

Athletic Statement of Purpose and Expectations for Performance

Ledyard High School believes that appropriately conducted high school athletics can be among the most important elements in preparing our students to be fully educated adults. More specifically, our athletic programs exist for the purpose of helping our young men and women meet the high expectations established for them in the Ledyard School District's Mission Statement and Ledyard High School's Mission Statement. Increasing the likelihood that our students will develop the essential skills and desirable attitudes and habits articulated in those documents is the primary reason for maintaining diverse opportunities for interscholastic competition at LHS. For these reasons, we have established the following codes and expectations for our athletes and their parents.

Our Expectations for Student-Athletes

Student-Athletes at Ledyard High School will:

- Accept and understand the responsibility and privilege of representing their school and community
- Demonstrate active involvement in their sport and acquire the basic athletic skills and essentials of teamwork necessary for competition.
- Demonstrate:
 1. Sportsmanship at all levels of competition
 2. Leadership
 3. Respect for others
 4. Understanding and tolerance
 5. Hard work
 6. Commitment
 7. Discipline
 8. Personal integrity
 9. Self-control
 10. Responsibility
 11. Good citizenship
- Develop self-knowledge (e.g. awareness of strengths, areas in need of further development, and strategies for success)
- Demonstrate pride in themselves, their community, their school, and their team
- Recognize the importance of a healthy lifestyle
- Maintain athletic eligibility in accordance with the CIAC and Ledyard High School requirements
- Demonstrate a willingness to place the good of the team above themselves

Our Expectations for Parents

It is our hope that all parents of Ledyard High School student athletes will:

- Foster in their children those attitudes and habits most conducive to positive participation as articulated in “Our Expectations for Student-Athletes”
- Support Ledyard Athletics in its efforts to acquire necessary funding
- Be attentive to the performance of the coaching staffs and the administration of Ledyard Athletics
- Support Ledyard Athletics whenever possible through volunteer efforts, attendance at athletic contests, and participation in booster clubs
- Help us to foster a spirit of cooperation between Ledyard Athletics and local businesses, community groups, the Ledyard Parks and Recreation Department, and other town agencies

Program Development

The Ledyard High School Department of Athletics strives for excellence by providing opportunities to student-athletes to participate in programs that are designed to develop meaningful standards of athletic performance, leadership, scholarship, community service and appropriate conduct within the educational and social environments of Ledyard High School.

VARSITY ATHLETICS

Varsity athletes are those athletes that exhibit the most skill of those that have tried out for the team. They will have the opportunity to compete against equally talented athletes from opposing schools. A purpose of Varsity athletics is to refine the skills of the team in an attempt to provide the high school with the best win-loss record possible.

JUNIOR VARSITY ATHLETICS

Junior Varsity athletic programs offer those students who do not yet possess the skills required of Varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining valuable knowledge, skill and experience required for Varsity competition. Occasionally, Junior Varsity athletes may participate in Varsity contests based on the decision by the coaching staff that the athlete has made sufficient progress. This should not be misinterpreted as an absolute move to the Varsity level.

FRESHMAN ATHLETICS

Ninth grade athletes may participate in all sport programs offered at the high school level. Freshman athletic programs are offered to those ninth grade students who do not yet possess the skills necessary to participate on the Junior Varsity level. Freshman teams are designed to provide a competitive setting in which to gain valuable knowledge, skill, and experience required for promotion to the Junior Varsity team.

Occasionally, ninth grade athletes may participate in Junior Varsity or Varsity contests based on the decision by the coaching staff that the athlete has made sufficient progress. This promotion should not be misinterpreted as an absolute move to the next levels of competition.

Drug, Alcohol, and Tobacco Policy

The Athletic Department drug, alcohol and tobacco policy is governed by the Ledyard Board of Education's Alcohol, Drugs, and Tobacco Regulation policy 5131.6. As with many aspects of high school athletics in Connecticut, our programs are also required to adhere to the rules of the CIAC. Ledyard High School strongly believes that participation in high school athletics is a privilege and not a right. The following policies and procedures apply to all CIAC controlled activities sponsored by the school.

It is the policy of the schools to take positive action through education, counseling, parental involvement, medical referral, and police referral in the handling of incidents in the schools involving the possession, sale, and/or use of behavior affecting substances.

Furthermore, any student-athlete charged with using, possessing, or aiding in the procurement of controlled substances, alcohol or drug paraphernalia by law enforcement at any time during the season during or beyond the school day will be subject to the following regulations:

- A. The affected student-athlete will be suspended from all sports participation for ten (10) school days and any weekend practice or contest during that time. Any student-athlete that is found to be using any tobacco product will be suspended for a period of five (5) school days and any weekend practice or contest during that time.
 - 1) The student-athlete and family will be referred by the building administrator to an appropriate agency licensed to assess and treat drug/alcohol-involved individuals at the student's own expense.

- 2) If the evaluation is not scheduled within the suspension period, the student-athlete will remain on suspension until one is made.
- B. If a licensed drug and alcohol agency prescribes a program, the affected student-athlete will complete the program. Completion of a prescribed program involves written verification of completion signed by the treatment agency. Failure to complete any prescribed program will result in removal from the team.
 - C. Any student-athlete charged a second time will be removed from the team for the remainder of that sport season.
 - D. If the student wishes to participate in a sport in the next season, he/she must satisfy the requirements of sections 1 and 2 under letter A and letter B of this policy.
 - E. Any student-athlete charged with using, possession, or aiding in the procurement of controlled substances, alcohol or drug paraphernalia by law enforcement prior to the start of their athletic season, must perform 10 hours of community service approved by the Athletic Department before their sport season begins.
 - F. Anabolic steroids, hormones and analogues, diuretics, and other performance enhancing substances are addressed by the policy and procedures and the CIAC may impose sanctions beyond those applied in this document for use of these substances by athletes.

CIAC Policy 4.15.I Performance Enhancing Drugs Minimum Penalty

A student-athlete who has been determined to have used, in or out of season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

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

CIAC Policy 4.15j

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

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

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

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

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

CIAC and Ledyard Board of Education Rules for Participation in CIAC Sports

Ledyard High School acknowledges, supports, and adheres strictly to the rules of academic eligibility prescribed by the CIAC and Ledyard Board of Education.

To be eligible for participation students must:

1. Be a full time student at Ledyard.
2. The student shall not have reached his or her twentieth (20th) birthday or start a season in which their 20th birthday falls.
3. Not participate in the same branch of athletics more than four (4) seasons in grades 9-12. A student has eight (8) semesters or (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible.
4. Not play or practice with an outside team in the same sport while a member of the school team, unless that sport is exempted by the CIAC and the coach gives permission.
5. Meet Ledyard Board of Education requirements.

The CIAC is the governing body for high school athletics and has established Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut. These rules may be found on the internet at www.casciac.org/ciaceligibility.html or from the Athletic Director.

Eligibility to Participate

Any students enrolled at Ledyard High School shall be eligible to participate in after-school extracurricular activities including the interscholastic athletics program provided the student meets the criteria established by the CIAC and has not been enrolled for more than eight semesters in grades nine through twelve, inclusive, and meets the criteria established by Ledyard High School for eligibility. There are four (4) types of eligibility:

1. CIAC Eligibility –A student who has passed at least four (4) credits during the previous quarter or earned 4 credits the previous year (for fall sports) is CIAC eligible. A student who has not met these criteria is CIAC ineligible and is ineligible immediately upon publication of the CIAC eligibility list. A student who is CIAC ineligible cannot participate in any school sponsored athletic events or practices. Marking period grades (not semester grades) will be used to determine scholastic eligibility to participate in interscholastic athletics during any giving marking period. Year-end failures may be made up through successful completion of school approved summer work in courses failed.

2. Ledyard Eligibility-A student who has met the CIAC criteria and for whom the quarterly average of all of his or her assigned courses is a 70 (C-) or higher is Ledyard eligible.

3.Ledyard Study Hall Eligibility-A student who has met the CIAC criteria and for whom the quarterly average of all of his or her assigned courses is 65-69 will remain eligible as long as they attend two administration-approved, after school study periods per week until the next report card. After School Study Halls occur on Monday, Tuesday and Wednesday, and students must attend for a minimum of 45 minutes (two times each week). If a student does not participate in the required administration approved study periods, he or she is prohibited from participating in athletics until cleared by administration.

4. Ledyard Probationary Study Hall Eligibility--A student who has met the CIAC criteria and for whom the quarterly average of all of his or her assigned courses is 64 and below will remain eligible as long as they attend three administration-approved, after school study periods per week until the next report card is issued. After School Study Halls occur on Monday, Tuesday and Wednesday, and students must attend for a minimum of 45 minutes (three times each week). If a student does not participate in the required administration approved study periods, he or she is prohibited from participating in athletics until cleared by administration.

Note:

Eligibility for fall activities shall be determined by the student's grades for the fourth quarter of the previous year for LHS policy. CIAC eligibility is determined by the final grades. Ninth graders are exempt until the end of 1st quarter of their freshman year.

Physicals

All student-athletes must have a physical exam at least once every 13 months. If the 13 months for the physical has expired and the new sport season has not begun, the student will need to have a physical. In addition, interim forms must be completed and signed by those indicated prior to the beginning of each season.

Completed medical forms should be forwarded to the athletic director, coach, or school nurse. Students will not be allowed to participate until all medical requirements have been met. Specific forms are available from the school nurse or each athletic coach of that sport.

NCAA Clearinghouse

In order to be eligible to participate in NCAA Division 1 or Division 2 athletics as a college freshman, a student-athlete must register with and be certified by the NCAA Initial-Eligibility Clearinghouse. More information can be obtained by logging onto www.ncaaeligibilitycenter.org or by meeting with your guidance counselor. It is recommended that any student-athlete who wishes to continue their athletic career on the Division 1 or Division 2 level register with the clearinghouse by spring of their junior year. Athletes do not need to register with the Clearinghouse for Division 3 athletics.

Pay to Play

In June of 2002, the Board of Education voted to adopt a “Pay to Play” policy for student interscholastic athletic participation. Their decision enables us to maintain our current level of team offerings including freshman teams. The cost for each student participating on a team is \$100 per sport per season.

On the first day of team tryouts, each student must present to the coach, a “proof of payment” in order to try out. Proof of payment will be in the form of a receipt that is issued when \$100 is paid to the main office (all money orders and checks should be payable to Ledyard High School). No student will be allowed to try out for a team unless he/she has met Pay to Play and medical requirements.

All monies will be held in the main office until the final team rosters are announced by the coach. Once a team has been selected, checks and money orders will be returned to students who are not selected for the team, who quit, or have a season ending injury during the pre-season period. No refunds will be made after the team roster has been announced.

For students selected for the team, the checks/money orders will be deposited into the school Central Activity Account to pay for transportation and officials needed for the season. Any student who qualifies for the free or reduced lunch program according to federal guidelines (form filled out and approved) will be exempt from the \$100 fee. Other requests concerning extraordinary financial hardships will be reviewed on a case by case basis by the principal to determine if player fees should be waived. Once a family meets a \$400 cap or an individual athlete meets a \$200 cap, any additional player’s fees for the school year will be waived.

Athlete School Attendance

1. Athletes will be allowed to participate in practice or contests only if they are in school by 10:05 am on that day. Students who are absent from school may not participate in any athletic event during that afternoon or evening. When arranged in advance the principal may approve individual exceptions.
2. Unexcused single period absences during a given day may cause an athlete to be withheld from practice or contests on that day.
3. Any student who has been placed on suspension (in-school or out of school) may not participate in any school related activity while suspended, including athletic practice or competition.

Transportation

All students are required to use transportation provided by Ledyard High School when traveling to and from all contests. Exceptions may be made only after parent/guardian contacts the coach or athletic director. Team members are not allowed to drive to or from away athletic contests. In some cases students may provide their own transportation to practices not on campus, but may not transport other students if they do not meet state driving regulations for transporting others. If any parent or guardian has concerns, please contact the athletic director.

Trying out and Participation

Some of our athletic teams may be able to accommodate all of the athletes interested in participating. Others, for a variety of reasons, must limit the number of team members. Coaches will conduct tryout sessions to determine the make up of teams with limited rosters. Tryouts can be highly competitive and the selection process is often difficult. Coaches will outline the process and explain the criteria to be used in selecting team members. Under some circumstances, students who do not make the team may be given the opportunity to try out with another program in the school. However, once a season begins and teams have been selected, students may not leave one team for another. Students who have completed and submitted the proper forms are eligible to try out. A minimum of 2 sessions will be given for candidates to try out for an athletic team.

Participation Guidelines

1. Missing practice and games: Athletes are expected to attend all practices and competitions. However, the LHS athletic department realizes that there are certain times when students need to miss practices or competitions. Athletes are encouraged to give coaches as much advanced notice as possible. Coaches make policies concerning missing practices for their teams.
2. Conflicts in extracurricular activities: The athletic department recognizes that each student should have the opportunity to participate in a multitude of extracurricular activities. Students have the responsibility to do everything they can to avoid continuous conflicts, but these conflicts do occur. Every effort will be made to schedule events in a manner to minimize conflicts.

In the event of a conflict, sponsors/coaches, parents, and the student will work out a solution. If a solution cannot be made, a decision will be made by the principal and athletic director based on the following:

- A. The relative importance of each event.
- B. The importance of each event to the student.
- C. The relative contribution the student can make to each event.
- D. How long each event has been scheduled.
- E. Parental and student input.

Once a decision has been made by the principal and athletic director, the student will not be penalized in any way by the faculty member or coach.

3. Release from class: Especially during the post season, student-athletes may need to be released from classes in order to get to a contest on time. These absences do not count towards the absence cap. Students must see teachers for assignments in advance. Students have the responsibility of making up all missed work as directed by the teacher.
4. Vacations: Vacations during an athletic team member's sports season are discouraged at the high school level. In the event that an absence due to a vacation is unavoidable, parents and athletes must
 - A. Inform the coach with as much advanced notice as possible
 - B. Be willing to assume the consequences related to the vacation's effect on the athlete's status on the team.

Reporting Injuries/Insurance Coverage

Athletic activity involves the potential for injury. The Ledyard Board of Education carries an accident policy to cover accidental bodily injuries received from the practice and play of high school interscholastic sports. The policy agrees to pay many of the medical costs not covered by your own insurance. Even with the best coaching, use of the most advanced equipment, and strict observance of rules, injuries are still a possibility. Certain injuries may be so severe as to result in paralysis and or total disability. All injuries that occur while participating in LHS athletics must be reported to the coach or athletic director. The coach will give the athlete an accident form with a section to be completed by parents and returned to the main office at LHS. Bills should be submitted to the family's insurance company first. Remaining balances can be forwarded to the school's insurance company.

Bullying/Harassment

(per Ledyard Board of Education Policy 5131.92)

All school policies will apply. As of July 1, 2011 bullying is defined as (a) the repeated use by one or more students of a written, verbal, or electronic communication, such as cyberbullying, directed at or referring to another student attending school in the same district, or (b) a physical act or gesture by one or more students repeatedly directed at another student attending school in the same district, that: (i) causes physical or emotional harm to such student or damage to such student's property, (ii) places such student in reasonable fear of harm to himself or herself, or of damage to his or her property, (iii) creates a hostile environment at school for such student, (iv) infringes on the rights of the student at school, or (v) substantially disrupts the education process or the orderly operation of a school. Under the new expansive definition, "bullying" expressly includes, but is not limited to, written, oral, or electronic communications, or physical acts or gestures that are based on any actual or perceived differentiating characteristics, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, socioeconomic status, academic status, physical appearance, or mental, physical, developmental or sensory disability, or by association with an individual or group who has or is perceived to have one or more of such characteristics.

The Act also defines several new important terms, including "cyberbullying". Cyberbullying is "any act of bullying through the use of the Internet, interactive and digital technologies, cellular mobile telephone or other mobile electronic devices, or any electronic communications."

Uniforms and Equipment

Athletes are responsible for all uniforms and equipment issued to them. Uniforms and all other equipment used by the team are property of Ledyard High School and must be taken care of and returned promptly in good condition at the conclusion of the season. Students are responsible to pay for the equipment not returned.

Note: Athletes who do not return equipment/uniforms are ineligible to participate on additional LHS athletic teams. Graduating seniors will not receive their caps and gowns until they too have met the above responsibilities.

Gymnasium/Fitness Center Procedures

At no time is it permissible for individuals or groups to work out in the gymnasium or fitness center, unless under direct supervision of their coach or other qualified personnel. Respect and care for the equipment is a must. The gymnasium and fitness center must be kept in an orderly fashion.

Awards

The criteria for earning awards are established by the coaches for each of our programs. Coaches will explain the sport specific requirements to team members at the start of each season. In order to be eligible for any award an athlete must complete a season in good standing. Award sequence:

1. Certificate of Participation
2. Varsity Letter w/Pin
3. Bar

Head coaches are responsible for conducting formal gatherings (banquets, picnics) at the end of the season for the purpose of presenting awards to team members. All athletes are expected to participate and parents are urged to attend.

Parent/Coach Relations

Your child, as a member of a Ledyard athletic team, will experience some very rewarding moments. It is important to understand that there also may be times when things do not go the way you or your child wish. It is at these times that discussion with the coach is encouraged. Situations such as ways to help your child improve, concerns about your child's attitude, and academic support and college opportunities would be appropriate. It is very difficult to accept your child's not playing as much or where you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all of the students involved. While certain things can be discussed with your son's/daughter's coach, other things should be left to the discretion of the coach. Team strategy and other athletes are examples. It is also important to remember that playing time is determined by only the coach. We encourage athletes to bring their questions about such things directly to the coach. If you would like a conference with the coach, please follow these guidelines:

1. Contact the coach for an appointment.
2. If the coach cannot be reached, call the athletic director. A meeting will be set up for you. Please do not attempt to confront a coach with your concerns immediately before, during, or immediately after a contest. These can be emotional times for both the parent and the coach. If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the athletic director.

Summary

The purpose of this handbook is to acquaint student athletes and their parents or guardians with interscholastic athletics at Ledyard High School. Hopefully, the information presented will provide answers to the questions most often asked about our programs. We hope you have a wonderful and rewarding experience. Final key points: In order to participate, a student must:

1. Be academically eligible
2. Have parental permission
3. Have medical clearance

Team members are required to:

1. Maintain academic eligibility
2. Attend all scheduled practices and contests
3. Adhere to all team rules and regulations
4. Exhibit good sportsmanship at all times

If you have any concerns, please contact the Director of Athletics at 860-464-9600 ext. 6123

2016-2017 ATHLETIC CONTRACT

As a student athlete, I understand that participation on an interscholastic team is a privilege and a commitment, not a right. I have read and understand the expectations for student-athletes contained in the Ledyard High School Student-Athlete Handbook and any additional specific team policies. I also understand that this contract shall be in effect for this academic year.

As a team member, I am dedicated to keeping myself in the best physical condition possible in order to perform to the best of my ability and to contribute to the success of the team. As such, I agree that I will not use, possess, buy, or distribute any beverage containing alcohol, any tobacco product, marijuana, steroids, or any controlled substance other than as directed by a physician.

I have read and understand the sports contract and I am aware of the consequences of its violation.

Print Student-Athlete's Name: _____

Signature of Student-Athlete: _____

Date: _____ Year of Graduation: _____

Sport Participating In: _____

WE HAVE READ AND WE UNDERSTAND THIS CONTRACT AND WE HAVE DISCUSSED IT WITH OUR SON/DAUGHTER. WE RECOGNIZE OUR RESPONSIBILITY IN ENSURING THAT OUR SON/DAUGHTER ABIDES BY THE PROVISIONS OF THIS AGREEMENT.

Signature of Parent/Guardian: _____

Date: _____