

CAPT. NATHAN HALE MIDDLE SCHOOL

Student Athlete Handbook



“Home of the Patriots”

“PARTICIPATION IN ATHLETICS IS A PRIVILEGE AND NOT A RIGHT”

CAPT. NATHAN HALE MIDDLE SCHOOL



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The Coventry Board of Education recognizes the value of athletic competition for high school students and the integral role that these activities play in public school education. It, therefore, endorses and encourages the participation of Coventry students in extracurricular activities during and after school hours in the middle school.

It also endorses and encourages the participation of Coventry students in the Connecticut Interscholastic Athletic Conference to provide for an organized program of interscholastic athletics.

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Academic/Social Probation

At Capt. Nathan Hale School we provide safe, fun and exciting school activities that nurture school spirit, build positive relationships and help the students to get to know the staff “outside” of the classroom. While we wish for all students to engage in such activities, *participation is a privilege and not a right.*

The goals of CNH include helping students understand the ultimate importance of working to be successful academically and exhibiting responsible and respectful choices regarding their behavior. To support this, students will be assigned to social and/or academic probation status if they are not realizing one or both of the above goals. If they are not reaching these goals, a student could be placed on probation and be restricted from some or all of the following activities:

- school dances
- quarterly pep rallies
- public performances ** band and chorus class performances are required
- monthly enrichment activities
- morning social area
- participation on a CNH sports team
- Or any other special activity that is not a part of regular classroom curriculum

Students may be placed on **social probation** if they receive multiple discipline referrals and/or receive an out-of-school suspension. Once a student has been placed on social probation they must participate in the creation of an improvement plan. This plan will outline the specific changes in behavior that need to take place in order to be removed from social probation. If a student has successfully and consistently implemented their plan, administration will make the determination for removal from social probation status.

Students may be placed on **academic probation** if they receive two or more D- / F in any class on their mid-quarter progress report or report card. When placed on academic probation, students will be required to meet with their school counselor and teachers to create an academic improvement plan. In order to be removed from academic probation students will need to exhibit consistent effort and commitment to the academic improvement plan. Teachers along with the school counselor will determine if a student is ready to be removed from academic probation.

We hope that every student works to his or her potential and earns the right to participate in the extra activities we provide at Capt. Nathan Hale Middle School.

Athletic Requirements for Participation

In order to participate in any sport at Capt. Nathan Hale Middle School the following requirements must be met:

1. Physical Exam for Participation In Athletics form completed by Physician and Parent/Guardian submitted to the nurses office prior to try-outs.
2. Sports Candidate Questionnaire Form with parent/guardian signature.
3. Concussion Consent Form with parent/guardian signature.
4. Sudden Cardiac Arrest Consent Form with parent/guardian signature.
5. All CIAC and school eligibility requirements must be satisfied.

Attendance Policy – Athletics

Students are required to be in school for at least 4 hours to be eligible to participate or attend extra-curricular activities that day (with the exception of approved field trips). The hours are pro-rated for non-full days of school. If students are going to miss practice for any reason they should notify the coach or athletic director.

All teams will have a written policy regarding attendance regulations, which will address the expectations of athletes and the action to be taken when an athlete violates the policy. Included in this policy will be the actions taken for a student who misses a practice the day before a contest.

Awards Night

Following each sports season, each sports program will host a post-season award gathering for all athletes. Athletes from each sport meet with their teammates and coaches for presentation of certificates and a season wrap-up.

CIAC

The Connecticut Interscholastic Athletic Conference is the governing body for interscholastic athletics in the state. Their website “www.casciac.org” provides a wide variety of information including eligibility criteria for athletes, schedules for any team in the state directions to any athletic facility or school in the state, athletic contest and results.

Conduct During Games and Practices

Student athletes are visible representatives of both the school and the town. Student athletes must conduct themselves in an appropriate manner. Any behavior that reflects negatively on Capt. Nathan Hale Middle School will be referred to the school administration for disciplinary action.

Conference Affiliation

Capt. Nathan Hale Middle School participates in the North Eastern Middle School Athletic Conference. The purpose of the North Eastern Middle School Athletic Conference includes the development of friendly rivalries, new friendships, improved playing skills, better community relations, and the fostering at all times, by word and action, the qualities of fair play, courtesy, and good sportsmanship on the part of the coach, the player, the student body, and the community.

Conflict Resolution

1. An athlete and coach should first attempt to resolve any issues.
2. If the conflict cannot be resolved between the athlete and coach, the athlete should make an appointment to meet with the Athletic Director with the coach present.
3. If the problem is still unresolved, then the parent should contact the coach.
4. Only when the problem cannot be resolved with the coach should the parent contact the Athletic Director.
5. These are the steps to be followed for conflict resolution:
 - a. Athlete – Coach
 - b. Athlete –Athletic Director
 - c. Parent – Coach
 - d. Parent – Athletic Director
 - e. Parent – Principal

Areas that will not be discussed include the following: discussions about other student athletes and game strategies.

Directions

Directions to all athletic contests can be found on line at casciac.org. Select the “Directions” tab at the top of the page. The first choice on the screen will allow you to type in a school name and get driving directions to that school through mapquest.com. Below that, you may select any school from the pull-down menu and get a list of where that school holds its athletic contests, and directions to those facilities. These directions are provided by the school itself. Further down on the same page is a list of facilities (with directions) often used by the CIAC as neutral sites, banquet facilities, state tournament sites, or special events venues.

Dismissal From Team

At any point in a season, an athlete who fails to abide by team rules or the rules of the Athletic Department may be dismissed from the team. The coach or the school administration may implement the process of dismissing a player. For a coach to dismiss a player, the coach must first conduct a meeting with the athlete and notify the athlete’s parents about the pending dismissal. The coach will then submit a written request to have the athlete removed from the team roster to the Athletic Director. If warranted, the Athletic Director will then remove the athlete from the team. The athlete and/or the athlete’s parents may request a hearing with the Athletic Director to contest the dismissal.

Dress Code

As representatives of Capt. Nathan Hale Middle School, athletes and coaches are expected to dress appropriately. On the day of a contest, athletes are expected to dress in a manner deemed appropriate by the coach both in school and at the contest and must be in line with Capt. Nathan Hale Middle School dress code policy. This may include shirt and tie for males and skirts or pants/blouse for females. Team uniform days may also be permitted at the discretion of the coach. At practices, athletes may not wear underwear as outerwear (including sports bras).

Eligibility

To participate in athletic activities, a student must satisfy the following requirements:

1. Not more than one course with a grade below 65%
2. If a student has one failing grade, all courses averaged together must be at least 70%.
3. Additionally, the student must be a good school citizen and a worthy representative of Coventry Public Schools. Repeated infractions of school rules, poor attendance or other evidence of poor citizenship will, as determined by the building principal, will render a student ineligible.

No Capt. Nathan Hale Middle School student will be allowed to be eligible in an interscholastic athletic contest during any quarter marking period immediately following a quarter marking period in which the student has not met the above requirements. Capt. Nathan Hale Middle School administrators working with athletic director, coaches, and teachers will develop appropriate support systems to identify and assist student participants who are experiencing academic difficulties that may affect continuing eligibility.

Equipment/Uniforms

All athletic equipment and uniforms issued to athletes must be turned in to the coach promptly upon the conclusion of the athletic season. Uniforms should be cleaned. Any missing or damaged equipment is the responsibility of the athlete. Until the athlete has returned or paid for missing items, the school will withhold athletic awards, report cards, and transcripts. In addition, the athlete will not have any uniforms issued for other sports.

Extenuating Circumstances

In the event that issues arise that are not covered in this handbook, the Capt. Nathan Hale Middle School Athletic Department and the Capt. Nathan Hale Middle School Administration reserve the right to address said issues in a manner they deem appropriate.

Fan Behavior

The Coventry Athletic Department expects fans to exhibit the highest level of sportsmanship at all times. Swearing, use of noise makers, calling out individual players or officials, and/or any other inappropriate behavior at contests will result in the removal of that fan from the contest and may lead to additional discipline action by the Capt. Nathan Hale Middle School administration. Students who are athletes in other sports who are removed from a contest as spectators may be subject to additional discipline with their team.

Injuries

Athletic activity involves the potential for injury that is inherent in all sports. Even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

Athletes who are injured during a practice or contest **must report their injury to the coach**. All coaches are required to be certified by the Red Cross in basic first aid and CPR. The coach or Coventry High School trainer will make a recommendation on the level of medical treatment needed for the injury. If necessary, a parent will be notified through the contact information on the athlete's emergency form. An athlete may not return to the practice or contest without the consent of the coach.

Locker Rooms

No student athletes are allowed in the locker rooms unless supervised by a staff member or coach. All personal belongings need to be in a locker with a lock purchased from the school or coach. No other locks may be used, only school issued locks.

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

Out of School Conduct

Student-athletes at Capt. Nathan Hale Middle School are expected to act in a legal and responsible manner, realizing that at all times, they are representing their school and team. Conduct out of school which discredits or embarrasses Captain Nathan Hale Middle School, the Coventry Athletic Department or any sport may result in athletic department disciplinary action up to and including dismissal from a team. Further disciplinary action may also be taken if deemed appropriate by the school administration.

Pay for Participation/ Transportation Fees

When necessary the Board of Education may require a pay for participation fee in order to meet the costs of the athletic program. When pay for participation is implemented and or the transportation fee, the money is due to the coach one (1) week before the first official contest. Failure to meet the deadline will result in not participating in practices or scrimmages until the fee is paid. Once the official season has begun no refunds will be given should the athlete quit, be deemed ineligible or be dismissed from the team. In the event that scheduled contests are cancelled, pay for participation will not be pro-rated. Please contact the Athletic Director for financial hardships.

Physical Exam Requirements

Students participating in athletics at Captain Nathan Hale Middle School are required to have a physical examination. A sports physical is valid for 13 months. Parents must forward the completed paperwork to the school nurse by the established due date. Any questions regarding health assessments should be directed to the school nurse or the Athletic Director.

Postponements of Athletic Events

In the event of inclement weather the day of an athletic contest, a decision to postpone or cancel an athletic event will be made prior to the end of the school day. Team practices are at the discretion of the coach and may still occur. Athletes will be notified over the public address system. In the event of an early release or a school cancellation due to snow, all extra-curricular activities are cancelled, including team practices. Postponements due to other reasons may occur occasionally; in these instances, coaches will inform their athletes with as much advance notice as possible. Any changes in the original published athletic schedule can be found at the CIAC website.

Preseason Parent Meetings

The CIAC requires each team to conduct a mandatory pre-season parent meeting. This meeting provides parents with important information regarding the impending season. Items of importance to be discussed at this meeting include CIAC eligibility requirements, team goals, injury and insurance procedures, team attendance policies, playing time considerations, hazing prevention, tryout procedures, substance abuse/chemical health, and anything else the coach deems necessary for athletes and their parents to know. Parents should make every effort to attend.

Schedules

Schedules for all schools and teams in the state, including Capt. Nathan Hale Middle School, are available online at casciac.org. These schedules include locations of events not held at the home team's school and include links to directions to these facilities. Any event listed as "away" on the schedule is held at the high school of the opponent except as

Sports Offered at Capt. Nathan Hale Middle School:

FALL

Cross Country (boys and girls)
Soccer (boys and girls)

WINTER

Basketball (boys and girls)

SPRING

Baseball
Softball
Track & Field (boys and girls)

Substance Abuse/Chemical Health

The use of smoking materials (including electronic cigarettes and hookah smoking) or any other tobacco product, any type of alcoholic product, or any narcotic or drug is absolutely forbidden. This includes the use of anabolic steroids, hormones and analogues, diuretics and other performance enhancing substances. The possession of alcoholic beverages, any narcotics, or any drugs is also forbidden. All school rules and regulations regarding substance abuse are outlined in the student handbook. These rules apply to all athletes and at all CIAC controlled activities sponsored by the school including athletic events, practices and team meetings/gatherings. Participation in these activities is a privilege, not a right. As such, the CIAC may impose sanctions beyond those applied by the school for use of these substances by athletes.

Suspension/ Detention

Students suspended from school, (outside or in-school suspension) are not permitted to participate in, or attend, any athletic event during the period of their suspension. This includes team practices. In addition to school suspension/detention, team coaches may impose team penalties if warranted, up to and including dismissal from the team.

Team Rosters/Tryouts

The number of students permitted on some teams may be limited due to allowable roster sizes. For these teams, a tryout will be conducted. At the tryout, all athletes will be afforded an opportunity to showcase their talents and earn a spot on the roster. For some teams, selection may be highly competitive, and the ability level necessary to make a team will vary from year to year. Coaches are required to have in place fair and consistent evaluation criteria for the tryout period. Basis for team selection will be at the sole discretion of the coach. After teams have been selected athletes cannot switch sports.

A student/athlete's participation on a team in a given year does not mean that he or she is entitled to a spot on that team the following year. All student/athletes are required to go through a fair tryout for each season.

Team Rules:

Individual coaches/programs may have additional rules beyond what is set forth in this handbook. In the event that this occurs, the additional rules will be in writing and must be signed by the athlete and the athlete's parent or guardian.

Travel

Travel to all away athletic contests must be by team bus. No athlete will be permitted to participate in an away contest if travel was not by team bus. An athlete may petition the principal in writing for an exception to this rule. A note from a parent, requesting permission to be transported to or from a contest must be signed by the parent and the principal (or athletic director acting on her behalf) and then given to the coach at least one (1) day in advance of the contest. Athletes are not allowed to be transported to or from any athletic contest by anyone other than their parent or guardian. Any athlete that leaves an away athletic event without prior written approval of the principal as outlined above, will face disciplinary action including, but not limited to, suspension from the next athletic contest.

Capt. Nathan Hale Middle School
Student-Athlete Agreement

Student-Athlete _____ Sport _____

Student-athletes must obey all school rules, team rules and athletic rules.
Student -athletes must travel to and from contests on the team bus accompanied by the coach.

No student-athlete will be in locker room, storage closets or on playing court or field without a coach present.

Student-athletes will return all equipment and uniforms issued by coach at the end of the season.

Student-athletes will demonstrate good sportsman at all times and represent themselves and Capt. Nathan Hale Middle School respectfully.

Students-athletes will treat other players on their own or other Capt. Nathan Hale Middle School teams with respect, mindful of school rules regarding harassment and hazing.

I agree to the above expectations and understand playing sports is a privilege, not a right and that non-adherence to these expectations may result in consequences up to and including dismissal from the team.

Signed _____ Date _____
Student-Athlete

Signed _____ Date _____
Parent or Guardian

Signed _____ Date _____
Parent or Guardian

STUDENT ATHLETE HANDBOOK AGREEMENT

I have read and understand the rules set forth in the athletic handbook by the Capt. Nathan Hale Middle School Athletic Department and the Capt. Nathan Hale Middle School Administration.

Athlete Name (Printed)

Parent(s) Name (Printed)

Athlete Signature and Date

Parent(s) Signature and Date