

Bacon Academy

Student Athlete Handbook

Kevin T. Burke
Director of Athletics

Table of Contents

Introduction	2
Nondiscrimination/ Equal Employment/ Equal Education/ Opportunity	3
Sexual Harassment	3
Philosophy	4
Bacon Academy Drug and Alcohol Policy	5
Bacon Academy Athletic Department expectations	6
Athletic Code of Conduct	6
Participation	6
Fighting	6
Hazing/ Initiation/ Bullying	6
Attendance	7
Dress Code	7
Expectations of the Spectator	7
Medical Procedure	8
Registration	8
Medical Emergency Card	8
Physical Examination	8
Athletic Injury	8
Tryouts	9
Team Captains	9
Travel	9
Lockers and Locker Room	9
Uniforms and Equipment	9
Equipment Safety	9
CIAC/ECC Ejection Policy	10
CIAC/Bacon Academy Eligibility	10
Discipline	11
Description of Program	12
NCAA Eligibility	13
Procedure for Contacting Athletic Department Personnel	13
Bacon Academy Mission Statement	14
Seasonal Sport Programs	15
Bacon Academy Athletic Mission Statement	16

Introduction

The Bacon Academy Athletic Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered at Bacon Academy.

The material presented in this handbook contains information pertinent to policies, regulations, and rules of the Colchester School District, C.I.A.C., and the Eastern Connecticut Conference.

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

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

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

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

Kevin T. Burke
Director of Athletics

Nondiscrimination/ Equal Employment/ Equal Education/ Opportunity .

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

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

Title IX (Gender Equity Officer) is Jeffry Mathieu, Superintendent. Section 504 (Compliance Officer) is Kathy Shaughnessy, Director for Pupil Personnel Services and Special Education.

Title VI (Civil Rights) Compliance Officer is Jeffry Mathieu.

Sexual Harassment

The board of Education prohibits sexual harassment or intimidation of its students and employees.

Any student or employee who believes he or she has been the subject of discrimination / sexual harassment should contact an administrator.

Philosophy

State of Purpose

An interscholastic athletic program is an integral part of the overall education process that provides opportunities for the students to develop emotionally, socially, and physically.

Underlying Beliefs

- Bacon Academy athletics should promote high standards of academic achievement, good citizenship and individual responsibility on the playing field, in school and in the community.
- Participation in our athletic program is a privilege, which is afforded to those individuals who possess the ability, attitude, cooperative spirit and desire to represent Bacon Academy and the town of Colchester.
- Bacon athletics should provide valuable lessons in many practical situations that are helpful later in life such as; teamwork, sportsmanship, personal responsibility for success and failure, competition and hard work.
- Athletes perform best when they follow intelligent training rules, which include restrictions on the use of drugs. (The use of alcohol, tobacco, steroids, or any mood-modifying substance that produces harmful effects on the mind and body and impedes athletic performance.) Every effort should be made to educate each student-athlete to the dangers of the use of these substances.
- Striving to win is a critical aspect of any athletic program. Winning, however, should not supersede the well-being and development of the student-athlete.
- An emphasis on skill development, knowledge, and implementation of game safety rules, team play and team cohesiveness should be made on the sub-varsity level.
- The development of a work ethic and teamwork combined with the individual responsibility and dependability produce a shared responsibility for a teams' success.

The Connecticut Interscholastic Athletic Conference

The love of sports is so deeply rooted in our national consciousness that the values of millions of people, participants and spectators, are directly conveyed by organized sports at all levels of competition. This places significant responsibility on those who influence sports-school administrators, coaches, athletes, officials-to assure that athletic competition helps build character and ethics of participants and spectators and to promote the value of education based athletics. The CIAC Sportsmanship Committee believes that athletic excellence and sportsmanship are achieved through respect, honor and fair play. To that end, the committee has developed a set of standards for sportsmanship for all Connecticut high schools with the expectation that all schools will promote and implement these standards at their events. The affective implementation of these standards and the promotion of good sportsmanship is everyone's responsibility!

Bacon Academy Drugs and Alcohol Policy

ALCOHOL AND OTHER DRUGS:

The Bacon Academy administration and the athletic department personnel believe athletes perform best when they follow intelligent training rules, which include restrictions on the use of these substances. Medical research confirms that the use of alcohol and any type of mood-modifying substance produces harmful effects on the mind and body and impedes athletic performances. Use of these substances by any athlete will not be tolerated. Use, possession or in the presence of these substances on or off school grounds will result in the sport team consequences outlined below. The purchasing, consumption, possession, transportation, or distribution of alcohol, other drugs, and/or any controlled substance(s) is unacceptable behavior for any student in the Bacon Academy Athletic Program.

1st Offense:

Non-compliance will result in the following:

- Five school day absolute suspension from the sports team (No practice, games, or after-school contact)
- After the initial five school day absolute suspension, the athlete will then continue with a five school day game suspension.
- Practices, after-school, contact and sideline privileges will be allowed, but the athlete will not be allowed to wear a school uniform to participate in the sport event.
- The student-athlete will be encouraged to participate in a substance abuse counseling program.

* *Note:* Above suspension will be served in full before athlete can participate in any sport. If the offense occurs at the end of one sport season, the suspension will be in effect for the next sport/season the athlete participates in.

2nd Offense:

If a 2nd offense were to occur within the same year, the student-athlete would not be permitted to participate in any interscholastic athlete activity for the remainder of the school year. The student-athlete will be required to participate in a school-approved substance abuse program.

ANTI-TOBACCO POLICY:

Studies have clearly demonstrated that the use of tobacco and the exposure to second-hand smoke are serious, life-threatening health hazards. Connecticut State Law prohibits the use of tobacco products on public school campuses; and nationwide, laws are being enacted which restrict or prohibit smoking in many public areas.

Students are at all times prohibited from the use, possession, purchase, sale, or other transfer of tobacco products. Non-students are prohibited from the use or transfer of tobacco products while on school grounds. This policy applies to all school and non-school events held on school property, whether owned, leased, or rented, at all times. This policy applies to all persons, including students, employees, and guests of the school

district. Any violations by an athlete will parallel the consequences in the Bacon Academy Student handbook.

Bacon Academy Athletic Department Expectations

BA Athletic Code of Conduct

The community, school, administration, and coaching staff believe high standards of conduct and citizenship is essential to a sound athletic program.

1. Athletes will conduct themselves as ladies and gentlemen at all times. They need to remember they are representatives of Colchester Public Schools, their team, coach and family.
2. Athletes will conduct themselves in an exemplary manner in school, the community, and on any campus which their team is visiting.
3. Acts of unacceptable conduct such as, but not limited to theft, vandalism, arrest, or any violation of the law, will result in disciplinary action.
4. Detentions/suspensions from school of any type will not be tolerated.

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

Participation

Athletes may participate in only one sport program in a sport season. Athletes may not transfer team membership to another sport after they have completed try-outs and have been selected a member of a given team/sport. No one will be allowed to join a team **two weeks** after the start of the season.

Fighting: Prior, During and or After Athletic Contests

This type of behavior by Bacon Academy high school athletes will not be tolerated for any reason. It does not matter if the BAHS athlete is the victim of an unsportsmanlike act, if he/she is provoked or taunted, if he/she is verbally or physically abused, or any other type of circumstance.

The relevant question is, whether or not the Bacon Academy athlete actively participated in a fight, retaliated in a fight or left the sideline to join a fight in progress? If the answer is YES to any part of this question, the BAHS athlete may be subject to serious sanctions such as, but not limited to, suspension from school, team and /or dismissal from the team.

Hazing, Initiations and/or Bullying

Hazing, initiations and bullying of student-athletes by other team members are NOT ACCEPTABLE, and any practice of this type of behavior WILL NOT BE TOLERATED. Actions (such as but no limited to taunting, teasing, bullying and harassment) of this type may be illegal and those involved may be subject to police action as well as dismissal and/or suspension from participation in any athletic program.

This is in compliance with the Bacon Academy High School Student Handbook

Attendance – School and Class

1. Athletes will attend classes regularly and on time. Tardiness and cutting will not be tolerated.
2. Athletes will not use their sport as an excuse to miss class unless the team is departing early from school.
3. Please refer to the Bacon Academy Student Handbook regarding school attendance and athletic participation.
4. Athletes are required to participate in Physical Education if they wish to participate on any school team.

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

Attendance – Practice and Games

Attendance at all practice sessions and/or games for all team members is mandatory. If for some reason an athlete will be absent or tardy for a practice/game, the athlete must speak personally to a member of his or her teams' coaching staff prior to the practice/game. Athletes are not permitted to leave practice or games early without prior approval of a member of the coaching staff. Athletes should be aware that high school contests may be rescheduled for Saturdays/Sundays. (Weekends)

Dress Code The Athletic Department expects all student athletes will maintain a clean, neat, modest appearance (Adhering to the Dress Code in the Bacon Academy Student Handbook)

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

Expectations of the Spectator

1. Respect decisions made by contest officials.
2. Refrain from taunting, booing, heckling, and the use of all profanity.
3. Refrain from leaving a contest prior to its conclusion.
4. Admission to a contest is not license to verbally assault or be offensive to others.
5. The use of alcoholic beverages, drugs and tobacco products are prohibited from Bacon Academy campus.
6. RESPECT athletes, coaches, officials and fans.
7. **Be a Fan.....NOT a Fanatic!**

Medical Procedures

All athletes must have completed the following medical evaluations before participating in a sport at Bacon Academy.

- One successful **physical examination** per 13 months for all sports is required. The school medical form must be used and can be obtained from the BA nurse. Physical forms must be on file with the school nurse before participation is allowed. **Coaches will not collect physicals.**
- Medical Emergency Forms** must be completed and signed by the parent or guardian prior to each sport season. This form will be carried by each team to all practices and contests and will provide the coach with necessary medical information.

Registration:

All athletes must register with the school nurse. The nurse is responsible for all medical paperwork, with the exception of the Emergency Medical Card. The nurse will be able to distribute appropriate paperwork for both an athlete's physical and Interim History.

Medical Emergency Card:

Complete the Medical Emergency Form. This card should be returned to the coach on day one of practice or before. It is available from the head coach, Athletic Director or main office.

Physical Examination:

A completed, successful physical examination must be presented every 13 months for all sports. The school medical form must be used and can be obtained from high school main office. *This must be turned in to the school nurse prior to the start of an athlete's participation.*

Athletic Injury:

The participation in interscholastic sports involves an inherent risk of injury, which may include severe injuries possibly involving paralysis, permanent mental disability, or death, and these injuries may occur in some instances as a result of an unavoidable accidents.

When an interscholastic sports injury occurs, the coach will obtain a Report of Accident form from the school nurse; completion and submission of this accident is the responsibility of the coach and will be turned into the school nurse no later than seven days after the incident.

Tryouts

Students-athletes will be encouraged to try out for various athletic teams. A three to five day mandatory tryout period will be in effect for each team. Upon reaching the first contest date, as indicated by the C.I.A.C., currently enrolled students will not be allowed to gain membership to any team. **(NOTE: HS football and Cheering tryouts occur during the spring of the proceeding school year)**

Team Captains

The position of Captain is not just an honor but a privilege. This honor will require the exemplary leadership skill knowing that the captain will be a role model for the other team members. Student-athletes begin to hold the rules and regulations of the Bacon Academy High School Athletic Department and may lead to dismissal of captain.

Travel

- All athletes must travel to and from contest in transportation provided by the Bacon Academy Athletic Department.
 - Athletes will remain with the team and under the supervision of the coach.
1. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's approval.
 2. Parents will not transport athletes unless written request are submitted to the Athletic Director at least 24 prior to the contest for approval.
 3. When transportation is not provided to off-campus home venues, athletes may not transport other student-athletes to any contest or practice sessions.
 4. Behavior standards according to the Bacon Academy School Student Handbook apply to any school provided transportation.

Lockers and Locker Room

During the seasons, student athletes should store and lock all valuables, clothing and equipment in a locker in their respective school locker rooms. Bacon Academy will NOT be responsible for any lost or stolen property.

Uniforms and Equipment

Uniforms and equipment are on a *loan basis* and are to be worn only when authorized by the coach. Uniforms will not be issued to any student-athlete with an outstanding financial obligation. Uniforms are not to be worn during Physical Education class. All uniforms and /or equipment are the sole responsibility of the athletes during the season and must be returned at the conclusion of the season. If lost or stolen, the replacement cost of the uniform/equipment will be assessed to the student and documented on the school obligation list.

Equipment Safety: Athletes should inspect their equipment on a daily basis. Each coach will instruct squad members on the proper use and care of team equipment.

CIAC/ECC Ejection Policy

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

“Captain’s Practice”

- The CIAC and the Bacon Academy School District DO NOT in any way sanction or condone “Captain’s Practice” in any sport. “Captain’s Practice” may be a clear violation of CIAC Eligibility Rule II.D., and, therefore is not permitted on any Bacon Academy facility.

CIAC Rules may be obtained from the CIAC website:

WWW.CASCIAC.ORG

or from the Bacon Academy Athletic Director, Kevin Burke.

CIAC/ Bacon Academy Eligibility Rules: To Participate

Grade Average: Bacon Academy Eligibility Rule

- Student must be enrolled in at least six (6) classes/units of work or the equivalent. A unit of work is defined as a course which meets every other day for a school year. (PE/health is considered a half (.01) unit)
- Student must have passed at least five (5) units other than PE or the equivalents at the last marking period with the exception of Fall Eligibility (Rule I.A). Incomplete grades are not considered to be passing marks.
- Marking period grades (not semester) grades are to be used in determining eligibility. Except the fall season, this will use the end of the previous year’s final marks or be a continuing student (eighth to ninth grade).

Age Restriction: CIAC Eligibility Rule II.B:

- The student shall not have reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.

Transfer Rule: CIAC Eligibility Rule II.B:

- Student must not have changed schools without a change of legal residence (see complete CIAC rule exceptions)

Years of Participation: CIAC Eligibility Rule II.B:

- Student must not have played the same sport for more than three seasons in grades 10, 11, and 12.

(Class of 2010 will have only 8 semester's eligibility starting as freshman)

Outside Participation: CIAC Eligibility Rule II.E:

- Student must not play or participate in the same sport while a member of the school team during the CIAC season of that sport. (Grades 9 through 12)
- The exception to CIAC Rule II.E shall be:
 - participation in parent-child and caddy tournaments, and
 - Swimming, tennis, gymnastics- a pupil may practice but not compete with a Non- CIAC team during the season.

False Identification: CIAC Eligibility Rule II.F:

- You must not play under and assumed name on an outside team.

Economic gain: CIAC Eligibility Rule II.G.

- Student must not have received personal economic gain for participation in any CIAC sport.

Discipline

The following discipline procedures have been established to expedite violations of regulations outlined in this handbook. These procedures are consistent with those employed in the Bacon Academy Student handbook. The procedures include the following:

At the beginning of each season, along with reading the Athletic Handbook, student-athletes will be informed by the coach of the types of behavior which may warrant the following consequences: (each case will be considered individually.)

Squad Discipline- Used in situations of minor discipline problems and administered by the coach within the squad framework.

Suspension- Used in situations of serious discipline problems for a period of time not to exceed five school days. The athlete is not allowed to attend or participate in practices or contests during this period. The coach will notify the parents of the suspension.

Expulsion or Dismissal from team- Used in situations involving serious discipline matters in which removal of the athlete from the squad is in the best interest of the team and the school. The athlete will be suspended, and subject to suspension regulations during the expulsion process. Parents will be notified of the pending expulsion.

Description of Program

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

Junior Varsity Athletics: Junior Varsity programs offered to athletes, who do not yet possess the skills required of the Varsity athletes, an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining knowledge, skill, and experience required of Varsity competition. Junior Varsity athletes may, on occasion, participate in Varsity contests. Decisions of this nature are based on the evaluation of the athlete's abilities, by the coaching staff and are not absolute,

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

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

NCAA Eligibility

NCAA ACADEMIC REQUIREMENTS FOR INCOMING FRESHMAN

NCAA Division I - Freshman Eligibility Standards -- All student-athletes MUST register with the NCAA Initial-Eligibility Clearinghouse. QUALIFIER (can practice, compete and receive athletics scholarship as a freshman.

The NCAA initial eligibility rules have changed. If you plan to enroll in any Division I or Division II college or university in the fall of 2005 or after you should follow the instructions below.

For more information regarding the new rule, please go to www.ncaa.org, click on "Student athletes and Parents" in the "Custom Home Pages" section. You may also visit the clearinghouse at www.ncaaclearinghouse.net.

IF YOU HAVE QUESTIONS ABOUT NCAA ELIGIBILITY, PLEASE CALL THE NCAA INITIAL-ELIGIBILITY CLEARINGHOUSE TOLL-FREE AT (877) 262-1492. You may also call the NCAA at (317) 917-6222.

PROCEDURE FOR CONTACTING ATHLETIC DEPARTMENT PERSONNEL, INCLUDING COACHES.

1. Afford your child the opportunity to discuss the issue with his/her. Many times these types of meetings may resolve an issue or concern.
2. If your child's meeting with the coach does not resolve the issue, then call to set up an appointment with the coach. The Bacon Academy Athletic Department's phone number is (860) 537-2378.
3. If the coach cannot be reached, call the Athletic Director and a meeting will be set up.
4. PLEASE DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE. These can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution.
5. If the meeting with the coach does not provide satisfactory resolution, call and set up an appointment to meet the Athletic Director to discuss the situation.
6. If the meeting with the Athletic Director does not provide satisfactory resolution, call and set up an appointment with the principal to discuss the situation.
7. If the parent meeting with the building Principal does not provide a satisfactory resolution, submit in writing, a detailed description of your issue or concern to Superintendent, Jeffry Mathieu, of Colchester Public Schools Center Office, 127 Norwich Ave. Suit 202, Colchester, CT 06415

Bacon Academy Mission Statement

Bacon Academy is a partnership of students, staff, parents, and a community of dedicated to fostering academic and personal excellence within a safe environment.

Academic Expectations:

The Bacon Academy student will effectively:

- Communicate in a variety of ways.
- Read, analyze, and evaluate information from multiple sources.
- Use problem-solving skills across the disciplines.
- Use technology as a tool for learning.

Social and civic expectations:

The Bacon Academy student will:

- Develop and maintain a healthy lifestyle.
- Demonstrate active civic participation and the ability to cooperate in a diverse world.
- Create an environmental of respect and take appropriate action against harassment, abuse and discrimination.

Bacon Academy Public Schools

Jeffrey Mathieu, Superintendent of Schools

Barbara Gilbert, Director of Curriculum

Kathy Shaughnessy, Director of Pupil Personnel Services

Bacon Academy

Mark Ambruso, Principal

Linda Iacobellis, Assistant Principal

Charles Hewes, Assistant Principal

Kevin Burke, Athletic Director

Jean Stauning, Nurse

[Http://www.colchesterct.org](http://www.colchesterct.org)



Seasonal Sports Program

Fall

<u>Girls' Sports Programs</u>		<u>Boys' Sports Program</u>
Cheerleading		Football
Soccer	Unified	Soccer
Cross Country		Cross Country
Volleyball		

Winter

<u>Girls' Sports Programs</u>		<u>Boys' Sports Program</u>
Basketball		Basketball
Cheerleading		Indoor Track
Indoor Track	Unified	Wrestling
Dance Team		Hockey
		Fencing

Spring

<u>Girls' Sports Programs</u>		<u>Boys' Sports Program</u>
Softball		Baseball
Track and Field		Track and Field
Tennis	Unified	Tennis
Golf		Golf
Lacrosse		Lacrosse

Schedules, results, directions, and times of games, for Bacon Academy and other Connecticut High school sports teams are available at www.ciacsports.com.

Responsi**B**le
SA**A**fe
Respe**C**tful
H**O**nest
Compassio**N**ate

Our Five Core Values define Bacon Academy