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St. Mary School  
Athletic Handbook



St. Mary School  
62 Cedar Street  
Branford CT 06405

Revision D  
March 5, 2014

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## Foreword

### **School Mission Statement**

*Since Catholic Education is intended to make faith become living, active and conscious, we, the St. Mary Community, strive to relate all knowledge to a life of faith, with consideration of each child's potential. Our goal is to actively participate in the development of the spiritual, intellectual, emotional, social and physical growth of each student.*

*This handbook is provided to each Athletic Club member and all student-athletes and their parents. It is the primary governing document for the Athletic Program at St. Mary School. The handbook is divided into four sections. Sections 1, 2, and 3 define the Athletic Program, the Athletic Club, and the Athletic Board. Section 4 addresses the policies set forth for Student-Athletes, their parents/guardians, and the coaches.*

*Where this handbook and the Parent/Student Handbook are in disagreement, the Parent/Student Handbook takes precedence. The administration reserves the right to change this handbook at any time.*

*Thank you to the people who helped shape and document these policies, especially the members of the 1995-2003 Athletic Club. Also, a special thanks to our principal **Sr. Carolyn Severino** for her continued support of the St. Mary Athletic Program.*

*This handbook is available electronically in MS Word format.*

### **1.0 Mission Statement**

Athletics is an integral part of the total educational program at St. Mary School. The athletic program exists for the welfare of the student-athletes and the contribution to their educational experience. The mission of the athletic program is to teach the student-athletes the value of teamwork and sportsmanship, while developing the proper competitive spirit.

### **2.0 Philosophy**

It is our belief that the Athletic Program benefits the student-athlete. Participating in the Athletic Program should be an enjoyable experience. Therefore, everything that we do is with the student-athlete in mind. All of our efforts will be towards having each participant have a meaningful experience. We believe that each participant should strive to do their personal best in both the classroom and in sports.

Each member should value themselves, their strengths and their uniqueness and every member can make a different contribution to the teams' success. No member's contribution is better than another's, only different.

Great teams have good Christian attitudes. As members value themselves, so they will respect and value others. It is also imperative that those adults, who are in the position of Coach, Advisor, or parent helper at all times, conduct themselves in a polite, courteous and respectful manner. Adult-Student interaction should always mirror our expected Christian values.

### **3.0 Athletic Club**

#### **3.1 Purpose**

The Athletic Club has been formed to support the continued growth of the St. Mary School Athletic Program.

#### **3.2 Membership**

The Athletic Club is open to any member of the St. Mary School and parish community. As a part of the club, the members are provided an opportunity to serve as an officer on the Athletic Board.

#### **3.3 Meetings**

The Athletic Club meetings are open to all members of St. Mary School. The officers of the board shall set the dates of the meetings. Anyone wishing to present an issue at a meeting should discuss this issue with the Principal and/or the Athletic Director at least 10 days in advance in order to include it on the agenda for the meeting. It is encouraged that at least one parent/guardian of a student-athlete attend these meetings on a regular basis.

Business decisions at the meetings shall be decided by majority vote and approved by the Principal. There maybe cases where the Principal will make a decision, which is contrary to the vote. These decisions, which will seldom happen, are based upon the fact that the Principal has ultimate responsibility for the operation of the school.

Board members and coaches are expected to attend all Athletic Board meetings. If a board member or coach has two unexcused absences during the school year, he/she shall be asked to resign from the board and/or coaching position. An unexcused absence is defined as a failure to notify one of the officers of ones inability to attend the meeting.

#### **3.4 Athletic Board**

The Athletic Board will uphold and support the Principal in meeting the mission statement and philosophy of the St. Mary School Athletic Program. The Athletic Board is made up of officers chosen from the members of the Athletic Club.

#### **3.5 Officers**

Officers appointed by the Principal and/or athletic director must submit a letter of intent when that position becomes available and it is posted in the school "Blue Letter" or Parish Bulletin. Elected officers shall either submit a letter of intent or be nominated at the May board meeting

and will be voted on during the June board meeting. The officers of the Athletic Board are described in the following paragraphs.

**3.5.1 Athletic Director**

The Athletic Director is appointed by the principal. He/she shall:

- a. Abide by and implement the mission and philosophy of St. Mary Athletic Program.
- b. Coordinate and administer all activities associated with the Athletic program.
- c. Be responsible for the Athletic Board's adherence to the policies and regulations of the Archdiocese of Hartford and the Greater New Haven Parochial League.
- d. Preside at all meetings of the Athletic Board and shall be an ex officio member of all committees.
- e. Assist the Principal in the selection of Athletic Coaches.
- f. Assist in the solution of problems relative to specific students.
- g. Supervise the development of schedules with coaches of each sport for all athletic contests.
- h. Provide for the proper administration and supervision of all home athletic contests.
- i. Attend all athletic events or designates a representative.
- j. Coordinates and approves (along with the principal) the recommendations for athletic awards as stipulated in this handbook.
- k. Represent and promote the St. Mary Athletic Program in the community.
- l. Establish a list of proposed expenditures to be approved by the Athletic Board and the Principal.
- m. Gain prior approval by the Board and/or Principal for all expenditures of funds made by the Athletic Director exceeding \$250.00.
- n. Coordinate and arrange (along with the Principal) transportation for athletic contests, when required.
- o. Delegate such responsibilities as shall seem necessary to the effective functioning of the St. Mary Athletic Program.

**3.5.2 Assistant Athletic Director**

The Assistant Athletic Director is appointed by the Principal and the Athletic Director. He/she shall act as an aid to the Athletic Director and perform the duties of the Athletic Director in the absence or resignation of that officer.

**3.5.3 Secretary**

The Secretary is appointed by a majority vote of the board members. He/she shall:

- a. Keep an accurate record of all minutes and keep a current record of attendance at all board meetings.
- b. Be responsible for listing regular board meeting dates in school Blue Letter and/or church bulletin.
- c. Be responsible for notifying board members of special meetings.
- d. Handle all correspondence as directed by the board.
- e. Perform such other duties consistent with this office as the Athletic Director, Principal and/or board may direct.
- f. Maintain a record of the Athletic Program activities.
- g. Be responsible for media relations if no Media Coordinator has been appointed.

**3.5.4 Treasurer**

The Treasurer is appointed by the Principal and the Athletic Director. He/she shall:

- a. Receive all funds of the athletic program and keep an accurate record of receipts and expenses.
- b. Maintain a checking account in a local bank to be selected by the Principal.
- c. Make only such payments out of funds as authorized by the Athletic Director, Principal and/or the board. All bills shall be paid by check. All checks shall require the signature of the treasurer and at least the Principal or Athletic Director.

- d. Be responsible for preparing monthly and annual operating statements showing actual receipts and expenses. The monthly statements shall be presented at each Board Meeting. The annual operating statement shall be presented to the Association during the spring meeting.
- e. Perform such other duties consistent with this office as the Athletic Director, Principal and/or board may direct.

### **3.5.5 Concessions Manager**

The Concessions Manager is appointed by a majority vote of the board members. He/she shall:

- a. Work with the School Cafeteria Coordinator to assure that concession area complies with existing health standards on a daily basis.
- b. Develop and administer all purchasing procedures to include: establishing vendors, ordering supplies, and delivery arrangements (if required).
- c. Recommending a menu and pricing structure to the Athletic Director to maintain appropriate profit margin.
- d. Keep accurate records of food sales and report daily deposits to the Treasurer.
- e. Coordinate volunteers to conduct general concession activities ensuring daily facility cleanliness, equipment cleanliness, properly stored and correctly prepared food items.
- f. Develop income and expenditure projections and prepare operating budget.
- g. Project staffing needs based on upcoming events, and develop and monitor work schedules for the volunteers required.
- h. Maintain inventory records and prepare monthly reports for the board.

### **3.5.6 Assistant Concessions Manager**

The Assistant Concessions Manager is appointed by a majority vote of the board members. He/she shall act as an aid to the Concessions Manager and shall perform the duties of the Concessions Manager in the absence or resignation of that officer. The Candidate Concession Manager for the following year normally fills this position.

### **3.5.7 Equipment Manager**

The Equipment Manager is appointed by a majority vote of the board members. He/she shall:

- a. Maintain an up-dated inventory of all athletic equipment.
- b. Supervise the proper and adequate care, maintenance and storage of all athletic equipment.
- c. Identify the equipment needed, considering quality and safety, and determine the requirements for each team. Each request shall include prices from at least two vendors for the Athletic Director, Principal, and/or board to select from.
- d. Prepare monthly reports for the board.

### **3.5.8 Basketball Tournament Director**

The Basketball Tournament Director is appointed by the Principal and the Athletic Director. He/she shall:

- a. Submit to the Board a plan for the tournament and upon approval of the board implement such plan.
- b. Form a committee to implement the approved plan. The committee should include the following positions:
  - 1) Ad Book Chairperson – This person will coordinate the activities necessary to obtain monies for ads. This includes contacting all previous contacts who purchased ads in the past and updating the ads database with new contact information. The ads will be submitted to a printer to produce the final product.
  - 2) Raffle Chairperson – This person will coordinate the activities necessary for conducting the door raffles. This includes obtaining donated prizes from various agencies and people from the school and parish community.



- 3) Decorations Chairperson – This person will coordinate the activities necessary for decorating the gym and the school grounds to promote the tournament. This person will also be responsible for ensuring the school sign has a tournament message at least one week before and all through out the tournament.
  - 4) Sponsorship Chairperson – This person will coordinate all activities related to obtaining sponsorships for the tournament. Sponsors can choose to provide monies for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place trophies, the tournament T-shirts, and other items approved by the Tournament Director and Athletic Director.
- c. Establish criteria to solicit community and corporate donations or sponsorships and coordinate sponsor activities.
  - d. Coordinate sponsor appreciation with letters and business displays.
  - e. Coordinate solicitation of teams with letters and telephone calls
  - f. Develop and maintain a schedule for all games.

### **3.5.9 Assistant Basketball Tournament Director**

The Assistant Basketball Tournament Director is appointed by the Principal and the Athletic Director. He/she shall act as an aid to the Basketball Tournament Director and shall perform the duties of the Basketball Tournament Director in the absence or resignation of that officer. The Candidate Basketball Tournament Director for the following year normally fills this position.

### **3.5.10 Sports Banquet Coordinator**

The Sports Banquet Coordinator is appointed by a majority vote of the board members. He/she shall:

- a. Submit to the Board a plan for the banquet and upon approval of the board, implement such plan. The plan will include food requirements and decorations. The board will establish a budget for the banquet based upon the plan submitted.
- b. Form a committee to implement the banquet plan. The committee should include the following positions:
  - 1) Decoration Chairperson - This person will coordinate the activities necessary for decorating the gym and the school grounds to promote the banquet. This person will also be responsible for ensuring the school sign has a banquet message.
  - 2) Set-up and Clean-up Chairperson – This person will coordinate the activities necessary for setting up the gym before the banquet and cleaning up afterwards.
  - 3) Food Chairperson - This person will coordinate the activities necessary for obtaining food for the banquet.
- c. Coordinate with the secretary to send letters of appreciation for volunteers on the banquet committee.
- d. The Athletic Director and equipment manager will be responsible for the graduating gifts and the awards.

### **3.5.11 Faculty Representative**

The Faculty Representative is appointed by the Principal. He/she shall act as a liaison between the board and the faculty.

### **3.5.12 Media Relations Coordinator**

The Media Relations Coordinator is appointed by a majority vote of the board members. The Secretary will assume this position if a coordinator is not selected. He/she shall:

- a. Work with the school's Development Director to handle all the media and public relations associated with Athletics.
- b. Coordinate all the media releases for each athletic event. The Athletic Director and/or the Principal shall approve all media releases.
- c. Develop posters, brochures and signs required to promote the Athletic Program in the community.

- d. Coordinate a committee to take photographs and compile statistics at each Athletic event. The photographs and statistics will be utilized for press releases and also be provided to the Development Director for possible use in the School Newsletter.

### **3.6 Concessions Stand**

The Concessions Stand is operated during the basketball season, including the Basketball Tournament. It provides two vital functions to support the St. Mary's Athletic Program. First it provides food and refreshments for players and spectators and second, the profits are utilized to support all the athletic teams.

The successful operation of the concession stand is solely dependent on its volunteers. As stated above, the profits from the stand support all the athletic teams and therefore, the parents of all student-athletes are expected to volunteer to work in the concession stand during the normal basketball season and the tournament. The required amount of hours is dependent on the total amount of student-athletes and the basketball schedule. The Athletic Director will identify the total hours required by the parents and the parents will schedule their time with the Concessions Manager.

#### **3.6.1 Concession Stand Operations**

- a. A schedule will be developed by the Concession manager to ensure the area is "covered" during the sporting events in the gym.
- b. Volunteers working in the concession area must arrive 1 hour before the first event.
- c. The set-up procedures and operation of equipment will be posted in the concession stand area.
- d. Working concession stand volunteers, referees and volunteer game scorers are allowed one free food item and drink during their shift.
- e. A voucher system will be utilized to control cash payments. Cash will not be used to pay bills. Vouchers authorizing disbursements by check are made at the time goods or services are received and found acceptable. Checks are issued only after a careful inspection of the vouchers supporting and authorizing payments.
- f. Deposits of cash should be made daily and reported to the Treasurer. Daily deposits prevent cash from lying around the school.

### **3.7 Basketball Tournament**

The basketball tournament is the main fund raising activity of the Athletic Program at St. Mary School. This event provides the majority of the funding for all the athletic teams. The success of the tournament is dependent on the volunteers and sponsors. The Basketball Tournament Director is required submit a plan for the tournament to the Board. Upon approval of the plan a committee should be formed to implement the approved plan. All parents of student-athletes are required to work a specified amount of hours during the tournament. The required amount of hours is dependent on the total amount of student-athletes and the tournament schedule. Various volunteer jobs are available and are described below.

#### **3.7.1 Tournament Raffles**

A Raffle Chairperson will coordinate the activities necessary for conducting the door raffles. This includes obtaining donated prizes from various agencies and people from the school and parish community. The raffle is normally set up in the foyer of the school during all games of the tournament. At least three volunteers are required each "shift" to collect money and assist the visitors in completing the raffle tickets. These volunteers also normally collect the entrance fee. In addition to the prize raffles, these volunteers should coordinate the 50/50 Raffle, which occurs during each game of the tournament. Normally, student-athletes will solicit the crowd for support and along with an adult, will call out the winning number.

**3.7.2 Tournament Sponsors**

A Sponsorship Chairperson will coordinate all activities related to obtaining sponsorships for the tournament. Sponsors can choose to provide monies for the following items:

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place trophies                      \$1100.00

Includes the company name on the sponsor banner, a mention during the 6 different trophy ceremonies, a full-page ad in the ad book, and two tournament passes.

Tournament T-shirts                                      \$1100.00

Includes the company name on the t-shirts, company name on the sponsor banner, a full-page ad in the ad book, and two tournament passes.

The above sponsorships can be shared amongst several sponsors if requested. Other sponsored items may also be approved by the Tournament Director and Athletic Director. The Sponsorship Chairperson will consult with the School Development Director to ensure sponsors are not over burdened with solicitation from St. Mary School.

**3.7.3 Tournament Ad Book**

An Ad Book Chairperson will coordinate the activities necessary to obtain monies for ads. This includes contacting all previous contacts that purchased ads in the past and updating the ads database with new contact information. The Tournament Ad Book Chairperson will work closely with the Sponsorship Chairperson to ensure sponsors are not over burdened with solicitation from Athletic Club. Ad Book Sponsor levels are as follows:

Gold Corporate Sponsors                              \$ 250.00

Includes the company name on sponsor banner, a full-page ad and two tournament passes.

Blue Sponsors    \$ 100.00

Includes a full-page ad and two tournament passes.

White Sponsors    \$ 50.00

Includes one half page ad and one tournament pass.

SMS Friends    \$ 25.00

Includes a quarter page ad.

Any athlete and/or parent will get a free sports season for each \$200 raised for the ad book. This offer will only be applied to sports seasons for the current school year. The ads will be submitted to a printer to produce the final product. It is suggested that the printing company be a major sponsor in order to reduce the cost of the ad book.

**3.7.4 Tournament Decorations**

A Decorations Chairperson will coordinate the activities necessary for decorating the gym and the school grounds to promote the tournament. This person will also be responsible for ensuring the school sign has a tournament message at least one week before and all through out the tournament. This Chairperson can coordinate efforts with the Art teacher to have the students construct posters for the event, which can be hung in the gym and the foyer of the school.

**3.8 Sports Banquet**

The sports banquet is an event, which honors our student-athletes and coaches for the school year. This event is solely dependent on the volunteers to organize and execute. The banquet will be held in June, after the baseball and softball seasons end.

**3.8.1 Banquet Food**

A Food Chairperson will coordinate the activities necessary for obtaining food for the banquet. Normally a local company caters this event. The selection process should include obtaining several quotes and providing a presentation to the board for a majority vote. This process should be completed by March.

**3.8.2 Banquet Set-up/Clean-up**

A Set-up/Clean-up Chairperson will coordinate the activities necessary for setting up the gym before the banquet and cleaning up afterwards. Volunteers are required to set up the gym in the afternoon on the day of the event. The clean up volunteers should complete their efforts immediately after the banquet is over. The Set-up/Clean-up Chairperson will coordinate activities with the Decorations Chairperson.

**3.8.3 Banquet Decorations**

A Decorations Chairperson will coordinate the activities necessary for decorating the gym for the banquet. Volunteers are needed to decorate the gym in the afternoon on the day of the event and remove the decorations immediately after the banquet is over. Any decorations purchased should be saved for use in the following year. This Chairperson can coordinate efforts with the Art teacher to have the students construct posters for the event, which can be hung in the gym and the foyer of the school. The Decorations Chairperson will coordinate activities with the Set-up/Clean-up Chairperson.

**4.0 Athletic Program Policies and Procedures**

**4.1 Sports Offered**

The St. Mary School sports teams participate in the Greater New Haven Parochial League. This league is made up of parochial schools from Ansonia, Derby, East Haven, Hamden, Milford, New Haven, Madison, Wallingford, and West Haven. Our Lady of Mercy (Madison), St. Vincent DePaul (East Haven) and St. Mary are in the East Shore Deanery. The best team record at the Deanery Level is the criteria for advancing into the Archdiocese of Hartford State Championship.

The St. Mary School athletic program is governed by the Archdiocese of Hartford Catholic Youth Organization Rules. These rules are based upon the National Federation of High School rules, modified for our use. In addition, the Connecticut Interscholastic Athletic Conference (CIAC) rules are utilized in areas where the NFHS rules are silent. St. Mary School will follow the Connecticut Interscholastic Athletic Conference (CIAC) first game limitations and first practice dates. These limits are being put in place to eliminate any possible overlap of seasons. The basketball dates coincide with the Girls CIAC schedule of limitations, since St. Mary School does not have a football team.

The dates described above may change due to the overall scheduling of Greater New Haven Parochial Athletic League. Clinics and/or tryouts can be held 2 weeks prior to each season.

The Athletic Director and Principal will make the determination if there is any change in the ability to field a team for a sport. This decision will be made based upon the quantity of student-athletes that have signed up for a particular sport.

**4.1.1 Soccer**

Soccer is offered as a co-ed sport. Soccer registration will be held at the end of the previous school year and the beginning of the new school year. Student-athletes in Grades 6 through 8 are eligible to play. The Soccer team will be limited to 24 players. Soccer players are provided a soccer shirt, shorts and socks by the school. The student-athlete shall purchase other padding and accessories that may be required.

**4.1.2 Basketball**

Basketball registration will be held at the beginning of the new school year. Basketball is offered to Student-athletes in Grades 5 through 8 and all are eligible to play varsity at the

discretion of the coaches and athletic director. Normally, Grades 5 and 6 would constitute the Junior Varsity (JV) team and Grades 7 and 8 would play on the Varsity team. Therefore, a normal season would produce a Girls JV, Girls Varsity, Boys JV and Boys Varsity basketball teams. The availability of a JV team will be based upon the quantity of student-athletes that have registered. A varsity team will not be sacrificed for a JV team. The teams will be limited to 13 players each. Basketball players are provided home and away uniforms (2 pants and 2 shirts) by the school. Kneepads are required and shall be purchased by the student-athlete.

#### **4.1.3 Cheerleading**

Cheerleading is offered to girl Student-athletes in Grades 5 through 8. The cheerleading squad will consist of no more than 18 members. Cheerleading try-outs will be held in late spring for the next school year. The cheerleading team can meet throughout the summer for clinics and practices. The school provides a skirt and vest to the cheerleaders. The remaining pieces of the uniform must be purchased by the student-athlete.

#### **4.1.4 Boys Baseball**

Boys baseball registration will be held in January. Boys Baseball is offered to Student-athletes in Grades 7 and 8. The team will be limited to 15 players. Baseball players are provided shirts, pants, socks, and hats by the school. Other equipment provided includes catcher's gear and batting helmets. Student-athletes will need to purchase any other equipment themselves.

#### **4.1.5 Girls Softball**

Girls softball registration will be held in January. Girls Softball is offered to Student-athletes in Grades 6 through 8. The team will be limited to 15 players. Softball players are provided shirts, pants, socks, and visors by the school. Other equipment provided includes catcher's gear and batting helmets. Student-athletes will need to purchase any other equipment themselves.

### **4.2 Student-Athlete**

The St. Mary student-athlete is a visible example of the Catholic school student and community. When they compete on the court or the field, they represent the school and themselves. As a student they are an example to their fellow students, to their parents, family, friends, and other teams' parents. It is known that 50% of all learning is acquired through role modeling. In school it is a student's responsibility to represent their team and themselves, away from school they are the representatives of St. Mary School. It is very important that the student-athlete exhibits pride in themselves and their school.

The following CYO Pledge Of Sportsmanship is provided by the Archdiocese of Hartford for the Student-Athletes to follow:

*I promise upon my honor to be loyal to my God, to my country, and to my church: to be faithful and true to all my obligations as a Christian and a citizen.*

*I pledge myself to live a clean, honest, and upright life; to avoid obscene, profane, and vulgar language, and to induce others to avoid it.*

*I bind myself to promote by word and example, a clean, wholesome sport.*

*I will strive earnestly to be a person of whom my church and my country may be justly proud.*

#### **4.2.1 Physical and Required Forms**

Any student who participates in the Athletic Program must submit a signed Registration & Permission Form from a parent or guardian and provide proof that the student has had a physical examination within the last twelve months. Copies of these forms will be kept on file in the office. Any student under a doctor's care will not be allowed to participate in any sport without a signed written release from their physician.

#### **4.2.2 Code of Conduct**

A student-athlete has a unique opportunity to represent their school, family, and faith-community through sports. With this opportunity, however, comes a great responsibility to set a standard for others to follow. The following is a code of conduct for all St. Mary School Student-athletes.

- a. Faith, family life and school are the student-athlete's first priority.
- b. Student-athletes must maintain the proper academic standards as set forth in the Parent Student Handbook.
- c. Student-athletes must show up (on time) for all practices, scrimmages, and games as required by your specific coaches.
- d. Student-athletes must call one of the coaches if unable to attend any of the aforementioned sessions.
- e. Student-athletes must conduct him/herself in school in a way that represents the school and the team.
- f. Student-athletes must show respect for their teammates at all times, whether at school, games, or outside of school.
- g. Student-athletes must treat all other students in a respectful manner.
- h. Student-athletes must always be respectful of their coaches.
- i. Student-athletes must always be respectful of opposing coaches and players.
- j. Student-athletes must always be respectful of game officials. No player should ever argue with an official.

Failure to comply with the above code of conduct may result in temporary or permanent suspension from the team.

#### **4.2.3 Regulations**

Subject to other school rules, the following pertains to all events within the Athletic Program.

- a. Any student who wears glasses must wear a strap to secure their glasses during all games and practices.
- b. Student-athletes must always pack their own equipment and supplies. Check before and after a practice to make sure you have everything.
- c. No hairpins and barrettes, jewelry, earrings, rings, watches, etc. are allowed to be worn during practices or games.
- d. Under no circumstances can a student invite a friend to a clinic or practice. Coaches are not responsible for any students except team members. "Friends" should be met after a practice.
- e. If a student-athlete is injured in any way, during a practice or game, they must notify the coach immediately. The coach will fill out a written report and submit it to the office by the next school day.
- f. Student-athletes practicing or playing in the gym must remain there, at all times. Public lavatory use and water fountains are located in the Gym area. No student should be in any other part of the school building during games or practices.
- g. Coaches may also set further standards for their respective sport or activity. The Athletic Director and/or Principal will approve these standards before they are handed out to the student-athletes involved.

Failure to comply with the above regulations may result in temporary or permanent suspension from the team.

#### **4.2.4 Uniforms**

St. Mary School provides uniforms for each of the student-athletes who participate on a team. The subparagraphs in Paragraph 4.1 identify the make-up of the uniforms for each specific sport. These uniforms are the property of the school and must be kept in good condition by the student-athlete and their parent or guardian.

Parents or guardians must sign for receipt of uniforms, and parents or guardians are responsible for return of uniforms in good condition. The parent or guardian is financially responsible for the loss or misuse of uniforms issued to the student-athletes. The Equipment Manager and/or coach will inform the Athletic Director of any issues with uniforms.

All students must have their physical, Registration & Permission form and fee paid before uniforms are issued.

#### **4.2.5 Tryouts/Clinics**

Student-athletes, who wish to join a team or squad, must submit a Registration & Permission form. The fee for the particular sport will be collected once the team has been picked. In addition to submitting the form, the student-athlete must attend a specified amount of clinics and tryouts. The specified amount will be identified in the Blue Letter, when the dates for those events are announced.

Student-athletes will be chosen for their ability, academic grades, and overall attitude. It will be the responsibility of the Coaches to choose the team and obtain approval from the Athletic Director and Principal.

#### **4.2.6 Attendance – School and class**

On the day of a game or event, if a student-athlete does not attend school, he/she cannot participate in any game or event scheduled for that day. If a student-athlete becomes injured and cannot play, he/she will be expected to attend practices unless excused by the coach. If a student-athlete was injured, a doctor's note must be received in the school office stating that he/she may participate again in playing the sport.

#### **4.2.7 Attendance – Practice and games**

If a student-athlete cannot attend a practice or game, he/she must inform the coach before the scheduled practice or game. If a student-athlete does not inform the Coach regarding an absence, he/she will not be allowed to play in the next regularly scheduled game. The student-athlete must attend that game and sit on the bench or he/she will be subject to further discipline.

St. Mary School recognizes that every student should have the opportunity for a broad range of extracurricular activities. Every effort will be made to reduce the number of conflicts between St. Mary School athletics and other extracurricular pursuits. If a conflict does arise, the student-athlete is encouraged to identify it to the coach or coaches involved. If the conflict persists, the student and/or parent may contact the athletic director for assistance. A commitment to the St. Mary team indicates that all non-school conflicts be resolved in favor of the school team. This would not however, include such things as significant religious holidays, family events, funerals, etc.

Appropriate dress and attire is required at all games and practices. For games - uniforms must be worn. For practices - sweats or gym shorts must be worn.

#### **4.2.8 Academic Expectations**

The academic expectations for student-athletes are identified in the Parent-Student Handbook. The principal will notify the Athletic Director and the coach of a Student-athlete, who is not meeting the academic expectations. Progress Reports will be issued quarterly to keep a student abreast of their academic average. If a student has not met the academic expectation, they will receive a suspension letter from the principal.

The student-athlete and their parents or guardians must remember that participating in the St. Mary School Athletic Program is a privilege, which results from their full commitment to their academic responsibilities.

***"Outside of the classroom, the students must learn how to interact with others, how to be a friend and how to make friends. Only after the students have become learners should anyone invite them to become athletes. It should be made clear to student-athletes that their academics are more important than their participation in sports. They are in school to be students first and athletes second. They need to be aware of the tremendous commitment that they are making and the effort that it will require". - Athletics & The Gospel Message of the Catholic School Rev. R. McGrath, OSA, PhD, -NCEA, pg. 10.***

### **4.3 Parents/Guardians**

Parents/Guardians are encouraged to attend all athletic events. It means a great deal to the student-athlete to have the opportunity to perform in front of their parents/guardians. Parents/guardians are also encouraged to participate in the Athletic Club to assist in accomplishing its goals of providing a healthy environment of sports activities for all participants.

#### **4.3.1 Parent/Guardian Code of Conduct**

A parent/guardian also has a unique opportunity to represent their child's school, family, and faith-community through sports. With this opportunity, also, comes a great responsibility to set a standard for others to follow. The following is a code of conduct for all St. Mary School Parents/Guardians.

- a. Respect the decisions made by the contest officials.
- b. Refrain from taunting, booing, heckling and the use of profanity in any manner.
- c. Respect student-athletes, coaches, officials and other fans.
- d. Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other event.
- e. Place the emotional and physical well being of the student-athlete ahead of any personal desire to win.
- f. Support coaches and officials working with their child, in order to encourage a positive and enjoyable experience for all.
- g. Remember that the game is for the student-athlete, not the adults.
- h. Do their very best to make St. Mary School sports fun for their child.
- i. Ask their child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- j. Help their child enjoy the St. Mary School sports experience by doing whatever they can, such as being a respectful fan, assisting with coaching (if needed), or volunteering for the various events.

***Be a fan-not a fanatic.***

Failure to comply with the above code of conduct may result in temporary or permanent suspension from any athletic events.

#### **4.3.2 Volunteer Hours**

Dedicated and caring individuals direct the Athletic Programs at St. Mary School. This program utilizes the Concession Stand and the Annual Basketball Tournament for its own financial resources. Therefore, parents/guardians of all student-athletes will be asked to volunteer at the Tournament in January and in the concession stand throughout the regular basketball season. These activities raise the funds required to provide needed uniforms, equipment, referee and umpire fees, tournament fees, as well as pay for the student-athlete's trophies at the Sports Banquet. We ask all parents/guardians of student-athletes to please sign up to help at the Basketball Tournament in January.

#### **4.3.3 Profit Dollars**

Parents/Guardians will also be asked to generate profit for the Athletic Club by selling ads for the Basketball Tournament Ad Book or obtaining personal and/or corporate donations. The Athletic Club will provide 1% of the profit generated over \$500 to the Home/School Association which will count towards the family profit dollar requirement.



#### **4.3.4 Transportation**

Parents/Guardians are expected to provide transportation to and from all practices and games. Establishing a car pool is recommended to alleviate issues with conflicting home schedules. Parents/Guardians are expected to ensure that the student-athlete arrives on time for practices and games. Promptness in picking up the student-athlete is expected and appreciated. Parents/Guardians are expected to provide written permission for a student-athlete to walk or bike to and from practices and games. Parents/Guardians must inform the coach when relatives or friends are transporting their children.

***The coach cannot provide transportation as specified by the Archdiocese of Hartford.***

#### **4.3.5 Complaints**

Any problem, issue or concern that a child or parent/guardian has should be addressed to the coach first. If the coach does not resolve the issue, the parent/guardian shall then approach the Athletic Director. If the parent/guardian is still not satisfied, they should address their concern with the principal. The principal shall then call a meeting with the parent/guardian, the coach and athletic director.

No problems should be discussed before, during or after a game or practice in front of the children.

### **4.4 Coach**

#### **4.4.1 Coaches Code Of Ethics**

The following is from the National Federation Coaches Association (NFCA). The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she were the coaches' own, and his or her welfare should be uppermost at all times. Accordingly, the NFCA Board of Directors has adopted the following guidelines for coaches.

- a. The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character and Christian values.
- b. The coach shall uphold the honor and dignity of the profession. In all personal contact with student-athletes, officials, athletic directors, school administrators, the Archdiocese of Hartford, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- c. The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.
- d. The coach shall avoid the use of alcohol and tobacco products when in contact with players.
- e. The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- f. The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- g. The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, parents, principal, community, and faculty.
- h. The coach shall respect and support contest officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- i. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

- j. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
- k. The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

**4.4.2 Selection of Coaches**

Announcements will be placed in the Blue Letter and/or church bulletin in the spring for coaching positions for the next school year. The Principal and the Athletic Director will select the coaches based on the qualifications of applicants, i.e. previous successful work experience with children, previous athletic coaching experience and finger printing and/or background checks (per the Archdiocese of Hartford).

**4.4.3 Communication**

The Athletic Program at St. Mary School will strive to have an open communication between the board, the Athletic Director, the coaches, the parents/guardians and the student-athletes. It is in everyone's interest to identify any issues with communication or miscommunication immediately, in order to alleviate any further issues.

**4.4.4 Schedule Changes/Cancellations**

The Athletic Program at St. Mary School will make every effort possible to contact the student-athletes and their parents/guardians when there is a schedule change or cancellation. It is recommended that the coaches implement a "phone tree" to expedite the notification process.

**4.4.5 Transportation**

Student-athletes must make arrangements for transportation to and from games and practices. Repeated late drop-off or pick up may jeopardize the student-athlete's ability to remain on the team. Parents/Guardians are expected to provide written permission for a student-athlete to walk or bike to and from practices and games. Parents/Guardians must inform the coach when relatives or friends are transporting their children.

***The coach cannot provide transportation as specified by the Archdiocese of Hartford.***

**4.5 Sports Banquet Awards**

The following paragraphs identify the awards that are given to deserving student-athletes at the Sports Banquet held at the end of the school year. A quantity of 5 awards can be given per team, with no limit to the quantities in each category. For example, a coach can select 5 Coaches Awards to be given at the banquet. The Athletic Director and Principal will approve all awards.

**4.5.1 Most Dedicated**

This award is given to the student-athlete who has exhibited dedication to the team and their school throughout the season.

**4.5.2 Team Above Self**

This award is given to the student-athlete who supports their team in any role they have been given. This student-athlete never requests individual statistics and is always concerned for the team as a whole.

**4.5.3 Most Improved**

This award is given to the student-athlete who has improved their ability or attitude over the past season or since the student-athlete has been playing the specific sport.

**4.5.4 Coaches Award**

This is a generic award given to student-athletes for various reasons. This award should not be considered as a lesser award than the others, in fact coaches are encouraged to explain the reasons for honoring the student-athlete with this award.

**4.5.5 Herke Award**

This award is named after Lawrence Herkimer founder of the National Cheerleaders Association (NCA). It is awarded to the cheerleader who demonstrates the determination to achieve excellence, the discipline to accomplish it, and the attitude to accept results with dignity.

**4.5.6 Spirit Award**

This award is given to the cheerleader who inspires others to participate and contribute to the sport of cheerleading in a positive and enthusiastic manner.

**4.5.7 Don Lawrence Sportsmanship Awards**

This award is named after our former Athletic Director who served from 1995 through 2003. He was very instrumental in expanding the Athletic program at St. Mary School and also in the Greater New Haven Parochial League. This award will be given to one girl and one boy each year that demonstrate both sportsmanship and academic values through out the school year. Coaches will provide recommended names for this award and the Principal and faculty will make the ultimate decision on which students will be the recipients.

**4.6 Athletic Scholarships**

Each year the Athletic Club provides scholarship money to selected graduating 8<sup>th</sup> graders who will be attending a private high school. The criterion for selection is an athlete that has played at least two (2) sports and exhibits the sportsmanship and attitude that exemplifies the school.

**Appendix A - Athletic Forms**

Parents/Student Acknowledgement of Policies	A2
Registration & Permission Form	A4
Uniform Receipt Form	A6

### Acknowledgement of Parent/Student Policies

1. As a parent/guardian, I agree to meet our commitment to provide the required number of hours to help support the Athletic program activities.
2. As a parent/guardian, I agree to notify the school office that I would like an appointment with the coach and athletic director to discuss any concerns or disagreements. I will not do this before, during, or after a practice or in front of the student-athletes.
3. We (student-athlete and parent/guardian) have read and understand the above rules as a team member, spectator, coach, and participant in the athletic program.
4. As a parent/guardian, I agree to follow the parent code of conduct in attending games and sporting events. I understand that if this does not occur, I maybe temporarily or permanently suspended from any athletic event.
5. As a student-athlete, I agree to follow the student-athlete's code of conduct. I understand that if this does not occur, I maybe temporarily or permanently suspended from the team.

Sport: \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Student-athlete Name \_\_\_\_\_

Student-athlete Signature \_\_\_\_\_

***This form must be completed and returned to the coach before the student-athlete is allowed on the playing field or court.***

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**Registration & Permission Form**

Student-athlete's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Doctor's Approval to participate in sports is attached      YES      NO

Date of last physical: \_\_\_\_\_

Please state any medical problems: \_\_\_\_\_

**Emergency Contacts**

Parent/Guardian Name: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Other Telephone: \_\_\_\_\_

Other Contact/relationship: \_\_\_\_\_ / \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Other Telephone: \_\_\_\_\_

Other Contact/relationship: \_\_\_\_\_ / \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Other Telephone: \_\_\_\_\_

My child has permission to participate in clinics, try-outs, practices and games for \_\_\_\_\_ **(Sport)**. This includes walking to Hammer Field or to be transported by bus to games played outside of Branford.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_  
**Signature**

**Registration Fees**

**Cheerleading      \$30.00      Soccer      \$35.00**

**Basketball      \$40.00      Softball/Baseball      \$35.00**

*(The fees are not required until a student-athlete has been selected for a team)*

***This form must be completed and returned to the coach before the student-athlete is allowed on the playing field or court.***

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**Uniform Receipt Form**

(Updated 12/13/10)

My child has received a uniform for the sport he/she is participating in.

Student-athlete's Name (Print): \_\_\_\_\_

Sport: \_\_\_\_\_

**Uniform Handed Out**

Date \_\_\_\_\_

	Number	Size	Condition
Shirt/Vests	_____	_____	_____
Pants/Skirts	_____	_____	_____

We, the undersigned, understand that the subject uniform must be returned (cleaned) to the coach or Athletic Director after the season has ended or we will be financially obligated to replace it. (Note: A \$90 fee will be assessed for each uniform not returned).

Parent/Guardian (Print) \_\_\_\_\_

Parent/Guardian (Sign) \_\_\_\_\_

Uniform provided by (sign): \_\_\_\_\_

**Uniform Returned**

Date

Parent/Guardian (Print) \_\_\_\_\_

Parent/Guardian (Sign) \_\_\_\_\_

Uniform accepted by (Sign): \_\_\_\_\_

*This form must be completed and returned to the coach at the time the student-athlete is provided a uniform.*

**Appendix B - Directions to Various Venues**

Crosby High School, Waterbury..... B2  
Conte West Hills Magnet School, New Haven..... B2  
Dag Hammarskjold School, Wallingford..... B2  
Flax Mill Field, Branford..... B2  
Holy Cross School, New Britain..... B2  
Hyde Leadership School, Hamden..... B2  
Kennedy High School, Waterbury..... B3  
Laurelton Hall, Milford..... B3  
Memorial Field, East Haven..... B3  
Moretti Field, East Haven..... B3  
Moulthrop Field, East Haven..... B3  
North End Recreation Center, Waterbury..... B3  
Our Lady of Mercy, Madison..... B4  
Pagels Field, West Haven..... B4  
Painter Park, West Haven..... B4  
Pine Rock Park (Girls Softball), Hamden..... B4  
Pine Rock Park (Boys Baseball), Hamden..... B4  
Quinnipiac Park, Cheshire..... B4  
St. Brigid School, West Hartford..... B5  
St. Gabriel School, Milford..... B5  
St. Lawrence School, West Haven..... B5  
St. Mary School, Milford..... B5  
St. Rita School, Hamden..... B5  
St. Stanislaus, Meriden..... B5  
Wallingford Recreation Center, Wallingford..... B5  
Wasson Field, Milford..... B6  
Xavier High School, Middletown..... B6  
Young’s Pond, Branford..... B6

***All directions provided are from St. Mary School.***

**Conte West Hills Magnet School**

**511 Chapel Street, New Haven**

1. Take I-95 South to I-91 (5.3 miles)
2. Take I-91 to Exit 2 Hamilton Street (.1 miles)
3. Take right on Hamilton Street (.1 miles)
4. Take right on Chapel Street (.1 miles)

The school will be on your right hand side.

**Crosby High School**

**300 Pierpont Road, Waterbury**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to I-691 Exit 17 (18.5 miles)
3. Take I-691 West to I-84 West (7.8 miles)
4. Take I-84 West to Exit 26 (3 miles)
5. Turn left on East Main St (1.5 miles)
6. Turn right on Pierpont Rd (.3 miles)

The school will be on your right hand side. Entrance to the gym is the second driveway.

**Dag Hammarskjold School (Holy Trinity)**

**300 Pierpont Road, Waterbury**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 14, Woodhouse Road (11.7 miles)
3. Turn left on Kondracki Ln (.8 miles)
4. Turn right on Harrison Rd (.1 miles)
5. Continue on Pond Hill Rd (.1 miles)

The school will be on your right hand side.

**Flax Mill Soccer Field**

**Route 139, Branford**

1. Take I-95 north to Exit 55 (2 miles)
2. Turn right on East Main St (.3 miles)
3. At 2nd light take left on Rte 139/No Branford Rd (.5 miles)
4. Turn left on Thompson Rd (turns into dirt road) (.5 miles)

This road leads directly to the soccer field which is set back in the woods.

**Holy Cross School**

**Eddy Glover Boulevard, New Britain**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to 22N-S/CT Rte 9 Exit 22 (26.4 miles)
3. Take Ct Rte 9 North/CT Rte 72 West to Exit 29 (8.7 miles)
4. Continue straight on Fenn Rd (.6 miles)
5. Turn right on Ella Grasso Blvd (1.1 miles)
6. Ella Grasso Blvd becomes Eddy Glover Blvd

The school will be on your left hand side.

**Hyde Leadership School (St. Rita Basketball Tournament)**

**306 Circular Avenue, Hamden**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 6 (left-hand exit) (1 mile)
3. Turn right on Willow St to Whitney Ave (1 mile)
4. Turn right on Whitney Ave (2 miles)
5. Turn left on Putnam Ave (1 mile)
6. Cross Dixwell Ave and bear right onto Circular Ave (.2 miles)

The school will be on your left hand side.

**Kennedy High School**

**422 Highland Avenue, Waterbury**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to I-691 Exit 17 (18.5 miles)
3. Take I-691 West to I-84 West (7.8 miles)
4. Take I-84 West to Exit 18 (9.3 miles)
5. Turn right on Highland Ave (.3 miles)

The school will be on your right hand side.

**Laurelton Hall**

**200 High Street, Milford**

1. Take I-95 South to Exit 39A (14.1 miles)
2. Merge onto Boston Post Rd (.2 miles)
3. Bear left on Cherry St (.7 mile)
4. Bear left on River St (.2 miles)
5. Turn right on Darina Pl (.2 miles)
6. Turn right on High St (.1 miles)

The school will be on your left hand side.

**Memorial Field**

**Roma Street, East Haven**

1. Take I-95 South to Exit 52 (2.6 miles)
2. Turn left on North High St (.6 miles)
3. Cross Main St to Thompson Ave (.6 miles)
4. Turn left on Dodge Ave (.1 miles)
5. Turn right on Roma St

The field will be on your right hand side.

**Moretti Field**

**Waite Street, Hamden**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 6 (left-hand exit) (1 mile)
3. Turn right on Willow St to Whitney Ave (1 mile)
4. Turn right on Whitney Ave (2.5 miles)
5. Take left on Waite St through the first light (.25 miles)

The park will be on your right hand side.

**Moulthrop field**

**Moulthrop Street, East Haven**

1. Take I-95 South to Exit 52 (2.6 miles)
2. Take a right on North High St (.1 miles)
3. Take right on Hudson St (.1 miles)
4. Take 2nd right on Liberty Ave (.1 miles)
5. Take left on Moulthrop Street

The fields are directly on the right.

**North End Recreation Center**

**200 North Main Street, Waterbury**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to I-691 Exit 17 (18.5 miles)
3. Take I-691 West to I-84 West (7.8 miles)
4. Take I-84 West to Exit 22, Union St (7.7 miles)
5. Turn left on Union St (.5 miles)
6. Turn right on South Main St/North Main St (.5 miles)

The building will be on your right hand side.

**Our Lady of Mercy**

**149 Neck Road, Madison**

1. Take I-95 North to Exit 59 (8.1 miles)
2. Turn right at end of exit (.1 mile)
3. Turn left on Boston Post Rd (2.1 miles)
4. Bear right onto Neck Rd (.6 miles)
5. Turn right onto Neck Rd (.6 miles)

The school will be on your left hand side.

**Pagels Field**

**26 Benham Hill Road, West Haven**

1. Take I-95 South to Exit 41 (11.2 miles)
2. Take left on Marsh Hill Rd/Oxford Rd/Woodmont Rd (1.3 miles)
3. Take left on Benham Hill Rd (.1 miles)

School and field are on your right hand side.

**Painter Park**

**Kelsey Avenue, West Haven**

1. Take I-95 South to Exit 44 (7.4 miles)
2. Merge on Kimberly Ave/Elm St (1.5 miles)
3. Turn left on Wagner Pl/Saw Mill Rd/Kelsey Ave (.6 miles)

The park is at the top of the hill on your right hand side.

**Pine Rock Park (Girls Softball)**

**Pine Rock Avenue, Hamden**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 6 (left-hand exit) (1 mile)
3. Turn right on Willow St to Whitney Ave (1 mile)
4. Turn right on Whitney Ave (2 miles)
5. Turn left on Putnam Ave (1 mile)
6. Cross Dixwell Ave and bear right onto Circular Ave (.1 miles)
7. Turn left on Helen St (.6 miles)
8. Turn right on Pine Rock Ave (.3 miles)

The field will be on your right hand side – hidden by the trees.

**Pine Rock Park (Boys Baseball)**

**Pine Rock Avenue, Hamden**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 6 (left-hand exit) (1 mile)
3. Turn right on Willow St to Whitney Ave (1 mile)
4. Turn right on Whitney Ave (2 miles)
5. Turn left on Putnam Ave (1 mile)
6. Cross Dixwell Ave and bear right onto Circular Ave (.1 miles)
7. Turn left on Helen St (.6 miles)
8. Turn left on Pine Rock Ave (.6 miles)

The field will be on your left hand side.

**Quinnipiac Park**

**Cheshire Street, Cheshire**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 10 (5.8 miles)
3. Follow extension to end (3 miles)
4. Bear right on Rte 10/Whitney Ave/South Main St (6.5 miles)
5. Turn right on Academy Rd/So Meriden Rd/Rte 68/70 (3 miles)
6. Bear left at the fork on Cheshire St (.8 miles)

Soccer field is about on your right hand side.

**St. Brigid School**

**100 Mayflower Street, West Hartford**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 22 (26.4 miles)
3. Take Ct Rte 9 North/CT Rte 72 West to Exit 40 (9.5 miles)
4. Turn left on New Britain Ave (1 mile)
5. Turn left on Mayflower St (.3 miles)

The school will be on your right hand side.

**St. Gabriel School**

**1 Tudor Road, Milford**

1. Take I-95 South to Exit 34 (17.7 miles)
2. Turn right on Bridgeport Ave (Rte 1) (.5 miles)
3. Turn left on Naugatuck Ave (1 mile)
4. Turn right on Tudor Road

The school will be on your right hand side.

**St. Lawrence School**

**231 Main Street, West Haven**

1. Take I-95 South to Exit 44 (7.4 miles)
2. Merge onto Kimberly Ave/Elm St (.8 miles)
3. Turn left on Union Ave (.3 mile)

The school will be on your right hand side.

**St. Mary School**

**72 Gulf Street, Milford**

1. Take I-95 South to Exit 39A (14.1 miles)
2. Merge onto Boston Post Rd (.2 miles)
3. Bear left on Cherry St (.5 mile)
4. Turn Left on Gulf St (.2 miles)

The school will be on your left hand side.

**St. Rita School**

**1301 Whitney Avenue, Hamden**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 6 (left-hand exit) (1 mile)
3. Turn right on Willow St to Whitney Ave (1 mile)

The school will be on your right hand side (up the hill).

**St. Stanislaus**

**81 Akron Street, Meriden**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 16 (18.5 miles)
3. Turn left on East Main St (1.4 miles)
4. Bear left on Broad St (.2 miles)
5. Turn right onto Olive St (.2 miles)

The school will be on your right hand side (on the corner of Akron St).

**Wallingford Recreation Center**

**81 Akron Street, Wallingford**

1. Take I-95 South to I-91 North (5.3 miles)
2. Take I-91 North to Exit 15 (15.5 miles)
3. Turn left on Rte 68 (1.3 miles)
4. Bear right on Barnes Rd (1.3 miles)
5. Turn right onto Fairfield Blvd (.1 miles)

The Building will be on your left hand side.

**Wasson field (next to Parson's Government Complex)**

**West River Street, Milford**

1. Take I-95 South to Exit 39A (14.1 miles)
2. Merge onto Boston Post Rd (.2 miles)
3. Bear left on Cherry St (.7 mile)
4. Bear right on West Main St (.1 miles)
5. Turn left on West River St (.1 miles)

The field will be on your right hand side.

**Xavier High School**

**Randolph Rd, Middletown**

1. Take Brushy Plain Road to Totoket Road
2. Take Totoket Road to Rte 22 (5 miles)
3. Take left on Rte 22 (3/4 mile)
4. Merge to Rte 17
5. Continue on Rte 17 (13 miles)
6. Take right onto Rte 155 (Randolph Road) (2 miles)

The school will be on your right hand side.

**Young's Pond**

**Totoket Road, Branford**

1. Take left on Main St (.5 miles)
2. Turn right on Montowese St (.2 miles)
3. Turn left on Pine Orchard Rd/Damascus Rd (2 miles)
4. Bear right on Totoket Rd (.7 miles)

The field will be on your right hand side.

## Revision Page

September 2003	This handbook was revised to its current configuration and supercedes all other previous Athletic handbooks
September 2004	Revision A - Handbook revised to: 1) Better define basis of rules. 2) Policy for Athletic Scholarships 3) 2006/2007 Schedule Limitations and 4) Additional venues.
September 2006	Revision B - Handbook revised to: 1) Better define basis of rules. 2) Clarify and add sponsorships for the basketball tournament 3) 2007/2008 and 2008/2009 Schedule Limitations and 4) Miscellaneous items. All changes were noted with a change bar in the left margin.
September 2010	Revision C - Handbook revised to: 1) Delete the CIAC dates for specific years, and 2) update uniform receipt form. All changes were noted in <b>bold red font</b> and a change bar in the left margin.
March 2014	Revision D - Handbook revised to reflect current principal in the Foreword. All changes were noted in <b>bold red font</b> and a change bar in the left margin.