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This handbook was designed to inform the parents and students of the many rules, regulations, and important details, which govern the interscholastic athletic programs at Bristol's Public Schools. Its purpose is to clearly spell out the program's goals and expectations of the participants. Each student-athlete and his/her parents should thoroughly review this handbook. If you have any additional questions they should be directed to the individual team coach or supervisor of athletics (584-7041). If during the season you have specific questions regarding the team or your son or daughter, you should first approach the coach.

It is hoped that by presenting you with this information, good understanding and cooperation will be fostered among the student-athlete, their parents, and the school staff. Bristol parents have always been a tremendous asset to our program, and I am looking forward to working with you to maintain this level of excellence, cooperation, and support.

Respectfully yours,

*Christopher Cassin*

Chris Cassin  
Supervisor of Athletics, Physical Education and Health

## ~ ~ STATEMENT OF PURPOSE ~ ~

A comprehensive and balanced interscholastic athletic program is an integral part of the total educational process. While the middle school athletic program serves as an arena for the student-athlete to display his/her talents, student-athletes must, in turn, be willing to accept the responsibility to self, to team, and to school. Athletics, as an educational tool, provide opportunities for mastery of established learning outcomes and exiting skills. The student-athlete will demonstrate self discipline, emotional control and the ideals of good sportsmanship. The student-athlete will be given opportunities and experiences to develop a healthy self esteem. Through group participation, the student-athlete will develop appreciation for fitness, fun and wellness. The student-athlete will demonstrate ethical qualities and be capable of taking his/her place in modern society.

The athlete serves as an ambassador of their athletic program, as well as their school and community and should take pride in representing them. Good conduct is a large part of being a positive representative of your team and school. All student-athletes are expected to follow all school rules at all times. Team rules are also to be strictly followed. The student-athlete shall show respect for his/her teammates and coaching staff, as well as the opposing team, coaches and officials. On a personal level, the athlete shall respect himself/herself by not becoming involved with any controlled and illegal substances.

**Participation in interscholastic athletics is a privilege. Students who demonstrate unacceptable behavior or who are continuously being reported academically deficient may lose the privilege to participate in interscholastic athletes.**

## **~~ATHLETIC PROGRAM OBJECTIVES~~**

The program provides opportunities for student-athletes:

1. To Work With Others – A student-athlete must develop self –discipline, respect for authority and the spirit of hard work and self sacrifice. The team and its objectives must be placed higher than personal desires.
2. To Compete – Although we cannot always win, we can strive for excellence.
3. To Develop Sportsmanship – To accept the outcome of every contest in a sportsmanlike manner.
4. To Develop Desirable Personal Health Habits – It is important to obtain a high degree of physical fitness through exercise and good health habits. It additionally fosters the desire to maintain this level of physical fitness after formal competition has been completed.
5. To Enjoy Athletics – Athletic participation increases personal satisfaction as well as personal achievement.

**Sports Offered at the Middle School level are:**

<b>Fall</b>	<b>Boys and Girls Soccer Boys and Girls Cross Country Girls Volleyball</b>
<b>Winter</b>	<b>Boys and Girls Basketball Cheerleading Wrestling</b>
<b>Spring</b>	<b>Baseball Softball</b>

## ~~MIDDLE SCHOOL REQUIREMENTS~~

### **Middle School Eligibility For Extra-Curricular Activities**

Middle School Co-curricular/Extra-curricular eligibility is determined by a student's overall performance in all subjects. Students are issued an academic and conduct grade for each subject. Incomplete grades constitute a failing grade of below 65 until incomplete grades are made up.

At the start of each school year, all students attending middle school, who were promoted to the next grade, are eligible for participation in co-curricular/extra-curricular activities for the first trimester. Students who were retained are not eligible for participation in co-curricular/extra-curricular activities for the first trimester. Student eligibility will be reviewed at the conclusion of the first and second trimesters.

All co-curricular/extra-curricular activities occurring outside of the school day are included in these eligibility guidelines (such as sports, cheerleading, dances, school organized club and/or events, etc). Band and chorus activities occurring outside of the school day are considered co-curricular activities.

### **Full Co-Curricular/Extra Curricular Eligibility**

In order to be eligible to participate in **all** aspects of a co-curricular/extra-curricular activity, a student must meet the following criteria:

1. Scholarship

At the end of the first and second trimester, the student must pass all subjects with a grade of 65 or higher.

2. Conduct

At the end of the first and second trimesters, a student must have no more than one grade of X (64) in conduct.

### **Academic Restriction for Co-Curricular/Extra-Curricular Activities**

A student placed on academic restriction will not participate in co-curricular/extra-curricular activities; a student on academic restriction will not be able to represent the school in any type of competition, performance, etc. (for example, sports, a school play, a school concert, parades, adjudications.)

A student will be placed on academic restriction for the second and/or third trimester when the following occur:

1. Scholarship

A student fails one or more subjects (grade of 64 or lower) in the first and/or second trimester.

2. Conduct

A student has more than one grade of X (64) in conduct.

A student on academic restriction may not remain in school after the school day ends unless the student is under teacher supervision for make-up work, extra help, or detention.

Academic restriction will be removed upon successful completion of the second and/or third trimester, defined as the student meeting the requirements for full co-curricular/extra- curricular eligibility.

**~~PHYSICAL EXAMINATION~~**

All students who are selected to participate in the interscholastic athletic program must have a **completed** ISPHAR signed by the parent/guardian on file prior to participation. A sport physical is valid for 13 months.

For grade 7 students this may be in addition to the required State of Connecticut Health Assessment Record (blue form HAR-3 rev 1195).

**The proper school form (ISPHAR) must be completed and returned to the school before the student may practice, or play.**

All student athletes and guardians must also complete the Emergency Medical Authorization and Parent/Athlete Parental Acknowledgement forms to be eligible.

**EMERGENCY MEDICAL AUTHORIZATION**

Emergency medical forms must also be filled out by the parent or guardian. These forms will enable the student athlete to receive medical attention for injury or illness that occurs while participating in school sponsored activities if the parent cannot be reached to give consent to emergency personnel.

## **PARENT/ATHLETE ACKNOWLEDGEMENT FORM**

Prior to the first practice, each student athlete must submit to the coach, a Parent/Athlete Acknowledgement form. This form will consist of an acknowledgement by both the student athlete and his/her parents or guardians that he/she has read, understands, and agrees to adhere to the regulations included in this athletic handbook.

## **STUDENT/PARENT CONCUSSION EDUCATION PLAN AND CONSENT FORM**

Students and legal guardians are required to be read, sign, date and be kept on file by the Bristol Public Schools annually to comply with Public Act No. 14—66 AN ACT CONCERNING STUDENT ATHLETES AND CONCUSSIONS.

## **STUDENT/PARENT INFORMED CONSENT FORM – SUDDEN CARDIAC ARREST AWARENESS**

### **~~ INSURANCE COVERAGE~~**

A **Supplemental INSURANCE Plan** purchased by the Board of Education covers all Bristol athletes. This means that the student-athlete will be billed and the family's personal insurance will apply first. Bills not covered are to be submitted to the school's insurance company with the proper form. Your school's main office will forward these insurance forms to you. It is the responsibility of the athlete and the athlete's family to follow up on all claims.

### **~ ~ STUDENT-ATHLETE'S RESPONSIBILITY TO SCHOOL ~ ~**

#### **SCHOOL DISCIPLINE**

##### **Detention**

An athlete with a school disciplining obligation or detention is expected to fulfill the disciplining obligation before reporting to practice and/or game. Students cannot expect, and should not request disciplining action to be postponed or canceled for any athletic reason. An athlete may be removed from a team for

excessive disciplinary problems. The athlete may be reinstated upon sufficient evidence of improvement. It is expected that Bristol student-athletes be model citizens both in and out of school.

### **Suspensions**

Any athlete suspended out of school or assigned in-school suspension may not practice, play, or be with the team on the day(s) in which he/she is serving the suspension. The suspension is not considered over until the student-athlete is reinstated on the **next school day**.

## **ATTENDANCE REQUIREMENT FOR INTERSCHOLASTIC ATHLETICS**

All student-athletes will adhere to the attendance policies established by the Bristol Board of Education, as explained in the Student-Parent Handbook.

## **EQUIPMENT/UNIFORMS**

All athletes are responsible for the equipment and/or uniform issued to them during the course of the season. Equipment/uniform must be returned at the end of the season, and prior to the next season or graduation. Athletes failing to turn in all issued equipment/uniform, or returning equipment/uniform damaged through misuse, are responsible to meet the current replacement cost. In the event that the equipment/uniform is found and/returned after the payment, a refund will be made.

1. Parents will be notified by coach/or athletic director for collection or payment for equipment not returned.
2. An athlete will be denied participation until equipment has been returned or paid for.
3. Athletic equipment is to be used **ONLY** for team activities and not for personal use.



## TRANSPORTATION

All athletes must travel to and from in-town and out-of-town athletic contests in transportation provided by the athletic department. The student-athletes will not be allowed to participate in any contest if they do not travel with the team.

- The student-athlete will remain with their squad and under the supervision of the coach when attending away contests.
- All regular school bus rules will be followed.
- When the bus is in motion, remain seated with feet on the floor. In the unlikely event of an accident the bus was designed for all passengers to be seated in this manner. Sitting or lying in any other position can cause injuries which could otherwise be prevented. Also, please keep the noise level down so as not to distract the driver from keeping full attention on the road.
- Never hang any object, including parts of your body, from the window of a moving bus. This could cause serious injury to you, or could cause your driver to be distracted and cause an accident. Your bus is private property. Please keep it clean, and avoid damage to seats, etc., which may be caused by your equipment. Please pick up after yourself when disembarking: we ask that you not leave orange peels, soda spills, tape and other trash for the driver to clean up.
- All student-athletes are expected to return with the team in the transportation provided. If he/she is to return home with a parent, **due to extenuating circumstances**\*, a travel release form must be completed in advance. Travel release forms are available from the Building Athletic Coordinator. (\*extenuating circumstances refers to unusual or unexpected events that may need immediate attention and may only occur ONCE)

## CONFLICTS IN CO-CURRICULAR ACTIVITIES

The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of co-curricular activities and therefore attempts to schedule events in a manner to minimize conflicts.

Student-athletes have the responsibility to do everything they can to avoid conflicts, including belonging to too many activities.

## ~ ~ STUDENT CONDUCT ~ ~

### **ACADEMICS**

Bristol athletes are expected and encouraged to maintain the highest level of academic achievement possible. Extra help sessions and make-up work are expected to be completed as soon as possible. On a practice day, athletes should stay after school to complete work whenever necessary. Students should inform coaches in advance, if possible, when practice time will be missed due to academic obligations. Once the obligations are completed, athletes are expected to report to practice as soon as possible. If advance notification was not given to the coach, students should ask their teacher for a note explaining the tardiness. Students arriving late to practice due to make-up work or extra help will not suffer an athletic team penalty. On game days, if time allows, students should ask their classroom teacher if makeup work or extra help may be postponed to a practice day. A classroom teacher may or may not grant a postponement.

### **BEHAVIORS**

When student's athletes participate in a school sporting event, they become representatives of their city, school, and team and should act appropriately. Bristol has a reputation for having well-behaved athletes who make a respectable appearance both on and off the playing field. This is a positive reputation that Bristol athletes should want to uphold. Bristol athletes have the responsibility of keeping this reputation intact through their actions. It is also the responsibility of athletes to take pride in their sport and always perform to the best of their abilities to provide an exciting, well-played event.

As a team member, each individual has the opportunity to contribute towards the team goals by performing at the best of their ability. Also, each team member has the responsibilities to respect the contributions of their teammates, to adhere to established team rules and to demonstrate good sportsmanship at all times. Team members have the additional responsibility of ensuring that teammates do not let the team down and act in accordance with these guidelines.

## **GROOMING AND DRESS**

As a representative of the City of Bristol, the student-athlete is expected to be neatly groomed and appropriately dressed on all athletic trips.

If requested by the coach, boys will be expected to wear shirts, ties and jackets; girls, dresses or skirts and blouses.

## **SPORTSMANSHIP**

Sportsmanship is a number one priority at the Bristol Public Schools.

The Athletic Department expects all parties present at an event to display the highest possible level of sportsmanship. Players, coaches and spectators should treat opponents, game officials and visiting spectators with respect.

All athletic events are conducted in accordance with the rules and regulations of the CIAC, the NCAA or the National Federation. Any form of taunting of officials or players will not be tolerated at any Bristol High/Middle School athletic event. Likewise, profanity, objectionable cheers or gestures have no place at an athletic event, be it in Bristol or at another town.

The Bristol High/Middle School administration reserves the right to warn, censure or suspend up to one calendar year any spectators displaying poor sportsmanship at any athletic event home or away.

A display of unsportsmanlike conduct which results in an ejection from an athletic contest for violent or abusive behavior prior to, during, or immediately following the athletic contest, shall not be eligible for the next athletic contest (see taunting rule).

## **TAUNTING RULE**

Taunting includes, but is not limited to, any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean other players, coaches or game officials. Included in this is conduct that berates, "needles", intimidates or threatens based on race, gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status,

speech, family, special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game (“trash talk”), reference to sexual orientation, “in-the-face confrontation” by one player to another, standing over, straddling a tackled or fallen player, etc.

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

## **HAZING**

Student athletes associated with any activity sanctioned or authorized by the Bristol Board of Education shall not engage or participate in hazing.

Hazing is defined as an activity that recklessly, intentionally, or unintentionally endangers the mental health or physical health of a student for the purpose of initiation or admission into or affiliation with any organization.

“Endanger the mental health” shall include any activity which would subject the individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual.

“Endanger the physical health” shall include, but is not limited to, any brutality of a physical nature, such as whipping; beating; branding; forced calisthenics; exposure to the elements; forced consumption of any food, alcoholic beverage, drug, or controlled dangerous substance; or any other forced physical activity which would adversely affect the physical health or safety of the individual.

**Any hazing activity shall be presumed to be a forced activity, even if the student athlete willingly participates in such activity.**

Student athletes who violate this policy will be subject to disciplinary action, which may include suspension from participation and/or school.