a strong emphasis on good training habits. Failure to comply with rules of training can affect an athlete's performance and contribution to the team. Students who do not adhere to these rules will be jeopardizing their participation in the program. They should be aware that involvement in athletics is a privilege, not a right.

Danbury High School takes great pride in its athletic program. I invite you to become an integral part of Danbury's athletic family. Remember, student-athletes are role models for others and consequently, are expected to set a good example for others.

Sincerely,
Chip Salvestrini, Athletic Director

MISSION STATEMENT

Danbury High School, in partnership with the community, is committed to fostering a challenging, supportive, and inclusive culture that empowers all students to develop the skills and knowledge necessary to lead productive and self-fulfilling lives.

PHILOSOPHY

Danbury High School's Athletic Department's mission is to provide a comprehensive, diverse, wholesome, and dynamic program consistent with the basic philosophy of Danbury High School. As an integral part of a student's total education, Danbury's athletic program makes a significant contribution to the personal growth and development of those involved.

Although Danbury High School is looking forward to the success of its many athletic programs, it does not condone a "win at all costs" attitude. The purpose of the program is to ensure a positive experience for those students who choose to participate. Our primary goal is to increase knowledge, contribute to the maturity of each student athlete, teach moral and ethical values, and to motivate each athlete to pursue excellence in themselves and their teammates not only in athletic competition, but also in life after sports.

Danbury High School seeks to produce well-rounded individuals with interests and abilities in many areas. Specialization in one sport during the middle school and high school years to the exclusion of others or other equally valuable activities is not encouraged.

Danbury's Athletic Department has a professional staff who takes great pride in both preserving and promoting the welfare of each athlete. The staff is cognizant of the tremendous influence a coach has on an athlete and is committed to instilling the highest ideals and character traits in our students.

DESCRIPTION OF THE PROGRAM

Varsity Athletics: Varsity athletic programs afford opportunities to those athletes who exhibit the greatest skills in their chosen sport. These athletes will compete against equally talented athletes from opposing schools. The skills of varsity athletes will be refined to provide Danbury with the best possible win-loss record.

Junior Varsity Athletics: Junior Varsity athletic programs afford those students who do not yet possess the skills required of varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining the valuable knowledge, skill and experience required for varsity competition. Junior Varsity athletes may, on occasion, participate in varsity contests. Decisions of this nature are based on the evaluation of the athletes' abilities by the coaching staff and are not absolute.

Freshmen Athletics: Freshmen athletic programs are designed to provide ninth-grade students with the opportunity to participate in an instructional yet competitive setting. These programs will teach the basic skills of the sport and afford athletes an opportunity to gain valuable knowledge and experience, as well as the skills necessary for Junior Varsity competition.

Freshmen athletes may, on occasion, participate in Junior Varsity or Varsity contests, respectively. Decisions of this nature are based on the evaluation of the athlete's abilities by the coaching staff. These decisions should not be misinterpreted as an absolute to move to the next level of competition. NOTE: Decisions about playing time are made by the coaching staff and are not absolute.

ATHLETIC DEPARTMENT POLICIES

The following athletic programs are offered at Danbury High School:

SPORT

FALL SPORTS

Cross Country, Boys/Girls
Field Hockey, Girls
Football
Soccer, Boys/Girls
Volleyball, Girls
Cheerleading
Swimming, Girls

TEAMS

Varsity, JV
Varsity, JV, Freshmen
Varsity, JV, Freshmen
Varsity, JV, Freshmen
Varsity, JV, Freshmen
Varsity
Varsity

WINTER SPORTS

Basketball, Girls
Basketball, Boys
Indoor Track, Boys/Girls
Ski Racing, Co-ed
Wrestling
Cheerleading
Swimming, Boys
Ice Hockey (co-op)

Varsity, JV, Freshmen
Varsity, JV, Freshmen
Varsity, JV
Varsity
Varsity, JV, Freshmen
Varsity, JV
Varsity, JV
Varsity

SPRING SPORTS

Baseball, Boys
Golf, Boys
Golf, Girls
Outdoor Track, Boys/Girls
Softball, Girls
Tennis, Boys/Girls
Volleyball, Boys
Lacrosse, Boys
Lacrosse, Girls
Spring Football

Varsity, JV, Freshmen
Varsity
Varsity
Varsity, JV, Freshmen
Varsity, JV, Freshmen
Varsity
Varsity, JV
Varsity, JV, Freshmen
Varsity, JV
Open to all present 9 – 11 grade students

Tryouts: Try-outs for teams are held prior to the season. Information concerning try-outs for the fall season is mailed home over the summer and posted on the school's athletic website. Students interested in try-outs for winter and spring season sports should check with the athletic office, however, team meetings will take place to provide this information. Student-athletes will be encouraged to try out for various athletic teams. Upon reaching the first contest date, as indicated by the C.I.A.C., currently enrolled students will not be allowed to try out or gain membership to any other Danbury team.

Participation: Athletes may participate in only one Danbury sport program per season. If an athlete quits a team or is asked to leave a team, he or she cannot join another sport already in season. An athlete may also not try out for a team once a coach has given the official roster to the athletic department for grade and eligibility verification. Transfer students are an exception to this rule.

Attendance – School and Class:

Participation on an athletic team is a privilege granted after a student's academic responsibilities are met. Attendance in the classroom is an important requirement for a good education, as is attendance at team activities. Attendance requirements for participation in a sport are as follows:

- Athletes will attend all classes regularly and be on time. Tardiness to class and cutting class will not be tolerated.
- Any student who is absent from school or not in school for four(4) periods with an excused absence will not be permitted that day to participate in any athletic activity. Exceptions due to extenuating circumstances may be granted by the Director of Athletics.
- Athletes will not use a sport as an excuse to miss class or portions of a class unless the team is departing early from school. In the case of an early dismissal, the Director of Athletics will notify the athlete's teacher.
- Athletes should be role models in physical education class. If an athlete does not participate in physical education during the day, he/she is not eligible to participate in practice or a game that day.
- A student suspended from school may not participate in a practice or a game during the effective date(s).
- Students are expected to arrive to school on time. Excessive tardies can result in being suspended or dismissed from a team.

Attendance at Practices and Games:

Attendance at all practice sessions and games (including tournament and vacation periods) for all team members are mandatory with the only *exception* being a school approved trip. If an athlete is committed to participating in a school trip, it is the athlete's responsibility to inform the head coach *prior* to the beginning of the season, or within 48 hours of the announcement of the school trip. Failure of an athlete to abide by this rule may result in an immediate suspension or dismissal from the team. Captains are held to higher standards for attendance because of the critical role they play in the success of the team. Team captains should review the "Role of the Team Captain" section located on page 8.

The physical conditioning and the game readiness for those athletes who miss games and practices for any length of time while in season is a major concern. However the bigger concern is the health and safety of those athletes who miss games and are no longer at peak physical condition and are not prepared to the level necessary to compete at the highest level. An athlete who is participating in an approved trip longer then (2)two days in length, will be required to make up practices missed along with sitting out each game missed (starting with the 3rd day) of a school trip. Once the athlete has made up the missed practice time while away on an approved trip, the head coach will make the final determination as to when the athlete will be ready to participant again in a scheduled game/match/meet.

Athlete's who will be absent or tardy for a practice or game for reasons that are not school related must speak to the head coach **prior** to the practice or game missed. It is the responsibility of the athlete to inform the head coach of any missed practice or game. Failure to abide by this rule may result in an immediate suspension and or dismissal from the team.

No unexcused absences from practices or games are permitted. Athletes may not leave a practice or scheduled game/athletic event to participate on a recreational team or attend a job. Failure to abide by this rule an athlete can receive an immediate suspension and or dismissal from the team.

Game Schedule and Changes

Schedules for all team contests can be viewed on the following web-site: www.ciacsports.com. You are encouraged to create an email account on this website which will enable you to receive up-to-date changes via email. Every attempt will be made to announce schedule changes due to inclement weather by 1:00 p.m. on the date of the change. In the event of an official school closing, all scheduled events, contests and practices are automatically cancelled.

STANDARDS AND EXPECTATIONS

Danbury High School students who wish to participate in the athletic program must set priorities and make wise choices. Academic performance takes precedence over participation in athletics. Students who must receive extra help after school or make up academic work should bring a note from the faculty member to their coach upon arriving at practice. Any disciplinary actions, including detentions, take precedence over athletic practices. Suspensions take precedence over both athletic practices and contests. Consequences for athletes in violation of these rules include suspension or dismissal from the team, loss of captaincy and loss of awards.

In summary, as a student athlete you are expected to behave in ways that will bring honor to your school, coaches, family, community, or teammates, through the following:

- Exemplary school citizenship
- Consistent attendance in class and school
- Consistent attendance at team practices and games
- Positively influencing team morale
- Obedience to your coach
- Meeting or exceeding standards for academic eligibility
- Respect for school property and property of others
- Display of exemplary sportsmanship conduct toward teammates, opponents, opposing fans, officials, and others

Any violation of the aforementioned rules may lead to dismissal from the team for the duration of the season or result in an indefinite suspension.

TEAM CAPTAINS

The Role of a Danbury HS Team Captain

Being a Danbury HS Team Captain is a prestigious honor and a privilege. As a Danbury HS Team Captain you become a member of the Danbury HS **Captain Council**. The Captain's Council is a student centered athletic advisory committee that assists the Athletic Director in maintaining a high performing Athletic Program both inside the classroom and as competing members of the FCIAC and CIAC Athletic Conferences.

The role of team captain brings with it a great deal of responsibility. A team captain is more than being a member of a team. The team captain is expected to be a leader on and off the playing field, a role model inside the school building, a source of school pride in the Danbury Community, and a connection between the team and the coaching staff. The leadership necessary to be a successful team captain is not always easy. And there will be times as a leader you may have to make some difficult decisions to support, as well as improve your team. The role of a team captain at Danbury HS should not be taken lightly. A team captain that misses a practice or game without a valid reason, or who does not inform the coach according to the guidelines established (see Athletes Attendance at Practice and Games), will be subject to the loss of their role as captain, as well as possible suspension or dismissal from the team.

A Danbury HS athlete will be expected to exhibit the following leadership qualities while holding the title of "Captain" of his/her team.

- **Honest**, strong focus on academics, dedicated, leads by example
- **Inspiring**, good communicator, strives to be his/her best
- **Good Listener**, recognizes and values team needs
- **Enthusiastic**, is not afraid to speak his/her mind
- **Hard Working**, selfless
- **Respectful**, appropriate behavior and conduct in and out of school
- **Dependable**, helps the team set goals
- **Positive**, will motivate others

Based on these criteria, Danbury HS Coaches have the sole responsibility of choosing the team captains for their respective teams.

A Danbury HS Athlete who is a team captain will immediately lose the title of "Captain" if the athlete fails to meet the above listed leadership expectations.

FIGHTING PRIOR TO, DURING, OR AFTER AN ATHLETIC CONTEST

Fighting will not be tolerated for any reason. It does not matter if you are the victim of an unsportsman-like act, if you are provoked or taunted, if you are verbally or physically abused, or if you are subjected to any other set of circumstances. The relevant question is, did you, the Danbury athlete, actively participate in a fight, retaliate in a fight, or leave the bench or discipline to join a fight in progress? If the answer is "YES" to any part of this question, you, the athlete, will be subjected to serious sanctions such as, but not limited to, suspension or dismissal from the team. Danbury High School's Athletic Department holds a ZERO TOLERANCE policy when it comes to fighting while an athlete is representing Danbury High School. If an official ejects a student athlete for fighting from an athletic

contest, he/she will not be eligible to participate in the next scheduled or unscheduled contest. Any further ejections for fighting can result in a more significant suspension and/or dismissal from the team.

MOOD ALTERING CHEMICAL USE – TOBACCO, ALCOHOL, DRUGS (illegal and non-prescription)

There will be absolutely no use or possession of any quantity of tobacco (including smokeless), alcohol, or illegal/non-prescription drugs, including steroids and performance enhancing substances or supplements, by a Danbury athlete. Any individual who violates this rule either on or off campus will be subject to disciplinary action. Reminder to students: this is a 24 hour rule and extends beyond the school day.

Disciplinary Actions for Violations

Consequences for Violating Tobacco Policy

1st Offense: suspension for 10% of regular season (no suspension will be less than one contest)

2nd Offense: suspension for 50% of regular season contests.

3rd Offense: student will be dismissed from the team for the remainder of the season.

Consequences for Violating Alcohol and Illegal Drug Policy

1st Offense: suspension for a minimum of 20% of the regular season contests. No suspension will be less than two (2) contests. The severity of the incident may result in a more lengthy suspension which can extend through the end of the season or the remaining school year.

2nd Offense: the student will be suspended from the team for the entire season. After a second offense, if the student wishes to participate on another team, he/she must show evidence of having fully participated in a school approved substance abuse counseling program.

3rd Offense: the student will be suspended from participating on any team for the remainder of the school year.

Athletes not admitting to but subsequently found guilty of violating these rules may be suspended for the equivalent of an additional 10% of their regular season contests (but not less than one additional game)

Any offense with the penalty of a police arrest at the level of misdemeanor or felony will result in more severe consequences.

NOTE:

- 1) The athlete must attend and participate in all practices.
- 2) The athlete must attend all contests but may not participate and may not be in uniform.
- 3) The athlete must complete a re-entry interview with the Athletic Director and coach.
- 4) Athletes found guilty of violating these rules are not eligible to receive post season awards involving character and leadership. Captains found guilty of violating these rules will lose their position and are not eligible to be named captains of a team until

three seasons of play have passed from the date of their violation (including the season in which the violation occurred).

Performance Enhancing Drugs Minimum Penalty

The CIAC expects member schools to monitor their student athletes to assure that they are free of performance enhancing substances and to report any violations in a timely manner.

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 eighty (180) school days on each occurrence. The one-hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

Any student athlete who refuses to submit to testing as part of a member school's Board of Education-approved random drug testing policy shall be ineligible to participate in any CIAC-controlled activities.

All CIAC contests/games/tournaments/championships in which the offending athlete participated while under the influence of performance enhancing substances shall be declared forfeitures and all records will be expunged.

A member school may apply to the CIAC Board of Control for reinstatement of the athlete's eligibility to participate in CIAC controlled activities. Any such application must include:

- a) The results of a CIAC-approved medically validated drug test which confirms that the student-athlete is chemical free. The test must have been completed with 30 days prior to the application. The CIAC shall not be responsible for any expenses related to this testing.
- b) A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athletes' eligibility.

Performance enhancing substances and practices subject to this policy include but are not limited to, the following:

- a) Anabolic Agents, Diuretics, Peptide Hormones and Analogues
- b) Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes)
- c) Substances and practices identified as banned by the NCAA and the USOC.

The CIAC allows member schools to make exceptions for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's doctor for therapeutic purposes. The documentation should contain information as to the diagnosis, medical history and dosage prescribed.

HAZING AND INITIATIONS

Hazing or initiations of student athletes by other team members are not acceptable and any practice of this type of behavior will not be tolerated. Actions of this type may be illegal, and those involved may be subject to police action, as well as additional school

consequences up to and including: dismissal and/or suspension from participation in any athletic program, and/or suspension and/or expulsion from school.

- ❖ Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes but is not limited to:
 - 1) Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body and participating in physically dangerous activities;
 - 2) Any activity involving the consumption of alcohol, drugs, tobacco products or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm;
 - 3) Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature;
 - 4) Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame or humiliation or which creates a hostile, abusive or intimidating environment; and
 - 5) Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.

UNSPORTSMAN-LIKE CONDUCT

If a player is ejected from a varsity, junior varsity, or freshman league or non-league contest, he/she will be suspended for a period of one contest at that level of play and all contests at any level played in the interim.

Unsportsmanlike conduct on or off the field of competition may result in an athlete's dismissal from the team and may jeopardize future participation in athletics.

Student athletes are subject to discipline, including suspension, dismissal, loss of captaincy and loss of awards for any behavior in violation of school policy. This discipline includes misconduct that occurs off school property or during non-school time. The following behaviors will be considered serious violations which may result in suspension from the team and discipline as outlined in the student handbook. Athletic participation is a privilege, not a right.

- Civil law infractions
- Theft or malicious destruction of individual, private, or school property
- Infraction of school rules requiring administrative action
- Misconduct by an athlete that is potentially detrimental to the athletic program, school, or school district
- Profanity from any athlete while representing the Danbury High School athletic program at practice and/or games, and as a spectator at other rival high school athletic contests
- Documented possession or use of alcohol, tobacco or drugs

SUSPENSION OR DISMISSAL FROM A TEAM

Prior to the season, athletes will be informed by their coach regarding the types of behavior that may warrant suspension or removal from the team. Each case will be considered individually.

ADDITIONAL TEAM / SPORT REGULATIONS

Coaches may have additional regulations pertaining to their sport. These regulations will be discussed at the beginning of each season.

TRAVEL INHERENT IN ANY ACTIVITIES

In the interest of building and maintaining team spirit and unity and limiting athletic program liability, all players, managers and anyone traveling on the bus to a contest, are strongly encouraged to return with the team on the bus.

- Parents will not transport their child unless a written request is submitted to the Director of Athletics or for approval. Alternate transportation forms can be downloaded from the Danbury High School athletic website. **Note: these occurrences should be reserved for family emergencies or important family commitments only. Reasons such as attending a nonschool team practice or game or a job are not acceptable.**
- Athletes will remain with their team and under the supervision of the coach.
- Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances.
- When transportation is not provided to off-campus home venues, athletes may not transport other student athletes to any contests or practice sessions.
- Parents may not take other students home with them from away games where buses are provided. Exceptions are discouraged and will be honored only in rare instances with proper notification.

CIAC / DANBURY ELIGIBILITY RULES

TO BE ELIGIBLE: ALL INCOMING FIRST YEAR FRESHMEN ARE AUTOMATICALLY CONSIDERED ELIGIBLE UPON ENTRY INTO DANBURY HIGH SCHOOL.

Student eligibility for participation in interscholastic athletics is decided in accordance with the board of education policy 7-400.

Danbury High School Athletic Eligibility Standards

In order to represent Danbury HS as an interscholastic athlete, you must be a bona fide student who meets all CIAC eligibility requirements, including the school's academic requirements. Therefore, a student cannot represent Danbury HS as an interscholastic athlete at any time unless they are taking at least four quarters of Carnegie Units of work or its equivalent. During the school year, a student athlete must receive a passing mark in a at least four Carnegie Units of work or its equivalent and needs to earn a minimum GPA average of 70% at the end of the regular marking period preceding the contest played.

The CIAC's consistent eligibility protocol for Fall sports requires a student athlete to have received credit toward graduation at the close of the school year preceding the contest in at least four Carnegie Units of work or its equivalent. As per CIAC policy; it is not the number of courses passed, it is the number of credits received toward the graduation requirement. The number of credits received each academic year is the determining factor for athletic eligibility, *unless the school also has a GPA requirement to participate, which Danbury High School has.*

In addition to maintaining CIAC eligibility standards for each athlete, Danbury High School uses a minimum GPA average of 70* in determining athletic eligibility. Each student athlete must earn the minimum GPA at the end of each academic quarter preceding the contest the athlete will compete in. This GPA requirement for the Fall Sports is determined in the 4th Quarter in the Spring preceding the contest.

* Where not contradicted by eligibility rules and regulations governed by the CIAC, a student that is classified as handicapped and enrolled in a special education program may be exempt from the above if the IEP contains a request for waiver of these requirements. **(Note: The waiver is valid only for the required "C" average.)**

Please note: Credit Recovery courses are not used to determine athletic eligibility at any time during a current school year. Credit Recovery works for an athlete only if the credit recovery is done to help gain athletic eligibility for the **next** school year (starting in September). Credit recovery for a course can assist an athlete in meeting graduation requirements, but it does not help an athlete to be eligible, or attempt to help regain eligibility for a sport during a current school year.

Additional Danbury High School Athletic Eligibility Standards

- Student athletes in grades 9, 10, 11, 12, must conform to all CIAC eligibility rules.
- Incompletes must be made up within five (5) days following the date that athletic eligibility was determined for the marking period. An athlete cannot participate until the incompletes are completed.
- Year end failures may be made up through the successful completion of a accredited summer school program.
- First time 9th grade athletes will be eligible to participate for the first marking period of Fall sports.
- Athletic eligibility is determined on the date that report cards are posted, or on the (14th) calendar day following the end of a marking period, whichever comes first.
- Each athlete and coach is responsible for knowing the Danbury High School athletic eligibility standards. The Athletic Director is also available to answer any questions regarding the eligibility policy.

Danbury High School Process to Determine Athletic Eligibility

- Team rosters including varsity, junior varsity and freshman teams are developed by each **varsity head coach** with input from the coaching staff.

- Once rosters (including sub-varsity) are completed and certified by the varsity head coach, they are forwarded to Mrs. Tatarzycki in the Athletic Department.
- Mrs. Tatarzycki checks rosters for (student ID's, birthdays, proper spelling of names) then forwards them to Mrs. DiNardo.
- Mrs. DiNardo reviews the academic eligibility standards of each team roster to certify that each athlete is meeting academic eligibility standards for the school district, Danbury High School, and the CIAC.
- Mrs. DiNardo then forwards the rosters to Mr. Salvestrini for review.
- Mr. Salvestrini then forwards each roster to each varsity head coach and lists those athletes who do not meet athletic eligibility.
- Each varsity head coach gives the eligibility information to sub varsity coaches, communicates to those athletes who are academically ineligible, and responds to parents as needed.
- Questions regarding the eligibility of an athlete from *parents, coaches, teachers, counselors* go directly to Mrs. DiNardo *in writing* with a copy to Mr. Salvestrini.
- Athletes can see Mr. Salvestrini directly with any eligibility questions.
Mrs. DiNardo's email: dinarj@danbury.k12.ct.us
Mr. Salvestrini's email: salvec@danbury.k12.ct.us
- Mrs. DiNardo will respond to each eligibility question and will discuss the process necessary for an athlete to follow in order to retain athletic eligibility
- Mrs. DiNardo will certify through Mr. Salvestrini when an athlete has regained athletic eligibility.

SUMMER PHYSICAL CONDITIONING

Summer physical conditioning programs are **not** mandatory for team participation. Danbury High School encourages families to take vacation. Any conditioning program or practice is completely voluntary.

“CAPTAIN’S PRACTICE”

The CIAC and Danbury High School **does not** in any way sanction or condone “Captain’s Practice” in any sport. “Captain’s Practice” may be a clear violation of CIAC Eligibility Rule II.D, and, therefore, is not permitted on Danbury High School’s facilities and fields.

COPIES OF THE CIAC RULES MAY BE VIEWED AND DOWNLOADED FROM THE CIAC WEBSITE: www.casciac.org. Click “athletics division” and then click “handbook”.

Due to the complexity and exceptions to these and other CIAC rules, any questions regarding eligibility should be discussed with the Athletic Director.

ATHLETIC DEPARTMENT INFORMATION

FamilyID

Online registration instructions: Log on to www.danbury.k12.ct.us. Click on schools, choose Danbury High School. Located on this page is a “Register Now” button. You will be prompted to create an account. After creating an account and agreeing to the terms of service, look for the link for your season and year and then choose your sport (section). You will be required to fill out the permission form, emergency medical form, concussion consent form, sudden cardiac arrest form, out of season conditioning form, student handbook acknowledgement. Electronically enter all of your required information and sign.

Physical Examinations

A yearly physical examination is required. The school form must be completed by a physician and submitted to the school nurse. The physical covers all sports within 13 months of the date of the exam. However, **the 13 months date must be inclusive of the entire sport season including tryouts.** If the physical exam expires between the CIAC season limitation dates listed in the state handbook, the physical exam is not acceptable and a “tryout” will not be permitted. All forms will be kept on file in the office of the School Nurse.

1. Families are encouraged to get on a summer schedule concerning athletic physicals. This would allow student athletes to compete in all three seasons with a valid, current physical. The school district offers for a nominal fee physicals over the summer to help get on the schedule.
2. Completed physical examination forms (or copies of) must be on file in the Nurse’s Office of the high school prior to the first tryout or practice session.

Injuries and Accident Forms

Any injury sustained by an athlete during practice or during a game is to be reported immediately to the coach. This is the responsibility of the student athlete. The coach will then complete an accident form and submit it to the athletic trainer.

Athletes with an illness or injury sustained in an athletic event or any other activity which requires a visit to the doctor, hospital, or primary care facility **must receive written clearance by a physician** in order to return to participation in Danbury High School athletic activities. Written clearance by a physician to return to participation must be submitted to the athletic trainer and/or coach.

INSURANCE COVERAGE

All injuries which occur while participating in athletics should be reported to the coach and or athletic trainer. If the injury requires medical attention by a doctor or treatment center, it is the athlete’s responsibility to secure a written note from the physician indicating that the athlete may return to the activity.

All Danbury High School athletes are covered by an EXCESS INSURANCE policy provided by the Board of Education. This means that the student athlete will be billed and the family’s personal insurance will apply first. Bills not covered are to be submitted to the school insurance company with the proper form. Insurance forms must be picked up from the athletic office. Athletic Department personnel will fill out the school’s part of the form and give the form to the parents/guardian for completion. **It is the responsibility of the athlete and the athlete’s family to follow up on the paperwork.** It is important to note that *all claims for reimbursement must be filed with the Athletic Trainer within 90 days of the injury.* Even if all bills associated with an injury have not been received, or all insurance claims have not been settled with your primary carrier, you have the responsibility to notify the Athletic Trainer that a claim will be submitted. Failure to do this may lead to a claim not being reimbursed.

UNIFORMS AND EQUIPMENT

Uniforms and equipment are on a loan basis and are to be worn only when authorized by the coach. Only uniforms issued by the Athletic Department will be permitted to be worn for contests. **The athletic department does not issue additional uniforms if a student forgets theirs on game day.** All uniforms and/or equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season. If lost or stolen, the replacement cost of the uniform or equipment will be assessed to the student. You will not be allowed to try out for or play on a team during the next season until you have returned or paid for the replacement of uniforms and equipment. Failure to return uniforms and/or equipment will affect an athlete's graduation status and the athlete would be ineligible for any athletic award.

LOCKER ROOM

You are responsible for your valuables, uniforms, and equipment. Don't ever leave these items in the locker room unsecured. Keep your locker locked when you are not using it. At the end of each season locker rooms and lockers will be cleared of remaining articles. It is the responsibility of the student to supply their own lock for athletic lockers.

GYMNASIUM AND WEIGHT ROOMS

- For reasons of safety, an athlete will only be allowed in a gymnasium or the weight room during a practice or when supervised by an authorized member of the staff.
- Unless you are supervised by a coach, you may not work out in the gymnasium, weight room, grass field complex or stadium while another team is having an official practice.
- While you are practicing, you may only use equipment designated for your sport.

TRAINING ROOM

- For reasons of safety, you may be in the training room only in the presence of the trainer or a coach.
- You may take or use materials only with the permission of the trainer.
- Athletes in season have priority use of the training room.

PROCEDURE FOR CONTACTING ATHLETIC DEPARTMENT PERSONNEL

1. To encourage independence and responsibility, we encourage student athletes to first seek resolutions to problems on their own. If a student athlete has a concern, he/she should first speak with the coach to resolve the issue.
2. If your son or daughter's meeting with the coach did not resolve the issue, please call to set up an appointment to meet with the coach.
3. If the coach cannot be reached, call the Athletic Director's office and a meeting with the coach will be set up for you.
4. If the meeting with the coach did not provide a satisfactory resolution, call to set up an appointment to meet with the Athletic Director, coach and athlete to discuss the situation.

5. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both you and the coach. Meetings of this nature do not promote resolution.

HIGH SCHOOL ATHLETIC AWARDS POLICIES

Certificate of Participation

A certificate of participation will be awarded to each athlete who finishes an athletic sport season and is on the final athletic award roster.

Varsity Letter

A varsity letter and a pin indicating the type of sport will be given when an athlete earns the letter by satisfactory participation at the varsity level for the first time during a particular year. If an athlete letters in more than one sport per year, he or she will be awarded an additional pin(s) to designate the sport, but not an additional letter. If an athlete letters in the same sport, they will receive an additional sport pin indicating years of service at the varsity level in that sport. Varsity letters in all varsity sports shall be awarded by Danbury High School upon the recommendation of the coach who will consider the following award criteria:

An athlete must:

- Attend practice and games on a consistent basis
- Display a cooperative spirit with the coach, teammates and opponents
- Display respect for others on and off the field
- Observe all rules and regulations as outlined in this handbook
- Actual varsity game involvement

The coach and the Athletic Director will have the prerogative to award varsity status to a senior who has not met the seasonal requirements.

Student managers, who successfully meet all their responsibilities, are awarded a varsity letter.

Annual Award Program: The Athletic Department sponsors three seasonal award programs at the conclusion of each sports season. Scholar Athlete and Sportsmanship awards recipients are acknowledged.

The Season

The season is defined as the period between the date officially designated by the CIAC as the beginning of the season for that sport and the close of the post season CIAC tournaments.

Injury Rule

Any athlete who is a varsity starter or plays in varsity contests on a regular basis and becomes injured may be awarded a letter if, in the coach's judgment, he or she would have met the criteria.

NCAA ELIGIBILITY

To be eligible to play college sports at the Division I and II level, prospective student athletes must:

- Complete and sign a NCAA clearinghouse student release form and mail white copy and fee to the NCAA clearinghouse.
- Give the yellow and pink copies of the clearinghouse form to your school counselor to forward.
- Have an official transcript mailed from any other high school attended.
- Have SAT scores sent to the NCAA clearinghouse.
- Complete the NCAA Amateurism Certification Questionnaire.

To be certified by the NCAA clearinghouse, a student must:

- Graduate from high school
- Earn a grade point average of at least 2.0 on a 4.0 scale in a core curriculum of at least 16 academic core courses during grades 9 through 12
- Division I prospects must earn a minimum sum score of at least 1010 on the SAT with a GPA of 2.0
- Division II prospects must earn a minimum sum score of at least 820 on the SAT with a GPA of 2.0

Note: For additional NCAA information please speak with your school counselor and view the following websites www.ncaa.org and www.ncaaclearinghouse.net (guide for the college bound athlete link). Questions on the NCAA Clearinghouse may be directed to Mrs. DiNardo @ dinarj@danbury.k12.ct.us.

DIVISION III

These requirements do not currently apply to Division III colleges, where eligibility for financial aid, practice and competition is governed by institutional, conference and other NCAA regulations.

NAIA COLLEGE SPORTS

An entering freshman must be a graduate of an accredited high school or be accepted as a regular student in good standing as defined by the enrolling institution and **meet two of the three** following requirements:

1. Achieve a minimum of 18 on the Enhanced ACT or 860 on the SAT.
2. Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale.
3. Graduate in the top half of your high school class.

To register or gather more information about playing at a NAIA College please speak with your school counselor and visit the following website <http://www.PlayNAIA.org> Every student who plays in the NAIA for the first time must have their eligibility determined through the NAIA Eligibility Center.

SPECTATOR EXPECTATIONS

Danbury High School expects a high standard of conduct from all players, parents and spectators at athletic contests. Inappropriate spectator behavior reflects poorly on Danbury High School and may result in the loss of spectator privileges and disciplinary action. We will be in control at all times, be good sports whether we win or lose, accept decisions as they are made by officials and/or coaches, and treat officials and opponents with respect.

The Student Athlete

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

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

The Parent/Spectator

Parents need to keep the activity in perspective. High school athletics is an extension of the school's academic program and is designed to build the athlete's character, values and ethics and is not designed to be the avenue for an athletic scholarship. Parents and spectators must keep the game in perspective and support the coaches, players and officials in a positive manner.

1. Will respect the integrity and judgment of game officials.
2. Will be respectful of all players, coaches, officials and other spectators.
3. Will never target anyone for abuse whether it be physical, verbal or emotional.
4. Will never engage in name calling, taunting, harassment, obscenities, and any other disrespectful language or gestures.
5. Will always be a positive role model for other spectators and your child.
6. Will cheer for your team not against your opponent.
7. Will make an effort to know and understand the rules of the game.
8. Will recognize that attending a middle or high school athletic contest is a privilege, not a license to verbally assault officials, coaches or opposing teams(s) and their spectators.
9. Will recognize and show appreciation for an outstanding play by either team.

Equal Opportunity – Title IX

The Danbury Public Schools do not discriminate on the basis of race, national origin, color, religious creed or age (in accordance with Title VI of the Civil Rights Act of 1964); physical disability (in accordance with Section 504 of the Rehabilitation Act of 1973) and sex or marital status (in accordance with Title IX of the 1972 Education Amendments) in any of their educational programs, activities, or employment policies.

NOTES

GO HATTERS!