

# Housatonic Valley Regional High School



## Student Athlete Handbook 2017-2018

Revised August, 2017

# Housatonic Valley Regional High School Interscholastic Athletic Program

## INTRODUCTION

The purpose of this handbook is to act as a guide for students, coaches and parents so that each may know the accepted procedures and policies of the Housatonic Valley Regional High School. These procedures and policies were developed to reflect the guidelines of the Connecticut Interscholastic Athletic Conference (CIAC).

The HVRHS Athletic Department policies and procedures and CIAC rules apply to all student-athletes and athletic programs whether the sports are CIAC sanctioned or not.

Student-athletes and parents/guardians are required to read and review this handbook before the start of each sport season.

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Dear Student-Athletes,

The Athletic Department would like to thank you for the commitment it takes to be a student-athlete at HVRHS.

As a Housatonic student-athlete, you are a highly visible example of the Region One communities. Keep in mind that how you conduct yourself on and off the playing field is as important as how well you play. This Student-Athlete Handbook is provided to you to help detail the policies, rules, and regulations with which you will need to be familiar to have a successful experience in high school athletics.

Participation in interscholastic athletics is an experience you will never forget. Please also know, though, that participation is a privilege, not a right. Enjoy your experience, take pride in your performance, and best of luck for a successful season.

Yours in Blue and Gold,  
Anne MacNeil, CAA, ATC/LAT  
Director of Athletics

## MISSION STATEMENT

The Housatonic Athletic Department strives for excellence by providing opportunities to student-athletes to participate in programs that are designed to develop meaningful skills of athletic performance, leadership, scholarship, community service and foster appropriate conduct within the educational and social environments of Housatonic Valley Regional High School. Everyone involved in school athletics, including student-athletes, coaches, and spectators, is expected to support Housatonic's belief in sportsmanship and integrity.

## LEVEL EXPECTATIONS

### Varsity

The purpose of the varsity level program is to

- continue to develop sportsmanship, develop skills and physical conditioning of the athlete,
- develop a winning team,
- allow the talented athlete the chance to excel and prepare for college-level competition,
- provide athletes with the opportunities to learn to set goals, strive to achieve them and serve as role models for younger athletes,
- grant playing time for players who show the mental skills, proper attitude, physical skills, and sport specific skills to be starters or essential contributors to the success of the team.

### Junior Varsity

The purpose of the junior varsity program is to

- develop sportsmanship, develop skills and physical conditioning of the athlete,
- increase the intensity of the competition,
- prepare the athlete for the varsity level,
- place emphasis on winning but not to the extent of the varsity level,
- provide opportunities for playing time for all members of the team who have shown good sportsmanship, discipline, and attendance at practices.

## INTERSCHOLASTIC ATHLETIC TEAMS

(teams participate in the Berkshire League unless otherwise noted)

### Fall

**Football** (co-op with Oliver Wolcott Technical High School & Wamogo Regional High School)

League: Connecticut Technical Conference

Coaches: Jamie Cody, Doug Richardson, Jen Stango, Damian Gwinn, and Larry Gwinn

**Girls Soccer** Coach: Steven Dodge (V) and Kaleigh Rogers (JV)

**Boys Soccer** Coach: Jim Terrall (V) and Bill Gold (JV)

**Field Hockey** Coaches: Lisa Mcauliffe and Vanessa Fraser-O'Connor

**Girls Volleyball** Coach: David John Douglas (V) and Megan Williams (JV)

**Boys and Girls Cross Country** Coach: Letitia Garcia-Tripp

### Winter

**Co-ed Swimming** Coaches: Jacquie Rice and Lisa Mcauliffe

**Girls Basketball** Coach: Steven Dodge (V) and Ken Hall (JV)

**Boys Basketball** Coach: Spike Magyar (V), Pete Foley, and Brendan Nania (JV and Freshmen)

### Alpine Skiing

League: Berkshire Hudson Ski League Coach: Bill Gold

**Ice Hockey** (co-op with Northwestern Regional High School & Wamogo Regional High School)

League: Nutmeg Hockey League Coaches: Dean Diamond, Stephen Banffy, Chris Bellanca, Chad Overbaugh

### Spring

#### Boys and Girls Track & Field

Coaches: Gary Davis, Alan Lovejoy, and Chris Heacox

**Baseball** Coach: Darryl Morhardt (V) and tba(JV)

**Softball** Coach: Kaleigh Rogers

**Girls Tennis** Coach: Rufus de Rham

**Boys Tennis** Coach: Jeff Tripp

**Girls Lacrosse** Coaches: Spike Magyar and John Foster

**Boys Lacrosse** Coaches: Steve Pener and Forrest Hayden

**Golf** Coach: John McGuire

Housatonic encourages all students to participate in athletics and coaches to keep as many players as possible on the roster. The number of positions available in a particular sport is determined by available facilities, equipment, and other factors. Choosing members of an athletic team is the sole responsibility of the coach(es). Prior to holding trying outs, the coach will provide the following information to all candidates for the team:

- Extent of try-out period.
- Criteria used to select members of the team.
- Approximate number of student-athletes to be selected.

If a student-athlete is to be dismissed from a team, the student shall be personally informed by the coach, including reason for the action.

## CODE OF CONDUCT FOR STUDENT-ATHLETES

Recognizing that representing one's school and community through participation on an athletic team is a privilege and not a right and that through their actions on and off school premises, student-athletes serve as a reflection of their coach, team, family, school and community. At Housatonic, we have a clearly defined set of objectives, expectations and rules for our athletes. It is an athlete's responsibility to conform to the rules and regulations set forth in this Code of Conduct.

- Athletes shall conform to the sport, school, league and Connecticut Interscholastic Athletics Conference (CIAC) rules, including all medical and academic requirements. Athletes are expected to learn all the rules of the game
- Athletes shall conform to the behavioral norms of the school and act in a responsible manner as described in the Housatonic Student Handbook.
- Athletes shall attend (and not be tardy) all practices and contests held regular school is in session and during school vacation periods. Consequences of absences other than illness, family emergency or unavoidable school-related conflicts may result in loss of playing time, position, or dismissal from a team. An athlete is expected to contact the coach if he or she will be absent from practice.
- Athletes shall, at all times, conduct themselves in a manner that exhibits sound moral character and exemplifies good sportsmanship. Such behavior shall consider the safety and well being of the team members, opponents, officials, spectators and the community in general. Athletes are expected to be respectful during the National Anthem.
- Athletes shall abstain from using those substances, including illegal drugs, alcohol, steroids, and tobacco, that are harmful to one's athletic performance, health and general well being.
- Athletes shall be held responsible and accountable for all equipment associated with the functioning of the team. Specifically, this includes uniforms, warm up suit and equipment related to the performance of their particular sport or event.

Athletes failing to conform to the requirements of the Code of Conduct shall face disciplinary action up to and including suspension or expulsion from the team or revocation of eligibility to participate in athletics. Decisions about student discipline will be made in accordance with the rules and regulations of the school and respecting student's Due Process rights (see page 8)

## Athletic Requirements for Participation

To be eligible for a sport (per CIAC and HVRHS rules) a student must,

- have a current physical examination with completed forms (available from the Main Office) on file in the school nurse's office before the first practice,
- complete online registration through Family ID,
- have received credit for at least four (4) classes at the close of the school year preceding the fall season to be eligible for fall sports (CIAC Rule I.A),
- not received a NYP in two or more classes at the time of distribution of report cards for the marking period preceding the start or during the current season (or end of year for fall eligibility),
- have not reached his or her twentieth (20<sup>th</sup>) birthday (CIAC Rule II.B),
- have changed his or her residence if new to the school (CIAC Rule II.C),
- have attended not more than eight (8) semesters unless granted a waiver by CIAC (CIAC Rule II.B),
- not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season (CIAC Rule II.F),
- always participate under his or her own name (CIAC Rule II.G),
- not receive personal economic gain because of athletic skill for participation in any sport (CIAC Rule II.G),
- participate in a minimum of ten (10) days of practice prior to competition (CIAC Section 4.6.H),
- not participate in or represent his or her school in more than one sport after the date of the first contest (CIAC Rule II.D),

Students must meet Housatonic's academic standards to be eligible to participate in athletics at Housatonic. When a student is not eligible at the start of a season, the student may practice with the team, but not play in contests, until the next distribution of marking period grades providing the student completes bi-weekly progress reports showing that he or she is currently meeting the academic standards (HVRHS Handbook pg 33). Students who become ineligible or remain ineligible at the time of distribution of marking period grades during any season may be permitted to stay with the team only with permission from the coach. School Administrators must approve summer school classes after checking for similarity of course content.



## Insurance for Athletes

All team participants are covered under a non-duplicating excess indemnity accident insurance for athletes policy paid for by the school district. This insurance pays for hospital and doctor's charges beyond what is paid by parent's and guardian's health insurance plans. This policy covers only injuries that occur during supervised team practices and athletic events sanctioned by the Region 1 Board of Education. Medical benefits are paid-for expenses that are incurred within two years of the date of the injury, provided the first doctor's visit occurs within ninety (90) days from the date of the injury. Please contact the Athletic Director should there be the need to file a claim.

## Athletic Injuries

Athletic Training services are available to students on all athletic teams. The Fall and Spring Athletic Training Room is located outside to the right of the football locker room. The Winter Athletic Training Room is located in the corner of the gym next to the storage room. All injuries that occur while participating in athletics must be reported to the coach and athletic trainer (if available) immediately. If an injury requires medical attention by a physician or treatment center, the athlete must obtain written permission from the physician in order to return to participation. All head injuries will follow the Return to Play Protocol.

## ImPACT Testing

All student athletes shall receive a baseline test using the ImPACT Neurocognitive Computer Program during their first season of interscholastic athletics. A student athlete shall be retested every two years until graduation as long as he or she remains a member of an athletic team. A Post Injury test will be performed as part of the Return to Play Protocol.

## Awards and Assemblies

At the conclusion of each sports season, student athletes are honored during a Sports Awards night. In addition, all senior student-athletes are honored during the Spring Awards Night.

To be eligible for a varsity letter or other team award, the student-athlete must complete the sports season (except in the case of an injury which limited participation). No awards will be given to any student suspended from participation in athletics or found ineligible for any portion of the sports season. Awards available to student-athletes are:

- Varsity: A Housatonic H is awarded along with sports pin and certificate to an athlete during the first year of varsity participation. A gold bar is awarded for subsequent years of varsity participation.
- Junior varsity: A certificate of participation is awarded to an athlete during the junior varsity year.
- Most Valuable Player (MVP) Award: Awarded to player(s), chosen by the coach(es), on each Varsity team who best demonstrated team commitment, sportsmanship, leadership, and play.
- Most Improved Player (MIP) Award: Awarded to player(s), chosen by the coach(es), on each Varsity and Junior Varsity team who best demonstrated overall improvement and hard work in the sport during the season.
- The Sportsmanship Award: Awarded to player(s), chosen by the coach(es), on each Varsity team who best demonstrated good sportsmanship on and off the playing field to teammates, opponents, coaches and officials throughout the season.
- The Marge Stevenson Award: Named for Marge Stevenson who coached many teams including Girls JV Soccer. Awarded to player(s), chosen by the coach(es), on each Junior Varsity team who best demonstrated good sportsmanship on and off the playing field to teammates, opponents, coaches and officials throughout the season.
- The Tyburski Award: Named for Ed Tyburski, Housatonic's Athletic Director for 26 years, awarded to a freshmen in each sport who best demonstrated skill, sportsmanship, leadership, and team play.
- Berkshire League Scholar-Athlete Award: Awarded to all athletes who have an 88 or higher average and completed the season in good standing.

#### Senior Sports Awards

- Master of Sports Awards: Awarded to the Senior athlete who earned a varsity letter in each of the three competitive sports seasons (fall, winter, and spring) during his or her senior year.
- 4 Year Award: Awarded to the Senior athlete who earned a varsity letter in one sport during all four years at Housatonic.
- The Pinnacle Award: Awarded to the male and female senior athlete, voted on by the coaching staff, who best demonstrated outstanding citizenship, scholarship, athleticism, and service during their 4 years at Housatonic.
- Athlete of the Year Award: Awarded to the outstanding male and female athlete, as voted on by the coaching staff.

## Due Process

In the event a student-athlete violates any rule or regulation set forth by the school district in the Student-Athlete Handbook or the Student Handbook , the student-athlete will be subject to disciplinary action. Throughout the disciplinary process, the student's right to due process will be respected . Specifically, Due Process involves the following steps:

1. The violation is brought to the attention of the student.
2. The student has the opportunity to respond.
3. Any necessary investigation/discussion follows.
4. The decision is rendered with the appropriate consequences as stipulated within the Student-Athlete Handbook and school policies.

## Conflict Resolution

A student-athlete and coach should first attempt to resolve any conflicts. If the conflict cannot be resolved by the athlete and coach, the following chain of authority should be followed: 1) Athletic Director; 2) Principal; 3) Superintendent; 4) Board of Education.

Parents and student-athletes who wish to speak with a coach should approach the coach before or after practice to schedule a time to discuss any team related concerns. Parents are asked to schedule times 24 hours before or 24 hours after a contest because during this time, a coach's attention is on team play which may not be the best time to address concerns.

Parents should understand that some areas of play are not open for discussion. Specifically, coaches will not engage parents in discussions about playing time, other student athletes, or game strategies.

## Dropping A Sport/Transferring to a Different Sport

Housatonic strives to make the athletic program welcoming to all students. We encourage student to challenge themselves academically and physically, and interscholastic sports is an avenue through which students can gain significant civic and leadership skills. On occasion, an athlete may find it necessary to stop playing a sport. To help the student to think through their decision and make informed choices, a procedure has been developed for student-athletes who wish to withdraw from a team. the following procedure shall be followed:

1. Consult with the coach.
2. Meet with the Athletic Director.

3. Return all equipment, including uniforms.

On occasion, an athlete may decide to transfer to a different sport in the same season. When this occurs, the following procedure shall be followed:

1. Consult with coaches of both sports.
2. Discuss transfer with Director of Athletics.
3. Return all equipment, including uniforms.

**Note: CIAC rules require that transfer to another sport only occur before the first contest.**

### School Attendance

A student athlete missing school must notify the Main Office and must have an excused absence in order to participate in after-school activities. Excused absences include, but are not limited to, participation in a school-sponsored activity, medical/dental appointments, or prior approval by the principal or designee. A student who is unsure of whether an absence will excused should discuss the absence with the Athletic Director and Assistant Principal before assuming that the absence will be excused.

To be eligible to participate in after-school activities, a student must be in attendance for four (4) consecutive hours. On a regular school day, the student must arrive to school no later than 10:25am unless the reason for the tardiness is pre-approved by the building administration or excused. If the athletic activity is scheduled for a weekend, the four hour attendance requirement is based on the last scheduled school day prior to the weekend. The four hour requirement is also enforced on half-days and other days with special schedules.

### Suspension from School

Any student suspended from school, including in-school suspension, may not attend or participate in athletics from the time the suspension is issued until such time as the administration reinstates the student to full activity privileges.

### School Issued Equipment

Maintenance of all school issued equipment, including uniforms, is the sole responsibility of the student-athlete. He/She is expected to keep the uniform clean and in good condition and all equipment in good, working condition. Students who lose or damage school-issued equipment or uniforms will be expected to pay for those items. The student-athlete will not be permitted to participate in any subsequent sport season

unless all equipment from previous seasons are returned. Seniors will not receive their cap and gown until they have met their financial responsibilities.

### Transportation

All student-athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless the student's parents or guardians have made previous arrangements with the Athletic Director. All requests for changes to transportation must be in writing and approved by the Athletic Director no less than 24 hours before the contest. Any athlete not returning on provided transportation must be signed out with the coach by a parent or guardian. Athletes will remain with their team and under the supervision of the coach when attending away contests. All regular school buses rules will be followed. Teams may stop for food on the way home. Athletes should provide their own spending money for such stops.

### Early Dismissals

It is the student-athlete's responsibility to speak with his or her teachers about work missed due to early dismissals for athletic contests. It is the student athlete's responsibility to attend class until the early dismissal time. Failure to do so will result in disciplinary action as described in the Student Handbook.

### Dress Code

The dress code for athletics follows the school dress code as described in the Student Handbook (pages 21-22).

### Parking

Student athletes are required to park in the student parking lot. The area next to the gym is reserved for school employees, coaches, and visitors.

### Gymnasium, Locker Room and Fitness Room Regulations

Spiked or cleated shoes are not allowed in any area of the school and should be removed prior to entering building. Students must be supervised by an adult at all times. Personal items should be locked in lockers at all times. Valuables should be left at home. Locks are available in the PE office. Housatonic is not responsible for lost or stolen items. No food or drink except for water is allowed in Fitness Room. No food is allowed in the Gymnasium.

## NCAA Initial Eligibility for College Athletes

Information on initial eligibility for college participation can be found by logging onto the NCAA Eligibility Center ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)). Students should begin thinking about the academic requirements for college participation in their freshmen year and register with the Eligibility Center in their junior year. It is important to speak with the counseling department regarding plans for college participation as well.

## Captain's Practice

The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC, Berkshire League and Housatonic do not in any way sanction, encourage or condone "Captain's Practice" in any sport.

## Procedure for Registering to Participate in an Athletic Program

Any student wishing to participate in Athletics must register on-line. To register, go to [www.hvrhs.org](http://www.hvrhs.org) and click on Athletics. Then, click on the REGISTER NOW button and follow the prompts.

### **Registration Periods for 2017-2018**

Fall Sports: June 1 - August 24, 2017

Winter Sports: October 1 - December 2, 2017

Spring Sports: February 1 - March 17, 2018

### **Start Dates for 2017-2018**

Fall Sports: August 24 (Football: August 14)

Winter Sports: December 2 (Girls Basketball and Wrestling: November 27)

Spring Sports: March 17 (Baseball Pitchers and Catchers: March 12)

## CIAC Ejection Policy

The CIAC has set policy stating that an official can disqualify an athlete or coach because of violent or abusive behavior, unsportsmanlike conduct, taunting, fighting, etc., prior to, during, or immediately following the athletic contest. This policy is in effect for all CIAC contests including league playoffs and tournaments. Any student who physically assaults an official, coach, or opposing player or spectator will be immediately dismissed from the team for the remainder of the season.

When an athlete or coach is ejected from a contest, the athlete or coach must immediately leave the playing field and is ineligible to participate in the next contest at the same level (even if the contest does not occur until league tournament, CIAC tournament, or next year). The student or coach cannot be in attendance at the contest for which they are serving their suspension. Upon a second disqualification for initiating a fight or retaliating in a fight (as determined by the game official) that student-athlete will be dismissed from the team for the remainder of the season. Any CIAC team that accumulates five (5) or more disqualifications during the regular season, including league playoffs, will be barred from CIAC post-season competition. (Section 4.7.A)

## Bullying/Hazing

The Region One Board of Education is committed to creating and maintaining an educational environment that is physically, emotionally and intellectually safe and therefore free from bullying, harassment and discrimination. In accordance with state law and the Board's Safe School Climate Plan, the Board expressly prohibits any form of bullying behavior on school grounds; at a school-sponsored or school-related activity, function or program, whether on or off school grounds; at a school bus stop; on a school bus or other vehicle owned, leased or used by a local or regional board of education; or through the use of an electronic device or an electronic mobile device owned, leased or used by Board of Education. The Board also prohibits any form of bullying behavior outside of the school setting if such bullying (i) creates a hostile environment at school for the student against whom such bullying was directed, (ii) infringes on the rights of the student against whom such bullying was directed at school, or (iii) substantially disrupts the education process or the orderly operation of a school. Discrimination and/or retaliation against an individual who reports or assists in the investigation of an act of bullying are likewise prohibited. Students who engage in bullying behavior shall be subject to school discipline, up to and including expulsion, in accordance with the Board's policies on student discipline, suspension and expulsion, and consistent with state and federal law. (Board Policy #5131.911 and HVRHS Student Handbook pgs 11-13)

## Substance Use, Possession, or Distribution

The Athletic Program expects that that student-athletes refrain from the use of harmful substances including, but not limited to, any tobacco products, including electronic cigarettes, alcohol, drugs or drug facsimile or other substances intended to impair normal cognitive and/or psychological functions.

All instances of possession, distribution, purchase or attempted purchase, use of any harmful substances shall be referred to the school administration for disciplinary action. Any penalties applied through this procedure are separate from and in addition to and disciplinary actions that might be applied by school administration. Presences at parties or other activities at which alcohol or harmful substances are available may constitute grounds for disciplinary action.

A first violation will result in a 14 day suspension from all team practices, training and competitions, loss of captainship and loss of sport letter/consideration for awards. A second violation will result in a 90 day suspension. Further penalties include, but are not limited to immediate dismissal from team, required participation in an approved chemical dependency program, and dismissal from athletic program for remainder of student-athlete's high school career. All suspensions must be completed in their entirety and will carry over to the student's next season of actual participation (i.e., if the violation occurs near the end of a winter sport, the penalty will carry over to a spring sport. If the student does not play a spring sport, it will carry over to the fall or winter season). Violations occurring off-campus shall subject the student-athlete to the penalties stated above.

## CIAC Policy on Performance Enhancing Substances

A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances (CIAC 4.5.15.J) shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days for each occurrence. The 180 school day period of ineligibility commences on the day that the CIAC Board of Control makes such determination. All CIAC contests/games/tournaments/championships in which the offending athlete participated while under the influence of performance enhancing substances shall be declared forfeitures and all records will be expunged. (CIAC 4.15.I)



## Sports Information

Sports Information, including weekly schedules, weather related changes, and game and bus times, can be found on the HVRHS website under Announcements. For a complete sport season schedule and directions to away contests, please go to [www.ciacsports.com](http://www.ciacsports.com).

## Appropriate Behavior

Housatonic expects students, student-athletes, and spectators to act in a respectful and responsible way when attending athletic contests. A team member can be dismissed from a team, and a spectator including a parent can be removed from the premises and not allowed to watch future games, if his/her actions constitute a direct violation of the athletic department and/or school rules and regulations including:

- unsportsmanlike conduct
- misconduct
  - behavior that endangers a person or property,
  - is disruptive,
  - is in defiance of the coach's authority, including verbal abuse, or repeated unexcused absence from practice/games,
  - is detrimental to the athletic program/school/district)
- theft or malicious destruction of individual, private or school property
- civil law and criminal infractions.

## Sportsmanship

Housatonic Valley Regional High School conducts an athletic program to enhance the personal and educational growth of its participants by providing healthy and challenging competition. All spectators and participants are asked to contribute to these goals by supporting vocally the efforts of our athletes and by refraining from any actions towards our opponents and officials, which interfere with the realization of our stated goals.

### CIAC Sportsmanship Standards for Student Athletes

As members of their team, student-athletes serve as role models. They are admired and respected by many, including younger athletes, and their behavior and actions often have a significant impact on others. Student-athletes play an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship. The standards of sportsmanship are

- will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game,

- will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model,
  - will win and lose graciously,
  - will have a thorough knowledge of and abide by all rules of the game and CIAC,
  - will work for the good of the team at all times,
  - will cheer for your team, not against your opponent,
  - will congratulate opponents in a sincere manner following either victory or defeat,
  - will refrain from the use of illegal or unhealthy substances to gain an unfair advantage.
- (CIAC Section 4.34.D)

#### CIAC Sportsmanship Standards for Spectators/Parents

High School athletics is an extension of the school's academic program and is designed to build the athlete's character, values and ethics and is not designed to be the avenue to an athletic scholarship. Parents and spectators must keep the game in perspective and support the coaches, players and officials in a positive manner. The standards of sportsmanship are

- will respect the integrity and judgment of game officials,
- will be respectful of all players, coaches, officials and other spectators,
- will never target anyone for abuse whether it be physical, verbal or emotional,
- will never engage in name calling, taunting, harassment, obscenities, and any other disrespectful language or gestures,
- will always be a positive role model for other spectators and your child,
- will cheer for your team not against your opponent,
- will make an effort to know and understand the rules of the game,
- will recognize that attending a middle or high school athletic contest is a privilege, not a license to verbally assault officials, coaches or opposing team(s) and their spectators,
- will recognize and show appreciation for an outstanding play by either team.

(CIAC Section 4.34.F)

## Expectations of Parents

- Be positive with your athlete. Let him/her know that he/she is accomplishing something simply by being part of the team.
- Don't offer excuses to your athlete if he/she is not playing. There is usually a reason for it. Encourage your athlete to work hard and do his/her best.
- Don't put down the coaches or other athletes. If you are constantly berating your athlete's coach, do not expect positive results from the season. Be supportive in a positive way.
- Insist on good grades. Check the number of hours your athlete spends on homework.
- Being a fan (supporter!!) does not entitle you to be belligerent or abusive toward players, coaches or officials. Coaches work with athletes and know their talents. Respect that! Also, consider that sons and daughters are often embarrassed by parents who can be heard from the stands.
- Insist that your athlete respect team rules, school rules, game officials and sportsmanship. Don't let him/her embarrass his/her family, school and team by a rude gesture or incident. Self-respect begins with self-control.
- Encourage your athlete to maintain a positive self-image by believing in him or herself. Don't compare and contrast athletes with family members who have previously played. Don't put added pressure on your athlete to be much better than his/her siblings.
- Encourage your athlete to play for the love of the game – not a scholarship or college admission. This alleviates a lot of pressure for a youngster.
- Remember that the coach is involved as a coach because he/she is sincerely fond of children and is an experienced professional. Coaches have different ways of dealing with people and situations. Athletes' lives are enriched by interactions with different types of leaders.
- Remember, at a competition, you, the parent, represent the school and your son/daughter and you should be a positive role model. Therefore, do not shout advice from the stands. A steady stream of technique suggestions has no value to the athlete. Shout words of encouragement.
- Be involved with your son's or daughter's team in a positive way. Cheer for all kids on the team. Help with booster clubs. There are hundreds of ways to be involved with the team and be a good parent at the same time.

## Contact Information

Athletic Director  
Anne MacNeil, CAA, ATC/LAT  
[amacneil@hvrhs.org](mailto:amacneil@hvrhs.org)  
860-824-5123 ext 164

Athletic Trainer  
Darren Yoos, ATC/LAT  
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203-598-2353

School Physician  
Dr. Suzanne Lefebvre  
Kent Primary Care  
Kent, CT 06757  
860-927-1133

School Nurse  
Pat Rimany, RN  
[primany@hvrhs.org](mailto:primany@hvrhs.org)  
860-824-5123 ext 190

## Facilities Information

Soccer, Field Hockey, Cross Country, Football, Basketball, Baseball, Softball, Tennis, Track & Field, Lacrosse are played at the high school.

Football (JV home games at Torrington Pop Warner Field Middle School St. Torrington)

Golf (Sharon Country Club: 2 Golf Drive Sharon; Canaan Country Club: 74 High Street Canaan)

Ice Hockey and Swimming (Mars Athletic Center Hotchkiss School: Route 112, Lakeville)

Alpine Skiing (Mohawk Mountain Ski Area: 46 Great Hollow Rd, Cornwall)

Wrestling (Northwestern/Region 7: 100 Battistoni Dr, Winsted)



