

Edwin O. Smith High School

Student-Athlete Handbook



Department of Athletics
Revised May 2021

Regional School District #19
Storrs, Connecticut

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Letter From the Administration

Dear Student-Athlete:

The Regional School District #19 Board of Education, administration and faculty are very proud of Edwin O. Smith High School's excellent academic reputation and tradition of interscholastic athletic achievement. In our school community, there continues to be a very strong commitment to co-curricular athletic programs and a recognition of the benefit that individual players and the school derive from participation in CIAC competition.

In conjunction with the district's support of the high school's sports programs, there is a commensurate expectation that each student-athlete be held to an "exemplary" standard of academic performance and deportment.

Each player, on and off of the "playing field," will be expected to represent the school to the very best of his/her ability and to demonstrate personal qualities characterized by honesty, commitment, respect, and hard work.

The following handbook has been developed to provide each student-athlete and his/her parent/guardian with important information regarding our athletic program. Participation on a sports team is contingent upon a good understanding of these guidelines.

On behalf of the district, I would like to wish each athlete much success!

Sincerely,

E.O. Smith Administration

NONDISCRIMINATION AND EQUAL OPPORTUNITY

The Regional School District #19 Board of Education is committed to ensuring equal access to educational programs for all students regardless of race, color, disability, age, sex, national origin, or any other basis for unlawful discrimination.

“Edwin O. Smith High School does not knowingly condone discrimination on the basis of race, color, religion, national origin, age, sex, or handicap in employment or assignment in program or service provided or operated by the Board of Education.”

ATHLETIC PARTICIPATION

Region #19 student-athletes are governed by regulations set forth by the Connecticut Interscholastic Athletic Conference (CIAC), which is the governing body for interscholastic athletics in Connecticut. The CIAC organization ensures standardized and fair regulations for which all schools must follow. Athletic activities are further governed by the district’s membership in the Central Connecticut Conference (CCC).

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the E.O. Smith community in a favorable manner. As with all school privileges, it is important to remember the school reserves the right to revoke the privilege of any participant who does not conduct himself/herself in an acceptable manner. NEED TO CLARIFY TO PARENTS BEING REMOVED FOR ANY REASON

E.O. SMITH ATHLETIC DEPARTMENT CORE VALUES AND BELIEFS

Edwin O. Smith High School’s athletic program is committed to enhancing the educational experience by providing competitive interscholastic opportunities. Positive skill instruction and refinement, physical development, and a solid understanding of basic fundamentals and strategies are fostered at all levels.

Student-athlete learning expectations:

- Demonstration of good sportsmanship and respect for all.
- Recognition of a sound work ethic, dedication, personal integrity and responsibility.
- Appreciate the concepts of team, spirit, citizenship and community.
- Understanding that maximum achievement is attained by increasing the intensity of competition and commitment at each level.
- Development of life skills and a healthy lifestyle.

SPORT SPECIALIZATION

It is the belief of the EOS Athletic Program, in accordance with a similar position adopted by the CIAC and the National Federation of State High School Athletic Associations, that specialization in one sport during the high school years, to the exclusion of others, and too often at the expense of other equally valuable and wholesome activities, is at variance with the basic philosophical premise of American education. This philosophical premise seeks to produce well-rounded individuals with interests and abilities in many areas. A varied program of activities best serves the objective of achieving the greatest personal growth of the student, both academic and athletic. This maintains a proper perspective on the total development of the youngster from adolescence to adulthood.

HAZING

The CIAC defines “Hazing” as “any activity that humiliates, degrades, abuses or endangers a person’s physical or emotional health for the purpose of initiation or membership in or affiliation with any organization, regardless of the person’s willingness to participate.” Hazing or bullying type behavior may be illegal and subject to law enforcement review. Involvement in such an activity may result in suspension or dismissal from any athletic program. Participants in Region #19 athletic programs are expected to conduct themselves with integrity at all times. Developing a strong sense of team unity is essential to enjoying a positive athletic experience.

PARENTAL EXPECTATIONS

1. Support your son/daughter and attend as many contests as possible.
2. Emphasize the importance of your son/daughter’s participation in Athletics.
3. Support the coach in the presence of other parents and fans.
4. Promote the athletic program in a positive manner in front of your son/daughter. This will enhance your son/daughter’s experience in the sport.
5. Reinforce the ultimate mission of athletics, which as a co-curricular activity, is an integral part of the total educational experience of each student-athlete. Participation in athletics is a privilege, not a right.
6. Appreciate the educational opportunity that your son/daughter is receiving in our athletic program. This includes the enormous amount of time and effort provided by the coaching staff.
7. Serve as a good role model for sportsmanship. Show respect to everyone involved in high school athletics including the coaches, athletes, fans, officials, and administrators.
8. Attend the pre-season parents’ meeting, and read the Student-Athlete Handbook.
9. Follow the procedure for problem resolution as outlined on page 4 of the Handbook.
10. Express questions and concerns in a courteous and civil manner, at the appropriate time, and in the proper setting.
11. Abide by all policies, regulations, and rules for our athletic program.
12. Understand that the goals of the team and athletic program are more important than the individual success of your son/daughter.

TEAM SELECTION AND GAME PLAYING TIME

The Regional School District #19 athletic program is established to offer opportunities to student-athletes to compete on organized teams or as individuals against student-athletes from other high schools. The structure of athletic teams and facility constraints may require coaches to limit the number of student-athletes representing the school in seasonal competition. The coach will provide an instructional rubric identifying skill areas in need of improvement when a participant is not selected for the team. The athletic coach has the sole responsibility for selecting student-athletes to compete on athletic teams and to determine the amount of game playing time each athlete receives during the season.

I. PROBLEM RESOLUTION

In the event that a student-athlete or parent/guardian has a concern regarding the policies/procedures outlined in this handbook or a situation within a respective athletic team, the concern should be brought to the attention of the following staff members in the order which they are listed.

1. Head Coach
2. Athletic Director
3. Assistant Principal
4. Principal

II. BEHAVIORAL EXPECTATIONS REGARDING SUBSTANCE USE, POSSESSION, OR DISTRIBUTION

Student-athletes compromise their participation in athletics when they use substances. This behavior is contrary to the Region 19 expectations of healthy athletes and a sound athletic program. Therefore, use, possession, or distribution of alcohol, drugs, including anabolic steroids, tobacco products (including smoking, e-cigarettes or the use of smokeless tobacco), drug paraphernalia or the misuse of prescriptions and over the counter medications is a health concern for all adolescents.

Student-athletes must make the commitment to avoid possession, consumption or distribution of alcoholic beverages and illegal drugs and to refrain from being in the presence of such substances at all times during the academic year. If a student-athlete is in a situation where alcohol, drugs and/or narcotics are being illegally dispensed and/or consumed, the student-athlete must immediately make arrangements to leave the location. This regulation is applicable whether the violation occurs on or off the E.O. Smith campus.

In the event that a student-athlete is suspected to be in violation of these expectations, it is expected that he/she will be honest, truthful, and forthcoming with information and will cooperate fully with any investigation. Any confirmed obstruction to the investigative process may result in increased disciplinary consequences.

These expectations make allowances for student-athletes who are lawfully in the presence of alcohol while accompanied by a parent/guardian; student-athletes who are in the presence of alcohol while in a public place where alcohol is being lawfully served to adults; and student-athletes that lawfully use or possess a medication prescribed by their physician. The expectations also make allowances for situations where alcohol is being consumed as part of a religious ceremony or ethnic custom while accompanied by a parent/guardian.

A. TERMS

“Drugs or narcotics” shall mean any controlled drugs as defined in Connecticut General Statutes Section 21a-240 amended, classified generally as amphetamine-type, barbiturate-type, cannabis-type, cocaine-type, hallucinogenic, morphine-type, and other stimulant or depressant drugs. The definition shall also include the following: alcohol, malt beverages, controlled substances, restricted substances, or any illegal mood altering substance. Examples include, but are not limited to beer, wine, liquor, marijuana, hashish, cocaine and its derivatives, LSD, steroids, prescription drugs, chemical solvents, glue and other inhalants, and look-alike substances. Unauthorized use or possession of such substances shall mean use or possession without a valid prescription.

Tobacco Use: shall mean the use of any tobacco product including cigarettes, cigars, e-cigarettes, pipes or smokeless tobacco.

Possession: Any possession of alcohol, drugs or narcotics as listed above, which is unlawful under Connecticut law or Regional School District #19 Board of Education policies.

Use: Ingesting, injecting, and/or inhaling alcohol, drugs or narcotics as listed above.

B. FIRST OFFENSE

1. The student-athlete is excluded from any team related activities until completion of any school assigned discipline.
2. Tobacco use, as defined above, is a violation of these behavioral expectations. **Student-athletes in violation of these expectations, who are not participating in a sport at the time of the infraction, are subject to the same disciplinary consequences which will be applied at the beginning of their next athletic season.** Student-athletes deemed in violation, will be subject to the school sanctions per the E.O. Smith HS Student Handbook. In addition, the student-athlete will be removed from any leadership position. Subsequent incidents of tobacco use may result in, but not limited to, suspension from an athletic contest or other disciplinary action at the discretion of the coach and athletic director. A building administrator shall make the final determination whether the student-athlete has satisfactorily addressed the tobacco use and may require additional steps to be taken before the student-athlete will be permitted to participate in athletic contests.
3. Use and/or possession or being in the presence of alcohol, drugs and narcotics is a violation of these behavioral expectations. Student-athletes illegally using/possessing or in the presence of alcohol, drugs or narcotics will be suspended from 20% of athletic contests following the completion of any school assigned discipline. Upon returning to the team from school assigned discipline (where applicable), the student-athlete must attend all practices and contests, but may not wear the team game uniform. If there is not sufficient time remaining in the season to complete the suspension, the remaining time will be carried over to the next interscholastic sport season the student participates in, which may carry over to subsequent academic school years. The student-athlete is removed from any team leadership position.

C. SUBSEQUENT OFFENSES

1. The student-athlete is excluded from any team related activities until completion of any school assigned discipline.
2. The student-athlete is suspended for 50% of athletic contests for the season. Same procedure as outlined in II. B 3.
3. Prior to the return to team related activities, a written confirmation of consultation with an approved drug and alcohol professional, at the student-athlete's expense, must be submitted to the building administrator.

III. STUDENT-ATHLETE BEHAVIOR

- A. Be a positive role model at all times. Each student-athlete is expected to demonstrate and encourage behavior in others which reflects good citizenship and sportsmanship.
- B. Fighting is regarded as a serious violation of the athletic code of conduct. Any athlete who engages in a physical confrontation with an official, coach, opponent or spectator at any time is immediately suspended from the sport. A conference with the student-athlete, parent/guardian, coach, Athletic Director, Principal/or designee is

required to determine future eligibility.

- C. Verbal abuse of officials, other players or coaches by a student-athlete may result in immediate dismissal from the team for the remainder of the season.
- D. Each student-athlete will conduct him/herself in a respectful manner during the national anthem.
- E. Student-athletes are expected to travel with the team to school sanctioned athletic contests. On an individual basis a parent/guardian may seek approval from the Athletic Director for alternate transportation to a contest due to an unusual circumstance. A student-athlete is not permitted to drive him/herself to or from a school sanctioned athletic contest. Students may be released with a parent or another adult following the game provided a signed transportation waiver is submitted. Requests may also be made in person prior to the release of the student-athlete.
- F. The following behaviors will be considered serious violations of the athletic code and school rules and may result in suspension or dismissal from an athletic team:
 - Civil or criminal law infraction.
 - Infraction of school rules requiring administrative action.
 - Misconduct by a student-athlete that is potentially detrimental to the athletic program, school, or school district.
- G. Student-athletes are not allowed to wear their uniforms to any school function unless it is directly related to their respective sport.
- H. Student-athletes should represent themselves and E.O. Smith in a respectful manner by dressing appropriately during school and practice. Shirts and footwear must be worn while participating in practice and on school grounds. Athletes aren't allowed to participate shirtless or with only a sports bra as a top. Sweatpants or shorts with E.O. Smith lettering or graphics across the seat are also not appropriate.
- I. Any student-athlete under administrative suspension is not permitted to participate until the stipulated date of return to school.
- J. Coaches shall have the discretion to assign reasonable disciplinary action pertaining to any situation that has not been addressed in this handbook as specified in behavioral expectations.

IV. LOCKER ROOMS

- A. It is the student-athlete's responsibility to leave all his/her valuables at home and keep his/her locker locked at all times.
- B. Each student-athlete will vacate his/her assigned locker at the conclusion of the season.
 - **The school will not be responsible for personal property.**

V. ATTENDANCE

- A. Student-athletes must be present in school in order to participate in practice or an athletic contest on that day or on Friday if the contest is scheduled for the weekend or vacation. If the student-athlete is not in attendance, he/she may appeal to the Athletic Director if the absence is due to a family emergency or circumstances beyond the student's control.

- B. Each student-athlete is expected to attend every practice. In the event an athlete must miss a practice, prior notification to the coach is required.
- C. Extended absences/vacations by student-athletes, due to non-emergency situations, during a sport season are disruptive to the continuity of an athletic program and should be avoided. A commitment to the team each day for the length of the season is expected from every student-athlete. In the event of an unavoidable extended absence from the team, a student-athlete must:
- Notify the head coach as early as possible before the season begins.
 - Following the extended absence, assume the consequence as it relates to his/her playing time according to the coaches discretion.
- D. Any student-athlete who feels the need to miss a practice for academic purposes is expected to personally notify the coach of the anticipated absence. Athletes will not be penalized for excused absences with advance notification.
- E. Student-athletes will not be excused from school disciplinary sanctions (detention etc.) to attend either a practice or contest.
- F. 100% class attendance is expected for all student-athletes. Unexcused class absences (cuts) are subject to school disciplinary action. Habitual behavior of this type will effect athletic participation.

VI. LENGTH OF SEASON

Any student-athlete who is still participating in post-season play (i.e., all-star games, all-state and all-New England, or other competitions) while representing his/her high school or region is still considered "in season."

VII. STUDENT-ATHLETE TEAM CAPTAINS

Selection as a captain of an athletic team is an honor. The captain's responsibilities begin when he/she is selected. Captains are expected to provide leadership and to set a positive example for other student-athletes and members of the school community. A team captain may be removed from the position by the coach if his/her behavior or deportment is not in keeping with this expectation.

VIII. MEDICAL/ACADEMIC CLEARANCE

To participate in athletics a student-athlete must:

- A. Be medically cleared by the school nurse. Every student who participates in the school's athletic program is monitored annually and determined to be in good physical condition.
- B. Complete and return the appropriate forms:
1. Student-athlete/parent-guardian permission form and emergency contact information form.
 2. Health history form or physical evaluation form (obtained from school nurse's office).

3. Access the link and review the on-line information regarding Sudden Cardiac Arrest and Concussion Education. Sign and submit the on-line Student/Parent Informed Consent Form.

C. Be academically eligible to participate. (E.O. Smith follows the CIAC academic eligibility regulations)

IX. CIAC ELIGIBILITY RULES (as defined in Appendix B of the CIAC Handbook)

A student-athlete is eligible when:

- A. A student-athlete is taking and passing at least four (4) Carnegie Units of work or the equivalent (Appendix B, rule I.B.). This does not include any course which has already been granted credit and is being repeated in order to raise a student's grade in that course.
- B. The student-athlete has passed at least four (4) Carnegie Units of work or the equivalent at the end of the last regular marking period (Appendix B, rule I.B.). (Note: Fall sport participants must have received credit toward graduation in at least four (4) Carnegie Units of work or its equivalent for which he/she has not already received credit at the close of the school year preceding the season.) (Appendix B, rule I. A.)
- C. The student-athlete shall not have reached his/her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls (Appendix B, rule II. B.).
- D. The student-athlete has changed school and has met the criteria outlined under the CIAC transfer rule (Appendix B, rule II. C.).
- E. The student-athlete hasn't exceeded eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade (Appendix B, rule II.B.).
- F. ***Independent Study*** – Credit received from an independent study will only count toward eligibility when it has been pre-approved by the Athletic Director and The Director of School Counseling.

CIAC POLICY ON OUTSIDE COMPETITION

Participation as an individual or as a member on a non-school team in sports competition, practice, showcase, try-out, camp or clinic in the same branch of athletics during the authorized contest season will render the athlete ineligible for all interscholastic athletics. (Season is defined as the date of the first contest for that school and concluding with either the CIAC final tournament game or the New England Championships.)

EXCEPTIONS TO CIAC POLICY ON OUTSIDE COMPETITION

Participation in parent-child tournaments and caddy tournaments.

Swimming, tennis, gymnastics, golf – a student-athlete may practice but not compete with a non-CIAC team during the season as long as such practices do not interfere with or replace member school practices.

(The CIAC handbook is available on-line at www.casciac.org)

X. NCAA ACADEMIC ELIGIBILITY REQUIREMENTS

In order to practice, compete and receive athletically based financial aid at an NCAA Division I or II college or university, a student-athlete must:

1. Graduate from high school.
2. Complete a minimum of 16 (for Division I) or 14 (for Division II) core courses.
3. Earn a minimum required grade-point average in core courses.
4. Earn a qualifying test score on either the ACT or SAT.
5. Request final amateurism certification from the NCAA Eligibility Center.

Division III academic eligibility for athletics is governed by institutional or conference regulations. The NCAA requirements for Division I and II do not apply.

Our coaching staff is a great resource to consult regarding the level of competition that a student-athlete may be best suited for.

NCAA requirements are subject to change. For the most current information regarding NCAA athletic eligibility and recruiting, visit the NCAA Eligibility Center at www.eligibilitycenter.org or access the Center on the EOS website through the Guidance Matters webpage under Tutorials. Any student-athlete considering athletic participation at the college level is encouraged to meet with his/her school counselor to determine academic eligibility status. The SAT and/or ACT should be taken no later than the spring of the student-athlete's junior year.

IMPORTANT POINT

The NCAA's initial-eligibility requirement establishes a minimum standard for athletic eligibility. It is not a guide to a student's admission to the institution. Under NCAA legislation, a student's admission is governed by the regularly published entrance requirements of each college.

XI. ATHLETIC EQUIPMENT

A. Student-athletes will be issued team equipment and uniforms. Each student-athlete is responsible for the equipment and uniform issued to him/her.

B. Return of Equipment and Uniform

1. Student-athletes must return all issued equipment and uniforms at the conclusion of the season to his/her coach.
2. Student-athletes must reimburse the athletic department for the replacement cost of any equipment or uniforms not returned.
3. Equipment/uniform not returned or paid for will result in the student-athlete not being issued equipment/uniform in another sport until his/her accountability is resolved. At the conclusion of the school year, student-athletes still owing equipment or uniform will have report cards, transcripts, and diplomas withheld until his/her accountability is resolved.

XII. AWARDS

At the conclusion of each sports season student-athletes will be presented appropriate awards at a sports awards program. Athletic awards including varsity letters, certificates of participation or senior plaques are given to athletes at the discretion of the coach. Academic awards will also be presented to athletes who meet the criteria set by the CCC. All student-athletes, parents/guardians, and friends are encouraged to attend sports awards programs.

The criteria for earning a varsity letter is different in each sport. The coach will provide the student-athlete with a written explanation of the criteria for earning a letter which may include behavioral expectations. A senior participating in a minimum of two consecutive seasons on the varsity or j.v. level may be awarded a letter for his/her service to the program. Managers may be awarded a varsity letter after two seasons of service to the sport

XIII. MEDICAL EMERGENCIES/RISK OF ATHLETIC PARTICIPATION

At EOS we do all we can to ensure a safe and healthy environment for our student-athletes. However, even with the presence of sound instruction and diligent supervision by our certified coaches, and the use of sound protective equipment, there are some risks associated with athletic participation. Injuries can and do occur in most athletic activities. In extremely rare cases, serious permanent and fatal injuries can also result. Careful precautions are taken to prevent injuries during practice and games. All student-athletes and parents need to be aware of and understand the inherent risks of athletic participation. When injuries do occur, provisions are made for the administration of appropriate first aid. If serious illness or injury occurs, the coach will contact the student-athlete's parent/guardian and arrangements will be made to transport the student to an appropriate emergency care facility.

XIV. ATHLETIC INSURANCE COVERAGE

The district provides an insurance program to pay for valid claims on an "excess basis" for injuries received while participating in the E.O. Smith High School athletic program. The insurance company will reimburse an amount up to a maximum of \$5,000 for medical care; \$1,000 for dental treatment.

All claims must first be submitted to the player's personal insurance carrier. Once the primary carrier has assigned benefits, the school's plan will review the claim.

The excess athletic insurance will pay only the usual and customary portion of the balance of the medical expenses not provided or reimbursed under the other coverage. This coverage will consider those expenses related to athletic injuries for up to two (2) years from the date of the accident, provided medical attention was sought within 90 days of the initial injury.

In the event of an accident or injury, the student-athlete's coach will complete an accident report and submit it to the school health office. The school nurse will send a copy of the report and an insurance claim form to you.

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