

CHENEY TECH



2019-20 Fall Athletic Season Start Up

Conditioning, Practice and Scrimmage Schedule

Paperwork Needed – All Athletes (before athletes can participate)

- CTECS Interscholastic Permission Slip – See link below
- Concussion Informed Consent Form – See link below
- Sudden Cardiac Arrest Informed Consent Form – See link below
- Current Physical – Health Assessment Record – See link below

Girls Volleyball

Sneakers – T-shirt – Sports Bra – Shorts/Spandex – Knee pads – Water Bottle

- Monday, August 26th, 7:00PM – Pre-season team meeting for all potential volleyball players and their parents/guardians
- Thursday, August 29th, 2:15PM – 5:00PM – Practice
- Friday, August 30th, 2:15PM – 5:00PM – Practice
- Saturday, August 31st, 9:00 AM – Noon – Practice
- Tuesday, September 3rd, 2:15PM – 5:00PM – Practice
- Wednesday, September 4th, 2:15PM – 6:00PM – Scrimmage East Catholic
- Thursday, September 5th, 2:15PM – 5:00PM – Practice
- Friday, September 6th, 2:15 PM – 6:00PM – Ellis/Wolcott Jamboree at Cheney
- Saturday, September 7th, 9:00 AM – 12:00 AM – 1st Year Player Clinic at Cheney

Cross-Country

Sneakers – T-shirt – Sports Bra (Females) – Shorts

- Thursday, August 29th, 2:15PM – 5:00PM – Practice
- Friday, August 30th, 2:15PM – 5:00PM – Practice

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Soccer

Sneakers – T-shirt – Sports Bra (Females) – Shorts – Artificial Turf Cleats

- Thursday, August 29th, 2:30PM – 4:30PM – Practice
- Friday, August 30th, 2:30PM – 4:30PM – Practice
- Saturday, August 31st, 9:00AM – Noon – Practice
- Tuesday, September 3rd, 2:15PM – 4:30PM – Practice
- Wednesday, September 4th, 2:15PM – 4:30PM – Practice
- Thursday, September 5th, 2:15PM – 4:30PM – Practice
- Friday, September 6th, 2:15PM – 4:30PM – Practice
- Saturday, September 7th, 3:00PM – 7:00PM – Alumni Scrimmage

Football

Cleats(turf) – Athletic Supporter – Undershirt/T-shirt – Sports Bra (Females) - Shorts

- **Monday, August 19th, 5:30PM – 8:30PM – Conditioning (HC paperwork)**
- **Tuesday, August 20th, 6:00PM – 8:30PM – Conditioning**
- **Wednesday, August 21st, 6:00PM – 8:30PM – Conditioning**
- **Thursday, August 22nd, 6:00PM – 8:30PM – Conditioning**
- **Friday, August 23rd, 6:00PM – 8:30PM – Conditioning**
- Saturday, August 24th, 10:00AM – Noon – (Live practice for players who qualify)
- Monday, August 26th, 6:00PM – 8:30PM – Practice
- Tuesday, August 27th, 6:00PM – 8:30PM – Practice
- Wednesday, August 28th, 6:00PM – 8:30PM – Practice
- Thursday, August 29th, 2:30PM – 5:00PM – Practice
- Friday, August 30th, 2:30PM – 5:00PM – Practice
- Saturday, August 31st, 9:00AM – 1:00PM – **Scrimmage at Coventry HS**
- Monday, September 2nd, **Memorial Day – No Practice**
- Tuesday, September 3rd, 2:30PM – 5:00PM – Practice
- Wednesday, September 4th, 2:30PM – 5:00PM – Practice
- Thursday, September 5th, 2:30PM – 5:00PM – Practice
- Friday, September 6th, 2:30PM – 5:00PM – Practice

791 West Middle Turnpike, Manchester, CT 06040

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Football (cont)

Cleats(turf) – Athletic Supporter – Undershirt/T-shirt – Sports Bra (Females) - Shorts

- Saturday, September 7th, 10:00AM Start – **Scrimmage at Windsor Locks**
- Monday, September 9th, 2:30PM – 5:00PM – Practice
- Tuesday, September 10th, 2:30PM – 5:00PM – Practice
- Wednesday, September 11th, 2:30PM – 5:00PM – Practice
- Thursday, September 12th, 2:30PM – 5:00PM – Practice
- Friday, September 13th – **GAME ONE VARSITY vs Thames River**

ATTENTION CHENEY TECH STUDENT ATHLETES



CONCUSSION TRAINING

During the 2014 legislative session The Connecticut General Assembly approved Public Act 14-66 “An Act Concerning Youth Athletics and Concussions”. This act requires that each regional board of education to implement a program for concussion education for athletes and parents/guardians of athletes.

The 2015-2016 school year was the first year that schools were required to be in compliance with Public Act 14-66. For the 2019-2020 school year all athletes, and parents/guardians of athletes, must view the Center of Disease Control and Prevention’s Concussion Awareness video. Upon completion of viewing the video athletes and their parents/guardians must sign the “Student and Parent Sudden Cardiac Arrest Informed Consent Form” and the “Student and Parent Concussion Informed Consent Form”.

Required Viewing: **Center of Disease Control and Prevention’s Concussion Awareness video** - <https://www.youtube.com/watch?v=AnYNfj-NZqo>

Required Forms:

CTECS Interscholastic Permission Slip 2019-2020

<http://cheney.cttech.org/pdf/permission%20slip%202019-2020.pdf>

Student and Parent Concussion Informed Consent Form 2019-2020

<http://cheney.cttech.org/pdf/student-parent%20concussion%20consent%20form%202019-2020.pdf>

Student & Parent Sudden Cardiac Arrest Informed Consent Form 2019-2020

<http://cheney.cttech.org/pdf/student-parent%20sudden%20cardiac%20arrest%20consent%20form%202019-2020.pdf>

Health Assessment Record Form

https://portal.ct.gov/-/media/SDE/School-Nursing/Forms/HAR3_2018.pdf?la=en

Additional Resources:

The link below and those contained within the permission forms can provide additional education on concussions and sudden cardiac arrests.

<http://concussioncentral.ciacsports.com/>