

NEW MILFORD HIGH SCHOOL

GREEN WAVE

ATHLETIC HANDBOOK

2026-2027

*Information, Policies, and Directions
for Parents and Students*

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Welcome

Dear Students, Parents and/or Guardians,

It is with great pride and privilege that I welcome you to the New Milford High School Athletic Program. We are dedicated to creating multiple opportunities through competitive athletics to complement the physical, cognitive, and social growth and development of our young men and women.

New Milford is extremely proud of the success of its many programs both on and off the field. The purpose of the program is to ensure a positive experience for those students who choose to participate. It is also a goal to provide all student athletes with an opportunity to learn the importance of effective communication, teamwork, ethical behavior, good sportsmanship, commitment, and problem solving, amongst other things.

We acknowledge that participation in extracurricular activities is a privilege (not a right) that enriches and enhances the lives of student athletes, their families, and the community. We also stress to our student athletes that academics come first. That being said, it is our expectation that our student athletes can maintain balance in regards to their academic and athletic responsibilities at NMHS. We view our coaches as teachers and our playing field as an extension of the classroom. This handbook serves to provide information to help make our athletic program efficient and effective.

If you ever have questions or concerns regarding your interscholastic experience I encourage you to speak with the coaching staff and myself. My door is always open. I highly encourage you to take full advantage of the interscholastic opportunities offered here at New Milford High School.

GO GREEN WAVE!

Respectfully,

Keith R Lipinsky
Athletic Director
New Milford High School
Email: lipinskyk@newmilfordps.org
Office: 860-350-6647 ext. 1411
Instagram: [nmhsgreenwave_athletics](https://www.instagram.com/nmhsgreenwave_athletics)

The mission of the New Milford Public Schools, a collaborative partnership of students, educators, family and community, is to prepare each and every student to compete and excel in an ever-changing world, embrace challenges with vigor, respect and appreciate the worth of every human being, and contribute to society by providing effective instruction and dynamic curriculum, offering a wide range of valuable experiences, and inspiring students to pursue their dreams and aspirations.

Green Wave Athletics Mission Statement

The mission of the New Milford High School Athletic Department is to provide, within its context of resources, an environment that supports the educational objectives, academic progress, and general welfare of student athletes allowing them to compete at levels of excellence. Our department fosters an inclusive environment that nurtures intellectual growth, physical development and social interaction. We strive to develop student athletes with values and character traits reflecting the richness and diversity of the New Milford community. The athletics experience is an extension of the educational process whereby student athletes acquire the skill, characteristics and self-confidence that will enable them to reach their full academic, physical, and social potential. The athletics program is committed to providing student athletes opportunities to develop the many life skills that athletics can provide.

Strategic Initiative

Maintain a model interscholastic athletics program which provides life-transforming educational experiences for its student athletes, enhances life for the student body, and positively engages the entire school community. Involvement in New Milford High School Athletics is designed to develop guiding principles to encourage life-long learning and healthy lifestyles through competition, sportsmanship and ethical conduct.

GOALS

The goal of the athletic program is to maximize, foster and maintain the educational experience of every student athlete in a culture which ensures a continued commitment to a high level of achievement. Through successful participation in the athletic program, **student athletes will demonstrate the following foundational skills and competencies:**

- Clear and effective communication skills.
- Critical listening skills.
- The ability to think critically through accessing, interpreting, evaluating, analyzing and synthesizing information.
- Creative problem solving using a variety of strategies.
- The ability to work independently and collaboratively.

New Milford High school student athletes are also **expected to demonstrate discipline based understandings and applications, including:**

- A commitment to personal, emotional, mental, and physical well-being.
- An understanding of the importance of regular participation in physical activities designed to maintain and promote wellness.
- An understanding of how the co-curricular program and service opportunities extend skills, enhance work ethic, develop positive relationships, teamwork and leadership skills, and promote self-realization.

The following character traits established by New Milford High School are reinforced in the Athletic Department:

Respect	Responsibility	Honesty	Compassion	Perseverance
Citizenship	Integrity	Loyalty	Courage	Cooperation

Learning expectations are integrated throughout our academic and co-curricular program and serve, along with state and New Milford standards, to define student performance goals.

- Develop student athletes who are committed to, and capable of, achievement in the classroom; and who have the opportunity and commitment to successfully compete in interscholastic athletics.
- Examine and ensure the provision of academic support services to student athletes.
- Establish and foster channels of communication amongst families, coaches and teams to develop effective support strategies.
- Build school and community support of the athletic programs through outreach programs in youth sports, coaching clinics, and athletic clinics as well as supporting community initiatives and special events.

Commitment to Athletics

New Milford High School is a diverse educational community. New Milford High School's primary purpose is to develop educated, responsible, capable and mature young men and women for an ever-changing and challenging society. The Athletic Department works cooperatively within the scope of academics to further enhance the high school experience emphasizing behavioral values that include but are not limited

to discipline, loyalty, confidence, self-esteem, cooperation, and development of performance to allow student athletes to maximize their potential.

The Athletic Department conducts a program which is consistent with the mission of the New Milford Public Schools and the high school. The New Milford Public Schools believes, supports and understands the role and inherent values of competitive athletics and the effect athletics have in promoting knowledge, growth, maturity and the attainment of moral and ethical values. New Milford High School Athletics strives for excellence while maintaining a balance of expectations to reflect a successful athletic program.

The New Milford community is supportive and aware of the benefits of interscholastic athletics. The Board of Education, administration, instructional and non-instructional personnel, the student body and the community at large generate a positive support network for the athletic department.

New Milford has a long history of successful interscholastic competition. *Participation in Interscholastic competition is a privilege is not a right.* If you are a student that desires to be a part of the athletic program at New Milford High School, you must be willing to work hard, learn, and make sacrifices that non-participants do not experience.

Responsibility to Yourself

The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest benefit from your high school experience. Your academic studies, your participation in other extracurricular activities, as well as sports, prepare you for your life as an adult.

Responsibility to Others

As a team member you also bear a heavy responsibility to your school and home. Win or lose, at practice, games and on and off your fields of competition, if you always act in ways that make your teachers, coaches, and parents proud, you will have measured up to the ideal. When you know in your heart that you have prepared, practiced, and competed to the best of your ability everyday appropriately, you have won. Success is measured in many different ways. The younger students in the New Milford school system are watching you. Always strive to set a good example for them.

NEW MILFORD HIGH SCHOOLS' RESPONSIBILITY TO YOU

- To promote student athlete self-esteem that reinforces a positive attitude and promotes striving for personal excellence.
- To provide leadership and supervision that stresses: self-discipline, self-motivation, work ethic, excellence in both academics and athletics, and the ideals of good sportsmanship.
- To develop the skills of the student athlete by teaching fundamentals in an effort to help the student athlete reach his/her potential.
- To provide well-trained and supervised coaches who will carry out the statement of purpose.
- To provide a rewarding athletic experience for students. To develop an understanding of physical fitness and wellness appropriate to an adult life.
- To promote an attitude whereby all of our athletic teams (boys and girls) are developed and supported equally.

- To provide athletic programs and events for students, faculty, and community that will generate a feeling of unity and school pride.
- To provide adequate equipment and facility
- To provide adequate medical training for athletic staff.

STUDENT ATHLETE RESPONSIBILITY TO THE SCHOOL SYSTEM

A responsibility you assume as a team member is to your school. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you participate on an athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community, and other communities judge our school by your conduct and attitudes both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make New Milford proud of you, and your community proud of your school by your consistent demonstration of these ideals.

An ideal student athlete:

- Keeps to all aspects of the athletic training rules and participation policies.
- Works to get into top notch physical condition.
- Learns and plays by all the rules of the game.
- Offers a hand in friendship to an opponent.
- Respects the officials involved with their contests and the decisions they make.
- Always demonstrates good sportsmanship, whether on the field or in the stands.
- Respects and appreciates support received from all fans.
- Supports teammates and fellow athletes through word and deed.
- In every athletic contest tries to be the best he or she can be.

How do we measure up? Most of our student athletes respect these standards. However, our goal is perfection. Only you, our student athletes, can make this happen.

PARENT RESPONSIBILITY TO ATHLETE

- Be positive with your student athletes. Let them know that they are accomplishing something by simply being part of the team.
- Encourage them to work hard and do their best. Encourage him or her to communicate respectfully and directly with their coaches if there is a concern.
- Don't put down the coaches or other athletes. If you are constantly berating the athlete's coaches how can you expect the athlete to play for them? You are teaching them to be part of the problem not part of the solution.
- Encourage athletes to follow the rules. Whether they are the first stringer or the seventh stringer, players must follow the rules pertaining to curfew, drinking, smoking, illegal drugs, punctuality, and school.
- Insist on good grades. Check the quality and completion of your student athlete's homework.
- As a fan you are encouraged to support the student athletes. Please let the players play, the coaches coach, and the officials officiate. Be Kind, Be Positive, and Cheer for Your Team.

- Insist that the student athletes respect team rules, school rules, game officials, and sportsmanship. Self respect begins with self-control.
- Encourage student athletes to improve their self-image by believing in themselves. Don't compare and contrast student athletes with family members who previously played.
- Encourage your student athlete to play for the love of the game - not a scholarship or college admission. This alleviates a lot of pressure for a student. Scholarships are few and far between and are in the hands of college recruiters.
- Remember that the coach is involved as a coach because he/she is dedicated to working with students and is an experienced professional. Coaches have different ways of dealing with people and situations. Athletes' lives are enriched by interacting with different types of leaders.
- Remember that at a competition you the parent, represent the town, school, and your son/daughter, and you want to be a positive role model for each. Be aware of and model the expectations we have for sportsmanship.

DUE PROCESS

Participation in the interscholastic athletic program is **a privilege, not a right**. Student athletes who do not abide by school policies, athletic training rules, CIAC regulations, and coaches'/advisors' requirements will have their participation jeopardized by suspension or exclusion from that activity. In the event a student athlete chooses to violate any rule or regulation set forth by the school district, **due process** is required. **Due process** involves the following steps:

1. The coach states the violation.
2. The student athlete has the opportunity to respond.
3. Any necessary investigation/discussion follows.
4. A coach's decision is rendered with the appropriate consequences, as stipulated within the student athlete handbook, coach's written expectations, or school policies.
5. If the coach or student athlete do not agree that a violation has occurred, either may appeal to the Athletic Director. The Athletic Director will render a decision based upon a review of the information presented at the appeal.
6. In the event a student athlete or parent/guardian wants to request a further appeal, it should be communicated in writing within three days and addressed to the Principal or Administrative Designee. The decision of the Principal or Administrative Designee will be final.

CIAC ELIGIBILITY RULES FIFTEEN POINT CHECKLIST

If you cannot check all 15 items, please refer to the CIAC Code of Eligibility to determine if the student is in violation of the Code which will place him/her in an ineligible status for high school athletics.

1. Enrolled in at least four units of work or the equivalent. (Rule I.B.)
2. Have passed at least four units or the equivalent at the end of the last marking period.
(Rule I.B)
3. To be eligible for fall sports, a pupil must have received credit toward graduation at the close of the school year preceding the contest in at least four (4) Carnegie Units of work or its equivalent for which he or she has not previously received credit. "Equivalent" is a number of courses which are equal to one Carnegie unit. Credit must be earned during the same academic year.

4. Is an enrolled student in the school for which he/she is playing. (Rule II.A.-See exceptions)
5. Has never dropped out of school. (Rule II.A., paragraph 2-See exception)
6. Has not changed schools without parents moving to another school district or school service area. (Rule II.C.- 6 See exceptions)
7. Eight semester rule (see below)
8. Has not turned 19 years of age before July 1 of this school year. (Rule II.B.)
9. Has not played or practiced the sport with another team during the high school season for the sport. (Rule II.E.-See exceptions)
10. Has not been on more than one school team in the same season nor represented more than one school in the same season at the same time. (Rule II.D.)
11. Has not received a salary or personal economic gain for playing the sport, or competed under an assumed name. (Rule II.F.)
12. Is not a member of a school team of the opposite gender (boy on a girls team or girl on a boys team). (Rule IV.F.-See exceptions)
13. Has not been recruited to attend this high school for athletic purposes. (Rule IV.C)
14. Is an American citizen. (Rule IV.C.-See exception)
15. Is a foreign exchange student registered with the Council on Standards for International Educational Travel (CSIET). (Rule II.C.3) (From CIAC Policy Handbook)

EIGHT-SEMESTER REGULATION

Implementation Date: July 2006, Class of 2010

This regulation promotes consistent progress toward meeting graduation requirements within a four-year cycle and equalizes competition within member schools. Also, it is intended to prohibit “red-shirting” and is aimed at preventing those athletes who become academically ineligible from replacing other students who are maintaining their academic standards during a normal four-year high school career.

A student 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.

A. Date of entry is defined as the first date of enrollment as a grade 9 student taking four (4) or more high school subjects.

B. Students who are not eligible or elect to not participate do not preserve additional semesters for use at a later time. That is, there is no fifth year of eligibility per se. Once a student has attended 15 days or more, they may apply through the member school for consideration of a hardship waiver. Hardships involve serious documented medical situations where students are not able to attend school at all or become incapacitated. Injuries sustained in playing a sport do not constitute grounds for a medical hardship grant of an additional semester. Hardships will also be granted for a student who has been absent one or more semesters because of required military service. If a waiver is granted, the semester granted must be the same as the semester waived. Fall for fall, spring for spring.

C. The fact that a student has not participated for four seasons will not justify allowing such student to participate in interscholastic sports beyond the eighth semester after his or her entrance into the ninth grade.

D. This is an eight-semester attendance rule, i.e., eight semesters of time not eight semesters of participation or competition rule.

E. Exception: A student who interrupts his/her school career in order to participate in a CSIET-approved foreign study program may have his/her eligibility extended for up to two semesters, provided the student does not participate out-of-country in sports he/she wishes to play upon his/her return, subject to approval by the CIAC.

New Milford High School

Eligibility Guidelines

Athletes must maintain eligibility in order to participate in interscholastic athletics. The New Milford Board of Education as well as the Connecticut Interscholastic Athletic Commission has established standards for eligibility. As of 2006 and after, the eight semester rule applies to all incoming freshmen.

- Initial eligibility for participation in any sport is based on the grades of the marking period preceding the activity for the second, third and fourth quarter. Eligibility for the first quarter is based on the final grades for the preceding year. Students must have received 4 credits towards graduation at the close of the previous school year to be eligible for Fall sports.
- Students entering the high school from the middle school or any other eighth grade school are automatically eligible to participate in activities or sports regardless of their previous academic record.
- Students must be currently enrolled in and passing 4 units of work to be academically eligible during the season. A unit is defined as a course that meets daily for full credit.
- **Periodic grade checks will be done during each season. If a student-athlete has a grade below a C in any subject, he/she will be put on athletic probation and will be required to get extra help in that subject until the grade has improved to at least a C. Extra help will take precedence over attending practice, and potentially over participating in games. Academics is the #1 priority of a student and we expect that all student-athletes make academics their #1 priority.**
- Marking period grades (not semester grades) are to be used in determining scholastic eligibility to participate in interscholastic athletics during any given marking period except for fall sports.
- Failures cannot be made up for eligibility purposes in any manner until the next marking period with the exception of summer school credits for fall sports.
- Incomplete grades do not count towards academic eligibility and will not be considered as passing grades.
- **A student that transfers to New Milford must have a legal change of address for immediate eligibility. Any student in grades 10, 11, or 12 that does not have a legal change of address will be subject to the CIAC Eligibility Rule (II C.)**
- A student may participate in any sport as long as they do not reach their 20th birthday during the season in which they are playing.
- You may jeopardize your eligibility if you commit one of the following infractions:
 - If a student attempts to play a sport more than 3 seasons since their freshman year.
 - If a student plays or practices with an outside team in the same sport while a member of the school team after the first scheduled game of the season (Rule II E.). The exception to Rule II E shall be: participation in parent-child tournaments and caddy tournaments. For swimming, tennis, and gymnastics: Speak with Athletic Director about regulations.
 - If a student plays under an assumed name on an outside team (Rule II F).
 - If a student receives personal or economic gain for participation in any CIAC sport (Rule II F).

- Questions regarding eligibility should be referred to the Athletic Director or Principal

In Season Rules for Participation (outside groups)

5.5.D. UNATTACHED STATUS (DEFINITION) – Competing in outside events while in season

A student-athlete may participate in a select meet or tournament as an “unattached” individual in the sports of cross country, swimming, gymnastics, indoor track, golf, outdoor track and tennis, it means that:

1. Athletes must comply with CIAC weekly limitations for the sport. (Exception: golf)
2. Athletes may not represent their high school or state association in any way, nor are the high school and state association legally responsible for athletes who participate in the meet or tournament. Athletes may not use the school name or school uniforms, and the school may not sponsor the athletes in any way, financial or otherwise.
3. A school may not benefit in any way through the participation of an athlete. Prizes or trophies may not be awarded a school.
4. Entry fees may not be paid by the school.
5. Athletes may only compete as an individual and may not represent or be attached to a team.
6. The signature of the principal and coach on the Official Entry Form do not imply authorization for the student to compete for a school. The signatures are to be taken only as evidence that the student is a bona fide member of a CIAC member school team and that his/her coach and school administrator are aware of the fact that he/she is entered in the event.
7. Violations of the above may render the athlete ineligible.
8. Times and/or performances may not be used for CIAC tournament seeding purposes.

Title IX, Sexual and Other Unlawful Harassment

Title IX of the Education Amendments of 1972 (Title IX) prohibits discrimination based on sex in educational programs which receive federal financial assistance. Athletics are one component of Title IX. Other programs and activities which may be included are: course offerings and access, co-curricular activities, hiring, retention, benefits, and leave. Title IX also protects students and employees, both male and female, from unlawful sexual harassment in school programs and activities.

In compliance with Title IX, and in accordance with other federal and state laws, it is the policy of the New Milford Board of Education to maintain a working and learning environment that is free from sexual, racial and other unlawful harassment. The Board will not tolerate the harassment of any student based on race, color, national origin, sex, disability, religion, sexual orientation, gender identity or expression, alienage or any other basis prohibited by law. This policy prohibits unlawful harassment of students by employees, other students, or third parties. This includes protection from harassment by teachers, administrators, Board of Education members, volunteers, visitors and any other individuals who are on school premises, at school-sponsored activities and at other places where such persons may come in contact with students in connection with educational programs and activities. Students are also prohibited from harassing teachers, administrators or other school personnel on the basis of race, color, national origin, sex, age, disability, religion, sexual orientation, gender identity or expression, marital status, ancestry, genetic information or any other basis prohibited by law. The Board of Education's Policies and Regulations regarding sexual and other unlawful harassment can be found on the District's website:

<http://images.pcmac.org/Uploads/NewMilfordPS/NewMilfordPS/Departments/DocumentsCategories/Documents/51455studentunlawfulharas.pdf>

The District's Title IX Coordinator monitors compliance with this law and other federal and state laws that prohibit discrimination. The Title IX Coordinator investigates all complaints of discrimination and

addresses all violations. The Title IX Coordinator also facilitates any measures that may be necessary to protect the complainant(s).

Individuals with questions or concerns about Title IX, other federal and state laws concerning discrimination, and/or those who wish to file a complaint of non-compliance, may contact the District's Title IX Coordinator for more information:

Holly Hollander
Title IX District Coordinator and Assistant Superintendent
New Milford Public Schools
50 East Street
New Milford, CT. 06776
860-354-3235

Procedures can be obtained from the compliance officer.

THE NEW MILFORD PUBLIC SCHOOLS DO NOT DISCRIMINATE
IN ANY PROGRAMS OR ACTIVITIES
ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, OR DISABILITY

Alternatively, or in addition to the Title IX Coordinator(s), inquiries regarding Title IX may be directed to the U.S. Department of Education's Office for Civil Rights, the federal agency charged with enforcing compliance with Title IX:

Boston Office
Office for Civil Rights
US Department of Education
5 Post Office Square,
8th Floor Boston, MA 02109-3921
Telephone: (617)289-0111
Email: OCR.Boston@ed.gov

GENERAL POLICIES, PROCEDURES, AND RESPONSIBILITIES OF THE STUDENT ATHLETE

To be a member of a New Milford High School athletic team is a privilege, not a right. All student athletes must realize that more is expected of them than other students in the school. Therefore, student athletes are held to higher standards and expectations and student athletes must, in turn, be willing to assume certain responsibilities that accompany this privilege. Team members are expected to make sacrifices and choices that non-participants do not have to make. The student athlete continually serves as a reflection of his/her team, coach, family, school, and community. The student athlete is expected to make responsible decisions about his/her behavior. Student athletes are expected to behave with respect and concern for the rights, safety, and welfare of all individuals while participating in the athletic program. The school reserves the right to revoke the privilege of any participant who does not conduct himself/herself in an acceptable manner. If a student athlete feels the rules are too demanding, that he/she will not be able to say **"NO"** when pressured by peers to break or bend the rules, or that his/her personal rights are too important to conform to the needs of the team, **HE/SHE SHOULD NOT REGISTER TO PLAY ON AN ATHLETIC TEAM.**

SPECIFIC EXPECTATIONS OF STUDENT ATHLETES

APPROPRIATE BEHAVIOR

Student Athletes will be expected to:

- Adhere to the school, SWC and CIAC Eligibility Rules, including all medical and academic requirements.
- Act in a responsible manner with regards to the rules and regulations established in the New Milford Student Handbook.
- Abide by laws established by the local, state and federal governments.
- Attend and participate in ALL classes during the school day.
- Attend and not be tardy for all practices and competitions held both during regular school session and during vacations. Exceptions shall be subject to the approval of the Head Coach and Athletic Director.
- Adhere to all athletic training rules.
- Conduct themselves as ladies and gentlemen at all times, both on and off the playing field.
- Represent their school with pride and dignity.
- Refrain from the use of Tobacco/Vaping products, Alcohol, and all other illegal drugs
- Travel to/from contests on the team bus accompanied by the coach.
- Refrain from social interaction with non-participants during contests.
- Not participate in or promote bullying/hazing/initiations.
- Use social media positively and appropriately in support of New Milford Athletics only.

VIOLATIONS OF STANDARDS

The following serves as examples of, but is not an all inclusive list of violations of standards:

UNACCEPTABLE BEHAVIOR

It is the athlete's responsibility to be aware of and to conform to the expectations, rules, and regulations that comprise responsible and successful student/athlete behavior. Students involved in unacceptable acts such as, but not limited to, the following behaviors will be considered in serious violation of the athletic code and school policies:

- Theft and Assault
- Malicious destruction of individual, private, or school property
- Infraction of school rules requiring administrative action
- Misconduct by an athlete that is potentially detrimental to the school or athletic program or school district
- Hosting or attending functions where under-age drinking and/or the use of illegal drugs is/are occurring.
- Inappropriate use of social media.

If unacceptable behavior is a violation of school rules there will be school discipline, and in addition, there may be athletic discipline. If the unacceptable behavior occurs outside of school and therefore does not result in school discipline, athletic discipline still may be imposed.

Examples of athletic discipline could include, but are not limited to:

Loss of playing time, Loss of a starting position, loss of captaincy, game suspension, multiple game suspension, dismissal from team.

Students are reminded that participation in athletics is a privilege, that expectations for acceptable behavior apply at all times, and that the school reserves the right to invoke team discipline for incidents of serious misconduct that occur outside of the season.

FIGHTING

Any student/athlete who initiates or participates in a fight during the course of an athletic contest in which his/her team is participating, will be immediately removed from the contest and subject to further discipline, including potential dismissal from the team.

VERBAL AND PHYSICAL ABUSE

All team members are expected to treat opponents, officials, coaches, and spectators with respect.

BULLYING/HAZING

Bullying/Hazing activities of any type are inconsistent with the educational goals of the school district and are prohibited at all times. Please refer to the New Milford Public Schools Safe School Climate Plan/Bullying Policy.

ATHLETIC TRAINING RULES

This policy requires all athletes participating in any sport at New Milford High School to be chemical free. The following Athletic Training Rules are in effect during an athlete's season of play beginning with the first day of practice. **Reminder to students: This is a 24 hour rule and includes beyond the school day.**

An Athlete is Prohibited from the Following:

1. Personally possessing or drinking alcohol
2. Personally possessing or using illegal drugs
3. Personally possessing or using performance enhancing drugs (including but not limited to anabolic steroids, hormones, and diuretics)
4. Personally possessing/using tobacco and/or E-cigarettes/Vaping devices/products.

VIOLATIONS

All violations will be reported by the coach to the Athletic Director. The Athletic Director/Principal will be ultimately responsible for the administration, enforcement, and monitoring of the policy. Parents, coaches, administration, and the guidance counselors will be notified in writing of any offense.

All coaches, at the beginning of their seasons, are required to distribute to every athlete a copy of this policy and their own team expectations and review these expectations with team members. Parents and athletes are required to sign a release stating they have read the regulations and agree to abide by them.

Disciplinary Actions from Violations

Our goal is to provide opportunities for young men and women to flourish in an athletic program. When an athlete makes a decision to violate a Board of Education, school, athletic department, or team rule, coaches and administrators must correct unwanted behavior with consequences. Our goal is to develop mature young adults who don't compromise the principles and values of their teammates, team and school. In the unfortunate event that disciplinary action is required, the following process will occur:

- Any school violation will be handled in accordance with the school behavior management system found in the student handbook.
- Students receiving In School Suspensions and Out of School Suspensions are ineligible to participate in practices and athletic contests until **the day after their suspension is served**. Students serving Out of School Suspensions are **not allowed to attend school sponsored events until the day after their suspension is served**.
- Any disciplinary action that results in missed playing time will be discussed with the athletic director and the parent/guardian will be notified.
- If the result of disciplinary action causes an athlete to miss practices or games, the athlete will be subject to the missed games/practices athletic policy.
- Athletes and parents have a right to appeal the consequences of unwanted behavior in writing to the athletic director.

Violations of misconduct or inappropriate conduct may be reported by the athlete him/herself, coach, teacher, administrator, police/security, or community member. When an accusation has been made, the coach and/or athletic director will inform the accused. Athletes that self-report and/or are forthright and honest when reporting will have their conduct taken into consideration. Any infraction of the code of conduct will jeopardize an athlete's opportunity to participate. Repeat offenders may be removed from teams for a full season depending upon the severity of the violation.

A disciplinary hearing may be requested by the parent/guardian to clarify actions. The meeting will be limited to the coach, a coach's representative (coach may waive this requirement), the athlete, the athlete's parents and the athletic director. The school reserves the right to implement a breathalyzer test at any and all events in accordance with the Board of Education policy.

UNSPORTSMANLIKE CONDUCT, EJECTIONS FOR UNSPORTSMANLIKE BEHAVIOR

(From CIAC Policy Handbook)

The CIAC establishes guidelines and tone for acceptable and appropriate behavior at all CIAC contests including league tournaments and playoffs. Given this charge, it is CIAC's responsibility to be pro-active and responsive to the growing issues of sportsmanship and violence in sports. A strong consistent statement reflecting zero tolerance for violence in sports must become standard operating procedure for all schools. This is to be considered a minimum standard and schools may add additional consequences to student-athletes and coaches.

The CIAC Disqualification / Ejection Rule is in effect for all CIAC contests including league playoffs and tournaments that engage officials who have been assigned by Board commissioners from CIAC registered officials organizations, or directly by the school or by the CIAC. **THERE IS NO APPEAL PROCEDURE THAT A SCHOOL MAY USE RELATIVE TO DISQUALIFICATIONS.** Disqualification is a

judgment call by an official and as such is not appealable. Until the official(s) leaves the site the game official(s) is in charge and may take any action deemed to be appropriate, even to the extent of reversing an earlier decision to eject a player or coach. Whenever possible, both schools (coaches on site) must be made fully aware of all final decisions on game disqualifications. Once the game official(s) leaves the site of the contest all decisions on game disqualifications are final.

The following policies for disqualification by an official shall apply in all sports:

- Any student-athlete who physically assaults an official, coach, opposing player, spectator or other person in attendance at the event may be deemed immediately ineligible for the remainder of the season.
- When an athlete is ejected from any CIAC contest the athlete is ineligible to participate in the next contest at the same level of play (even if the next contest does not occur until league or CIAC tournament play or next year). If one or more different level contests are scheduled prior to the next contest at the same level of play, the athlete shall be ineligible to participate in the next (but no more than one) contest at each level of play. The ejected player cannot be in attendance at the game for which he/she is serving their suspension.
- When a player is ejected from a contest he/she can remain on the bench or sidelines as long as their presence does not interfere with the contest in any way. Never should an athlete be sent away from the site without adult supervision. Coaches are responsible for the care and safety of students and should not be placed in a position which does not allow them to provide reasonable care and supervision.
- Upon receiving a second disqualification for initiating a fight or retaliating in a fight (as determined by the game official), that student-athlete will be declared ineligible for the remainder of the season.
- The school's first incident of non-compliance, for reasons other than defiance of the disqualification rules, will result in forfeiture, a \$250 fine and the athlete or coach must serve the disqualification penalty; a school's second incident of non-compliance will prohibit the school from entry in the next CIAC tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during a CIAC tournament or during the last regular season contest/day of competition. However, when a school willfully defies CIAC disqualification rules and regulations the school and/or coach will be subject to further action by the CIAC Board of Control.
- Any CIAC varsity team that accumulates five (5) or more disqualifications in more than one contest during the regular season including the league's tournament will be barred from CIAC post-season competition. In the event that five or more disqualifications occur in a single game, CIAC staff will evaluate whether schools will be barred from CIAC post-season competition. All disqualifications must be reported to CIAC by the school and the officials group. Any misconduct or disqualification of a coach will count towards the team's total number of disqualifications. Multiple disqualifications during CIAC tournaments are subject to disciplinary action by the CIAC sports committee and the CIAC Board of Control. Note: Please see the girls lacrosse, ice hockey, soccer and wrestling sports packets for additional penalty regulations specific to these sports.
- Disqualifications from the last contest of one season carry over to the next season in that sport for undergraduates and coaches, or the next season of participation in any sport for seniors.
- If the CIAC or National Federation playing rules for a sport specify an additional penalty, the additional penalty will apply. The CIAC disqualification rule applies to all game or meet disqualifications with the exception of reaching the limit of personal fouls in basketball and lacrosse; reaching the limit of technical violations in wrestling; or being disqualified by the rules in

ice hockey and lacrosse, which does not require a next game disqualification. This rule does not apply to individual event disqualifications such as in swimming or track and field.

- Each game official will notify their assignor for that game who will notify the CIAC office via the online disqualification notification system. The athletic director or principal of the school having the disqualified player/coach must notify their next opponent. The school is responsible to implement all CIAC disqualification rules even if the official does not report the disqualification in a timely manner.

Definition of ASSAULT

An assault is defined as an attack which attempts to injure one physically.

Definition of TAUNTING

Taunting includes, but is not limited to any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talk"), reference to sexual orientation, "in-the-face confrontation" by one player to another, standing over, straddling a tackled or fallen player, etc.

PENALTY

In all sports, game officials are to consider taunting a flagrant, unsportsmanlike foul that disqualifies the offending bench personnel or athlete from that contest/day of competition and the player or coach from the following contest/day of competition, i.e. the CIAC player/coach ejection rule will be invoked. A warning may be given, but is not required before ejection.

TRYING OUT FOR A TEAM

- Students may try out for any sport while at **NEW MILFORD HIGH SCHOOL** as long as they remain eligible and in good standing with the Athletic Department policies. A student/athlete should select his/her sport carefully for the following reasons:
- A student/athlete will not be allowed to drop one sport for another in the same season except with permission of the coach prior to the first game. If a student/athlete is cut from one sport, he/she may try out for another sport in the same season.
- A student/athlete will not be allowed to drop a sport in season to try out for an upcoming sport if he/she was a member of the sport squad at the time of the first game. In the event he/she drops out after the first game, he/she will be declared ineligible to participate in another sport until the completion of the season in progress.

CAPTAIN'S PRACTICE

The term "Captain's Practice" usually means the team's captain(s) organizing and conducting practice sessions for that sport without adult supervision. The CIAC does not in any way sanction, encourage or condone "Captain's Practice" in any sport. "Captain's Practice," depending on the member school's involvement, may be a clear violation of eligibility rule II.D. (season limitations) or certainly a violation of the spirit of Rule II.D.

New Milford High School does not condone captain's practices at any time. If teams want to condition during the off season, a coach needs to be supervising the activity if on school grounds. Otherwise, practices for teams are limited to during the season limitations of that sport. There are no "Mandatory" out of season practices.

ELIGIBILITY FOR PRACTICES AND GAMES

Student Athletes are expected to attend all practices and games as scheduled. Anyone desiring to be excused must see his/her coach and not send word by a teammate. Coaches will always excuse student/athletes for extra help with studies; however, students/athletes should make every attempt to seek help when it least interferes with after school practices.

Student Athletes are expected to be in attendance for the full day honoring their academic requirements

- a. *Students are ineligible for athletic contests or practices if they miss more than **50%** of the school day, **with or without a note**.*
- b. *Students with **Late Arrival** and/or **Early Dismissal** Privileges are covered within this requirement as long as they are in attendance for all other regularly scheduled classes.*
- c. *Students with extenuating circumstances need to speak directly with the Athletic Director*

Student Athletes are **allowed a combination of 3 tardies and/or early dismissals per season** (still meeting the **50%** requirement) with a note from parent or guardian. Student athletes who accrue more than three tardies/early dismissals jeopardize their opportunity to participate.

- Absence from team activities due to other school related obligations which involve a grade are acceptable when approved in advance by the team coach. Unexcused absences will result in the consequences set by the coach at the beginning of the season.
- Absences from team activities due to non-school related activities must be approved by the team coach prior to the start of the season

DETENTIONS

Athletes assigned detentions for unexcused absences or any other disciplinary reasons may not miss detention because of practice or games. Detentions must be served on the day notified or the next assigned school day. The coach has the right to invoke consistent consequences for players missing activities while serving school detentions.

SUSPENSIONS

Any student who is placed on **In School Suspension** by a school administrator will be prohibited from participating in practices/games in his/her sport until the day after the suspension has been served in its entirety. The student may attend practices/games as a spectator, but may not participate in or dress for practices/games. Any student who is placed on **Out of School Suspension** by a school administrator is not allowed on school grounds, or to be in attendance of any school sponsored event until the day after the suspension has been served in its entirety.

VACATIONS

Vacations and other non school-related activities, without prior approval from the coach, are not valid reasons for missing practices and contests. Family vacations that interfere with organized practice and/or games should be discussed with the coach prior to the season in a timely manner.

COLLEGE VISITATIONS

College visits should be scheduled when possible during the summer break or at times that do not conflict with athletic competitions or practices. One excused absence per season is permitted for the purpose of a college visit as long as the coach has been given two weeks' notice.

Missed Games/Practices

Unexcused absences are not permitted. An unexcused absence is anytime an athlete misses practice without communicating with the coach. Vacations and other out-of-school non-academic activities are unexcused absences.

- Athletes are expected to be dedicated to team goals, including attendance, at all practices. This is a cornerstone of competitive athletic teams. Choosing to be on a team comes with the understanding that practicing is necessary for success.
- Athletes that continue to miss practice put themselves at a competitive disadvantage, compromise the team concept, and risk injury from lack of proper preparation and conditioning.
- Coaches reserve the right to allocate playing time based on an athlete's dedication and commitment to practice.
- If an athlete has an unexcused absence the day before a contest, they are ineligible for that contest.
- If an athlete misses a game due to an unexcused reason, the athlete will miss the next scheduled contest.
- If an athlete misses practices and/or contests due to disciplinary action, the same parameters will apply.

Many teams have independent rules that govern what is acceptable and not acceptable for a student with regards to missing a practice. It is up to the student-athlete to learn and adhere to these rules during their season.

- In the event of a family emergency, it is the coach's discretion if there will be any missed game time.
- Additional rules or regulations adopted by the head coach for a particular team will be approved by the Athletic Director. Such additions will be in writing and on file in the office of the Athletic Director and will be provided in writing to all student/athletes on that team. Student/athletes are asked to establish priorities and then live by their decision regarding any personal conflicts.

Due to weekly game limitations set by CIAC and length of schedule, conflicts during vacation periods CANNOT be avoided. The South West Conference and CIAC do not schedule around vacations. This is impossible to do because there is no one standard vacation week for all Connecticut Public schools. Athletes and parents need to be aware that games over vacations will be played and/or forfeited and not changed. This is a League as well as a State policy

RELIGIOUS HOLIDAYS

Consistent with Board of Education Policy on recognition of Religious Holidays, the athletic department will attempt to not schedule games on religious holidays. In planning both CAS-CIAC and SWC league activities, the executive board attempts to avoid conflicts with major religious holidays. Absence from practice to celebrate a religious holiday shall be an **excused absence**. Coaches **will not** penalize athletes observing religious holidays. Athletes/ Parents need not be concerned that your standing/ position on the team will be affected by observing religious holidays. It is the responsibility of the athlete/family to inform the coaching staff of an intended absence due to observance of a religious holiday.

COACHES WILL PROVIDE TO ALL

- Student/athletes, in writing, any additional rules and regulations specific to that sport and his/her coach, not covered in this handbook. These rules will be provided in writing at the pre-season team orientation meeting and will be explained fully with all prospective team members and parents. These rules adopted by the head coach for a particular team will be approved by the Athletic Director and kept on file in the athletic office.
- Failure to comply with any of the expectations listed may result in temporary or permanent suspension from an athletic team. Penalties for violation of team rules will also be in writing and shall be administered by the coach.

RESPONSIBILITY FOR FACILITIES

- All Indoor and Outdoor Facilities need to be treated with respect and pride.
- No cleats are ever allowed to be worn inside the building.
- Doors are never to be propped open to ensure the safety of the building.
- No cleats allowed on the track. Use the track mat to walk across the track with cleats, or wait until you are on the turf field to put your cleats on.
- Keep the bathrooms and locker rooms clean.
- Pick up after yourself and do not leave trash behind. Use the garbage and recycling receptacles.
- Report vandalism as soon as possible when noticed.
- If you notice a problem with any of our facilities, please report it to the Athletic Director.
- Do not climb and/or jump over the fences. Use the access gates for entering and exiting the fields

RESPONSIBILITY FOR EQUIPMENT

- All issued school equipment will remain the property of the school and must be properly cared for by the student/athlete to whom it is issued.
- Student athletes who have been issued a school uniform may not give their school uniform to a friend to wear.
- It is the financial responsibility of the student/athlete to ensure that the equipment is returned at the end of the season or departure from the team.
- Any student/athlete failing to return a cleaned uniform or accountability payment (at the rate of the replacement cost) at the end of a season is ineligible for play in the next sport season until the account is cleared.
- Game uniforms should only be worn on the day of the contest or otherwise upon approval from the coach.

- Do not use equipment without a coach present.

RESPONSIBILITY REGARDING LOCKER ROOMS

- The school is not responsible nor is liable for your personal property.
- Do not bring valuable items to school with you, leave them home.
- Keep your locker locked at all times and do not share your combination with anyone.
- Locker rooms and locker room bathrooms are expected to be left in clean condition at the end of the day.
- Team Locker Room Lockers will be cleaned out at the conclusion of each season.
- Team Locker Rooms are for In-Season athletes only.
- Student athletes are prohibited from using cameras, phones, and any other picture taking and/or recording devices of any kind in bathrooms and locker room facilities. Athletes are required to adhere to this policy out of respect for personal privacy.

RESPONSIBILITIES IN THE TRAINING ROOM

The training room is used by both male and female student/athletes for the purpose of care and prevention of athletic injuries. The demands on the room as well as our Athletic Trainer are great. With this in mind, you are to be responsible when using the training room by following these rules:

TRAINING ROOM RULES AND HOURS

- No cleated shoes are allowed to be worn in the training room; only sneakers or street shoes or socks if going out to practice. Bare feet are not allowed unless being treated.
- Equipment (balls, pads, etc.) should be kept outside the room.
- Shoes must be kept off the treatment area.
- Horseplay and foul language will not be permitted in the room.
- Athletes will not be allowed to use the room as a social setting. Room size permits use only by those athletes in need of medical attention, and they should leave immediately when finished.
- Food and beverages will not be permitted in the room.
- No supplies or materials are to be touched without the approval of the trainer.
- Athletic Training Room hours are Monday – Friday, starting at 2:15 P.M.
- In-season athletes have priority to the training room.
- Athletes need permission from the trainer prior to taking tape from the training room.
- All reusable materials (braces, ace wraps, etc.) must be signed out and must be returned immediately upon completion of injury rehabilitation.

SOCIAL MEDIA GUIDELINES

Students athletes are expected to reflect decency and integrity in communications linked to New Milford High School Athletic Teams. Student athletes who engage in vulgar, profane, and disrespectful comments online via Social Media will be disciplined as they would if they were rude, vulgar and/or disrespectful in the presence of school administrators, teachers, and/or coaches. T.H.I.N.K before you post. Is it True, Helpful, Inspiring, Necessary, and Kind.

Student athletes should not engage in negative banter with administration, coaches, students, and members of opposing schools on social media platforms. Bad decisions made now on social media can have a negative impact on an individual both now and beyond high school.

Student athletes should not be using social media to cyber bully, taunt and harass students from New Milford High School or any other school. Cyber bullying, taunting and harassment will incur the same consequences as outlined in the New Milford High School Student Handbook.

Teams may use social media for information/promotional purposes, such as a Twitter account, Instagram, Facebook, etc. However, the head coach needs to have access to these sites as an author for monitoring purposes. In the ever evolving world of social media, New Milford High School and Athletic Department reserve the right to review any new platforms.

BUS TRAVEL AND TRIPS

The Board of Education provides transportation to/from all "away" contests. **All athletes are to use this means of transportation.**

- All student/athletes must ride the team bus to/from all contests.
- If a student athlete needs to ride home with his/her parents, the parents/guardian must provide the coach with a signed written note stating they are driving their child home.
- No student-athlete is allowed to travel home with another student or anyone under the age of 21, even if the parent has provided a note.
- Traveling with another adult other than a parent/legal guardian for any reason requires an Athletic Travel Release Form signed by the parent and cleared by the school Athletic Director. Athletic Travel Release forms can be found on the Athletic Website and outside the Athletic Director's Office.
- **Student/athletes are not permitted to drive themselves to/from athletic contests at any time for any reason.**
- Student/athletes will be expected to follow all rules and regulations governing how students behave on the school bus to ensure a safe trip.
- **Exception:** Parents and/or guardians are to be aware that golf, gymnastics, ice hockey, and swimming practices are not held on the New Milford High School campus. Parents accept the responsibility of providing transportation to and from practices.

TRAVEL EXPECTATIONS

Bus Etiquette

On the bus student athletes need to behave and be respectful. No hands out the windows, loud noises, items thrown from the bus, gestures made at other cars, etc. The bus should be treated like a classroom and left the way it was found. Student athletes should remain seated for travel. Cleaning your seats is an expectation. Listen to the bus driver at all times and remember to thank them! Coaches should inspect the bus upon arrival and return to school for cleanliness.

Appearance

Student athletes should not arrive to away games looking disheveled. Teams should be in uniform or in travel clothes (at the coach's discretion). Student athletes should not be changing for games on sidelines or in view of the public. Student athletes should use proper facilities when needing to go to the bathroom. Student athletes should ask coaches to help find suitable places (bathrooms/locker rooms) for any needs.

At Away Facilities

Student athletes should treat away locker rooms, bathrooms, and competition facilities as if they were our home facilities. Our sidelines should look like we were never there when we leave. All bottles, wrappers and other forms of debris should be picked up... even if it "wasn't mine".

Opposing Players and Coaches

Refrain from confrontation, taunting, and any other form of unsportsmanlike conduct before, during, and after the game. Captains (if allowed) and the coach are the only people who should address referees. Bad calls, much like bad plays, are going to happen. Student athletes must learn to play through adversity and keep moving forward.

Opposing Spectators

There is never a proper moment to address an opposing fan. Staring into the crowd, taunting, or any other communication with fans is simply low class. If a student athlete feels a line of sportsmanship and respect has been crossed he/she should report it to the coach.

Winning and Losing

Win and lose with dignity and class, respect for the game, our opponent, our school, our family, our community, and ourselves.

NMHS Spectator Code of Behavior

The CIAC and SWC, as well as New Milford High School, emphasize sportsmanship and appropriate behavior during competitions, as fans of athletic and extracurricular events. The expectation is that parents, friends, and students, especially student-athletes shall model behaviors that are respectful, polite and courteous. The conduct of spectators at athletic contests is as important to the climate of sportsmanship as is the quality of athletic play.

NEW MILFORD SPECTATORS SHOULD:

- 1. Demonstrate good sportsmanship.*
- 2. Be considerate of opposing players, coaches, and officials.*
- 3. Treat opposing teams that come to New Milford as we would a guest in our home*
- 4. Become familiar with the spirit and the rules of the game.*
- 5. Be gracious in victory and sportsmanlike in defeat.*
- 6. Support our cheerleaders and opposing school cheerleaders in a positive manner.*
- 7. Remember all school rules of behavior apply to athletic contests.*
- 8. When a guest of other schools, become aware of and follow their rules.*

NEW MILFORD SPECTATORS SHOULD NOT:

1. *Cheer at injury to an opponent.*
2. *Interfere with the performance of the competitors and/or the cheerleaders.*
3. *Use profane or abusive language.*
4. *Throw objects in the stands, on the competitive surfaces.*
5. *Use noisemakers of any kind.*

NEW MILFORD SPECTATOR CODE OF BEHAVIOR EXPECTATIONS:

1. *Enter and Exit NMHS through the designated areas.*
2. *Respect decisions made by contest and school officials.*
3. *Refrain from taunting, booing, heckling & the use of inappropriate language.*
4. *To enjoy and understand the rules of the game and to acknowledge good performance from the athletes of all teams.*
5. *Respect athletes, coaches, officials and fans.*
6. *Leaving a contest prior to its conclusion with expectations of returning, is not permitted.*

Any spectator violating this code of behavior will be warned. If the behavior continues, he/she will be removed from the contest, may be banned from attending future sporting events at New Milford High School. Students with serious violations of these expectations may be suspended from school and banned from attending all school related activities.

AWARDS

All athletes will be eligible to receive the following awards upon completion of the season, if they are recommended by their coach, approved by the Athletic Director and meet all criteria listed.

REGULATIONS AND PROCEDURES

- Varsity awards in all sports shall be awarded by the school upon the recommendation of the head coach who shall consider the following as requirements for an award:
- A player must have been regular in attendance at all practices/games.
- A player shall have observed all training rules and regulations.
- A player shall have conducted him/herself in a most exemplary manner both on and off the field, exhibiting good sportsmanship to his/her coach, teammates, and opponents.
- A player shall have successfully completed the season in good standing.
- The head coach may award Varsity letters at his/her discretion. The head coach may provide his/her criteria for earning a varsity letter in writing to all athletes at the beginning of each season
- All award policies must be approved by the Athletic Director.

LETTERS AND SPORT PINS

A Varsity letter will be given when the athlete earns it by satisfactory participation at the varsity level for the first time. The second year of lettering will be marked by a sport specific pin. Each successive year of lettering will be marked by a gold bar pin. Captains shall receive a gold star pin to represent captaincy. If an athlete letters in more than one sport they will be given an additional pin to designate the sport, but not an additional letter.

SWC CERTIFICATES

The following certificates of achievement will be presented at each season's Sports Awards Night:

- **SWC Academic All-Conference** – Student-athletes achieving highest honors during their sport season.
- **SWC 1st Team All-Conference**
- **SWC All Colonial/2nd Team All Conference**
- **Honorable Mention**

Captains

Coaches can create additional criteria, but must include the aforementioned criteria. Head coaches are accountable for their selections. As with any privilege, failure to uphold exemplary expectations may compromise an individual's ability to maintain their captaincy.

CAPTAINS' EXPECTATIONS

Being selected to the position of team captain carries with it tremendous responsibility. Before accepting this key leadership position, weigh the responsibilities that come with it. If you accept the role of captain you are expected to:

- *Follow the Athletic Training Rules year-round.*
- *Conduct yourself in a manner consistent with New Milford Expectations for Acceptable Behavior as outlined in the athletic handbook year-round.*
- *Follow the Code of Conduct stated on the Captain's Pledge year-round.*

PLEASE NOTE THIS IS A 12-MONTH COMMITMENT. Failure to meet these expectations will result in the immediate removal of your captaincy. See consequences.

- *Captains are expected to be major contributors to the tone and direction of a team both on and off the field. Personal qualities coaches look for in captains include:*
- *Role Model (Hard working, committed, dedicated, humble, leader by example, integrity, dependable, unwavering convictions, and positive attitude.)*
- *Well respected by teammates and the school community.*
- *Good character (respectful, loyal, cooperative, responsible, compassionate, perseverance, citizenship, integrity, courage, cooperation, honest)*
- *Committed to being chemical free (does not use tobacco, vaping, devices, alcohol or illegal drugs)*
- *Good school behavior (punctual, acceptable academic progress, abides by school rules)*
- *Athletic Qualities (well skilled, dedicated, committed to the sport, displays good sportsmanship, hard working, good communication skills)*
- *Willing to act as the liaison (between teammates, coaches, director of athletics, and other appropriate school personnel)*

Coaches should expect that captains will:

- *Live up to the expectation of the position.*
- *Lead by example on and off the field.*
- *Not be afraid to step out of the crowd; that is; to speak to teammates making poor or inappropriate choices.*
- *Be a motivator (encouraging, modeling)*
- *Be a role model for good sportsmanship*

Captains can be of great assistance in actively working to encourage teammates to follow the athletic training rules during the sports season and in preventing the use of tobacco, vaping products, alcohol, drugs, or any other inappropriate substances. Being selected to the position of team captain carries prestige, influence, and as a result, tremendous responsibility. Before accepting this key leadership position, weigh the responsibilities that come with it.

CAPTAIN'S PLEDGE

I realize being selected to the position of team captain carries with it more responsibility than being just a team member. Others in the school and greater community look up to me as a leader and a role model. I will do my best to exemplify the qualities that the Administration, Athletic Department, Head Coach and school community expect of me. I pledge to adhere to this code of conduct all year-round.

Code of Conduct

I pledge to:

- Follow the Athletic Training Rules by remaining chemical free (I will not use tobacco, nicotine delivery systems, vapor products, alcohol or illegal drugs, including hosting or attending functions where under age drinking and/or illegal drugs is/are occurring.)
- Conduct myself in a manner consistent with the New Milford Expectations for Acceptable Behavior and Citizenship as outlined in the Athletic Handbook
- Earn the respect of my teammates, the school community and the larger New Milford community
- Be a good citizen (I will demonstrate respect, loyalty, cooperation, trustworthiness, selflessness, honesty, compassion and pride in my school and its positive reputation)
- Demonstrate good school behavior (I will be punctual and abide by school rules)
- Demonstrate positive Academic Qualities (I commit to academic progress and my best effort)
- Demonstrate positive Athletic Qualities (I commit myself to good skills, dedication, commitment to the sport, good sportsmanship, hard work, teamwork and communication skills)
- Be willing to act as the liaison between teammates, coaches, director of athletics, and other appropriate school personnel
- Attend and actively participate in ALL required Leadership Circle meetings

PLEASE NOTE THIS IS A 12-MONTH COMMITMENT. Failure to meet these expectations will result in the immediate removal of your captaincy. See consequences on back.

NAME OF CAPTAIN: _____

SIGNATURE OF CAPTAIN: _____

SIGNATURE OF PARENT: _____

SIGNATURE OF ATHLETIC DIRECTOR _____

CONSEQUENCES

Out of Season Violations

Will result in a loss of captaincy, further discipline may apply if the athlete is involved in unacceptable behavior. Violation of the Athletic Training Rules will result in removal of captaincy.

In Season Violations

All in season violations will result in loss of captaincy. In addition, violations of athletic training rules will result in suspension from team. This includes unacceptable behavior

Senior Captains

Any senior captain that violates the Code of Conduct is subject to the same consequences as listed above. In addition they are not eligible to be captain of any other teams.

Junior Captains

Any junior captain who violates the Code of Conduct is subject to the same consequences as listed above. In addition they are not eligible to be selected captain of any team until three seasons of play have passed from the date of the violation (including the season in which the violation occurred).

SELECTION OF CAPTAINS

At the conclusion of each school year, captains will be selected for athletic teams for the upcoming school year. To be eligible for selection as a Captain, an athlete must meet the criteria outlined under Captains' Expectations on page 22 of the Athletic Handbook. ***Students must have a clean record (no violations of Code of Conduct) for three seasons prior to being selected as a Captain.***

PLEASE NOTE: Students interested in being Captain are encouraged to demonstrate their leadership skills and abilities to teammates and coaching staff during the off-season prior to the selection process. Student athletes can be of great assistance to the head coach by helping to organize various out-of-season team activities (i.e., strength and conditioning programs for team members, participation in out-of-season leagues, participation in fund-raising activities, and participation in meeting the eighth graders at the end of the school year).

EXCEPTION: All Captain Elects will be submitted to the Athletic Director/Administration for final approval. Students accepting the responsibility and honor of a Captaincy must sign the Captain's Pledge, as must their parents.

The Administration reserves the right to revoke any captaincy if the Code of Conduct is violated. Under unusual circumstances with approval of the Athletic Director, the selection process may be delayed if it is in the best interests of the team.

MEDICAL/HEALTH ISSUES

Athletic Physical Examination Requirements

The **sports physical** is a State requirement necessary for your child's eligibility to participate in high school sports and must be completed in its entirety. All athletic physicals must be valid throughout the entire season of play. Any athlete whose physical expires prior to the completion of their season of play will be suspended from practice/play immediately, effective on the date of the expiration. Athletes will not be allowed to continue until the physical is valid throughout the entire season. We have a 13-month physical policy here to accommodate family insurance plans that only cover 1 physical per year. Example: A physical administered on October 1, 2025 is valid through November 1, 2026.

The sports physical form must be fully completed by the physician to include his/her signature and date of exam along with office stamp. The ideal time for your child's physical to take place would be during the

time frame of mid June through the last week of August. This would ensure that your son/daughter would be able to participate in athletics for the entire school year without interruption.

If the physical can't be scheduled over the summer months, the physical should be scheduled before the beginning of the season in which the current physical would expire. This will avoid any interruption of participation and allow students to enjoy a full season of play. Listed below are the approximate lengths of seasons:

Fall Season – the last week of August through the mid-late November.

Winter Season – mid November through mid March

Spring Season – mid March through mid June

PROCEDURES FOR ATHLETIC INJURIES AND INSURANCE:

1. Report the injury immediately to the coach and athletic trainer.
2. Secure all necessary medical treatment under the Athletic Department
3. If it is a traumatic injury requiring immediate medical care, the coach will follow emergency medical procedures, i.e. call ambulance, contact parents, send athlete with his/her emergency medical card to hospital, make sure an adult (qualified personnel) is present during transport.
4. If it is a routine athletic injury (sprain, strain, pull), secure an evaluation from our professional athletic trainer. The trainer will refer the injury if needed and limit participation.
5. The trainer will log all injuries and complete accident report for the student/athlete (coaches must report minor injuries to trainer). Accident reports will be submitted to the Athletic Director who will sign and supply necessary insurance forms to the parents as requested. **It is the responsibility of the family to mail these forms to the insurance carrier.** Claim forms should be completed and sent to the insurance company **within 90 days.**
6. Any visit to a doctor for treatment of a sport-related injury must be reported to the coach. You are obligated to obtain a written release from the doctor before further participation.
7. A student who has been injured and has had medical treatment must have a signed release form from the physician before he/she may participate or begin the return to play protocol.
8. Under no circumstances will an athlete be allowed to return to play without a medical release from his/her attending physician.

INSURANCE

The New Milford Board of Education has purchased, at no cost to you, an Accident Medical Insurance Plan to help cover medical expenses resulting from interscholastic sport injuries. *Because this is an EXCESS plan only with coverage limitations, it is strongly urged that all parents have their own family insurance.* All players, coaches, and managers of every interscholastic sport (including cheerleading) are covered throughout the entire school year. The program covers accidental bodily injuries occurring to a covered person while participating in or traveling, while under the supervision of proper school authority, to or from any regularly scheduled game or practice of an interscholastic sport.

This is an Excess Plan

The Medical Expense benefit of this program is an "excess" type benefit. The policy does not cover treatment or service for which benefits are payable or service is available under any other insurance or medical service plan available to the insured person, including but not limited to, HMOs, PPOS, Workers'

Compensation and automobile no-fault insurance. This does not apply to a plan of insurance by the Connecticut Health Reinsurance Association.

Accident Only Insurance Does Not Cover Sickness

For further information regarding the accident plan program, please contact the Business Office.

INFORMATION ON MEDICAL COVERAGE PROVIDED AT NEW MILFORD HIGH SCHOOL

Injuries to athletes will occur in interscholastic athletics at all levels regardless of the amount of precautions taken; such as safe playing conditions, proper coaching techniques, the quality and safety of equipment and the required warnings of injuries. Realizing this fact, New Milford High School employs the services of a Certified Athletic Trainer in order to provide immediate quality care.

The Athletic Trainer is available at the high school each week, Monday - Friday, starting at 2:15 p.m. to administer care to athletes. When requested, the Athletic Trainer will supervise rehabilitation in order to minimize the risk of re-injury. The trainer, however, is not here to replace your family's own medical specialist. He is here to provide immediate emergency first aid.

The Athletic Trainer, when present, will have the responsibility of administering to all injured athletes and making the proper recommendations. In the event the trainer is not present, the coach in charge of the activity will assume the responsibility. All coaches are trained to administer first aid and CPR. The coaches have been instructed not to diagnose or treat an injury but to administer first aid and refer the injury to the Athletic Trainer or appropriate medical personnel.

FURTHER MEDICAL REQUIREMENTS AND INFORMATION

ATHLETIC PHYSICALS

All athletic physicals must be valid throughout the entire season of play. Any athlete whose physical expires prior to the completion of their season of play will be suspended from practice/play immediately effective on the date of expiration. Athletes will not be allowed to continue until the physical is valid throughout the entire season. Currently, physicals are valid for 15 months.

The ideal time for your child's physical to take place would be during the time frame of mid June through the last week of August. This would ensure that your son/daughter would be able to participate in athletics for the entire school year without interruption. If the physical can't be scheduled over the summer months, the physical should be scheduled before the beginning of the season in which the current physical would expire. This will avoid any interruption of participation and allow students to enjoy a full season of play. If you have any questions, please contact either the Athletic Director at 860-350-6647 ext. 1411 or the school nurse at 860-350-6647 ext. 8.

PRESCRIBER'S AUTHORIZATION

If your son/daughter has a medical condition and requires any type of medical attention, the parents(s)/guardian(s) must provide the school nurse with a signed physician's order/signed parent/guardian authorization. Please stop by the Nurse's office to obtain a Prescriber's Authorization Form.

ALLERGIC REACTIONS

If your child is a severe allergic (anaphylactic) reactor, please be aware that ANAPHYLAXIS is a medical emergency that requires immediate attention. Due to the increasing number of students having anaphylactic reaction to foods, bee stings, medication, unknown reactors or exercise, it is important that an Epi-Pen and/or Benadryl be provided for the child by the parent/guardian along with the medication form that states the athlete may keep with him/her the medication to self-administer, if necessary. ***The athlete will not be allowed to participate until the nurse receives the physician's order.*** It is the athlete's responsibility to carry the medication with him/her at all practices and games. Failure to comply will result in suspension from play. The necessary equipment must be supplied by each parent/guardian to avert a potentially dangerous situation. Please call the school nurse with any further concerns/questions.

Requirements for Participation

All required forms for participation are part of the Final Forms Online Registration program and can be found on the Athletics Web Site at: <http://nmhs.newmilfordps.org>. The following items are necessary for a student to be eligible to try out and participate with a team:

- All students that choose to participate in a sport must have a **CURRENT PHYSICAL** on file with the nurse or must submit a current physical to the nurse. **Please upload your physical to your registration.**
- All students and parents must complete the Final Forms Online Registration for each season and read and electronically sign the:
 - **Athletic Permission Form**
 - **Concussion Education Plan and Consent Form**
 - **Sudden Cardiac Arrest Awareness Informed Consent Form**
 - **Exertional Heat Illness Informed Consent Form**
 - **Mental Health Awareness Form**
 - **Student-Athlete Handbook Form**
- It is important that the information is filled out accurately and submitted to the nurse at least one week prior to the first practice date.

A PARENT'S GUIDE TO CONCUSSION

National Federation of State High School Associations (NFHS)

Sports Medicine Advisory Committee (SMAC)

What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull, typically from a blow to the head or body. An athlete does not need to lose consciousness (be “knocked-out”) to suffer a concussion, and in fact, less than ten percent of concussed athletes suffer loss of consciousness.

Concussion Facts

- A concussion is a type of traumatic brain injury. The result is a more obvious functional problem than a clear structural injury, causing it to be invisible to standard medical imaging (CT and MRI scans).
- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but boys' ice hockey, boys' lacrosse, girls' soccer, girls' lacrosse and girls' basketball follow closely behind. All athletes are at risk.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.
- Concussions can cause symptoms which interfere with school, work, and social life.
- Concussion symptoms may last from a few days to several months.
- An athlete should not return to sports or physical activity like physical education or working-out while still having symptoms from a concussion. To do so puts them at risk for prolonging symptoms and further injury.

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from that activity. Continuing to play or work out when experiencing concussion symptoms can lead to worsening of symptoms, increased risk for further injury and possibly death. Parents and coaches are not expected to be able to make the diagnosis of a concussion. A medical professional trained in the diagnosis and management of concussions will determine the diagnosis. However, you must be aware of the signs and symptoms of a concussion. If you are suspicious your child has suffered a concussion, he or she must stop activity right away and be evaluated:

When in doubt, sit them out!

All student-athletes who sustain a concussion need to be evaluated by a health care professional who is experienced in concussion management. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be immediately taken to the emergency department.

What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES

SYMPTOMS REPORTED BY ATHLETE

Appears dazed or stunned

Headache

Is confused about what to do

Nausea

Forgets plays

Balance problems or dizziness

Is unsure of game, score, or opponent

Double or fuzzy vision

Moves clumsily

Sensitivity to light or noise

Answers questions slowly

Feeling sluggish

Loses consciousness

Feeling foggy or groggy

Shows behavior or personality changes

Concentration or memory problems

Can't recall events prior to hit

Confusion

Can't recall events after hit

When can an athlete return to play following a concussion?

After suffering a concussion, **no athlete should return to play or practice on that same day.**

Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown that the young brain does not recover quickly enough for an athlete to safely return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in almost all states to pass laws stating that **no player shall return to play that day following a concussion, and the athlete must be cleared by an appropriate health-care professional before he or she is allowed to return to play in games or practices.** The laws typically also mandate that players, parents and coaches receive education on the dangers and recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared for return to play, he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average, the athlete will complete a new step each day. An example of a typical return-to-play schedule is shown below:

Day 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

Day 2: Running in the gym or on the field. No helmet or other equipment.

Day 3: Non-contact training drills in full equipment. Weight-training can begin.

Day 4: Full contact practice or training.

Day 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.

How can a concussion affect schoolwork?

Following a concussion, many student-athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short- and long-term memory, concentration and organization.

In many cases after the injury, it is best to decrease the athlete's class load early in the recovery phase. This may include staying home from school for a few days, followed by academic accommodations (such as a reduced class schedule), until the athlete has fully recovered. Decreasing the stress on the brain and not allowing the athlete to push through symptoms will shorten the recovery time.

What can I do?

- Both you and your child should learn to recognize the "Signs and Symptoms" of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has suffered a concussion.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate a concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

Other Frequently Asked Questions

Why is it so important that athletes not return to play until they have completely recovered from a concussion?

Student-athletes that return to any activity too soon (school work, social activity or sports activity), can cause the recovery time to take longer. They also risk recurrent, cumulative or even catastrophic consequences, if they suffer another concussion. Such risk and difficulties are prevented if each athlete is allowed time to recover from his or her concussion and the return-to-play decisions are carefully and individually made. No athlete should return to sport or other at-risk activity when signs or symptoms of concussion are present and recovery is ongoing.

Is a "CAT scan" or MRI needed to diagnose a concussion? Diagnostic testing, which includes CT ("CAT") and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening head and brain injuries (skull fractures, bleeding or swelling), they are currently insensitive to concussive injuries and do not aid in the diagnosis of concussion. Concussion diagnosis is based upon the athlete's story of the injury and a health care provider's physical examination and testing.

What is the best treatment to help my child recover quickly from a concussion?

The best treatment for a concussion is rest. There are no medications that can help speed the recovery. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened or eliminated, if symptoms worsen.

How long do the symptoms of a concussion usually last?

The symptoms of a concussion will usually go away within 2–3 weeks of the initial injury. You should anticipate that your child will likely be out full participation in sports for about 3–4 weeks following a concussion. However, in some cases symptoms may last for many more weeks or even several months. Symptoms such as headache, memory problems, poor concentration, difficulty sleeping and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances that surround each individual injury, such as how the injury occurred and the duration of symptoms following the concussion, are very important and must be individually considered when assessing an athlete’s risk for and potential long-term consequences from incurring further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached after a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussions.

I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of “chronic traumatic encephalopathy (CTE)” in former professional players has received a great deal of media attention lately. Very little is known about what may be causing these dramatic abnormalities in the brains of these unfortunate players. At this time we do not know the long-term effects of concussions (or even the frequent sub-concussive impacts) which happen during high school athletics. In light of this, it is important to carefully manage every concussion and all concussion-like signs and symptoms on an individual basis.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS’s Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

Revised and Approved April 2013

April 2010

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position

statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.

INFORMATION FOR THE COLLEGE BOUND STUDENT/ATHLETE

Many college sports are regulated by the National Collegiate Athletic Association (NCAA) an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions: Division I, Division II, and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

All high school students who wish to practice and compete for a Division I or II institution must register with the NCAA Initial Eligibility Clearinghouse. The Clearinghouse will determine a student/athlete's initial eligibility status for all Division I and II institutions by reviewing an official high school transcript and the official SAT/ACT scores. All athletes interested in playing a college sport should contact the Athletic Director for a detailed hand-out on NCAA eligibility.

Student/athletes should pick up all necessary forms in the Guidance Office. These forms are usually available at the end of August.

All coaches and student/athletes should be aware of NCAA regulations regarding recruiting and academic requirements. All school personnel and student/athletes should be aware of NCAA recruiting rules concerning tryouts and/or auditions. The NCAA does not sanction or endorse any scouting service; therefore, you should determine whether the scouting service meets NCAA requirements.

For the large number of student/athletes at the high school level athletic scholarships will not be offered; therefore, the following recommendations are for your use in pursuing financial aid and/or acceptance to the college or university which best matches your abilities and interests.

- Discuss with your guidance counselor the range of colleges for which you are academically qualified.
- Talk with your coach about the level of competition he/she feels you might be best suited to participate in (i.e. Division I, II, III, or Junior College).
- Narrow your college selection list to a reasonable size, taking into consideration the quality of academic and athletic programs, determining whether they are right for you. Be realistic about your choice.
- Find the name of the coach in your sport(s) at each college on your list. (Use the National Directory of College Athletics in the guidance office).
- Request your high school coach to write a personal letter to the college coach highlighting your transcript, academic achievements, and interests as well as a thorough and detailed discussion of your athletic accomplishments (statistics, clippings, letters earned, records set, honors). Video clips should be put together for availability to college coaches.
- Decide where you wish to apply. Few college coaches will take an interest in you unless you formally apply. Initiate, don't react.
- Remain in touch with the coaches after applying. Inquire about the status of your application and financial aid. If possible, visit the college and the coach - sell yourself as a person and a student athlete.

- A letter from a college coach is an overture, NOT an offer.
- Be familiar with NCAA visitation rules (check with your coach).
- Financial Aid is based on need. Applications for financial aid as well as other scholarships are available in your counseling office.
- You may choose to continue your sports career even though you are not involved in intercollegiate competition. Most colleges and universities have extensive, competitive intramural programs for men and women.

PARENTAL SUPPORT IS KEY TO AN ATHLETE'S SUCCESS

As parents, you can be a tremendous asset to the attainment of the Athletic Department's goals and the goals of your child. Weston parents have traditionally provided support, loyalty, and encouragement to the teams and the school staff. The school system believes that only through a close level of cooperation and communication between the parents and the school can the necessary guidance, leadership, concern, and encouragement which is so important during your son's/daughter's teenage years be provided. All parents are encouraged to support our teams by attending as many athletic contests as possible.

As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed upon your child. This begins with clear communication from the coach of your child's program.

It is essential that parents and athletes demonstrate respect for coaches. The coach has been appointed to a leadership and decision making position. His/her responsibility is to the individual participant, the team, and the school system. As a result, all coaches have been instructed to make the best decisions they can and not to bow to parent or fan pressure relative to athletic and/or coaching decisions. In all instances, an environment of mutual respect and civility should prevail and the appropriate steps for a solution should be followed.

COMMUNICATION YOUR CHILD SHOULD EXPECT FROM HIS/HER COACH

1. Philosophy of the coach
2. Expectations the coach has for your child as well as the players on the squad
3. Locations and times of all practices and contests
4. Team requirements; i.e., fees, special equipment, off-season conditioning
5. Procedure should your child be injured during participation
6. Discipline that results in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concerns with regard to a coach's philosophy and/or expectations

As your children become involved in programs at New Milford High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times respectful discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time
2. Team strategy
3. Calling plays
4. Other student-athletes
5. Selection of captains
6. Special awards

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, please follow the steps outlined in the Chain of Communication, to help promote a resolution to the issue of concern.

SOLVING CONFLICTS - CHAIN OF COMMUNICATION

We understand that parents have great interest in the welfare of their child and that it is possible that, from time to time, disagreements between the coach and the parents may occur.

All issues between an athlete and a coach should **FIRST** be dealt with between each other. If the conflict cannot be resolved between the coach and athlete, then the athlete should make an appointment with the Athletic Director to inform him/her of the problem. At this time parents are urged to make appointments with the coach to share their concerns. In the event that acceptable solutions cannot be secured the parent should then contact the Athletic Director. If additional discussions are required to resolve the problem, the parent has the right to appeal decisions through the administration.

These are the steps that should be followed until there is a resolution to the problem:

1. Athlete and Coach
2. Athlete and Athletic Director
3. Parent, Athlete, and Coach
4. Parent, Athlete, Coach, and Athletic Director
5. Parent contacts Building Principal

Parents are urged to contact the coach directly using the email and/or phone number the coach has provided for contact. Please do not contact the coach at home unless requested to do so. Please do not attempt to confront a coach before or after a contest or event. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. If the coach does not respond to

your email or phone call, contact the Athletic Director at 860-350-6647 ext. 1411 and he will contact the coach on your behalf.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Parent spectators have made significant contributions to the fine reputation New Milford has earned in the display of good **sportsmanship**. Serving as positive role models for our student body, they have exhibited the highest ideals of good sportsmanship.

Together, the parents and the coaches can provide the necessary guidance, leadership, concern, and encouragement which are so important during the high school years.

NEW MILFORD HIGH SCHOOL ATHLETIC PROGRAMS 2026-2027

New Milford High School, home of the Green Wave, offers 28 interscholastic programs. Our program is indicative of either a "M", "L", or "LL" classification school (LL is the largest classification, other being L, M, S). These classifications are based on our enrollment numbers and the number of schools participating in the sport statewide. Levels of sport programs offered are subject to change based on participation numbers.

Fall Sports

BOYS

Cross Country (V, JV)
Football (V, JV, FR)
Soccer (V, JV, FR)
Golf (V, JV)

GIRLS

Cheerleading (V, JV) *
Cross Country (V, JV)
Dance (V) *
Field Hockey (V, JV, FR)
Soccer (V, JV, FR)
Swimming/Diving (V, JV)
Volleyball (V, JV, FR)

Winter Sports

BOYS

Basketball (V, JV, FR)
Ice Hockey (V) *Co-op
Indoor Track (V, JV)
Swimming/Diving (V, JV)
Wrestling (V, JV)

GIRLS

Basketball (V, JV, FR)
Cheerleading (V, JV) *
Indoor Track (V, JV)
Gymnastics (V, JV)
Dance (V) *
Ice Hockey (V) * Co-op

Spring Sports

BOYS

Baseball (V, JV, FR)
Lacrosse (V, JV, FR)
Tennis (V, JV)
Track and Field (V, JV)
Volleyball (V, JV)

GIRLS

Softball (V, JV, FR)
Lacrosse (V, JV, FR)
Tennis (V, JV)
Track and Field (V, JV)

* Cheerleading and Dance are open to both genders

TOTAL TEAMS

Boys Teams 33

Girls Teams 33

Total Teams 66

2026 – 2027 NEW MILFORD SPORTS TIMETABLE

<u>SPORT</u>	<u>COACH</u>	<u>START</u>	<u>END</u>
<u>FALL</u>			
Cheerleading	Sierra Calo	8/24/2026	11/24/2026
Cross Country (Boys)	Mike Silvestri	8/24/2026	11/14/2026
Cross Country (Girls)	TBA	8/24/2026	11/14/2026
Dance	Rockshana Desances	8/24/2026	11/24/2026
Field Hockey	Dawn Hough	8/24/2026	11/21/2026
Football	Sean Murray	8/24/2026	11/24/2026
Golf (Boys)	Jim Mullin	8/10/2026	10/26/2026
Boys Soccer	Steve Carneiro	8/24/2026	11/22/2026
Girls Soccer	Kora Kukk	8/24/2026	11/22/2026
Swim/Diving (Girls)	TBA	8/24/2026	11/22/2026
Volleyball (Girls)	Lisa Stein	8/24/2026	11/21/2026
<u>WINTER</u>			
Basketball (Boys)	Brice Assie	12/3/2026	3/21/2027
Basketball (Girls)	Amy Shanks	11/30/2026	3/21/2027
Cheerleading	Sierra Calo	12/3/2026	3/15/2027
Dance	Rockshana Desances	12/3/2026	3/8/2027
Ice Hockey	Hank Dietter	11/30/2026	3/23/2027
Indoor Track(Boys)	Mason Flynn	12/3/2026	3/6/2027
Indoor Track (Girls)	TBA	12/3/2026	3/6/2027
Swim/Diving (Boys)	Shannon Danaher	12/3/2026	3/13/2027
Wrestling	Chris Piel	11/30/2026	3/7/2027
<u>SPRING</u>			
Baseball	Ryan Johnson	3/13/2027	6/12/2027
Lacrosse (Boys)	Evan Cassells	3/20/2027	6/12/2027
Lacrosse (Girls)	Kelsey Holub	3/20/2027	6/13/2027
Softball	Rob Farmer	3/13/2027	6/12/2027
Tennis (Boys)	Mitchell Kindred	3/20/2027	6/9/2027
Tennis (Girls)	Jason Arnauckas	3/20/2027	6/9/2027
Track & Field (Boys)	Mason Flynn	3/20/2027	6/12/2027
Track & Field (Girls)	Mason Flynn	3/20/2027	6/12/2027
Volleyball (Boys)	Steve Carneiro	3/20/2027	6/10/2027

*** Please note that ending dates are approximate**

IMPORTANT NAMES AND CONTACTS

Athletic Director – Keith Lipinsky (lipinskyk@newmilfordps.org) – 860-350-6647 ext. 1411

Athletic Trainer – Riley Burns – burnsr@newmilfordps.org

HEAD COACHES

FALL

Cheerleading
Cross Country (Boys)
Cross Country (Girls)
Dance
Field Hockey
Football
Golf (Boys)
Boys Soccer
Girls Soccer
Swim/Diving (Girls)
Volleyball

Sierra Calo
Mike Silvestri
Giles Vaughan
Rockshana Desances
Dawn Hough
Sean Murray
Jim Mullin
Steve Carneiro
Kora Kukuk
TBA
Lisa Stein

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WINTER

Basketball (Boys)
Basketball (Girls)
Cheerleading
Dance
Gymnastics
Ice Hockey
Indoor Track (Boys)
Indoor Track (Girls)
Swim/Diving (Boys)
Wrestling

Brice Assie
Amy Shanks
Sierra Calo
Rockshana Desances
Bethany Mihaly
Hank Dietter
Mason Flynn
TBA
Shannon Danaher
Chris Piel

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HDietter@nucompass.com
flynnm@newmilfordps.org
TBA
danahers@newmilfordps.org
ferret972@aol.com

SPRING

Baseball
Lacrosse (Boys)
Lacrosse (Girls)
Softball
Tennis (Boys)
Tennis (Girls)
Track & Field (Boys)
Track & Field (Girls)
Boys Volleyball

Ryan Johnson
Evan Cassells
Kelsey Holub
Rob Farmer
Mitch Kindred
Jason Arnauckas
Mason Flynn
Mason Flynn
Steve Carneiro

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scarneiro@connecticut.com

ATHLETIC DEPARTMENT WEBSITE:

<https://www.newmilfordps.org/new-milford-high-school/athletics/>

Current Schedules, Cancellations, Directions, Information

ATHLETIC DEPARTMENT INSTAGRAM ACCOUNT

Athletic News, Pictures, Announcements.

[nmhsgreenwave_athletics](https://www.instagram.com/nmhsgreenwave_athletics)

SWC WEBSITE

Conference standings, past champions and other important information

www.swcsportscenter.com

CIAC WEBSITE

Directions, Information, Sign up for emails about schedule changes

www.ciacsports.com