

***DARIEN HIGH SCHOOL
ATHLETIC HANDBOOK
2008 - 2009***



**Mr. John J. Keleher
Athletic Director**

**Mr. Dan Haron
Principal**

WARNING

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can happen. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Parents and students must be willing to accept the risks associated with interscholastic sports participation.



EQUAL EDUCATION OPPORTUNITY

It is the policy of the Darien Board of Education that no person shall, on the basis of race, creed, color, religion, sex, national origin, age or handicap, be excluded from participation in or denied the benefits of any of its educational programs or activities.

Visit our website:

<http://www.darienps.org/darienathletics/>

Latest up-to-date information on Departmental policies, procedures, team schedules, directions to games, and a whole lot more.....

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Forms

All forms:
(Emergency, Physical Exam, Health History Questionnaire)
are available at the DHS front desk, the Athletic Department or
Nurse's Office.

INTRODUCTION

This booklet has been written to enhance communication between parents, coaches, and school administrators. Please familiarize yourselves with the rules and regulations that govern participation in our program. If you have any questions, please direct them to John Keleher, Director of Physical Education and Athletics, 655-3981, extension 2263 or 2244.

Parents are asked to demonstrate their support by attending as many athletic contests as possible. Freshman and junior varsity players really appreciate seeing their parents at their games. Complete schedules are available at the start of every season.

By design, athletic participation is loaded with successes and failures, setbacks and triumphs. Parents can make a big difference in how these situations are handled. Parents who encourage their son or daughter to go to their coaches for clarification, understanding and counsel are contributing to their child's normal growth, development, and maturity.

TO THE ATHLETES

The Darien High School Athletic Department is very pleased you have chosen to become a member of one of our athletic teams. Interscholastic athletics provide many opportunities for you to grow and develop as a young adult. We hope the friendships you make, the challenges you face, and the excitement you generate will make this season a memorable experience.

As an athlete, your actions on and off the field reflect on the entire athletic program. Your behavior helps to shape the perceptions of those who make decisions that will impact the future of DHS Athletics. The Board of Education, Community, and School Administration cherish the values associated with competitive athletics and fund our program accordingly. We expect our athletes to conduct themselves in a manner consistent with the department's philosophy.

Blue Wave Athletic Teams take tremendous pride in their preparation and performance. Our athletes work long and hard, compete intensely, and treat opposing teams with respect. They have represented our school and community with style and class. We are counting on you to continue this successful tradition.

We encourage you to set high goals and commit yourself to their attainment. The rewards will not come quickly or easily, but when you do succeed, the sense of accomplishment will be well worth the effort.

PHILOSOPHY

Competitive athletics play an integral part in the educational program at Darien High School. The challenges associated with competition create learning experiences for all athletes. A player's drive, determination, confidence, mental toughness, and emotional control are tested daily. The educational value of athletics lies in how the athlete copes with these challenges. Coaches stress commitment, dedication, and hard work and work closely with the players as they face these obstacles. Athletes are taught a formula that can be applied to real life situations, they learn to plan, prepare, perform, evaluate, and try, try again.

Darien High School fields fifty-eight athletic teams in twenty different sports. The program includes thirty varsity and twenty-eight sub-varsity teams that provide opportunities for students to participate at a level commensurate with their abilities.

All students, including seniors, compete equally for playing time. Pre-season practices and scrimmages provide an opportunity for players to demonstrate what they can do. Coaches select the best players and field their most competitive starting lineups. Darien teams play to win, but coaches do try to balance what is good for the team and what is good for the individual player.



ATHLETIC TEAM STARTING DATES

Varsity / JV / Freshman

Fall Season

Cheerleading	August 18
Football	August 18 (conditioning)
Field Hockey	August 23
Boys Soccer	August 23
Girls Soccer	August 23
Girls Volleyball	August 23
Boys Cross Country	August 23
Girls Cross Country	August 23
Girls Swimming	August 23

Winter Season

Cheerleading	November 24
Boys Ice Hockey	December 1
Girls Ice Hockey	November 24
Girls Basketball	November 24
Boys Basketball	December 1
Boys Indoor Track	December 1
Girls Indoor Track	December 1
Wrestling	December 1
Skiing (Coed)	December 1
Gymnastics	December 1
Boys Swimming	December 1
Squash (Coed)	December 1

Spring Season

Boys Lacrosse	March 23
Girls Lacrosse	March 23
Baseball	March 23*
Boys' Golf	March 23
Girls' Golf	March 23
Boys Track	March 23
Girls Track	March 23
Sailing (Coed)	TBA
Softball	March 23
Boys Tennis	March 23
Girls Tennis	March 23
Boys Volleyball	March 23

* Pitchers/Catchers begin March 16th

INTERSCHOLASTIC SPORTS TEAMS**Fall Season**

Cheerleading			Varsity
Boys Cross Country		JV	Varsity
Girls Cross Country		JV	Varsity
Field Hockey	Freshman	JV	Varsity
Football	Freshman	JV	Varsity
Boys Soccer	Freshman	JV	Varsity
Girls Soccer	Freshman	JV	Varsity
Girls Swimming			Varsity
Girls Volleyball	Freshman	JV	Varsity

Winter Season

Boys Basketball	Freshman	JV	Varsity
Girls Basketball	Freshman	JV	Varsity
Cheerleading			Varsity
Gymnastics			Varsity
Boys Ice Hockey		JV	Varsity
Girls Ice Hockey			Varsity
Boys Indoor Track			Varsity
Girls Indoor Track			Varsity
Skiing (Coed)			Varsity
Squash (Coed)			Varsity
Boys Swimming			Varsity
Wrestling		JV	Varsity

Spring Season

Baseball	Freshman	JV	Varsity
Boys Golf		JV	Varsity
Girls Golf		JV	Varsity
Boys Lacrosse	Freshman	JV	Varsity
Girls Lacrosse	Freshman	JV	Varsity
Boys Outdoor Track			Varsity
Girls Outdoor Track			Varsity
Sailing (co-ed)			Varsity
Softball	Freshman	JV	Varsity
Boys Tennis		JV	Varsity
Girls Tennis		JV	Varsity
Boys Volleyball		JV	Varsity

- Freshman teams are open to members of the ninth grade only.
- JV Teams are open to members of the ninth, tenth and eleventh grades
- Varsity teams are open to all high school students.

AWARDS

Darien High School has established an Awards System that recognizes the achievements of athletes at all levels.

Varsity/JV Letters	Athletes earn Varsity/JV letters by meeting the criteria listed below.
Freshman Numerals	Athletes earn their freshman numerals by participating on a DHS athletic team in their freshman year.
MVP Awards	Varsity teams elect their MVP via team vote.



Cheerleading

Freshman earn numerals. JV letter is awarded to anyone who has been on the squad less than 4 seasons. Varsity letter awarded to anyone completing four or more seasons with squad/or senior members.

Cross Country

Players who earn 10 points during the season qualify for a Varsity letter. Points are awarded as follows: the first Darien runner to finish earns 7 points; the second runner earns 6 points, etc. Individuals completing the season with fewer than 10 points earn a JV letter. If you qualify, you must compete in championships meets: FCIAC, Class, Opens and New England.

Field Hockey

Players who participate in $\frac{3}{4}$ of the scheduled varsity games qualify for a Varsity letter; anyone who completes the season earns a JV letter.

Football

Players who participate in $\frac{1}{2}$ of the quarters played during a season qualify for a Varsity letter; anyone completing the season earns a JV letter.

Soccer

Players who participate in $\frac{3}{4}$ of the scheduled varsity games qualify for a Varsity letter; anyone who completes the season earns a JV letter.

Girls Swimming

Swimmers must score 16 points or meet the Class "S" qualifying standard in one individual event to qualify for a Varsity letter while divers must score 8 points or meet the Class "S" standard to qualify. Swimmers/divers who complete the season earn a JV letter.

Girls Volleyball

Students who play in $\frac{1}{2}$ of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.



Basketball

Players who participate in $\frac{1}{3}$ of the total number of quarters played in the season qualify for a varsity letter; anyone completing the season earns a JV letter.

Gymnastics

Players who participate in $\frac{3}{4}$ of the scheduled meets qualify for a Varsity letter; anyone completing the season earns a JV letter.

Ice Hockey

Players who participate in $\frac{1}{3}$ of the total number of periods played in the season qualify for a Varsity letter; anyone completing the season earns a JV letter.

Skiing

Skiers who finish in the top six in half of the meets or start in the top ten in 80% of the meets qualify for a Varsity letter; anyone completing the season earns a JV letter.

Wrestling

Wrestlers earning 3 varsity wins (not including forfeits) in dual meets during the season qualify for a Varsity letter; anyone completing the season earns a JV letter.

Indoor Track

Players must qualify and compete in an individual event or be chosen for a relay in FCIAC Eastern Division, FCIAC Championships and Class S State Meet. If a player qualifies, you must compete in FCIAC Opens and New England Meets. Players who have completed the season with fewer than 2 points earn a JV letter.

Squash

Players who participate in $\frac{2}{3}$ of the scheduled varsity matches or score in the county or State Tournaments qualify for a Varsity letter; anyone completing the season earns a JV letter.

Boys Swimming – Swimmers must score 16 points or meet the Class "S" qualifying standard in one individual event to qualify for a Varsity letter. Divers must score 8 points or meet the Class "S" standard to qualify. Swimmers/divers who complete the season earn a JV letter.



Baseball – Players who participate in 1/3 of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.

Golf – Players who participate in 1/3 of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.

Lacrosse – Players who participate in ¼ of the total number of quarters played in the season qualify for a Varsity letter; anyone completing the season earns a JV letter.

Track – Players who qualify for and participate in the FCIAC and CIAC state class championship will earn a varsity letter. Athletes must participate in the CIAC state open championships and the New England championships if qualified.

Softball – Players who participate in ½ of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.

Tennis – Players who participate in 2/3 of the scheduled varsity matches or score in the county *and* State Tournaments qualify for a Varsity letter; anyone completing the season earns a JV letter.

Sailing – Players who participate in ¼ of the total number of Regattas scheduled during the season qualify for a varsity letter; anyone completing the season earns a JV letter.

Boys Volleyball – Students who play in ½ of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.

RULES AND REGULATIONS



Specific Expectations

Darien High School athletes are expected to:

1. Comply with all CIAC and school eligibility rules.
2. Attend every practice session. These include scheduled practices during holidays, weekends, and vacation periods.
3. Refrain from any use, involvement with or possession of drugs, alcohol, and anabolic steroids or use any form of tobacco during the season.
4. Conduct themselves in a manner consistent with the principles of good sportsmanship and fair play.
5. Be in school by 10:00 a.m. Students will not be allowed to practice or compete if they are absent from school or report to school after 10:00 a.m.
6. Be responsible for the care and return of all equipment issued to them.
7. Come to school prepared for games and practices. Students are not permitted to go home for uniforms, equipment, etc.
8. Adhere to all additional rules and regulations a coach may require for his/her specific sport.
9. To be eligible to try out and participate, a student cannot be medically excused from Physical Education or on the blue list.

ATHLETIC TRAINING RULES

Participation in the Darien High School extra-curricular and athletic program is both an honor and a privilege and, as such, carries a responsibility for the student to follow rules and regulations including the following:

- I. **Participation Rules:** Any use, involvement with* or possession of illegal drugs or alcohol, or use of any form of tobacco at any time during the period of participation in an extra-curricular activity or athletic team, on or off campus, will result in appropriate disciplinary action.

* “Involvement with” such substances shall be broadly construed, and shall include, but is not limited to the following situations:

- A. Personal possession or use of such drugs, alcohol or tobacco, at any time at any place; -or-
- B. Being in a motor vehicle when alcohol or drugs are illegally present, regardless of whether the student is the driver or passenger or whether the student is in personal possession of any such alcohol or drugs, -or-
- C. Permitting the illegal consumption of alcohol or use of drugs in one’s home or premises, -or-
- D. Being in a building or on premises or otherwise in the company of others, including but not limited to fellow students, when alcohol or drugs are/have been used or possessed illegally.

The appropriate disciplinary action under these rules is separate from any other discipline that may otherwise be imposed. Disciplinary action under these rules will be determined by consideration of all the facts and circumstances of a particular situation, but shall include as a minimum the following penalties:

For Offenses Involving Drugs and/or Alcohol:

1. **First offense** after signing an “eligibility and participation contract” for any extra-curricular activity or athletic season:

The student will be suspended from membership and participation in all activities related to that extra-curricular or athletic team (including team practice) for fourteen (14) calendar days. The student will also be required to meet with a drug and alcohol counselor prior to re-entry into the activity or team from which he/she was suspended.

Please note that the new CIAC eligibility policy states:

“A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.”

2. **Second offense** after signing an “eligibility and participation contract” for any extra curricular activity or athletic season:

A. **For Athletics:**

- i – If the second offense occurred within the same season as the first offense: The student is suspended for the rest of the season
- ii – If the second offense occurs in a different season than the first offense: The student will be suspended from participation (including practice) for 28 calendar days.

B. **For other Extra Curricular Activities:**

The student is suspended for 28 days from all extra curricular activities.

In both cases A and B above, the student will be required to meet with a drug and alcohol counselor on a weekly basis prior to re-entry into the sport or activity from which he/she was suspended.

3. **Third offense** after signing an “eligibility and participation contract” for any extra curricular activity or athletic season: The student is suspended from all extra curricular and athletic participation for the remainder of the school year.

For Offenses Involving Tobacco:

All offenses regarding use of tobacco will result in the student being suspended from membership and participation in all activities related to that extra-curricular or athletic team for seven (7) calendar days.

II. **Enforcement Procedures:**

- A. Darien High School students and their parents shall sign an acknowledgement of these rules/contract before participation in any extra-curricular or athletic activity, to verify their understanding of and agreement with the terms of these rules. Parents will be notified if an eligibility and participation rule is violated and of the disciplinary action taken.
- B. Once a student signs an acknowledgement of the eligibility and participation rules, that document remains in force for the remainder of the school year for all extra curricular and athletic activity participation.
- C. A student who signed an acknowledgement of the eligibility and participation contract for an activity that is no longer in session is still considered to be under the umbrella of the schools eligibility and participation rules. As such, if that student violates any of the rules at any point until the end of the year, he/she will be suspended from participation in any activity – starting at the point the administration becomes aware of the violation and lasting for the appropriate duration. The student will also accumulate a “strike” even if he/she is not active in any specific activity at the time of the violation.
- D. The School Administration is responsible for the administration and enforcement of the extra-curricular eligibility and participation contract and their determination under these rules shall be final.
- E. The Director of Athletics is responsible for the administration and enforcement of the athletic eligibility and participation contract and his/her determination under these rules shall be final.
- F. Due to the interdependence of athletic and other extra-curricular violations, collaboration in decision-making and information-sharing will take place between the Athletics Director and the rest of the school administration during any participation contract violation.
- G. Violation of Eligibility and Participation Contract may result in longer suspensions, loss of leadership positions, and ineligibility for awards from the extra-curricular activity or sport team, as determined by the advisor, coach, and/or organizational guidelines.

The safety of students is our primary concern and Darien High School does not wish to penalize students attempting to act responsibly in situations not of their making. Therefore, a student who has not used and is not in possession of any of the above substances will not be considered for extra-curricular or athletic offenses in the following instances:

- a. Immediately leaving the premises where any of the above substances are/have been used or possessed illegally;
- b. Assisting someone who has used or overused any of the above substances by contacting a responsible adult, or by transporting them to a safe location. Any person who cannot be roused should be transported to the emergency room by EMS personnel (**CALL 911**).

III. **Suspensions or Expulsions**

- A. School Suspensions or Expulsions - student-athletes are not allowed to practice or play for a DHS Athletic Team during any period of suspension or expulsion from school regardless of the reason for the suspension or expulsion.
- B. Athletic Suspension – athletic suspensions for drugs, alcohol or tobacco violations imposed under these rules are above and beyond any other school-initiated action.

CIAC ELIGIBILITY RULES

1. A student cannot at any time represent a school unless he/she is taking at least four units of work or its equivalent. During the school year, a student must pass at least four units of work in the marking period immediately preceding the contest. No unit of work for which the student has already received credit shall be included in those required by this rule.
2. Marking period grades (not semester grades) are used to determine academic eligibility. To be eligible for fall sports, a student must have received credit toward graduation for four units of work which he/she has not previously received credit.
3. Students may not have turned twenty years of age during his or her sport's season.
4. Students cannot change schools without a change of residence.
5. Students cannot play the same sport for more than three seasons in grades 10, 11, and 12.
6. Students may not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. Exceptions: parent/child tournaments and Caddy Tournaments. Swimming, tennis and gymnastics: a student may practice but not compete with a non-CIAC team during the season.
7. Students may not play under an assumed name on an outside team.
8. Students may not receive personal economic gain for participation in any CIAC sport.
9. Students must be enrolled at a secondary school for at least twelve school weeks immediately preceding the time of participation.
10. Freshmen may compete in the first marking period regardless of grades in 8th grade.

11. Performance Enhancing Drugs Minimum Penalty – A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

REQUIREMENTS FOR PARTICIPATION

1. Student athletes participating in an interscholastic sport must, in accordance with CIAC rules and the Darien Board of Education, have an annual Sports Participation Physical current within 13 months of the beginning of tryouts, practice and competitive play. This Sports Participation Physical must be kept updated and on file with the school nurse. At no time shall an athlete be allowed to practice or compete if the sport participation physical date exceeds 13 months. Even if the sport participation health physical was accepted at the beginning of the season, if during the season it becomes more than 13 months old, the athlete will not be allowed to continue to practice or play until a new sport participation physical is on file with the school nurse. The sport participation physical should be documented on the DPS Sport Participation Health Record.
2. A parent permission form – ***which includes an important warning statement*** - and an emergency card must be completed by the candidate's parent or guardian and submitted to the coach prior to participation. This form must be submitted prior to each season or participation.
3. Participation in Athletics is a privilege not a right.

SQUAD SELECTION PROCEDURES

We feel strongly that all students benefit from participation in competitive athletics. Unfortunately, there are occasions when it becomes necessary to "cut" students in some sports. The decision to limit team size may be caused by one or more of the following factors:

- Safety (space availability and player/coach ratio)
- Time Limitations (reasonable opportunity for active participation in practice and/or games)
- Budget Limitations (cost of transportation and equipment)

Coaches are sensitive to the impact the cutting process has on candidates who do not make the team. Information regarding tryout procedures, selection criteria, and recall procedures are given to each candidate prior to the tryout period. Tryouts will include at least three (3) practices before cuts are made.

Captain Selection – Each team may use slightly different procedures for captain selections and the timing of selection may vary also.

- a) Some vote at the end of the season
- b) Some vote at the beginning of the season
- c) Some selections are a combination of team vote and coach's input.

Captain selection can be of great joy or great disappointment to athletes and their families. Parents of athletes are encouraged to talk to their children about how both the ups and downs in any life experience can be used in a positive manner for growth.

ATHLETIC BANQUETS

Each team organizes and arranges for its own end of season banquet, ranging from simple to elaborate. These functions should be planned with the idea they are primarily designed to honor the athletic accomplishments of the student athletes and, as such, should be alcohol and smoke-free as possible considering the venue where the banquet is held.

ATHLETICS AND ACADEMICS

Most teams practice at DHS between the hours of 3:00 and 6:00 p.m. There are a few teams, however, who use community facilities and, consequently, must practice when these facilities are available.

Darien games will be played after school, in the evening, or on weekends. Travel to and from games may require some teams to be dismissed early. Students are responsible for work missed or assigned when they miss class. We do our best to minimize the amount of academic time that is lost due to athletics.

Student-athletes must keep in mind that their first priority is their schoolwork. We have found that athletes can maintain a high level of performance on the field and in the classroom if they make effective use of their "unscheduled" time.

JOBS – OUTSIDE SPORTS TEAMS

We strongly discourage "in-season" athletes from working or playing other sports during the high school season. There are only so many hours in a day, and experience indicates that studying and playing a high school sport are more than enough for an adolescent to handle.

SUNDAY PRACTICES

There may be times during the season when a coach must schedule a Sunday practice, but no Sunday practice may begin prior to 12:00 noon. If a player requests permission to miss a Sunday practice for religious reasons, coaches will grant the request without penalty.

HAZING

Hazing is defined as any form or type of physical, verbal, and/or emotional mistreatment, abuse, and/or harassment of a student in connection with a student's participation in or membership on an interscholastic athletic team or in any school-sponsored activities; and/or forcing, coercing or intimidating any student to participate in any illegal or inappropriate activities in connection with the student's participation or membership in the foregoing. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to, or after the season or school day.

In addition, students should be aware that hazing can also constitute a violation of Connecticut Criminal Statutes as a form of assault and can make the student liable for arrest and prosecution as well as for civil liability.

Activities resembling hazing should be reported immediately to Mr. Dan Haron (655-3981, extension 2252) or Mr. Keleher (655-3981, extension 2263).

SEX DISCRIMINATION & SEXUAL HARASSMENT

It is the policy of the Darien Board of Education that any form of sex discrimination or sexual harassment is forbidden, whether by students, Board employees or third parties subject to the control of the board. Students, Board employees and third parties are expected to adhere to a standard of conduct that is respectful of the rights of students. Any student or employee who engages in conduct prohibited by the Board's sex discrimination and sexual harassment policy shall be subject to disciplinary action.

Definitions

Sex discrimination occurs when a person, because of his or her sex, is denied participation in or the benefits of any education program receiving federal financial assistance.

Sexual harassment, although not an all-inclusive list, the following are examples of the type of conduct prohibited by the policy against sexual harassment:

Statements or other conduct indicating that a student's submission to, or rejection of, sexual overtures or advances will affect the student's grades and/or other academic/athletic progress.

Unwelcome attention and/or advances of a sexual nature, including verbal comments, sexual invitations, leering and physical touching.

Display of sexually suggestive objects, or use of sexually suggestive or obscene comments, invitations, letters, notes, slurs, jokes, pictures, cartoons, epithets or gestures.

Complaints

Victims of sex discrimination or sexual harassment should report such claims in a timely fashion to the Title IX Coordinators: Mr. John Keleher and/or Ms. Ellen Ryan. They are both located at the Darien High School and can be reached at (203) 655-3981.

SPECTATOR BEHAVIOR

Good sportsmanship is expected of all spectators at any athletic contest involving a Darien High School athletic team. Any spectator using or shouting inappropriate or abusive language will be removed from the activity. When spectators shout profanities or use abusive language, an announcement will be made indicating that continued use will result in a future game or games being closed to the public.

Attendance at athletic contests is a privilege that can be revoked by school administrators or the Athletic Director.

Any spectator committing an act that in any way could affect the safety of players or other spectators will be removed from the facility and may be charged with disorderly conduct. This includes the ice rinks and contests played away from Darien High School. Being a good sport at a high school athletic contest means supporting our teams in a positive manner and respecting opponents and officials by not making negative comments about them or their performance.

CAPTAIN'S PRACTICE

DHS does not in any way sanction, encourage, or condone "Captain's Practice" in any sport. Darien follows all CIAC Seasonal Limitations including when teams may begin practicing. Questions regarding Captain's Practice should be directed to John Keleher, Director of Athletics, 655-3981 extension 2263.

GOOD SPORTSMANSHIP

Good sportsmanship is a quality we all value. Our coaches do their very best to teach and develop sportsmanship while encouraging their players to treat opposing players, coaches, and officials with respect. Competitive athletics can bring out the best and worst in people. We are committed to using the "teachable moments" in sports to help our students learn the most valuable lessons athletics has to offer.

Unsportsmanlike behavior will result in the following disciplinary action: a one-game suspension for a first time offense while subsequent violations will result in the athlete being dropped from the team for the balance of the season. In addition, any athlete ejected from a game for any reason will not be allowed to compete in the next scheduled game or contest.

FCIAC CODES OF CONDUCT

The Athlete

- Will try always to be the best that he/she can be, both physically and mentally, and play hard to win within the contest rules.
- Will accept seriously the responsibilities and privilege of representing his/her school and community, displaying positive public actions at all times.
- Shall respect the judgment of the contest officials, abide by the rules of the contest and display no negative behavior that could incite fans.
- Will treat opponents with respect, and resist the temptation to taunt or “showboat”.
- Shall live up to standards of sportsmanship established by the league, school athletic administration and coach.
- Will resist the temptation to find fault with others, and be equally fair with him/herself, not feeling personally responsible for failure.
- Shall accept the fact that winning a contest, which is everyone’s goal, is not the only way to be a winner. (Knowing that you have done your best makes you a winner regardless of the score)

The Spectator

- Must recognize that attending a high school athletic contest is a privilege to enjoy the contest, not a license to verbally assault officials or coaches.
- Should show respect and courtesy to both players and fans from opposing teams.
- Should make an effort to know and understand the rules of the game.
- Must resist the urge to coach from the sidelines.
- Should enjoy and acknowledge good performance from players from both sides.
- Must respect the decisions of the officials and demonstrate self control and restraint if they make a poor call, recognizing they too, are human.
- Should congratulate players, coaches and fans from both sides following a well played contest.
- Should support without recrimination your players and coaches following a loss.
- Must be guided by the phrase “Cheer for your team, not against your opponent.”

ATHLETIC TRAINING ROOM

The Athletic Training Room is open to students every day from 2:00 to 4:30 p.m. Services include injury assessment, taping, whirlpool treatments and follow-up care. The Training Room is coordinated by Nick DeMaio, Athletic Trainer, Ellen Ryan, Director of School Health Services and the DHS school nurse.

PHYSICAL EDUCATION FOR ATHLETES

Athletes are required to attend Physical Education/Health Classes and must fulfill their graduation requirements in this area. The instructional content of the P.E./Health Program is not taught in the Interscholastic Athletic Program, and it is our belief that all students, including athletes, can benefit from this experience. The P.E. staff understands the time commitment associated with athletic participation and will work with athletes who are having difficulty managing their time.

ATHLETIC INSURANCE

Darien High School's Interscholastic Sports Insurance Policy is a secondary or "excess" type benefit plan.

All athletic injuries requiring medical attention should be reported to the DHS nurse as soon as the athlete returns to school. The nurse will file an accident report and answer any questions the student or parent might have. Claims must first be submitted to the individual's personal insurance carrier. Once the primary carrier has assigned its benefits, the school's plan will review the claim. This claim must be submitted by the athlete's parents, it is not automatically done by the school system.

The 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. This coverage will consider those expenses related to athletic injuries for up to two years from the date of the accident provided medical attention was sought within ninety days. Questions concerning coverage should be directed to the DHS nurse (655-3981).

EMERGENCY PROCEDURES

If an athlete sustains an injury during a practice session and needs to be transported to the hospital, he/she will be taken to the hospital checked on the emergency card. If the athlete is hurt at an away game, he/she will be taken to the nearest hospital. In either case, every effort will be made to contact the parents and to have a responsible adult accompany the injured athletes to the hospital. Injured athletes should get specific instructions from their physician regarding what they can and cannot do. A signed "Return to Activity" form must be filed with the school nurse before an athlete can come back from an athletic injury.

REGULATIONS CONCERNING MANDATORY YEARLY PHYSICALS FOR ATHLETES

1. All student-athletes must have a yearly physical examination to be in compliance with mandatory CIAC rules and Darien Board of Education Policy.
2. No student will be allowed to participate in tryouts, practice sessions, or athletic contests until the mandatory completed physical examination form is on file with the school nurse.
3. Statements of intention to have a physical and/or parents' notes are not acceptable in lieu of a completed physical examination form.
4. The Darien Public Schools will NOT provide physical examinations for student-athletes except in cases of financial need.
5. The Physical Examination Form and the Sports Candidate Health Questionnaire are available year-round at the Darien High School front desk and in the Health Room.
6. Each coach is responsible for checking that a physical examination form is on file before allowing a student to participate in any practice session.
7. The Sports Participation Health Record is to be completed by the student-athlete or his/her parents or guardian before the student athlete has the physical examination by the doctor. This completed form must accompany the General Exam record signed by the doctor.

ALL FORMS ARE AVAILABLE AT THE DHS FRONT DESK, THE ATHLETIC DEPARTMENT OR NURSE'S OFFICE.

TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed with them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and other critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off sometimes, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc. with your athlete.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.
8. Get to know the coach so you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains but are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped. I was lucky in this."

EMERGENCY CARD

(Kept securely by the coach at all times)

DHS
Please Print

ATHLETIC DEPARTMENT ONLY

Cleared/Not Cleared for Contact Sports/Non-Contact Sports on PE Date _____
Signature School Nurse Reviewing PE _____ Date _____

Athlete's

Name _____ Date of Birth _____ Home Phone _____
last first middle
Address _____ Grade _____ Season _____ Sport _____

List at least 4 and number 1st, 2nd, 3rd, 4th to call for illness or emergency.

Mother	name	home phone	cell phone	work phone	work town
Father	name	home phone	cell phone	work phone	work town
Neighbor	name	home phone	cell phone	work phone	home address
Other	name	home phone	cell phone	work phone	relationship

Family Physician: (1st choice) _____ Phone _____ Hospital of choice: _____
(2nd choice) _____ Phone _____ Stamford
Family Dentist _____ Phone _____ Norwalk

Information for Health Care Providers in case of Emergency: Please check all that apply here and on back:

No Yes Allergic to: _____ Usual treatment: _____
 No Yes Medications (taken at school or home) _____ Used for: _____
 No Yes Other health issue(s) which may affect athlete in school, sports, or on trips: _____

I. Authorization for Athletic Participation:

I/We give permission for _____ to participate in the Darien High School Interscholastic Athletic Program. I/We realize that such activity involves the potential for injury which is inherent in all sports. I/We acknowledge that even with the best coaching, use of the most advanced protective equipment and a strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be severe.

II. Training Rules:

I/We have received a copy of the Athletic Handbook and have read, understand, and accept the Training Rules of the Darien High School Athletic Program – a copy of the Athletic Handbook is also available on the DHS Athletic website.

I/We understand that the violation of these rules may result in an athlete being suspended or dropped from the team.

Printed Name of Parent or Guardian	Signature	Date
Printed Name of Athlete	Signature	Date

Please complete other side =>

DARIEN PUBLIC SCHOOLS SPORTS PARTICIPATION HEALTH RECORD

This evaluation is only to determine readiness for sports participation. It should not be used as a substitute for regular health maintenance examinations. THIS SIDE MUST BE COMPLETED BY PARENT AND STUDENT BEFORE BEING BROUGHT TO THE DOCTOR'S OFFICE.

Name _____ Sex _____ Age _____ Date of Birth _____ Grade _____

Address _____ Tel _____ Personal Physician _____

Fall Sport _____ Winter Sport _____ Spring Sport _____

MEDICAL HISTORY

(to be completed by parent or guardian)

1. Do you have any allergies? (food, drugs, insect stings, etc.)
YES _____ NO _____ List: _____
2. Are you currently taking any drugs or medications including steroids or protein supplements? (daily or occasionally)
YES _____ NO _____ List: _____
3. Are you presently being treated for any condition by a physician or other health care professional?
YES _____ NO _____ Explain: _____
4. Have you ever been advised by a doctor not to participate in any sport?
YES _____ NO _____ Explain: _____
5. Do you have any chronic conditions, disorders or diseases?
YES _____ NO _____ if yes, check those applicable:

Asthma _____	Bleeding Disorders _____	Diabetes _____
Epilepsy (seizures) _____	Hepatitis (liver disease) _____	Sickle Cell Anemia _____
Hypertension (high blood pressure) _____	Mononucleosis _____ year _____	Kawasaki's Disease _____
Disability (describe) _____	Other _____	

Please check where applicable if you have or have had any of the following:

	YES	NO		YES	NO
Head injury, concussion, or been unconscious	_____	_____	Hearing loss or impairment in one or both ears	_____	_____
If yes, how many times _____			Tubes in ears or a perforated eardrum	_____	_____
Headaches more than once a week	_____	_____	False teeth, caps or braces	_____	_____
Lack of feeling or numbness in any part of the body	_____	_____	Nose bleeds for no reason	_____	_____
Heat exhaustion or heat stroke	_____	_____	Bruising easily or taking a long time to stop bleeding when cut	_____	_____
Difficulty running 1/2 mile without stopping	_____	_____	Diarrhea more than once a week	_____	_____
Chest pain, dizziness or passing out during exercise	_____	_____	Black or bloody bowel movements (stools)	_____	_____
Coughing, wheezing or gasping for breath with exercise or cold weather	_____	_____	Kidney disease or dark, brown or bloody urine	_____	_____
Smoke cigarettes or chew tobacco	_____	_____	Less than 2 kidneys or, in males, 2 testicles	_____	_____
Heart problem, murmur or arrhythmia	_____	_____	Lump(s) in armpit or groin	_____	_____
Family member with a heart attack under age 50	_____	_____	Rash or skin problem	_____	_____
Loss or gain of more than 10 lbs. in last year	_____	_____	Neck or spine or low back injury or pain	_____	_____
Special diet for medical reasons	_____	_____	For female participants:		
Eye injury or retinal detachment	_____	_____	Disabling cramps with your menstrual periods	_____	_____
Blurred vision or vision in one eye only	_____	_____	Absent or irregular monthly periods	_____	_____
Wear glasses or contact lenses	_____	_____			
Hospitalized for medical or surgical reasons? If yes, please provide the following information:					
Reason			Year		Hospital

Please carefully list below any injury (nerve, muscle, bone or joint) that you have had which did not allow you to participate in regular activity for a week or more?

Injury Area (Knee, Hamstring, Neck, Shin, etc.)	Year	Side (Right, Left)	Type (Fracture, Sprain, Swelling, Pinched Nerve, etc.)	Resolved Yes No
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

STUDENT AND PARENT OR GUARDIAN: We hereby state that we have reviewed this medical history and found the information supplied above to be correct to the best of our knowledge.

Student Signature _____

Date _____

Parent or Guardian Signature _____

MEDICAL EXAMINATION
(to be completed by Medical Doctor or his/her designee)

Student's Name _____ Date of Birth ____/____/____ has had a complete history and physical exam on ____/____/____

	Normal	Abnormal Findings
Appearance		
Skin		
HEENT		
Respiratory		
Cardiovascular		
	Arrhythmia	
	Murmur	
Abdomen		
Spine		
Neurological		
Genitalia (hernia)		
Physical Maturity (Tanner Stage)	1	2 3 4 5

HEIGHT _____'____"	WEIGHT _____
BLOOD PRESSURE _____	PULSE _____
HCT/HGB _____	
URINALYSIS _____	protein _____ blood _____ glucose _____
VISUAL ACUITY: right _____ left _____	
Corrected to right _____ left _____	
HEARING _____	
GROSS DENTAL _____	
BODY FAT (optional) _____	
CHOLESTEROL (optional) _____	

LAST TETANUS BOOSTER	Date _____
LAST MEASLES (MMR) BOOSTER	Date _____
Date HBV 1 _____	HBV 2 _____
	HBV3 _____
Varicella: Disease Date _____	or Immunization Date _____
OTHER IMMUNIZATIONS _____	Date _____

CHRONIC DISEASE ASSESSMENT
Asthma: __mild__ moderate __severe__ exercise induced
Diabetes: _____ Type I _____ Type II
TB: IN HIGH RISK GROUP __YES__ __NO__
TB Test _____ Date _____ Results _____
Seizure Disorder: _____
Anaphylactic Reaction: __food__ __insect__ __latex__
Other: Please specify _____

SUMMARY: _____

ORTHOPEDIC EXAM
MUSCULO-SKELETAL EVALUATION to include range of motion, strength, flexibility

	Normal	Abnormal Findings
Neck		
Spine		
Shoulders		
Arms / Hands		
Hips		
Thighs		
Knees		
Ankles		
Feet		

RECOMMENDATIONS

Weight Loss / Gain _____	Medications _____
Strengthening _____	Special Equipment _____
Stretching _____	Bracing / Taping _____
Conditioning (Endurance) _____	

I certify that on this date, on the basis of the examination requested by the school authorities and the student's medical history as furnished to me, I have found no reason which would make it medically inadvisable for this student to compete in supervised athletic activities except: _____

_____, M.D. _____
Signature of Medical Doctor or designee Date Telephone Medical Doctor (Print or Stamp)