

EAST WINDSOR INTERSCHOLASTIC ATHLETIC PROGRAM

PARENT AND STUDENT-ATHLETE HANDBOOK

**EAST WINDSOR HIGH SCHOOL
EAST WINDSOR MIDDLE SCHOOL
2026 - 2027**

ADMINISTRATION

Dr. Patrick Tudryn, Superintendent
Mr. Darryl Rouillard, Assistant Superintendent
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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, respect for rules and sportsmanship.

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, the high school athletic code and the Connecticut Interscholastic Athletic Conference 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 court/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 coaches.
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.ciac.fpsports.org>. In addition to the minimum CIAC standard, in order to be eligible, East Windsor student-athletes 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 card
- Have no more than one failing (F) grade for the most recent quarter report card and maintain a C-(70%) average for all classes in the most recent quarter report card
- 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 is removed from the program for the remainder of that season or if the athlete is removed from the official roster and allowed to continue in a practice setting only.
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 from the Athletic Director and coach for their respective sports.
 - a. If the student-athlete makes the team, they will be allowed to practice with the 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 each 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 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 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 8 consecutive semesters or four (4) consecutive years of eligibility from the date of entry into 9th 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/gymnastics - a pupil may practice but not compete with a non-CIAC team or 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 compensation for participation in any CIAC sport.
- Your conduct both in and/or out of school is such as to make you unworthy to represent the ideals, principals and standards of your school.

FORM REQUIREMENTS

All student-athletes must have all documentation signed on Final Forms, 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 and CLEARED on Final Forms before participating.

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

1. 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 between 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 away contests 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 director, 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 or 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 or principal. Multiple infractions may result in suspension for the rest of the season. If, in the case 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 preseason 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 administration. The following guidelines will be used when a student-athlete violates a team rule:

1. First offense - Suspension from next contest
2. Second offense - Suspension for the remainder of the sports season

2. Attendance Requirements:

- a. Student-athletes must be present in school for at least four(4) hours of their scheduled day in order to participate in an activity that day or must be present on the last day of school of the week preceding a scheduled event. An exemption may be granted if the student-athlete has an approved medical appointment or prior approval from the athletic director or administration.
- b. A student-athlete who has been injured and has had medical treatment cannot participate again until the date indicated by the student-athlete's physician.
- c. A student-athlete that receives an ISS or OSS will not be allowed to participate in any practice, any competition or travel with the team until that student-athlete meets with the athletic director and coach.
- d. An excused absence from a scheduled practice or game are considered as:
 - i. Illness
 - ii. Death in Family
 - iii. Court
 - iv. College visitations
 - v. Other reason approved by coach, athletic director or principal
 - vi. CIAC/CHSCA, NCCC sponsored activities
- e. Varsity athletes are not excused during vacation periods except with the prior approval of the athletic director or coach.
- f. Unexcused absences from scheduled practice or game will result in:
 - i. Suspension from the next contest following the first/second violation.
 - ii. Suspension for the remainder of the season following the third violation.
 - iii. If practice/game is the last of the season, loss of an award may be invoked for failure to finish the season.
- g. Please review the Athletic Department Student-Athlete Attendance Policy:
 - i. [East Windsor High School Athletic Department Attendance Policy](#)

3. 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 coach.

4. 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 include 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, 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:

- a. 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 athletic director will make a decision regarding further competition.
- b. 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.

5. 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 upon the severity.

ATHLETIC EQUIPMENT AND UNIFORMS

1. The student-athlete is responsible for all uniforms and equipment that is assigned to them.
2. All equipment will be returned when the student-athlete completes the sport, either at the end of the season or upon leaving the team.

3. 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.
4. **Student-athletes who do not return their uniform will not be allowed to try out for the next season or another sport during the school year until the uniform is returned or payment for the uniform is received.**
5. 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 the school year, student-athletes will be asked to attend an athletic department awards night. Date, location and time will be provided by the head coach and athletic director. 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 their letter or other team or individual awards. **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 any injury will contact the student-athletes parents/guardian. Follow-up care and return to play protocol will be discussed. 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. The athlete will follow the recommended Graduated Return to Play Protocol. The Return to Play Protocol is:

- a. No activity. Complete physical and cognitive rest.
- b. Light aerobic exercise walking, swimming, etc. Keeping intensity to 70% of maximum predicted heart rate; no resistance training.
- c. Sport specific exercise.
- d. Non-contact training drills. Progression to more complex training drills.
- e. Full contact practice following medical clearance; participate in normal training activities.
- f. Return to normal play.

There should be approximately 24 hours or longer for each stage, and the student-athlete should drop back to the previous stage 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 must 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 athletic 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

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 criteria:

- a. Graduate from high school.
- b. Complete a minimum of 16 core courses for Division I or II.
- c. Earn a minimum required grade point average in core courses.
- d. Earn a qualifying test score on either the ACT or SAT.
- e. 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:

- a. Earn at least a 2.3 grade point average in core courses.
- b. Meet an increased sliding scale standard (for example, an SAT score of 820 requires a 2.5 GPA)
- c. 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 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.

SPORTS INFORMATION

Athletic schedules, results and sports information can be found on the East Windsor 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 EWHS Booster Club. We are a club of volunteer parents that meet on the first Monday of each month in the high school library at 6:30pm. We raise money to help benefit our student-athletes and athletic sports teams' by providing funding for unbudgeted requests. If you are interested in joining this family of caring parents or learning more about our club, please call our President: Fawn Bowidas (860) 394-6617 (fbowidas@gmail.com)

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