

STAPLES HIGH SCHOOL
INTERSCHOLASTIC ATHLETIC PROGRAM
STUDENT-ATHLETE
HANDBOOK

Athletic Department
203-341-1260

Athletic Hotline
203-341-1333

Staples Athletic Website and Online Registration
www.staplesathletics.com

Schedule and Game Changes in Real Time
www.arbiterlive.com

FCIAC Website
www.fciac.net

CIAC Website
www.ciacsports.com

Department of Athletics
Staples High School
Westport, CT

This handbook was researched and written by a representative group of secondary coaches and physical educators for the use of Staples High School students and parents.

The main purpose of the handbook is to give the student athlete an outline of the Interscholastic Athletic Program requirements.

It is the hope of this committee that the high school students will have an enjoyable and rewarding experience in athletics that will carry on for many years into their adult lives.

****Each Staples coach and athlete will receive a copy and will be expected to follow all procedures listed therein.**



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STAPLES HIGH SCHOOL

70 North Avenue - Westport, Connecticut 06880-2799

Stafford W. Thomas, Jr. JD
Principal

Phone 203-341-1201
Fax 203-341-1202

August 2019

As a Staples High School student-athlete, and being a former student-athlete myself, let me start off by commending you on the hard work and dedication you have shown and will continue to show throughout the 2019-2020 school year. The school and entire Westport community look up to you not just because of your success and prowess on the playing fields but also because of your numerous other abilities displayed everywhere you go. They are in awe of your ability to balance the challenging academic standards which Staples continues to upgrade each and every year with the countless hours of preparation and practice that accompany your sport. These attributes coupled with how you treat and interact with your fellow students and teachers make you a role model that others will be watching throughout the school year.

As the new principal, I am excited to finally see up close and in living color all of the wonderful descriptions of you that I have heard about prior to taking the helm. I look forward to seeing you in action on the playing fields, in your classrooms and around the community and most of all, making Staples the shining example for others to follow. It is a great responsibility indeed, but you are rooted in a wonderfully strong position of power and we all know how that quote ends. You have the ability to do it as well as the discipline necessary to demonstrate the character of a champion in each and every interaction you engage in and in all of the endeavors you choose to pursue.

I sincerely wish you the best for a successful year both academically and athletically. I believe in you and your being up to the challenge of continuing the proud tradition of being a Staples High School student-athlete.

Sincerely,

Stafford W. Thomas, Jr. JD
Principal

Mission Statement:

The Staples High School community inspires learning, fosters integrity and nurtures empathy.



WESTPORT PUBLIC SCHOOLS • STAPLES HIGH SCHOOL
70 North Avenue, Westport, CT 06880

MARTY LISEVICK
Phone: 203-341-1263

Director of Athletics
Fax: 203-341-1261

Dear Student Athletes:

Staples High School has an athletic program that has a long-standing tradition of excellence. The combination of hard working athletes combined with an outstanding coaching staff has made for a formidable tradition. Our program over the years has been recognized with several awards for excellence in competition, sportsmanship, and teamwork.

More importantly, our student athletes are taught the qualities that help to make them successful in life. Goal setting, perseverance, teamwork, and leadership are just some of the qualities that our student athletes learn about every day. It is our hope that when you graduate from Staples, you are prepared to succeed in the greatest game of all, the game of life!

When you become a student athlete at Staples, you agree to commit yourself to a standard of excellence. You will become part of something bigger than any one individual, you will become part of a team. Along with that comes the responsibility of doing the right thing, both in your education, your sport, and your training. As well as being a team player, we look for our student athletes to be leaders at Staples High School. Whether it is in the classroom or on the field, our student athletes are role models for our entire community.

I wish all of our student athletes nothing but the best in this upcoming year. Make it a year to remember. GO WRECKERS!

Sincerely,

Marty Lisevick

WESTPORT SCHOOLS AFFIRM NON-DISCRIMINATORY PRACTICES IN EMPLOYMENT AND IN EDUCATIONAL OPPORTUNITY

In compliance with Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973, THE WESTPORT SCHOOLS shall exclude no person from participation in, denied benefits of, or be otherwise discriminated against in employment or in educational opportunity on the basis of sex, sexual orientation, disability, past or present history of mental disorder, mental retardation, race, color, creed, religion, national origin, ancestry, age or marital status.

Complaint procedures

File complaint with principal; copy to coordinator (see below)

If not satisfied, you may appeal to the Assistant Superintendent

Next level is appeal to Superintendent

Next level is to Board of Education

Title VI & Title 504 Coordinator

Tina Mannarino

Director Pupil Services Offices

Westport Town School Offices

110 Myrtle Ave Room 302

Westport, CT 06880

203-341-1253

Title IX Coordinator

John Bayers

Director of Human Resources

& General Administration

Westport Town School Offices

110 Myrtle Ave Room 302

Westport, CT 06880

203-341-1004



PHILOSOPHY OF ATHLETICS

Purpose:

The purpose of the athletic program is to stimulate students to develop mutual interests, promote motivations and improve their physical skills. It is one of the many Staples programs which offer the individual the opportunity to develop interests and grow through her/his participation and competition in a group activity. Athletic contests involve considerable time for practices and games, strenuous physical effort, and students travel. Each sport is a specialized form of learning experience, and as such, entails numerous responsibilities. Students who try out for any sport should be aware of these responsibilities and be willing to assume them.

Value:

Taking part in athletics is one of the most important parts of our educational system. There is no other course in our schools today which can offer all the following benefits:

- 1. Competition:** Our entire way of life is based on competition. Every person is competing to improve or maintain his standing. What better way to learn this important principle than through athletics?
- 2. Physical well-being:** The nation is becoming more conscious of the inadequacy of our youth in physical fitness. Through athletics a foundation is built that can correct this situation.
- 3. The release of physical energy:** Someway, somehow students will find a way to release their physical energy. Athletics offer a wholesome medium for this purpose.
- 4. Recognition:** Through guidance, players can learn to accept recognition in a proper manner. They learn that the praises they receive are not due to their effort alone.
- 5. Understanding:** Players working together for a common cause learn to accept victory or defeat in a mature manner. Team members soon learn how to understand each other and to make adjustments for the good of the team.
- 6. Emotional Control:** "When the going gets tough, the tough get going." The athlete learns to get going, by tackling the task at hand. Emotional blow-ups only hamper him.
- 7. Discipline:** We hear the cry that young people need to learn discipline. Athletics teach self-discipline, vital to a successful adult life.
- 8. Perseverance:** Athletes learn to stay with the job and not give up until the contest is over.
- 9. Thinking under pressure:** The accomplished businessman can attribute much of his success to this factor. Athletes learn it early in their career and use this ability the rest of their lives.
- 10. Loyalty:** Being faithful to a team, a group, a cause, is an important lesson of athletics. A person will not fail himself when he has learned the lesson of being true to others.

Staples High School

Code of Conduct for Athletes

Introduction

It is a privilege and honor to represent one's school and community while participating on a Staples High School athletic team. It is the athlete's responsibility to conform to those rules and regulations necessary to participate successfully and to follow the "Code of Conduct."

A firm and fair policy of enforcement is needed to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that the high standards of conduct and citizenship are essential in maintaining a sound program of athletics.

CODE

1. Athletes shall conform to the school, FCIAC and CIAC eligibility rules, including all medical and academic requirements.
2. Athletes shall conform to the behavioral norms of the school and act in a responsible manner with regards to the rules and regulations established in the Staples Student Handbook. Consequences will be exercised when needed.
3. Athletes shall conform to the behavioral norms of society in general and to the specific laws established by local, state, and federal governments.
4. Athletes shall attend and not be tardy for all practices and competitions held both during regular school sessions and during vacations. Exceptions shall be subject to the approval of the head coach.
5. Athletes shall, at all times, conduct themselves in a manner exhibiting sound moral character and exemplify good sportsmanship.
6. Athletes shall be held responsible and accountable for all equipment associated with the functioning of the team, i.e. uniforms, equipment, etc.
7. Athletes shall always conduct themselves with an attitude that is positively stated, exhibits pride and is representative of the Staples community in general.
8. Athletes shall abstain from using drugs (including anabolic steroids, performance enhancing substances), alcohol, and tobacco, which are deemed harmful to one's health, athletic performance, and general well being. A "zero tolerance" policy is upheld.

In-season Violations and Consequences

- Athletes failing to conform to meet the requirements of the contents of this Code of Conduct shall face disciplinary action. If an athlete becomes involved in the community so as to bring adverse publicity to the athletic program, or if the athlete is engaged in conduct that may be considered harmful to him/her self, the team or school, that athlete may be suspended from their sport.
- Any alcohol or drug violation is handled in the following manner:
 - ❖ If the athlete admits to the violation in an initial meeting with a coach or school representative, the athlete is suspended from the team for a period of up to 20 calendar days from the initial meeting. If the athlete does not admit to the violation in the initial meeting, and it is subsequently shown or admitted that a violation did occur, the athlete is suspended from the team for a period of up to 30 calendar days from the time that a violation was determined.

- ❖ Should a second violation occur, the athlete is suspended from the team for the entire season. After a second offense, to become eligible to participate on another team, the athlete must show evidence to the Principal/and or Athletic Director of having participated in a school approved substance abuse counseling program.
- Any tobacco product violation will result in a suspension of five calendar days from the initial meeting. Each consecutive violation will be doubled. First violation: 5 days; second violation: 10 days, third violation: 20 days, etc.
- During the suspension, the athlete must attend all practices and games but is not allowed to participate and may not be in uniform. Upon completion of the suspension, the athlete may apply for reinstatement through a reentry interview conducted by the Athletic Director.

***** The Code of Conduct rules are in effect during an athlete's season of play beginning with the first day of practice. This is a 24-hour rule and includes beyond the school day and applies on and off school property.**

***** Please note that the CIAC has enacted a policy concerning use of performance enhancing drugs. Any 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 180 school days on each occurrence. The 180 school day period of ineligibility commences on the day the CIAC board of Control makes such determination**

Self-Referral by Student Athletes

Student-athletes may take advantage of a self-referral procedure to seek information, guidance, counseling and assessment in regard to student-athlete use of tobacco, alcohol and other drugs. Voluntary referrals do not carry punitive consequences.

- a. Referral is allowed one (1) time in a student's four-year high school career.
- b. Only the athlete or a member of the immediate family must make referral.
- c. Referral cannot be used by athletes as a method to avoid consequences once a code of conduct rule is violated and a student had been identified as having violated one of the code of conduct rules.
- d. Referral must be made to a coach, athletic administrator, guidance counselor or substance abuse support personnel.

Due Process Procedure

The Due Process Procedure used by the Athletic Department is as follows:

1. A hearing before the coach.
2. Appeal to the Athletic Director.
3. Appeal to the Principal. (written explanation required)
4. Appeal to the Superintendent.

HAZING POLICY

Hazing is defined as reckless or intentional acts by a team member that endangers the mental or physical health of another individual on a team whether the behavior is part of an **initiation** into a team, or not, shall be prohibited. Any hazing activity shall be presumed to be a forced activity, even if the student willingly participates in such activity.

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

“Endanger the physical health” shall include, but is not limited to, any brutality of a physical nature, such as whipping, beating, exposure to the elements, forced consumption of food, alcoholic beverage, drug or controlled dangerous substance; or any other forced activity which would adversely affect the physical health or safety of the individual. Upon receipt of a complaint or a report of hazing, the school district shall undertake an investigation. If a hazing violation is deemed to have occurred, appropriate disciplinary proceedings will occur. These could include suspension, expulsion, and as well as criminal prosecution. Disciplinary consequences will be sufficiently severe to deter violations and to appropriately discipline prohibited behavior. **This policy applies to all situations whether on or off campus.**

ATHLETIC REQUIRMENTS FOR PARTICIPATION

In order to participate in any sport at Staples, it is necessary for each student to have:

1. A current (within one year) Medical Examination form (HAR -3) on file with the school nurse.
2. Through the online registration process, the parent and athlete will sign off on the school code and conduct, the state mandated Concussion Awareness and Acknowledgement Form and Sudden Cardiac Arrest Consent Form. Paper forms will no longer be accepted.

Medical Examination Forms can be obtained from the athletic office and points around the school. The medical forms and online registration must be completed **before** an athlete can participate in any sport.

Students must be in school for at least 4 hours or they may not participate/perform in any activity that is considered extracurricular. Extracurricular activities are any activity that takes place outside of the classroom for the purpose of enrichment, entertainment, or sports. Examples of such activities may include but are not limited to: athletic events in-school field trips, out of school field trips, performances (plays, concerts, radio show talent/variety shows etc) and school sponsored evening events.

If an athlete is enrolled in physical education, they are required to participate in class, if they are planning on participating in athletics that same day. If they sit out of PE class, they are not allowed to participate in athletics that day.

Academic and Eligibility Requirements

It is necessary for the student to meet the academic and eligibility requirements as set forth by Staples H.S. and the C.I.A.C. (See Digest of Rules, page 14 of this handbook). More information about C.I.A.C. eligibility can be found at http://www.casciac.org/pdfs/eligibility_brochure.pdf.

EXPECTATIONS OF PARENTS

A. PARENTAL SUPPORT

Rules and regulations are designed for the general good of our athletic teams and to discourage student-athletes from abusing themselves and others mentally and physically. However, the distribution and implementation of a set of rules and standards is only a start. Coaches are with your children only a few hours per day and depend heavily upon your support to ensure that your children do not violate these important rules. Administrators, coaches and parents together can make a significant impact on these young people and help to counter the peer pressure that they all face. By working cooperatively in this area we can be proactive and eliminate many potential problems. As educators and coaches we are concerned about your children. We are committed to doing our part and using our influence to help your children reach their full potential. Together we can provide the necessary guidance, leadership, concern and encouragement that are so important during the high school years.

THE ROLE OF THE PARENT

A. COMMUNICATION

Communication Tree

1. Student-athlete to coach
2. Parent to coach
3. Parent to Director of Athletic Programs

The student-athlete and coach

If an athlete has any issue(s) about their experience on a Staples athletic team they must first approach the coach to discuss the issue(s). The athletic experience at Staples provides the opportunity for young people to develop communication skills with adults and those in positions of authority. In this case the student-athlete and coach must develop a mutual respect and understanding that allows them to discuss issues openly and honestly while striving to gain a better understanding of the issues.

The Parent and Coach

- *Appropriate concerns to discuss with coaches:*
 1. The treatment of your child, mentally and physically.
 2. Ways to help your child improve
 3. Concerns about your child's behavior
- *Issues not appropriate for parents to discuss with coaches*
 1. Playing time
 2. Team strategy
 3. Play calling
 4. Other student-athletes

There are situations that require a meeting between the coach and the parent. This is to be encouraged. It is important that both parties have a clear understanding of each other's position. When these conferences are necessary the following procedure should be followed to help promote a resolution to the issue.

1. Call to set up an appointment with the coach.
2. The Athletic Department phone number is 341-1260.
3. If you are unable to reach the coach, call the Athletic Office to have an appointment arranged for you.

4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution. Parents who refuse to adhere to this can be banned from future athletic contests.

PARENT MEETING

Each team will conduct (1) all encompassing parent meeting for all parents whose children will be participating in the athletic program for that year. It is the responsibility of the parent or guardian to attend that meeting and to receive information regarding student participation in the program. At the parent meeting the code of conduct forms will be collected. These forms must be completed and signed prior to participating.



Staples High School Athletics Social Media Position Statement

Social Media has become engrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social Media technologies such as Twitter, Facebook, internet forums, weblogs, social blogs, micro-blogging, Wikis, podcasts, photographs, video dating, social bookmarking and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

Staples High School Athletics recognizes and supports its student-athletes, and coaches' rights to freedom of speech, expression and association including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for Staples High School is a privilege, not a right. The student-athlete and coach represent his or her high school and the Westport Public Schools, and therefore, they are expected to portray themselves, their team and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school and Westport Public School's rules and regulations.

Specifically prohibited behaviors are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal or defamatory language/actions
- Derogatory language regarding school personnel or other students
- Comments designed to harass or bully students and/or school personnel
- Nude, sexually-oriented, or indecent photos, images or altered pictures

Also prohibited are all on-campus connections to off-campus violations of this policy.

- Use of school computers to view off-campus postings
- Students accessing posts at school on their own devices
- Distribution of hard copies of posts on school property
- Re-communication on campus of the content of the posts

Any authorized or unauthorized use in school or out of school of computer software, computer network, telecommunication devices, information technology, and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

Eligibility Rules

Attention Athletes!!

You are NOT ELIGIBLE

1. If you are not taking at least six (6) (grades 10-12) and seven (7) (grade 9) units of work or the equivalent; (Staples H.S.)
2. If you have not passed at least four (4) units or the equivalent at the end of the last regular marking period, with the exception of fall eligibility. * (Rule I.A.)
3. If you are nineteen (19) years of age before July 1; (Rule II.B.)
4. If you have changed schools without a change of legal residence; (Rule II.C. See complete Rule of exceptions.)
5. If you have played the same sport for more than three (3) seasons in grades 10, 11, and 12; (Rule II.B.)
6. If you play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season; (Rule II.E.) The exception to Rule II.E. shall be:
 - 1) Participation in parent-child tournaments.
 - 2) Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-CIAC team during the season.
7. If you play under an assumed name on an outside team; (Rule II.F.)
8. If you receive personal economic gain for participation in any CIAC sport. (Rule II.F)
9. During the CIAC defined sports season, players are not permitted to participate with or for teams (professional or otherwise) in any capacity. This regulation includes “try-outs”, “work outs” and other activities which are designed for the purpose of showcasing or evaluating talent.
 - For fall sports – student must be a continuing student (eighth grade to ninth grade) or have received credit for four (4) units or its equivalent towards graduation at the conclusion of the school year preceding the contest (rule i.a.)

NOTE: Marking period grades (not semester grades) are to be used in determining scholastic eligibility, except for fall eligibility.

You may consult your Principal or Athletic Director for other rules affecting athletic eligibility.

PROCEDURES FOR ATHLETIC INJURIES AND INSURANCE

1. All injuries which occur while participating on an athletic team are to be reported immediately to the coach and then the athletic trainer. Injuries that occur outside of an in-season Staples sport will be referred to the appropriate medical professional. The athletic trainers are not responsible for these injuries.
2. If it is a traumatic injury requiring immediate medical care the coach will follow emergency medical procedures (i.e. call an ambulance, contact the parents and contact the athletic trainer if at home event, send athlete with the emergency medical form to the hospital).
3. If it is a routine injury, the athlete should seek an evaluation from the certified athletic trainer. The athletic trainer will refer the injury if necessary and limit participation when needed.
4. The athletic trainer will then process an injury report and if necessary the secondary insurance form. Please note, not all injuries fall into this category for secondary insurance.
5. Any visit to a doctor/physical therapist/chiropractor/etc. for treatment of a sport-related injury must be reported to the coach and athletic trainer, if it was not previously reported. It is then the athlete's obligation to return with a written release from the treating medical provider in order to return to participation. In order to maintain continuity of care, the athlete must be returned by the original physician, or one with similar certifications, before being allowed to return. Without written release, an athlete will not be returned to athletics.
6. If the athlete does not report the injury in a timely manner to the appropriate staff, and the injury is one that qualifies for secondary insurance, you will be unable to utilize the secondary insurance plan purchased by the school system.
7. It is school policy that if an athlete has been out of play for an injury/illness, they will need a FULL day of practice before returning to a game.



CONCUSSION EDUCATION

A concussion is a brain injury, and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force being transmitted to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow can be serious. Concussions can range from mild to severe, and they can change the way your brain normally works. **All concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** They can occur during practices, games, or any recreational activity and can happen even if there is no loss of consciousness. You can’t see a concussion, but you may notice one or more signs or symptoms. They may show up right after the injury or can take hours to days to fully appear. If your student-athlete reports any symptoms or concussion, or if you notice the signs or symptoms of concussion yourself, seek medical attention right away.

Symptoms reported by athlete may include one or more of the following:

- Headache or “pressure” in head
- Neck pain
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light and noise
- Double or blurry vision
- Feeling slowed down, foggy, or hazy
- Feeling irritable, anxious, nervous, sad, more emotional than usual
- “Don’t feel right, feel off, feel down”
- Repeating the same comment/question
- Feeling fatigued or run down
- Concentration or memory problems
- Confusion

Signs observed by parents, coaches, and/or teammates may include:

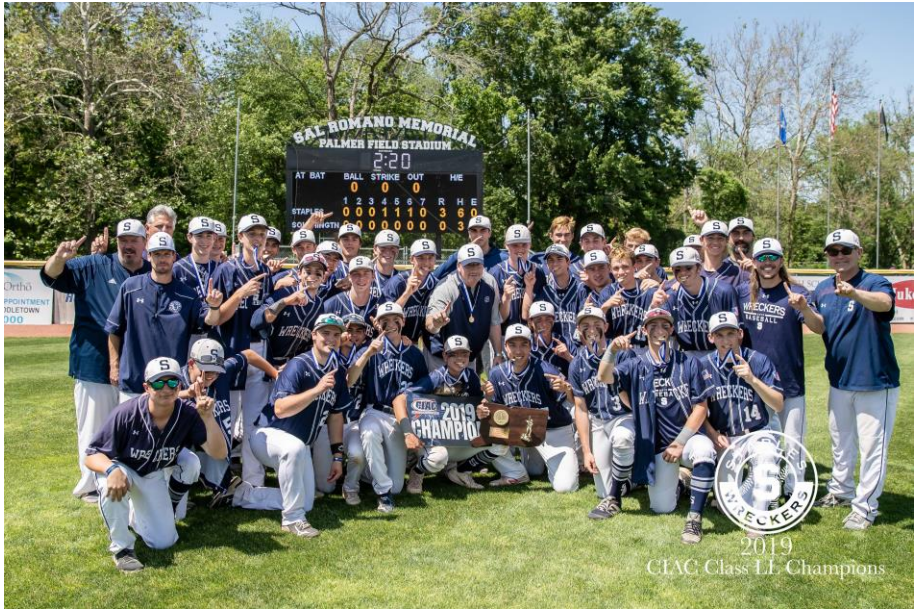
- Appears dazed, stunned or disoriented
- Blank stare or vacant look
- Is confused about assignment, position or plays
- Unsure of game, score, opponent, location
- Stumbles or appears uncoordinated
- Responds to questions slowly or incorrectly
- Slurred speech
- Displays mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall
- Loss of consciousness

What to do if you or your student-athlete suspect a concussion:

- Do not hide it
- Remove from play
- Notify coaches, athletic trainers, nurses and necessary school staff
- Seek medical attention from a healthcare professional
- Make sure to report any concussions that occur past and present
- Give yourself time to rest and allow your brain to heal
- No athlete may return to activity until obtaining medical clearance from their doctor
- After receiving clearance from your doctor, perform a Return to Play protocol under the supervision of a healthcare professional

Dangers of playing with a possible head injury/concussion or returning too soon from a concussion:

Continuing to participate in athletics or returning to athletics while signs and symptoms are still present leaves the student-athlete vulnerable to greater injury. Not only can returning too soon or not reporting a concussion prolong recovery, but it allows the possibility of sustaining another impact. Sustaining another impact during the time period after a first concussion is known as Second Impact Syndrome. Second Impact Syndrome can lead to severe impairment, and in extreme cases may even be fatal. It is important that student-athletes understand the importance of accurately reporting their signs and symptoms.



RETURN TO PLAY PROTOCOL

Student-athletes who have sustained a concussion MUST complete a gradual Return to Play with the Athletic Trainer, when in season, or with another healthcare professional once cleared to resume activities:

- Step 1: Complete Physical and Cognitive Rest. Athlete will not do any activity and will avoid anything that would cause a recurrence of signs or symptoms. They are not permitted to attend practices, be on the sidelines with the team during any games, travel with the team to away matches, or begin the physical portion of the RTP protocol.
- Step 2: Light Cardio Activity. Athlete will jog or bike for 10 minutes. If no signs or symptoms occur during those 10 minutes, they will be allowed to continue for another 10 minutes, unless signs or symptoms occur then as well.
- Step 3: Increased Cardio Activity. Athlete will perform sprints, change of direction activity, long distance running, and/or weightlifting.
- Step 4: Non-Contact Drills. Athlete will perform sport specific non-contact drills based on their sport and position. In this step they are allowed to run at normal activity level, weight lift, and work into the non-contact drills performed that day during practice.
- Step 5: Full Contact Practice. Athlete will perform a full contact practice. Athlete will perform all parts of a running practice, with no restrictions.
- Step 6: Return to Game. Athlete will return to competition.

Return to play following an Athletic Injury (aside from concussion) or absence from sport:

- After an athlete has recovered from an injury and is ready to return to their respective sport, each athlete is required to participate and complete at least one full day of practice prior to returning to game play. The same rule applies for any athlete who does not participate in practice prior to a game.

*If at any point during this Return to Play protocol the athlete experiences a recurrence of signs or symptoms, the process will stop and parents will be notified of the next step.

For further information regarding concussions please feel free to view the following information:

- <http://www.cdc.gov/concussion>
- <https://www.westportps.org/parents/health/procedures> (click on Concussions)

SECONDARY INSURANCE INFORMATION

If an athletic accident/injury has occurred and you have not received receipt from our Secondary Insurance Company or a Notification of Injury form, within one month of the accident/injury, please contact the Athletic Trainers at 203-341-1264.

STAPLES HIGH SCHOOL ATHLETIC TEAMS

FALL SEASON

Girls

Cheerleading (co-ed)
Cross Country
Field Hockey
Soccer
Swimming/Diving
Volleyball

Boys

Cross Country
Football
Soccer
Water Polo

WINTER SEASON

Basketball
Ice Hockey
Indoor Track
Skiing
Gymnastics
Cheerleading (co-ed)
Squash

Basketball
Ice Hockey
Indoor Track
Skiing
Swimming/Diving
Wrestling
Squash

SPRING SEASON

Outdoor Track & Field
Golf
Lacrosse
Tennis
Softball
Water Polo
Sailing (coed)

Outdoor Track & Field
Golf
Lacrosse
Tennis
Baseball
Volleyball
Rugby

Selection of team members is subject to the discretion of the coaching staff and nature of the sport. Student athletes are encouraged to refer to the coach for the selection process of a particular sport and for the levels of participation offered in that sport.



Boys Interscholastic Sports

Baseball – Tryouts are in March. Separate squads are maintained for Varsity, J.V. and Freshmen.

Basketball – Begins in December with tryouts. Squads are selected for Varsity, J.V. and Freshmen teams.

Cross Country – Tryouts in the fall. Must meet standards to qualify.

Football – Practice generally starts mid-August.

Golf – The Varsity squad begins in March and is highly competitive due to limited membership. There is a JV squad as well.

Ice Hockey – Practice and tryouts begin in December. Boys are selected for the Varsity Team.

Lacrosse – is played in the spring with a Varsity and J.V. and Freshman teams.

Rugby – Begins in February (Non CIAC Sport) and has varsity, JV, Sopomore and Freshmen teams.

Sailing – Begins in March, Coed, (Non CIAC Sport)

Ski Team – Training begins in December. Previous racing experience is desirable as there are tryouts. Meets are generally scheduled once a week throughout the winter season with additional practices during the week at the ski area. The team competes in the State Meets. (Non CIAC Sport)

Soccer – is played in the fall with squads for Varsity, J.V. and Freshmen

Squash – is played in the winter, (Non CIAC Sport).

Swimming – Begins in December with tryouts. Practice and home meets take place at the Staples High School Pool.

Tennis – is another highly competitive sport with limited team membership. Advanced skill level is desirable for this spring sport. There is a JV squad.

Track - Indoor – A winter sport held in the Staples High School Field House. Competition levels: Varsity, J.V. and Freshmen.

Track & Field - Outdoor – Begins in March. There are approximately eighteen different events in which to compete. Competition levels: Varsity, J.V. and Freshmen.

Volleyball – begins in March. Teams are selected for Varsity and J.V.

Water Polo – Begins in the fall, (Non CIAC Sport).

Wrestling – begins in December and continues into March. There are twelve weight classes, beginning at 95 pounds and continuing through an unlimited division assuring competition for all boys on the Varsity and J.V. teams.

Girls Interscholastic Sports

Basketball – Tryouts begin in December for Varsity, J.V. and Freshmen.

Cheerleading (co-ed)– Tryouts are held in the spring for the Football and Basketball Cheerleading Squad which is open to both girls and boys. They may not be on the Cheerleading Squad and another team during the same season. Cheerleading follows the same eligibility rules and Code of Conduct. There is also a winter competition squad.

Cross Country – is a fall sport. Must meet standards to qualify.

Field Hockey – Practice and tryouts begin before school begins. A full schedule is maintained for Varsity, J.V. and Freshmen Teams.

Golf – The varsity squad begins in March and is highly competitive due to limited membership. There is a JV squad.

Gymnastics – The season begins in December.

Ice Hockey - Practice and tryouts begin in November and is a co-op with Stamford and Westhill High Schools.

Lacrosse – Is played in the spring with varsity, J.V. and Freshmen teams.

Sailing – Begins in March, Coed, (Non CIAC Sport)

Ski Team – Training begins in December. Previous racing experience is desirable as there are tryouts. Meets are generally scheduled once a week throughout the winter season with additional practices during the week at the ski area. The team competes in state meets.

Soccer – is played in the fall with squads for Varsity, J.V. and Freshmen.

Softball - Tryouts are in March for Varsity and JV.

Squash – is played in the winter, (Non CIAC Sport).

Swimming – Begins in August with training and tryouts. Practices and home meets are held at the Staples High School Pool.

Tennis – Membership is very competitive with a limited squad. This 12-14 member team begins practice in March. There is a JV squad.

Track - Indoor – Begins in December and has a separate squad from the boys with unlimited membership. Competition levels: Varsity, J.V. and Freshman.

Track & Field - Outdoor – Begins in March competition levels; Varsity, JV and Freshman

Volleyball – Begins in August with tryouts for the Varsity, J.V. and Freshmen teams.

Water Polo – Begins in March, (Non CIAC Sport).

Note: All Teams, unless otherwise noted participate in F.C.I.A.C. (Fairfield County Interscholastic Athletic Conference) and C.I.A.C. (Connecticut Interscholastic Athletic Conference) competition.

Guidelines Regarding Interscholastic Athletics for Non-graduating Students Who Plan to Continue Their Studies at Staples

After extensive discussion of the complexities involved in situations where students, by failing to meet graduation requirements, are able to remain eligible by CIAC standards for another year of interscholastic competition, the administration has decided to take steps to discourage such practices.

While admittedly simplifying the issues involved, the practice

- might be deemed unfair to younger athletes,
- encourages failure rather than striving for excellence,
- encourages “redshirting”, the practice of holding back players for the advantages,
- is unfair to other schools.

There are seemingly two types of situations which might arise:

1. Pre-planned...

In this situation, the student, with the counselor's concurrence, does not take all the courses she/he will need for graduation. In itself this may be quite legitimate and, indeed salutary. However, the rationale should not be to obtain an extra year of athletic competition. To insure this, the student should be informed, during the planning conference that she/he will not be eligible to play on a team after her/his class graduates.

2. Unplanned...

In this situation, the student fails a course required for graduation, either deliberately or unintentionally. We are not likely to be able to discover or sustain an allegation of deliberateness. Hence, it is difficult to attempt to distinguish by intention. Since a student needs to be taking four courses to be eligible by CIAC standards, we can discourage failing, as a means to maintain eligibility, by allowing students to make up only the course needed for graduation. Students suspected of utilizing this route to eligibility should be apprised that they will be limited, during the ensuing year, to less than four courses and thus they won't be eligible for interscholastic competition.

The above are intended as guidelines and, as with any such guidelines, may not be appropriate for individual cases. If you feel that there are extenuating circumstances in a particular case, please confer with the Guidance Department.

**Staples High School
Athletic Awards System
Boys and Girls**

Athletes

- A. Award Certificate
Awarded to all participants on any athletic team upon completion of the sports season.
- B. Letter (8" Chenille)
Awarded to varsity participants completing the designated standards for any sport. Awarded one (1) time only.
- C. Sports Insignia (Metal)
Appropriate metal sports insignia awarded to letter winners in any sport. Only one (1) sports insignia will be awarded in the same sport.
- D. Service Bar (Metal)
Awarded to letter winners for repeated completion of standards in the same sport.
- E. Staples Block "S"
Each sport will be allocated a maximum of two Block "S" awards per year to be awarded at the coaches discretion as follows:
 - 1. Most Valuable Player
 - 2. Coaches Award

Sports Managers

- A. Award Certificate
Awarded to all managers of any athletic team upon completion of a sports season.
- B. Letter (8" Chenille) and Manager Insignia (Metal)
Awarded to managers of any athletic team upon completion of three (3) sports season. Awarded one (1) time only.
- C. Service Bar (Metal)
Awarded to manager letter winners for repeated service in any sports season.

Staples Scholar Athlete Award

The Staples Scholar Athlete award is given to one senior athlete from each of our varsity programs. The criteria for selection includes the following:

- Outstanding athletic accomplishment
- Excellence in the classroom
- Strong character
- Leadership both on and off the field
- Valuable contribution to the community

The award winners are nominated by their coach and are honored at a banquet held in June.

OUT OF SEASON RULE

Statement of Philosophy

In the best interest of high school athletics and the high school athlete it is desirable to regulate "Off Season" and "Summer Recess" activities to provide all schools an equal opportunity to prepare for competition and to afford all students the opportunity to pursue a variety of activities and experiences. These regulations should not deprive the student-athlete the opportunity to improve her/his individual skills nor prevent her/him from participating in legitimate and spontaneous activities outside the scope of the regular season.

1. "Sport Season"/ "Off Season"/ "Summer Recess"

The "Sport Season" for a specific sport is defined as the period of time between the first date of practice officially designated by CIAC and the date of the last CIAC tournament, meet or game for that sport.

The "Off Season" is defined as the period of time between the date of the first day of school and the date of the last day of school in a given school year when a sport is not in the "Sport Season."

"Summer Recess" is defined as the period of time between the last day of a given school year and the first day of the next school year when a specific sport is not in the "Sports Season."

2. Member Schools

A member school may not hold practice or competition in a sport during the "off season" or "summer recess."

- A. No practice may be conducted in the form of a training camp or similar program designed by intent or otherwise to prepare a team for its season of competition.
- B. A school may not assemble athletes or prospective athletes in physical education classes or some other manner for purposes of teaching fundamentals, techniques, plays, etc., except during the designated "sports season."
- C. A school may not issue any school uniform or other apparel for use by athletes outside the designated "sports season" of a sport.
- D. A school may not become involved financially through transportation or in any way in a student's non-school participation.
- E. These rules do not prevent a school's facilities from being made available for summertime programs provided such programs are not limited to students on the basis of school affiliation, athletic experience, team status, etc.
- F. A member school may hold conditioning sessions without equipment, during off season" or "summer recess."

3. Student-Athletes

A student-athlete is in violation of the out-of-season rule for participation during the "Off Season" or "Summer Recess" in any program which appears to be a school practice or competition.

- A. An acceptable program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc.
- B. It is not permissible for a student-athlete to wear a school uniform or other team apparel other than during the "sport season" of a sport.

- C. It is not permissible for a person except the student or parents to pay the cost or fee of any kind of non-school activity involving specialized training or similar instruction.
- D. A student must discontinue "summer recess" participation in non-school programs prior to the playing of the school's.

4. Coaches

The person who will be coaching a student in the following "sport season" shall not be permitted to coach that student other than during the "sport season" for that sport except that:

- A. A member school coach may coach or instruct his/her son/daughter.
- B. A member school coach is a bona fide paid employee of a recreational institution where there is an open registration and a registration fee to belong.
- C. A member school coach may coach a non-school team provided there are no more than a total of three (3) of his/her member school athletes on the team. However, coaching or instructing in a non-team setting is prohibited.
- D. A member school coach working in a camp as a volunteer or employee during the summer, or portion thereof, as a coach where his/her athletes attend, may coach if the following conditions are met: (a) the contact period between coach and his/her athletes is not more than ten (10) days; (b) The coach does not coach or instruct his/her team as an exclusive team unit; (c) The number of athletes from a member school team does not exceed ten percent (10%) of the total number of athletes in attendance.

5. General

Prospective team members may be assembled once prior to the earliest day of practice for purposes of an organizational meeting, but no type of practice or instruction may be part of this season.

Tryouts – The process of selecting potential team members must be conducted during the "sports season" of the specific sport.

6. Clinics

Clinics may be conducted during the "sports season," the "off season" and the "summer recess" in which instructions in a specific sport may be given.

A coach may not conduct a clinic for his or her team members during the "off season" and "summer recess."

7. Captain's Practice

The CIAC and FCIAC does not in any way sanction, encourage or condone "Captain's Practice" in any sport. "Captain's Practice," depending on the member school's involvement, may be a clear violation of eligibility rule II.D. (season limitations) or certainly a violation of the spirit of Rule II.D.

There is also a serious practical consideration. CASS counsel advises that if it can be demonstrated that a school is allowing "Captain's Practice," the liability responsibility for an injured athlete may be quite serious; that the threat of a negligence suit would lie heavy.

PHYSICAL EDUCATION CLASS PARTICIPATION POLICY FOR ATHLETES

All athletes taking Physical Education during their season of performance on a team must have a change of clothing and participate in class activities.

No athlete is excused from Physical Education even on the day of a game. If athletes do not participate in Physical Education on a particular day, they are not eligible to participate in athletics that same day. That includes Varsity, J.V., Sophomore and Freshmen teams.

Important information about NCAA eligibility

The following requirements must be met in order for a student to be able to practice, play and receive a scholarship at an NCAA Division I or II college or university.

Division I:

1. Graduate from high school;
2. Complete a minimum of 16 core courses;
3. Present the required grade-point average (GPA) (see the sliding scale in the Guide for the College-Bound Student-Athlete for Division I);
4. Present a qualifying test score on either the ACT or SAT (see the sliding scale in the Guide for the College-Bound Student-Athlete); and
5. Complete the amateurism questionnaire and request final amateurism certification.

Division I Core-Course Breakdown (Courses Must Appear on your List of Approved Core Courses)

- 4 years of English
- 3 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if offered by your high school)
- 1 extra year of English, math, or natural or physical science
- 2 years of social science
- 4 years of extra core courses from any category above, or foreign language, non-doctrinal/comparative religion/philosophy

Division II

1. Graduate from high school;
2. Complete a minimum of 146 core courses
3. Present a minimum 2.000 core-course grade-point average (GPA);
4. Present a minimum 820 SAT score (critical reading and math only) or 68 sum ACT score qualifying test score on either the ACT or SAT; and
5. Complete the amateurism questionnaire and request final amateurism certification.

Division II Core-Course Breakdown:(Courses Must Appear on your List of Approved Core Courses)

- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if offered by your high school);

- 2 additional years of English, math, or natural or physical science (3 years required in 2013 and beyond)
- 2 years of social science
- 3 years of extra core courses from any category above, or foreign language, non-doctrinal/comparative religion/philosophy (4 years required in 2013 and beyond)



**Addresses to FCIAC Schools
(Fairfield County Interscholastic Athletic Conference)**

Directions to all school locations can be found at <http://www.fciac.net/schools/>

Brien McMahon High School “Senators”

300 Highland Avenue
Norwalk, CT 06854
203-852-9488

Central High School “Hilltoppers”

1 Lincoln Boulevard
Bridgeport, CT 06606
203-576-7377

Danbury High School “Hatters”

43 Clapboard Ridge Road
Danbury, CT 06811
203-797-4853

Darien High School “Blue Wave”

80 High School Lane
Darien, CT 06820
203-655-3981

**Fairfield Ludlowe High School
“Falcons”**

785 Unquowa Road
Fairfield, CT 06824
203-255-7247

**Fairfield Warde High School
“Mustangs”**

755 Melville Avenue
Fairfield, CT 06825
203-255-8354

Greenwich High School “Cardinals”

10 Hillside Road
Greenwich, CT 06830
203-625-8000

New Canaan High School “Rams”

11 Farm Road
New Canaan, CT 06840
203-966-9538

Norwalk High School “Bears”

23 Calvin Murphy Drive
Norwalk, CT 06851
203-838-4481

Ridgefield High School “Tigers”

700 North Salem Road
Ridgefield, CT 06877
203-431-2882

St. Joseph High School “Cadets”

2320 Huntington Turnpike
Trumbull, CT 06611
203-378-9378

Stamford High School “Black Knights”

55 Strawberry Hill Avenue
Stamford, CT 06902
203-977-5753

**Trinity Catholic High School
“Crusaders”**

926 Newfield Avenue
Stamford, CT 06905
203-322-3401

Trumbull High School “Eagles”

72 Strobel Road
Trumbull, CT 06611
203-452-5150

Westhill High School “Vikings”

125 Roxbury Road
Stamford, CT 06902
203-977-4478

Wilton High School “Warriors”

395 Danbury Road
Wilton, CT 06897
203-762-0381

