

2015-2016 Student-Athlete & Parent Handbook

Achievement First – Amistad High School Athletic Department



Achievement First - Amistad High School
49 Prince Street
New Haven, CT 06519
(203) 772-1092
www.AmistadAthletics.com

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Welcome to the Achievement First – Amistad High School Athletic Department,

This handbook will serve as your guide to many of the basic policies and procedures to help you navigate your way through a season of sport. This handbook is relatively comprehensive but it does not cover every scenario or possibility. The intention of this handbook is to give coaches a general set of guidelines and principles by which every team will operate.

The Connecticut Interscholastic Athletic Conference (CIAC) bylaws and procedures also provide a great deal of helpful information and guidance. Amistad High School strictly abides by both the letter and the spirit of these rules and regulations. In some cases, our department's internal rules and policies are purposely more restrictive than those of the CIAC. Amistad High School athletic programs aim to work with the CIAC to illustrate, personify, and reinforce Amistad High School's community's core values and principles.

We are all very excited about the upcoming year. As an integral part of the Amistad High School community, you will help us continue the tradition of helping our students achieve success. I look forward to working with you this year.

Sincerely,

Jay Fellows

Jay Fellows
Director of Athletics
(203) 499-9470
jayfellows@achievementfirst.org

Section One – Mission, Core Values, Code of Conduct, and Key Dates

Mission Statement

The mission of the Amistad High School athletic department is to help deliver on the promise of educational opportunity for all of America's children.

To this end, Amistad High School's athletic department has dedicated itself to the development of college ready student-athletes. The physical, academic, and character growth of each person is conscientiously considered when planning and implementing our athletic program.

Students will be given the opportunity through extensive training and good coaching to reach their maximum potential if they dedicate themselves to the program.

Our goal is to develop young men and women who are successful leaders in our highly competitive society. The athletic department will help provide all participants with the character skills they need to graduate from top colleges, to succeed in a competitive world, and to serve as the next generation of leaders in their community.

Core Values

1. Commitment, which is defined by students' attendance at team practices and events.
2. Sportsmanship, which is defined by following rules, practice of self-discipline, and emotional maturity while under pressure.
3. Competitiveness
4. Academic Achievement, student-athletes will put their academics before their athletics but won't let their academics interfere with their athletic pursuits.

Code of Conduct: Student-Athlete

1. Accept the responsibility and privilege the student-athlete has in representing your school
2. Attend all team meetings, practices, and competitions. Or, directly contact your head coach in advance of unavoidable absences.
3. Demonstrate respect for your opponents, their fans and the game officials
4. Keep sportsmanship and scholarship as top priorities.
5. Be a fierce and friendly competitor.
6. Cooperate with your coaches, teammates, opponents, and the officials.
7. Never argue with officials or complain about calls.
8. Work for the good of your team at all times during the season and out of the season.
9. Refrain from the use of illegal substances to gain an unfair advantage.
10. Abide by all the rules of the game.

Code of Conduct: Parents

1. Praise effort and commitment – much more than results.
2. Come to as many of the contests and competitions as possible.

3. Remember that young people play for their own enjoyment, not yours.
4. Help students manage their time and balance their schedules.
5. Never criticize a coach as it will confuse players. It not only divides loyalty, but offers an excuse.
6. If you would like to discuss something with a coach, set up a meeting to do so. Never complain to a coach after a game.
7. Never publicly criticize or question a referee's judgment or integrity.
8. Attend your child's team pre-season meeting.
9. Cheer loudly and positively for AHS.
10. Don't hesitate to contact the athletic director with questions, comments, or concerns.

Code of Conduct: Coach

1. Ensure the safety and well-being of all students, parents, spectators and other coaches at all times.
2. Be positive, professional, well-prepared, and well-organized at all practices, contests, and events.
3. Teach character, sportsmanship, and teamwork first: success and winning are natural results of teaching these principles.
4. Support your students in all they do and be a positive and lasting presence in their lives.
5. Be a good manager of students, coaches, parents, and fans.
6. Be a good communicator with students, parents, administrators, the press, and the public.
7. Promote the whole Amistad High School Athletic Program to our students. Never promote one sport or team over another.
8. Make yourself available to students, administrators, faculty, and parents for meetings and school events.
9. Feel free to contact the director of athletics with questions, comments, or concerns; communicate any abnormal behavior or incidents – positive or negative.
10. Work hard to make Amistad High School the best.

Code of Conduct: Fans & Spectators

1. Extracurricular activities are an extension of the school day and as such require participants, spectators, and fans to act in an appropriate manner.
2. Do Rowdy Right! Cheer to support your team. Do this loudly with enthusiasm. All comments should be positive, productive, and be directed at the team you're supporting.
3. Show respect to all involved (officials, coaches, players, cheerleaders, and spectators).
4. Sit in the designated area assigned to students and remain in your seating area.
5. Leaving a contest prior to its conclusion, with expectations of returning, may not be permitted.
6. The use of alcohol, drugs, and tobacco products are prohibited from Amistad High School athletic events.
7. The use of noisemakers, negative signs, or negative comments (like heckling and use of profanity) will not be allowed at any sporting contest.
8. Respect the property of the school.
9. Fans should create a positive image of Amistad High School by displaying proper sportsmanship at all times.

10. The Athletic Department has the right to remove a spectator from a contest or a future contest(s) for failing to meet any of these expectations.

STUDENT – PARENT – COACH CONTRACT

It is required for students, parents, and coaches to sign a contract which confirms that all constituents understand their respective codes of conduct, athletic department policies, and expectations. This contract will be part of the 2015-2016 Amistad High School Athletic Packet which is located on www.amistadathletics.com. This contract, along with the entire participation packet is due before a student-athletes joins the team for any pre-season activity or at the first day of tryouts which are as follows:

- Fall Sports – August 26, 2015
- Cheerleading – November 9, 2015
- Girls Basketball – November 27, 2015
- Boys Basketball – December 4, 2015
- Spring Sports – March 18, 2016

2015-2016 SPORTS OFFERED AND IMPORTANT DATES

Sport	Deadline for School Physical and Participation Forms*	Tryouts	Parent Meeting
Football	8/26	8/26-8/28	8/29
Boys' Cross Country	8/26	8/26-8/28	8/29
Girls' Cross Country	8/26	8/26-8/28	8/29
Girls' Volleyball	8/26	8/26-8/28	8/29
Boys' Soccer	8/26	8/26-8/28	8/29
Girls' Soccer	8/26	8/2-8/28	8/29
Winter Cheerleading	11/9	11/9-11/11	12/5
Boys' Basketball	12/4	12/4-12/9	12/5
Girls' Basketball	11/27	11/27-12/1	12/5
Boys' Lacrosse	3/18	3/18-3/23	3/21
Girls' Lacrosse	3/18	3/18-3/23	3/21
Boys' Track	3/18	3/18-3/23	3/21
Girls' Track	3/18	3/18-3/23	3/21

*All participation forms can be found at www.amistadathletics.com

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE (CIAC)

Amistad High School is a member of the Connecticut Interscholastic Athletic Conference (CIAC). Currently there are 184 high schools that belong to the CIAC. The athletic directors from each member school meet several times a year to determine conference policy concerning scheduling, conference season and tournament play, and other issues regarding our athletic programs. The conference is governed by a written constitution which AF Amistad High School follows. You can learn more about the CIAC at www.ciacsports.com.

ATHLETIC ADVISORY COUNCIL

The Athletic Advisory Council meets semi-annually and serves as a vehicle for input to the athletic administration. The Athletic Advisory Council consists of representatives from several

stakeholders from the Amistad community including students-athletes, parents, coaches, teachers, administrators and members of the Achievement First Team and Family.

ATHLETIC DEPARTMENT SURVEYS

Each May, the athletic department will solicit feedback from students, parents, and coaches through surveying the community. The information gathered from these surveys is invaluable and helps guide the decision making of the athletic department the following year. Coaches are required to administer their team's "Student-Athlete Opinion Survey" before their season's banquet.

Student-Athlete Opinion Survey (administered by coach and taken by team members at end of season)

Parent – Athletic Department Survey (administered by athletic department throughout the year)

Student Body – Athletic Department Survey (administered by athletic department in May or June)

PROGRAM EVALUATIONS

At Amistad High School, providing rigorous, enriching, and the highest quality opportunities for our scholars is an integral part of our school culture. Once a month during the season and at the end of the season, every head coach will meet with the director of athletics to assess how the program is going, reflect on goals set at the beginning of the year, and identify areas for growth in the future. The rubrics below are how we evaluate our programs. The goal for AHS is to provide support and resources to our existing athletic programs so we can expand these programs and make them sustainable as our school grows. These evaluation will enable us to reflect on our leadership and the progress of your participants, and will allow us to achieve the highest quality programming and institutionalize your program here at AHS.

- Athletic Program Rubric and – Completed once a year by director of athletics and principal. These can be found at www.amistadathletics.com.
- Head Coach Rubric and Evaluation – Completed by director of athletics at the conclusion of the season

PRINCIPAL AND SUPERINTENDENT REVIEW

Each June, the athletic department is evaluated by the school principal and district superintendent. If you would like a copy of this report, please contact the school.

Section Two – Student-Athlete Eligibility & CIAC Eligibility

SIGNING UP FOR SPORTS

In order for the director of athletics and coaches to plan for upcoming seasons, students will sign up for sports by turning in all participation forms and sports physicals by a predetermined deadline, completing the tryout and finally being selected for the team by the head coach. Once a student tries out for a team, is selected and signs up for that team, they will not be allowed to switch to another sport for any reason. The athletic director will meet with all potential student-athletes to discuss season requirements. 2015-2016 Amistad High School Athletic Participation Forms and School Physical Form can be found online at www.amistadathletics.com.

Deadlines to sign up by season:

- Fall Sports – August 26, 2015
- Cheerleading – November 9, 2015
- Girls Basketball – November 27, 2015
- Boys Basketball – December 4, 2015
- Spring Sports – March 18, 2016

ATHLETIC ELIGIBILITY

The Amistad High School athletic department follows the eligibility rules of the CIAC.

In addition, in order for a student to be eligible to sign for a sport, students must fulfill the following requirements:

1. Amistad High School requires that all students submit a Sports Health Assessment *before* being permitted to take part in interscholastic sports. This means they may not participate in pre-season conditioning practices, try-outs, practices or contests without evidence of a valid sports physical form being on file with the Athletic Office. A sports assessment must be obtained for each school year.
2. Student-Athletes must have all participation and medical forms completed, submitted, and approved by the director of athletics. The deadlines for these forms to be handed in are August 22 (fall sports), October 27 (winter sports) and February 23 (spring sports). Forms can be found at www.amistadathletics.com.
3. Student-Athletes must be passing at least 6 classes at the end of the marking period which closes either prior to the season and/or during the season. Progress reports & mid-term grades do not count as an official marking period. For fall sports, students must have passed at least 6 classes at the end of the previous school year. Where not contradicted by eligibility rules and regulations governed by the CIAC, a student that is classified as eligible for special education may be exempt from this regulation if the IEP contains a request for waiver of these requirements.
4. Student-Athletes must comply with all eligibility requirements set forth by the Connecticut Interscholastic Athletic Conference. You may go to www.ciacsports.com for specific details.

5. If they joined a team in the previous season of sport, student-athletes must have finished that season with their team. For example, if a student-athlete wishes to play lacrosse in the spring, they must have successfully participated in the entire season of basketball in the winter. Exceptions may be made at the discretion of the athletic director on a case by case basis in the event of extenuating circumstances.

Students will be removed from the team immediately if they don't fulfill these requirements and will be marked absent for missed team functions.

ELIGIBILITY FOR FALL SPORTS

In order for a student to be eligible for fall sports, returning students must have passed six classes at the end of the previous school year. Year-end grades are the determining factor not quarter 4 grades. Please note: only one year-end failures may be made up through successful completion of approved summer school work in a course failed.

WHAT CONSTITUTES AN OFFICIAL MARKING PERIOD

Report card grades are to be used in determining scholastic eligibility for winter and spring sports. Eligibility for fall sports will be determined using year-end grades not fourth quarter or second semester grades. **Progress reports DO NOT count as an official marking period.**

ELIGIBILITY BY MARKING PERIODS THAT COUNT TOWARDS GRADUATION

A pupil cannot at any time represent the school (in an athletic contest) unless taking at least four classes that count towards graduation. During the school year a pupil must have received a passing mark in at least six classes or its equivalent at the end of a regular marking period to be eligible to participate in athletic contests. Again note: only quarter end and end of year report cards count towards graduation. If approved by the head coach and the director of athletics, a student may still practice with the team even though they are not eligible to play games.

PRACTICE AND GAME ATTENDANCE

Athletes are expected to be "fully present" at all practices and games except for illness or an important family issue. Routine doctor and dental appointments should not be scheduled during practice or game times. Athletes should notify their coach as far in advance as possible if he/she plans to miss a practice.

What does "fully present" mean? It means that you attend all team events, you're prepared for all team events, and you're on time for all team events.

Attendance - Attend all practices and games. The team and coach depend on all players' participation. If an unavoidable circumstance prevents an athlete from attending practice, the coach should be notified as soon as possible. **Student-athletes will be removed from the team if they miss more than seven practices and will not be allowed to participate in the next two seasons of sport. For example, if a student is removed from their fall team, they may not join a team in the winter or the spring.** Exceptions may be made at the discretion of

the athletic director on a case by case basis in the event of extenuating circumstances. If a student seeks or is entitled to an exception on the basis of a chronic illness or disability, please contact the athletic director to discuss next steps.

Preparation - Athletes should arrive at practice prepared to participate; that is, dressed appropriately and with the correct equipment. Students unprepared for practice will be marked absent.

On Time - Arrive at the practice area on time. If delayed, a player should call the coach directly about your delay. If a practice time is delayed, the change in schedule will be posted on Facebook, on Remind 101, and announced at school. Student-athletes should arrive for games at least 30 minutes before the start of their contest unless the coach dictates that players arrive at a specific time. Students who are late to practice or leave early from practice may be marked absent.

If a student-athlete misses a game(s) or practice(s) due to a planned "pleasure" trip, the athlete will need to give prior notice to the coach about the trip at the beginning of the season and understand that coaches will make decisions about what level (varsity or JV) the student will play on and playing time during games throughout the season to allow other players who continued to come to practices a fair amount of playing time.

If a player has an injury (sprained ankle, etc.), he/she will be expected to attend all practices and games unless arrangements are made with the coach. Injured players should dress in their school uniform, with it showing and sit on bench with team during a game.

Students will not be allowed to play in a game if they miss the practice for any reason before that game or if they're late to the practice before a game except with the permission of the coach for extenuating circumstances. The only other exception to this would be if the team didn't have enough players dressed for the game to ensure a safe experience for the student-athletes. In that case, students may serve their suspension at a different date.

ELIGIBILITY FOR STUDENTS WHO ARE ABSENT, SUSPENDED, OR IN ISC

A pupil may not participate in an athletic practice or contest if they are absent from school or suspended from school. Any student in ISC, may not be dismissed from school early to join their team for an activity.

ELIGIBILITY FOR STUDENTS WHO ARE IN DETENTION

A student may attend practice or play in a game if they earn a detention that day. No bus would ever wait for a student who earned detention. Coaches will enforce department policy that discusses unexcused tardies, unexcused early dismissals, and absences in these cases.

ELIGIBILITY AS IT CONCERNS OTHER BEHAVIOR, ACADEMIC AND EXTRACURRICULAR COMMITMENTS

It is considered a privilege for students to be able to represent their school through participation in athletics and other extra-curricular activities. However, such participation is predicated upon each student fulfilling his/her primary responsibilities in everyday school affairs. Students who fail to consistently abide by basic school policies, respect attendance and punctuality guidelines, and maintain responsible classroom performance standards may lose their eligibility to participate in athletic and extra-curricular activities. When such concerns are raised, the director of athletics will consult with relevant staff in order to evaluate a student's eligibility for athletic participation.

For students who would like to participate in a non-AFAHS extracurricular activity during the season that would cause the student to miss more than the allotted 7 absences, there is a process families can follow to apply for an exception. The maximum amount of additional days is the number of weeks in the season plus three. I.e. if it's a 10 week season, the maximum amount of days a family can request is 13. Families must apply for additional absences from team events by the participation form deadline to be considered for additional absences.

Steps for students' families to complete:

1. Students' families can pick up The Application for Additional Absences from Team from Director of Athletics Jay Fellows. This can be done in person or through email.
2. The Application for Additional Absences from Team must be returned Mr. Fellows by the Participation Form deadline. Those dates are, August 22 (fall sports), November 15 (winter sports) and March 10 (spring sports).
3. Wait for contact from the team's head coach. Ultimately, the head coach and athletic director will decide whether this application is granted. The coach and athletic director will contact families and may wait to make their final decision all the way through tryouts.

Factors athletic director and coaches will consider:

1. If the service/activity is already provided by AFAHS, the extension won't be approved. An example of this is a service that helps students and families with the college application process won't be approved because AFAHS already has a process for college applications.
2. If participating in the service/activity would result in the student missing a large amount of the team's games.
3. If the student is trying out of a varsity team or a junior varsity team.
4. If there are other qualified student-athletes who also make the team who will attend more practices.
5. How many additional days away from the team the student will need to participate in the program. The maximum amount of additional days is the number of weeks in the season plus three. I.e. if it's a 10 week season, the maximum amount of days a family can request is 13.

STUDENT "FAN" GAME ATTENDANCE

No AF Amistad High School Student may attend an athletic event as a "fan" if they are suspended from school, serving in school suspension, and/or absent from school on the day of said event.

Section Three – Athletic Department Policies

PRACTICE REGULATIONS

DAILY PRACTICE SCHEDULE:

Coaches are required to complete a practice plan for each of their practices, store these practice plans for at least a year, and submit their practice plan to the director of athletics weekly.

Practice policies:

1. The night of the final day of tryouts, each coach shall submit a team roster and all permission forms to the director of athletics
2. Practice sessions should be scheduled so as to create the minimum amount of daily conflict with normal family activities of the participants
3. In sports where it is necessary to schedule separate, back-to-back practices due to a lack of facilities, the last practice session should be concluded by 9:30 PM
4. Coaches who wish to continue practice beyond the completion of their scheduled practice time should receive prior clearance from the director of athletics.

If any changes (postponements/cancellations) should be made to your practice or game schedule, Athletic Department office must be notified 24 hours in advance, whenever possible.

HOLIDAY-VACATION PERIODS and SUNDAY:

Coaches will meet with the Director of Athletics to coordinate these times. Unless approved by the director of athletics there **will not be** any practice scheduled for these periods.

Consideration for Sunday practice is limited to the following circumstances:

1. Games scheduled or postponed to Monday
2. Tournament games scheduled for Monday
3. Sunday practices must be held after 3 p.m. to allow for religious services.

ATTENDANCE FOR ATHLETES:

Coaches are to advise their athletes of the guidelines set forth earlier in this handbook.

1. Attendance is mandatory
2. Student-athletes are removed from the team if they miss more than 7 practices. Exceptions may be made at the discretion of the coach on a case by case basis in the event of extenuating circumstances.
3. Student-athletes who are removed from the team for any reason, may not participate with any team the subsequent season.
4. Student-athletes may not participate in a game if they missed the previous day's practice, except with the permission of the athletic director for extenuating circumstances or when the absence is excused by the director of athletics.

Coaches must immediately notify all students and their parents who've missed FOUR PRACTICES that they are in jeopardy of being removed from the team.

SIGNING UP FOR SPORTS

In order for the director of athletics and coaches to plan for upcoming seasons, students will sign up for sports by turning in all participation forms and sports physicals by a predetermined deadline, completing the tryout and finally being selected for the team by the head coach. Once a student tries out for a team, is selected and signs up for that team, they will not be allowed to switch to another sport for any reason. The athletic director will meet with all potential student-athletes to discuss season requirements. 2015-2016 Amistad High School Athletic Participation Forms and School Physical Form can be found online at www.amistadathletics.com.

Deadlines to sign up by season:

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GUIDELINES FOR STRUCTURING TEAMS

It is a goal of our program to place students on teams that will provide them with the best environment to develop physically, academically, and socially. We will do everything possible to avoid advancing younger athletes to higher levels of competition before they are ready developmentally, even if their athletic skills may be more advanced than most in their age group.

The makeup of each team will be determined by the head coach with input and approval by the director of athletics. Exceptions to these guidelines will be made only when the parents, coaches and director of athletics believe it will be in the student-athlete's best interests.

NINTH GRADE PARTICIPATION

When ninth graders are accepted on a high school team, the coach should:

1. **Be especially careful to inform these students of the rigors that are a part of being a student-athlete at Amistad High School.**
2. Make sure that ninth graders are aware of required team study halls.
3. Make sure that ninth graders know that school rules apply when participating in athletics.
4. Make sure ninth graders are included in all Awards' Nights, dinners, etc.
5. Inform student-athletes of transportation that is provided by the High School, and of any changes relative to that transportation.
6. **Make sure they know, before they sign up for your team, that if they don't finish the season with your team, they won't be able to participate in the following season.**

STUDENT MANAGERS

Team/Student managers are essential to the interscholastic athletics program. The managers provide many vital services to each team and sport. **All student-managers must complete all**

athletic participation forms at the same deadline used for other student-athletes.

Managers should be treated as if they are trying out for the team. The managers' basic tasks include but are not limited to:

- Attending all team and team parent meetings (preseason, in-season, and postseason)
- Attending all team preseason, season and, postseason contests (home and away)
- Working closely with the coaching staff to help keep accurate and useful team and individual player statistics, manage the official's table/sideline/bench, set up before a contest, break down after a contest, analyze scouting reports, review post-contest video, care for team and individual equipment and keep inventory
- In some cases, team managers will be invited/required to attend coaching staff meetings

Team/student managers will receive physical education credit. The team's head coach will supervise the manager fulfilling their responsibilities.

TRANSPORTATION TO SPORTS AND HOME AFTER PRACTICES AND GAMES

AF Amistad High School needs to make sure that your student-athlete is getting home safely after athletic practices and games. The AFAHS athletic department is happy to provide the option of students traveling on a school provided bus to and from games.

For our Bridgeport students, after practice a bus will transport students from our athletic facilities to AF Bridgeport Academy after practices and games. There are other ways for student-athletes to sports and home from practices and games:

1. Students may be picked up by their parent/guardian after practices and games.
2. Students may be brought to sports or picked up from sports by adults who are approved by the student-athlete's parent/guardian after practices and games.
3. Students may walk or take a city bus home to/from practices/games if permission is given by the parent/guardian.
4. Take the AFAHS provided school bus to Achievement First Bridgeport Academy.

All students must have a permission slip on file with the school declaring how the student may be transported. This permission slip is part of the Amistad High School Athletic Participation Packet which can be found at www.amistadathletics.com.

TRANSPORTATION INFORMATION

The schedule on www.AmistadAthletics.com will have travel information for all away games. It will include departure times and the estimated time of arrival back at school. These times should help students with their planning for assignments and tests. For all out-of-town contests, students must travel on school approved transportation. Coaches and the director of athletics must approve all alternate travel plans to away contests (and only in special circumstances). Students are permitted to return from away games with their parents or with adults if prior arrangements are made with the head coach, but may not be driven by other students.

It is also important to remember that, whether home or away, each Amistad High School student-athlete is an ambassador of our school. As such, each student-athlete must behave in a manner that befits that role. When attending a home or away game, students must dress in their Amistad High School school uniform or athletic department approved apparel whether it is a school day or not. If a student doesn't arrive to the contest dressed appropriately, they will not be allowed to play in that game. Finally, all school rules are in effect during school sponsored athletic contests.

Coaches are to ensure that the team thoroughly cleans the vehicle in which they were riding upon return to school. All team members should be involved in the clean-up process. This includes picking up trash and putting up windows. No team member is to be dismissed until the coach has inspected the bus and declared it clean.

POLICY ON TRANSPORTING STUDENTS IN COACHES CARS

It is school policy that no student from any of the Achievement First schools may be transported in a coach's vehicle.

TEAM PICTURE DAY SCHEDULE

Please have your team where their navy uniforms and be on time for their team pictures.

TEAM	DATE	TIME	LOCATION
BOYS' SOCCER	Wednesday, 9/2	TBD	AHS Field
BOYS' CROSS COUNTRY	Wednesday, 9/2	TBD	AHS Field
GIRLS' VOLLEYBALL	Wednesday, 9/2	TBD	AHS Field
GIRLS' CROSS COUNTRY	Wednesday, 9/2	TBD	AHS Field
FOOTBALL	Wednesday, 9/2	TBD	AHS Field
GIRLS' SOCCER	Wednesday, 9/2	TBD	AHS Field
CHEERLEADING	Friday, 12/11	TBD	AHS Gym
BOYS' BASKETBALL	Friday, 12/11	TBD	AHS Gym
GIRLS' BASKETBALL	Friday, 12/11	TBD	AHS Gym
GIRLS' LACROSSE	Friday, 3/25	TBD	AHS Field
BOYS' LACROSSE	Friday, 3/25	TBD	AHS Field
GIRLS' TRACK	Friday, 3/25	TBD	AHS Field
BOYS' TRACK	Friday, 3/25	TBD	AHS Field

EVALUATING STUDENT-ATHLETES

Coaches are required to formally evaluate members of their team twice a season. Once within the first three weeks of the season and once immediately after the season. A formal meeting between a member of the coaching staff and the student should be held to review this evaluation.

SUPERVISION OF STUDENTS AND TEAMS

The varsity coach or member the coaching staff assigned to each team is responsible for squad members from the time they report to school (or athletic facility) for a team function until the time they leave school grounds (or athletic facility) at the conclusion of the activity.

The coach ***must not leave until all team members have left the school grounds or facility.*** The coach is responsible for securing areas they have used unless another coach agrees to do so upon conclusion of another's team practice in the same area.

Students who are continually late being picked up or going home may be removed from the team.

TAKING ATTENDANCE

All coaches are required to take attendance at practice and games daily and submit to the athletic director.

GRADING & RECEIVING PE CREDITS

Student-athletes do not receive a grade for participating on an athletic team. Student-athletes receive .25 of a physical education credit for completing a season of sport.

AWARDS AND RECOGNITIONS

Senior Game - One of the last home varsity games of each season will be designated as the "senior game". Seniors will be recognized and they will receive a senior award.

Sports Banquet - At the end of each season (fall, winter, spring), there will be a Sports Banquet. Each coach will give a brief recap of the season for everyone and then individual teams will separate to have individual awards and recognition time. Each athlete will receive a certificate of participation.

Postseason awards are one of the rare times the Athletic Department recognizes the individual student-athlete for his/her contributions on the field or court. We do not award a most valuable player award because we believe that the criteria for being the "most valuable" are subjective and would vary too much with each sport each year. It is also clear that the effort and accomplishments of the whole team are most significant.

Every student on the roster, including team managers are recognized at the awards banquet. Please help us by congratulating all of those students who participated in a season of sport.

Below is a list of the awards handed out at the end of each season, as well as a description of the Athlete of the Year and Student-Athlete of the Year Awards, which are each awarded annually to one male and one female student for their outstanding contributions and accomplishments.

Varsity Letter - A student-athlete may qualify for a varsity letter. In order to do so, their team must be a varsity program and the student must meet specific criteria. Team criteria – a team must play at least half of the varsity games allowed by the Connecticut Interscholastic Athletic Conference. i.e. If the CIAC allows a maximum of 20 varsity games, a team must play at least 10 varsity games to be considered a varsity program. Student-athlete criteria – a student must see playing time in at least half of the team’s varsity games. Varsity Jackets can be purchased at Vio’s Sports Plus, 489 Campbell Ave., West Haven, CT 06515. Vio’s phone number is (203) 934-3368. Order forms can be obtained from Amistad’s athletic director.

Athletic Leadership Award (ALA) – The award is given to the Varsity student who has consistently demonstrated the best leadership on and off the field or court. This student must be in good standing on campus. He or she should have demonstrated, through both words and actions, the ideals of integrity, self-discipline, sportsmanship, teamwork, and commitment for the season. A student’s contribution to the team during competition should be taken into consideration. Only one student may receive this award. The team’s head and assistant coaches will select the recipient of this award. This award is the most significant athletic award given each season. At the end of the year, a student will be selected as the male or female Student-Athlete of the Year and that student must have received either the ALA or the CA in at least one sport during their four years at Amistad High School.

Coach’s Award (CA) – This award is given to the Varsity student who has demonstrated an exemplary work ethic, level of commitment, and ability to accomplish what is asked of him/her. Only one student may receive this award. The head coach is primarily responsible for naming the recipient of this award but may seek their assistant coaches’ input. This award is the most significant athletic award given each season. At the end of the year, a student will be selected as the male or female Student-Athlete of the Year and that student must have received either the ALA or the CA in at least one sport during their four years at Amistad High School.

Most Improved Award – This award is given to the JV and Varsity student who has made the most remarkable progress during the season. This progress could have been demonstrated by increased proficiency in individual skills or fundamentals, work ethic or commitment, attitude and/or performance. This award is determined by the vote of the entire team. In the case of a two-way tie, two students can win this award (in the case of a three-way tie, the captains will select two of the three students).

Most Inspirational Award – This award is given to the JV and Varsity student who has lead the team with their obvious and helpful support, cheering, encouragement, and positive attitude throughout the entire season. This player must have demonstrated the ability to face adversity with his/her teammates while maintaining a positive perspective. This award is determined by the vote of the entire team. In the case of a two-way tie, two students can win this award (in the case of a three-way tie, the captains will select two of the three students).

In each case, the recipients of these awards will receive a simple plaque.

The team's captains are usually recognized and thanked for their leadership over the past season. On varsity teams, the captains newly selected for the next season can be announced at this dinner as well. At the end of each season, the head coach may select two captains for the next year, taking into account a student vote and input from assistant coaches.

OUT OF SEASON PRACTICE REGULATIONS

Because of the CIAC's strict rules on out-of-season contact with teams and individuals, all out-of-season practices with teams and individuals must be approved by the director of athletics in advance. And, in all cases, CIAC's bylaws must be adhered to. This includes, but is not limited to, on-court/field workouts, weight training, conditioning, and team meetings.

OUT OF SEASON TEAM MEETINGS AND CONDITIONING

Amistad High School coaches are encouraged to maintain appropriate and constructive contact with their student-athletes year-round. However, this contact must in no way inhibit a student-athlete from participating in other sports. In order to establish and maintain clear boundaries for out-of-season contact, below are some basic guidelines by which to operate:

- The director of athletics must approve all out-of-season meetings and optional workouts before they are announced or executed.
- Coaches may formally meet with their team as a whole only three times during the school year in the off-season (one postseason meeting, one preseason meeting, and one other meeting). These meetings can only be conducted as wrap-up/debrief meetings for the past season or planning/goal-setting meetings for the coming season. These meetings will last no longer than one hour.
- Optional preseason conditioning never takes precedence over another sport, co-curricular activity, or other school commitment. This rule only refers to coach-supervised team workouts. Preseason conditioning may start no earlier than three weeks before the start of the regular season.
- Out-of-season, coaches are not permitted to instruct members of their team in the sport which they coach.
- Coaches may conduct physical fitness programs in accordance with the following standards:
 - Physical fitness programs may be conducted indoors or outdoors, as long as there is no coaching and instruction of sport techniques and skills. Cardio vascular conditioning derived from running type activities is permitted.
 - Equipment used in playing a sport is prohibited in physical fitness programs.
 - Weight machines and indoor weight rooms may be utilized in physical fitness programs.
 - Out-of-season physical fitness programs may be conducted for a select group of athletes. Students may not be coerced to participate and absence from these programs will not hinder or interrupt any of the students other educational, athletic, or family commitments. These programs must be approved by the director of athletics, school sponsored, and under the direct supervision of the school.
 - Mandatory attendance at out-of-season physical fitness programs is not permitted.
- Out-of-season coaches and CIAC member schools may not organize, supervise or operate athletic practices or interscholastic athletic contests for the school.

- Coaches cannot run fund raisers or collect money for any out-of-season practices, events, leagues, or other activities.
- The school will not provide school-owned uniforms or AFAHS branded equipment to be used in non-school contests, or insurance coverage to students or coaches.

PROMOTING MULTISPORT PARTICIPATION

The Amistad High School Athletic Department values student-athletes who participate in multiple sports. Multisport athletes have the opportunity to develop their athleticism and physical fitness. Additionally, students who participate in multiple sports have the chance to learn athletic "soft-skills" from several of our great coaches! Please take time each season to promote other teams within our athletic program throughout the season. Though coaches won't be evaluated on multisport evaluation, it will be measured and put on year end reports.

Section Four – Recruitment

PRE-SEASON PARENT MEETING

To develop a working relationships with our students' parents, it is important (and required) to hold a parent meeting for members of your team before the start of your season. These meeting should be held in New Haven and Bridgeport. In most cases, these meetings will be scheduled by the athletic director. In addition to meeting the coach and getting a chance to hear from the coach and his/her staff, parents should leave the meeting with a practice schedule, game schedule, coaches contact information, and informational handout that touches on what is required of the student-athlete.

PRE-SEASON INTEREST MEETING

To introduce and/or reacquaint your team with the student body, each coach will be required to hold an interest meeting. This meeting will be scheduled by the athletic director who will accommodate coaches' schedules as much as possible. The purposes of this meeting are to introduce coach to potential player, relay scheduling information, convey team requirements, and provide contact information to students. Coaches should provide a handout to students at the end of the meeting with information covered in the meeting along with coach's contact information.

8th GRADE INTEREST MEETINGS (FALL COACHES)

To ensure that 8TH graders are informed about fall sports and the requirements involved in them, fall coaches are required to hold an 8th grade interest meeting at each middle school. Or, coaches are required to present at New Student-Family Orientation.

Section Five – Student Safety and Welfare

MOOD ALTERING CHEMICAL USE – TOBACCO, ALCOHOL, DRUGS (ILLIGAL AND NON-PRESCRIPTION)

There will be absolutely no use or possession of any quantity of tobacco (including smokeless), alcohol, illegal/non-prescription drugs (including steroids) or drug paraphernalia by an Amistad athlete. Any individual who violates this rule (either on or off campus) will be subject to disciplinary action. Any violation of the aforementioned rules may lead to dismissal from the team for the duration of the season or indefinite suspension. Please refer to the AF Amistad High School Student Handbook regarding violations of the drug and alcohol policy.

PERFORMANCE ENHANCING DRUGS

The CIAC expects member schools to monitor their student athletes to assure that they are free of performance enhancing substances and to report any violations in a timely manner.

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 the day the CIAC Board of Control makes such determination.

Any student athlete who refuses to submit to testing as a part of a member school's Board of Education-approved random drug testing policy shall be ineligible to participate in any CIAC-controlled activities.

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

Amistad High School may choose to apply to the CIAC Board of Control for reinstatement of the athlete's eligibility to participate in CIAC controlled activities, depending on the particular circumstances of that student. Any such application must include:

1. The results of a CIAC-approved medically validated drug test which confirms that the student-athlete is chemical free. The test must be completed thirty (30) days prior to the application.
2. A statement of the compelling circumstances on which Amistad High School bases its application for reinstatement of the athlete's 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 (the 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 AFAHS to make exceptions from this policy for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned. These identified substances shall be medically prescribed by the student-athlete's doctor for therapeutic purposes. The parent/guardian should submit medical documentation to the athletic director that contains information regarding diagnosis, medical history, and dosage prescribed in order for their child to participate in AFAHS athletics.

HAZING, INITIATIONS, HARRASSMENT, AND BULLYING

Hazing, initiations, harassment, and bullying of student athletes by other team members are not acceptable and any practice of this type of behavior will not be tolerated. Actions of this type may be illegal, and those involved will be subject to police action, as well as additional school consequences up to and including: expulsion or suspension from participation in any athletic program at AFAHS, and/or suspension or expulsion from school.

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes but is not limited to:

- 1) Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participating in physically dangerous activities;
- 2) Any activity involving the consumption of alcohol, drugs, tobacco products or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm;
- 3) Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature;
- 4) Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment; and Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.

STUDENT-ATHLETE INTERNET POLICY

Social networking sites, chat rooms and bulletin boards can be an important part of a young person's life and also pose a serious danger. Since participation in athletics is a privilege and not a right, an athlete needs to accept responsibility for appearing or posting on certain websites. When visiting or appearing online and on social media, athletes of AF Amistad High School will maintain acceptable standards. These acceptable standards will be based on the policies and regulations described in the AF Amistad High School Student Handbook and individual team rules.

Any posting or communicating via social networking websites which disrupts either the educational or athletic environment or which advocates the violation of any school or team policy would be unacceptable. This includes but is not limited to:

- The consumption of alcohol or the use of illicit drugs
- Inappropriate sexually-oriented material
- Activities involving bullying, hazing, or harassment

It is the intent of AF Amistad High School to provide leadership, education, and protection of athletes from the dangers involved with some websites and to maintain the positive aspects of an education-based athletic program.

MEDICAL ISSUES ACCIDENT / INJURY REPORTS & PROCEDURES

All coaches are equipped with a team medical bag to be carried to all team events. At least one of the coaches must also have a cell phone and the listing of team medical issues based on students' participation forms at every team function. When an injury occurs, the following protocol is followed.

1. The coach is responsible for completing a Student Injury Report immediately after the injury's occurred and emailing it to the director of athletics.
2. The director of athletics will process copies of the form to the school nurse. Either the coach, athletic director, and/or school nurse will call the student's parent or guardian.
3. The school nurse will file form in the student-athlete's health record.
4. The school nurse may be required to give permission to the student-athlete to return to play after the injury.

ImPACT TESTING

Developed by clinical experts who pioneered the field, ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most-widely used and most scientifically validated computerized concussion evaluation system. ImPACT provides trained clinicians with neurocognitive assessment tools and services that have been medically accepted as state-of-the-art best practices -- as part of determining safe return to play decisions.

All Amistad student-athletes will be tested. In subsequent years, 9th grade student-athletes and incoming transfer students will be tested.

CONCUSSIONS

A concussion is a type of traumatic brain injury or (TBI) that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly in the skull. Even a "ding", "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as goal posts.

For all injuries to the head a Student Accident Report form must be completed by the head coach.

Connecticut law now requires that no athlete may resume participation after receiving a concussion until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advance Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

That medical clearance must be on file with the director of athletics before a student-athlete may resume participation with their team.

1. Signs of a concussion may include (what the athlete looks like):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/slurred speech
- Slow/clumsy movements
- Loss of consciousness
- Amnesia/memory problems
- Act silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

2. Symptoms of a concussion may include (what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

Note: Public Act No. 14-66 requires that a coach **MUST** immediately remove a student- athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a 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. **Upon removal of the athlete a qualified school employee must notify the parent or legal guardian within 24 hours that the student athletes has exhibited the signs and symptoms of a concussion.**

RETURN TO PARTICIPATION POST-CONCUSSIONS

Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physician's Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions) , final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (Recommended one full day between steps)²

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity , <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact Training drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following final medical clearance, participate in normal training activities	Restore confidence and

		assess functional skills by coaching staff
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* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to their medical provider

ANNUAL CONCUSSION REVIEW FOR COACHES

All school coaches are now required by law to participate in a concussion education program in order to identify a concussed athlete and ultimately prevent further brain injury, or even death. Coaches are required to take an annual review. This review will be conducted at AHS and be filed with the school.

HEALTH AND SAFETY OF STUDENT-ATHLETES

The health and well-being of our students is of critical importance. If a student-athlete exhibits dangerous, unhealthy, or abnormal behavior, the head coach must immediately make a formal and confidential report to the director of athletics. The director of athletics will then inform the necessary parties of the situation and determine an appropriate course of action. Such behavior may preclude a student’s participation in interscholastic athletics.

Coaches spend an inordinate amount of time with students in a variety of settings. This opportunity affords coaches a distinct perspective on students’ lives. Obviously, this can be complicated and delicate for a coach to handle. Coaches should also be aware that every Amistad High School student has a faculty advisor with whom they are in regular contact. And, coaches should feel comfortable contacting a student’s advisor with questions or concerns.

Confidentiality, communication, and careful decision-making must be used in these situations. Both head and assistant coaches should feel free to talk to the director of athletics, principal, and dean of students about such issues. The most important thing is for the coaches to communicate their observations and concerns to the administration. By being proactive and bringing professional help when needed, we can often stop problems before they become more serious.

Common warning signs may include:

- Sudden or pronounced weight loss
- Disproportionate physical growth
- Chronic fatigue or exhaustion
- Unexplained bruises, scratches, or cuts
- Sudden mood changes (moodiness)
- Any acutely abnormal behavior
- Exaggerated aggression or tendency for lashing out
- Depression (multiple symptoms)

- Abnormal acne or hair growth

These symptoms and many more should be watched for and, if detected, should be reported to the director of athletics or appropriate school administrator immediately.

STUDENT CONCERNS

In keeping with Amistad High School philosophy of supporting students, a student has numerous choices for support and guidance relative to the academic and/or athletic program. Lesser issues should not be allowed to grow into more serious ones, and more serious issues should never go unaddressed.

If a student has a minor or major concern, there are at least 9 different resources for support and guidance that he or she can turn to:

- The team captains
- The head coach
- The assistant coach(s)
- The director of athletics
- Their advisor
- The principal
- The deans of students
- The academic dean
- Their teachers

STUDENT-ATHLETE LEADERSHIP TEAM (SALT)

All students who participate in athletics will have the opportunity to join the Student-Athlete Leadership Committee. Twice a season, these leaders will have time to engage in an open forum on a wide range of topics. Students who are selected to serve on the Student-Athlete Leadership Committee will play a special role at AFAHS serving as liaisons between the director of athletics, teams and students.

STUDENT-ATHLETE EDUCATION

All students who participate in athletics will be required to complete three units of student-athlete education before the end of their season. These units include athletic department policies & guidelines, health & nutrition, and Triple Impact Competitor. Students will be graded as a part of these units and these grades will roll into students' overall team grade. Students must take these classes, even if they've taken the classes as part of another team.

Section Six – Communication and Public Relations

ATHLETIC DEPARTMENT COMMUNICATION WITH COMMUNITY

Each coach will conduct a parent meeting at the beginning of the season. At this meeting, parents will receive grading information, team requirements, and schedules. Schedules, bus times, and directions to away games are also posted at www.AmistadAthletics.com. Additionally, you can like us on Facebook and follow us on Twitter.

Cancellation of games or practices - Unless a cancellation has been previously announced, students should come to school prepared to play or practice, regardless of the weather. Often on rainy days, outdoor practices will be moved inside. Students should bring appropriate shoes and practice attire. An announcement about a cancelled game or practice will be made as early as possible in the school day. However, with inclement weather the decision sometimes cannot be made until the last minute. Students, teachers, administrators, the front desk and coaches will be informed of cancellations as soon as that information has become available.

Parents may also subscribe to the app Remind 101 on their iPhone or at www.remind101.com. The athletic department will send out message through this app which you can receive through a text message and/or email to learn when practices and games have last minute schedule changes due to weather.

Social networking site, provide a great resources for coaches, students, and families to stay informed and support Amistad athletics. Here's a list of Amistad Athletic resources you can find online.

Website – www.amistadathletics.com

Facebook – Amistad Athletics

Twitter Handle - @AmistadAthletic

Reminder 101 - www.remind101.com (Fall sports code – eb6b08, Winter sports code – 9a2b, Spring sports code – b809ea)

STUDENT-ATHLETE AND PARENT COMMUNICATION WITH COACHES

One of the goals of the athletic department is to help student-athletes develop effective behaviors. Athletics can serve as a great way for student-athletes to develop their communication skills. We expect student-athletes and coaches to have open and positive relationships with one another and to do so, both coach and student must, in simplest terms, be able to talk to one another. Though it is never acceptable for a student-athlete to complain about issues such as playing time and/or strategies, students may discuss such issues with coaches so that they can learn more about why the coach's decision making process.

If a student-athlete has a concern with the coach, they must take the following steps:

1. He/she should talk to coach directly and work out the issue. The appropriate method of doing this is for the student to schedule a meeting to talk with the coach before or after practice. During practices and especially during games coaches may not be able to give an individual

player the support and attention they require. But, when a student schedules a time to meet the coach will be able to give the student-athlete their full attention.

2. After this meeting there are usually three potential outcomes,
 - a. The coach and athlete see eye to eye, understand one another, and move forward with their team goals in mind.
 - b. The coach and athlete might not agree on the issue but agree that for the good of the team, they will agree to disagree so the team can reach its goals.
 - c. The coach and athlete don't see eye to eye and the issue remains.
3. If after taking these steps, the student-athlete still feels that the issue needs to be clarified, the parent should set up a meeting with the coach to discuss the issue. Again, this meeting should not occur during game or practice time, unless the complaint relates to health or safety of the child or another student. The coach, student, and parent should agree on a meeting time that's convenient for all parties.
4. If the issue still cannot be resolved, students, parents, and/or coaches should bring the concern to the director of athletics.

The athletic department believes that parents play a vital role in the support of the student-athletes and teams. Parents can support the growth and success of the school's teams by modeling positive encouragement towards the students, officials, and coaches. One of the goals of the athletic department is to create a positive relationship between parents and coaches. Coaches welcome information from parents that is helpful in understanding their child. Coaches, students, and parents are encouraged to communicate openly throughout the season. The most effective way for a parent to address an issue is to make an appointment to speak directly with the coach. Since it is often inappropriate and counterproductive to do this after game or during practice, unless the complaint relates to the health or safety of the child or another student, a time should be set that is convenient for everyone involved.

ATHLETIC RESOURCES ONLINE

Social networking site, provide a great resources for coaches, students, and families to stay informed and support Amistad athletics. Here's a list of Amistad Athletic resources you can find online.

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SCHOOL STUDENT INTERNET POLICY

Social networking site, chat rooms and bulletin boards can be an important part of a young person's life and also pose a serious danger.

Since participation in athletics is a privilege and not a right, an athlete needs to accept responsibility for appearing or posting on certain websites.

When visiting or appearing online and on social media, athletes of AF Amistad High School will maintain acceptable standards. These acceptable standards will be based on the policies and regulations described in the AF Amistad High School Student Handbook and individual team rules.

Any posting or communicating via social networking websites which disrupts either the educational or athletic environment or which advocates the violation of any school or team policy would be unacceptable. This includes but is not limited to:

- The consumption of alcohol or the use of illicit drugs
- Inappropriate sexually-oriented material
- Activities involving bullying, hazing, or harassment

It is the intent of AF Amistad High School to provide leadership, education, and protection of athletes from the dangers involved with some websites and to maintain the positive aspects of an education-based athletic program. Students who cannot follow these guidelines may be removed from their team.

Section Seven – Legal Obligations

RIGHTS OF STUDENT-ATHLETES

DUE PROCESS:

When there is a question by the coach or administration of possible permanent suspension of a student athlete from a team, other than for those reasons related to the use and abuse of substances. The coach shall inform the student-athlete and director of athletics of "indefinite suspension" until such time when a hearing can be set with all parties involved (athlete, coach, director of athletics, principal, and parents when appropriate) before a final decision is rendered.

- The principal or designee holds a due process hearing.
 - The student-athlete is informed of the charges.
 - The student-athlete is given an opportunity to tell his/her side of the story and parent contact is made.
 - The principal or designee will make a decision within a reasonable period of time.
- The student-athlete and parent/guardian will be notified of the decision in writing.

If the principal or designee determines a violation exists, the student-athlete is IMMEDIATELY DISMISSED from the team for the season.

Our main purpose is not to take the "normal, everyday" discipline problems out of the hands of our coaches, but to provide for proper course of action involving coaches when necessary.

SUSPENSION- DISMISSAL GRIEVANCE PROCEDURE:

In the event there are conflicts or problems arising out of athletic disciplines, regulations or policies, the following steps should be taken:

1. Parents or guardian should schedule a meeting to discuss and try to resolve the issue with the head coach.
2. Issues that cannot be resolved at the head coach level should then be forwarded to the director of athletics for further consideration and investigation.
3. Unresolved complaints and grievances at this level may be discussed with the principal. A meeting with the coach, director of athletics, principal and the grieved parent to discuss established policies as it pertains to the grieved student-athlete.
4. When it is evident that the grieved student, parent, or guardian does not want to contact the head coach because of personal circumstances, the director of athletics should be informed and the nature of the grievance detailed. All concerned parties will be notified and appropriate action taken to discuss or resolve such grievances.

DISCIPLINING STUDENT-ATHLETES

Participation in any Amistad High School Athletic program requires that the student-athlete adhere to the guidelines established by Amistad High School, the Athletic Department, and the members of the coaching staff. Coaches must address the issue of discipline by setting forth

rules and the Student-Athlete & Parent Handbook prior to the season.

Students may be disciplined under certain circumstances by suspension or expulsion from an athletic team or season. There is certain behavior that constitutes automatic discipline and other behavior that is dealt with on a case by case basis.

REQUIRED DISCIPLINE

- **Fighting prior to, during, or after an athletic contest:** Fighting will not be tolerated for any reason. It does not matter if the student is victim of an unsportsman-like, provocation or taunting, verbal abuse, or any other set of circumstances. If a student-athlete actively participates in a fight, retaliates in a fight, or leaves the bench/sidelines to join a fight in progress then that student will be subjected to serious sanctions such as, but not limited to, suspension or expulsion from the team. If an official ejects a student-athlete from an athletic contest, he/she will not be eligible to participate in the next scheduled or unscheduled contest. Any further ejections for fighting can result in a more significant suspension and/or expulsion from the team.
- **Mood altering chemical uses – tobacco, alcohol, illegal/non-prescription drugs:** There will be absolutely no use or possession of any quantity of tobacco, alcohol, or illegal/non-prescription drugs by an AFAHS student-athlete. Any student-athlete that violates this rule either on or off campus will be subject to disciplinary action. Student-athletes should be aware that this rule is a 24-hour rule and extends beyond the school day.

DISCIPLINARY ACTIONS FOR VIOLATIONS

- **Consequences for violating Tobacco Policy:**
 - **1st Offense:** suspension for 10% of regular season (no suspension will be less than one contest)
 - **2nd Offense:** suspension for 50% of regular season contests
 - **3rd Offense:** student will be dismissed from the team for the remainder of the season
- **Consequences for Violating Alcohol and Illegal Drug Policy:**
 - **1st Offense:** suspension for a minimum of 20% of the regular season contests. No suspension will be less than two (2) contests. The severity of the incident may result in a more lengthy suspension which can extend through the end of the season of the remaining school year.
 - **2nd Offense:** the student will be suspended from the team for the entire season. After a second offense, if the student wishes to participate on another athletic team, he/she must show evidence of having fully participated in a school approved substance abuse counseling program.
 - **3rd Offense:** the student will be suspended from participating on any team for the remainder of the school year.

Athletes not admitting to but subsequently found guilty of violating these rules may be suspended for the equivalent of an additional 10% of their regular season contests (but not less than one additional game). Any offense with the penalty of a police arrest at the level of misdemeanor or felony will result in more severe consequences.

This is not an exhaustive list of circumstances under which a student may be suspended or expelled from an athletic team. Student athletes are subject to discipline, including suspension, dismissal, loss of captaincy and loss of awards for any behavior in violation of school policy. This discipline includes misconduct that occurs off school property or during non-school time. The following behaviors will be considered serious violations which may result in suspension from the team and discipline as outlined in AFAHS student code of conduct handbook.

- Civil law infractions
- Theft or malicious destruction of individual, private, or school property
- Infraction of school rules requiring administrative action
- Misconduct by an athlete that is potentially detrimental to the athletic program or Amistad High School

Athletic participation is a privilege, not a right. Accompanying the above list, specific rules concerning behavior and discipline will be implemented by the coaching staff of each athletic team and a list will be distributed to student-athletes upon admittance to the team.

SUBSTANCE USE, POSSESSION, OR DISTRIBUTION

Use, possession, or distribution of illicit drugs, including anabolic steroids, alcohol, drug paraphernalia or the misuse of other drugs/medications will result in the immediate dismissal from the team for the season. The student-athlete shall report any use of medication(s) prescribed by a physician to the coach. The student-athlete may regain athletic eligibility for the next season after completing a planned assistance program.

The use or possession of tobacco (including smoking, chewing, or use of snuff) will result in a two (2) week suspension from the team. This will include all practices and competition. A second violation of this nature will result in the immediate dismissal from the team for the season.

*Students failing to conform to the substance abuse policy shall face disciplinary action, on an individual basis, which is to be conducted in accordance with the rules and regulations of due process of the athletic department, school and/or community. This action may include suspension or expulsion from the team, or prevent full participation by a student not yet in season, as deemed appropriate by the Principal or Athletic Director.

SELF-REFERRAL (Note: Self-referral is not an attempt to turn in oneself after violating the drug policy to avoid penalty.)

When a drug dependency problem is identified with use of the above substances by the student-athlete through self-referral or by a parent's referral, and is being monitored by a physician, the student-athlete WILL NOT be immediately dismissed from the team, however,

- The student-athlete and present coach will collaborate with the appropriate certified personnel and develop a program of assistance utilizing the schools resources and outside agencies. The assistance team will then monitor and report progress
- Dismissal from the team will result if the student-athlete fails to complete the program of assistance.
- The student-athlete WILL BE immediately dismissed from the team upon the next incident of any substance abuse violation
- Self-referral will be held in confidence if desired by the student-athlete.

OTHER REFERRALS

When a substance problem is identified by a team member, teacher, coach, administrator, or concerned person:

- The student-athlete is referred to appropriate coach, athletic director, and school administrator.
- The principal or designee holds a due process hearing.
 - The student-athlete is informed of the charges.
 - The student-athlete is given an opportunity to tell his/her side of the story and parent contact is made.
 - The principal or designee will make a decision within a reasonable period of time.
- The student-athlete and parent/guardian will be notified of the decision in writing.
- If the principal or designee determines a violation exists, the student-athlete is IMMEDIATELY DISMISSED from the team for the season
- The administration will refer the student-athlete for an assessment by a qualified professional, which may include the family care physician or other persons, approved by the principal or his/her designee
- After assessment is completed, a planned program of assistance will be prescribed if needed. Such programs will be conducted by a qualified health care professional.
- The student-athlete may regain athletic eligibility for the next season after completing a planned assistance program, and the athletic office is informed by administration of eligibility.
- The student-athlete who refuses to participate in the assessment or the recommended planned program of assistance (if specified) will not regain eligibility for a sport until the planned program is completed.

TERMS:

Drugs: Any alcohol, tobacco products, controlled drugs, illegal substances, substance facsimile, inhalants or any medication for which the student does not have a prescription from a licensed health care professional, or a substance or medication which is misused.

Controlled Drug(s): Are those drugs which contain any quantity of a substance which has been designed as subject to the federal Controlled Substance Act, or which has been designated as a depressant or stimulant drug pursuant to federal food and drug laws, or which has been designated by the commissioner of consumer protection pursuant to Section 21a-243 of the Connecticut General Statutes as having a stimulant, depressant or hallucinogenic effect upon the higher functions of the central nervous system and as having a tendency to promote abuse and/or psychological or physiological dependence. Such controlled drugs are classified as amphetamine-type, barbiturate-type and other stimulant and depressant drugs.

Drug Paraphernalia: Refers to equipment, products and materials of any kind which are used, intended for use or designated for use in planting, propagating, cultivating, growing, harvesting, manufacturing, compounding, converting, producing, processing, preparing, testing, analyzing, packaging, repackaging, storing, containing, or concealing or, injecting, ingesting, inhaling, or introducing into the human body controlled substances (e.g. bongs, pipes, roach clips, miniature cocaine spoons, crack vials, tobacco rolling papers) or any object or container used, intended for use, or designed for use in storing, concealing, or distributing controlled substances.

Possession: Any possession, which is unlawful under Connecticut State Law or Glastonbury Board of Education Policy.

Distribution: Giving possession of a drug to another person, whether or not for compensation.

Use: Ingesting, injecting, inhaling, or otherwise causing a drug to reach the bloodstream or digestive tract.

UNSPORTSMAN-LIKE CONDUCT

If a player is ejected from a varsity or junior varsity CIAC league or non-league contest, he/she will be suspended for at least a period of one contest. Unsportsmanlike conduct on or off the field of competition may result in an athlete's dismissal from the team and may jeopardize future participation in athletics.

RULES REGARDING PERIOD OF SUSPENSION

If a student-athlete violates any discipline policies and is suspended the student-athlete must abide by the following rules during and following the period of suspension:

- 1) The athlete must attend and participate in all practices unless the AFAHS Athletic Director, AFAHS administrators, or coaching staff determine otherwise.
- 2) The athlete must attend all contests but may not participate and may not be in uniform, unless the coach, athletic director or administrator determines this is not proper under the specific circumstances.
- 3) The athlete must complete a re-entry interview with the Athletic Director and coach.

Captains that are disciplined with a suspension will lose their position as captain and are not eligible to be named captain of a team until two seasons of play have passed from the season when the violation occurred.

PROCEDURE FOR DISMISSAL OR SUSPENSION FROM ATHLETIC TEAMS

Whenever a coach believes a member of his/her team has acted in a manner which may require dismissal from the team, he/she may restrict the player from any further participation pending a hearing to be conducted by the director of athletics, coach, and student-athlete and parent. A coach should report the incident and their actions in writing to the director of athletics within 24-hours of the incident.

SUSPENSION FROM SCHOOL

When an athlete has been suspended from school (in-school suspension or out-of-school suspension), he/she may not practice or play for the duration of the suspension. If the suspension is for a Friday, the athlete may play or practice on Saturday; if the suspension is for Friday and Monday, the athlete may not play or practice on Saturday.

MEDICAL ISSUES ACCIDENT / INJURY REPORTS & PROCEDURES

1. The coach is responsible for completing a Student Accident Form immediately after the injury's occurred and emailing it to the director of athletics.
2. Either the school nurse, athletic director, and/or school nurse will call home to the parents or guardian.
3. The coach, along with the injured student-athlete, completes the injury form and forwards it to the athletic director for confirmation.
4. The athletic director will process copies of the form to the school nurse.
5. The director of athletics will file form in the student-athlete's health record.
6. The school nurse may be required to give permission to the student-athlete to return to play after the injury.

RISK MANAGEMENT & LIABILITY

Coaches should be aware that a "duty" to exercise a "degree of care" is necessary when coaching interscholastic athletic teams. Each staff member should remember that the "safety of our students" is perhaps the most important factor in the realm of athletics.

SEXUAL HARRASSMENT

Amistad High School prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been the subject of discrimination / sexual harassment should contact the school's principal.

NON-DISCRIMINATION

Amistad High School does not discriminate in admission to, access to, treatment in, or employment in its services, programs, or activities, on the basis of race, color or national origin, in accordance with Title VI of the Civil Rights Act of 1964 (Title VI); on the basis of sex, in accordance with Title IX of the Education Amendments of 1972; on the basis of disability, in accordance with Section 504 of the Rehabilitation Act of 1973 (Section 504) and Title II of the Americans with Disabilities Act of 1990 (ADA); or on the basis of age, in accordance with the Age Discrimination in Employment Act of 194 (ADEA). In addition, no person shall be discriminated against in admission

to Amistad High School on the basis of race, sex, color, creed, sex, ethnicity, sexual orientation, mental or physical disability, age, ancestry, athletic performance, special need, proficiency in English language or a foreign language, or prior academic achievement. No person shall be discriminated against in obtaining the advantages, privileges, or access to the courses of student offered by the school on the basis or race, sex, color, religion, national origin, or sexual orientation. Finally, pregnant students are allowed to remain in regular education classes and participate in extracurricular activities with non-pregnant students throughout their pregnancy, and after giving birth are permitted to return to the same academic and extracurricular program as before the leave (Title IX).

ATHLETIC HANDBOOK LEGAL REVIEW

The AF Amistad High School Department Handbook and Student-Athlete Handbook will be review by an AF appointed attorney.

Section Eight – Financials

FINANCES

The Amistad High School Athletic Department should bear the expense of students participating in athletics by providing items such as the basic uniforms, equipment, facilities, and transportation.

Exceptions to this may include footwear, socks, shorts, and some personal player equipment (i.e. kneepads, shin guards, cleats, lacrosse sticks, sport bras, etc.) and away game meals. The director of athletics and coaches will determine each team's "basic uniform" before the season and the director of athletics will approve all school purchases.

There will be a charge for all uniforms and equipment not returned at the end of the season. The charge will be determined by the sport. Students will sign out all uniforms and team related equipment at the beginning of the season. Students will be charged if those items are not returned to the athletic department within two weeks after the last team contest. Consistent with school policy, students won't be allowed to participate in any other extracurricular activities such as school trips or lunches at Yale, until their equipment and/or uniforms have been returned or the expense for the equipment and/or uniform loss has been paid to Amistad High School.

Section Nine – Student In School Academic & Behavior Monitoring

WEEKLY STUDENT-ATHLETE REPORTS

Coaches may access weekly student-athlete reports on the Coaches Only section of www.AmistadAthletics.com. This report is very comprehensive and helpful for coaches and students to stay aware of their progress in school, both academically and behaviorally.

STUDENT MERIT REPORTS – SELF AWARENESS

Students at Amistad High School receive merit reports weekly on Thursday. As part of their grade, students are required to show their merit report to a member of the coaching staff each week. These reports provide a window into the week that was for each student so coaches can see when students are acting responsibly with their behavior and work on a weekly basis and take action when necessary.

STUDENT-ATHLETE INTERVENTIONS

Participation in the Amistad Athletic program is a privileged, not a right. On occasion, students will do not earn the privilege of staying on full team status over the course of the season. In these instances, coaches and the athletic director will intervene to support students and help them get back on track. These interventions can take place any time during the season and can be as small as a conversation with the student, student's parent, coach, and athletic director on one side of the spectrum or as severe as removing a player from the team completely.