

## INTRODUCTION

The O'Brien Tech Athletic Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered.

The material presented in this handbook contains information pertinent to policies, rules and regulations of the State Board of Education, the O'Brien Tech Athletic Department, the Connecticut Interscholastic Athletic Conference (CIAC) and the Constitution State Conference (CSC).

The O'Brien Athletic Department is concerned with the educational development of students and feels that a properly controlled, well-organized sports program will meet the students' need for self-expression, mental alertness, and physical growth. Athletes are selected for varsity, junior varsity and freshman teams based on their demonstrated abilities. The numerous programs are designed to accommodate as many students as possible. Unfortunately, deleting or "cutting" athletes from certain programs is necessary due to various constraints.

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

Student athletes are role models for others and should constantly remember to set good examples for others.

Sue Schryver  
Director of Athletics

To the Parents and Athletes of O'Brien Tech:

There is a new state law that dramatically changes the way student-athletes are signed up and approved to participate in high school athletics starting with the 2019-2020 school year (continuing in subsequent years) and along with their summer conditioning programs.

Here is the revised process. Please make sure to read all directions on all the forms. If you have any questions, please do not hesitate to call or email me at any time.

☑ Make sure an updated physical has been handed into the school nurse.

☑ Make sure to complete the sports permission form and return to your coaches.

☑ Obtain the CIAC Concussion Fact and Sign-Off Sheet. (from the website listed below or Mrs. Schryver)

This form should be given to Mrs. Schryver.

☑ Obtain the CIAC Sudden Cardiac Arrest Fact and Sign-Off Sheet. (from the website listed below or Mrs. Schryver) Again, this form should be given to Mrs. Schryver.

☑ Take the CIAC required Concussion Course online and complete the quiz. This must include both the student's and parent's names. When you complete this course, your information will be forwarded to O'Brien Tech.

Here is the link to the concussion training and quiz – If the hyperlink does not work, please copy and paste it.

<https://sites.google.com/a/cthss.org/concussion/>

If you do not have Internet access, we can arrange time at our school.

This process is relatively new to the entire state and, as mentioned before, is a state law. We must be sure to follow it as written by the state legislature.

If you have any questions, please contact me with the information below.

Thanks

Sue Schryver

O'Brien Tech Athletic Director

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## PHILOSOPHY

The O'Brien Tech Interscholastic program provides a variety of experiences to aid in the development of positive attitudes and habits in student-athletes that will assist them in their adult lives. The interscholastic program is conducted in accordance with existing Board of Education, CIAC policies, rules and regulations. While school districts take great pride in winning, O'Brien Tech does not condone a "win at all costs" attitude. Good sportsmanship and positive mental health are encouraged. A comprehensive and balanced athletic program is an integral part of the total educational experience of students.

## DESCRIPTION OF OUR PROGRAM

Varsity Athletics are for the athletes that indicate the most skill of those that have tried out for the team. These athletes will have the opportunity to compete against equally-talented athletes from opposing schools.

The purpose of varsity athletics is to refine the skills of the team in an attempt to provide O'Brien with the best win-loss record possible.

The Junior Varsity and Freshman Athletic programs offer students, who do not yet possess the skills required of varsity athletes, an opportunity to participate in a competitive setting. Junior varsity and freshman athletes are in the process of gaining valuable knowledge, skills and experience required for competition at the varsity level.

## ATHLETIC DEPARTMENT POLICIES

### Participation

Athletes may participate in only one sport program in a sport season.

Athletes may not transfer team membership to another sport after they have been selected to a given sport.

### **Attendance in School and Class:**

1. Student-Athletes will attend all classes regularly and on time. Tardiness and cutting classes will not be tolerated.

2. Student-Athletes will not use their sport as an excuse to miss class or portions of class unless the team is departing early from the school. In the event of an early dismissal for the team, all teachers will be notified by the athletic director or coach.

3. Per the O'Brien Tech Student handbook: Students must be present in school for the time equivalent to a legal school day to receive credit for attendance on that day and, therefore, be eligible for participation in an athletic event that day. Extenuating circumstances will be reviewed on a case by case basis by the athletic director and school administrators.

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

### **Attendance for Practice and Games:**

Attendance at all practice sessions and games (including tournament and vacation periods) for all team members is mandatory. If, for some reason a student-athlete will be absent or tardy for a practice or game, they must personally speak to a member of the team's coaching staff prior to that practice or game. Athletes should be aware that contests may be scheduled or rescheduled for Saturdays and Sundays.

If a student misses games due to family vacations, they will be required to sit out an equal number of games that they missed due to this vacation.

Any violation of the aforementioned rules may lead to

dismissal from the team for the duration of the season or indefinite suspension from the team.

## **Athletic Code and Conduct**

The community, school administration and coaching staff feel that high standards of conduct and citizenship are essential to a sound athletic program. With that in mind, the following rules are in place:

1. Athletes will conduct themselves as ladies or gentlemen at all times. They must remember that they are a representative of O'Brien Tech, their team, coaches, and family.
2. Athletes will conduct themselves in an exemplary manner in school, the community, and on any campus which their team is visiting.
3. Acts of unacceptable conduct, such as, but not limited to, theft, vandalism, or any violation of the law, will result in disciplinary action.
4. Detentions of any type and school suspensions will not be tolerated and will result in disciplinary action through the student-athlete's sport.
5. Students who are suspended (In-School or Out of School) will not be permitted to attend or participate in any school sponsored activity on that day or evening.

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

### **Use of Illegal Substances:**

There will be absolutely no use or possession of any tobacco (including smokeless) products, alcohol or illegal/non-prescription drugs, including STEROIDS, by any O'Brien Tech athlete. Any individual who is observed violating this rule (either on or off campus) by an administrator, teacher, or member of the coaching staff or staff member will be subject to disciplinary action.

Any athlete in violation of any section of this rule will be subject to a dismissal from the team for the duration of the season or indefinite suspension.

### **Travel**

1. All athletes must travel to and from athletic contests in transportation provided by the athletic department.
2. Athletes will remain with their team and under the supervision of the coach during away contests.
3. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's/athletic director/administration approval.
4. Parents will not transport athletes unless prior approval is granted by the coach/athletic director/principal.
5. Travel from away games provided by parents/guardians is possible provided the "Travel Release Document" is filled out and given to a member of the coaching prior to release. This form may be found on the last page of this document.

### **Rules and Regulation for the Control of Interscholastic Sports**

The athletic program is an important and integral part of the total school program and is open to participation by all students enrolled at a Connecticut Technical High School. Athletics serve as a base for the development of a positive self-image for all participants. Athletics encourages individual and group excellence, dedication, and commitment in working toward team goals while also contributing to the participant's growth in physical fitness and skill. Athletics fosters mental alertness, emotional maturity and social interaction. While the high school athletic program serves as an arena for the student-athlete to display

his/her talents, student-athletes must in turn be willing to assume certain responsibilities.

### **Academic Requirements for Eligibility**

The Connecticut Technical High School System adheres to CIAC eligibility rules listed below:

Student-Athletes are NOT ELIGIBLE:

1. If they are not taking four (4) units of classwork or the equivalent.  
(Rule I.B.)
2. If they have not passed at least four (4) units, one of which must be trade equivalent, at the end of the last regular marking period. (Rule I.A.) The final academic grade average for the previous year determines fall eligibility. (Rule I.D.) 7
3. If they have failed more than one full credit course (i.e. math, science, English, social studies) and one partial credit course (i.e. physical education, art, health) at the end of the last marking period. Also, if a student has failed one full credit course and two or more partial credit courses. The final academic grade average determines fall eligibility. (Rule I.D.)
4. If they have failed their trade-technology coursework.
5. If they have failed physical education.
6. A student has four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.
7. For 30 calendar days from the first allowable play date, if they have changed schools without a change of legal residence, provided both the receiving and sending school principals sign a



Transfer Waiver Form attesting that the student, to the best of the knowledge of the did not transfer for athletic reasons. (Rule II.C.)

8. If they have played the same sport for more than three (3) seasons in grades 10, 11 and 12. (Rule II.B.)

9. If they play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season (Rule II.E.). The exceptions to Rule II.E. shall be:

a.) Golf - Participation in parent-child tournaments and caddie tournaments.

b.) Tennis and gymnastics - A pupil may practice but not compete with a non CIAC team during the season, not to exceed three (3) hours per week.

10. If they play under an assumed name on an outside team. (Rule II.7)

11. If they receive personal economic gain for participation in any CIAC sport. (Rule II.F.)

12. If they are suspended or expelled from school, for the duration of the suspension or expulsion.

The Connecticut Technical High School determines a student athlete's eligibility based on the official receipt of the previous marking period's report card.

### **CIAC / CSC EJECTION POLICY**

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

### **PHYSICAL EXAMINATIONS**

1. Prior to the first tryout/practice session, all candidates for athletic teams are required to be examined by their family

physician, or a walk-in clinic physician.

2. Completed physical examination forms must be on file in the Health Office of the high school prior to the first tryout/practice session.

3. The physical examination is valid for thirteen (13) months and must cover all athletes for the entire sport season (including tryout period).

Student Participation and Parental Approval forms and the CIAC Sports Participation Health Record form are available from Mrs. Schryver, coaches, the nurse's office, and in the Main Office.

### **ATHLETIC DEPARTMENT INFORMATION PERMISSION FORM**

All candidates and their parents/guardians must complete the athletic department's "Permission to Participate" form, available through the Athletic Director, the school nurse and the school's web-site. This form must be returned to their coach before they may try out or participate in any practice session. There are no exceptions to this rule.

### **INJURIES AND ACCIDENT REPORTS**

All injuries suffered by an athletic team member are to be reported immediately to the coach or advisor in charge. The second responsibility of the student is to report the injury to the school nurse and complete an accident report and a return to play form. These forms are available from the school nurse.

### **UNIFORMS AND EQUIPMENT**

Uniforms and equipment are on a loan basis and are to be worn only when authorized by the coach. Only uniforms issued by the athletic department will be permitted to be worn for contests. All uniforms and/or equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the

season. If lost or stolen, the replacement cost of the uniform/equipment will be assessed to the student.

## **DISCIPLINE**

At the beginning of each season, students will be informed by the coach of the types of behavior which may warrant suspension or removal from the team. Each case will be considered individually. Parents, the director of athletics, and the principal will be notified by phone as soon as possible after a student has been suspended or permanently removed from a team.

## **Procedure for Contacting the Athletic Department Personnel**

Should a concern arise regarding the athletic department procedures or policies, please be advised of the following steps to resolve any issue:

1. Contact the coach to discuss the situation directly.
2. Contact the director of athletics if the initial contact with the coach does not settle the dispute to your satisfaction.
3. Contact the school principal if the second level does not provide a satisfactory solution. If no resolution is reached, you have the right to appeal to a higher level.

## **ATHLETIC AWARDS POLICIES**

Award System:

Criteria for awards in each sport are determined by the coach and the athletic director. Student meeting the criteria will receive awards as follows:

- 1st year Varsity - Varsity letter with pin and numerals
- 2nd year Varsity - Bar
- 3rd year Varsity - Bar
- 4th year Varsity - Bar/Senior plaque

All jv athletes will receive their numerals for their first sport along with a certificate. All subsequent jv sports, athletes will receive certificates.

### **Varsity Letter Requirements**

The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes the season as a team member in good standing, and receives the recommendation of the coach. (The coach may recommend a waiver of these requirements under an unusual circumstance). The following criteria for each sport is listed below:

A. Baseball/Softball:

- 1.) Play in one-fourth of all innings played;
- 2.) Pinch hit or pinch run in three-fourths of the games played;
- 3.) Pitched in four starts or six game appearances.

B. Basketball (boys/girls): Participate in fifty percent of the quarters of the contests played.

C. Cheerleading: Meet all contest and practice requirements for a varsity season.

D. Football: Participate in fifty percent of the quarters or the contests played.

F. Golf: Participate on the varsity team in at least fifty percent of the matches

G. Soccer: Participate in fifty percent of halves played.

H. Outdoor Track: Participate on the team and earn two points per meet, plus one, and a designated amount of practice points.

K. Volleyball: Participation in fifty percent of games played.

L. Wrestling. Participation on the varsity team in at least fifty percent of the matches.

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

In addition, a coach will have the prerogative to award a varsity award to a senior who has not met the seasonal requirements.

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

## **SPORTSMANSHIP GUIDELINES**

The O'Brien Tech Athlete:

1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

The O'Brien Tech Spectator:

1. Attempts to understand and be informed of the playing rules.
2. Appreciates a good play, no matter who makes it.

3. Shows compassion for an injured player; applauds positive performances; does not heckle, jeer or distract players and avoids the use of profane and obnoxious language and behavior.

4. Respects the judgment and strategy of the coach and does not criticize players or coaches for the loss of a game.

5. Respects the property of others and authority of those who administer the competition.

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(please detach here)

STUDENT - ATHLETE  
PARENTAL / STUDENT ACKNOWLEDGEMENT 2019-2020

\_\_\_\_\_  
Athlete's Name (Please print)

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

It is the responsibility of the athlete to return this completed form to his or her coach.

