

Watertown High School

Student-Athlete and Parent Handbook 2026-2027



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Introduction

The Watertown High School Athletic Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered.

The material presented in this handbook contains information pertinent to the policies, regulations, and rules of Watertown High School, Watertown Public Schools, C.I.A.C., South West Conference, and Naugatuck Valley League and Western Connecticut Lacrosse Conference.

The Watertown High School Athletic Department is concerned with the educational development of students and feels that a properly controlled, well-organized sports program will meet the students' need for self-expression, mental alertness, and physical growth.

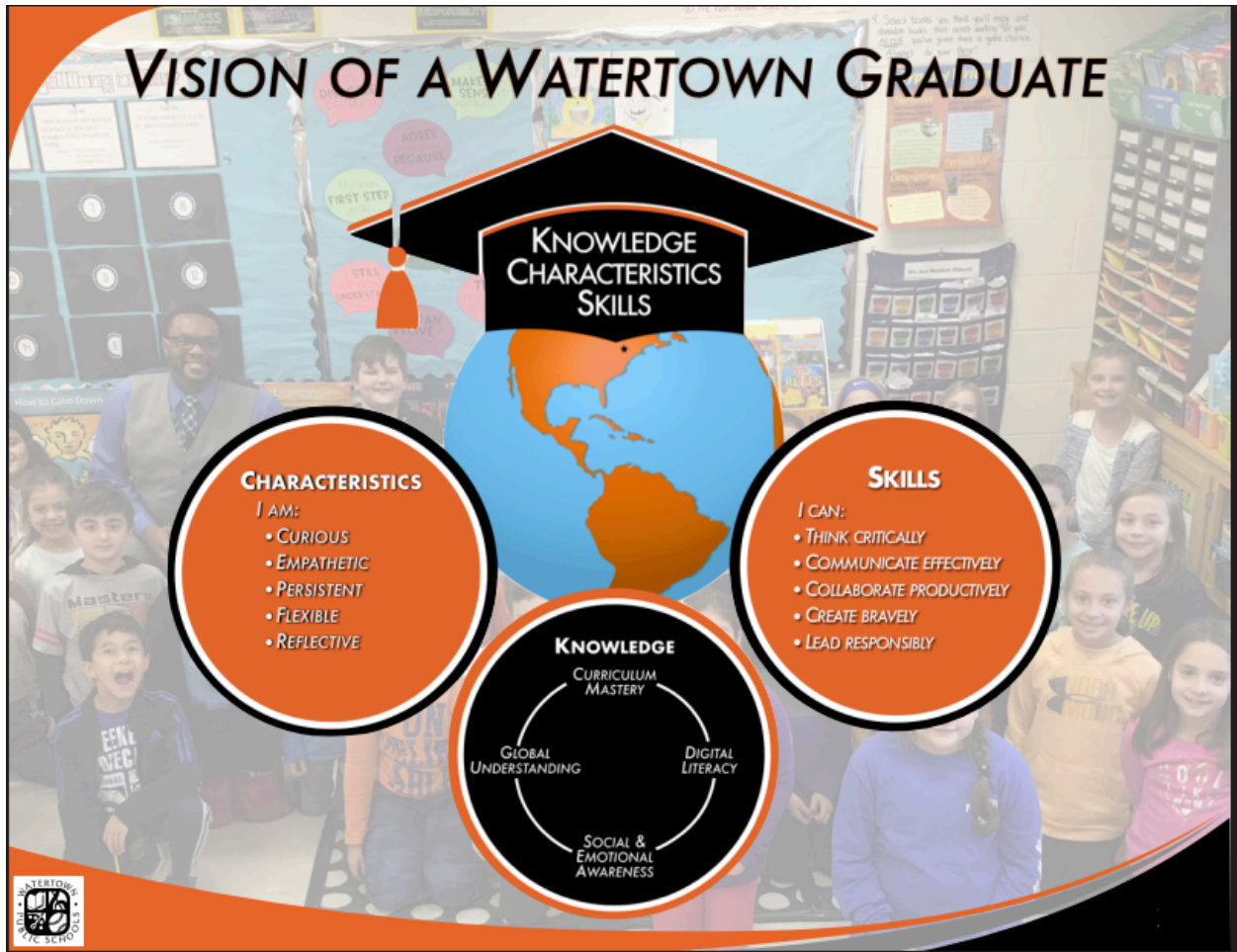
Athletes are selected for Varsity, Junior Varsity, and Freshmen teams based on their demonstrated abilities. The numerous programs are designed to accommodate as many students as possible. Unfortunately, deleting or "cutting" athletes from certain programs may become necessary due to various constraints.

Students who chose to participate in athletics are making a choice that requires self-discipline. For this reason, we place a strong emphasis on good training habits. Failure to comply with rules of training could affect an athlete's performance and contribution to the team. Students who do not adhere to these rules will be jeopardizing their participation in the program. They should be aware that involvement in athletics is a *privilege, not a right*.

Student-athletes are role models and should constantly remember to exhibit a positive image.

Director of Athletics

Watertown High School Vision of the Graduate



Academic:

Inquiry - We expect students to be able to critically analyze academic, emotional, social, and physical situations they face and then be able to evaluate the effectiveness of various solutions and choose the one that best fits their goals.

Information Literacy - We expect students to recognize when information is required and to have the ability to locate, evaluate, and effectively use the information as needed.

Communication - We expect students to clearly communicate through all manners of spoken and written language by taking a position and using words that support the purpose.

Depth of Knowledge - We expect students to be knowledgeable of various contents and synthesize new learning with prior understanding.

Social:

We expect students to take responsibility for their learning and behavior, as well as ownership of their futures so that they will be prepared for wherever life takes them.

Civic:

· *We expect students to become socially aware citizens who contribute positively to the culture of our school in a manner that actively engages them in the local community.*

Watertown Athletic Department Mission Statement

Watertown's Athletic program is based upon educational principles. Every activity sponsored and supported by the school is considered a phase of the educational process. Academically, students are encouraged, challenged, and expected to achieve their highest potential. These expectations are also part of the athletic program.

Watertown Athletic Expectations for Student-athletes

1. To develop **mental alertness** by thinking rapidly and logically.
2. To develop **moral qualities** by accepting responsibility and practicing consideration for others.
3. To develop **emotional maturity** and **self-discipline**.
4. To develop **attitudes of cooperation** as well as **healthy competition**.

Naugatuck Valley League Affiliation

Watertown High School is a proud member of the Naugatuck Valley League; the schools in this league are Ansonia, Crosby, Derby, Holy Cross, Kennedy, Naugatuck, Oxford, Sacred Heart, Seymour, St. Paul, Torrington, Waterbury Career, Wilby, Wolcott, and Woodland.

South West Conference Affiliation

Watertown High School is also a member of the South West Conference for the sports of Ice Hockey (Winter).

Berkshire League Conference Affiliation

Watertown High School is also a member of the Berkshire League Conference for the sports of Field Hockey (Fall).

Western Connecticut Lacrosse Conference Affiliation

Watertown High School is also a member of the Western Connecticut Lacrosse Conference for the sports of Boys and Girls Lacrosse.

Connecticut Interscholastic Athletic Conference Affiliation

Watertown High School is a proud member of the Connecticut Interscholastic Athletic Conference (C.I.A.C.). The Connecticut Interscholastic Athletic Conference is a private, non-profit corporation organized to direct and control both boys and girls athletics in the secondary schools of Connecticut. The Conference is administered on a daily basis by an Executive Director and the assistants, plus an office support staff. The CIAC is the only Association which governs interscholastic athletic programs for secondary schools in Connecticut. It has served its membership since 1921.

Description of Programs

Varsity Athletics: Varsity athletic programs afford opportunities to those athletes who exhibit the greatest skills. These athletes will compete against equally talented athletes from opposing schools. The skills of Varsity athletes will be refined to provide Watertown with the best win-loss record possible.

Junior Varsity Athletics: Junior Varsity athletic programs offer those students who do not yet possess the skills required of Varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining valuable knowledge, skill, and experience required for Varsity contests. Decisions of this nature are based on the evaluation of the athletes' abilities, by the coaching staff, and are not absolute.

Freshmen Athletics: Freshman athletics programs are designed to provide ninth-grade students with the opportunity to participate in an instructional yet competitive setting. These programs will teach basic skills of the sport and afford athletes an opportunity to gain valuable knowledge, skill development, and experience necessary for Junior Varsity competition. Freshman athletes may, on occasion, participate in Junior Varsity or Varsity contests, respectively. Decisions of this nature are based on the evaluation of the athletes' abilities by the coaching staff. These decisions should not be misinterpreted as an absolute move to the next level of competition.

NOTE: At all levels of competition, decisions relative to playing time are made by the coaching staff and are not absolute.

Athletic Department Policies

Athletic Participation

Students and parents should recognize that **participation in the athletic program is not a right of all students, but rather a privilege** to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the Watertown community in a favorable manner.

Athletes may participate in only one sport program in a sport season. Athletes may not transfer team membership to another sport after they have completed tryouts and have been selected as a member of a given team/sport, or following participation in a regular season contest.

To participate in athletics, you must:

- A. Be medically cleared by the school nurse. Every student who participates in the school's athletic program is monitored annually and determined to be in good physical condition. A current physical exam must be on file in the School Nurse's office.
- B. Complete online registration and sign off on the appropriate forms:
 - 1. Permission to Participate and Travel form (Form A).
 - 2. Health history form and physical evaluation form (obtained from school nurse's office or Watertown Athletic Website).
 - 3. Concussion Awareness
 - 4. Sudden Cardiac Awareness
- C. Be academically eligible to play. (Watertown High School follows CIAC academic eligibility rules and Watertown Board of Education policies).
- D. Pay any fees required by the Board of Education.

Team Selection, Tryouts, and Game Playing Time

The Watertown High School athletic program is established to offer opportunities to student-athletes to compete on organized teams or as individuals against student-athletes from other high schools. Student-athletes will be encouraged to try out for various athletic teams.

The structure of athletic teams and facility constraints at times require coaches to limit the number of student-athletes representing the school in seasonal competition. Depending on the number of athletes interested in joining a team, in some sports, it may be necessary to make cuts to reduce a squad to a workable size. A three to five-day tryout period will be in effect for each team who need to make team selections. Upon reaching the first contest date, as indicated by the C.I.A.C., currently enrolled students will not be allowed to gain membership to any team. **(Note: Cheer/Spirit/Dance tryouts occur during the spring of the preceding school year.)**

The athletic coach has the sole responsibility for selecting student-athletes to compete on athletic teams and to determine the amount of game playing time each athlete receives during the season.

A coach may also offer a student-athlete who was previously cut from the team, the opportunity to join the team in the capacity of team manager, or a practice player. It is at the discretion of the coaching staff

of each sport to determine if they are willing to carry additional team members. Clear expectations for these positions will be created by the coaching staff, and communicated with the manager (s), practice player (s), and their parents.

Prior to the opening of each season, an athlete who has been cut from a team may try out for another team if spots are available and there is mutual agreement of the coaches. However, an athlete who is on the eligibility list of one sport and has participated in a varsity, junior varsity or freshman contest of that sport is not eligible to join another team during that season.

C.I.A.C Sport Seasons:	Fall – Football, Boys/Girls XC, Boys/Girls Soccer, Girls Swimming and diving, Field Hockey, Girls Volleyball, Cheerleading Winter – Boys/Girls Basketball, Ice Hockey, Boys Swimming and Diving, Boys/Girls Indoor Track, Cheerleading Spring – Baseball, Softball, Boys/Girls Tennis, Boys/Girls Lacrosse, Golf, Boys/Girls Outdoor Track
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Attendance – School and Class

1. Student-athletes must be in attendance for at least 4 hours during the school day in order to attend or participate in any (practice, scrimmage, or contest) after school interscholastic athletic activity.
2. Athletes will not use their sport as an excuse to miss class time unless the team is departing early from school. In the case of early dismissal, teachers will be notified by the Director of Athletics.
3. Student-athletes must be in school for the minimum number of hours on the day prior to a non-school day athletic activity in order to be eligible to participate. Exceptions to this must fall under one of the school's approved absence categories.
4. Students suspended from school remain ineligible to participate in any school activity until the first day of attendance following the suspension
5. Coaches will be notified daily of student-athletes who are ineligible to play due to attendance issues.
6. A student who is sent home ill, injured, or by the administration may not participate in an activity unless they meet the minimum hour requirement.
7. The administration reserves the right to alter or change this policy under special circumstances, or through instances not covered in this policy.

Attendance – Practice and Games

Attendance at all practice sessions and/or games (including tournament and vacation periods) for all team members is mandatory. If for some reason you will be absent or tardy for a practice/game, you must speak personally to a member of your team's coaching staff prior to that practice/game. Athletes are not permitted to leave practice or games early without prior approval of a member of the coaching staff. Athletes should be aware that high school contests may be scheduled or rescheduled for Saturdays and/or Sundays as needed.

Dress Code

The Athletic Department expects all student-athletes will maintain a clean, neat, and modest appearance. Appropriate shirts, tops, and shoes must be worn at all times. Bare midriffs are prohibited. Appropriate footwear must be worn at all times. Cleats are not permitted to be worn in the building. This will be strictly enforced.

The Watertown High School Dress Code is in effect for student-athletes and teams when traveling to or from interscholastic athletic competitions.

Athletic Code of Conduct

- A. Each student-athlete is expected to demonstrate and encourage in others behaviors which reflect good sportsmanship.
- B. Any athlete who before, during, or after a contest enters into a physical confrontation with an official, coach, opponent or spectator will be immediately suspended from the sport pending the outcome of a conference held with the athlete, his/her parents/guardians, the coach, the athletic director, and a school administrator. Fighting will be considered a serious violation of the athletic code of conduct.
- C. Verbal abuse of officials, other players or coaches by a student-athlete may result in immediate dismissal from the team for the remainder of the season.
- D. Each student-athlete will stand at attention during the national anthem.
- E. Student-athletes must travel to and from contests on the team bus, accompanied by the coach unless special arrangements are made with the coach and athletic director.
- F. The following behaviors will be considered serious violations of the athletic code and school rules and may result in suspension or dismissal from an athletic team:
- Civil or criminal infraction.
 - Infraction of school rules requiring administrative action.
 - Misconduct by an athlete that is potentially detrimental to the athletic program, school, or school district.
- G. Athletes are not allowed to wear their uniforms to any school function unless it is directly related to their respective sport.
- H. Athletes who are suspended from school are also suspended from participating in practices and/or contests until the suspension has been served.

Any violation of the aforementioned rules may lead to *dismissal from the team for the duration of the season or indefinite suspension*.

Team Captains

The position of Captain is not just an honor but a privilege. This honor will require the utmost leadership, knowing that the captain will be a role model for other team members. Student-athletes begin to hold the position of Captain when announced by the coach. Failure to comply with the rules and regulations of the Athletic Department and Team may lead to dismissal as captain. (See Form # C for Captain's Requirements)

Fighting Prior, During, or After Athletic Contests

This type of behavior by Watertown High School athletes will not be tolerated for any reason. It does not matter if you are the victim of an unsportsmanlike act, if you are provoked or taunted, if you are verbally or physically abused, or any other set of circumstances.

The relevant question is, did you, the Watertown athlete, actively participate in a fight, retaliate in a fight, or leave the bench or sideline to join a fight in progress? If the answer is *YES* to any part of this question, you, the athlete, will be subject to serious sanctions such as, but not limited to, suspension from school, team, and/or dismissal from the team.

Substance Use, Possession, or Distribution

Use, possession, or distribution of drugs, including anabolic steroids, alcohol, tobacco (including smoking, chewing, or use of snuff), drug paraphernalia or the misuse of other drugs/medications by a student-athlete will result in the immediate dismissal from the team for the season. (Note: Self-referral exemption: IIc)

A. Substance use on school grounds or at a school sponsored event

1. Student-athletes found in possession or under the influence of alcohol, drugs or narcotics on school grounds will be subject to the disciplinary sanctions as outlined in the district's Drug Use and Administrative Procedures Policy.
2. Student-athletes found using tobacco on school grounds will be subject to the disciplinary sanctions as outlined in the district's Smoke Free Policy and the high school code of conduct.
3. In addition to the normal disciplinary sanctions imposed as a result of the policy's violation, the student will immediately be dismissed from participation on any athletic team for the season (fall, winter, or spring).
4. In the case of drugs or narcotics use, the student will be required to meet with a school counselor or a counselor at a licensed drug treatment agency. Evidence of the meeting and completion of a planned treatment program (if recommended by the counselor) must be provided to the school administration before the student will be allowed to participate on an athletic team during the same season.
5. Under no circumstances will a student-athlete be permitted to return to a team from which he/she was dismissed during a future season.
6. The principal or his/her designee shall make the final determination whether the student-athlete has satisfactorily addressed the substance use issue and he/she may require additional steps to be taken before the athlete will be permitted to join a team.

B. Substance use off school grounds

When substance use occurs off school grounds at a non-school activity and is reported by a team member, teacher, coach, administrator, or concerned person:

1. The student-athlete will be referred to the appropriate coach, athletic director, and school administrator.
2. A due process hearing will be held by the principal or his/her designee.
 - a. The student-athlete and his/her parent/guardian will be informed of the charges.
 - b. The student-athlete will be given the opportunity to give his/her side of the story.
 - c. The principal or his/her designee will review the evidence presented and make a determination as to whether the student has violated the athletic policy regarding use of illegal substances.
3. The student-athlete and his/her parent/guardian will be notified of the Administrator's decision.
4. If the principal or his/her designee determines that a violation exists, the student-athlete will be immediately dismissed from the team for the season (fall, winter, or spring).

5. The student will be required to meet with a school counselor or a counselor at a licensed drug treatment agency. Evidence of the meeting and completion of a planned treatment program (if recommended by the counselor) must be provided to the school administration before the student will be allowed to participate on an athletic team during the same season.

6. The principal or his/her designee shall make the final determination whether the student-athlete has satisfactorily addressed the substance use issue and he/she may require additional steps to be taken before the athlete will be permitted to join a team.

C. Self-Referral Exemption

A student-athlete who voluntarily informs his/her coach or administrator of substance use on or off school grounds is entitled to a due process hearing as outlined in II.B2-6. The principal or his/her designee has the option of suspending the athlete from the team for a period of time shorter than the remainder of the season. Student-athletes are allowed one self-referral for their entire Watertown High School athletic career.

D. Terms

“Drugs or narcotics” shall mean any controlled drugs as defined in Connecticut General Statutes Section 21a-240 amended, classified generally as amphetamine-type, barbiturate-type, cocaine-type, hallucinogenic, morphine-type, and other stimulant or depressant drugs. The definition shall also include the following: alcohol, malt beverages, controlled substances, restricted substances, or any illegal mood altering substance. Examples include, but are not limited to beer, wine, liquor, marijuana, hashish, cocaine and its derivatives, LSD, steroids, prescription drugs, chemical solvents, glue and other inhalants, and look-alike substances. Unauthorized use or possession of such substances shall mean use or possession without a valid prescription.

“Tobacco Use” shall mean the use of any tobacco product including cigarettes, cigars, pipes or smokeless tobacco.

Possession: Any possession, which is unlawful under Connecticut law or Watertown Board of Education policies.

Distribution: Trading, selling and/or giving a drug to another person.

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

Travel

All athletes must travel to and from athletic contests in transportation provided by the Athletic Department.

1. Athletes will remain with the team and under the supervision of the coach.
2. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's approval.
3. Parents will not transport athletes unless **written requests** are submitted to the Director of Athletics **at least 24 hours prior to the contest** for approval. (See Form # D of this handbook)
4. When transportation *is not provided to off-campus home venues, athletes may not transport other student-athletes* to any contests or practice sessions.

Locker Rooms

A. It is the student-athlete's responsibility to leave all his/her valuables at home and keep his/her locker locked at all times.

B. Each student-athlete will vacate his/her locker at the conclusion of the season.

C. Any damage sustained to locker rooms/lockers will be looked at as an act of vandalism, and school disciplinary action will occur. Also the parent/guardian will incur a billing for damages/repairs to the damaged area.

Note: The school will not be responsible for personal property.

Watertown High School and CIAC Eligibility Rules

To be eligible to participate:

1. You must be enrolled and passing at least four (4) classes/units* of work or the equivalent (CIAC Eligibility Rule I. A.) (Note: This does not include any course for which credit has already been granted; this is being repeated in order to raise a student's grade in that course). * A unit of work is defined as a course which meets five (5) times per week for credit. (P.E./Health *is not* a unit of work.)

2. You must have passed at least four (4) course units or the equivalent at the end of the last regular marking period with the exception of Fall eligibility (CIAC Eligibility Rule I.A.), or **you may not have failed more than one subject. Incomplete (Inc.) grades are not considered to be passing grades.**

3. Marking period grades (not semester grades) are to be used in determining scholastic eligibility.

4. For fall sports eligibility, a student must be a continuing student (eighth to ninth grade) or have received credit for four (4) units of its equivalent towards graduation at the conclusion of the school year preceding the contest

5. You may not reach your twentieth (20) birthday prior to, or during any part of the CIAC sport season (including state tournament) (Rule II.B)

6. You must not have changed schools without a change of legal residence (See complete CIAC rule for exceptions.) (Rule II.C).

7. You may not participate in the same branch of athletics more than four (4) seasons in grades 9-8. Athletes have eight (8) consecutive semesters or four (4) consecutive years for interscholastic competition (Rule II.D).

9. You must not play or practice with an outside team in the same sport while a member of the school team during the CIAC season of that sport. This regulation includes all "tryouts" and "showcases." The exceptions to CIAC Eligibility Rule II.E shall be:

A. Participation in parent-child and caddy tournaments, and

B. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-C.I.A.C. team during the season.

10. You must not play under an assumed name on an outside team (Rule II.G).

11. You must not receive personal economic gain for participation in any C.I.A.C. sport (Rule II.G).

For complete lists of C.I.A.C Eligibility Rules please refer to the CIAC Handbook which can be found at the following website: <http://www.casciac.org>

Ejection Policy

If a player is ejected from a varsity, junior varsity, or freshman, league or non-league contest, he/she will be suspended for a minimum period of one contest at that level of play and all contests at any level played in the interim.

“Captain’s Practice”

The C.I.A.C. and the Watertown Public School District do not in any way sanction or condone “Captain’s Practice” in any sport. “Captain’s Practice” may be a clear violation of C.I.A.C. Eligibility Rule II.D, and, therefore, is not permitted on any Watertown Public School District facility.

Hazing/Initiations/Harassment and Bullying

Hazing, initiations, harassment, or bullying of students by team members *is not acceptable*, and any practice of this type of behavior *will not be tolerated*. Actions (such as but not limited to taunting, teasing, bullying, and harassment) of this type may be illegal, and those involved may be subject to police action as well as dismissal and/or suspension from participation in any athletic program.

Out of Season Conditioning/Physical Fitness Programs (Conditioning)

Watertown High School Athletic teams may conduct physical fitness programs in accordance with the following standards:

- 1) Physical fitness programs may be conducted indoors or outdoors, as long as there is no coaching and instruction of sport techniques and skills. Cardiovascular conditioning derived from running type activities is permitted.
- 2) Equipment used in playing a sport is prohibited in physical fitness programs.
- 3) Weight machines and indoor weight rooms may be utilized in physical fitness programs.
- 4) Out-of-season physical fitness programs may be conducted for a select group of athletes. Coaches must assure that students are not coerced to participate and that these programs do not hinder or interrupt any of the students other educational, athletic, or family commitments. These programs must be school sponsored and under the direct supervision of the school.
- 5) Mandatory attendance at out-of-season physical fitness programs is not permitted.

Injuries and Accident Forms

Student-athletes and parents understand that such activity involves the potential for injury which is inherent in all sports. Even with the best coaching, use of the most advanced protective equipment, and strict observance of the rules, injuries are still a possibility.

Careful precautions are taken to prevent accidents during practice and games. When injuries do occur, provisions are made for the administration of appropriate first aid.

If serious illness or injury occurs, the coach, Athletic Trainer, or Athletic Director will contact the student-athlete’s parent/guardian and arrangements will be made to transport the student to an appropriate emergency care facility.

All other injuries sustained by an athletic team member are to be reported immediately to the coach, or advisor. This is the responsibility of the student. The second responsibility of the student is to report the injury to the Athletic Trainer.

Athletes with an illness/injury sustained in an athletic event, physical education class, or other activity that requires a visit to a doctor, hospital, or primary care facility **must receive written clearance by a physician in order to return to participation** in Watertown athletics. Students should, when necessary, seek care from their family physician, a specialist, or the school physician.

Concussion and Return to Play Protocol

When a student-athlete is diagnosed with a concussion by a physician, the student-athlete and parent/guardian must notify a coach immediately. Upon notification, coaches must inform the school nurse, athletic trainer, and athletic director.

Before beginning the Return-to-Play (RTP) protocol, the student-athlete must meet with the athletic trainer to review symptoms and receive clearance to start the protocol.

A student-athlete may return to practice and athletic contests only after the following requirements are met:

1. Written medical clearance from a physician
2. Meeting with the athletic trainer to initiate the RTP protocol
3. Successful completion of the 5-day Return-to-Play (RTP) protocol under the supervision of the school's athletic trainer

Once the written medical clearance is received and the student-athlete has met with the athletic trainer, the Return-to-Play protocol will begin.

5-Day Return-to-Play (RTP) Protocol

- Step 1: Return to regular activities (e.g., schoolwork)
- Step 2: Light aerobic activity
Examples: stationary bike, light jogging, stretching, body-weight activities
- Step 3: Moderate activity
Examples: running, stationary bike with higher resistance, weightlifting
- Step 4: Heavy non-contact activity
Examples: high-intensity biking, balance activities, weightlifting, moderate activity during team practice
- Step 5: Full contact and practice
Participation in a full practice

Athletic Insurance Coverage

The district provides an insurance program to pay for valid claims on an “excess basis” for injuries received while participating in the Watertown High School athletic program.

All claims must first be submitted to the player’s personal insurance carrier. Once the primary carrier has assigned benefits, the school’s plan will review the claim.

The excess athletic insurance will pay only the usual and customary portion of the balance of the medical expenses not provided or reimbursed under the other coverage.

In the event of an accident or injury, your child’s coach will complete an accident report and submit it to the school health office. The school nurse will send a copy of the report and an insurance claim form to you.

Athletic Equipment

A. Student-athletes will be issued team equipment and uniforms. Uniforms and equipment are on a loan basis and are to be worn only when authorized by the coach. Only uniforms issued by the Athletic Department will be permitted to be worn for contests. Each student-athlete is responsible for the equipment and uniform issued to him/her.

B. Return of Equipment and Uniforms

1. Student-athletes must return all issued equipment and uniforms at the conclusion of the season to their coach.
2. Student-athletes must reimburse the athletic department for the replacement cost of any equipment or uniforms not returned.
3. Student-athletes who do not return issued equipment or uniforms or do not reimburse the athletic department will not be allowed to participate in any other sport. At the conclusion of the school year, student-athletes still owing equipment or uniforms will have report cards, transcripts, and diplomas withheld until all items are paid for or returned.

Suspension or Dismissal From a Team

At the beginning of each season, students will be informed by the coach of the types of behavior which may warrant suspension or removal from the team. Each case will be considered individually.

Parents, the Director of Athletics, and Building Principals will be notified by telephone as soon as possible after a student has been suspended or permanently removed from the team.

Additional Team/Sport Regulations

Coaches may have additional regulations pertaining to their sport. These regulations will be discussed at the beginning of each season.

Procedure for Contacting Athletic Department Personnel

Participating in athletics can be an emotional and time-consuming experience. From time to time, conflicts between student athletes and coaches may arise. The following process is in place for student athletes and their parents to follow to resolve conflicts and/or issues between coaches and athletes.

Step 1: Individual Student – Coach Contact

Afford your son or daughter the opportunity to discuss the issue with their coach. Many times these types of meetings may resolve the issue.

Step 2: Parent/Student – Coach Contact

If your son or daughter's meeting with the coach did not resolve the issue, then contact the coach to set up an appointment to meet with him/her. **Please remember that we require 24 hours between any incident and the time you would like to meet with the coach.** It is expected that your son or daughter will be present at this meeting. **Please do not attempt to confront a coach before, during, or after a contest or practice.** These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

Concerns to discuss with coaches:

- a. The treatment of your son/daughter, mentally, and physically
- b. Ways to help your son/daughter improve as a player/athlete
- c. Concerns about your son or daughters' behavior

It sometimes can be very difficult to accept a child not participating or playing as much as a parent may hope. Coaches are professionals. They make decisions based on what they believe to be best for all athletes involved. Many concerns such as those listed above can be, and should be discussed with your son or daughter's coach.

Other issues, such as: positions, level participation, and playing time, must be left to the discretion of the coach and coaching staff.

Step 3: Parent/Student Athlete – Athletic Director contact

If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment to meet with the Director of Athletics to discuss the situation. Any comments, concerns or issues brought to the attention of the Athletic Director will be addressed. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perspectives and experiences can lead to more productive relationships and clearer understanding in the future.

Step 4: Parent /Student Athlete- Administrator/AD/Coach contact

If the meeting with the Director of Athletics did not provide a satisfactory resolution, you may call and set up an appointment to meet with the building Principal to discuss the situation.

Step 5: Parent/Student Athlete – Superintendent

If your meeting with the building Principal did not provide a satisfactory resolution, submit in writing a detailed description of your issue or concern to the Superintendent of Schools.

High School Athletic Awards Requirements

- All student-athletes, regardless of athletic competition level will receive a Certificate of Award from the Athletic Department.
- Student-athletes who meet the requirement for a Varsity letter from their individual team (as stated in the Student-Athlete/Parent Handbook) will be given:
 - 1st Letter – Orange/Black/White “W”
 - 2nd Letter – Sport Pin (Football will be the only exception as the “W” and sport pin will be given at the same time)
 - 3rd and 4th Letters – Gold Bars

- In addition, pins will be awarded at the conclusion of the season for Captains and Managers.
- Individual teams may present awards to student-athletes for Most Outstanding, Most Improved, Coaches Awards, etc. It is up to each team and coach to determine these awards, or any other awards/gifts.

1. Varsity Letter and Varsity Letter Jacket Requirements: The Varsity award shall be presented to an athlete who satisfies the participation requirements, completes the season as a team member in good standing, and receives the recommendation of the coach.

A. **Baseball**: Play in or appear in 40% of regular season Varsity games.

B. **Softball**: To be eligible for a Varsity letter the student-athlete must be on the CIAC Tournament Roster.

C. **Boys Basketball**: The requirement for a varsity letter for boys basketball is the candidate must play in 40 quarters out of a possible 80 quarters in a 20 game schedule.

D. **Girls Basketball**: To receive a varsity letter a player must participate in 40% of scheduled Varsity contests.

E. **Boys Soccer**: Play in or appear in 50% of regular season Varsity games.

F. **Girls Soccer**: Play in or appear in 50% of the regular season Varsity games and/or train/practice as a member of the Varsity team for the entire season.

G. **Football**: Letters are awarded to all team members in grades 10, 11, and 12 who are in good standing at the conclusion of the season.

H. **Ice Hockey**: Letters are awarded to all team members who are in good standing at the conclusion of the season.

I. **Girls Volleyball**: To receive a varsity letter a player must participate in 40% of scheduled contests.

J. **Boys Swimming and Diving**: In order to receive a varsity letter from the Watertown High School Varsity Swim & Dive Team a swimmer must accomplish one or more of the following:

- Score at least 20 points during the regular season
- Qualify for the NVL Championship Finals in an individual or relay event
- Qualify for the Class S State Trials in an individual or relay event
- Be a senior that has swam for the varsity team for no less than 3 seasons and is in good standing both athletically and academically

K. **Girls Swimming and Diving**: Letters are based on meet points scored, points scored in a championship-format meet (NVL, States), practice attendance and general attitude towards the team and the sport.

L. **Field Hockey**: Play in or appear in 50% of regular season Varsity games.

M. **Boys and Girls Cross Country**:

- Attend practice on a daily basis and follow all team rules.

- Compete in a Varsity Race at two or more invitational meets, the league championship or the state meet.
- As coaches we reserve the right to award a letter to any athlete who may become injured or who may have special circumstances that may prevent them from fulfilling the above requirements. This is our decision.

N. **Boys and Girls Indoor Track**: No unexcused absences from meets/practices/team functions, AND the athlete has Qualified for NVL Championship Meet and/or Qualified for CIAC Class State Championship Meet.

O. **Boys and Girls Outdoor Track and Field**:

1. Any athlete that scores 10 points during the season and is in good standing with the team and school will receive a letter.
2. Any Senior in good standing with the school and the team shall receive a letter.
3. Any athlete between 7 and 10 points who qualifies for the class meet and/or meets the minimum standard for a 3rd entry into the NVL Championships and is in good standing with the school and the team shall receive a letter.
4. The coach reserves the right to award a letter to an athlete due to illness, injury, etc. during the season.

P. **Golf**: The student must start in the majority of the varsity games.

Q. **Boys Lacrosse**: Play in or appear in 50% of regular season Varsity games.

R. **Girls Lacrosse**: Play in or appear in 50% of regular season Varsity games.

S. **Cheerleading**: The student-athlete will be listed on the Varsity competition roster –or- take part in three (3) seasons of game cheerleading (fall, winter, fall as an example of any combination that is similar).

T: **Girls Tennis**: A candidate must earn 4 points to receive a letter and may accumulate by doing the following:

- 2 points - participate in 60% of the matches
- 2 points - win at least one-half of the 60% of the matches
- 1 point - attend 98% of the scheduled practices
- 1 point - participate in at least five challenge-ladder matches
- 1 point - win one-half of the competitive matches participated in
- 1 point - elected team captain

U: **Boys Tennis**: A team member receives one varsity point for each singles and/or doubles match he participates. In addition he earns one varsity point for each varsity singles and/or doubles win. Team members in good standing will receive a varsity letter when their total equals the number matches the team plays.(Usually 18 points or matches)

2. The season is defined as the period between the dates officially designated by the C.I.A.C. as the beginning of the season for that sport and the close of the postseason C.I.A.C. tournaments.

3. A coach will have the prerogative to award varsity status to a senior who has not met the seasonal requirements.

4. Injury Rule: any athlete who is a Varsity starter or plays in Varsity contests on a regular basis and becomes injured may be awarded a letter if in the coach's judgment he/she would have met the criteria.

5. Junior Varsity and Freshman awards will be given on the recommendation of the coach to those athletes who complete the sport season in good standing.

NCAA Requirements

Before an athlete can play a sport or receive an athletic scholarship at a Division I or II college, he/she must meet specific academic criteria as set forth by the NCAA. A student must have at least a 2.0 GPA (Based on a 4.0 scale) in 16 core courses and the required SAT or ACT score. ACT/SAT requirements for Division I eligibility are based on a sliding scale. The higher the GPA, the lower the test score required,

Students must take specific courses in order to meet NCAA eligibility requirements. These include a certain number of college preparatory English, Science, Social Studies, and Math courses, with at least one year of algebra and one year of geometry. Because the NCAA has such specific requirements, it is very important that athletes meet with their guidance counselors as early as possible to obtain information on NCAA requirements and to make sure that they will have the courses necessary to satisfy NCAA requirements.

Athletes should take the ACT and the SAT no later than the spring of their junior year in order to have time to retake them if necessary. To initiate the eligibility process, athletes need to complete a NCAA Clearinghouse Student Release form; these four should be submitted after completion of the junior year. Information on NCAA requirements and NCAA Clearinghouse Forms are available in the high school guidance office, or online at www.ncaaclearinghouse.net

NCAA ELIGIBILITY

To be eligible to play college sports at the Division I and II level, prospective students' athletes must:

- o Complete and sign a NCAA clearinghouse student release form and mail the white copy and fee to the NCAA clearinghouse.
- o Give the yellow and pink copies of the clearinghouse form to your *guidance counselor* to forward.
- o Have an official transcript mailed from any other high school attended.
- o Have S.A.T. scores sent to the NCAA clearinghouse.

To be certified by the NCAA, a student must:

- o Graduate from high school;
- o Earn a grade point average of at least 2.0 on a 4.0 scale in a core curriculum of at least 16 academic core courses during grades 9 through 12
- o ***Division I prospects*** must earn a minimum sum score of at least 1010 on the S.A.T. with a GPA of 2.0
- o ***Division II prospects*** must earn a minimum sum score of at least 820 on the S.A.T. with a GPA of 2.0

Note: For additional NCAA information please check the following websites www.ncaa.org and www.ncaaclearinghouse.net (guide for the college bound athlete link)

Note: NCAA requirements are subject to change.

Expectations of Athletes

- Play the game for fun.
- Be gracious when you win and graceful when you lose.
- Respect and abide by the rules of the game.
- Put the team ahead of yourself in every situation.
- Accept decisions made by those in authority.
- Demonstrate respect to your opponents, coaches, and teammates.
- Be accountable for your own actions.
- Develop a teachable spirit that allows you to take correction as a compliment.
- Accept and embrace the discipline involved in athletics, because it benefits the team.
- Develop the feeling of pride, based upon “shared joy” of the team, and do not have pride that emanates from arrogance or a sense of entitlement.
- Be an athlete of character.

Expectations of Parents

- Attend as many games as possible.
- Do everything possible to make the athletic experience positive for your child and others.
- View the game with the team goals in mind.
- Attempt to relieve competitive pressure, not increase it.
- Encourage multiple sport participation.
- Look upon opponents as friends involved in the same experience.
- Accept the judgment of officials and coaches, remain in control.
- Accept the results of each game; do not make excuses.
- Demonstrate winning and losing with dignity.
- Dignify mistakes made by athletes who are giving their best effort and concentration.
- Encourage athletes to keep their perspective in both victory and defeat.
- Be a good listener.
- Accept the goals, roles, and achievements of your child.
- Refrain from taunting, booing, heckling, and the use of profanity in any manner. Admission to a contest is not a license to verbally assault others or be generally offensive.
- Refrain from the use of alcoholic beverages, drugs, and tobacco products.
- **Be a fan...not a fanatic.**

C.I.A.C. Chemical Health Policy

The CIAC Board of Control approved its Chemical Health Policy to take effect July 1, 2007. The information in this policy are requirements of the CIAC over which the Watertown School District has no control.

4.15.G CIAC Position on Steroids

The National Federation of State High School Associations (NFHS), the national service organization to all 50 state high school athletic and activity associations as well as the District of Columbia, prohibits the abuse of anabolic steroids and other performance enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards and imposes long-term health risks. Further the (NFHS) supports prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.

4.15. H CIAC Position on Drug Testing

The CIAC Chemical Health Policy does not include any form of mandatory drug testing by member schools. The CIAC strongly supports the concept of local authority in determining drug testing policies. Each Board of Education/governing body reserves the right to voluntarily implement a drug testing policy for its athletes. Drug testing of high school athletes has been demonstrated to be an effective deterrent to the use of steroids and other illegal drugs. With the use of proper safeguards drug testing is considered legal. The CIAC recommends member schools use the NCAA or USOC list of banned performance enhancing substances and practices when designing and implementing a drug testing policy. The Connecticut Association of Boards of Education (CABE) has sample drug testing policies. LEA's may wish to consider.

4.15.I Performance Enhancing Drugs Minimum Penalty

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 commence on the day the CIAC Board of Control makes such determination.

Any student-athlete who refuses to submit to testing as 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/game/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.

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

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

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

Nondiscrimination/Equal Employment/Equal Education Opportunity

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Watertown Board of Education, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or service, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability, or related abilities to perform the duties of the position.

The right of the student to participate fully in classroom instruction and extracurricular activities shall not be abridged or impaired because of race, gender, color, religion, national origin, age, sexual orientation, pregnancy, parenthood, marriage, or for any other reason not related to his/her individual capabilities.

Sexual Harassment

The Board of Education 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 district's Equity/Title IX Coordinator or an administrator.

(For Captains only)

Watertown High School
Captain's Requirements

The captain of any sport at Watertown High School will:

1. Begin to hold the position of captain when announced by the coach and coaching staff.
2. Adhere to any policy, rule or regulation of the Watertown School District.
3. Adhere to the rules set forth by the coach and coaching staff.
4. Conduct themselves in an exemplary manner with high standards of conduct, citizenship, and sportsmanship.
5. Remain in good academic standing with Watertown High School and CIAC Eligibility rules.
6. Act as a liaison between the team and the coach, coaching staff and administration.
7. Refrain from unacceptable conduct such as, but not limited to, any violation of the law, any violation of school policy, and/or the use or possession of drugs, alcohol or tobacco.
8. Understand that the position of Captain is not just an honor but a privilege. This honor will require the utmost leadership knowing that the captain will be a role model for other team members.

I hereby acknowledge that I have read and understand the Captain's Requirements, Athletic Department/Team rules and regulations and will adhere to all the requirements identified therein. Failure to do so will lead to my dismissal as captain.

Sport(s): _____

School Year: _____

Name of Captain: _____
(Print)

Signature of Captain: _____ Date: _____

Captain E-mail Address: _____

Name of Parent/Guardian: _____
(Print)

Signature of Parent/Guardian: _____ Date: _____

Parent/Guardian Email Address: _____

Watertown High School

Travel Release for Student-Athlete

This form must be submitted or faxed to the Athletic Department Prior To, Or No Later than 24 Hours of the Event

Fax: 860-945-3348

This is a request that _____ a member of the
(Athletes Name)

_____ at Watertown High School, be given permission to be:
(Team)

Transported by _____ on _____
(Parent/Guardian's Name) (Date)

To: _____ OR From: _____

Reason for Request:

I understand that Watertown High School policy indicates that student-athletes are to travel via the provided transportation. By requesting a waiver, I agree to identify and hold the Watertown School District, its officers, agents and employees harmless from any and all claims or loss for bodily injury or property damage arising out of such independent travel.

It is understood that I will **personally** transport my son/daughter **only**, and assume **full responsibility** for his/her **health and safety**.

Parent/Guardian's Signature

Date

Home/Cell #

Athletic Director Signature

Date

Watertown High School

Athletic Program

Fall Sports

Boys Soccer*
Girls Soccer*
Field Hockey*
Football**
Boys Cross Country
Girls Cross Country
Girls Swimming and Diving
Girls Volleyball**
Cheerleading
Dance

Winter Sports

Boys Basketball*
Girls Basketball*
Boys Indoor Track
Girls Indoor Track
Ice Hockey
Boys Swimming and Diving
Cheerleading

Spring Sports

Baseball*
Softball*
Boys Lacrosse*
Girls Lacrosse*
Boys Outdoor Track and Field
Girls Outdoor Track and Field
Golf
Boys Tennis*
Girls Tennis*

* Denotes programs offered at the JV level

* *Denotes programs offered at the Freshmen and JV levels

Follow us on the Web

Website: <http://www.watertownps.org/>

Instagram: whs_ct_athletics