

# Plainfield Panther Athletic Handbook



Philosophy of Athletics

You are a member of a Plainfield High School athletic team. We the administration and coaching staffs hope this experience will be meaningful and that its benefits will remain with you for the rest of your life.

The most important of these responsibilities is to broaden your experiences and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences.

You automatically assume a leadership role when you become a member of an athletic team. The student body and citizens of our community know you. The student body, community and other communities judge our school by your conduct, attitude and behavior on and off the playing fields. Because of this leadership role you can contribute greatly to school spirit and community pride.

We sincerely hope that you enjoy your experiences as a Plainfield High School athlete and live up to the responsibilities that this entails.

The kind of athlete you are today tells about the kind of adult you will be tomorrow.

### **Sportsmanship**

The school administrators, coaching staff and community feel strongly that high standards of conduct and sportsmanship are essential in maintaining a sound athletic program. The welfare of our entire student – athletes is our major consideration.

All Connecticut Interscholastic Athletic Conference (CIAC) rules regarding eligibility will be followed, along with the Plainfield Board of Education policies.

A major factor contributing to the reputation of any school is the manner in which students, spectators and coaches present themselves at all athletic events.

It is expected that the following will be adhered to by all:

- Show respect for opponents at all time
- Derogatory comments, cheers, signs or directed gestures toward the opposing players, coaches, cheerleaders, spectators or officials will not be tolerated
- Maintain self control at all times; good sportsmanship requires one to understand his or her own biases or prejudice. The desire to win must never overcome sound appropriate behavior
- For good sportsmanship to become a reality it is each individual's responsibility to demonstrate appropriate behavior and encourage his or her peers to do the same

## **Plainfield Athletic Policies**

### **STUDENT DRUG and ALCOHOL USE POLICY/SUBSTANCE ABUSE –**

The use possession and/or sale of alcoholic beverages and non-prescribed drugs, and drugs not prescribed for the individual in possession are forbidden on all school property. This prohibition applies to all students participating in all officially sanctioned school activities wherever they are conducted. This prohibition includes transportation to and from such activities on school busses and/or other officially sanctioned transportation facilities. Penalties on the use and /or possession of alcohol, tobacco, street drugs (including but not limited to marijuana, heroin and cocaine) including performance enhancing substances are outlined on page 26. Any student who violates the rules on substance abuse will be subject to PHS disciplinary action including referral for counseling, suspension, expulsion or dismissal from the team. The use of tobacco in any form is prohibited.

#### **Substance Abuse –**

Penalties on the use and/or possession of alcohol and other drugs are outlined in the P.H.S. “Student Handbook.” Any student-athlete who violates the rules on substance abuse will be subject to action including referral for counseling, suspension or dismissal from the team. The use of tobacco in any form is prohibited.

#### **School Suspension –**

Any athlete that is on an out of school suspension is not allowed to practice or play in games on those days.

#### **Injuries –**

All injuries are to be reported immediately to the coach in charge. This is the responsibility of the student athlete. The student must complete an accident report with the coach. An athlete who has been injured and had medical treatment cannot participate until medical clearance has been granted.

#### **Practices –**

Regular attendance at all practices and games along with promptness is imperative. Absences will be excused for illness or school sponsored events. Unexcused absence from a game or continued unexcused absence from practice may result in dismissal from the team.

#### **Transportation –**

All athletes must travel to and from contests in transportation provided by the school. The only exception is if an athlete is traveling with his/her parent or guardian. This must be previously cleared with the head coach and the athletic office. No student is allowed to drive

themselves to and from away games. **No athlete is allowed to drive to practice fields unless coming from home on Saturdays or vacation days.**

#### **Equipment –**

All athletic gear is on loan to the athlete and you are personally responsible for its care and return. Lost uniforms and equipment must be reported to the coach immediately and if not found you will be charged the replacement cost for it. It is also your responsibility to maintain a clean and neat locker room. **Report Cards will not be issued if uniforms or equipment are not handed in.**

#### **Proper Dress –**

All team members are expected to dress presentably on road trips (school dress code applies). All team members are to follow the coaches' guidelines on expected dress. **We are representing our school!**

#### **Hazing Policy –**

“Hazing” means committing an act against a student or coercing a student into committing an act that creates a risk of physical or emotional harm to a person, in order for a student to be initiated into or affiliated with a student organization, or for any other purpose.

#### **The term hazing includes, but is not limited to:**

- Marking or branding
- Paddling or striking in any manner
- Scavenger hunts/road trips
- Silly deprivation
- Confinement to a restricted area
- Calisthenics
- Forcing someone to eat or drink against their will
- **Or any activity that subjects a student to unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student**

### **Requirements for Participation**

#### **A. Registrations –**

Registration for all sports must be done on line @ [www.familyid.com](http://www.familyid.com).  
Registration must be completed before try-outs.

#### **B. Physicals –**

No one may try-out until a physical has been completed, and proper forms have been handed into the nurses' office.

C. **Eligibility Requirements -**

Academic eligibility requirements set forth in the student handbook must be met per CIAC and Plainfield Public Schools.

- All Plainfield athletes will obey school rules, CIAC rules, and any other team rules established by the coaching staff.
- Any violation of the "Student Handbook" which results in suspensions, the athlete will be suspended from practices and contests of that team for those days.
- A student must be in school by 10:30 am in order to participate in an athletic contest or practice that day. An exception may be made if the student has a medical appointment in which case a signed statement from the doctor must be presented to the athletic director. A note from a parent or guardian regarding an unusual circumstance may also be accepted.

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Print Name of Student

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Sport

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Date

**CONSENT TO PARTICIPATE & ACKNOWLEDMENT OF RISK**

I/We give our permission for the above listed student/athlete to participate in organized high school athletics, realizing that such activity involves the potential for injury, which is inherent in all sports. I/We acknowledge that even with the best coaching, use of appropriate equipment and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability or even death. I/We acknowledge that I/We have read and understand this warning.

I therefore give my consent for the above listed student/athlete to engage in approved sports activities and receive transportation to and from athletic events. I also understand that participation in athletic activities creates risks normally associated with such activity and vigorous or involved bodily contact. I give my permission to the appropriate certified school staff or medical personnel to render emergency treatment, if required, when associated with

athletic injury or illness. I also give permission for the certified school staff or medical personnel to confer or consult with the physician regarding the athlete's return to participation after an injury or illness. I also give consent and/or injuries after referrals by the coach.

### **WEIGHT ROOM USAGE PERMISSION**

I give permission to the above listed student/athlete to use the Plainfield High School weight room when supervised by a member of the Plainfield High School coaching staff. I understand that there is always the possibility that some type of injury may occur when involved in any type of physical activity.

### **ATHLETIC HANDBOOK ACKNOWLEDGEMENT**

I acknowledge that I have read the Athletic Handbook for Athletes and Parents and understand the risks involved with athletic participation. I also acknowledge the rules and consequences as outlined in the Participant's Pledge and agree to abide by these rules and consequences.