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WILTON HIGH SCHOOL

MISSION STATEMENT

Wilton High School is a community of learners dedicated to academic and personal excellence. Within a nurturing and supportive environment, we foster scholarship, character, and citizenship.

The Wilton High School Interscholastic Athletic Program Mission Statement is aligned with the guiding principles of the mission of the high school and the values and expectations of the greater community. Participation in the interscholastic athletic program compliments a student's academic, social, and civic development.

The interscholastic athletic program is evaluated against the beliefs and core values expressed in the Athletic Mission Statement. This process involves input from all stakeholders and guides the continuous improvement of the interscholastic athletic program.

WILTON HIGH SCHOOL INTERSCHOLASTIC ATHLETIC PROGRAM MISSION STATEMENT

The Wilton High School Interscholastic Athletic Program is comprised of student-athletes, coaches, staff and volunteers striving for excellence in sportsmanship, leadership, and success in competition. We are united through our commitment to developing skilled student-athletes and teams. We promote honor, dedication, and respect for ourselves, teammates, and opponents.

CORE VALUES

1. Academics First
2. Sportsmanship and Teamwork
3. Character Development
4. Leadership
5. Development of Athletic Skills and Healthy Life Styles
6. Health and Safety of Student-Athletes

MEASUREMENTS OF SUCCESS

1. Grade point average of student-athletes
2. CIAC sportsmanship rating
3. Satisfaction of student-athletes
4. Participation rate in sport-specific programs
5. Number of student-athletes participating in multiple sports
6. Number and type of student-athlete injuries
7. On a seasonal basis, review and assess the interscholastic athletic program's performance relative to the Mission Statement and Core Values

REVIEW OF MISSION AND CORE VALUES

On an annual basis, the Athletic Director, Central Booster Club, representative coaches, and team captains will meet to assess the continuing efficacy of the Mission Statement and Core Values. If there are suggested changes to the Mission Statement and/or Core Values, they will be reviewed and approved by the school principal and the Board of Education.

COMMUNICATION

1. Annual presentation to student-athletes
2. Annual presentation to student body
3. Post on the athletic section of the school website
4. Add to philosophy in school athletic handbook
5. Annual presentation to parents at all pre-season sports nights
6. Plaque engraved with Mission Statement posted in Fieldhouse Lobby

INTRODUCTION

Participation in high school athletics is a privilege and not a right. The Wilton High School Athletic Department welcomes your interest and involvement in its interscholastic program. This involvement requires considerable time, energy and commitment from all participants. It is easier to accept these demands when one understands the rules and regulations that govern the program.

This handbook has been written as a guide to all associated with the Wilton High School program of interscholastic sports. Within these pages the student participant, her/his parents and the coaching staff will find information relating to every phase of the athletic experience.

Please become thoroughly familiar with its contents, and use it as a resource whenever you have a question. If you need further clarification, or have any other question relating to aspects of the interscholastic program, feel free to contact the coach, the athletic office or the Athletic Director.

PHILOSOPHY

Interscholastic athletics play an integral part in the life of the high school student. The challenges associated with athletic sports participation are many: Physical strength, skill, endurance and strategy are only part of the picture. In addition, planning, preparing, performing, cooperating, persevering, supporting, being gracious in victory and resilient in defeat are life skills important to learn early. An athlete's drive, determination, confidence, mental toughness and emotional control are tested daily.

A comprehensive athletic program compliments the academic program. This is clearly in evidence at Wilton High School, where student athletes understand that their first obligation is to schoolwork. Attending class, keeping current on assignments and seeking extra help when needed are important basics to academic success. Coaches are committed to this priority also, and practices and games are scheduled to allow the student/ athlete time after school to study or meet with teachers.

The athletic department believes that the opportunity for participation in a wide variety of athletic activities or sports is a vital part of the educational experience. Wilton High School is experiencing a growth in enrollment, and every effort will be made to accommodate this growth

with increased sports opportunities. Despite this effort, the program cannot guarantee the student/athlete her/his first choice of a sport.

Becoming a member of any one of the 26 varsity sports is a privilege that carries with it responsibilities to one's self, the team, the coaching staff and the school. The sports program is considered an extension of the education process and should contribute to the development of the student/athlete as a productive and contributing member of the school, community and society.

Wilton High School has a strong athletic tradition and takes pride in its past athletic successes. Winning is only part of a successful athletic experience, and while it is every athlete's and coach's goal to win, the process of being one's best supersedes the concept of winning at all costs. Good sportsmanship and good physical and mental health underlie the athletic department's philosophy and are the constant focus of WHS sports. This focus assures that the athletic program is conducted in such a way as to justify it as an educational experience.

ADMINISTRATION OF ATHLETICS

Through the Superintendent of Schools, the Wilton Public School Board of Education is ultimately responsible for all phases of the educational program. The high school Principal is specifically responsible for all school activities that affect students at Wilton High School, which includes the interscholastic program. The Director of Athletics reports to the Principal. He/she is specifically responsible for the operation of all aspects of the interscholastic sports and student activities programs. Coaches, assistant coaches, the Athletics Assistant and the Athletic Trainer provide direct leadership and support for the athletes, and report directly to the Athletic Director.

Wilton High School athletes and the athletic program are governed by state regulations formulated by the Connecticut Interscholastic Athletic Conference (CIAC). Athletics are further governed by the Fairfield County Interscholastic Conference (FCIAC). Rules and regulations established by these governing bodies are incorporated in this handbook.

TITLE IX

Title IX of the Educational Amendments of 1972 states that: *"... no person in the U.S. shall, on the basis of sex be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal aid."*

EQUAL OPPORTUNITY

The Wilton High School interscholastic athletic experience is equally available to all students. This equal opportunity exists regardless of race, religion, gender, ethnicity or nationality. Specific legislation relating to gender equity (Title IX) is explained on page 44. Eleven separate sports are offered for girls, eleven for boys and five are considered co-educational. To ensure that a balanced program, available for all students, is maintained at all times, the Principal and Athletic Director shall consider the following:

- The nature and extent of the sports offered and their accommodation of the interests and abilities of all students both in terms of sports and levels of competition offered
- The provision of equipment and supplies
- The scheduling of games and practice times
- The provision for travel
- The nature and extent of the coaching provided
- The assignment and compensation of coaches
- The provision of locker rooms, practice and competitive facilities
- The nature and extent of publicity

Equal aggregate expenditures shall not be required in ensuring that a balanced program for men and women is maintained at all times. However, financial resources shall be allocated as necessary to provide facilities, equipment, supervision, supplies, and opportunities for participation and competition that equally accommodate the athletic interests and abilities of both men and women.

**THE WILTON HIGH SCHOOL
INTERSCHOLASTIC ATHLETIC
PROGRAM**

RESPONSIBILITY & COMMITMENT

Wilton High School's Responsibility:

- To provide a comprehensive interscholastic sports program that offers a wide variety of sports for Wilton High School male and female students.
- To provide an athletic environment that will enhance the student's maturation and expand his/her high school experience.
- To promote attitudes and practices in which each student, regardless of race, religion, gender, ethnicity or nationality, has equal opportunity to participate in and excel in sports.
- To provide an interscholastic athletics program that complies with all guidelines of the Connecticut Interscholastic Athletic conference (CIAC) and the Fairfield County Interscholastic Athletic Conference (FCIAC) that govern high school sports in Connecticut and Fairfield County.
- To provide qualified and certified coaches at the Varsity, Junior Varsity and Freshman levels.
- To support each sport with a budget adequate to pay for coaches, officials, equipment, supplies, transportation, rental, dues and fees.
- To provide for the care and safety of every participant through safe practice and game facilities, appropriate protective equipment and the services of a Certified Athletic Trainer.
- To provide the school and community with a focal point to generate feelings of pride and unity.

The Coach's Responsibility

- To recognize and understand the coach's powerful influence in affecting the attitudes, choices and conduct of the players, and to strive at all times to be a worthy role model.
- To provide leadership and supervision that stresses self-discipline, self-motivation, a solid work ethic and excellence in both academics and athletics.
- To understand that students have interests/commitments in addition to sports, and to help the student/athlete plan and manage his/her time to maintain a healthy balance.
- To provide each athlete with the opportunity to develop and enhance self-esteem that comes through perseverance and accomplishment.
- To prepare athletes for success in athletic competition and use both winning and losing as the foundation for further growth and improvement.
- To develop maximum levels of physical conditioning in each athlete, using methods that reflect an understanding of the physiology of exercise.

- To develop the athletic potential of each athlete through the teaching of appropriate skills, techniques and strategies.
- To teach and model the principles of good sportsmanship, insisting the athlete follow these principles and take appropriate and timely action when they do not.
- To provide appropriate and continuing supervision of the team at practice, on the bus locker rooms, scrimmages and at athletic contests.
- To provide for each athlete's physical welfare by arranging for safe practice and game facilities, and assuring that appropriate protective equipment is available and properly used.
- To stay abreast of new developments in his/her sport through reading, attendance at clinics, workshops and FCIAC and CIAC sponsored continuing education.
- Maintain current certification in first aid, CPR and Connecticut Coaching Permit

The Student/Athlete's Responsibility:

- To commit to the goals of being the best, both physically and mentally, that he/she can be in the chosen sport.
- To abide by the training rules as outlined in the Athletic Handbook and by the coaching staff.
- To recognize that as a student academics come first and to organize time so that the demands of sports participation does not detract from academic performance.
- To accept and adhere to the rules outlined in the Wilton High School Student Handbook, the Warrior Athletic Handbook, and the rules and regulations of the governing sport bodies, the FCIAC and CIAC.
- To learn the rules of the game and play within these rules.
- To understand the principles of good sportsmanship and demonstrate these principles in practice and games.
- To behave in such a manner, both in and out of the school environment, as to be a credit to self, the family, the team and school.
- To take good care of school issued uniforms and equipment, keeping them in top condition, and notifying the coaching staff if protective equipment has been damaged or compromised.
- To respect the flag and National Anthem; respect the opponent, the officials, teammates, the coaching staff and most of all, behave in a manner worthy of respecting one's self.
- If an athlete has a concern with a coach they should discuss the matter with the team captain and then set up a meeting with the coach.

The Parent's Responsibility:

- Encourage successful academic performance by helping the student/athlete organize her/his time and by providing a positive learning environment in the home.
- Support your student/athletes. They have already achieved something by being selected as members of a Wilton High School athletic team, whether they are starters or substitutes.
- Be supportive of the coaching staff. Negativism is destructive and can reduce the players' level of confidence. We are all working to make the athletic experience a positive one.
- Recognize that a child matures under many different tutors, and learning to respond to these differences enhances the maturation process.
- If you have significant differences with the coach, it is your responsibility to address these with the coach. If you are unable to do this, then you should address the issues with the Athletic Director.
- Support your athlete and help her/him maintain training rules. For many, adherence to these rules is a difficult commitment, and they need all the help they can get.
- Try not to live vicariously through your son or daughter. Remember that they are (or should be) playing a sport for their own personal reasons and not yours.
- Demonstrate good sportsmanship on and off the field, know the rules of the game, recognize and appreciate the good play by either team and always try to remember to cheer for your

- team, not against its opponent.
- Recognize that the playing and practice field/arena is the coaches' classroom and should be afforded the same respect given to teachers' during the school day.

The Spectator's Responsibility

- Cheer enthusiastically for your team, not against the opponent.
- Remember that you are watching a high school sport whose participants are friendly rivals, not enemies.
- Show respect and courtesy to the players and coaches from both teams, enjoying and acknowledging good performance from either.
- Demonstrate your support regardless of the contest outcome, knowing that in hard, clean competition all are winners.
- Remember that the officials are women and men who are assigned to administer the rules of the sport, and that they, like all of us, make mistakes. Please exercise restraint if they make a poor call.
- Please reflect attitudes of sportsmanship no matter what your personal feelings or loyalties may be.
- Report others in the stands that use inappropriate cheers, are abusive or use profanity.
- Remember that your actions, like those the athletes in the contest, reflect on Wilton and its athletic program. Positive spectator behavior enhances both the sports program and its image with those outside our community.

EXPECTATIONS OF CONDUCT

The Coach: Wilton coaches take their commitment seriously and prepare for their season through planning, organization and by continuous updating of their knowledge of the sport, including the latest safety and health procedures. The coach is expected to know her/his athletes, and to prepare them both physically and mentally for their season. Through word and action, the coach will teach and exemplify qualities of good sportsmanship. The coach is also expected to demonstrate knowledge, fairness, self-control, maturity, sound judgment and good sportsmanship.

The Parent

The WHS Athletic Department understands and respects the sacrifices made by you and your son/daughter relating to participation on a sports team. We further appreciate the role you play in helping your child commit to eating and resting well, taking of school issued equipment and being prepared and on time for practices and games.

You have entrusted your child to the care of a Wilton High School coach. You may not always agree with the philosophy or coaching techniques of this coach, but it is important to respect these differences. If you find that your disagreement is sufficiently strong, be fair with the coach and openly discuss your concerns with him or her. If this communication proves unproductive, you are encouraged to discuss the issue with the WHS Athletic Director. Please refrain from "coach bashing". Such activity creates a negative environment that polarizes rather than solving problems.

The Athlete

Athletes at Wilton High School must adhere to guidelines for commitment and training rules in order to remain eligible to participate in the Wilton high School interscholastic athletic program.

The Athlete's Code of Conduct

This code outlines guidelines for conduct. In brief, the athlete must:

- Understand that academics come first at Wilton High School, and manage his/her time to balance the demands of practice and game schedule with academics to assure that acceptable grades are maintained.
- Be a good citizen of the school and community.
- Participate in practices and games to the best of his/her mental and physical ability.
- Demonstrate respect for teammates, coaching staff and opponents and play fairly within the rules of the game and under the guidelines of good sportsmanship.
- Adhere to all participation rules as outlined by the Wilton Board of Education, Wilton High School, the Wilton High School Athletic Department, the FCIAC and CIAC.
- Adhere to all aspects of Wilton Board of Education Policy & Regulation 6145, Interscholastic Athletics. Each student/athlete is expected to read and understand this policy and regulation.

CIAC Eligibility Guidelines

Eligibility to participate on public school athletic teams in the state of Connecticut is governed by CIAC. Specific guidelines appear in the CIAC By-Laws, printed annually. A full copy of the By-Laws is available for reference in the athletic office. A brief summary of these guidelines follows:

1. A student shall be a member of the school in grade 9, 10, 11, or 12. A graduate from any high school is not eligible. Home-schooled students may not participate unless the home schooling is under the direct supervision of the CIAC member school.
2. Marking period grades (not semester grades) are used to determine academic eligibility. To be academically eligible, students must take, pass and earn credit in a minimum of four classes. Eligibility will be determined for all students on the date that report cards are distributed or on the fourteenth calendar day following the end of the marking period, whichever comes first.
3. A student who has dropped out, and is returning to school, must be enrolled for at least 12 weeks immediately preceding the time of participation.
4. Students who are nineteen years of age are eligible to participate in sports if their 19th birthday occurs on or after July 1st of the academic year.
5. Students who transfer from one CIAC school to another without legal change of address must complete 30 days of approved membership in that school before becoming eligible. Exceptions to this rule are found under CIAC By-Laws Eligibility rule IIC.
6. Students cannot play the same sport for more than three (3) seasons in grade 10, 11 and 12.
7. Students may not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. [Exceptions: a) Parent/child tournaments and Caddy tournaments. b) In swimming, tennis and gymnastics a student may practice but not compete with a non-CIAC team during the season. However, students in these sports may, with permission from the principal, coach and parent, compete "unattached" in outside meets/matches. Such participation is restricted by the CIAC's weekly and seasonal limitations (See By-Laws under the sport).]

Sports Physical, Understanding & Consent Form

On this form the physician testifies to the athlete's ability to play sports. The parent and student also sign this form, signifying that they understand and accept risks and responsibilities of sports participation.

The Sports Physical

To be eligible for an athletic team, each student/athlete must have on file an **up-to-date physical** prior to the start of the sports season. Physical exams are considered up-to-date if they have occurred within 365 days. A 30-day grace period will be added from date of expiration to meet compliance standards. If the exam expires during the season, it is necessary for the athlete to have another physical exam in order to remain eligible. Unless an up-to-date physical exam form is on file at the school, the athlete is not permitted to practice or play. Note: physical examination performed during the summer months (late June through late August) effectively covers the exam requirement for all seasons of the next school year. The State of Connecticut Blue Form required two signatures, one of which is the examining physician. The other signature is that of the parent or guardian, which gives permission for the son/daughter to participate. The Athletic Director or his designee will accept all Athletic Health Forms.

Team Selection

The coaching staff makes squad selections after a tryout period at the start of the season. In certain sports no cuts are made. In others, cuts may be necessary due to safety (facility or player/coach ratio), time limitations (reasonable opportunity for active participation in practice and/or games) or budget restraints.

Those individuals selected as team members shall be considered as members of the team through the completion of that regular sports season unless they are removed for disciplinary reasons, scholastic ineligibility or mutual agreement between player and coach.

An athlete will not be allowed to drop one sport for another except with the permission of the coach prior to the first game. If the athlete is cut from one sport he/she may try out for another sport in the same season, providing that the first contest in the receiving sport has not been played. An athlete removed from a sport for disciplinary reasons will not be allowed to join another team in the same season.

Awards Criteria

Determination of award winners (freshman, junior varsity, varsity or special awards) is at the discretion of the coach. Awards criteria for different teams differ, and the coach will share requirements with student/athletes and their parents for each sport at the beginning of the season. (See addendum for specific awards criteria.) Awards are generally based on a percentage of games played, the number of periods of games played or the number of points earned. A solid record of attendance is a prerequisite for any award.

Senior Awards Night

In the spring of each year the athletic department hosts "Senior Awards Night". This event begins with a cookout supper for all senior athletes and their parents followed by the presentation of athletic awards for seniors. This occasion provides opportunity for Booster organizations to make special presentations to athletes from their sport. It is also an opportunity for outside agencies and foundations to recognize outstanding student/athletes. Many of the awards are presented with monetary components in the form of scholarships.

Bus Travel and Trips

The Board of Education provides bus or van transportation to and from all away contests. Athletes must follow these guidelines:

- All team members, including managers, must ride the team bus to and from all contests. Alternative transportation may be requested under extenuating circumstances
- Bus riders are expected to follow safety and behavior rules in order to ensure a safe trip.

- Any request for the student/athlete to use alternative transportation must be made on the Travel Release Form and must be signed by the parent/guardian and delivered before the contest to the coach or Athletic Director.
- Student/athletes are not permitted to drive themselves to/from athletic contests at any time.
- Parents/guardians must be aware that certain sports practice off campus, and in some cases out of town, and students are responsible for their own transportation to practice.

Practice and Game Schedule

Regular practices begin promptly at 3:20 p.m. during the school week. This provides opportunity for students to see teachers or to attend to other academic needs immediately after school. Certain teams will have a different schedule driven by facility constraints and practice site availability. In these situations the head coach will notify team members of practice times. Students may arrive late for practice if attending an extra help session with a faculty member. Slips may be obtained from the Athletic Office to present to coaches.

Sunday practices are generally discouraged, but if it is necessary or advisable to use this day for practice, clearance must be gained from the Athletic Director. Sunday practices may not begin before noon. *Student who cannot attend Sunday practices because of family obligations will be excused without penalty.

Contest schedules for each sport are assembled by the FCIAC. Changes in the sports schedule for any reason must go through the Athletic Director. Schedules are distributed to team members at the beginning of the season, and are also available from the athletic office.

Outside Commitments

Vacations: Coaches have the right to expect a certain level of commitment from the students participating on our teams. It is recognized that when a student participates in athletics he/she may not be able to go on vacations during the season. The FCIAC has to schedule games during the winter and spring vacations because of state requirements. Athletes are expected to attend all practices and games. Each individual head coach will state their policies concerning vacations with their team members before try-outs.

Jobs: It is important during the sports season to arrange part time work schedules to avoid practice or game conflicts. It is equally important to carefully consider the necessity for work at all during a sports season, as considerable time and mental/physical energy are required by sports participation, and academic responsibilities must also be maintained.

Other Sports: CIAC regulations specifically prohibit involvement or playing on a team in the same sport outside of the school in the same season. If this occurs the student will become ineligible for the remainder of the season and the school will forfeit all games that were won using an ineligible player. The playing of a different sport is not restricted by the CIAC. Some athletes in Wilton (and in many other Fairfield County towns) choose, or are recruited, to play different sports “out of season” under the auspices of leagues run by organizations outside of school. The Wilton Athletic Department strongly discourages a student from playing a different sport on a team during the athlete’s sports season. Time is already at a premium for the high school student/athlete, and much can be sacrificed both academically and physically through such involvement. The school program can be further compromised if an athlete is injured in the outside sport.

The Wilton High School Fitness Center

Strength training is important for athletes in every sport. The Fitness Center is a modern weight training facility designed to maximize the improvement of strength, flexibility and endurance. Students and athletes at Wilton High School have opportunity to utilize the Fitness Center both during physical education classes and before or after school in scheduled “open” sessions under the supervision of a staff member. Coaches will provide guidance in specific exercises that will benefit the athlete in a particular sport.

Care & Prevention of Injuries

Athletic Trainer: To provide comprehensive management of athletic injuries, Wilton High School provides for the position and services of a Certified and Licensed Athletic Trainer (ATC, LAT). ATCs are allied healthcare professionals who specialize in the prevention, recognition, evaluation, treatment, and rehabilitation of athletic related injuries. ATCs have completed a minimum of a bachelor’s degree with a course of study in Sports Medicine, and have also passed a National Certification Exam.

The ATC evaluates and treats injuries that occur to students while participating in interscholastic practices and competitions. In addition, the ATC provides management, rehabilitation and, when possible, prevention of these injuries. All treatment procedures and modalities used by the ATC are approved by the school’s team physician. This same physician arranges for or personally covers all home WHS varsity football games. The ATC also provides up to date sports medicine information to the coaching staff, and serves as an instructor to recertify coaches in Adult CPR, Adult AED, and First Aid. The ATC works in conjunction with the Athletic Director, school nurse, coaches, team physician, and other healthcare professionals to create a teamwork approach to athlete care.

The Wilton High School Athletic Training Room is located on the second floor by the entrance to the Field House. The Athletic Training Room is open at 2:30 pm, Monday through Friday. The first hour is dedicated to preparing student athletes for games and practices, as well as the evaluation of new injuries. This is followed by on-site care with the teams at home competitions and practices. Due to multiple demands and schedule conflicts, the ATC cannot provide coverage for all competitions and practices. Collision and contact sports have higher priority for coverage. Cell phones are used to enhance communication between the ATC, coaches, and Athletic Director. A golf cart provides rapid and efficient transportation for the ATC to respond with services to all varsity, junior varsity, and freshmen teams.

Athletic Training Room Policies:

- Student athletes who use the athletic training room are expected to conduct themselves in an orderly and polite manner.
- Foul or abusive language is not permitted.
- Student athletes wishing to use supplies from the athletic training room must first receive permission from the athletic trainer.
- Food and drink are not permitted in the athletic training room.
- Gym bags, book bags, jackets, athletic equipment, etc. are not permitted in the athletic training room.
- Before using rehabilitation equipment and modalities, the student athlete must first receive instruction for the athletic trainer.
- Student athletes must never apply electronic therapy equipment to themselves or others.

Emergency Treatment Card: The parents/guardians of each student athlete must fill out an emergency treatment card for each sport season. The emergency treatment card contains important information regarding contact information, basic medical information, allergies, and medications. By signing the emergency treatment card, parents/guardians give permission for the athletic trainer, team physician, school medical personnel, or coaching staff of WHS to initiate care. The signature of parents/guardians also acknowledges that participation in interscholastic athletics includes risk of injury that may or may not be minor, to disabling, to even death, and grants permission for their son/daughter to participate in the given sport. Emergency treatment cards for every student athlete must be kept in the team's medical kit.

Responsibility: The student athlete is primarily responsible for his/her own injury prevention and care. Proper physical conditioning, wearing appropriate protective equipment during practices and competitions, and playing within the rules will prevent many, but not all injuries. The athletic trainer is frequently the first responder to injuries that occur at WHS facilities, but the coach is the first responder when the ATC is not immediately available. All coaches are certified in Adult CPR, Adult AED, and First Aid. The Athletic Training Room is open at 2:30 pm, Monday through Friday for taping, treatment, and rehabilitation of athletic related injuries, as well as for athletes and coaches who many have questions regarding injury prevention and care.

Reporting Injuries: All injuries should be reported immediately to the coach and the athletic trainer in order for the student athlete to receive the necessary and appropriate care. An injury report will be completed by the athletic trainer and kept on file with the athletic trainer and the school nurse.

Return To Play Following An Injury: If the student athlete should sustain an injury that limits or prevents him/her from participating in athletics, he/she will be issued a "Red Card" from the athletic trainer. It is the student athlete's responsibility to give the Red Card to his/her coach. If the athletic trainer has restricted involvement in athletic participation, then the athletic trainer must clear the student athlete for return to play. If another licensed healthcare professional, including but not limited to physicians, physician assistants, advanced practice registered nurses, chiropractors, and/or physical therapists has restricted involvement in athletic participation, then that licensed healthcare professional must provide written clearance for the student athlete to return to play. **Please note that once your son or daughter sees a licensed healthcare professional for any reason, athletic related or not, he/she must turn in to the athletic trainer written clearance to participate in athletics from that licensed healthcare professional before he/she is allowed to participate.** Once written clearance is received, the student athlete will be issued a "Green Card" from the athletic trainer. It is the student athlete's responsibility to give the Green Card to his/her coach. If a student athlete is medically exempt from physical education class, he/she is not allowed to participate in interscholastic sports until cleared by a doctor.

Emergency Medical Procedures: For severe injuries or medical emergencies requiring treatment beyond capabilities of the athletic trainer, team physician, school medical personnel, or coaching staff of WHS, the following emergency action plan will be implemented by the athletic trainer and/or coach:

- Call emergency medical services (911)
- Contact parents/guardians
- Arrange for student athlete to be transported with his/her emergency treatment card to medical facility.

- Assure an adult (parent/guardian, coach, emergency contact person) accompanies the student athlete during transportation and remains with the student athlete until parent/guardian arrives.

Athletic Insurance: Each student must pay an annual one-time athletic insurance fee of \$50.00 to participate in the interscholastic athletic program. This fee is assessed prior to the first season of participation and covers subsequent seasons during that school year. If the student has paid the insurance fee and is cut from the team before the first game, the fee is reimbursed. Scholarship funds are available to those unable to pay due to personal financial hardship.

Should your son or daughter sustain an injury while participating in a properly supervised Wilton High School athletic sport practice or competition, he/she must report the injury to the athletic trainer so that an injury report may be completed. Once the injury report is completed, you will receive the school's insurance form in the mail.

The Board of Education (Policy 5143) athletic insurance coverage provides coverage "in excess" of the family's primary insurer. **ALL** claims must first be filed with the family's primary insurer. If a balance remains after the family's primary insurer has paid its maximum, that balance may be submitted to the school's insurance company by the family. If covered, the school's insurance company will pay the balance of the eligible medical expenses up to the maximum of the policy. Please note that if filing a claim for an injury, it **MUST be completed within 90 days** of the date of injury.

Management Of Concussions: Management of concussions will follow in accordance with Substitute Senate Bill No. 456, Public Act No. 10-62, An Act Concerning Student Athletes And Concussions.

Any student athlete who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred will immediately be removed from participating in any intramural or interscholastic athletic activity. The student athlete will not be permitted to participate in any supervised team activities involving physical exertion, including, but not limited to, practices, games or competitions, until such athlete receives written clearance to participate in such supervised team activities involving physical exertion from a licensed health care professional trained in the evaluation and management of concussions.

Following clearance pursuant to the above paragraph, no student athlete will be permitted to participate in any full, unrestricted supervised team activities without limitations on contact or physical exertion, including, but not limited to, practices, games or competitions, until such student athlete (A) no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion, and (B) receives written clearance to participate in such full, unrestricted team activities from a health care professional trained in the evaluation and management of concussions.

In order to determine if a student athlete no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion, the student must complete the following return to play protocol:

- Day 1: walk 20-30 minutes (2.5mph on treadmill)**
- Day 2: jog 20-30 minutes (3.5mph on treadmill)**
- Day 3: run 20-30 minutes (4.0-4.5mph on treadmill)**
- Day 4: drills/sprints/agility, NO contact**
- Day 5: practice with contact**
- Day 6: game**

Return to play protocol may begin (A) when student athlete is symptom free after 1 full day of school without medication, (B) when student athlete is symptom free after 2 days of no school and no medication, and/or (C) as directed by a health care professional trained in the evaluation and management of concussions. If symptoms develop during any of these steps, the student athlete returns to the previous step where there were no symptoms and progresses from there. For purposes of these Standing Orders, "licensed health care professional" means a physician, a physician assistant, and/or an advanced practice registered nurse.

Signs & Symptoms of Concussion:

- | | |
|----------------------|---------------------------------|
| Headache | More emotional |
| Nausea | Sadness |
| Vomiting | Appears drowsy |
| Dizziness | Feeling slowed down |
| Vacant stare | Appears dazed or stunned |
| Nervousness | Difficulty concentrating |
| Fatigue | Confused about recent events |
| Feeling "foggy" | Difficulty remembering |
| Balance problems | Irritability or moodiness |
| Visual problems | Appears uncoordinated /unsteady |
| Sensitivity to light | |
| Sensitivity to noise | |

Emergency Referral Of Concussion: Athletes with any of these symptoms should be referred immediately to the nearest emergency department:

- Loss of consciousness
- Vomiting
- Slurred speech
- Unequal pupils
- Seizure activity

Head Injury & Concussion Notification & Instruction: Should a student athlete sustain a head injury while participating in athletics at WHS, the following letter will be sent home:

Dear Parent/Guardian,

Your athlete _____ sustained a head injury during today's practice or game. At this date/time _____ / _____, your athlete is experiencing the following signs and symptoms:

- | | |
|--|---------------------------------|
| <input type="radio"/> Headache | More emotional |
| <input type="radio"/> Nausea | Sadness |
| <input type="radio"/> Vomiting | Appears drowsy |
| <input type="radio"/> Dizziness | Feeling slowed down |
| <input type="radio"/> Vacant stare | Appears dazed or stunned |
| <input type="radio"/> Nervousness | Difficulty concentrating |
| <input type="radio"/> Fatigue | Confused about recent events |
| <input type="radio"/> Feeling "foggy" | Difficulty remembering |
| <input type="radio"/> Balance problems | Irritability or moodiness |
| <input type="radio"/> Visual problems | Appears uncoordinated /unsteady |

- Sensitivity to light
- Sensitivity to noise

Other signs and symptoms may appear within hours to days after the initial injury has occurred. Please monitor your athlete for progression of signs and symptoms and consult your physician.

Athletes with any of these symptoms should be referred immediately to the nearest emergency department:

- Loss of consciousness
- Vomiting
- Slurred speech
- Unequal pupils
- Seizure activity

DO NOT GIVE ASPIRIN-it may promote bleeding.

Medications should be given ONLY AFTER consulting a physician.

It is the school's policy that athletes who sustain any level of head injury, regardless of how minor, must be excluded from participation in athletics (practice or play) until he/she is evaluated by a physician. For return to athletics in any capacity, the athlete must **(1) hand in a written clearance note from a health care professional trained in the evaluation and management of concussions and (2) no longer exhibit signs, symptoms or behaviors consistent with a concussion at rest or with exertion. In order to determine if an athlete is no longer symptomatic with exertion, he/she must complete a six day return-to-play protocol.**

If you have any further questions, please do not hesitate to call the athletic trainer at 203-762-0381 x6290.

Hazing and Initiations:

Hazing is defined as activity or behavior that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission into or affiliation with any organization sanctioned, authorized or allowed by the Board of Education, including any student initiated or student led activity or organization. This would include those same activities inflicted upon a particular grade of students i.e. Freshmen, Sophomores, Juniors, Seniors. Hazing activities are seriously disruptive of the educational process.

“Endanger the mental health” shall include any activity, except those activities authorized by law, which would subject the individual to unnecessary mental stress, humiliation, sexual harassment, or any other forced activity that could adversely affect the mental health of the individual.

“Endanger the physical health” shall include, but is not limited to any unnecessarily rough physical treatment such as:

- unnecessary or coercive pushing, shoving or striking
- forced calisthenics beyond those that are a normal part of athletic conditioning
- undue exposure to the elements
- forced consumption of any food, beverage, drug, or controlled substance
- or any other forced physical activity that would adversely affect the physical health or safety of the individual(s).

No student, teacher, administrator, coach, volunteer, contractor or other employee of the school district shall plan, direct, encourage, aid, engage in, permit, condone or tolerate hazing.

Any hazing activity upon which the initiation for admission or affiliation with an organization sanctioned or authorized by the Board of Education is conditioned, directly or indirectly, shall be

presumed to be a forced activity, even if the student willingly participates in such activity.

The school district will investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor, or other employee of the school district who is found to have violated this policy. Discipline or appropriate action may include but not be limited to suspension or expulsion for students and termination for employees.

This policy is not meant to exclude voluntary team spirit activities that must be planned with the prior approval and/or supervision of the team coach and athletic director.

A copy of this policy will be included but not limited to the student handbook and furnished to staff, coaches and captains for distribution to students and others as may be appropriate.

Bullying, as defined in Board of Education Policy 5131.2, shall mean any overt acts by a student or group of students directed against another student with the intent to ridicule, humiliate or intimidate the other student while on school grounds or at a school-sponsored activity, which acts are repeated against the same student over time. Bullying that occurs among team members is divisive to teamwork and morale and a violation of basic principals of human fairness and decency. Whether or not it is connected with hazing, bullying will not be tolerated.

Posters & Promotions:

Posters and promotional programs created by team members or their supporters can be an excellent means of increasing positive team exposure. But sometimes these items reflect poor judgment, inappropriate language and/or innuendo. The athletic department supports promoting team activities through any upbeat and appropriate means that reflects good taste and is firmly against any other kind of message. Students found guilty of offensive promotions face possible disciplinary action.

Captain's Practice:

"Captain's practice," no matter how well intentioned on the part of the team captains, is clearly in violation of CIAC. The following is quoted from CIAC By-Laws, Section 4.5.C.:

"The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for that sport without adult supervision. The CIAC does not in any way sanction, encourage or condone "Captain's Practice" in any sport. "Captain's Practice," depending on the member school's involvement, may be a clear violation of eligibility rule II. D. (Season limitations), or certainly a violation of the spirit of Rule II. D.

There is also a serious practical consideration. CAS counsel advises that if it can be demonstrated that a school is allowing "Captain's Practice," the liability responsibility for an injured athlete may be quite serious; that the threat of a negligence suit would lie heavy."

It must not be construed that adult presence (parent or volunteer) makes a "Captain's Practice" legal or appropriate. The Wilton High School Athletic Department fully supports the CIAC position, and Captain's practice is expressly forbidden.

Other Athletic Opportunities

Sports Clubs:

Sports which are not part of the interscholastic program at Wilton High School can and do exist as club teams. Rowing is an example of this type of activity. Sports clubs are formed when there

is sufficient interest, funding, appropriate adult supervision and a safe facility in which to conduct the activity. Frequently the Sports Club is the “proving ground” for a future interscholastic team. Sports Clubs are not necessarily required to follow CIAC eligibility or other regulations governing interscholastic sports, do not meet as often, have limited, if any, outside competition and seldom provide awards or other formal recognition.

Sports clubs are often the “proving ground” for future varsity teams. A team wishing to change its status from sports club to varsity status must apply to the Athletic Director. Following review and approval of the proposal, the Athletic Director forwards the recommendation through the Principal to the Superintendent for submission to the Board of Education. Only after the Board of Education approves the request, along with the budget increase to cover all team costs, will the team achieve varsity status. Most or all of the following criteria will be used in evaluating any request:

- Existence as a viable “club team” for no less than two years.
- Proven and sustained interested demonstrated through student athlete participation numbers.
- Proven and sustained availability of appropriate competition within reasonable distance from the school.
- Adequate and appropriate facilities for practices and games.
- Ability to secure and sustain qualified coaches.
- Adequate budget resources to pay for necessary salaries, supplies, equipment, entry fees, facilities, officials and transportation.

Sportsmanship

Definitions:

Sportsmanship: Qualities and behavior befitting a sports person.

Sports person: A person who can take loss or defeat without complaint, or victory without gloating, and who treats his/her opponents with fairness, generosity, courtesy etc.

Behaving as a good sport is primarily a learned behavior. Poor sportsmanship occurs when one or more of the following is present:

1. The person exhibiting poor sportsmanship is ignorant about the guidelines for good sportsmanship.
2. The person understands good sportsmanship guidelines, but lacks emotional maturity to act on those guidelines.
3. The person understands good sportsmanship guidelines, has the emotional maturity to act on them, but chooses not to act in a sportsmanlike manner.

Learning the difference between good and poor sportsmanship, learning to control emotions and choosing the appropriate reaction in any given situation is all part of the learning encouraged by the coaches and athletic administration at Wilton High School.

To aid in this process each coach is given a copy of the **FCIAC Sportsmanship Handbook**. In this handbook are found good sportsmanship guidelines for Athletic Directors, Coaches, Athletes, Spectators and Officials, with a special note to parents. In addition, the handbook is distributed and reviewed with all team captains when they meet with the Athletic Director to discuss issues related to their sports season. Additional copies of this handbook are available from the Athletic Office.

Boosters:

What is a Booster? Booster organizations are mostly comprised of, but not limited to, the parents of current team members. Their functions are many, including attending games; assisting in social events, dinners, etc.; helping set up for games; providing services for fans (such as directions to games); assisting in equipment inventorying; planning and overseeing post season awards events.

All gifts/grants must be made to the Board of Education and not to the team. The involvement of Wilton High School Booster Organizations is much appreciated by the teams they serve and by the athletic and school administration.

A further word on Booster Club fund raising: The Wilton Board of Education is responsible for providing funding for the safe and effective operation of the interscholastic sports program. There may be times when Board funding is unavailable to provide everything a coach may request and a Booster Club would like to offer financial subsidy. Such gifts must follow Board of Education policy relating to financial donations. A gift valued at \$2,500 or more to any public school or department within that school must receive board approval prior to the giving. Gifts of lesser value can be given without such prior approval, but must be listed by the building principal (amount, purpose, etc.) at the end of each school year for reporting to the board of Education. The words “nice” and “necessary” help provide a distinction when assessing appropriate spending by Booster organizations. “Necessary” expenditures must be provided by the Board of Education. Items that would be “nice” to have are appropriate for Booster financial support. Any Booster Club purchase or expenditure must clear with the team’s head coach, and the Athletic Director following Board of Education approval.

Athletic Banquets: All Athletic Banquets should end by 9:00 p.m. During CAPT Testing banquets should end by 8:00 p.m. Banquets should not be held the night before exams. To prevent conflicts, booster clubs must submit the date and time for banquets to the Director of Athletics for approval before plans are finalized. Wilton High School Athletic Department awards are administered to student-athletics at banquets. Therefore, these functions are considered school-sponsored activities.

Concessions:

Booster organizations frequently sell food, beverages, t-shirts, seat cushions, banners or other team items during home athletic contests. Plant to operate concessions must be cleared through the Athletic Director. Guidelines for setup, cleanup, use of school or private cooking appliances and custodial services should also be discussed with the Athletic Director. There is a specific printed set of rules for use of the concession stand at the stadium.

Volunteers:

Parents or other adult members of the community may choose to volunteer their services to the athletic department or to a specific team. Services can include game set up and breakdown, keeping statistics, uniform inventory and maintenance and assisting coaches with the team. (Helping with post season dinners is a Booster function and not considered a volunteer activity.) Any person volunteering to assist the athletic department or coaching staff, for a few days or an entire season, is required to read, understand and sign the volunteer agreement form. Copies are available in the Athletic Office.

NCAA Academic Policy

The National Collegiate Athletic Association (NCAA) is the governing body for most college

sports. College bound high school athletes need to comply with specific NCAA regulations. Up to date information regarding these regulations is available from the Wilton High School College Counseling office and on the web at ncaaclearinghouse.net. For general guidelines, student/athletes should contact the Athletic Director for a copy of the FCIAC's "NCAA Guide for the college-bound Athlete."

Juniors who anticipate playing a sport in college should register with the NCAA before the end of their junior year in high school. Seniors who have not registered in their junior year should register as soon as possible in their senior year. The following is a brief guide to these regulations. For specific interpretation of the student/athlete's academic record as it applies to the NCAA, see your counselor or the College counseling office at Wilton High School.

- If a student is planning to enroll in a Division I, IAA or II college, eligibility status must be determined by the NCAA Clearinghouse.

Tips for college bound athletes include:

- First, discuss with your family the combination of size, location, academic programs and athletic opportunities of colleges you are considering. This conversation should include your level of talent and motivation to continue your post high school sports career.
- Discuss with your guidance counselor the colleges for which you are academically qualified.
- Discuss your athletic potential with your coach to determine the level of competition that best suits your capabilities. Athletes sometimes benefit more from their college experience if they select a school where they can play sports without the pressure of Division I or II, even if their talent would make such placement possible. Frequently the college coach will want to talk directly with potential athletes (see following section on "Recruiting").

Recruiting

There are three levels of recruiting that affect or are affected by the high school athletic program.

1. Future Wilton High School students;
2. Recruiting of students with athletic potential by CIAC member schools;
3. Recruiting by colleges and universities of students with athletic and academic potential for their institutions.

Future Wilton High School students: Encouraging potential student/athletes currently in eighth grade is consistent with co-curricular activities of every kind. Providing information to incoming students relating to academic, club or athletic programs encourages future Wilton High School students to become involved in the rich variety of activities offered at the school. Coaches may choose to invite Middlebrook students to attend games or a general orientation to their sport following the season. The student is under no obligation (nor is the coach) to continue the association when the student is enrolled at the high school.

Recruiting by CIAC member high schools: Under CIAC By-Laws section 3 Article X defines recruiting as using "undue influence and/or special inducement by anyone associated with a school in an attempt to encourage a prospective student to attend or remain at that school for the purpose of participating in interscholastic athletics." It goes on to state that such recruitment is "a gross violation of the spirit and philosophy of the By-Laws of the Connecticut Interscholastic Athletic Conference and is expressly forbidden." For further and more detailed information relating to recruitment among member schools refer to the CIAC By-Laws found in the Athletic Director's office.

Recruiting by Colleges & Universities: It is not uncommon for students with college athletic potential to be recruited by members of a college's coaching staff. Any such contact is strictly regulated by NCAA guidelines (available in the athletic office). Interest on the part of a college

prohibits any inducements, financial or otherwise, not available to the general applicant pool, except where athletic scholarships are provided by the college. Recruiters are also limited in regards to location and frequency of the contact with potential candidates. From the Wilton High School standpoint, recruiters are not allowed to disrupt the educational process to meet with candidates, unless specific permission has been granted by the parent and school administration. Parents and student/athletes wishing more information relating to these guidelines should consult with the student's **Guidance Counseling Office**

Student Information Release Form

We understand that college offices and college coaches may request academic information from Wilton High School consisting of the school transcript and the supplemental data form containing standardized test scores. We give our permission for these academic records to be released from Wilton High School to college offices and/or college coaches. We understand this permission is granted through the year of graduation unless we notify the school otherwise.

Specialization at an Early Age:

This term applies to the early commitment on the part of the parents and child to limit his or her sports experience to one major sport. Frequently this decision occurs when the child is very young, and is motivated by the feeling that the child will become accomplished in the sport of choice rather than becoming "master of none."

On rare occasions involving unique and exceptional athletic ability such early concentration is appropriate. Unfortunately for most children, "specializing" limits the child from achieving full athletic potential. There are many reasons for this, some relating to physical development of motor patterns (enhanced by the differing demands of a variety of sports activities), others relating to the mental/social development of experiencing new coaches and a different circle of friends. There is also the risk of overuse injuries, which relate to repetitive movement patterns and constant points of impact on the body. The developing child who experiences variety of sports during the maturation years has a better chance of becoming "physically and athletically educated."

Some Wilton High School students are still "three letter" athletes. The Athletic Department and coaches appreciate their enthusiastic involvement and hope they continue to be so involved, and that other student/athletes will join them in three season sports commitment. But the department also recognizes that high school students are maturing into other areas of importance to them, and understands when a student decides to develop other interests for a season or two. This is not "specialization" on the athlete's part, just mature decision-making.

GENDER EQUITY IN ATHLETICS

INTRODUCTION

Title IX of the Education Amendments of 1972 (10 U.S.C. §1681 *et seq.*) prohibits discrimination on the basis of sex in education programs receiving Federal financial assistance. Athletics are considered an integral part of an institution's education program and are therefore covered by this law. It is the responsibility of the Department of Education (ED), Office of Civil Rights (OCR), to assure that athletic programs are operated in a manner that is free from discrimination on the basis of sex.

The regulation (34 C.F.R. Part 106) implementing Title IX contains specific provisions relating to athletic opportunities. It also permits individual institutions considerable flexibility in achieving compliance with the law.

To clarify the athletic requirements contained in the Title IX regulation, a Policy Interpretation was issued to provide colleges and universities with more guidance on how to comply with the law. The Policy Interpretation, which explains the standards of the regulation, clarifies the obligations of colleges and universities in three basic areas:

- student interests and abilities;
- athletic benefits and opportunities; and
- financial assistance.

While designed specifically for intercollegiate athletics, the general principles and compliance standards set forth in the Policy Interpretation will often apply to interscholastic athletic programs operated by elementary and secondary school systems, and to club and intramural athletic programs.

STUDENT INTERESTS AND ABILITIES

The athletic interests and abilities of male and female students must be equally and effectively accommodated. Compliance with this factor is assessed by examining a school's: (a) determination of the athletic interests and abilities of its students; (b) selection of the sports that are offered; and (c) levels of competition, including opportunity for team competition.

Measuring Athletic Interests

School districts have discretion in selecting the methods for determining the athletic interests and abilities of their students, as long as those methods are nondiscriminatory. The only requirements imposed are that institutions used methods that:

- take into account the nationally increasing level of women's interests and abilities
- do not disadvantage the under represented sex (i.e., that sex whose participation rate in athletics is substantially below its enrollment rate);
- take into account team performance records of both male and female teams; and
- respond to the expressed interests of students capable of competing who belong to the under represented sex.

Selection of Sports

A school district is not required to offer particular sports or the same sports for each sex. Also, an institution is not required to offer an equal number of sports for each sex. However, an institution must accommodate to the same degree the athletic interests and abilities of each sex in the selection of sports.

A school district may sponsor separate teams for men and women where selection is based on competitive skill or when the activity is a contact sport. Contact sports under the Title IX regulation include boxing, wrestling, rugby, ice hockey, football, basketball and other sports in which the purpose or major activity involves bodily contact. Equally effective accommodation also requires a school district that sponsors a team for only one sex to do so for members of the other sex under certain circumstances. This applies to contact and non-contact sports. For example, a separate team may be required if there is sufficient interest and ability among members of the excluded sex to sustain a team and a reasonable expectation of competition for that team. Also, where an institution sponsors a team in a particular non-contact sport for members of one sex, it must allow athletes of the other sex to tryout for the team if, historically, there have been limited athletic opportunities for members of the excluded sex.

Levels of Competition

School districts must provide opportunity for interscholastic competition as well as team schedules that equally reflect the competitive abilities of male and female athletes. An institution's compliance in this area may be assessed in any one of the following ways:

- the numbers of men and women participating in interscholastic athletics are substantially proportionate to their overall enrollment; or
- where members of one sex are under represented in the athletics program, whether the institution can show a continuing practice of program expansion responsive to the developing interests and abilities of that sex; or
- the present program accommodates the interests and abilities of the under represented sex.

In considering equivalent opportunities for levels of competition, compliance will be assessed by examining whether:

- male and female athletes, in proportion to their participation in athletic programs, are provided equivalently advanced competitive opportunities; or
- the institution has a history and continuing practice of upgrading the competitive opportunities available to the historically disadvantaged sex as warranted by the developing abilities among the athletes of that sex.

School districts are not required to develop or upgrade an interscholastic team if there is no reasonable expectation that competition will be available for that team within the institution's normal competitive region. However, an institution may be required to encourage development of such competition when overall athletic opportunities within that region have been historically limited for the members of one sex.

Discriminatory rules established by a governing athletic organization or league do not relieve recipients of their Title IX responsibilities. For example, a school district may not limit the eligibility or participation of women based on policies or requirements imposed by an interscholastic athletic body.

ATHLETIC BENEFITS AND OPPORTUNITIES

In determining whether equal opportunities in athletics are available, the Title IX regulation specifies the following factors that must be considered:

- accommodation of athletic interests and abilities (which is addressed separately in the section above);
- equipment and supplies;
- scheduling of games and practice time;

- travel and per diem allowances;
- opportunity for coaching and academic tutoring;
- assignment and compensation of coaches and tutors;
- locker rooms and other facilities;
- medical and training services;
- housing and dining services; and
- publicity.

The Title IX regulation also permits OCR to consider other factors in determining whether there is equal opportunity. Accordingly, the Policy Interpretation added two more factors, recruitment of student athletes and provision of support services, since these factors can affect the overall provision of equal opportunity to male and female athletes.

The Policy Interpretation clarifies that institutions must provide equivalent treatment, services, and benefits regarding these factors. The overall equivalence standard allows institutions to achieve their own program goals within the framework of providing equal athletic opportunities. To determine equivalency for men's and women's athletic programs, each of the factors is assessed by comparing the following:

- availability;
- quality;
- kind of benefits;
- kind of opportunities; and
- kind of treatment.

Under this equivalency standard, identical benefits, opportunities, or treatment are not required. For example, locker facilities for a women's team do not have to be the same as for a men's team, as long as the effect of any differences in the overall athletic program is negligible.

If a comparison of program components indicates that benefits, opportunities, or treatment are not equivalent in quality, availability, or kind, the institution may still be in compliance with the law if the differences are shown to be the result of nondiscriminatory factors. Generally, these differences will be the result of unique aspects of particular sports or athletic activities, such as the nature/replacement of equipment and maintenance of facilities required for competition. Some disparities may be related to special circumstances of a temporary nature. For example, large disparities in recruitment activity for any particular year may be the result of annual fluctuations in team needs for first-year athletes. Difficulty in compliance will exist only if disparities are of a substantial and unjustified nature in a school's overall athletic program; or if disparities in individual program areas are substantial enough in and of themselves to deny equality of athletic opportunity. This equivalency approach allows institutions great flexibility in conducting their athletic programs and maintaining compliance without compromising the diversity of athletic programs among institutions.

ACHIEVING EQUAL OPPORTUNITY

Before the enactment of Title IX, most school districts traditionally emphasized sports for male students, and the benefits and educational opportunities in athletic programs generally were limited for women. Title IX has helped focus attention on meeting the needs of women interested in athletics and helped education officials to recognize their responsibilities regarding the provision of equal athletic opportunity. The result has been increased involvement of girls and women in sports at all levels. OCR supports the efforts of education officials to comply with the requirements of Title IX by offering a program of technical assistance to institutions receiving

Federal funds as well as to beneficiaries of those funds. OCR's technical assistance program is designed to provide education officials with the skills and knowledge necessary to apply the laws to their own circumstances and thereby facilitate voluntary compliance.

Adapted from *Equal Opportunity In Intercollegiate Athletics: Requirements Under Title IX of the Education Amendments of 1972*, U.S. Department of Education, Office for Civil Rights.

(This entire appendix is taken from A Manual for Title IX Coordinators - Connecticut State Department of Education, 1994)

INTERSCHOLASTIC ATHLETICS

Board of Education Policy No. 6145 (Section I)
Purpose and Administration

A. Participation

1. The Principal, Director of Athletics, and coaches shall be charged with the responsibility for safeguarding the health, safety, and general welfare of all participants and for providing an educationally sound program in accord with the stated purposes of the athletic program. Participation in interscholastic athletics shall not be considered a substitute for physical education since one of the major reasons for requiring physical education is the development of individual, life-long interests and skills.
2. Since the purposes of the athletic program can be met in virtually any athletic endeavor, the athletic program shall encompass a variety of opportunities to enable students with a wide range of interests and abilities to participate and benefit. Participation by all students at some level shall be actively encouraged, but shall not be required. In keeping with the stated purposes, special effort shall be made to attract and hold a highly qualified, experienced coaching staff that is oriented to the teaching aspects of the athletic program.

B. Equal Opportunity

1. To ensure that male and female students have an equal opportunity to participate in comparable athletic programs, the Principal and Athletic Director shall schedule games, practice times, and sites equitably for men and women. To ensure that a balanced program for men and women is maintained at all times, the Principal and Athletic Director shall consider the following facts:
 - a. the nature and extent of the sports offered and their accommodation of the interests and abilities of men and women both in terms of sports and levels of competition offered;
 - b. The provision of equipment and supplies;

- c. The scheduling of games and practice time;
 - d. The provisions for travel;
 - e. The nature and extent of the coaching provided;
 - f. The assignment and compensation of coaches;
 - e. the provision of locker-room, practice, and competitive facilities;
 - h. The nature and extent of publicity.
2. Equal aggregate expenditures shall not be required in ensuring that a balanced program for men and women is maintained at all times. However, financial resources shall be allocated as necessary to provide facilities, equipment, supervision, supplies, and opportunities for participation and competition, which equally accommodate the athletic interests and abilities of both men and women.

Title IX

Title IX of the Educational Amendments of 1972 states that:

"...No person in the U. S. shall, on the basis of sex be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal aid."

Mandatory Physical Examination Requirements

All student athletes must have a yearly physical examination to be in compliance with mandatory CIAC rules and Wilton Board of Education policy. An athletic physical form is to be completed and signed by a physician and on file with the school nurse prior to the first practice. A student may not participate in any tryout, practice or game until these requirements are met. If you do not have a local physician or you cannot afford a physical exam, please contact the Health Office for information.

Interscholastic Athletic Participation: Any student sent home through the Health Office for medical illness/injury will not be eligible to participate in games and practices for all clubs and sport activities on that day.

Eligibility Rules for Interscholastic Sports

The athlete is responsible for honoring all rules adopted by the C.I.A.C. A copy of the C.I.A.C. rules is available from the Director of Athletics or any member of our coaching staff. All C.I.A.C. eligibility rules apply to cheerleaders as well as athletes. In part, these rules read:

A. To be eligible for fall sports a pupil must have passed and received credit toward graduation at the close of the school year preceding the contest in at least four (4) units of work or its equivalent for which he/she has not previously received credit. Equivalent is any number of courses, which are equal to one full unit.

B. A pupil cannot at any time represent a school unless taking at least four (4) units of work or its equivalent. During the school year a pupil must have received a passing grade, and credit in at least the same four (4) courses at the end of each quarter preceding

the contest. (For eligibility purposes, the end of the marking period shall be interpreted as the official date that the school requires grades to be distributed.) No unit for which the pupil has already received credit shall be included in those required by this rule.

C. Scholastic failures cannot be made up for eligibility purposes in any manner until the next report, with one exception. Credits earned during the summer by any approved Board of Education program will be accepted for the purpose of determining the eligibility of pupils desiring to participate in the athletic program of the school in September. Scholastic incompletes must be made up within ten school days following the end of the marking period as defined above.

D. In order to participate in athletic activities, a student must be in attendance in at least 4 of 7 periods during the regular school day preceding the contest.

CIAC Eligibility Rules

1. A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition. Date of entry is defined as the first date of enrollment as a grade 9 student taking four (4) or more high school subjects. **(1)** Students who are not eligible or elect to not participate do not preserve additional semesters for use at a later time. That is, there is no fifth year of eligibility per se. **(2)** A student who has attended 15 days or more may apply through the member school for consideration of a hardship waiver. Hardship waiver requests will be considered for unforeseen, unavoidable or unusual circumstances that were beyond the control of the student and resulted in the student being unable to complete their academic requirements in four (4) years or eight (8) consecutive semesters. All such requests must be well documented. Waivers for serious medical situations that are well-documented will also be considered when it is demonstrated the student was unable to complete any significant school work due to their medical condition and it is verified the school made every effort to provide an appropriate alternative program to the student. Injuries sustained in playing a CIAC-sponsored sport will not constitute grounds for a medical waiver for an additional semester/year of play in the sport in which the injury occurred. A waiver will be granted for a student who has been absent one or more semesters because of required military service. If a waiver is granted in any situation, the semester granted must be the same as the semester waived – fall for fall, spring for spring. **(3)** The fact that a student has not participated for four seasons will not justify allowing such student to participate in interscholastic sports beyond the eighth semester after his or her entrance into the ninth grade. **(4)** This is an eight-semester attendance rule, i.e., eight semesters of time not eight semesters of participation or competition rule. **(5)** Exception: A student who interrupts his/her school career in order to participate in a CSJET approved foreign study program may have his/her eligibility extended for up to two semesters, provided the student does not participate out-of-country in sports he/she wishes to play upon his/her return, subject to approval by the CIAC.

The implementation date was July 2006, affecting all students entering 9th grade in September 2006 and after. No student presently enrolled in grade 12, shall participate in the same branch of athletics for more than three (3) seasons at any school (the three season rule will be phased out as of June 30, 2009).

2. A pupil cannot at any time represent a school unless he/she is taking at least four units of work or its equivalent. During the school year, a pupil must pass at least four units of work in the marking period immediately preceding the contest. No unit of work for which the pupil has already received credit shall be included in those required by this rule.
3. Marking period grades (not semester grades) are used to determine academic eligibility. To be eligible for fall sports, a pupil must have received credit toward graduation for four units of work for which he/she has not previously received credit.
4. Students must be under nineteen years (19) of age on September 1.
5. Students cannot change schools without a change of residence.
6. Students may not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season.
Exceptions: Parent/child tournaments and Caddy Tournaments. Swimming, tennis, and gymnastics: a student may practice but not compete with a non-CIAC team during the season.
7. Students may not play under an assumed name on an outside team.
8. Students may not receive personal economic gain for participation in any CIAC sport.

NCAA Eligibility

Athletes and their families should be aware of National Collegiate Athletic Association (NCAA) athletic eligibility criteria. NCAA eligibility requirements are based on actual credit earned in courses. For example, NCAA Division 1 requires that a student earn 4 credits in English courses in order to be eligible. A WHS student can graduate having passed four years of English courses but the student may have lost credit in one or more of the English courses. Please understand that such credit loss may result in possible athletic ineligibility.

Good Sportsmanship

Wilton High School expects a high standard of conduct from student spectators at athletic contests. Students whose behavior reflects poorly upon themselves and the school could face the loss of spectator privileges, along with stronger action, if warranted.

Sportsmanship is courteous, fair, and respectful behavior, which is demonstrated in the conduct of players, spectators, coaches, and school authorities. High school students should set a good example in the matter of sportsmanship.

CIAC CHEMICAL HEALTH POLICY

According to CIAC policy, any student-athlete found using performance-enhancing drugs by their school district will be immediately disqualified from any further participation in CIAC – sponsored sports for a period of 180 school days on each occurrence.

WILTON HIGH SCHOOL ATHLETIC/EXTRA-CURRICULAR ELIGIBILITY AND PARTICIPATION RULES

Participation in the Wilton High School Athletic Program/Extra-Curricular program is a privilege that carries the expectation that a student will behave in a responsible manner and follow established rules and regulations. The coach or extra-curricular activity advisor is equally committed to providing a learning experience through his/her example.

These rules set forth the expectations for participation in the Wilton High School Athletic/Extra Curricular program and the consequences for non-compliance with those rules. Consequences for violations of school rules for behavior on-campus or at school-sponsored events are described in the WHS Student handbook. The Board of Education also reserves the right under state law and Board of Education policy 5114 to expel any student from participation in school privileges, including extra curricular/athletic programs, for a maximum of one calendar year for violation of these rules.

The sale distribution or transmission of a controlled substance as defined in subdivision (9) of 21a-240 of the General Statutes on or off school grounds shall be subject to mandatory expulsion (exclusion from all school privileges) as required by state laws and Board policy 5114.

I. PARTICIPATION RULES

- A. Possession, use, or being under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, or intoxicant of any kind on or off campus will result in the appropriate disciplinary action.

- B. Knowingly hosting on your property those who are in possession of, using, or transmitting any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, or intoxicant of any kind will result in the appropriate disciplinary action.
- C. Being in a vehicle with those who are in possession of, using, or transmitting any unconcealed narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, or intoxicant of any kind will result in the appropriate disciplinary action.

First Offense - Violation of Participation Rules A, B, or C

The student will be suspended from participation and membership in all athletic/extra-curricular organizations for 14 calendar days. This will include parking privileges. After the suspension, the coach/extra-curricular activity advisor will determine the most appropriate position in the organization for the student.

*Students who have previously incurred a first offense for violation of Possession/Use/Abuse of Alcohol/Drugs on School Property or at School Sponsored Activities will be suspended from participation and membership in all athletic/extra-curricular organizations for the remainder of the school year.

*Students who in the future incur an additional offense for violation of Possession/Use/Abuse of Alcohol/Drugs on School Property or at School Sponsored Activities will be suspended from participation and membership in all athletic/extra-curricular organizations for the remainder of the school year.

Second Offense - Violation of Participation Rules A, B, or C

The student will be suspended from participation and membership in all athletic/extra-curricular organizations for the remainder of the school year. This will include parking privileges.

These procedures will take effect on the first school day of each school year or the first day of the activity regardless of whether the student is participating on a team or organization at the time of the violation of Participation Rules A, B, or C. A student who is found in violation of Participation Rules A, B, or C before enrolling in the team or organization will face the consequence described in the "Second Offense" if he or she is found in violation of Participation Rules A, B, or C again.

All coaches and extra-curricular activity advisors will follow the procedures for Participation Rules A, B, or C. However, violation of Participation Rules A, B, or C may result in longer suspensions and/or removal from the National Honor Society or the American Technology Honor Society in accordance with their national constitutions.

D. Use of Tobacco

All coaches or extra-curricular activity advisors will determine rules, procedures, and penalties for the use of tobacco on or off campus. The coach or extra-curricular activity advisor will communicate the rules, procedures and penalties to students in writing at the beginning of the season or activity. The penalties shall not exceed those for Participation

Rules A, B, or C.

- E. Additional rules and procedures as established by the Coach or Extra-Curricular Activity Advisor:

All coaches or extra curricular activity advisors will follow the Procedures for Participation Rules A, B and C. Consequences for violation of additional rules and procedures shall be determined by the coach or extra-curricular activity advisor. The rules, procedures and penalties for failing to adhere to them shall be communicated to the students in writing by the coach or extra-curricular activity advisor at the beginning of the season or activity.

II. ENFORCEMENT PROCEDURES

- A. The Director of Athletics will ensure that students and parents are given these rules in writing at the beginning of the school year.
- B. The Director of Athletics in consultation with the Principal and coach or extra-curricular advisor will be responsible for the administration and enforcement of these rules.
- C. Students in violation of Participation Rules A, B, or C will be offered school support programs, such as meetings with the counselor, outreach counselor or social worker when appropriate.
- D. Decisions on violations of Participation Rules A, B, or C shall be made by the Director of Athletics, Physical Education and Health in consultation with the coach or extra-curricular activity advisor and the Principal. Parents will be notified of a violation of a participation rule and of the disciplinary action taken.

Example- Please obtain form at Athletic Office

Travel Release Form

This is to request that _____ (athlete)
be allowed to ride to the athletic contest at _____ on _____ (date). I
certify that I will be transporting the above names student personally or have arranged for
transportation for him/her with another adult
_____ (name & relationship).

The reason for this request is: _____

I understand that Wilton High School policy requires that students ride buses or other authorized vehicles to and from all school events. By requesting this alternative transportation, I hereby waive all claims against the Wilton Board of Education and the Town of Wilton for any injury, accident, illness or death occurring during transportation on the date for which this alternative transportation is requested.

WILTON HIGH SCHOOL EMERGENCY TREATMENT CARD

Last Name _____ First Name _____

Date of Birth _____ Grade _____

Address _____ Home Phone _____

Mother's Name _____ Work/Cell _____

Father's Name _____ Work/Cell _____

Doctor _____ Phone _____ Dentist _____ Phone _____

Insurance Company _____ Policy Number _____

Emergency Contact _____ Relationship _____

Home _____ Work _____ Cell _____

2nd Emergency Contact _____ Relationship _____

Home _____ Work _____ Cell _____

Asthma	Yes	No	Medications: _____
Epi-pen	Yes	No	Used for: _____
Concussions	Yes	No	Date of last concussion: _____
Diabetes	Yes	No	
Contacts/glasses	Yes	No	
Fractures	Yes	No	Location: _____
Surgeries	Yes	No	Reason: _____
Heart Condition	Yes	No	
High Blood Pressure	Yes	No	
Seizures	Yes	No	

Medications Currently Taking and Reason: _____

Other Medical Conditions: _____

PERMISSION TO PARTICIPATE AND PROVIDE MEDICAL TREATMENT

By its nature, participation in interscholastic athletics includes risk of injury that may or may not be minor to disabling to even death. I acknowledge this inherent risk and grant permission for my son/daughter _____ to participate in the sport of _____ and undergo appropriate first aid and medical treatment for ANY injury or illness that he/she may sustain or acquire while engaged in interscholastic athletics at Wilton High School, including during team travel for local and out-of-town trips. I understand that if my child suffers an injury or illness that may put life or limb at risk, Emergency Medical Services will be immediately summoned for transport to the hospital, the athletic trainer, team physician, school medical personnel, and/or coaching staff will initiate emergency medical interventions(s) within their scope of professional practice until EMS arrives, and the parent will be notified as rapidly as possible.

Having understood the above agreement, I acknowledge that medical treatment will be provided to my child as deemed necessary for emergency and non emergent injuries and illnesses.

Signature of Parent/Guardian

Date

STUDENT STATEMENT

As I understand the CIAC regulations and Wilton High School eligibility rules, I am eligible to play. I realize that such activity involves traveling to-and-from games and also involves the potential for injury, which is inherent in all sports. I acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death. I agree to make every effort to keep my school work up and to live up to the training rules as set down by my coach.

Signature of Student

Date

ATHLETIC AWARDS

The following is a guideline to determine the criteria for awarding a letter in a particular sport.

1. BASEBALL - A player must play an average of two innings per game.
2. BASKETBALL - A player must play an average of one quarter per game.
3. CHEERLEADING - A student must attend and cheer an average of 90% of the games and attend 90% of the practices.
4. CROSS-COUNTRY - A runner must earn a minimum of three points per game.
5. FIELD HOCKEY - A player must play an average of one quarter per game.
6. FOOTBALL - A player must play an average of one-quarter per game.
7. GOLF - A player must play an average of 50% of the team's matches.
8. GYMNASTICS - A gymnast must have two scores count in team totals at any meet during the season or regularly compete in at least one event.
9. ICE HOCKEY - A player must play one hundred minutes during the season.
10. INDOOR TRACK - An athlete may earn a varsity letter by meeting established standards or by placing in the top ten at an Invitational meet or the FCIAC , CIAC championships or NE Championship meet.
11. LACROSSE - A player must play an average of one-quarter per game.
12. SKIING - A skier must have one top six finish/ three top ten starts (1/2 varsity meets)
13. SOCCER - A player must play an average of one-quarter per game.
14. SOFTBALL - A player must play an average of two innings per game.
15. SWIMMING - A team member must earn 30 points per season.
16. TENNIS - A team member must play in 50% of the team's matches.
17. TRACK - A team member must earn a minimum of five points per meet.
18. VOLLEYBALL - A player must play in an average of one game per match.
19. WRESTLING - A wrestler must earn a minimum of two points per meet.

VOLUNTEER COACHES GUIDELINES

(Example—Please obtain copy from the Athletic Office)

In the interest of enhancing the sports program, and increasing the number of adults working with students, the Board of Education authorizes and encourages the use of volunteers in the athletic program.

Volunteers shall work only with coaches who are certified teachers or hold a Connecticut Coaching Permit. They shall be under the direct supervision of that coach. Those who work as a volunteer coach shall be directly responsible to the Head Coach, the Athletic Director and principal of Wilton High School.

Background checks (including fingerprinting) shall be initiated for all volunteer coaches.

Volunteer coaches will receive orientation, work assignment and evaluation by the varsity coach of the sport.

I have read and understand the procedures above, and agree to the conditions established for volunteer coaches. I will also make every attempt to become certified in first aid and CPR, and to maintain that certification throughout the period in which I am a volunteer in the Wilton Athletic Department.

Signature of Volunteer Coach

Sport

Date

Athletic Program

Fall Sports

<u>Male</u>	<u>Female</u>	<u>Coed</u>
Football V/JV/F	Field Hockey V/JV/F	Cheerleading V/JV
Soccer V/JV/F	Soccer V/JV/F	Cross Country V
	Swimming & Diving	
	Volleyball V/JV/F	

Winter Sports

<u>Male</u>	<u>Female</u>	<u>Coed</u>
Basketball V/JV/F	Basketball V/JV/F	Cheerleading V/JV
Ice Hockey V/JV	Gymnastics	Ski Team
Indoor Track	Ice Hockey V	
Swimming & Diving	Indoor Track	
Wrestling V/JV		

Spring Sports

<u>Male</u>	<u>Female</u>	<u>Coed</u>
Baseball V/JV/F	Lacrosse V/JV/F	Golf V
Lacrosse V/JV/F	Softball V/JV	
Tennis V/JV	Tennis V/JV	
Track & Field	Track & Field	

Note: Freshman Teams open to grade 9 only
JV Teams open to grades 9, 10 & 11
Varsity Teams open to all high school grades