

**Masuk High School
Athletics Department
Student-Athlete Handbook
2009 – 2010**

Home of the Panthers



Masuk High School Department of Athletics - Parent/Athlete Acknowledgement Form

(This form must be completed and returned to your coach prior to the first contest of the season)

Prior to participating in a practice or tryout session for an interscholastic sport, each athlete must:

- Successfully pass a physical examination by a registered physician and a copy of such examination must be on file in the office of the school nurse. A current physical examination is defined as an examination completed within the last 13 months.
- Return to his/her coach the Parental/Guardian Consent Form.
- Complete and return an Emergency Medical Card to the coach.

As a Masuk High School student athlete participating voluntarily in interscholastic activities, I understand that:

- An Athletic Department surcharge in the appropriate amount is due one week following notification of making the team.
- I will abide by the Monroe Public Schools student code of conduct, the school's Athletic Handbook, the coach's team rules, and the rules of the C.I.A.C.
- I will conduct myself in an exemplary social manner at all times.
- I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, or will pay the current replacement cost for any of the equipment not accounted for by at the end of the season.
- I will not use or be in possession of tobacco, alcohol, or narcotics. If I do use any of these substances, or am suspended from school for use or possession of these substances, I will be subject to disciplinary action as outlined in the athletic handbook.
- I acknowledge that I have been properly advised, cautioned and warned by administrative and coaching personnel of the Monroe Public School District that participation in interscholastic athletics involves the risk of injury, including but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage that could result in temporary or permanent, partial or complete impairment of the use of limbs, brain damage, paralysis, or even death. Having been cautioned and warned, it is stilled my desire to participate in sports and I do so with full knowledge and understanding of the risk of injury.
- I, along with my parents, certify that I have read and understand the Monroe Public School District's Athletic Policies handbook, and I understand that in order to be eligible for participation I must comply with all requirements listed.

Student Name (Please Print) _____ Grade _____

Student Signature _____ Date _____

Parent Signature _____ Date _____

RETURN TO COACH IMMEDIATELY or PRIOR TO PARTICIPATION

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To: All candidates for athletic teams

From: John DeGennaro and Brian Humpal
Co-Directors of Athletics

The Masuk High School Athletic Department is pleased that you plan to try out for an athletic team and we hope it is an enjoyable experience for you.

The information provided in this handbook relates to policies, regulations, and rules of Masuk High School, the Monroe Board of Education, Connecticut Interscholastic Athletic Conference (CIAC), and the South-West Conference (SWC).

Masuk 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 student's needs of self-expression, mental alertness, and physical development. It is our hope that the all student-athletes will learn the value of goal setting, sportsmanship, citizenship, and self-reliance. Additionally, the student-athlete should come to understand the importance of self-discipline and hard work in attaining 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 be 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 training rules can affect an athlete's performance and contribution to the team. Students who do not adhere to these training rules will be jeopardizing their participation in the program. Students should be aware that involvement in athletics is a privilege, not a right.

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

Mission

The mission of the Masuk High School Athletic Department is to provide a comprehensive, diverse, wholesome, and dynamic program consistent with the philosophy of the Monroe School District and Masuk High School's mission statement. As an integral part of a student's total education, Masuk's athletic program makes a significant contribution to the personal growth and development of all student athletes.

Philosophy

Although Masuk High School anticipates the success of its many programs, it does not condone a "win at all costs" attitude. One goal of the athletic program is to ensure a positive experience for those students who choose to participate. Another goal is to provide all student-athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values, and a sense of self-worth.

Masuk High School's Athletic Department has a professional staff that 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: The varsity athletic programs at Masuk High School are highly competitive. Team selection is based upon team tryouts. Athletes are selected for varsity teams based upon their talent and potential to help that team achieve its goals. The varsity teams compete against teams in the South West Conference (SWC) and against non-conference opponents. The goal of varsity athletics is to refine the skills and performance of the team and student-athlete in order to achieve peak performance and to provide Masuk with the best possible chance for success.

Junior Varsity Athletics: Junior varsity athletic programs afford students that do not currently possess the skills required of varsity athletics an opportunity to participate in interscholastic sports. Junior varsity athletes are in the process of gaining 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 athlete's ability by the coaching staff. These opportunities are not to be construed as a permanent move to the varsity squad. Seniors are not eligible to compete on junior varsity teams except under special circumstances approved by the Athletic Department.

Freshman Athletics: Freshman athletic programs are designed to provide 9th grade students with the opportunity to participate in an instructional, competitive setting. These programs 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. Freshman athletes may, on occasion, participate in junior varsity or varsity contests. Decisions of this nature are based on the evaluation of the athlete's ability by the coaching staff. These opportunities should not be assumed to be a permanent move to either the junior varsity or varsity level.

Program Offerings

The following athletic programs are offered at Masuk High School

SEASON	BOYS	GIRLS
FALL	<i>Cheerleading (Coed)</i> <i>Cross Country</i> <i>Football</i> <i>Soccer</i>	<i>Cheerleading (Coed)</i> <i>Cross Country</i> <i>Field Hockey</i> <i>Soccer</i> <i>Swimming</i> <i>Volleyball</i>
WINTER	<i>Basketball</i> <i>Cheerleading (Coed)</i> <i>Hockey</i> <i>Indoor Track</i> <i>Swimming</i> <i>Wrestling</i>	<i>Basketball</i> <i>Cheerleading (Coed)</i> <i>Indoor Track</i>
SPRING	<i>Baseball</i> <i>Golf</i> <i>Lacrosse</i> <i>Tennis</i> <i>Track and Field</i> <i>Volleyball</i>	<i>Golf</i> <i>Lacrosse</i> <i>Softball</i> <i>Tennis</i> <i>Track and Field</i>

Sportsmanship

The Masuk High School student athlete is an ambassador for the school whenever he or she is competing. Therefore, it is important that this representation is favorable. It is essential that each athlete demonstrates exemplary conduct at all times.

The ideals of good sportsmanship, ethical behavior, and integrity permeate the culture of our Masuk athletic program. The ideals of good citizenship and high standards of behavior apply to all activities. In both perception and practice, good sportsmanship includes those qualities of behavior that are characterized by generosity and genuine concern for others. Furthermore, athletes are expected to be aware of the influence of their conduct on the behavior of others. Good sportsmanship is viewed by Masuk High School as a measure of each individual's understanding and commitment to fair play, ethical behavior, and integrity. A good sport exhibits a spirit of benevolence and genuine concern for the opponent, accepts results graciously, acts fairly, and maintains self-control under all circumstances. Specifically, team members are expected to:

- Treat opponents with respect. Shake hands prior to and/or after contests.
- Respect the judgment of officials, abide by rules of the contest, and display no behavior that would incite fans.
- Cooperate with officials, coaches, and fellow participants with the goal of conducting a fair contest.
- Accept the responsibility and privilege of representing Masuk High School.
- Display positive public action at all times.
- These expectation apply to spectators as well as student-athletes.

Athletic Department Policies

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

Masuk's Athletic Academic Eligibility Policy:

1. A student-athlete cannot at any time represent Masuk High School unless taking at least four (4) classes or Carnegie Units of work or the equivalent. A Carnegie Unit of work is defined as a course that meets for "200 minutes of recitation during a period of five consecutive school days for an entire school year" or its equivalent.
2. A student enrolling in ninth grade for the first time will be eligible for fall sports regardless of their previous year's academic achievement.
3. A transferring student in grades 9-12, to be eligible, must have received a passing mark in at least four (4) units or its equivalent at the end of the regular marking period prior to transferring or have received credit towards graduation in four (4) Carnegie Units of work for which they have not previously received credit if they begin the school year at Masuk High School.
4. A student-athlete in grades 9-12 must maintain a 1.7 non-weighted grade point average at the conclusion of the previous academic quarter and pass four (4) Carnegie Units of work or the equivalent to remain eligible. Fall athletes not achieving a 1.7 non-weighted grade point average or not passing four (4) Carnegie Units of work or the equivalent for their final academic average of the prior year may use summer school credit to maintain eligibility.
5. Marking period grades (not semester grades) are to be used in determining scholastic eligibility. The exception will be for fall sports eligibility where the student athlete's final academic average will determine eligibility for students in grades 10-12.

A student-athlete earning a D or an F on their progress report or report card shall be placed on ***academic probation***. Once a student-athlete is placed on academic probation, it will be the student's responsibility to attend weekly extra-help sessions in the specific course in which they received a D or an F.

A student-athlete will remain on academic probation until academic results have improved as documented by official progress report grades or official end of quarter grades.

Tryouts: Student-athletes are encouraged to try out for various athletic teams. A 2 to 4-day tryout period is in effect for each team. Athletes may not transfer team membership to another sport after they have completed tryouts and have been selected as a member of a given team or program.

Participation: Athletes may participate in only one Masuk sport program per season. Athletes may not transfer team membership to another sport after they have completed tryouts and have been selected as a member of a given team or sport.

Surcharge Policy (excluding ice hockey): Monroe Board of Education policy requires each student-athlete to pay a surcharge to participate on a team. This surcharge subsidizes the overall athletic budget, but does not guarantee a student-athlete a specific amount of contest time. Currently, student-athletes participating in sports that require officials must pay \$290 and those student-athletes participating in sports that do not require officials must pay \$245. There is a \$735 family cap on surcharges during the school year.

This surcharge is due from each-student athlete seven days from notification that they have made a team. Failure to pay the surcharge will result in the player being declared ineligible to participate. Monroe Board of Education policy waives the surcharge for any student-athlete who is eligible for free or reduced lunch. **There will be no surcharge refunds following the first regular season contest of a sport's season.**

"When you provide a check as payment, you authorize us either to use information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction."

Ice Rental - Ice Hockey: Beginning with the 2009-2010 ice hockey season, student-athletes participating on Masuk High School's ice hockey team will be responsible for all ice time rental costs incurred for all practices and games. There will not be a separate surcharge to participate on the ice hockey team.

Attendance – (School and Class):

- Athletes are expected to attend all classes and to be on time. Tardiness to class and cutting class will not be tolerated.
- Athletes may 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 Co-Directors of Athletics and/or Coach will notify the athlete's teacher.
- To participate in school athletics (games and/or practice), the student-athlete must be in attendance at school for 4 full periods on the day of the event. Any exceptions to this rule must be approved by the administration.

Attendance – (Practices and Games): Attendance at all practice sessions and games (*including tournament and those during any vacation periods*) for all team members is mandatory. If you will be absent or tardy for a practice or game, you must speak personally to a member of your team's coaching staff prior to that practice or game. Athletes should be aware that high school contests might be scheduled or rescheduled for Saturdays (or Sundays in case of football). It is expected that athletes will **not** miss practices or games due to jobs or participation on outside teams.

Dress Code: The athletic department expects all student-athletes to maintain a neat, clean, and modest appearance. Appropriate shirts, tops, and shoes, as dictated by the Masuk High School policy must be worn at all times.

Travel Inherent in Any Activity: All athletes are expected to travel to and from athletic contests in transportation provided by the Athletic Department.

- Parents may not transport athletes unless written requests are submitted for approval by the Directors of Athletics at least 24 hours prior to the contest. A transportation request form is located in the appendix of this handbook or can be obtained in the Athletic Department office
- Athletes engaged in practice or competitions are expected to remain with their team and under the supervision of their coach.
- Athletes that miss the bus and travel to a contest by other means of transportation will not be allowed to participate in any contest unless extenuating circumstances exist and are approved by the administration or coach.
- An exception to these rules involves those sports where the Athletic Department does not provide transportation. In cases when transportation is not provided to off-campus venues, athletes may not transport other student-athletes to these contests or practice sessions unless they have received written permission from the parents/guardians of the rider(s) and the Athletic Department.
- Proper conduct on trips is expected. Poor behavior on the way to, from or while at an opposing venue may lead to disciplinary action, up to and including dismissal from the team.

Expectations of Behavior and Code of Conduct Policy:

Participation on an interscholastic athletic team for the Monroe Public Schools is a privilege that carries with it responsibilities and an understanding of conduct that must be adhered to at all times whether on school grounds, at school sponsored activities, or off of school grounds.

Interscholastic athletics provides opportunities for student athletes to learn important aspects of responsibility, cooperation, teamwork, leadership and respect for authority. During each student's athletic season, student athletes are expected to conduct themselves in a manner that promotes good citizenship, concern for others and respect for the rules and policies of the Monroe Public Schools. Any student athlete who engages in illegal behavior during the athletic season will be subjected to, among other things, suspension and/or removal from the athletic team. This punishment may be concurrent with and in addition to any other discipline from the Monroe Public Schools. Any student athlete who is suspended or expelled by the Administration or Board of Education shall not be permitted to participate in athletic events during the time of the suspension or expulsion.

Illegal behavior shall include, but not be limited to, possession, use and/or distribution of any drugs, alcohol or controlled substance; possession, uses and/or distribution of any weapon or dangerous instrument; theft, vandalism, or assault; any other behavior that may lead to the arrest or conviction of the student athlete; and any conduct unbecoming a student athlete.

Procedures

- All reports of illegal behavior, including arrests, will be investigated by an Administrator and/or Coach and the student athlete shall have the right to be heard. If the Administrator and/or Coach, after reasonable investigation, concludes that the illegal behavior more likely than not occurred, then the Administrator and/or Coach shall impose appropriate discipline.

Discipline

- First Offense: Student athlete shall not participate in the equivalent of 20% of the total regular season practices and contests. This penalty may be extended into the post-season.
- Second Offense: Student athlete shall not participate 50% of the total regular season practices and contests. This may penalty may be extended into the post-season.
- Third Offense: May result in the removal from all athletic activities for up to one calendar year.

*****If the illegal behavior is punishable as a felony under Connecticut law, or is seriously disruptive of the educational process to the degree that the student athlete's presence on the team would be so detrimental that participation would be inappropriate, the student athlete may be immediately removed from all athletic activities for up to one calendar year.*****

Gymnasium and Weight Room: For safety reasons, athletes will only be allowed in the gymnasium or weight room during practice, or at other times when supervised by an authorized member of the staff. Unless the athlete is supervised by a coach, he or she may not work out in the gymnasium or weight room while another team is having an official practice. While practicing, athletes may only use equipment designated for their sport. Students found in the weight room in the absence of a coach or certified staff will be cited for being in an "unauthorized area".*

Athletic Trainer and Training Room: The trainer is charged with the responsibility of determining whether or not an injured athlete is physically able to participate in practice sessions and/or scheduled contests. The trainer is responsible for overseeing the treatment of injured athletes, their rehabilitation, and their expeditious return to full activity. In discharging these responsibilities, the trainer has well-defined working relationships with local physicians and physical therapists.

Training room rules are as follows:

- For safety reasons, athletes may be in the training room only in the presence of the trainer or coach. Athletes found in the training room in the absence of trainer, a coach or certified staff will be cited for being in an "unauthorized area".*
- Athletes may take or use materials only with the permission of the trainer.
- Athletes in season have priority use of the training room.

Vehicles past the Gate Entrance: Vehicle access to the fields is limited to coaches, handicapped persons, officials, press, event staff, and emergency personnel. Any other people wishing to have access to the fields by vehicle must receive permission from the Athletic Department. Student-athletes whose cars are found beyond the gate entrance to the fields will be cited for being in an “unauthorized area”.*

Consequences of being found in an “unauthorized area”: Masuk High School calls for an office detention and a letter to be sent home following a first offense. A second offense carries an automatic one day suspension from school.

Uniforms and Equipment: Athletes are responsible for all uniforms and equipment issued to them by the coach or the athletic trainer. Uniforms and all other equipment used by the team are the property of Masuk, and must be cared for and returned promptly and in good condition at the conclusion of the season. If lost or stolen, the athlete will be assessed for the replacement cost of the uniform or equipment. Athletes will not be allowed to try out or play on a team during the next season until they have returned or paid for the replacement of lost or stolen uniforms or equipment. An athlete will also be ineligible for any athletic award until all obligations are met.

Athletic Code of Conduct

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

General Information: The community, school administration, and coaching staff believe high standards of conduct and citizenship our essential to a sound athletic program.

- Athletes are expected to conduct themselves as ladies or gentlemen at all times. Remember, you are representatives of Masuk High School, your team, coach, and family.
- Athletes are expected to conduct themselves in an exemplary manner in school, the community, and on any campus that their team is visiting.
- Acts of unacceptable conduct such as, but not limited to, theft, vandalism, or any violation of the law will result in disciplinary action.
- Any type of detention and/or suspension from school is unacceptable to the Masuk athletic program.

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, school, team practices, and games.
- Positively influencing team morale.
- Following coaching directives.
- Meeting or exceeding standards for academic eligibility.
- Displaying exemplary sportsmanship and conduct toward teammates, opponents, opposing fans, officials, and others.

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 unsportsmanlike 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 Masuk athlete, actively participate in a fight, retaliate in a fight, or leave the bench 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.

Taunting: Taunting includes, but is not limited to, any action or comment by coaches or players that are intended to bait, anger, embarrass, ridicule, or demean other players, coaches, or game officials. Included in this is conduct that berates, “needles,” intimidates, or threatens based on race, gender, ethnic origin, or background as well as conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal traits. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game (“trash talk”), reference to sexual orientation, “in-the-face” confrontation by one player to another, or standing over and straddling a tackled or fallen player, etc.

In all sports, game officials consider taunting a flagrant, unsportsmanlike foul that disqualifies offending bench personnel or athletes from that contest or day of competition and disqualifies the player or coach from the following contest or day of competition; i.e. the CIAC player/coach ejection rule will be invoked. A warning may be given, but is not required before ejection. Severe instances may result in dismissal from the team.

Mood Altering Chemical Use – Tobacco, Alcohol, Drugs (illegal and non-prescription): Use or possession of any quantity of tobacco (including smokeless), alcohol, or illegal/non-prescription drugs (including steroids) or drug paraphernalia by a Masuk athlete is strictly forbidden. Any individual who is observed violating this rule, either on or off campus, by an administrator, teacher, member of the coaching staff or staff member is subject to disciplinary action.

Any violation of the aforementioned rules *may lead to dismissal from the team for the duration of the season or indefinite suspension. Please refer to the Masuk High School Student Handbook regarding violations of the drug and alcohol policy.*

Steroids and Performance Enhancing Supplements: Masuk High School fully endorses the National Federation of State High School Association’s (NFHS) policy regarding the use of supplements, steroids, and chemicals.

The NFHS strongly opposes the use and or abuse of anabolic steroids and other performance enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long term health risks.

Any individual who is observed violating this rule, either on or off campus, by an administrator, teacher, member of the coaching staff or staff member is subject to disciplinary action (*see CIAC’s Chemical Health Policy which can be found in this*

handbook).

Hazing or Initiation: Hazing or the initiation of student athletes by other team members is not acceptable and any practice of this type of behavior will not be tolerated. Hazing or initiation activities may also be illegal, and those involved may be subject to police action, as well as additional school disciplinary action up to and including: dismissal and/or suspension from participation in any athletic program, and/or suspension, and/or expulsion from school.

Bullying: The bullying of a student by another student is prohibited. Such behavior is defined as any overt acts by a student or groups of students directed against another student with the intent to ridicule, humiliate or intimidate that student while on school grounds or at a school sponsored activity and which acts are repeated against the same student over time. Such behavior will result in disciplinary action. Examples of bullying include, but are not limited to:

- Physical violence and attacks
- Verbal taunts, name-calling and put-downs, including ethically-based or gender-based put-downs
- Threats and intimidation
- Extortion or stealing of money and/or possessions
- Exclusion from peer groups within schools

Students who engage in any act of bullying, while at school, at any school function, or in connection with any district-sponsored activity or event are subject to appropriate disciplinary action up to and including suspension, expulsion, and/or referral to law enforcement officials. Board policy and regulation # 5131.911 set forth this prohibition and the related procedures in detail, and are available to students and their parents/guardians upon request.

Suspension or Dismissal from a Team: Students and parents are expected to read and be familiar with prohibited behaviors that may result in suspension or removal from a team, as noted in this handbook. Parents, the Directors of Athletics, and the Principal will be notified as soon as possible after a student has been suspended or permanently removed from a team. Coaches may have additional regulations pertaining to their sport. These regulations will be discussed with the students at the beginning of each season.

Athlete Expectations:

- Play the game for fun.
- Be gracious when you win and graceful when you lose.
- Respect and abide by the rules of the game.
- Put the team ahead of yourself in every situation.
- Accept decisions made by those in authority.
- Demonstrate respect to your opponents, coaches, and teammates.
- Be accountable for your actions.
- Develop a teachable spirit that allows you take correction as a compliment.
- Accept and embrace the discipline involved in athletics, because it benefits the team.

- Develop a feeling a pride, based upon “shared joy” of the team, and do not have the pride that emanates from arrogance or a sense of entitlement.
- Be an athlete of character.

Parent Expectations:

- Attend as many games as possible.
- Do everything possible to make the athlete experience positive for your child and others.
- View the game with team goals in mind.
- Attempt to relieve competitive pressure, not increase it.
- Encourage multiple-sport participation.
- Release your children to the coach and the team.
- Look upon opponents as friends involved in the same experience.
- Accept the judgment of the officials and coaches; remain in control.
- Accept the results of each game; do not make excuses.
- Demonstrate winning and losing with dignity.
- Dignify mistakes made by athletes who are giving their best effort and concentration.
- Be an encourager – encourage athletes to keep their perspective in both victory and defeat.
- Be a good listener.
- Accept the goals, roles, and achievements of your child.

Spectator Expectations:

- Respect decisions made by contest officials.
- Refrain from taunting, booing, heckling, and the use of profanity in any manner.
- Sit in the designated area assigned to each student.
- Leaving a contest prior to its conclusion, with expectations of returning, may not be permitted.
- Admission to a contest is not a license to verbally assault others or to be generally obnoxious.
- The use of alcoholic beverages, drugs, and tobacco products are prohibited from the Masuk High School’s campus
- Respect athletes, coaches, and fans.
- The Athletic Department has the right to remove a spectator from a contest or a future contest(s) for not meeting one or any of these expectations.

Procedure for Contacting Athletic Department Personnel

1. Parents are strongly encouraged to give their son or daughter the opportunity to discuss issues with his or her coach. This type of meeting may resolve the issue or concern, and promotes self-advocacy, an important life-skill.
2. If the athlete’s meeting with the coach does not resolve the issue, parents are encouraged to call and set up an appointment to meet with the coach.
3. If the coach cannot be reached parents should the Director of Athletics, to request assistance in arranging a meeting.
4. Please do not engage in attempts to address issues with a coach immediately

before or after a contest or practice, as these may be emotional times for both parties. The coach needs to be available to the whole team, so individual meetings are best conducted apart from the team. It is the hope of the Masuk Athletic Department that issues or disagreements can be resolved in a civil manner.

If the meeting with the coach does not promote a satisfactory resolution, please call to set up an appointment to meet with the Directors of Athletics to discuss your concerns.

Athletic Department Information

Parent Permission/Notification of Risk: All student athletes must complete an Athletic Department Permission and Notification of Risk Form and return it to their coach before they may tryout or participate in any practice sessions. **There will be no exceptions to this rule.** A sample of this form may be found in the appendix section of this handbook. A completed form is required for each season that an athlete participates in.

Physical Examination:

1. Prior to the first tryout or practice session, all candidates for athletic teams are required to have been examined by a certified medical practitioner within the past 13 months and found medically fit and able to participate in high school athletics.
2. Prior to the first tryout or practice session a completed physical examination form (or photocopy) must be on file in the Health Office of the high school prior to the first tryout of practice session. A form, if needed, is included in the appendix of this handbook.
3. The physical examination is valid for 13 months.
4. Should the physical examination period expire during the course of the sports season, the athlete is required to be examined the day after the 13 month period expires. Athletes should plan accordingly to avoid exclusion from participation. All athletes are encouraged to receive sports physicals over the summer.

Reporting Injuries: Athletic activity involves the potential for injury. Even with the best coaching, protective equipment, and strict observance of rules, injuries are still a possibility. On occasion, injuries may be so severe as to result in paralysis and/or total disability.

All injuries that occur while participating in athletics must be reported to the coach or athletic trainer by the student-athlete or the student-athlete's parent or guardian.

When an injury occurs to any student-athlete and has been reported to the athletic trainer, the trainer will complete a Select Medical Injury Report. A report form must be completed for all injuries that may require professional medical attention. The athletic trainer will then provide the student-athlete's parent or guardian a copy, along with the Green Bollinger (excess of insurance) form and instruction letter.

Insurance Coverage (Bollinger Insurance): Masuk High School's Interscholastic Sports Insurance Policy is a full excess policy; that is, eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. All claims must

first be submitted to the individual's personal insurance carrier. Once the primary carrier has assigned its benefits, the school's plan will review the claim. The athletic insurance will pay only the usual and customary portion of the balance of the medical expenses not provided or reimbursable under the individual's primary coverage. Insurance provided by Masuk will consider expenses related to athletic injuries for up to 52 weeks from the date of the accident, provided medical attention was sought within 90 days of the accident.

If a parent or guardian does not carry any medical insurance, the plan will cover the usual and customary expenses related to the injury subject to the Masuk Sports policy limits at the time of the accident.

It is the responsibility of the student-athlete's parent/guardian to complete an excess of insurance form.

It is recommended that students participating in extra-curricular activities enroll in the Student Accident Insurance Plan available at Masuk High School.

C.I.A.C. /Masuk Eligibility Rules

Masuk participates in interscholastic sports that are regulated by the Connecticut Interscholastic Athletic Conference. To be a member in good-standing and participate in state tournaments, Masuk athletic teams must meet abide by the minimum C.I.A.C. eligibility rules.

Due to the complexity and exceptions to these and other CIAC Rules, however, any questions regarding eligibility should be discussed with the Athletic Director. Highlighted in this section are some key rules relating to eligibility, the complete text containing CIAC rules may be viewed through the Athletic Department Office at Masuk High School

Age Restrictions: CIAC Eligibility Rule 11.B

A student-athlete will not be allowed to start a season*, or compete during a season in which his/her 20th birthday falls. (*season as defined in Article 9, Section II.D. and E of the CIAC by-laws)

Transfer Rule: CIAC Eligibility Rule 11.c

You must not have changed schools without a change of legal residence (See complete rule for exceptions).

Years of Participation: CIAC Eligibility Rule 11.B

A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the 9th grade to be eligible for interscholastic competition. No student-athlete shall participate in the same branch of athletics more than four (4) seasons in grades 9-12 at any school. The implementation of this rule was July 2006, affecting all students entering 9th grade in September 2006 and after.

Outside Participation: CIAC Eligibility Rule 11.E

You **must not play or practice with an outside team** in the same sport while a member of

the school team during the CIAC season of that sport. This rule applies for all athletes in grades 9 through 12.

The exception to Rule II.E shall be: Participation in parent-child tournament and caddy tournaments and certain identified sports in which a student may practice but not compete with a non-CIAC team during the season (i.e. swimming, tennis, and gymnastics).

Athletes are encouraged to ask for clarification prior to participating in outside sports activities that may or may not be exempt under Rule II.E.

False Identification: CIAC Eligibility Rule 11.F

You must not play under an assumed name on an outside team.

Economic Gain: CIAC Eligibility Rule II.F

You must not have received personal economic gain for participation in any CIAC sport.

CIAC Ejection Policy

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.

Captain's Practice

The CIAC and Masuk 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 Masuk High School's facilities and fields.

CIAC Rules may be obtained from the CIAC website: www.casciac.org or from the Masuk High School Athletic Department.

Athletic Award Policies

Varsity Letter Requirements: The varsity letter award shall be presented to an athlete who completes the season as a team member in good standing and receives the recommendation of the coach, while satisfying the participation requirements listed below. The coach may recommend a waiver of these requirements under any unusual circumstances. A varsity letter is awarded to a student who qualifies for the first time in their athletic career; thereafter, sports pins are awarded to a student in lieu of additional letters. All athletes are awarded certificates at the conclusion of the season.

Baseball and Softball

- Play in ¼ of all innings played;
- Pinch hit or pinch run in ¾ of the games played;
- Pitch in four starts or six game appearances.

Boys' and Girls' Basketball

- Participate in 50% of the quarters of the contests played.

Cheerleading/Dance

- Meet 90% of contest and practice requirements.

Boys' and Girls' Cross Country

- Score a point in a Varsity meet by placing in the top 5 runners or by placing 6th or 7th but ahead of the #5 runner of an opponent.

Field Hockey

- Participate in 50% of the periods played.

Football

- Participate in 50% of the games played and/or play a specialist position - punter, kick-off team, return team, punt team.

Golf

- Participate on the varsity team in at least 50% of the matches.

Hockey

- Participate on the varsity team in at least 50% of the games.

Boys' and Girls' Indoor Track and Outdoor Track and Field

- Qualifying for state competition

Boys' and Girls' Lacrosse

- Participate in 50% of the periods played.

Boys' and Girls' Soccer

- Participate in 50% of the periods played

Boys' and Girls' Swimming

- Participate on the varsity team in at least 50% of the meets.

Boys' and Girls' Tennis

- Participate on the varsity team in at least 50% of the matches.

Wrestling

- Participate on the varsity team in at least 50% of the matches.

Boys' and Girls' Volleyball

- Participate on the varsity team in at least 50% of the games.

The coach and the Athletic Directors will have the prerogative to award varsity status to seniors who have not met the seasonal requirements for a varsity letter.

Student managers may be awarded a varsity letter for their time and effort. A student-athlete will not be eligible to earn "varsity manager" status while competing as a student-athlete in a different sport during the same season.

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 had they not been injured.

Awards Sequence for Participants

- Numerals (year of graduation) – Awarded to student-athlete participating in first year of interscholastic athletics at any level.
- Junior Varsity Patch – One per sport
- Varsity Patch – One per sport
- Varsity Letter – As per above mentioned criteria
- Chevron – Awarded to student-athlete participating in 2nd, 3rd, or 4th year at the same level.
- Captain's Pin

Points System: For participating in an interscholastic sport, a student-athlete will receive a designated amount of points. Upon the completion of their Masuk athletic experience, their points will be totaled. There are two separate Point Awards: the 800 Point Award and the 1,200 Point Award. Points will be accumulated as follows:

<i>Freshman/Junior Varsity Level</i>	<i>50 Points</i>
<i>Freshman/Junior Varsity Manager</i>	<i>50 Points</i>
<i>Varsity Level</i>	<i>100 Points</i>
<i>Varsity Manager</i>	<i>100 Points</i>

The Season Defined: The season is defined as the period between the dates officially designated by the C.I.A.C. as the beginning of the season for that sport and the close of the post season C.I.A.C. tournament for that sport.

NCAA Eligibility

To be eligible to play college sports at the Division 1 and II Level, prospective student-athletes must be certified by the NCAA Clearinghouse.

How Do I Register for the Clearinghouse?

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

1. Visit the NCAA Clearinghouse website (www.ncaaclearinghouse.net) to complete the online or printable version of the Student Release Form. There is a registration fee required with the filing of this document. A fee waiver may be requested if you qualify for and received a waiver of the SAT or ACT test fee.
2. Provide your school counselor with a Masuk Transcript Release and 2 copies of the completed NCAA Clearinghouse Student Release Form. These copies are used to forward to the student's official transcript to the NCAA Clearinghouse. (***Please Note: You must arrange for official transcripts to be forwarded to the NCAA Clearinghouse from ALL high schools that you have attended.***)
3. Visit the College Board website (www.collegeboard.org) to have the required SAT scores forwarded to the NCAA Clearinghouse. Test results from the ACT are also accepted by the NCAA (www.act.org).

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

1. Graduate for high school;

2. Earn a grade point average of at least 2.0 on 4.0 scale in a core curriculum of at least 16 academic core courses during grades 9 through 12.
3. **Division I prospects** must earn a minimum sum score of at least 1010 on the S.A.T. with a GPA of 2.0.
4. **Division II prospects** must earn a minimum sum score of at least 820 on the S.A.T. with a GPA of 2.0.

Division III: The aforementioned 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.

NCAA initial eligibility rules can be accessed through the clearinghouse website www.ncaaclearinghouse.net. A complete listing of NCAA approved core courses at Masuk can also be accessed using our six digit high school code (070753)

CIAC Chemical Health Policy

The CIAC Board of Control approved its Chemical Health Policy to take effect on July 1, 2007. The information included in this policy are ***requirements of the CIAC over which Masuk High School and the Monroe School District have no control.***

4.15.G. CIAC Position on Steroids

The National Federation of State High School Associations (NFHS), the national service organization to all 50 state high school athletic and activity associations as well as the District of Columbia, prohibits the abuse of anabolic steroids and other performance enhancing substances by high school student-athletes. Such use violates legal, ethical, and competitive equity standards and imposes long term health risks. Further the (NFHS) supports prohibitions by educational institutions, amateur and professional organizations, and governmental regulators on the use of anabolic steroids and other controlled substances, except as prescribed by physicians for therapeutic purposes.

4.15.H. CIAC Position on Drug Testing

The CIAC Chemical Health Policy does not include any form of mandatory drug testing by member schools. The CIAC strongly supports the concept of local authority in determining drug testing policies. Each Board of Education/governing body reserves the right to voluntarily implement a drug testing policy for its athletes. Drug testing of high school athletes has been demonstrated to be an effective deterrent to the use of steroids and other illegal drugs. With the use of proper safeguards drug testing is considered legal. The CIAC recommends member schools use the NCAA and USOC list of banned performance enhancing substances and practices when designing and implementing a drug testing policy. The Connecticut Associations of Board of Education (CABE) has sample drug testing policies. LEA's may wish to consider.

4.15.I Performance Enhancing Drug 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-school,

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 student-athlete participated 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:

1. 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 30 days prior to the application. The CIAC shall not be responsible for any expenses related to this testing.
2. A statement of compelling circumstances on which member school bases its application for reinstatement of the athlete's eligibility.

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

- Anabolic steroids, Agents, Diuretics, Peptide Hormones and Analogues.
- Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
- 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.

Nondiscrimination/Equal Employment/Equal Education Opportunity

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Monroe Board of Education as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or service on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability, or related abilities to perform the duties of the position.

The right of a student to participate fully in classroom instruction and extracurricular activities shall not be abridged or impaired because of race, gender, color, religion, national origin, age, sexual orientation, pregnancy, parenthood, marriage, or for any other reason not related to his/her individual capabilities.

Sexual Harassment

The Monroe Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been a subject of discrimination or sexual harassment should contact the district's Equity/Title IX Coordinator or an administrator.

APPENDIX

- Parental/Guardian Consent Form – Found Online
- Physical Examination Form (Athletics) – Found Online
- Request for Approval for Alternate Transportation
- Bollinger Excess of Insurance Form
- CIAC Rules of Eligibility
- Athlete's Right of Due Process

Parental/Guardian Consent Form

Student-Athlete's Name: _____

Grade: _____

I/We give permission for the above named student-athlete to participate in organized high school athletics for Masuk High School.

I/We recognize that such activities involve the potential for injury. I/We acknowledge that even with the best coaching, the use of the most advanced protective equipment and strict observance of the rules, injuries are still a possibility. On rare occasions these injuries can lead to total disability, paralysis or even death.

By signing this form below, I/We are giving our consent for the above named student athlete to attend games and/or practices where transportation is necessary.

Please check below any and all sports this student-athlete may participate in this school year. The above named student-athlete will only be eligible to participate in the sports checked below.

Fall

- Soccer
- Cross Country
- Girls Field Hockey
- Girls Swimming
- Football
- Girls Volleyball

Winter

- Cheerleading
- Boys Swimming
- Wrestling
- Indoor Track
- Ice Hockey
- Basketball
- Gymnastics

Spring

- Softball
- Baseball
- Lacrosse
- Golf
- Boys Volleyball
- Tennis
- Outdoor Track

I/We are aware that without a valid, current (within the past 13 calendar months) physical on file with the nurse's office, the above named student-athlete will not be allow to participate in tryouts, competitions or practices.

I/We acknowledge that I/We have read and understand the above.

Parent/Guardian Signature

Date

Phone

MASUK HIGH SCHOOL
Department of Athletics

REQUEST FOR APPROVAL FOR ALTERNATE TRANSPORTATION

This is to request that _____ be allowed to ride
Name of Athlete
(to/from/both ways) the _____ on _____
Activity *Date*
at _____. I certify that I will be
Location of Activity
transporting the above named student personally or have arranged for transportation for
him/her with the following licensed driver _____.
Name

The reason for not riding the bus is _____
_____.

Reason must be sufficiently urgent to family to justify not riding the bus.

I understand that Masuk High School Rules require students to ride the buses to and from all school events and by requesting this departure from this requirement, I will release the Monroe Board of Education and the Town of Monroe from all liability for any accident that may occur.

I, therefore, agree to release the Monroe Board of Education and Town of Monroe and its employees and officers from all liability with reference to the above stated alternate transportation.

This form must be in the Athletic Office to or on the day of the event.

Parent/Guardian

Athletic Director