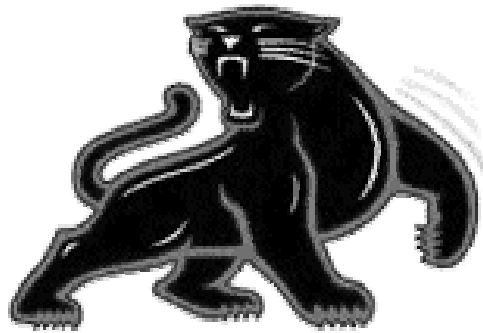


# **East Windsor Athletic Department**

## **Athlete/Parent Handbook**



East Windsor Public Schools  
Athletic Department  
East Windsor, Connecticut

## ATHLETIC HANDBOOK

It is important that participants are aware of the philosophy, opportunities, policies, and procedures before they enter the program.

The athletic part of the total education program is one area in which leaders of our youth have an opportunity to develop desirable qualities of citizenship. These include: principles of justice, fair play, good sportsmanship, respect for rules and authority, development of leadership, team pride, teamwork, team discipline, and values of self-sacrifice for others.

In competition, one goal is winning. Winning, however, can mean more than simply outscoring the opponent. **Winning attitudes** may also be learned and developed while actually losing a contest. If individuals learn to do their best while keeping in mind the above mentioned qualities, they will be “winners” in the long run. There is no disgrace, when giving one’s best, to lose to a superior team.

This Athletic Handbook has been designed by the East Windsor Athletic Department for the purpose of making available to the athletes, parents, and coaches of the East Windsor Public School System a reference for their responsibilities. All athletes, parents, and coaches are expected to adhere to all policies, procedures, and regulations outlined.

The Athletic Department is comprised of High School Athletic Director, Middle School Athletic Director, High and Middle School Principals and the High and Middle School Assistant Principals.

### IMPORTANT NAMES AND NUMBERS

High School Principal	David Chambers	High School Phone: 860-623-3361
High School Assistant Principal	Kathleen Barmak	High School Fax: 860-623-7197
Middle School Principal	Jim Slattery	Middle School Phone 860-623-4488
Middle School Assistant Principal	Kimberly Hellerich	Middle School Fax: 860-654-1915
High School Athletic Director	Brian Maltese	Phone: 860-627-6006
Middle School Athletic Director	Robert Lengyel	Phone: 860-623-4488
High School Nurse	Nancy Miller	Phone: 860-623-3361
Middle School Nurse	Mildred Hildebrand	Phone: 860-623-4488
Jennifer Sargent	Trainer	Phone: 860-627-6006

### STATEMENT OF PURPOSE

The primary purpose of this handbook is to acquaint the athletes and parents with rules, regulations, and policies of the East Windsor Athletic Department. **Both athletes and parents are responsible to read, know, and understand the complete contents of this handbook. If there is something in this handbook you don’t understand, please bring it to the attention of the Athletic Director for clarification.**

This handbook was not designed to interrupt the lines of communication between you and your coaches, but to encourage them. We have always taken pride in our athletic program, as you would concur. To accomplish and maintain success, it is important that you know what is expected of you. This handbook is merely a guideline for the athletes’ and parents’ benefit. In the event a disagreement with any of the policies in this handbook, see the Athletic Director so that alternatives can be recommended if deemed necessary.

## ATHLETIC DEPARTMENT GOALS

- To provide the opportunity to engage in healthy competition.
- To teach proper habits of health, cleanliness, and safety.
- To provide the opportunity for the development of lasting friendships with both teammates, coaches, and opponents.
- To promote self-esteem and reinforce positive attitudes.
- To provide leadership and supervision that stresses self-discipline, self-motivation, good work ethics, excellence in both academics and athletics, and the ideals of good sportsmanship.
- To develop skills by teaching fundamentals that will enable the athletes to reach his/her potential.
- To provide coaches who will carry out the Statement of Purpose.
- To provide a rewarding athletic experience for athletes.
- To develop an understanding of physical fitness and wellness appropriate to adult life.
- To promote an attitude where all our athletic teams are supported and developed equally.
- To provide a focus of interest on programs for students, faculty, and community that will generate a feeling of unity and pride.

## INTERSCHOLASTIC SPORTS OFFERED IN EAST WINDSOR

<u>SEASON</u>	<u>BOYS</u>	<u>GIRLS</u>
Fall	Middle & High School Soccer High School Cross Country Co-op Football - Stafford	Middle & High School Soccer High School Cross Country High School Coop Swimming with Windsor Locks
Winter	Middle & High School Basketball High School Wrestling Indoor Track High School Ice Hockey (full pay basis; co-op with Ellington and Somers Co-Ed Cheerleadng	Middle & High School Basketball  Indoor Track
Spring	Middle & High School Baseball High School Track Golf  High School Coop Tennis with Enfield	Middle & High School Softball High School Track

**NORTH CENTRAL CONNECTICUT CONFERENCE**

<b><u>SCHOOL</u></b>	<b><u>ADDRESS</u></b>	<b><u>MASCOT</u></b>
<b>Avon</b>	<b>510 West Avon Road Avon, CT 06001 860-404-4740</b>	<b>Falcons</b>
Bolton	72 Brandy Street Bolton, CT 06043 860-643-2768	Bulldogs
<b>Canton</b>	<b>76 Simonds Avenue Canton, CT. 06019 860-693-7707</b>	<b>Warriors</b>
Coventry	78 Ripley Hill Road Coventry, CT 06238 860 742-7346	Patriots
<b>East Granby</b>	<b>95 South Main Street East Granby, CT 06026 860-653-2541</b>	<b>Crusaders</b>
Ellington	37 Maple Street P.O. Box 149 Ellington, CT. 06029 860-896-2352	Knights
<b>Enfield</b>	<b>1264 Enfield Street Enfield, CT 06082 860-253-5548</b>	<b>Raiders</b>
Granby	315 Salmon Brook Street Granby, CT 06035 860-844-3014	Bears
<b>Somers</b>	<b>55 Ninth District Road Somers, CT 06071 860-749-2270</b>	<b>Spartans</b>
Stafford	145 Orcuttville Road P.O. Box 87 Stafford Springs, CT 06076 860-684-4233	Bulldogs
<b>Suffield</b>	<b>1060 Sheldon Street Suffield, CT 06073 860-668-3810</b>	<b>Wildcats</b>
Tolland	1 Eagle Hill Tolland, CT 06084 860-870-6860	Eagles
<b>Windsor Locks</b>	<b>8 South Elm Street Windsor Locks, CT 06096 860-292-5032</b>	<b>Raiders</b>

## DIRECTION TO OTHER NCCC HIGH SCHOOLS

- Avon** Take I-91 South to exit 32A-32B and take Trumbull Street, turn right on to Main Street, turn to Asylum Ave-US-44 continue approximately 9 miles turn left on to Old Farms Road turn right on Arch Street turn left on to West Avon Road school will be on the left.
- Bolton** Take I-291 to I-384 East towards Providence. Take exit 5 off of I-384 East and turn right onto CT route 85. Continue bearing left onto Bolton Center Road. After less than a half-mile, turn left onto Notch Road. End at 108 Notch Road.
- Canton** Take I-91 South to the Bradley Field Exit. Stay on Rte 20 to the center of Granby. (Intersection of Rtes 10 & 202) Left on to 10 & 202. Stay on this Rte until you come to Rte 44 – right on Rte 44. Stay on Rte 44 until you come to Canton. At the third set of lights in Canton, take a left on to East Hill Road, Ext. Go approximately 1/4<sup>th</sup> of a mile and take a right on Simonds Ave. The school is on your right.
- Coventry** I-291 East to I-384 East. Follow I-384 East until it ends. Bear Left to get on Route 44 East. Follow Route 44 for 4.3 miles. Turn Right (South) on RT 31. Follow Route 31 for 3.2 miles. Turn Left on Ripley Hill Rd. High School is immediately on the on Right
- East Granby** Take I-91 South and then take the Bradley Field Exit. Take Rte 20 (Granby-East Granby Exit). At the fourth set of lights, take a left on Rte 187. The school is about 1 mile from the intersection on your left.
- Ellington** Take Depot Street in Broad Brook to the end. This will be Rte 140. At the stop sign take A right and keep on Rte 140 until you come to the center of Ellington. Bear to the left. The school is on your left.
- Enfield** Go north on Route 5 from the high school about five miles, Enfield High School is on your left.
- Granby** Take I-91 South and then take the Bradley Field Exit #40. Stay on Rte 20 to the center of Granby. (Intersection of Rtes 10 & 202) Right on to 10 & 202. The school is on the left about 1/8<sup>th</sup> of a mile
- Somers** Follow North Road through Broad Brook (Rte 191) until you come to Rte 190. Take a right onto Rte 109. Continue on Rte 190 until you get to Ninth District Road (a set of traffic lights). Take a right on to Ninth District Road and the school is on your left.
- Stafford** Follow North Road through Broad Brook (Rte 191) until you come to Rte 190. Take a right onto Rte 109. Continue on Rte 190 until the road forks (amusement center). Bear left. Proceed over railroad tracks and then at an intersection (Rte 32) proceed straight. The school is on your right.
- Suffield** Cross the Windsor Locks Bridge and take a right onto Main Street. When you come to a Fork in the road (blinking light), bear left and follow the road until you reach the center of Suffield (A bank and Suffield Village are on your right). At the lights take a left. Continue on this road until you reach Sheldon Street, about 2 miles. Take a left on Sheldon and the school is on your right.

- Tolland** Follow Rte 140 through Ellington to Rte 30 (near Crystal Lake). At this 4-way stop sign, take a right. Go to the next traffic light. Take a left – the school is approximately 4 miles on the right side of the road. The school is on 1 Eagle Hill, which is off Old Cathole Rd.
- Windsor Locks** Cross the Windsor Locks Bridge and take a left onto Main Street. At your second light, Take a right on to Elm Street. Proceed on Elm Street to your third light. Take a left onto South Center Street. The school is on your left about 1/3 miles up the street.

## **THE ATHLETE’S ROLE**

As representatives of our school and community, athletes shall be aware of the goals and objective of the East Windsor Athletic Program as stated in the Statement of Purpose.

1. All CIAC and East Windsor Board of Education eligibility rules will be strictly followed and enforced during the season.
2. Student Behavior – All athletes shall conduct themselves as good citizens of both the school and the community. Act in a responsible manner and obey the rules and regulations in the East Windsor Athletic Handbook.
3. Team Conduct – All team members shall extend respect and courtesy to teammates, opponents, officials, spectators, and coaches both home and away.
4. Sportsmanship – Athletes shall adhere to the spirit of fair competition through ethical conduct, leadership, and sound judgment during games and practices.

### **A. ATTENDANCE**

1. Athletes must attend all practices and games as scheduled.
2. Athletes planning to participate in a game or practices must be in attendance for a full day of school. Circumstances beyond the student’s control that result in absence or tardiness on the day of a game or practice must be reviewed by an administrator or coach. Penalty for absence without permission will be in accordance with team rules as stated preseason by the coach.
3. Pending review, an absence may disallow participation in the following Saturday or Sunday contest. Exceptions can be made by either the principal or athletic director (the request must be presented prior to the absence). An absence due to illness will be reviewed and may be excused by the coach. Students who are dismissed early (due to an illness) may not return that day to either practice or to participate in interscholastic athletics.
4. Students physically unable to participate in Physical Education may not participate in practice or games that day.
5. During the season, athletes can not participate or tryout for an outside team in the same sport.

### **B. EXPECTATIONS**

1. Athletes are expected to conform to the proper dress code set forth by the coach on game day.
2. Athletes must travel to and from the games on the team bus accompanied by the coach.
3. Athletes are expected to respect school facilities. Athletes will **NOT** wear cleats in the school building.
4. Responsible behavior is expected of athletes at all times, particularly in the locker room and on the bus.

## C. CODE OF CONDUCT FOR EAST WINDSOR ATHLETES

The following behavior will be considered as a serious violation of East Windsor Athletes' Code of School Rules:

1. Infraction of school rules that require administrative action.
2. Theft or malicious damage of school property or individual equipment.
3. Absence without permission from practice or a game.
4. Class cuts.
5. Verbal and/or physical abuse of officials, coaches, opponents, or spectators by a athlete may result in suspension or dismissal from the team.
6. The use of profanity by the athlete.
7. Any athlete who participates in a fight during a team activity will be dismissed from the team for a period determined by CIAC rules, NCCC rules, or the coach. At no time will it be less than the suspension that the school gives for the offense.

Disciplinary action, ranging from suspension for one game to removal from the team, can be imposed for violation of these rules. The nature of the offense and its frequency determine the appropriate disciplinary action. This disciplinary action will be left to the discretion of the coach. All dismissals from any team must be approved by the Athletic Department. **Everyone is an individual and each case will be handled individually.**

## D. PHYSICAL EXAMINATIONS

The East Windsor Board of Education requires all students have a physical examination **before** being permitted to practice or take part in interscholastic athletics. The Athletic Department also has imposed the following rule: **No student will be allowed to participate without a current physical exam. A current physical exam given after June 15<sup>th</sup> will cover the athlete for the entire upcoming school year.**

**YOU MUST HAVE PROOF OF A PHYSICAL EXAM TO PARTICIPATE IN THE TEAM'S FIRST PRACTICE. EVIDENCE OF A PHYSICAL IS TO BE GIVEN TO THE SCHOOL NURSE PRIOR TO THE FIRST PRACTICE. THIS MAY BE FAXED DIRECTLY FROM THE DOCTOR'S OFFICE. High School Fax: (860) 860) 623-7197, Middle School Fax: (860) 654-1915**

## E. INSURANCE

The East Windsor District makes possible a group insurance policy for all school students. For a small fee, a student is insured during school hours, to and from school, and during school sponsored events. A 24-hour protection plan is also available. All students participating in interscholastic sports are covered by group insurance to the extent of expenses above and beyond what their own personal insurance policies will cover.

## F. ACCIDENT REPORTS

It is the duty of the athlete injured during a sport's season to report the injury to the coach and the trainer. After consulting with the injured athlete, the trainer or coach has the responsibility of completing an accident form and submitting it to the school nurse within 24 hours after the report of injury.

## G. SUBSTANCE ABUSE

During the season of practice or play, 7 days a week, 24 hours a day, a student shall not use, consume, possess, buy, sell, or distribute any beverage containing alcohol, any tobacco product, marijuana, steroids, or any controlled substance. It is not a violation of this policy to be in possession of a legally defined drug specifically prescribed for the student's own use by a doctor.

**First Violation:** When the Principal or Assistant Principal in conjunction with the Athletic Director confirms, following an opportunity for the student to be heard, that a violation has occurred, the student athlete will be suspended from all contests for a period of ten (10) school days.

**Second Violation:** When the Principal or Assistant Principal in conjunction with the Athletic Director confirms, following an opportunity for the student to be heard, that a violation has occurred, the student athlete will be suspended from athletics for the remainder of the school year.

## H. HAZING

Hazing means committing an act of physical or emotional harm 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 the student to be initiated into a affiliate with a student organization. Hazing is not permitted or tolerated at East Windsor High School or East Windsor Middle School. Students cannot engage in any hazing activity at any time either on or away from school property. Coaches are responsible and obligated to inform their teams on this policy. A student/athlete who is involved in any hazing incident will be subject to regular school discipline policy.

## I. EQUIPMENT

All issued school equipment will remain the property of the school and must be cared for by the athlete to whom it is issued. It is the financial responsibility of the athlete to ensure that the equipment is returned at the end of the season or when leaving the team. **Any athlete failing to return all equipment issued or appropriate payment at the end of the season will be ineligible to play on any athletic team. Full replacement value will be charged.** A third infraction will result in suspension from all athletic participation from 1 year of the date of the offense. Suspensions will carry over to the next sport season commencing at the first game.

## J. LOCKER ROOM

1. **Do not bring valuables to school.** Leave them at home.
2. Keep your locker locked at all times and do not give anyone your combination.
3. The school is not responsible or liable for loss or damage of your personal property.
4. Lockers must be cleaned out at the end of the season.
5. Athletes will leave the locker rooms in a clean condition.
6. Lockers will be assigned by the physical education staff.

## K. TEAM BENCH AND/OR AREA

Other than players, coaches, and managers, no other persons are permitted on or near the team bench. **Coaches must enforce this rule with the help of the athletic department.**

## L. CHANGING SPORTS

The participant of a sport who desires to drop from one team and try out for another is given this opportunity up to the first game in which the athlete participates. Once you participate in a game, contest, or meet; you are considered a member of that team and may not change to another sport that season.

## M. CAPTAIN SELECTIONS

**Role of the Athletic Team Captain:** Each coach shall set up criteria and be responsible for the selection of captains. Captains will:

- Be leaders on their teams and in the school community.
- Foster team and athletic programs' spirit and pride.
- Set an example of academic integrity in the classroom.
- Follow policies and procedures as outlined in this handbook.
- Exemplify honesty, leadership, compassion, and integrity.

**Note:** Team captains, who are suspended from school from violating school policy, may have their captaincy removed by the head coach. Guidelines for selection of team captains will be the domain of the team coach.

## THE PARENTS ROLE

Athletics, in an education program, is a vehicle for developing individual character, confidence, and for instilling a sense of community and cooperation. It is important to understand that the “game” is a tool, not a goal. Student-athletes can gain experience and maturity by developing individual skills and working to meet the challenges of the game.

Parents contribute to the effort of teaching their children by being role models and athletic program supporters. As role models, parents need to present a positive attitude toward participation in the scholastic athletic program. A positive appreciation of the opportunities to be a part of a team and to contribute towards team goals under the direction the designated coaching staff is a basic foundation for developing an attitude of good sportsmanship.

East Windsor's athletic philosophy outlines the specific role and purpose of each level of competition – middle school, junior varsity, and varsity sports.

The role of the **middle school** level is to:

- Develop basic skills and learn the rules of the sport;
- Determine if the student would like to continue the sport; and
- Provide fair playing time to all participants, at the coaches' discretion.

The role of **junior-varsity sports** is to:

- Further develop skills of the athlete;
- Increase the intensity of competition;
- Prepare for the varsity level; and
- Place more emphasis on winning, but not to the extent of the varsity level.

The purpose of the **varsity level** is to:

- Develop skills and physical conditioning of the athlete to its fullest potential;
- Learn to set goals and to strive to achieve them; and
- Be a role model for younger athletes.

## **EAST WINDSOR ATHLETIC AWARDS**

All awards are at the discretion of the coach and athletic director.

### **The Three “D” Award**

- a. This award is given to the varsity athlete who best demonstrates the following characteristics:
  1. Desire
  2. Discipline
  3. Dedication
- b. A team vote and/or the decision of the coaching staff determine the recipient of this award.

### **The “Most Improved Player” Award**

- a. This award is given to the varsity athlete who has improved the most over the season.
- b. A team vote and/or the decision of the coaching staff determine the recipient of this award.

### **The Coach’s Award**

- a. This award is given to the varsity athlete who has demonstrated to the coach some outstanding characteristic.
- b. The coaching staff determines the recipient of this award.

### **The Junior Varsity Coach’s Award**

- a. This award is given to the athlete who best demonstrated the criteria for the Three “D” Award.
- b. The junior varsity coach determines the recipient of this award.

### **The Middle School Coach’s Award**

- a. This award is given to the athlete who best demonstrated the criteria for the Three “D” Award.
- b. The middle school coach determines the recipient of this award.

### **Minds in Motion Award**

- a. This award is given to the high school athletes who have demonstrated outstanding academic excellence by making the honor roll during the season.
- b. The recipients of this award are determined by checking the school’s honor roll.

### **The Journal Inquirer All-Academic Team**

- a. This award is given to a male and female athlete each season who have lettered and have the highest academic average for the quarter.
- b. The recipients of this award are determined by checking all the athlete’s report cards.

### **The Middle School All-Academic Team**

- a. This award is given to the middle school athlete who has demonstrated outstanding academic excellence by making the honor roll during the season.
- b. The recipients of this award are determined by checking the school’s honor roll.

## **Letters and Numbers:**

### **a. Athletes will be issued the following awards each year for participation on a team:**

1. Junior varsity or freshman – certificate
2. First varsity award – letter
3. Second varsity award – numerals
4. Subsequent varsity awards – sport's pin

### **b. Criteria for awards:**

1. Certificate- the athlete has not qualified for a letter but attends all practices and games.
2. Letter -
  - a. The athlete is a member in good standing of the team at the end of the season.
  - b. In soccer, participate in 50% of the season's playing periods.
  - c. In cross-country, score in 50% of the meets
  - d. In basketball, participate in 50% of the games played
  - e. In wrestling, score in 50% of meets
  - f. In track, criteria determined by head coach
  - g. In baseball and softball, participate in 55% of the innings played.
  - h. In swimming, score in 50% of meets
  - i. In football, participate in 50% of season's playing time.

## **EAST WINDSOR'S ELIGIBILITY POLICY**

**A COPY OF THE COMPLETE CIAC ELIGIBILITY POLICY IS AVAILABLE IN ATHLETIC DIRECTOR'S OF PRINCIPAL'S OFFICE.**

### **HIGH SCHOOL**

To be eligible to participate in athletics, a student must earn passing grades in five (5) units of work. A unit of work is a class that meets five (5) times a week for the whole quarter. A student on the ineligible list can become eligible only at the completion of the next quarter or successfully completing summer school.

You are ineligible if:

1. You are 19 years old before July 1.
2. You have changed schools without a change of address in the last thirty (30) days.
3. You have played the same sport for more than three (3) seasons in grades 10, 11, and 12.
4. You play under an assumed name on an outside team.
5. You receive payment for participation in any CIAC sport.

### **MIDDLE SCHOOL POLICY**

To be eligible to participate in athletics, a student must earn passing grades in all subjects. A student on the ineligible list can become eligible at progress report time by providing written proof that he/she is passing all their subjects to the Athletic Director.

## EMERGENCY MEDICAL FORM

Each athlete is required to give the coach a copy of his or her emergency medical form. A copy has been attached. Please fill this out and give it to the coach at the first practice.

### EAST WINDSOR PUBLIC SCHOOLS' ATHLETIC DEPARTMENT EMERGENCY MEDICAL AUTHORIZATION SHEET

This form must be with the coach at all practices, games or meets to insure proper medical treatment by physicians or hospital in the event of serious injury.

Athlete's Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Athlete's Address \_\_\_\_\_ Zip Code \_\_\_\_\_

Parent/Guardian Name (1) \_\_\_\_\_  
(2) \_\_\_\_\_

Telephone	Home _____	Home _____
	Business _____	Business _____
	Cellular _____	Cellular _____

In the event the parents can't be reached, please contact

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

Policy Carrier (Parent/Guardian) \_\_\_\_\_

Preferred Physician \_\_\_\_\_ Phone \_\_\_\_\_

Preferred Hospital \_\_\_\_\_

I hereby give my consent for medical treatment deemed necessary and/or for transportation to a hospital emergency room for any illness or injury resulting from his/her athletic participation. I understand this authorization will only be enforced to provide immediate treatment when I can't personally be contacted.

\_\_\_\_\_ Date \_\_\_\_\_  
Signature (Parent or Guardian)

#### Student-Athlete Health History

Check all that apply. Give the date of the condition and a short description or comment.

X	Condition	Date	Description/Comment
<input type="checkbox"/>	Hospitalization overnight		
<input type="checkbox"/>	Use daily medication		
<input type="checkbox"/>	Fainting or blackouts		
<input type="checkbox"/>	Seizures		
<input type="checkbox"/>	Concussion in the last 4 years		
<input type="checkbox"/>	Allergies to medication, food or bees		
<input type="checkbox"/>	Heart problems, elevated blood pressure		
<input type="checkbox"/>	Asthma, wheezing- (indicate inhaler use)		
<input type="checkbox"/>	Chest pains		
<input type="checkbox"/>	Only one kidney, lung or testicle		
<input type="checkbox"/>	Wear contacts		
<input type="checkbox"/>	Excessive bleeding problem		
<input type="checkbox"/>	Recent case of "Mono"		
<input type="checkbox"/>	Diabetes		
<input type="checkbox"/>	Had broken bone or dislocation		
<input type="checkbox"/>	Muscle or joint injury		
<input type="checkbox"/>	Neck or back injury		
<input type="checkbox"/>	Chronic illnesses not noted already listed		
<input type="checkbox"/>	Family history of sudden unexplained death		

## **Athletic Responsibility Acknowledgment**

As an East Windsor High School/Middle School athlete participating voluntarily in the interscholastic athletic program, I understand that:

1. I will abide by the East Windsor student code of conduct, the school's athletic handbook, the coach's team rules, and the rules of CIAC.
2. I will conduct myself in an exemplary social manner at all times.
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment issued to me throughout the season, and will pay the current replacement cost of any equipment not accounted for by me.
4. I will not use or be in possession of tobacco, alcohol, or narcotics. If I do use any of these substances, am in possession of these substances, or am suspended from school for possession or use of these substances, I will be subject to the disciplinary actions outlined in the Athletic Handbook.
5. I am aware that I am exposing myself to the risk of injury, including but not limited to the risk of sprains, fractures, and/or partial, permanent, or complete impairment in the use of my limbs; brain damage; paralysis; or even death. Having been so advised, it is still my desire to participate in interscholastic athletics and I do so, with full knowledge and understanding of the risk of injury.
6. I, along with my parents/guardians certify that I have read and understand all of the East Windsor High School and Middle School athletic policies and participation fee guidelines. I understand that in order to be eligible to participate, I must comply with them.

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Athlete's Signature

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Date

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Parent/Guardian Signature

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Date