

Staples High School



Athletic Handbook

2010-11

STAPLES HIGH SCHOOL

INTERSCHOLASTIC ATHLETIC PROGRAM

STUDENT – ATHLETE HANDBOOK 2010-11

Athletic Department:

(203) 341-1260

Athletics Hotline:

(203) 341-1333

Staples Athletic Website:

<http://shs.westport.k12.ct.us/staples/athletics/index.html>

FCIAC Website:

www.fciac.net

CIAC Website:

www.ciacsports.com

Department of Athletics
Staples High School
Westport, CT

This Handbook was researched and written by a representative group of secondary coaches and physical educators for the use of Staples High School students and parents.

The main purpose of the handbook is to give the student athlete an outline of the Interscholastic Athletic Program requirements.

It is the hope of this committee that the high school students will have an enjoyable and rewarding experience in athletics that will carry on for many years into their adult lives

* Each Staples coach and athlete will receive a copy and will be expected to follow all procedures listed therein.



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Director of Athletics: Marty Lisevick



STAPLES HIGH SCHOOL

70 North Avenue - Westport, Connecticut 06880-2799

JOHN M. DODIG
Principal

Phone 203-341-1201
Fax 203-341-1202

August 2010

Dear Student Athletes:

I think that by now just about everyone in Westport who has had sons or daughters at our high school knows that, as a young man, I was never an athlete. I never really understood the draw or the benefits of athletic participation in high school until I became a high school administrator. Over the forty-one years that I have worked with teenagers in public schools, that understanding has become abundantly clear to me. My best experience with high school athletics has been my association with Staples High School as your Principal.

In my opinion, we receive the most benefits that high school athletics can provide to a high school. You soon learn from your coaches that winning is far better than losing (and we do try hard to win every game), but HOW you play the game is far more important to them and to me. Winning the Michaels Cup Award this past year is a concrete example of what I believe your participation in athletics has done for our school. We are known throughout Fairfield County and the state as a very competitive athletic program AND one in which our athletes exemplify the best personal characteristics we could hope for in young male and female athletes. This past year, I have not received one single complaint from a principal or athletic director from all the schools against which we compete about poor behavior of any kind. In fact, I have received several letters and/or emails congratulating me for how you present yourselves at these athletic events.

There is nothing like being a spectator at an athletic event against a team just as strong as ours. When it gets down to the last few minutes of the game and it is a tie score, we all hold our breaths waiting for one of you to make a basket, score a goal, or take the last few strokes in the pool to hit that timing pad first making us the winners. When I get in my car to go home I think about the excitement. I think about your relationship to your school and your coaches. I also think about how fortunate we all are to be part of Staples High School and Staples Athletics. I am proud of your understanding and willingness to accept your role as a VERY visible representative of your high school. That is the tradition you must uphold this season and every season to come.

Sincerely,

John M. Dodig
Principal



WESTPORT PUBLIC SCHOOLS • STAPLES HIGH SCHOOL
70 North Avenue, Westport, Connecticut 06880

MARTY LISEVICK Director of Athletics
Phone: 203-341-1263 Fax: 203-341-1261

Dear Student Athletes:

Staples High School has an athletic program that has a long-standing tradition of excellence. The combination of hard working athletes combined with an outstanding coaching staff has made for a formidable tradition. Our program over the years has been recognized with several awards for excellence in competition, sportsmanship, and teamwork.

More importantly, our student athletes are taught the qualities that help to make them successful in life. Goal setting, perseverance, teamwork, and leadership are just some of the qualities that our student athletes learn about every day. It is our hope that when you graduate from Staples, you are prepared to succeed in the greatest game of all, the game of life!

When you become a student athlete at Staples, you agree to commit yourself to a standard of excellence. You will become part of something bigger than any one individual, you will become part of a team. Along with that comes the responsibility of doing the right thing, both in your education, your sport, and your training. As well as being a team player, we look for our student athletes to be leaders at Staples High School. Whether it is in the classroom or on the field, our student athletes are role models for our entire community.

I wish all of our student athletes nothing but the best in this upcoming year. Make it a year to remember. GO WRECKERS!

Marty Lisevick
Director of Athletics

**WESTPORT SCHOOLS AFFIRM NON-DISCRIMINATORY
PRACTICES IN EMPLOYMENT AND IN
EDUCATIONAL OPPORTUNITY**

In compliance with Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973, THE WESTPORT SCHOOLS shall exclude no person from participation in, denied benefits of, or be otherwise discriminated against in employment or in educational opportunity on the basis of sex, sexual orientation, disability, past or present history of mental disorder, mental retardation, race, color, creed, religion, national origin, ancestry, age or marital status.

Complaint Procedures

File complaint with principal; copy to coordinator (see below)
If not satisfied, you may appeal to the Assistant Superintendent
Next level is appeal to Superintendent
Next level is to Board of Education

**Title VI
and Title 504 Coordinator**

Cynthia Gilchrest

Director of Public Services
Staples High School
70 North Ave

**Title VII,
Title IX Coordinator**

Asst. Supt. for
Personnel and General Administration
Westport Town School Office
Westport Town Hall
110 Myrtle Avenue, Room 305



PHILOSOPHY OF ATHLETICS

Purpose:

The purpose of the athletic program is to stimulate students to develop mutual interests, promote motivations and improve their physical skills. It is one of the many Staples programs which offer the individual the opportunity to develop interests and grow through her/his participation and competition in a group activity.

Athletic contests involve considerable time for practices and games, strenuous physical effort, and students travel. Each sport is a specialized form of learning experience, and as such, entails numerous responsibilities. Students who try out for any sport should be aware of these responsibilities and be willing to assume them.

Value:

Taking part in athletics is one of the most important parts of our educational system. There is no other course in our schools today which can offer all the following benefits:

1. Competition. Our entire way of life is based on competition. Every person is competing to improve or maintain his standing. What better way to learn this important principle than through athletics?
2. Physical well-being. The nation is becoming more conscious of the inadequacy of our youth in physical fitness. Through athletics a foundation is built that can correct this situation.
3. The release of physical energy. Someway, somehow students will find a way to release their physical energy. Athletics offer a wholesome medium for this purpose.
4. Recognition. Through guidance, players can learn to accept recognition in a proper manner. They learn that the praises they receive are not due to their effort alone.
5. Understanding. Players working together for a common cause learn to accept victory or defeat in a mature manner. Team members soon learn how to understand each other and to make adjustments for the good of the team.
6. Emotional Control. "When the going gets tough, the tough get going." The athlete learns to get going, by tackling the task at hand. Emotional blow-ups only hamper him.
7. Discipline. We hear the cry that young people need to learn discipline. Athletics teach self-discipline, vital to a successful adult life.
8. Perseverance. Athletes learn to stay with the job and not give up until the contest is over.
9. Thinking under pressure. The accomplished businessman can attribute much of his success to this factor. Athletes learn it early in their career and use this ability the rest of their lives.
10. Loyalty. Being faithful to a team, a group, a cause, is an important lesson of athletics. A person will not fail himself when he has learned the lesson of being true to others.

STAPLES HIGH SCHOOL CODE OF CONDUCT FOR ATHLETES

INTRODUCTION

It is a privilege and honor to represent one's school and community while participating on a Staples High School athletic team. It is the athlete's responsibility to conform to those rules and regulations necessary to participate successfully and to follow the "Code of Conduct."

A firm and fair policy of enforcement is needed to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that the high standards of conduct and citizenship are essential in maintaining a sound program of athletics.

CODE

1. Athletes shall conform to the school, FCIAC and CIAC eligibility rules, including all medical and academic requirements.
2. Athletes shall conform to the behavioral norms of the school and act in a responsible manner with regards to the rules and regulations established in the Staples Student Handbook. Consequences will be exercised when needed.
3. Athletes shall conform to the behavioral norms of society in general and to the specific laws established by local, state, and federal governments.
4. Athletes shall attend and not be tardy for all practices and competitions held both during regular school sessions and during vacations. Exceptions shall be subject to the approval of the head coach.
5. Athletes shall, at all times, conduct themselves in a manner exhibiting sound moral character and exemplify good sportsmanship.
6. Athletes shall be held responsible and accountable for all equipment associated with the functioning of the team, i.e. uniforms, equipment, etc.
7. Athletes shall always conduct themselves with an attitude that is positively stated, exhibits pride and is representative of the Staples community in general.
8. Athletes shall abstain from using drugs (including anabolic steroids, performance enhancing substances), alcohol, and tobacco, which are deemed harmful to one's health, athletic performance, and general well being. A "zero tolerance" policy is upheld.

In-season Violations and Consequences

- Athletes failing to conform to meet the requirements of the contents of this Code of Conduct shall face disciplinary action. If an athlete becomes involved in the community so as to bring adverse publicity to the athletic program, or if the athlete is engaged in conduct that may be considered harmful to him/her self, the team or school, that athlete may be suspended from their sport.
- Any alcohol or drug violation is handled in the following manner:
 - ✦ If the athlete admits to the violation in an initial meeting with a coach or school representative, the athlete is suspended from the team for a period of up to 20 calendar days from the initial meeting. If the athlete does not admit to the violation in the initial meeting, and it is subsequently shown or admitted that a violation did occur, the athlete is suspended from the team for a period of up to 30 calendar days from the time that a violation was determined.

- ◆ Should a second violation occur, the athlete is suspended from the team for the entire season. After a second offense, to become eligible to participate on another team, the athlete must show evidence to the Principal/and or Athletic Director of having participated in a school approved substance abuse counseling program.
- Any tobacco product violation will result in a suspension of five calendar days from the initial meeting. Each consecutive violation will be doubled. First violation: 5 days; second violation: 10 days, third violation: 20 days, etc.
- During the suspension, the athlete must attend all practices and games but is not allowed to participate and may not be in uniform. Upon completion of the suspension, the athlete may apply for reinstatement through a reentry interview conducted by the Athletic Director.

***** The Code of Conduct rules are in effect during an athlete's season of play beginning with the first day of practice. This is a 24-hour rule and includes beyond the school day and applies on and off school property.**

***** Please note that the CIAC has enacted a policy concerning use of performance enhancing drugs. Any student athlete who has been determined to have used, in or out of season, androgenic/anabolic steroids or other performance enhancing substances shall be declared ineligible for 180 school days on each occurrence. The 180 school day period of ineligibility commences on the day the CIAC board of Control makes such determination**

Self-Referral by Student Athletes

Student-athletes may take advantage of a self-referral procedure to seek information, guidance, counseling and assessment in regard to student-athlete use of tobacco, alcohol and other drugs. Voluntary referrals do not carry punitive consequences.

- a. Referral is allowed one (1) time in a student's four-year high school career.
- b. Only the athlete or a member of the immediate family must make referral.
- c. Referral cannot be used by athletes as a method to avoid consequences once a code of conduct rule is violated and a student had been identified as having violated one of the code of conduct rules.
- d. Referral must be made to a coach, athletic administrator, guidance counselor or substance abuse support personnel.

Due Process Procedure

The Due Process Procedure used by the Athletic Department is as follows:

1. A hearing before the coach.
2. Appeal to the Athletic Director.
3. Appeal to the Principal. (written explanation required)
4. Appeal to the Superintendent.

HAZING POLICY

Hazing is defined as reckless or intentional acts by a team member that endangers the mental or physical health of another individual on a team whether the behavior is part of an **initiation** into a team, or not, shall be prohibited. Any hazing activity shall be presumed to be a forced activity, even if the student willingly participates in such activity.

“Endanger the mental health” shall include any activity except those activities authorized by law, which would subject the individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual.

“Endanger the physical health” shall include, but is not limited to, any brutality of a physical nature, such as whipping, beating, exposure to the elements, forced consumption of food, alcoholic beverage, drug or controlled dangerous substance; or any other forced activity which would adversely affect the physical health or safety of the individual.

Upon receipt of a complaint or a report of hazing, the school district shall undertake an investigation. If a hazing violation is deemed to have occurred, appropriate disciplinary proceedings will occur. These could include suspension, expulsion, and as well as criminal prosecution. Disciplinary consequences will be sufficiently severe to deter violations and to appropriately discipline prohibited behavior. **This policy applies to all situations whether on or off campus.**

ATHLETIC REQUIREMENTS FOR PARTICIPATION

In order to participate in any sport at Staples, it is necessary for each student to have:

1. A current (within one year) Medical Examination form on file with the school nurse.
2. A completed Parental Permission form.
3. A signed student agreement.

Forms can be obtained from the athletic office and points around the school. All forms must be on file with the appropriate coach **before** an athlete can participate in any sport.

Academic and Eligibility Requirements

It is necessary for the student to meet the academic and eligibility requirements as set forth by Staples H.S. and the C.I.A.C. (See Digest of Rules, page 12 of this handbook.



EXPECTATIONS OF PARENTS

A. PARENTAL SUPPORT

Rules and regulations are designed for the general good of our athletic teams and to discourage student-athletes from abusing themselves and others mentally and physically. However, the distribution and implementation of a set of rules and standards is only a start. Coaches are with your children only a few hours per day and depend heavily upon your support to ensure that your children do not violate these important rules.

Administrators, coaches and parents together can make a significant impact on these young people and help to counter the peer pressure that they all face. By working cooperatively in this area we can be proactive and eliminate many potential problems. As educators and coaches we are concerned about your children. We are committed to doing our part and using our influence to help your children reach their full potential. Together we can provide the necessary guidance, leadership, concern and encouragement that are so important during the high school years.

THE ROLE OF THE PARENT

A. COMMUNICATION

Communication Tree

1. Student-athlete to coach
2. Parent to coach
3. Parent to Director of Athletic Programs

The student-athlete and coach

If an athlete has any issue(s) about their experience on a Staples athletic team they must first approach the coach to discuss the issue(s). The athletic experience at Staples provides the opportunity for young people to develop communication skills with adults and those in positions of authority. In this case the student-athlete and coach must develop a mutual respect and understanding that allows them to discuss issues openly and honestly while striving to gain a better understanding of the issues.

The Parent and Coach

- *Appropriate concerns to discuss with coaches:*
 1. The treatment of your child, mentally and physically.
 2. Ways to help your child improve
 3. Concerns about your child's behavior
- *Issues not appropriate for parents to discuss with coaches*
 1. Playing time
 2. Team strategy
 3. Play calling
 4. Other student-athletes

There are situations that require a meeting between the coach and the parent. This is to be encouraged. It is important that both parties have a clear understanding of each other's position. When these conferences are necessary the following procedure should be followed to help promote a resolution to the issue.

1. Call to set up an appointment with the coach.
2. The Athletic Department phone number is 341-1260.
3. If you are unable to reach the coach, call the Athletic Office to have an appointment arranged for you.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution. Parents who refuse to adhere to this can be banned from future athletic contests.

• PARENT MEETING

Each team will conduct (1) all encompassing parent meeting for all parents whose children will be participating in the athletic program for that year. It is the responsibility of the parent or guardian to attend that meeting and to receive information regarding student participation in the program. At the parent meeting the code of conduct forms will be collected. These forms must be completed and signed prior to participating.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

ELIGIBILITY RULES 2010-11

ATTENTION ATHLETES!!

You are NOT ELIGIBLE

1. If you are not taking at least six (6) (grades 10-12) and seven (7) (grade 9) units of work or the equivalent; (Staples H.S.)
2. If you have not passed at least four (4) units or the equivalent at the end of the last regular marking period, with the exception of fall eligibility. * (Rule I.A.)
3. If you are nineteen (19) years of age before July 1;(Rule II.B.)
4. If you have changed schools without a change of legal residence; (Rule II.C. See complete Rule of exceptions.)
5. If you have played the same sport for more than three (3) seasons in grades 10, 11, and 12;(Rule II.B.)
6. If you play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season; (Rule II.E.)
The exception to Rule II.E. shall be:
 - 1) Participation in parent-child tournaments.
 - 2) Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-CIAC team during the season.
7. If you play under an assumed name on an outside team; (Rule II.F.)
8. If you receive personal economic gain for participation in any CIAC sport. (Rule II.F.)

*For fall sports – student must be a continuing student (eighth grade to ninth grade) or have received credit for four (4) units or its equivalent towards graduation at the conclusion of the school year preceding the contest. (Rule I.A.)

NOTE: Marking period grades (not semester grades) are to be used in determining scholastic eligibility, except for fall eligibility.

You may consult your Principal or Athletic Director for other rules affecting athletic eligibility.

PROCEDURES FOR ATHLETIC INJURIES AND INSURANCE

1. All injuries which occur while participating on an athletic team are to be reported immediately to the coach and then the athletic trainer.
2. If it is a traumatic injury requiring immediate medical care the coach will follow emergency medical procedures (i.e. call an ambulance, contact the parents, contact the athletic trainer if at home event, send athlete with the emergency medical form to the hospital).
3. If it is a routine injury such as a sprain, strain, or pull, the athlete should seek an evaluation from the certified athletic trainer. The athletic trainer will refer the injury if necessary and limit participation when needed.
4. The athletic trainer will then process an injury report and if necessary the proper insurance form.
5. Any visit to a doctor for treatment of a sport-related injury must be reported to the coach and athletic trainer, if it was not previously reported. It is then your obligation to return with a written release form from the doctor in order to return to participation in a sport.
6. If the athlete does not report the injury in a timely manner to the appropriate staff, then you will be unable to utilize the secondary insurance plan purchased by the school system.



INTERSCHOLASTIC SPORTS ACCIDENT PLAN

The Westport School System provides a [Secondary Sports Accident Insurance Plan](#) through Colonna Associates in Hamden to help cover medical expenses resulting from interscholastic and intramural sport injuries.

All players, coaches and managers of every interscholastic and intramural sport (including cheerleading) are covered throughout the entire school year. The program covers accidental bodily injuries occurring to a covered person while participating in or traveling, while under the supervision of proper school authority, to or from any regularly scheduled game or practice of an interscholastic sport.

The Medical Expense Benefit of this Program is an "excess" type benefit. If the injured covered person's expenses or treatment are covered under "no-fault" automobile insurance or any other medical coverage (i.e. Blue Cross or Blue Shield) which provides benefits or services for, or by reason of medical or dental care or treatment, then this program will pay only the medical expenses not reimbursable under the other coverage.

An insurance form with instructions will be mailed home by the athletic trainer when the injury is reported.

STAPLES HIGH SCHOOL ATHLETIC TEAMS

	<u>Girls</u>	<u>Boys</u>
FALL SEASON	Cheerleading(coed) Cross Country Field Hockey Soccer Swimming/Diving Volleyball	Cross Country Football Soccer Waterpolo
WINTER SEASON	Basketball Cheerleading(coed) Indoor Track Skiing Gymnastics Ice Hockey	Basketball Ice Hockey Indoor Track Skiing Swimming/Diving Wrestling
SPRING SEASON	Outdoor Track & Field Softball Tennis Lacrosse Golf Water Polo Sailing (coed)	Baseball Golf Lacrosse Outdoor Track & Field Tennis Volleyball Rugby

Selection of team members is subject to the discretion of the coaching staff and nature of the sport. Student/athletes are encouraged to refer to the coach for the selection process of a particular sport and for the levels of participation offered in that sport.



BOYS INTERSCHOLASTIC SPORTS

Baseball – Tryouts are in March. Separate squads are maintained for Varsity, J.V. and Freshmen.

Basketball – Begins in November with tryouts. Squads are selected for Varsity, J.V. and Freshman teams.

Cross Country – Tryouts in the fall. Must meet standards to qualify.

Football – Practice generally starts Monday two weeks before Labor Day.

Golf – The Varsity squad begins in March and is highly competitive due to limited membership. There is a JV squad as well.

Ice Hockey – Practice and tryouts begin in November. Boys are selected for the Varsity Team.

Lacrosse – is played in the spring with a Varsity and J.V. and Freshman teams.

Rugby – Begins in March (Non CIAC Sport).

Sailing – Begins in March, Coed, (Non CIAC Sport)

Ski Team – Training begins in November. Previous racing experience is desirable as there are tryouts. Meets are generally scheduled once a week throughout the winter season with additional practices during the week at the ski area. The team competes in the State Meets. (Non CIAC Sport)

Soccer – is played in the fall with squads for Varsity, J.V. and freshman

Swimming – Begins in November with tryouts. Practice and Home Meets take place at the Staples High School Pool.

Tennis – is another highly competitive sport with limited team membership. Advanced skill level is desirable for this spring sport. There is a JV squad.

Track - Indoor – A winter sport held in the Staples High School Field House. Competition levels: Varsity, J.V. and Freshmen.

Track & Field - Outdoor – Begins in March. There are approximately eighteen different events in which to compete. Competition levels: Varsity, J.V. and Freshman.

Volleyball – begins in March. Teams are selected for Varsity and J.V.

Water Polo – Begins in the fall, (Non CIAC Sport).

Wrestling – begins in November and continues through February. There are twelve weight classes, beginning at 95 pounds and continuing through an unlimited division assuring competition for all boys on the Varsity and J.V. teams.



GIRLS INTERSCHOLASTIC SPORTS

Basketball – Tryouts begin in November for Varsity, J.V. and Freshmen.

Cheerleading – Tryouts are held in the spring for the Football and Basketball Cheerleading Squad which is open to both girls and boys. They may not be on the Cheerleading Squad and another team during the same season. Cheerleading follows the same eligibility rules and Code of Conduct.

Cross Country – is a fall sport with an unlimited membership.

Field Hockey – Practice and tryouts begin the week before Labor Day. A full schedule is maintained for Varsity, J.V. and Freshmen Teams.

Golf – The varsity squad begins in March and is highly competitive due to limited membership.

Gymnastics – The season begins in November.

Ice Hockey - Practice and tryouts begin in November

Lacrosse – Is played in the spring with Varsity, J.V. and Freshmen teams.

Sailing – Begins in March, Coed, (Non CIAC Sport)

Ski Team – Training begins in November. Previous racing experience is desirable as there are tryouts. Meets are generally scheduled once a week throughout the winter season with additional practices during the week at the ski area. (Non CIAC Sport) The team competes in state meets.

Soccer – is played in the fall with squads for Varsity, J.V. and Freshmen.

Softball - Tryouts are in March for Varsity, JV and Freshmen.

Swimming – Generally begins the week before Labor Day with training and tryouts. Practices and Meets are held at the Staples High School Pool.

Tennis – Membership is very competitive with a limited squad. This 12-14 member team begins practice in March. There is a JV squad.

Track - Indoor – Begins in November and has a separate squad from the boys with unlimited membership. Competition levels: Varsity, J.V. and Freshman.

Track & Field - Outdoor – Begins in March competition levels; Varsity, JV and Freshman

Volleyball – Begins the Monday before Labor Day with tryouts for the Varsity, J.V. and Freshmen teams.

Water Polo – Begins in March, (Non CIAC Sport).



Note: All Teams, unless otherwise noted participate in F.C.I.A.C. (Fairfield County Interscholastic Athletic Conference) and C.I.A.C. (Connecticut Interscholastic Athletic Conference) competition.

GUIDELINES REGARDING INTERSCHOLASTIC ATHLETICS FOR NON-GRADUATING STUDENTS WHO PLAN TO CONTINUE THEIR STUDIES AT STAPLES

After extensive discussion of the complexities involved in situations where students, by failing to meet graduation requirements, are able to remain eligible by CIAC standards for another year of interscholastic competition, the administration has decided to take steps to discourage such practices.

While admittedly simplifying the issues involved, the practice

- might be deemed unfair to younger athletes,
- encourages failure rather than striving for excellence,
- encourages “redshirting”, the practice of holding back players for the team’s advantages,
- is unfair to other schools.

There are seemingly two types of situations which might arise

1. Pre-planned...

In this situation, the student, with the counselor’s concurrence, does not take all the courses she/he will need for graduation. In itself this may be quite legitimate and, indeed salutary. However, the rationale should not be to obtain an extra year of athletic competition. To insure this, the student should be informed, during the planning conference, that she/he will not be eligible to play on a team after her/his class graduates.

2. Unplanned...

In this situation, the student fails a course required for graduation, either deliberately or unintentionally. We are not likely to be able to discover or sustain an allegation of deliberateness. Hence, it is difficult to attempt to distinguish by intention. Since a student needs to be taking four courses to be eligible by CIAC standards, we can discourage failing, as a means to maintain eligibility, by allowing students to make up only the course needed for graduation. Students suspected of utilizing this route to eligibility should be apprised that they will be limited, during the ensuing year, to less than four courses and thus they won’t be eligible for interscholastic competition.

The above are intended as guidelines and, as with any such guidelines, may not be appropriate for individual cases. If you feel that there are extenuating circumstances in a particular case, please confer with the Guidance Department.

**STAPLES HIGH SCHOOL
ATHLETIC AWARDS SYSTEM
BOYS AND GIRLS**

ATHLETES

A. AWARD CERTIFICATE

Awarded to all participants on any athletic team upon completion of the sports season.

B. LETTER (8" Chenille)

Awarded to varsity participants completing the designated standards for any sport.

Awarded one (1) time only.

C. SPORTS INSIGNIA (Metal)

Appropriate metal sports insignia awarded to letter winners in any sport. Only one (1) sports insignia will be awarded in the same sport.

D. SERVICE BAR (Metal)

Awarded to letter winners for repeated completion of standards in the same sport.

E. STAPLES BLOCK "S"

Each sport will be allocated a maximum of two Block "S" awards per year to be awarded at the coaches discretion as follows:

1. Most Valuable Player
2. Coaches Award



SPORTS MANAGERS

A. AWARD CERTIFICATE

Awarded to all managers of any athletic team upon completion of a sports season.

B. LETTER (8" Chenille) and MANAGER INSIGNIA (Metal)

Awarded to managers of any athletic team upon completion of three (3) sports season.

Awarded one (1) time only.

C. SERVICE BAR (Metal)

Awarded to manager letter winners for repeated service in any sports season.

STAPLES SCHOLAR ATHLETE AWARD

THE STAPLES SCHOLAR ATHLETE AWARD is given to one senior athlete from each of our varsity programs. The criteria for selection includes the following:

- Outstanding athletic accomplishment
- Excellence in the classroom
- Strong character
- Leadership both on and off the field
- Valuable contribution to the community

The award winners are nominated by their coach and are honored at a banquet held in June.

OUT-OF-SEASON RULE

Statement of Philosophy

In the best interest of high school athletics and the high school athlete it is desirable to regulate “Off Season” and “Summer Recess” activities to provide all schools an equal opportunity to prepare for competition and to afford all students the opportunity to pursue a variety of activities and experiences. These regulations should not deprive the student-athlete the opportunity to improve her/his individual skills nor prevent her/him from participating in legitimate and spontaneous activities outside the scope of the regular season.

1. “Sport Season”/ “Off Season”/ “Summer Recess”

The “Sport Season” for a specific sport is defined as the period of time between the first date of practice officially designated by CIAC and the date of the last CIAC tournament, meet or game for that sport.

The “Off Season” is defined as the period of time between the date of the first day of school and the date of the last day of school in a given school year when a sport is not in the “Sport Season.”

“Summer Recess” is defined as the period of time between the last day of a given school year and the first day of the next school year when a specific sport is not in the “Sports Season.”

2. Member Schools

A member school may not hold practice or competition in a sport during the “off season” or “summer recess.”

- A. No practice may be conducted in the form of a training camp or similar program designed by intent or otherwise to prepare a team for its season of competition.
- B. A school may not assemble athletes or prospective athletes in physical education classes or some other manner for purposes of teaching fundamentals, techniques, plays, etc., except during the designated “sports season.”
- C. A school may not issue any school uniform or other apparel for use by athletes outside the designated “sports season” of a sport.
- D. A school may not become involved financially through transportation or in any other way in a student’s non-school participation.
- E. These rules do not prevent a school’s facilities from being made available for summertime programs provided such programs are not limited to students on the basis of school affiliation, athletic experience, team status, etc.
- F. A member school may hold conditioning sessions without equipment, during “off season” or “summer recess.”

3. Student-Athletes

A student-athlete is in violation of the out-of-season rule for participation during the “Off Season” or “Summer Recess” in any program which appears to be a school practice or competition.

- A. An acceptable program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc.
- B. It is not permissible for a student-athlete to wear a school uniform or other team apparel other than during the “sport season” of a sport.

- C. It is not permissible for a person except the student or parents to pay the cost or fee of any kind of non-school activity involving specialized training or similar instruction.
- D. A student must discontinue “summer recess” participation in non-school programs prior to the playing of the school’s.

4. Coaches

The person who will be coaching a student in the following “sport season” shall not be permitted to coach that student other than during the “sport season” for that sport except that:

- A. A member school coach may coach or instruct his/her son/daughter.
- B. A member school coach is a bona fide paid employee of a recreational institution where there is an open registration and a registration fee to belong.
- C. A member school coach may coach a non-school team provided there are no more than a total of three (3) of his/her member school athletes on the team. However, coaching or instructing in a non-team setting is prohibited.
- D. A member school coach working in a camp as a volunteer or employee during the summer, or portion thereof, as a coach where his/her athletes attend, may coach if the following conditions are met: (a) the contact period between coach and his/her athletes is not more than ten (10) days; (b) The coach does not coach or instruct his/her team as an exclusive team unit; (c) The number of athletes from a member school team does not exceed ten percent (10%) of the total number of athletes in attendance.

5. General

Prospective team members may be assembled once prior to the earliest day of practice for purposes of an organizational meeting, but no type of practice or instruction may be part of this season.

Tryouts – The process of selecting potential team members must be conducted during the “sports season” of the specific sport.

6. Clinics

Clinics may be conducted during the “sports season,” the “off season” and the “summer recess” in which instructions in a specific sport may be given.

A coach may not conduct a clinic for his or her team members during the “off season” and “summer recess.”

7. Captain’s Practice

The CIAC and FCIAC does not in any way sanction, encourage or condone “Captain’s Practice” in any sport. “Captain’s Practice,” depending on the member school’s involvement, may be a clear violation of eligibility rule II.D. (season limitations) or certainly a violation of the spirit of Rule II.D.

There is also a serious practical consideration. CASS counsel advises that if it can be demonstrated that a school is allowing “Captain’s Practice,” the liability responsibility for an injured athlete may be quite serious; that the threat of a negligence suit would lie heavy.

PHYSICAL EDUCATION CLASS PARTICIPATION POLICY FOR ATHLETES

All athletes taking Physical Education during their season of performance on a team must have a change of clothing and participate in class activities.

No athlete is excused from Physical Education even on the day of a game. That includes Varsity, J.V., Sophomore and Freshmen teams along with Cheerleaders.

IMPORTANT INFORMATION ABOUT NCAA ELIGIBILITY

To participate in Division I athletics or receive an athletics scholarship during the first year of college, a student-athlete must:

- Graduate from high school within eight semesters.
- Complete these 16 core courses:
 - 4 years of English
 - 3 years of math (Algebra I or higher)
 - 2 years of natural or physical science (including one year of lab science if offered by the high school)
 - 1 extra year of English, math or natural or physical science
 - 2 years of social science
 - 4 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy)
- Earn a minimum required grade-point average in core courses
- Earn a combined SAT or ACT sum score that matches the core course grade-point average and test-score sliding scale. (For example, a 3.000 core-course grade-point average needs at least a 620 SAT).



DIRECTIONS TO FCIAC **(Fairfield County Interscholastic Athletic Conference)**

Bassick High School: 1181 Fairfield Ave, Bridgeport, 576-7350

I-95 to exit 26 (Wordin Ave). At the end of the exit turn left onto Wordin Ave, Go under the railroad viaduct; take a left immediately after you go under the viaduct onto Railroad Ave. Follow Railroad Ave 2 blocks to Clinton Ave. Go north on Clinton Ave to light. Continue straight at light and school is on the right. Gym entrance is on Clinton Ave side of the school.

Rt. 15 (Merritt Pkwy) North:

Take exit 47 (Park Ave). At the end of the exit take a left toward Bridgeport. Continue on Park Ave until you come to Fairfield Ave. Take a right onto Fairfield Ave and continue until you come to Clinton Ave. Take a left and the school is immediately on your right.

Brien McMahon High School: Highland Ave, Norwalk, 852-9488

I-95 (from Greenwich) Exit 13 (Rt. 1). At the end of the exit take a right onto the Post Rd. First right is Richards Ave. Take that right and proceed along Richards Ave, until you come to Flax Hill Rd. Take a left onto Flax Hill Rd and look for Highland Ave. (triangle on right). Turn right onto Highland Ave. School is 2nd one on left.

I-95 South: (from Bridgeport). Exit 14 – turn left at end of ramp (Rt. 1). At first light go left (Scribner Ave). At stop sign (end of Scribner) go right onto Flax Hill Rd. Take 2nd left off Flax Hill Rd (Highland Ave). School is 2nd one on left.

Roton Middle School, Norwalk

Follow directions to Brien McMahon High School. Roton Middle School is approximately 1 mile further on Highland Ave on the right.

Central High School: 1 Lincoln Boulevard, Bridgeport, 576-7377

I-95 North: Take exit 27-A (Rt. 8-25 connector). Take exit 4 (Lindley Ave). At the end of the exit take a left. At the light take a left onto Capital Ave. Stay on Capital Ave for 3 lights. Turn left onto Lincoln Blvd, and the school will be on your left. Kennedy Stadium is behind the school.

Rt. 15 (Merritt Pkwy) North: Take exit 47 (Park Ave). Take a left at end of exit onto Park Ave. Continue on Park Ave until you come to Capital Ave. Take a left onto Capital Ave, and Lincoln Blvd will be the first street on the right. The school will be on your left.

Danbury High School: Clapboard Ridge Rd., Danbury, 797-4853

I-84 Eastbound: Take exit 5 (North St). Go to the stop sign at the end of the exit and down the hill to the light. Make a left at the light onto Main St. Main St becomes Clapboard Ridge Rd at the next light. Continue up Clapboard Ridge Rd to Beckerle St on your right about 2 miles. Turn right onto Beckerle St, and the school is on the left. Use the first driveway to enter for gym and fields.

Rogers Park Middle School, Danbury

I-84 Eastbound: Take exit 5 (North St). Go to the light at the end of the ramp and turn right on to Main St. Continue through the center of town to the end of Main St. Continue straight onto Memorial Blvd. The field is ? of a mile on right.

Darien High School: High School Lane, Darien, 655-3981

I-95 North: Take exit 10 (Noroton Ave). At the end of the exit take a left. Turn right onto Noroton Ave, and follow straight into high school parking lot.

I-95 South: Take exit 10. Turn left onto Noroton Ave, and follow straight into high school parking lot.

Fairfield Warde High School: Melville Ave., Fairfield 255-8449

I-95 North: Take exit 24 (Kings Hwy). At end of the exit take left and go under

I-95. Bear left under the bridge. At the stop sign go straight and then take a left. Immediately there is another stop sign. *Take a right onto Black Rock TnPk. Continue until you come to Knapps Hwy on your right. Turn right and continue to Melville Ave. Take a left onto Melville Ave, and the school will be on your left.

I-95 South: Take exit 24 (Kings Hwy). At the end of the exit take a right. This immediately intersects with Kings Hwy. Take a left and get to the right. Follow directions from * above.

Rt. 15 (Merritt Pkwy.) North: Take exit 46 (Rt. 59). Take a right at the end of the exit. Get to your left at the light immediately in front of you. This is the first light. At your 2nd light take a right onto Fairfield Woods Rd. Your first left is Melville Ave. Take that left and the school will be on the right.

Rt. 15 (Merritt Pkwy.) South: Take exit 46 (Rt. 59). At the end of the exit take a right and go to the light. At the light take a right onto Stratfield Rd. (Rt. 59). At your 2nd light take a right onto Fairfield Woods Rd. Your first left is Melville Ave. Take that left and the school will be on the right.

Fairfield Ludlowe High School: 785 Unquowa Rd, Fairfield, CT 06824, (203) 255-7200

I-95(CT Turnpike): Exit 21 (Mill Plain Road) If Southbound, turn right; if Northbound, turn left onto Mill Plain Road. Turn right onto Unquowa Road (first stop sign after turnpike ramps.) The school is on the right (approx. .2 miles from intersection).

Rt. 15 (Merritt Pkwy): Exit 44 (Fairfield University and Route 58) Follow Route 58 South (Black Rock Turnpike) 2 miles to Route 135 (Stillson Road.) Turn right onto Stillson Road and follow to Barlow Road (going past Fairfield University on the right.) Turn right onto Barlow. At second stop sign go right onto Unquowa Road. The school will be on your left.

Greenwich High School: Hillside Rd, Greenwich, 625-8000

I-95 South: Take exit 4 (Indian Field Rd). Take a right at the end of the exit. Continue on Indian Field Rd until you come to the Boston Post Rd (Rt. 1). Take a left at the light and go to the first traffic light on Rt. 1. At the light take a right onto Hillside Rd. The school is on the left, take the 4th entrance.

Rt. 15 (Merritt Pkwy) South: Take exit 31 (North St). At the end of the exit take a right (south) onto North St. Continue to immediate left before 1st traffic light (Fairfield Rd). Take that left and Hillside Rd will be on your right. Turn right onto Hillside Rd, and take the first entrance to the school.

New Canaan High School: Farm Rd., New Canaan, 966-9538

I-95 North: Take exit 15 (Rt. 7 Norwalk/Danbury). Stay to the left on the exit ramp and take exit 2 (Rt. 123 New Canaan Ave). At the end of the ramp (about 2 miles) turn right. Go .3 miles to the next light and turn right onto Rt. 123 going north. Follow Rt. 123 for approximately 3 miles. (You will pass under the Merritt Pkwy, and pass the National Guard Armory on your right.) About .9 miles from there you will take the first left onto Old Norwalk Rd. Continue to the end and you will come to a 4-way intersection. Take a left and an immediate right onto Farm Rd (diagonally across). Go to the light at the top of the hill which is the intersection of Farm Rd and South Ave. Continue straight on Farm Rd. The second turn is the entrance to New Canaan High School.

Rt. 15 (Merritt Pkwy) North: Take exit 37 (Rt. 124 or South Ave). At the end of the exit take a left. Follow Rt. 124 one mile to light. At light take a left onto Farm Rd. School is on the left.

Saxe Middle School

Follow the directions to New Canaan High School. When you get to the light at the intersection of Farm Rd and South Ave take a left and the school is immediately on your left.

Norwalk High School: Strawberry Hill Ave and County St, 838-4481.

I-95 North: Take exit 16 (East Ave). At the end of the exit take a left onto East Ave. * Continue on East Ave until you come to the Boston Post Rd (Rt. 1). Take a right onto the Post Rd. Continue until you come to Strawberry Hill Ave. Take a right onto Strawberry Hill Ave until you come to the intersection with County St. The school is at the intersection of Strawberry Hill Ave and County St.

Rt. 15 (Merritt Pkwy) North: Take exit 39 (Rt. 7 South). At the end of the exit take a right onto Rt. 7 South. Continue on Rt. 7 until it enters Rt. 1. At the Post Rd take a left. Follow directions from * above.

Nathan Hale Middle School

Follow the directions to Norwalk High School. Nathan Hale Middle School is approximately .5 miles past the school on the left. The fields are behind the school.

Ridgefield High School: North Salem Rd, 438-3785.

Rt. 84 West: Take exit 1 (Saw Mill Rd). At the end of the exit take a left onto Saw Mill Rd. Saw Mill Rd ends at Turner St. At Turner St take a left. Turner St becomes Ridgebury Rd at the juncture of North Old Ridgebury Rd and School Dr. Continue on Ridgebury Rd for several miles. It is a twisting and winding road. Ridgebury Rd eventually intersects with North Salem Rd (Rt. 116). There is a triangular intersection there. Take a right and the school is on your right. Take the first entrance.

Rt. 15 (Merritt Pkwy) North: Take exit 40 (Rt. 7 North). At the end of the exit take a right onto Rt. 7. *Rt. 7 will intersect Rt. 33 North. Take Rt. 33 North. Rt. 33 will eventually tie into Rt. 35 North. This will take you to the center of Ridgefield where you will bear left onto North Salem Rd (Rt. 116). The high school will be several miles on your right.

I-95 North: Take exit 15 (Rt. 7 North). Follow the directions from * above.

East Ridge Middle School

I-95 North: Take exit 15 (Rt. 7 North). *Continue on Rt. 7 North until you come to Rt. 102W on your left. Take that left onto 102W (Branchville Rd). Continue until you come to East Ridge St on your right. Take that right and the school will be on your right.

Rt. 15 (Merritt Pkwy) North: Take exit 40 (Rt. 7 North). At the end of the exit take a right. Follow the directions from the * above.

Rippowam High, High Ridge Rd, Stamford

I-95: Exit 8, at bottom of ramp turn right and travel 6 traffic lights and turn left. At the bottom of hill turn right at light onto Bedford St. At the end of Bedford turn right onto High Ridge Rd. Travel one mile. Rippowam is on the right.

Rt. 15 (Merritt Pkwy) South: Take exit 35 (High Ridge Rd). Turn right, travel 2 miles and the school is on the left.

Stamford Catholic High School, Newfield Ave., Stamford, 322-3402

I-95 to Exit 8: Turn right onto Elm. Continue straight onto Grove, which becomes Strawberry Hill for approx. 2 miles and then becomes Newfield Ave. School is another 1 mile on the left.

Merritt Pkwy. To Exit 35. Go south on High Ridge Rd. approx. 1 mile to Vine. Turn left onto Vine to Newfield Ave. Turn right on Newfield. School is on right.

Stamford High School, Strawberry Hill Ave., Stamford 977-5753

I-95: South to exit 8 (Elm St). At end of ramp turn right onto Elm St. At the 5th light make a right onto Hillandale Ave. Follow Hillandale for about 300 yards and make a left into the school's driveway. Stadium is directly ahead.

Rt. 15 (Merritt Pkwy) South: Exit 35 (High Ridge Rd). At the end of the ramp turn right onto High Ridge Rd. Continue to 5th light and make a left onto Vine Rd. Follow Vine Rd to the end. Turn right onto Newfield Ave and continue for about 3 miles. Newfield changes into Strawberry Hill Ave, and you will see the school on your left. Proceed to the 5-way intersection and make a left onto Hillandale Ave. Follow Hillandale for about 300 yards and make a left into the school's driveway. Stadium is directly ahead.

Turn Of River Middle School, Vine Rd, Stamford

I-95 south to exit 8 (Elm St). At the end of ramp turn right on to Elm St. Follow Elm St to its end. Continue straight onto Strawberry Hill Ave. Continue for about 3 miles. Strawberry Hill Ave changes to Newfield. Turn left onto Vine Rd. Continue straight, the school is on your left.

Rt. 15 (Merritt Pkwy) South: To exit 35 (High Ridge Rd). At the end of the ramp turn right onto High Ridge Rd. Continue to 5th light and make a left onto Vine Rd. The school is on your right.

Saint Joseph High School, Rt 108, Trumbull 378-9378

I-95 North: Take exit 27A (8-25 connector). Take Waterbury/Shelton North exit onto Rt 8. Get off exit 8 and take left off ramp. Take a left at light onto Rt 108 North. Stay on Rt 108 for 2.2 miles. School is on right side of road.

Trinity Catholic High School, 926 Newfield Ave, Stamford

I-95 North & South: Follow the directions to Stamford High School. Go past the school, and Trinity Catholic High School will be on your left before Vine St.

Rt. 15 (Merritt Pkwy) North & South: Follow the directions to Stamford High School. When you turn off of Vine St onto Newfield Ave, the school will be on your right.

Trumbull High School: 72 Strobel Rd., Trumbull 452-5150.

I-95 North: Take exit 27A (Rt 8-25 Connector). Stay on Rt 25 part when it branches left leading into Trumbull. Get off at exit 9 (Daniels Farm Rd). *Turn right at the end of the exit up the hill. You will past Hillcrest Middle School on your right. The next right is Strobel Rd. Take that right and the school is on the right.

Rt. 15 (Merritt Pkwy) North: Take exit 49N (Danbury Rt 25). Go to exit 9 (Daniels Farm Rd). Follow the directions from * above.

Hillcrest Middle School, Trumbull

Follow the directions to Trumbull High School. Hillcrest Middle School is on the right just before Strobel Rd.

Madison Middle School, Trumbull.

Follow the directions to Trumbull High School. Go to exit 9 all the way to the end of the Rt. 25 Connector. At the light at the end of the connector you will take a left onto Main St. (Rt. 111). Proceed on Main St. until you come to your 2nd light. Take a right onto Lake Ave. and go to the end. At the stop sign take left onto Madison Ave. The school will be on your left.

Warren Harding High School, 1734 Central Ave, Bridgeport

I-95 North: Take exit 27a (Rt 8-25 Connector). Continue to exit 5 (Boston Ave or Rt 1). Bear to the left coming off the ramp. At the end of the exit take a left at the light onto Boston Ave. Continue on Boston Ave until you come to Central Ave on your right. Take that right and the school is on your immediate left.

Rt. 15 (Merritt Pkwy) North: Take exit 49S (Rt 8-25 Connector). Continue on the connector until you come to exit 5 (Boston Ave). As you come off the exit bear to the right as it merges onto Boston Ave. Continue on Boston Ave until you come to Central Ave on your right. Take that right and the school is on your immediate left.

Westhill High School: Roxbury Rd., Stamford 977-4927

I-95 North: Take exit 6 (West Ave). At the end of the exit take a left onto Harvard Ave. At the end of Harvard Ave take a right onto Main St and your first left onto West Ave. *West Ave will intersect with Stillwater Ave. Take a left onto Stillwater Ave, and at end left onto West Broad St. West Broad will become Stillwater Rd. Stillwater Rd will intersect with Roxbury Rd. Stay left and continue up the hill. The school will be on the right.

I-95 South: Take exit 6 (West Ave). At the end of the exit take a right. Follow the directions from the * above.

Rt 15 (Merritt Pkwy) North & South: Take exit 34 (Long Ridge Rd). At the end of the exit go south onto Rt 104. Continue until you see a three-way intersection at a light. You will take a sharp right up the hill. This is Roxbury Rd. The school will be on the right.

Wilton High School: 395 Danbury Rd., Wilton 762-0381

I-95 North: Take exit 17 (Rt 33). At the end of the exit turn left. *Continue on Rt 33 and it will become Rt 7. Continue on Rt 7 and the school will be on your left.

Rt 15 (Merritt Pkwy) North: Take exit 41 (Wilton Rd or Rt 33). At the end of the exit go north toward Wilton. Follow the directions from * above.

DIRECTIONS TO OTHER ATHLETIC LOCATIONS

GOLF

Brooklawn Country Club, Fairfield

I-95 North & South: Take exit 25 (State St). At the end of the exit take a left. Continue on State St until you come to Dewey St which will turn into Briarwood Ave and then Brooklawn Ave. Golf course is on left.

Country Club of Darien

I-95 North: Take exit 13. Go left onto Post Rd to Rt 124 (Mansfield Ave). Take a right onto Rt 124. Country Club is on the right.

Rt 15 (Merritt Pkwy) North: Take exit 37 (Rt 124 or South Ave). At the end of both exits turn right. Country Club is on the left after Middlesex Rd.

E.G. Brennan Golf Course, Stamford

I-95 North & South: Take exit 6 (West Ave). At the end of the exits head north. Continue until Harvard Ave meets Main St. Take a right and then your first left onto West Ave. West Ave will intersect Stillwater Rd. Take a left and the course will be on your right.



Fairchild Wheeler Golf Course, Bridgeport

I-95 North: Take exit 27A (Rt 8-25 Connector). Continue on connector until you come to exit 4 (Lindley St). Take a left at the end of the exit. Go to the light and turn left onto Capital Ave. Continue on Capital Ave until it intersects Park Ave. Take a right and the golf course will be on your left.

Rt. 15 (Merritt Pkwy) North: Take exit 47 (Park Ave). At the end of the exit take a left and the golf course will be on your right past Sacred Heart University.

Longshore Golf Course, Westport

I-95 North: Take exit 17 (Saugatuck Ave). At the end of the exit take a left and look for Riverside Ave on your right. Take that right, go across the bridge onto Bridge St. Take a right onto South Compo Rd and the course will be on your right.

New Canaan Country Club

I-95 North: Follow direction to New Canaan High School. Instead of taking a left onto Old Norwalk Rd, continue straight on Rt. 123. From the time you get onto Rt. 123, the distance to Country Club Rd is 6.6 miles. Take a left onto Country Club Rd and the course will be on your right.

Rt. 15 (Merritt Pkwy) North: Take exit 38 (Rt. 123). At the end of the exit go north onto Rt. 123. Approximately 3.6 miles you will take a left onto Country Club Rd.

Oak Hills Country Club, Norwalk

I-95 North: Exit 14 (Boston Post Rd or Rt 1). At the end of exit ramp, take a right onto Connecticut Ave. Turn left at the first light onto North Taylor Ave. Take a left onto Fillow St and the golf course is on your left.

Ridgefield Golf Course

Follow the directions to Ridgefield High School from I-84 West. While you are on Ridgebury Rd the golf course will be on your right.

Rolling Hills Country Club, Wilton

Follow directions to Wilton High School. Continue past the school, and Cannon Rd will be on your right. Take that right and then your first right onto Pimpewaug Rd. The course will be on your left.

Sterling Farms Golf Course, Stamford

I-95 North & South: Follow the directions to Trinity Catholic High School. Go past the school and the golf course is on the right.

Rt. 15 (Merritt Pkwy) North & South: Follow the directions to the Italian Center. The golf course is on the right.

Tashua Knolls Golf Course, Trumbull

Follow the directions to Madison Middle School. Instead of taking a left onto Rt 111, go straight on Rt 25. The 2nd left will be Tashua Rd. Turn left and the course will be on your left.

Wee Burn Country Club, 410 Hollow Tree Ridge Rd., Darien

I-95 North: Take exit 10 (Noroton Ave). At the end of the exit take a left and proceed to traffic light. Turn right onto Noroton Ave and follow to Middlesex Rd. Turn right onto Middlesex and left onto Hanson Rd. Wee Burn is on the right.

I-95 South: Take exit 10. Turn left onto Noroton Ave and follow to Middlesex Rd. Take a right onto Middlesex and then a left onto Hanson Rd. Wee Burn is on the right.

Rt. 15 (Merritt Pkwy) North: Take exit 37. Turn right onto Rt 124 and follow to Middlesex Rd. Turn right on Middlesex and go left around Ox Ridge Hunt Club. Turn right at Hanson Rd. Wee Burn is on the right.

Woodway Country Club, Darien

I-95 North: Take exit 10 (Noroton Ave). Take a left at the end of the exit. Turn right on Noroton Ave to Middlesex Rd. Take a left onto Middlesex Rd. Continue until you come to Rt 106 (Hoyt St). Take a right and Woodway Country Club is on your left.

ICE HOCKEY

Darien Ice Rink

I-95 North: Take exit 11. Turn right at end of ramp (Rt. 1). Follow Rt. 1 to railroad bridge. Go under railroad bridge and take an immediate right onto Mechanic St which turns into Old King's Hwy. Go 1/3 mile. The rink is on the right after Goodwives Shopping Center.

I-95 South: Take exit 12. Turn left on Tokeneke Rd. Turn right on Post Rd (Rt. 1). Go under railroad bridge and take the immediate right onto Mechanic St which turns into Old King's Hwy. Go 1/3 mile. The rink is on the right after Goodwives Shopping Center.

Rt. 15 (Merritt Pkwy) North: Take exit 37(Rt. 124 or South Ave). At the end of the exit take a right onto Rt. 124. Continue until you come to Sedgewick Ave (flashing 4-way stop) and turn left. Go across the Post Rd to stop sign. Go left onto Old King's Hwy around the traffic circle past Goodwives Shopping Center. And the ice rink is on your right.

Dorothy Hamill Ice Rink

I-95 South: Take exit 2 (Delevan Rd.). At the end of the exit take a right onto Byram Rd. There is a stop sign at the bottom of the hill. The next right is Sherman Ave. Go right and the rink is on top of the hill on the left.

Ridgefield Skating Rink

I-95 North: Take exit 15 (Rt 7 North). *Continue on Rt 7 until you come to Rt 102W on your left. Take that turn left until you come to Ivy Hill Rd on your right. Turn right onto Ivy Hill Rd and then left onto Prospect Ridge Rd. The rink is on the right.

Rt. 15 (Merritt Pkwy) North: Take exit 40 (Rt 7 North). Take a right at the end of the exit. Follow the directions from the * above.

Stamford Twin Rinks

I-95 North: Take exit 10. Go left at end of ramp and proceed to traffic light. Turn right onto Noroton Ave and follow to Middlesex Rd. Turn left on Middlesex and go to the end. Turn right onto Hoyt St (Rt 106). At Springdale Florist, turn left onto Camp Ave and follow to Hope St. The Stamford Twin Rinks are at the corner of Camp Ave and Hope St.

I-95 South: Take exit 10. Turn left onto Noroton Ave and follow to Middlesex Rd. Turn left on Middlesex and go to the end. Turn right onto Hoyt St (Rt 106). At Springdale Florist, turn left onto Camp Ave and follow to Hope St. The Stamford Twin Rinks are at the corner of Camp Ave and Hope St.

Rt. 15 (Merritt Pkwy): Take exit 36. Turn right onto Hoyt St (Rt 106). Follow Rt. 106 to Camp Ave and follow to Hope St. The Stamford Twin Rinks are at the corner of Camp Ave and Hope St.

Terry Connors Ice Rink, Stamford

I-95 North: Take exit 9 (Seaside Ave). At the end of the exit take a right. Go to the end of Seaside Ave and take a left onto Cove Rd. The rink is at the end of Cove Rd.

I-95 South: Take exit 9 (East Main St or Seaside Ave). At the end of the exit take a left. At the third light take a right onto Weed Ave. Go all the way to the end of Weed Ave. Rink will be on the right.

The Rinks at Shelton, Shelton

Rt. 15 (Merritt Pkwy): Take exit 53 onto Route 110 North. Left at end of exit. The rink is located 1.5 miles on right.

Wonderland Ice Rink, Glenwood Ave., Bridgeport

I-95 North & South: Take exit 27A (Rt 8-25 Connector). When you come to exit 5 (Boston Ave) take that exit. Stay to the left coming off the exit. At the end of the exit take a left onto Boston Ave. You will come to a large intersection at the second light. Take a left onto Glenwood Ave. At the stop sign take a left and the rink is straight ahead.

SWIMMING

Darien YMCA

I-95 North: Take exit 10. At the end of the exit take a right onto Noroton Ave and continue to the Post Rd (Rt 1). Turn right onto Post Rd. YMCA is on the left side.

I-95 South: Take exit 10. Turn right onto Noroton Ave and follow to end, Post Rd (Rt 1). Turn right onto Post Rd. YMCA is on the left side.

Rt. 15 (Merritt Pkwy) North: Take exit 37. At the end of the exit turn right on Rt. 124. Continue on Rt 124 until you come to the Post Rd (Rt 1). Take a right and continue for 2.2 miles. YMCA is on the left.

Fairfield University Pool

I-95 North: Take exit 22 and turn left on Round Hill Rd. At light turn left on North Benson Rd. High School is on left (See 2 large stone buildings. Driveway sign says Fairfield University).

I-95 South: Take exit 22 and turn right onto North Benson Rd. High School is on the left.

New Canaan YMCA

I-95 North & South: Follow the directions to New Canaan High School. At the intersection of Farm Rd and South Ave take a left at the light. Go past Saxe Middle School and the 2nd left is the entrance.

Rt. 15 (Merritt Pkwy) North: Follow direction to New Canaan High School. The YMCA will be about .8 miles on your right off the exit.

Wilton YMCA

Follow the directions to Wilton High School. The YMCA is across the street from the high school.



Athletic Department:

(203) 341-1260

Athletics Hotline:

(203) 341-1333

Staples Athletic Website:

<http://shs.westport.k12.ct.us/staples/athletics/index.html>

FCIAC Website:

www.fciac.net

CIAC Website:

www.ciacsports.com