

***DARIEN HIGH SCHOOL  
ATHLETIC HANDBOOK  
2007 - 2008***



**Mr. John J. Keleher  
Athletic Director**

**Mr. Dan Haron  
Principal**

## **WARNING**

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can happen. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Parents and students must be willing to accept the risks associated with interscholastic sports participation.



## ***EQUAL EDUCATION OPPORTUNITY***

It is the policy of the Darien Board of Education that no person shall, on the basis of race, creed, color, religion, sex, national origin, age or handicap, be excluded from participation in or denied the benefits of any of its educational programs or activities.

Visit our website:

<http://www.darienps.org/darienathletics/>

Latest up-to-date information on Departmental policies, procedures, team schedules, directions to games, and a whole lot more.....

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**Forms**

All forms:

- Blue Emergency Card
- Sports Participation Health Record/Medical Examination  
are available at the DHS front desk, the Athletic Department  
or Nurse's Office.

## ***INTRODUCTION***

This booklet has been written to enhance communication between parents, coaches, and school administrators. Please familiarize yourselves with the rules and regulations that govern participation in our program. If you have any questions, please direct them to John Keleher, Director of Physical Education and Athletics, 655-3981, extension 2263 or 2244.

Parents are asked to demonstrate their support by attending as many athletic contests as possible. Freshman and junior varsity players really appreciate seeing their parents at their games. Complete schedules are available at the start of every season.

By design, athletic participation is loaded with successes and failures, setbacks and triumphs. Parents can make a big difference in how these situations are handled. Parents who encourage their son or daughter to go to their coaches for clarification, understanding and counsel are contributing to their child's normal growth, development, and maturity.

## ***TO THE ATHLETES***

The Darien High School Athletic Department is very pleased you have chosen to become a member of one of our athletic teams. Interscholastic athletics provide many opportunities for you to grow and develop as a young adult. We hope the friendships you make, the challenges you face, and the excitement you generate will make this season a memorable experience.

As an athlete, your actions on and off the field reflect on the entire athletic program. Your behavior helps to shape the perceptions of those who make decisions that will impact the future of DHS Athletics. The Board of Education, Community, and School Administration cherish the values associated with competitive athletics and fund our program accordingly. We expect our athletes to conduct themselves in a manner consistent with the department's philosophy.

Blue Wave Athletic Teams take tremendous pride in their preparation and performance. Our athletes work long and hard, compete intensely, and treat opposing teams with respect. They have represented our school and community with style and class. We are counting on you to continue this successful tradition.

We encourage you to set high goals and commit yourself to their attainment. The rewards will not come quickly or easily, but when you do succeed, the sense of accomplishment will be well worth the effort.

## ***PHILOSOPHY***

Competitive athletics play an integral part in the educational program at Darien High School. The challenges associated with competition create learning experiences for all athletes. A player's drive, determination, confidence, mental toughness, and emotional control are tested daily. The educational value of athletics lies in how the athlete copes with these challenges. Coaches stress commitment, dedication, and hard work and work closely with the players as they face these obstacles. Athletes are taught a formula that can be applied to real life situations, they learn to plan, prepare, perform, evaluate, and try, try again.

Darien High School fields fifty-eight athletic teams in twenty different sports. The program includes thirty varsity and twenty-eight sub-varsity teams that provide opportunities for students to participate at a level commensurate with their abilities.

All students, including seniors, compete equally for playing time. Pre-season practices and scrimmages provide an opportunity for players to demonstrate what they can do. Coaches select the best players and field their most competitive starting lineups. Darien teams play to win, but coaches do try to balance what is good for the team and what is good for the individual player.



**ATHLETIC TEAM STARTING DATES****Varsity / JV / Freshman****Fall Season**

Cheerleading	August 20
Football	August 20 (conditioning)
Field Hockey	August 25
Boys Soccer	August 25
Girls Soccer	August 25
Girls Volleyball	August 25
Boys Cross Country	August 25
Girls Cross Country	August 25
Girls Swimming	August 25

**Winter Season**

Cheerleading	November 19
Boys Ice Hockey	November 26
Girls Ice Hockey	November 19
Girls Basketball	November 19
Boys Basketball	November 26
Boys Indoor Track	November 26
Girls Indoor Track	November 26
Wrestling	November 26
Skiing (Coed)	November 26
Gymnastics	November 26
Boys Swimming	November 26
Squash (Coed)	November 26

**Spring Season**

Boys Lacrosse	March 17
Girls Lacrosse	March 17
Baseball	March 17*
Boys' Golf	March 17
Girls' Golf	March 17
Boys Track	March 17
Girls Track	March 17
Sailing (Coed)	TBA
Softball	March 17
Boys Tennis	March 17
Girls Tennis	March 17
Boys Volleyball	March 17

\* Pitchers/Catchers begin March 10<sup>th</sup>

**INTERSCHOLASTIC SPORTS TEAMS****Fall Season**

Cheerleading			Varsity
Boys Cross Country		JV	Varsity
Girls Cross Country		JV	Varsity
Field Hockey	Freshman	JV	Varsity
Football	Freshman	JV	Varsity
Boys Soccer	Freshman	JV	Varsity
Girls Soccer	Freshman	JV	Varsity
Girls Swimming			Varsity
Girls Volleyball	Freshman	JV	Varsity

**Winter Season**

Boys Basketball	Freshman	JV	Varsity
Girls Basketball	Freshman	JV	Varsity
Cheerleading			Varsity
Gymnastics			Varsity
Boys Ice Hockey		JV	Varsity
Girls Ice Hockey			Varsity
Boys Indoor Track			Varsity
Girls Indoor Track			Varsity
Skiing (Coed)			Varsity
Squash (Coed)			Varsity
Boys Swimming			Varsity
Wrestling		JV	Varsity

**Spring Season**

Baseball	Freshman	JV	Varsity
Boys Golf		JV	Varsity
Girls Golf		JV	Varsity
Boys Lacrosse	Freshman	JV	Varsity
Girls Lacrosse	Freshman	JV	Varsity
Boys Outdoor Track			Varsity
Girls Outdoor Track			Varsity
Sailing (co-ed)			Varsity
Softball	Freshman	JV	Varsity
Boys Tennis		JV	Varsity
Girls Tennis		JV	Varsity
Boys Volleyball		JV	Varsity

- Freshman teams are open to members of the ninth grade only.
- JV Teams are open to members of the ninth, tenth and eleventh grades
- Varsity teams are open to all high school students.

## **AWARDS**

Darien High School has established an Awards System that recognizes the achievements of athletes at all levels.

<b>Varsity/JV Letters</b>	<b>Athletes earn Varsity/JV letters by meeting the criteria listed below.</b>
<b>Freshman Numerals</b>	<b>Athletes earn their freshman numerals by participating on a DHS athletic team in their freshman year.</b>
<b>MVP Awards</b>	<b>Varsity teams elect their MVP via team vote.</b>
<b>Senior Award</b>	<b>Senior athletes who play three sports in their senior year qualify.</b>



### **Cheerleading**

Freshman earn numerals. JV letter is awarded to anyone who has been on the squad less than 4 seasons. Varsity letter awarded to anyone completing four or more seasons with squad/or senior members.

### **Cross Country**

Players who earn 10 points during the season qualify for a Varsity letter. Points are awarded as follows: the first Darien runner to finish earns 7 points; the second runner earns 6 points, etc. Individuals completing the season with fewer than 10 points earn a JV letter. If you qualify, you must compete in championships meets: FCIAC, Class, Opens and New England.

### **Field Hockey**

Players who participate in  $\frac{3}{4}$  of the scheduled varsity games qualify for a Varsity letter; anyone who completes the season earns a JV letter.

### **Football**

Players who participate in  $\frac{1}{2}$  of the quarters played during a season qualify for a Varsity letter; anyone completing the season earns a JV letter.

### **Soccer**

Players who participate in  $\frac{3}{4}$  of the scheduled varsity games qualify for a Varsity letter; anyone who completes the season earns a JV letter.

### **Girls Swimming**

Swimmers must score 16 points or meet the Class "S" qualifying standard in one individual event to qualify for a Varsity letter while divers must score 8 points or meet the Class "S" standard to qualify. Swimmers/divers who complete the season earn a JV letter.

### **Girls Volleyball**

Students who play in  $\frac{1}{2}$  of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.



### **Basketball**

Players who participate in  $\frac{1}{3}$  of the total number of quarters played in the season qualify for a varsity letter; anyone completing the season earns a JV letter.

### **Gymnastics**

Players who participate in  $\frac{3}{4}$  of the scheduled meets qualify for a Varsity letter; anyone completing the season earns a JV letter.

### **Ice Hockey**

Players who participate in  $\frac{1}{3}$  of the total number of periods played in the season qualify for a Varsity letter; anyone completing the season earns a JV letter.

### **Skiing**

Skiers who finish in the top six in half of the meets or start in the top ten in 80% of the meets qualify for a Varsity letter; anyone completing the season earns a JV letter.

### **Wrestling**

Wrestlers earning 3 varsity wins (not including forfeits) in dual meets during the season qualify for a Varsity letter; anyone completing the season earns a JV letter.

### **Indoor Track**

Players must qualify and compete in an individual event or be chosen for a relay in FCIAC Eastern Division, FCIAC Championships and Class S State Meet. If a player qualifies, you must compete in FCIAC Opens and New England Meets. Players who have completed the season with fewer than 2 points earn a JV letter.

### **Squash**

Players who participate in  $\frac{2}{3}$  of the scheduled varsity matches or score in the county or State Tournaments qualify for a Varsity letter; anyone completing the season earns a JV letter.

**Boys Swimming** – Swimmers must score 16 points or meet the Class "S" qualifying standard in one individual event to qualify for a Varsity letter. Divers must score 8 points or meet the Class "S" standard to qualify. Swimmers/divers who complete the season earn a JV letter.



**Baseball** – Players who participate in 1/3 of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.

**Golf** – Players who participate in 1/3 of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.

**Lacrosse** – Players who participate in 1/4 of the total number of quarters played in the season qualify for a Varsity letter; anyone completing the season earns a JV letter.

**Track** – Players who earn 15 varsity team points (1st-5 points, 2nd-3 points, 3rd-1 point) during the season qualify for a Varsity letter; anyone completing the season earns a JV letter. If you qualify, you must compete in the following championships meets: FCIAC, Class M, Opens and New England.

**Softball** – Players who participate in 1/2 of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.

**Tennis** – Players who participate in 2/3 of the scheduled varsity matches or score in the county and State Tournaments qualify for a Varsity letter; anyone completing the season earns a JV letter.

**Sailing** – Players who participate in 1/4 of the total number of Regattas scheduled during the season qualify for a varsity letter; anyone completing the season earns a JV letter.

**Boys Volleyball** – Students who play in 1/2 of the scheduled games qualify for a Varsity letter; anyone completing the season earns a JV letter.

## **RULES AND REGULATIONS**



### **Specific Expectations**

Darien High School athletes are expected to:

1. Comply with all CIAC and school eligibility rules.
2. Attend every practice session. These include scheduled practices during holidays, weekends, and vacation periods.
3. Refrain from any use, involvement with or possession of drugs, alcohol, and anabolic steroids or use any form of tobacco during the season.
4. Conduct themselves in a manner consistent with the principles of good sportsmanship and fair play.
5. Be in school by **10:00 a.m.** Students will not be allowed to practice or compete if they are absent from school or report to school after 10:00 a.m.
6. Be responsible for the care and return of all equipment issued to them.
7. Come to school prepared for games and practices. Students are not permitted to go home for uniforms, equipment, etc.
8. Adhere to all additional rules and regulations a coach may require for his/her specific sport.
9. To be eligible to try out and participate, a student cannot be medically excused from Physical Education.

## ***ATHLETIC TRAINING RULES***

***The Athletic Training Rules policy below is currently under revision and final approval of the revised regulations will not be available until after the printing of this handbook. Students and parents will be informed as soon as the revisions are adopted. Once adopted, the revised regulations will supersede the current regulations.***

Participation in the Darien High School Athletic Program is both an honor and a privilege and, as such, carries a responsibility for the athlete to follow departmental rules and regulations including the following:

- I. **Training Rules** - Any use, involvement with\* or possession of drugs, alcohol, anabolic steroids or use of any form of tobacco at any time during the season, on or off campus, will result in appropriate disciplinary action:  
\* "Involvement with" drugs or alcohol shall include:
  - A. Being in a motor vehicle with alcohol or drugs regardless of whether the student is the passenger or driver or whether the student is in personal possession of any such alcohol or drugs, or
  - B. Permitting the illegal consumption of alcohol or use of drugs in your home or on your premises.

The appropriate disciplinary action under these training rules is separate from any discipline that may otherwise be imposed by the Administration. Disciplinary action under these rules will be determined by consideration of all the facts and circumstances of a particular situation, but shall include as a minimum the following penalties:

1. First Offense:
  - a. Drugs/Alcohol/Anabolic Steroids: the athlete will be suspended from interscholastic competition for two weeks. ***Please note that the new CIAC eligibility policy states:*** "A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination."
  - b. Tobacco: the athlete will be suspended for one game.

2. Subsequent Violations:  
A second drug, alcohol, anabolic steroid, or tobacco violation during a school year will result in the athlete being dropped from the team for the balance of the season.
3. Any athletic suspensions will include scrimmages as well as games.
4. The following **will not** be considered offenses for **athletic** suspension:
  - a. Being in a building or on premises where any of the above substances are/have been used or possessed illegally, **if** you have not used or possessed and providing it is not your parent's home. You are expected to leave the site as soon as it is responsible to do so. (You are responsible for the behavior of others on your home premises). *Note that the Standards Governing (School) Suspension and Expulsion as listed in the Student Handbook are more stringent; prohibited conduct #8 could result in a school suspension.*
  - b. Assisting someone who has used or overused any of the above substances by phoning his/her parents or your parents or guardian, 911/Post 53 or the police and staying with him/her **if** you have not used and are not in possession of any of the above substances.
  - c. Assisting someone who has overused any of the above substances by transporting them to their or your parent or guardian, Post 53, the police or the emergency room (should a phone be unavailable) **if** you have not used and are not in possession of any of the above substances. Trained personnel, Post 53, the police, or other EMT-type personnel must transport anyone who has overused a substance - and cannot be aroused - to the emergency room.
  - d. Off-season offenses will not cause athletic suspension.

The first consideration must be the safety of the person or persons that have used illegal substances. The Athletic Department does not wish to penalize students attempting to act correctly in situations not of their own making or that could not be avoided. Students must also be aware that any attempt to use the above clarifications of the training rules to "cover" their own irresponsible behavior will be dealt with severely. The penalties described above are in fact the minimums that will be assessed.

II. Enforcement Procedures

- A. Darien High School athletes and their parents shall sign an acknowledgement of these training rules before each athletic season to verify their understanding of and agreement with the terms of these training rules relative to drug/alcohol/tobacco use. Parents will be notified if a training rule is violated and of the disciplinary action taken.
- B. The Director of Athletics is responsible for the administration and enforcement of the Darien High School Athletic Training Rules and his/her determinations under these rules shall be final.
- C. Athletes in violation of these training rules will be referred to the Student Assistance Team, which shall take the following actions where appropriate:
  - 1. Identify "at risk" students who are exhibiting behaviors of concern,
  - 2. Recommend a plan of action for overcoming drug/ alcohol related difficulties and/or
  - 3. Recommend/refer the individual for appropriate counseling services.

III. Suspensions or Expulsions

- A. School Suspensions or Expulsions - student-athletes are not allowed to practice or play for a DHS Athletic Team during any period of suspension or expulsion from school regardless of the reason for the suspension or expulsion.

- B. Athletic Suspension - athletic suspensions for drugs, alcohol, or tobacco violations imposed under these rules are above and beyond any other school-initiated action. The athlete is expected to attend and participate in all practice sessions during his/her athletic suspension but may not represent DHS in any game, scrimmage, or tournament during the suspension period.

### ***CIAC ELIGIBILITY RULES***

1. A student cannot at any time represent a school unless he/she is taking at least four units of work or its equivalent. During the school year, a student must pass at least four units of work in the marking period immediately preceding the contest. No unit of work for which the student has already received credit shall be included in those required by this rule.
2. Marking period grades (not semester grades) are used to determine academic eligibility. To be eligible for fall sports, a student must have received credit toward graduation for four units of work which he/she has not previously received credit.
3. Students may not have turned twenty years of age during his or her sport's season.
4. Students cannot change schools without a change of residence.
5. Students cannot play the same sport for more than three seasons in grades 10, 11, and 12.
6. Students may not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. Exceptions: parent/child tournaments and Caddy Tournaments. Swimming, tennis and gymnastics: a student may practice but not compete with a non-CIAC team during the season.
7. Students may not play under an assumed name on an outside team.

8. Students may not receive personal economic gain for participation in any CIAC sport.
9. Students must be enrolled at a secondary school for at least twelve school weeks immediately preceding the time of participation.
10. Freshmen may compete in the first marking period regardless of grades in 8th grade.
11. Performance Enhancing Drugs Minimum Penalty – A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

### ***REQUIREMENTS FOR PARTICIPATION***

1. Student athletes participating in an interscholastic sport must, in accordance with CIAC rules and the Darien Board of Education, have an annual Sports Participation Physical current within 13 months of the beginning of tryouts, practice and competitive play. This Sports Participation Physical must be kept updated and on file with the school nurse. At no time shall an athlete be allowed to practice or compete if the sport participation physical date exceeds 13 months. Even if the sport participation health physical was accepted at the beginning of the season, if during the season it becomes more than 13 months old, the athlete will not be allowed to continue to practice or play until a new sport participation physical is on file with the school nurse. The sport participation physical should be documented on the DPS Sport Participation Health Record.
2. A parent permission form – ***which includes an important warning statement*** - and an emergency card must be completed by the candidate's parent or guardian and submitted to the coach prior to participation. This form must be submitted prior to each season or participation.
3. Participation in Athletics is a privilege not a right.

## ***SQUAD SELECTION PROCEDURES***

We feel strongly that all students benefit from participation in competitive athletics. Unfortunately, there are occasions when it becomes necessary to "cut" students in some sports. The decision to limit team size may be caused by one or more of the following factors:

- Safety (space availability and player/coach ratio)
- Time Limitations (reasonable opportunity for active participation in practice and/or games)
- Budget Limitations (cost of transportation and equipment)

Coaches are sensitive to the impact the cutting process has on candidates who do not make the team. Information regarding tryout procedures, selection criteria, and recall procedures are given to each candidate prior to the tryout period. Tryouts will include at least three (3) practices before cuts are made.

## ***ATHLETICS AND ACADEMICS***

Most teams practice at DHS between the hours of 3:00 and 6:00 p.m. There are a few teams, however, who use community facilities and, consequently, must practice when these facilities are available.

Darien games will be played after school, in the evening, or on weekends. Travel to and from games may require some teams to be dismissed early. Students are responsible for work missed or assigned when they miss class. We do our best to minimize the amount of academic time that is lost due to athletics.

Student-athletes must keep in mind that their first priority is their schoolwork. We have found that athletes can maintain a high level of performance on the field and in the classroom if they make effective use of their "unscheduled" time.

## ***JOBS – OUTSIDE SPORTS TEAMS***

We strongly discourage "in-season" athletes from working or playing other sports during the high school season. There are only so many hours in a day, and experience indicates that studying and playing a high school sport are more than enough for an adolescent to handle.

## ***SUNDAY PRACTICES***

There may be times during the season when a coach must schedule a Sunday practice, but no Sunday practice may begin prior to 12:00 noon. If a player requests permission to miss a Sunday practice for religious reasons, coaches will grant the request without penalty.

## ***HAZING***

Hazing is defined as any form or type of physical, verbal, and/or emotional mistreatment, abuse, and/or harassment of a student in connection with a student's participation in or membership on an interscholastic athletic team or in any school-sponsored activities; and/or forcing, coercing or intimidating any student to participate in any illegal or inappropriate activities in connection with the student's participation or membership in the foregoing. Hazing is prohibited whether it occurs on or off school grounds and whether it occurs during, prior to, or after the season or school day.

In addition, students should be aware that hazing can also constitute a violation of Connecticut Criminal Statutes as a form of assault and can make the student liable for arrest and prosecution as well as for civil liability.

Activities resembling hazing should be reported immediately to Mr. Dan Haron (655-3981, extension 2252) or Mr. Keleher (655-3981, extension 2263).

## ***SEX DISCRIMINATION & SEXUAL HARASSMENT***

It is the policy of the Darien Board of Education that any form of sex discrimination or sexual harassment is forbidden, whether by students, Board employees or third parties subject to the control of the board. Students, Board employees and third parties are expected to adhere to a standard of conduct that is respectful of the rights of students. Any student or employee who engages in conduct prohibited by the Board's sex discrimination and sexual harassment policy shall be subject to disciplinary action.

### Definitions

**Sex discrimination** occurs when a person, because of his or her sex, is denied participation in or the benefits of any education program receiving federal financial assistance.

**Sexual harassment**, although not an all-inclusive list, the following are examples of the type of conduct prohibited by the policy against sexual harassment:

1. Statements or other conduct indicating that a student's submission to, or rejection of, sexual overtures or advances will affect the student's grades and/or other academic/athletic progress.
2. Unwelcome attention and/or advances of a sexual nature, including verbal comments, sexual invitations, leering and physical touching.
3. Display of sexually suggestive objects, or use of sexually suggestive or obscene comments, invitations, letters, notes, slurs, jokes, pictures, cartoons, epithets or gestures.

### Complaints

Victims of sex discrimination or sexual harassment should report such claims in a timely fashion to the Title IX Coordinators: Mr. John Keleher and/or Ms. Ellen Ryan. They are both located at the Darien High School and can be reached at (203) 655-3981.

### ***SPECTATOR BEHAVIOR***

Good sportsmanship is expected of all spectators at any athletic contest involving a Darien High School athletic team. Any spectator using or shouting inappropriate or abusive language will be removed from the activity. When spectators shout profanities or use abusive language, an announcement will be made indicating that continued use will result in a future game or games being closed to the public.

Attendance at athletic contests is a privilege that can be revoked by school administrators or the Athletic Director.

Any spectator committing an act that in any way could affect the safety of players or other spectators will be removed from the facility and may be charged with disorderly conduct. **This includes the ice rinks and contests played away from Darien High School.** Being a good sport at a high school athletic contest means supporting our teams in a positive manner and respecting opponents and officials by not making negative comments about them or their performance.

### ***CAPTAIN'S PRACTICE***

DHS does not in any way sanction, encourage, or condone "Captain's Practice" in any sport. Darien follows all CIAC Seasonal Limitations including when teams may begin practicing. Questions regarding Captain's Practice should be directed to John Keleher, Director of Athletics, 655-3981 extension 2263.

### ***GOOD SPORTSMANSHIP***

Good sportsmanship is a quality we all value. Our coaches do their very best to teach and develop sportsmanship while encouraging their players to treat opposing players, coaches, and officials with respect.

Competitive athletics can bring out the best and worst in people. We are committed to using the "teachable moments" in sports to help our students learn the most valuable lessons athletics has to offer.

Unsportsmanlike behavior will result in the following disciplinary action: a one-game suspension for a first time offense while subsequent violations will result in the athlete being dropped from the team for the balance of the season. In addition, any athlete ejected from a game for any reason will not be allowed to compete in the next scheduled game or contest.

### ***ATHLETIC TRAINING ROOM***

The Athletic Training Room is open to students every day from 2:00 to 4:30 p.m. Services include injury assessment, taping, whirlpool treatments and follow-up care. The Training Room is coordinated by Nick DeMaio, Athletic Trainer, Ellen Ryan, Director of School Health Services and the DHS school nurse.

### ***PHYSICAL EDUCATION FOR ATHLETES***

Athletes are required to attend Physical Education/Health Classes and must fulfill their graduation requirements in this area. The instructional content of the P.E./Health Program is not taught in the Interscholastic Athletic Program, and it is our belief that all students, including athletes, can benefit from this experience. The P.E. staff understands the time commitment associated with athletic participation and will work with athletes who are having difficulty managing their time.

### ***ATHLETIC INSURANCE***

Darien High School's Interscholastic Sports Insurance Policy is a secondary or "excess" type benefit plan.

All athletic injuries requiring medical attention should be reported to the DHS nurse as soon as the athlete returns to school. The nurse will file an accident report and answer any questions the student or parent might have.

Claims must first be submitted to the individual's personal insurance carrier. Once the primary carrier has assigned its benefits, the school's plan will review the claim. This claim must be submitted by the athlete's parents, it is not automatically done by the school system.

The Athletic Insurance will pay only the usual and customary portion of the balance of the medical expenses not provided or reimbursed under the other coverage. This coverage will consider those expenses related to athletic injuries for up to two years from the date of the accident **provided medical attention was sought within ninety days.** Questions concerning coverage should be directed to the DHS nurse (655-3981).

### ***EMERGENCY PROCEDURES***

If an athlete sustains an injury during a practice session and needs to be transported to the hospital, he/she will be taken to the hospital checked on the emergency card. If the athlete is hurt at an away game, he/she will be taken to the nearest hospital. In either case, every effort will be made to contact the parents and to have a responsible adult accompany the injured athletes to the hospital. Injured athletes should get specific instructions from their physician regarding what they can and cannot do. A signed "Return to Activity" form must be filed with the school nurse before an athlete can come back from an athletic injury.

***REGULATIONS CONCERNING MANDATORY YEARLY PHYSICALS  
FOR ATHLETES***



1. All student-athletes must have a yearly physical examination to be in compliance with mandatory CIAC rules and Darien Board of Education Policy.
2. No student will be allowed to participate in tryouts, practice sessions, or athletic contests until the mandatory completed physical examination form is on file with the school nurse.
3. Statements of intention to have a physical and/or parents' notes are not acceptable in lieu of a completed physical examination form.
4. The Darien Public Schools will NOT provide physical examinations for student-athletes except in cases of financial need.
5. The Physical Examination Form and the Sports Candidate Health Questionnaire are available year-round at the Darien High School front desk and in the Health Room.
6. Each coach is responsible for checking that a physical examination form is on file before allowing a student to participate in any practice session.
7. The Sports Participation Health Record is to be completed by the student-athlete or his/her parents or guardian before the student athlete has the physical examination by the doctor. This completed form must accompany the General Exam record signed by the doctor.

**ALL FORMS ARE AVAILABLE AT THE DHS FRONT DESK, THE ATHLETIC DEPARTMENT OR NURSE'S OFFICE.**

## ***TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN***

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed with them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and other critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off sometimes, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc. with your athlete.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.
8. Get to know the coach so you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains but are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped. I was lucky in this."