



EAST WINDSOR
INTERSCHOLASTIC ATHLETIC PROGRAM

**PARENT & STUDENT - ATHLETE
HANDBOOK**

EAST WINDSOR HIGH SCHOOL
EAST WINDSOR MIDDLE SCHOOL
2025 - 2026

ADMINISTRATION

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ATHLETICS

The primary goal of the East Windsor athletic program is to promote the growth and development of prospective East Windsor student athletes. By taking an active role in East Windsor athletics, student athletes will benefit physically and emotionally in becoming the best student athlete they can be. It is believed that through participation in an athletic program, student athletes will be taught proper citizenship traits such as self-control, self-discipline, cooperation and respect for rules, property, sportsmanship and authority.

The East Windsor athletic program is an integral part of the overall school program and is open to all potential student-athletes. Participation in after school athletics is voluntary and a privilege; participants also agree he/she will be held to a higher academic and moral standard. Student athletes must be willing to accept the sacrifices that accompany upholding team rules, expectations, training requirements, and meetings.

In addition to the rules and regulations for student athletes at East Windsor High, the high school athletic code and the Connecticut Interscholastic Athletic Conference (CIAC) also govern athletic program participants.

EAST WINDSOR ATHLETIC PROGRAM GOALS

1. To encourage student athletes to achieve success by maintaining academic eligibility rules and to keep athletics in proper perspective
2. To provide an opportunity to exemplify and observe good sportsmanship
3. To maintain a high standard of credible, positive performance and conduct on and off the field
4. To teach and emphasize the fundamental skills of various sports as a necessary ingredient in achieving individual and team success
5. To help educate the importance of physical fitness, conditioning, proper nutrition and safety in athletics
6. To provide opportunities to develop lasting friendships with teammates and opponents
7. To teach athletes to work together as a unified unit in order to achieve a common goal
8. To provide a strategic and well balanced program of interscholastic athletics for as many high school student athletes as possible
9. To provide high quality leadership for all athletic programs and to demonstrate to student athletes a desired behavior to be developed for each athletic program
10. To provide opportunities for the development of team unity, team pride, teamwork and commitment

ATHLETIC PARTICIPATION REQUIREMENTS

ACADEMIC ELIGIBILITY

Student athletes will abide by all CIAC rules and regulations. <http://www.casciac.org/> In addition to the minimum CIAC standard, in order to be eligible East Windsor student athlete must:

- FALL ELIGIBILITY: MUST PASS A MINIMUM OF 4 CLASSES FOR THE YEAR ON TOP OF THE FOLLOWING BELOW
- Pass a minimum of *five* subjects for the most recent quarter report cards were submitted
- Have no more than *one* failing (F) grade for the most recent quarter report cards were submitted and maintain a C- (70) average for all classes in the most recent quarter report cards were submitted
- A subject that is considered a class that meets the standard of a Carnegie unit (Eligibility Rule 6.3)

Student athletes on academic probation or who are ineligible must put in writing to the athletic department their intent to remain with a team in a limited capacity or try out for a team in order to be considered.

The following guidelines will be followed for student athletes that do not meet the eligibility standards:

- 1. If a student athlete becomes ineligible during a sports season, the athletic department will hold a meeting with all parties involved to include staff, student athlete and parent / guardian. This meeting will determine if the athlete:**
 - a. Is removed from the program for the remainder of that season
 - b. Is removed from the official roster and allowed to continue in a practice setting only. All uniforms must be turned in to the athletic department
- 2. If a student athlete is ineligible at the start of a sports season; the student athlete will be allowed to try out per approval of the Athletic Director and coach for their respective sport.**
 - a. If the athlete makes the team, they will be allowed to practice with a team until the next marking period grades are posted and they become eligible
 - b. If the student athlete's grades improve to a level that meets the eligibility requirements, they will be issued a uniform at that time and allowed to participate in competition

- c. If the student athlete's grades remain below the required eligibility standard, they will be removed from the team for the remainder of that sports season, including both practices and games

3. Middle School Eligibility Guidelines are as follows:

- a. At the beginning of the school year, all students are eligible to try out or audition for extracurricular activities
- b. After Quarter 1, students must have at least a **75% average** and be **passing all subjects** (no F's) in the quarter prior to the try out or audition
- c. Failure to maintain a 75% average and passing grades during the course of the season or activity will result in the following interventions: A two week probation period will be implemented in which the student will be disqualified from any practices, games, rehearsals, etc. related to their activity

CIAC ELIGIBILITY

(Please note that East Windsor's requirements are higher in some cases.)

In accordance with the CIAC, you are NOT ELIGIBLE if:

- You are nineteen (19) years of age; Student athletes are allowed to compete up through their 19th birthday, however, if their 20th birthday falls during a season, the student athlete-athlete will not be allowed to start or compete during that season and all eligibility will cease
- You have changed schools without a change of legal residence
- You have been in attendance for more than eight (8) semesters (A student athlete has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition)
- You play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season

The exception to Rule II.E. Shall be:

- ❖ Participation in parent/child tournaments and caddy tournaments
- ❖ Swimming, tennis, and gymnastics – a pupil may practice but not compete with a non CIAC team or as an individual during the season as long as such practices do not interfere with or replace member school practices
- ❖ You play under an assumed name on an outside team

- ❖ You receive personal economic gain for participation in any CIAC sport
- ❖ Your conduct both in and/or out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school

FORM REQUIREMENTS

All student athletes must have the Athletics Consent Form signed, have the student-athlete permission form signed and the medical information form filled out and signed before they can participate in any athletic program. All student-athletes must sign up and be APPROVED to participate on Final Forms.

PHYSICAL EXAMINATIONS

All candidates for athletic teams are required to be examined by a physician, and deemed healthy to participate fully. Physical examinations are good for thirteen (13) months from the date of the exam and must be on file with the school nurse. Forms can be found on the East Windsor Public Schools website.

ATHLETIC CODE OF CONDUCT

I. General Regulations

- CIAC and East Windsor rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc. Each coach has the responsibility to know, to inform team members and parents and to enforce school and CIAC regulations in these matters in or out of season.
- Prior to the opening of each season, athletes will be allowed to transfer registration from one sport to another only on mutual agreement of the two coaches involved. The student athlete must report to the athletic department to make the switch. Any student athlete who drops from the squad after the first contest is not permitted to join another squad during that season.
- Athletes must travel to and from contests away from East Windsor in transportation provided by the school. The only exceptions are an injury to a participant, which would require alternate transportation or prior arrangement with the athletic facilitator, which must be done a minimum of 24 hours in advance. This request must be in the form of a hand written note or email from the parent/guardian.
- A display of unsportsmanlike conduct toward an opponent or official, or use of profanity during a practice or contest toward an opponent, official, or coach may result in counseling, any disciplinary action and possible suspension from the current team by the head coach, athletic director and or principal. Multiple infractions may result in suspension for the rest of the season. If, in the case of the display of unsportsmanlike conduct occurring during the last game

or practice of the season, disciplinary action will be taken in the athlete's next athletic season.

- Each student athlete and parent / guardian will be issued a document indicating the team rules governing that specific sport at the mandatory pre-season meeting. The athletic department prior to the start of each season will approve this document. Parents / guardians will be required to read and review these expectations with the student athlete. The student/-athlete and parent / guardian will be required to sign this document and turn it into the coach at the end of that meeting.

The student athlete will not be able to participate prior to receipt of the signed team rule document.

Any conduct by a student athlete that is determined by the head coach and/or school administration to be detrimental to the team; athletic program, school, or school district will result in counseling or suspension by the head coach and or athletic director and referral to the administration. The following guidelines will be used when a student athlete violates a team rule:

- First offense: Suspension from next contest following the violation
- Second offense: Suspension for the remainder of the sports season

II. Attendance Requirements

Athletic participation is a privilege that should not be taken for granted. Student-Athletes willingly join a team and regular attendance is an important indicator of their commitment to his/her sport and the overall success of their team and our athletic program.

When you miss a practice or game/event, it is either excused or unexcused.

An **excused absence** is:

- i. One where 24 hour notice is given(when applicable)
- ii. A doctor's note or equivalent is provided
- iii. Is a family or medical emergency
- iv. School related activities and communication has been made with the coach

Going away on vacation is **NOT** an excused absence. Parents/guardians should do everything in their power to avoid scheduling trips that require their child to miss athletics. An **unexcused absence** is when an athlete misses a practice or game/event without a valid, documented reason approved by the school or coach

If the athlete has an unexcused absence and misses a practice the day before a game/event, that athlete will/may not participate in that game/event. If the athlete has an unexcused absence on the day of a game/event, the athlete will sit the next game/event before being allowed to participate. While a student athlete may not participate in contests due to absence violations, they are expected to participate in practices and attend contests (as a non-participant).

Non-participants should assist teammates and the coaching staff to aid the team in success. **If the athlete is in either ISS or OSS on the day of a practice or event, that athlete isn't allowed to participate.**

Student-Athletes are required to attend all practices/competitions and stay through completion (unless otherwise specified by the coaching staff). Student-athletes are also required to travel to away contests with the team (unless an approved alternate transportation form is executed prior to the event). Daily attendance for practices/contests shall be taken by the coach in charge of the team. **Students that accrue three (3) unexcused absences or four (4) unexcused tardies from a sport within a season shall be removed from the team.** A student-athlete that has been removed from the team has 48 hours (or two school days, whichever is greater) to appeal the removal to the Athletic Director's Office in writing. A student removed from a team is not eligible to join another sports team in the same season.

III. Team Suspension / Game Suspension

Before any suspension from a team or an event provided for under these rules shall take effect, the athletic director or coach will contact the student athlete and parent/guardian. If needed, a meeting will be scheduled with an administrator, the athletic director, and the coach.

IV. Substance Abuse Including Performance Enhancing Drugs

The East Windsor Public Schools prohibits the manufacture, distribution, dispensing, possession or use of alcohol or controlled substances, which includes vaping, on school grounds or during school activities. Any student athlete in violation of this policy will be subject to disciplinary action.

Use or possession, transmission, being under the influence of, or in the presence of alcohol (i.e. underage use or possession) stimulants, street drugs (including but not limited to marijuana, heroin, nicotine, K2 and cocaine) by an athletic program participant is prohibited.

In addition to the prohibition pertaining to alcohol, drugs, tobacco and inhalants, the Board of Education prohibits the use of performance-enhancing drugs, including anabolic steroids and food supplements, including creatine, by student athletes involved in school-related athletics or any co-curricular or extracurricular school activity or program, other than use for a valid medical purpose as documented by a physician.

Disciplinary procedures will be administered with the best interests of the student athlete, school population, community in mind and with due consideration of the rights of student athletes. Consideration must be given to the fact that substance abuse is illegal and subject to criminal prosecution. Unauthorized possession, distribution, sale or consumption of dangerous drugs, narcotics or alcoholic beverages will be considered grounds for expulsion. Information regarding counseling will be provided to the student athlete and the parent/guardian.

The following guidelines will be used for a student athlete who has been found to be in possession of and/or under the influence:

- First Offense: Administration and the athletic director will suspend the student athlete from the team for five school days. At the end of this period, the coach and the athletic director will make a decision regarding further competition.
- Second Offense: The student athlete will be suspended from the team for the remainder of the season.

Athletes found using anabolic steroids, hormones, /analogues, diuretics, and//or other performance enhancing drugs will also be held accountable according to CIAC policies and procedures.

Athletes found using performance-enhancing drugs by their school district would be immediately disqualified from any further participation in CIAC-sponsored sports for a period of 180 school days on each occurrence. The policy and procedures apply to all CIAC controlled activities sponsored by the school.

V. Hazing

Hazing or the rites of initiation of any athlete to an athletic team **will not be tolerated** to any degree. Student athletes in violation of these policies will be suspended from the team for five (5) school days or dismissed from the team, depending on the severity of the incident.

ATHLETIC EQUIPMENT AND UNIFORMS

The student athlete is responsible for all uniforms and equipment that is assigned to him/her.

All equipment will be returned when the student athlete completes the sport, either at the end of the season, or upon leaving the team.

Uniforms are to be worn only at scheduled practices, contests or on game days. Student athletes are not permitted to give a uniform to anyone to wear at any time.

Student athletes who do not return uniforms will not be allowed to try out for the next season or another sport during the year until the uniform is returned or payment for the uniform is received.

If items are lost or damaged, the student /athlete will be required to pay for a replacement. Graduating seniors will not receive their cap and gown until they too have met the above responsibilities.

AWARDS

At the conclusion of each sports season, student-athletes will be required to attend the team's athletic awards night. Date, location, and time of the presentation will be provided by the head coach and will also be posted on the school athletic website. We encourage all parents and friends to attend the celebration.

Completion of the sports season is required in order for the student athlete to be eligible for letter or other team or individual awards. (Exception: injury, which limits participation.) **No awards shall be given to any student athlete who is suspended for any portion of the season for athletic code violations.**

CONCUSSION POLICY

Any student athlete who suffers a head injury will be removed from activity for the rest of the day. The athletic trainer regarding injury contacts the student athlete's parents / guardians, follow up care, and return to play protocol. If a head injury is diagnosed as a concussion, the student /athlete must be cleared by a medical professional and successfully complete the neuro-cognitive testing (Impact Test). The athlete will follow the recommended Graduated Return to Play Protocol.

a. Return-to-Play Protocol

1. No activity. Complete physical and cognitive rest
2. Light aerobic exercise walking, swimming, or stationary cycling, keeping intensity to 70% of maximum predicted heart rate; no resistance training
3. Sport-specific exercise: (such as skating drills in ice hockey, running drills in soccer; no head impact activities)
4. Non-contact training drills. Progression to more complex training drills, such as: passing drills in football and ice hockey; may start progressive resistance training
5. Full-contact practice following medical clearance; participate in normal training activities
6. Return to normal game play

There should be approximately 24 hours (or longer) for each stage, and the student athlete should drop back to the previous asymptomatic level if any post-concussive symptoms recur.

GRIEVANCE PROCEDURES

If the decision of the athletic director is not satisfactory to the parties involved, they shall have the right of appeal to the principal within the guidelines already set by the building administration. Requests for such an appeal shall be made in writing to the principal.

INSURANCE

A plan of Interscholastic Sports Insurance has been purchased by the East Windsor Public Schools to cover student athletes participating in our organized sports programs. This form of insurance provides that valid claims for injuries sustained as a result of participation in interscholastic athletics will be paid on an EXCESS BASIS. This means that the Board of Education provided insurance would pay any amount in excess of that portion covered by family medical coverage, such as Blue Cross, Blue Shield, etc. In addition, in many cases, payments will be after family medical coverage has paid their portion of the doctor's or hospital expenses.

In case of an injury that requires medical attention, a school official will complete Part 1 of the claim form and forward it to the parent / guardian for subsequent completion and forwarding to the doctor or hospital.

NCAA ELIGIBILITY REQUIREMENTS

Academic Standards for Initial-Eligibility

Academic Standards

The NCAA Eligibility Center verifies the academic and amateur status of all student-athletes who wish to compete in Division I or II athletics.

College-bound student-athletes who want to practice, compete and receive athletically related financial aid during their first year at a Division I or II school need to meet the following requirements:

- Graduate from high school
- Complete a minimum of 16 core courses for Division I or II
- Earn a minimum required grade-point average in core courses.
- Earn a qualifying test score on either the ACT or SAT
- Request final amateurism certification from the NCAA Eligibility Center

For Division I student-athletes who will enroll on August 1, 2016 and later, the requirements to compete in the first year will change. In addition to the above standards, students must:

- Earn at least a 2.3 grade-point average in core courses
- Meet an increased sliding-scale standard (for example, an SAT score of 820 requires a 2.5 high school core course GPA)
- Successfully complete 10 of the 16 total required core courses before the start of their seventh semester in high school. Seven of the 10 courses must be successfully completed in English, math and science

Students that earn at least a 2.0 GPA but not a 2.3 GPA and meet the current sliding scale standard (for example, an SAT score of 1,010 requires a 2.025 high school core course GPA) will be eligible for practice in the first term and athletically related financial aid the entire year, but not competition. Freshmen who are academically successful in the first term will earn the ability to continue to practice for the remainder of the year.

Division III colleges and universities set their own admission standards. The NCAA does not set initial eligibility requirements in Division III.

For more detail about academic requirements visit the [Eligibility Center](#).

SPORTS INFORMATION

Athletic schedules, results and sports information can be found on the East Windsor Public Schools website; www.eastwindsork12.org and the CIAC website; www.ciacsports.com. On the CIAC site, you will find athletic schedules and directions to all schools as well as offsite facilities, game results and post season tournament information. You can also register to receive schedule updates.

EAST WINDSOR BOOSTER CLUB

We congratulate your student athlete on their decision to participate on an athletic team. We would like to take this opportunity to invite you to become a member of the EWSH Booster Club. We are a club of volunteer parents that meet on the first Monday of each month in the High School Library at 6:30 P.M. We raise money to help benefit our student athletes and athletic sports teams' by providing funds for unbudgeted requests.

If you are interested in joining this family of caring parents or learning more about our club, please call Co-Presidents:

Fawn Bowidas

860-394-6617

fbowidas@gmail.com

Craig Witzke

860-478-4517

craig.witzke@gmail.com

You can also find information on the East Windsor Booster Club Facebook page: EWHS Booster Club.

You can also fill out the below coupon and mail to: EWHS Booster Club, c/o East Windsor High School, 76 South Main Street, East Windsor CT 06088

Name _____

Phone _____

email _____

___ Yes, I would like to become a member of the EWHS Booster Club

EAST WINDSOR HIGH SCHOOL

STUDENT / ATHLETE FORMS

THE SCHOOL NURSE AND COACH WILL KEEP THESE FORMS ON FILE. YOU MAY REVOKE YOUR PERMISSION AT ANY TIME BY CONTACTING THE ATHLETIC DIRECTOR IN WRITING.

**ALL FORMS MUST BE COMPLETED ONLINE AT
HTTPS://EASTWINDSOR-CT.FINALFORMS.COM/
STUDENT-ATHLETES MUST FILL OUT ALL PAPERWORK ON FINAL FORMS
BEFORE BEING ALLOWED TO PARTICIPATE IN TRYOUTS, PRACTICES,
SCRIMMAGES, AND GAMES.**