Sports at Pomperaug High School are an extracurricular activity. It is a privilege not a right to participate in interscholastic athletics at Pomperaug High School. That privilege may be revoked at the discretion of the school. Parents have the right to set academic and behavioral standards above and beyond the school standards for their children. Parents have the right to revoke their child’s privilege to participate on an interscholastic team. Working together to develop responsible young people is a team effort, and we need you on our team.

1) Pomperaug High School coaches have the sole responsibility for the selection of all team members. The team selection is based on the subjective opinion of the coach who will consider the students’ athletic ability, sportsmanship and citizenship when making choices.

2) The amount of playing time, the position the athlete plays and the level that they play (Varsity, JV, and Freshman) is at the sole decision of the coach. At the varsity level in particular, the emphasis will be on developing the most competitive team possible given the talent of the athletes. Younger students may play over older students. There is no guarantee of playing time particularly at the Varsity level. It is possible that students may not play at all. Payment of a participation fee is not a guarantee of any playing time.

3) Spectators, including students, parents and others attending contests shall refrain from criticizing officials, coaches, opponents or players. Inappropriate spectator behavior can result in banishment from contests.

4) Students must take at least 4 units of work. A unit is defined as a course that meets each day for full credit.

5) Students must pass at least 4 units or the equivalent at the end of the last marking period. Incomplete grades do not count. For fall participation a student must have received credit toward graduation at the close of the school year preceding the contest in at least four units.

6) Students cannot be 19 years old before July 1st and participate in a sport.

7) Students cannot have transferred into Pomperaug from another school district without changing their address.

8) A student has 4 consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition. 4 years from their entry into high school, students may no longer participate in sports even though they may not have participated in each year.

9) Students must abide by all CIAC rules and regulations for their respective sport. This pertains to outside play, practice or participation with other coaches or teams in the same sport while participating as a member of the school team while that school team is in their respective season.

10) Students cannot receive personal economic gain for participation in any sport. Students cannot receive gifts for participating in their sport.

11) Attendance at all practices and games is considered mandatory, including vacation periods. Each individual coach will monitor this and have the authority to hand out consequences as they see fit. Athletes and parents must realize that missed practice time may affect the playing time of the athlete. Students who will be absent from or late to practice should speak directly to the coach in advance. Do not pass a message via another person.

12) An injured athlete who has had medical treatment cannot participate until a release from the doctor is given to the nurse, the trainer and the coach.

13) Uniforms or parts of uniforms may be worn only at the coaches’ discretion.
14) Possession, use or being under the influence of alcohol, tobacco (including any type of vapes) or illegal drugs (including steroids or other performance enhancing drugs) on school grounds, at school functions off school grounds, en route to, during, or driving from a contest is strictly forbidden. As a result of this infraction an athletic penalty will be imposed ranging from a three week suspension up to removal from the team for the remainder of the season. The CIAC may institute stricter rules which would supersede this school policy. Coaches may institute stricter rules which would supersede this policy.

15) Pomperaug High School and the CIAC do not, in any way, sanction, encourage or condone “Captain’s Practice”. Students should not feel pressured or compelled to participate in off-season practices. Off-season practices are not sanctioned or supervised by Pomperaug High School coaches or the athletic department. Students do not have permission to practice or play on school grounds on their own. Athletic insurance will not cover students that are injured during unauthorized practice. Teams may hold voluntary out of season, physical conditioning workouts with a coach.

16) Athletes and parents are expected to maintain the highest order of sportsmanship at all times.

17) Teams will follow the process for selection of captains as established by the athletic department.

18) No student at Pomperaug High School may take part in bullying, initiations or hazing. Students do not have the right to impose their will on other students, nor should they feel compelled to be initiated by others. Sport teams at Pomperaug High School should be welcoming, comfortable and inclusive. There will be a penalty imposed on those who participate in bullying, initiations or hazing.

19) Supervision by a paid coach or teacher is required to use the weight room. Athletes must wear appropriate clothing and follow all safety guidelines posted.

20) Athletes must travel to and from contests in school provided transportation with the following exceptions. With prior permission from the coach, a student may go to and/or from a contest with his/her parent. With prior permission from the coach and a written note from his/her parent, a student may go to and/or return from a contest with another adult. With written permission of the parent and the prior permission of the coach, students can drive themselves to and/or from an event. No student may drive to and/or from an athletic contest with another student. No student may be driven to and/or from an athletic contest by the coach unless the coach has the proper licensing. Families are responsible for travel to practices that occur on weekends and for practices that do not occur immediately after school. In addition, families may be required to provide transportation to specific contests as identified in advance by the coach.

21) Occasionally students will be dismissed early from school to travel to contests.

22) Students are financially responsible for uniforms issued to them. All uniforms must be returned to the coach at the conclusion of the season.

23) Every Pomperaug High School athlete will undergo concussion screening. Parents can obtain more information by calling the athletic office.

24) All athletes are expected to fully participate in Physical Education class. No athlete is excused from Physical Education for athletic reasons.

25) Students are responsible for their personal property. Students should never leave property unlocked. If a lock or locker is not available students should keep the property with them at the practice area.

26) An athlete who is on suspension from school is not eligible to take part in any team activities, including practices, or take part in a contest until he/she is allowed to return to school.

27) Student-athletes must follow all school rules.

28) Coaches reserve the right to close practices to parents and other members of the public.

29) Parents must pick up students within 1/2 hour of the conclusion of practices or games.

30) In instances where issues or conflicts arise, parents and students shall comply with the following chain of command:
- Athlete should try to resolve the situation directly with the coach.
- If the concern is not resolved, athlete/parent or guardian should try to resolve situation with the coach.
- If the concern is still not resolved, it should be addressed with the Athletic Director.
- If the concern remains unresolved it should be brought to the attention of the Principal, as well as the Athletic Director.

31) In order to maintain the safest possible conditions for our students all Region 15 students are required to wear a reflective vest if they are running or jogging on public roads that are off school campuses. This includes sports practices, out of season work outs or any other activity connected with Region 15.
32) The school may print and publish a students’ picture and name in various publications including but not limited to newspapers, newsletters, CIAC and Region 15 Web Sites and other forms of print and electronic media.

33) Games may be cancelled without any advanced notice for a variety of reasons. Make-up games may be rescheduled for any day, including Saturdays, Sundays, school vacation days and holidays. Players need to keep their schedules free even on days when games are not originally scheduled to in order to play possible make-up games. Changes will not be made to accommodate individual students’ personal commitments.

Rev. 1/23/18