



# *Howell Cheney Technical High School*

*Student Athlete Handbook*

*2020 ~ 2021*

*Coming Together Is A Beginning*

*Keeping Together Is Progress*

*Working Together Is Success*

## **Table of Contents**

Additional Rules for Each Sport	4
Athletic Eligibility Requirements for Participation in Interscholastic Sports	4-5
Behavior/Sportsmanship	5
Booster Club	5
Cell Phones	6
CIAC	6
Concerns & Questions	6
Contact Information	7
CTC	8
Discipline Policy	8
Eligibility Requirements	9
Equipment	9
Forms	9
Handbook Sign-Off Requirements	9
Medical Requirements To Participate In Sports Activities	9
Message From The Principal	3
Parent-Teacher Organization	10
Participation In School Activities: Absence	10
Safety	10-11
Schedules, Team Results and Directions to Away Sites	11
Teams Stopping When Returning To the School After An Athletic Event	11
Transporting An Athlete Following An Athletic Event	11
APPENDIX A	12-17
• CTECS Interscholastic Permission Form	13-14
• Permission Form - Team to stop when return to the school following event	15
• Permission Form - To transport an athlete from an event	16
• Handbook Sign-Off Form*	17

\*Separate copy of the sign-off form to be completed and returned to the coach

## NOTES

Dear Student Athlete and Parent(s)/Guardian(s),

Welcome both the new and returning student athletes to the Cheney Tech athletic program. With your participation in the athletic program, you assume the responsibility of meeting and exceeding established team and program goals and carrying on the Cheney Tech tradition of competition, achievement, and sportsmanship.

Athletics is an important part of the high school experience and allows students to grow mentally, emotionally, and physically; and in the process demonstrate their belief in the core values of respect for others and self, truthfulness, honesty, integrity, community involvement, teamwork and unity, cultural diversity, and hard work. By participating in athletics, character will be built, memories made, and lifelong friendships established.

As team members, student athletes are representatives of not only themselves but of their team and Cheney Tech as a school. Teamwork, sportsmanship, citizenship, physical fitness, and competitive drive are all key components for success on and off the field or court. The student athlete who understands and exemplifies this will impact his or her team and school in the most positive manner.

The Howell Cheney Technical High School student athletes are commended for their dedication and commitment to their team and school. Participation in interscholastic athletics is an experience that will have lasting benefits. Enjoy it; take pride in your performance, represent Cheney well, and do well.

Sincerely,

*Carlos Aldave*  
*Principal*

**Additional Rules For Each Sport**

- e In addition to CIAC, CTECS, the Policies and Procedures of Howell Cheney Technical High School, and the *Student Athlete Handbook*, each coach may establish additional rules for his or her team. Such rules should be consistent with the aforementioned, should be reviewed with the entire team, should be provided in writing to each member of the team with instructions to share with parents/guardians, and the intent should be to result in greater success for the team and each team member.

**Athletics Eligibility Requirements For Participation In Interscholastic Sports**

The athletic program is an important and integral part of the total school program and is open to participation by all students enrolled at a Connecticut Technical High School. Athletics serve as a base for the development of a positive self-image for all participants, encourages individual and group excellence, dedication, and commitment in working toward team goals, contributes to the participants' growth in physical fitness and skill, fosters mental alertness, emotional maturity, and social interaction. While the high school athletic program serves as an arena for the student-athlete to display his/her talents, student-athletes must in turn be willing to assume certain responsibilities. The Connecticut Technical High School System adheres to C.I.A.C. Eligibility Rules and those listed below:

***A student is not eligible:***

1. If he/she is not taking four (4) units of work or the equivalent. (CIAC)
2. If he/she failed trade/technology course at the end of the last marking period. The final average grade in trade/technology determines fall eligibility. (CIAC)
3. If he/she has failed more than one full credit course (i.e. math, science, English, social studies) and one partial credit course (i.e. art) at the end of the last marking period. The final academic grade averages determine fall eligibility. (CIAC)
4. If he/she has failed physical education. (CTECS rule)
5. If the student has reached his/her twentieth (20<sup>th</sup>) birthday. A student-athlete will not be allowed to start a season\* or compete during a season in which his/her twentieth (20<sup>th</sup>) birthday falls. (\*Season defined by CIAC)
6. For thirty (30) calendar days if he/she has changed schools without a change of legal residence provided both the receiving school and sending school principals sign a Transfer Waiver Form attesting that the student, to the best knowledge of the principals, did not transfer for athletic reasons. (CIAC)



**STATE OF CONNECTICUT**  
**HOWELL CHENEY TECHNICAL HIGH SCHOOL**  
 791 West Middle Turnpike • Manchester, CT 06040-1899  
 Phone: (860) 649-5396 Fax: (860) 649-5263  
 email: howell.cheney@ct.gov

**Cheney Athletics 2020-2021****Athletic Handbook Sign-off Form**

The student/athlete is responsible for completing and returning this form to his/her coach.

Student Name \_\_\_\_\_  
 Please print

I have read and understand the requirements to participate in athletics at Howell Cheney Technical High School as outlined in the *Student Athlete Handbook*.

Student signature \_\_\_\_\_ Date \_\_\_\_\_

I have read and understand the requirements to participate in athletics at Howell Cheney Technical High School as outlined in the *Student Athlete Handbook*.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



# STATE OF CONNECTICUT

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### Athlete Pick-up Form 2020-2021

I give my permission for my son/daughter/ward \_\_\_\_\_ to be picked up  
(print athlete name)

after athletic events / at the athletic events, during the 2020-2021 school year. He/she will be  
picked up by one of the persons (4 max) listed below. I understand that if my

son/daughter/ward is not picked up by one of the persons listed below by the time the Student  
Transportation Vehicle is ready to depart that he/she must return on the bus and he/she will then

be picked up at Howell Cheney THS. I understand that the same for my son/daughter/ward I further  
understand that the persons listed below will present himself/herself to the coach prior to their  
departure and sign as requested below.

Name	Relationship (include as parent/guardian name if parent/guardian pick up the athlete)
1)	
2)	
3)	
4)	

Parent/guardian Name \_\_\_\_\_  
(Printed name of Parent/Guardian)

Parent/Guardian Signature \_\_\_\_\_ (Date) \_\_\_\_\_  
(Signature of Parent/Guardian)

Authorized By \_\_\_\_\_ (Date) \_\_\_\_\_  
(Signature of Principal or Assistant Principal)

Date	Person picking up Athlete (print)	Person picking up Athlete (sign at pick-up)	Coach verification (sign at pick-up)

7 If he/she has played the same sport for more than three (3) seasons in grades 10, 11, and 12. (CIAC)

8 If he/she plays or practices with an outside team in the same sport while a member of the school team after the first scheduled game in any season. (CIAC)

The exceptions to this rule shall be:

a. Participation in parent-child tournaments and caddie tournaments.

b. Swimming, tennis, and gymnastics – a pupil may practice but not compete with a non-CIAC team during the season, as long as such practices do not interfere or replace member school practices. (CIAC)

9. If he/she plays under an assumed name on an outside team. (CIAC)

10. If he/she receives personal economic gain for participation in any CIAC sport. (CIAC)

The Connecticut Technical High School determines a student athlete's eligibility based on the grades submitted and verified for printing on the student's report card.

### Behavior/Sportsmanship

Student athletes represent not only themselves, but also the school and the community. Therefore, athletes are expected to hold themselves to the highest standards. Cheney Tech athletes are expected to be positive, polite, and courteous in and out of school. Athletes must demonstrate great self-control and good sportsmanship at all times. At all times, athletes are to show respect to their opponents, officials, coaches, and spectators. Each student/athlete must understand that carrying himself or herself with pride and dignity is an integral part of participating in athletics at Cheney Tech.

### Booster Club

The Cheney Tech Booster Club provides support for the athletic programs at Cheney Tech. The Booster Club conducts a membership drive each fall, and members of the Booster Club staff the concessions stand at home football games and soccer matches. In the past, the Booster Club has sponsored participation in athletic clinics; and purchased end-of-season certificates and awards, banners for the gymnasium and athletic fields, and t-shirts.

**Cell Phones**

The use of cell phones is permitted after student dismissal. The use of cell phones is prohibited in any locker room area. The use of cell phones may also be restricted at the discretion of the coaching staff.

**CIAC**

The Connecticut Interscholastic Athletic Conference (CIAC) is a private, non-profit corporation organized to direct and control both boys and girls athletics in the secondary schools of Connecticut. The *CLAC Handbook* includes important information, including: Constitution and By-laws; Rules of Eligibility; Policy on Recruiting; Rights of Due Process; Season Limitations; Confidentiality Policy; etc.

The *CLAC Handbook* can be accessed on the CIAC Website [www.casciac.org](http://www.casciac.org).

1. Click on the CIAC (Athletics Division)
2. Click on the CIAC Handbook

**Concerns & Questions**

There will be instances when athletes and/or parents have questions or concerns which need to be addressed. The Athletic Department firmly believes that:

1. The importance of communication cannot be understated;
2. The athlete must be involved and should initiate the process to resolve the situation;
3. The following protocol should be used.

The athlete should first discuss the issue with his or her coach. After providing the coach with the opportunity to answer any questions, clarify the situation, and resolve the issue, the athlete may feel the need to contact the athletic director, and finally school administration.

After the athlete has attempted to address the situation, or in serious situations demanding an immediate response, parents should become involved and follow the same protocol; contacting the coach, then the athletic director, and finally school administration.

Similarly, coaches are encouraged to follow the athlete-centered protocol to resolve player, player-coach, and team issues.



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Permission Form to Stop When Returning to School Following an Event

I give my permission for my son/daughter/ward \_\_\_\_\_ to stop at an  
 (print athlete's name)

eating establishment after athletic events during the 2019-2020 school year.

I understand that the financial burden is mine and my son's/daughter's/ward's.

Parent/guardian Name \_\_\_\_\_  
 (Printed name of Parent/Guardian)

Parent/Guardian Signature \_\_\_\_\_  
 (Signature of Parent/Guardian)

Authorized By \_\_\_\_\_  
 (Signature of Principal or Assistant Principal)

**Connecticut Technical Education and Career System  
Interscholastic Athletics Medical History to be completed by Parent/Guardian**

Name of Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Does your Child have allergies? ☐ No ☐ Yes If yes, please list allergies: \_\_\_\_\_

Has your child had to carry a bee sting kit, Epipen, or other allergy medication?  
☐ No ☐ Yes If yes, name medication \_\_\_\_\_

Does your child take medication every day? ☐ No ☐ Yes  
If yes, name of medicine: \_\_\_\_\_

Does your child have? ☐ Contacts ☐ Glasses ☐ Braces ☐ Loose Teeth ☐ False Teeth

**Has your child ever had any of the following?**

Asthma or use an inhaler or other medicine for asthma? ☐ No ☐ Yes  
If yes, name of medication: \_\_\_\_\_

Kidney problems, only one kidney or kidney disease? ☐ No ☐ Yes  
If yes, explain: \_\_\_\_\_

Problems with bruising or bleeding easily or trouble stopping breathing? ☐ No ☐ Yes  
If yes, explain: \_\_\_\_\_

Seizures, Epilepsy or Convulsions? ☐ No ☐ Yes  
If yes, explain: \_\_\_\_\_

Diabetes, low blood sugar or high blood sugar? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

Fainting spells? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

Have a concussion. Head injury, been knocked out or unconscious? ☐ No ☐ Yes  
If yes, explain: \_\_\_\_\_

High Blood Pressure or heart problems? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

A serious eye injury? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

A spine, neck or back injury? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

Bone, joint, neck or back pain? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

A broken bone, fracture, sprain or strain? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

Ankle, foot or knee problems? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

An operation? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

Any other health problems? ☐ No ☐ Yes If yes, explain \_\_\_\_\_

The medical history that I supplied is correct to the best of my knowledge

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Contact Information**

Coaches, the athletic director, and school administrators can be contacted by using the following contact information:

***School Administrators:***

Principal: Carlos Aldave 860.649.5396 x313 Carlos.Aldave@ct.gov  
Assistant Principal: Kimberly Lebrun 860.649.5396 x313 kimberly.lebrun@ct.gov  
Assistant Principal: Paul Bazzano 860.649.5396 x323 paul.bazzano@ct.gov

***Athletic Director:*** Fred Huhn 860.649.5396 x414 Frederick.Huhn@ct.gov

***Fall Coaches:***

Head Cross Country: Ed Knoeckel – Ed.Knoeckel@ct.gov  
Head Girls Volleyball: Fred Huhn – Frederick.Huhn@ct.gov  
Assist Girls Volleyball: Delaney Ruiz  
Head Football: Adam Starvish – Adam.Starvish@ct.gov  
Assist Football: Sean Dorantes  
Assist Football: Montanye, Lyle – Lyle.Montanye@ct.gov  
Assist Football: Jamie Coty  
Assist Football: TBD  
Head Soccer: Ken Leggo - Ken.Leggo@ct.gov  
Assist Soccer: David Meacham

***Winter Coaches:***

Head Boys Basketball: Ismael Caro – Ismael.Caro@cthss.org  
Assist Boys Basketball: Sadi Sanchez – Sadi.Sanchez@ct.gov  
Freshman Boys Basketball: Ken Leggo – Ken.Leggo@ct.gov  
Head Girls Basketball: Adam Starvish – Adam.Starvish@ct.gov  
Assist Girls Basketball: TBD

***Spring Coaches:***

Head Baseball: Ken Leggo – Ken.Leggo@ct.gov  
Assist Baseball: Michael Bantle – Michael.Bantle@ct.gov  
Assist Baseball: Ben Tremblay – Benjamin.Tremblay@ct.gov  
Head Softball: Catherine Churchill – Catherine.Churchill@ct.gov  
Assist Softball: James Milliken – James.Milliken@ct.gov  
Head Track: Fred Huhn – Frederick.Huhn@ct.gov  
Assist Track: TBD



**CTC**

Cheney Tech is a member of The Connecticut Technical Conference (CTC).

The following schools are also CTC members:

A.I. Prince Technical High School	Henry Abbott Technical High School
Bullard-Havens Technical High School	J. M. Wright Technical High School
E.C. Goodwin Technical High School	Norwich Technical High School
Eli Whitney Technical High School	Oliver Wolcott Technical High School
Emmett O'Brien Technical High School	Platt Technical High School
Ella T. Grasso Technical High School	Vinal Technical High School
H.C. Wilcox Technical High School	W.F. Kaynor Technical High School
H.H. Ellis Technical High School	Windham Technical High School

**Discipline Policy**

Use of alcoholic beverages, drugs, or tobacco is detrimental to an athlete's performance and success. The Athletic Department has no tolerance for the use of alcohol, drugs, and tobacco products. Any athlete determined to be engaging in the use of these substances will be disciplined. Consequences will result that are consistent with the policies of the Board of Education for the State of Connecticut. If a player is on medication, please advise the school nurse and the coaching staff.

Coaches do not anticipate students receiving detentions or suspension while they are members of an athletic team at Cheney Tech. However, there is a policy in place so students know the consequences they will face. Students will be held accountable for all detentions and suspensions.

- A. If you are suspended or expelled from school, you are ineligible for the duration of the suspension or expulsion. If your suspension or expulsion starts on a future day other than when it was administered, eligibility for that day or days will be determined by the athletic director and administration with input from the coach.
- B. A student receiving a detention will be disciplined at the discretion of the coach.

**Connecticut Technical Education and Career System  
Interscholastic Permission**

School: Howell Cheney THS

Date Received: \_\_\_\_\_

**PARENT/GUARDIAN: PLEASE COMPLETE**

This form plus a physical exam form must be on file with the School Nurse before the student may practice or play a sport. Physical exams are valid for 13 months from the date of the exam. A new permission form is also required every 13 months.

**Section 1: To Be Completed by Student**

Student Agreement:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Class (YOG): \_\_\_\_\_ Shop: \_\_\_\_\_ Sport(s): \_\_\_\_\_

*This application to compete in supervised interscholastic athletics for the above school is entirely voluntary upon my part. I certify that I have not violated any of the eligibility rules and regulations of the Connecticut Interscholastic Athletic Conference (CIAC).*

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_

**Section 2: To Be Completed by Parent/Guardian**

**Parent/Guardian's Permission:** *I give my consent for the above student to participate in interscholastic athletics and accompany the team, as a member, on trips to any interscholastic games and consent to the necessary transportation for such trips.*

*I understand that high school athletics involve the potential for injury which is inherent in any sport. I am aware that even with the best coaching, supervision, protective equipment and strict observation of the rules that there still is a potential for injury. On rare occasions, injuries could result in total disability or death.*

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Home address: \_\_\_\_\_ Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_  
(Street address, city, zip code)

Emergency Contact #1 Info: Name \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_  
(Street address, city, zip code)

Emergency Contact #2 Info: Name \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_  
(Street address, city, zip code)

**2020-2021  
SCHOOL YEAR**

- ❖ Playing time is ALWAYS determined by the coach.



**Parent-Teacher Organization**

The Cheney Tech Parent-Teacher Organization supports a variety of school programs. Revenue generated from PTO memberships, fundraisers, and concession sales at events, have been used to purchase athletic uniforms and equipment, and sponsor a shotgun golf tournament.

**Participation In School Activities: Absence**

Students who are absent from school will not be permitted to participate in interscholastic athletic contests, athletic practices, extracurricular activities, or other school-sponsored activities on the days they are absent from school. Coaches are responsible for checking the daily attendance sheet to ensure compliance with this regulation.

\* See also the 2020-2021 CTECS Student/Parent Handbook

**Safety**

Team membership carries with it an obligation to the team. Athletics are team sports, and it is imperative that all members function as one unit. Therefore, practice is essential. The athletic teams typically practice five days a week. It is expected that all players will participate for the entire season. The coaches are very strict on attendance, because safety is our priority. When players miss practices or games, they are not as prepared (mentally and physically) as their teammates. Players who do not attend the entire practice are not aware of all set plays, strategies, game plans, etc., and therefore increase their chances of injury. Conditioning takes place every practice. If a player misses practice time, he or she is not as conditioned as their teammates. Proper conditioning can help reduce (not eliminate) the risk of cramps, muscle pulls, sprains, and strains. In any sport, there is the danger of serious injuries. This is not mentioned to alarm you, but rather to be certain that the players and parents are aware of the risk of injury, however remote, that may occur during the athletic experience.

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 school 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”.

**Concussion & Sudden Cardiac Arrest Information**

- Student and Parent Concussion Informed Consent Form  
<https://cheney.cttech.org/wp-content/uploads/sites/7/2020/05/student-parent-concussion-consent-form-2020-2021.pdf>
- Student and Parent Sudden Cardiac Arrest Informed Consent form  
<https://cheney.cttech.org/wp-content/uploads/sites/7/2020/05/student-parent-sudden-cardiac-arrest-consent-form-2020-2021.pdf>

Each coach may have additional forms to be signed off prior to the first contest (excluding scrimmages)

**Schedules, Team Results and Directions to Away Sites**

Team schedules, results, and directions to away sites may be accessed at the Cheney Tech Website <https://cheney.cttech.org/parents-students/athletics/>

1. Scroll down to the sports section.
2. Select the sport.
3. Select view the schedule and results.
4. View Schedules and/or select Directions to Playing Sites.

**Teams Stopping When Returning To The School After An Athletic Event**

At the discretion of the coach, teams may stop at a restaurant en route to the school following an athletic event. Stopping depends upon every member of the team returning to the coach a completed permission slip which will be provided by the coach and signed-off by the parent/guardian. See Appendix A page 15.

**Transporting An Athlete Following An Athletic Event**

Student athletes are expected to travel with the team to away contests and return to the school following the event. There are instances, however, when it becomes necessary for the student athlete not to return to the school with the team, but to be released to his or her parent(s) or guardian(s). Because granting permission in these instances requires administrative sign-off, the permission slip must be submitted to the coach twenty-four hours before the event. See Appendix A page 16.

## APPENDIX A

### Forms Section

Please use full size forms available on the website: <https://cheney.cttech.org/parents-students/athletics/athletic-forms-and-information/>

or

from the Athletic Coaching Staff

#### **Eligibility Requirements**

See Athletic Eligibility Requirements For Participation In Interscholastic Sports.

#### **Equipment**

Athletes are responsible to care for all school-issued equipment. Athletes are financially responsible for school-issued equipment. Any athlete not returning equipment, or returning damaged equipment, will be issued an accountability and will be prohibited from trying out for any other team until the accountability has been paid.

#### **Forms**

Forms referred to throughout this document are included in APPENDIX A pages 12-17.

#### **Handbook Sign-Off Requirements**

The student-athlete and his or her parent or guardian must sign-off that they have read and understand the policies and procedures as outlined in the *Cheney Technical High School Student Athlete Handbook* before the student/athlete will be allowed to practice and/or compete in any interscholastic sport activity. Student/athletes who compete in more than one sport need to fulfill this requirement only once per school year. See Appendix A page 17.

#### **Medical Requirements To Participate In Sports Activities**

Before the student will be allowed to practice and/or compete in any interscholastic sport activity, the *State of Connecticut Department of Education Health Assessment Record* must be completed by a Healthcare Provider and filed in the office of the school nurse. Both forms can be downloaded from the school Website <https://cheney.cttech.org/parents-students/athletics/athletic-forms-and-information/> and accessed through the athletics link. It is extremely important that the Health Assessment Record form is completed by the health provider. The sports physical examination form is valid for thirteen months from the date of the exam.

In accordance with Connecticut State Statutes, the Connecticut High School System developed a concussion protocol. Effective July 1, 2015, student-athletes and parent/guardian must complete the training prior to the student participating.