



ATHLETIC HANDBOOK 2025-2026



**BULLARD HAVENS TECHNICAL
HIGH SCHOOL
500 PALISADE AVENUE**

Amber Lewandowski, Athletic Director
Phone: (203) 579-6333 x 11460 Fax: (203) 579-6904

Website: <https://bullard-havens.cttech.org/>

CTECS ATHLETICS PROGRAM

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CIAC Mission Statement

The CIAC believes that interscholastic athletic programs and competition are an integral part of a student's academic, social, emotional, and physical development. The CIAC promotes the academic mission of schools and honorable competition. As such, the CIAC serves as the regulatory agency for high school interscholastic athletic programs and exists to assure quality experiences that reflect high ethical standards and expectations for fairness, equity, and sportsmanship for all student-athletes and coaches. The CIAC provides leadership and support for member schools through the voluntary services of dedicated school administrators, athletic directors, coaches, and consultants.

For the entire CIAC Athletics Handbook please visit:
http://www.casciac.org/pdfs/ciachandbook_1415.pdf

SPORT PROGRAMS OFFERED

FALL SPORTS

BOYS

Cross Country
Football
Soccer

GIRLS

Cross Country
Soccer
Volleyball
Cheerleading

WINTER SPORTS

BOYS

Basketball

GIRLS

Basketball
Cheerleading

SPRING SPORTS

BOYS

Baseball
Outdoor Track

GIRLS

Softball
Outdoor Track

All sports that we offer have both Junior Varsity and Varsity teams.

Boys basketball also offers a freshmen team.

Introduction

The Bullard Havens Athletic Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered.

The material presented in this handbook contains information pertinent to policies, rules, and regulations of the State Board of Education, the CIAC, and the Bullard Havens Athletic Department.

The Bullard Havens Athletic Department and the CTECS is concerned with the educational development of students and feels that a properly controlled, well-organized sports program will meet the students' need for self-expression, mental alertness, and physical growth.

Athletes are selected for varsity, junior varsity, and freshmen teams based on their demonstrated abilities. The numerous programs are designed to accommodate as many students as possible. Unfortunately, deleting or “cutting” athletes from certain programs may be necessary due to various constraints.

Students who choose to participate in athletics are making a choice that requires self-discipline and full commitment. For this reason, we place a strong emphasis on good training habits. Failure to comply with the rules of training could affect an athlete’s performance and contribution to the team. Students who do not adhere to these rules will be jeopardizing their participation in the program. They should be aware that involvement in athletics is a privilege, not a right.

Student athletes are role models for others and leaders within our schools, and should constantly remember to set good examples for others.

Amber Lewandowski
Athletic Director

PHILOSOPHY

The CTECS Interscholastic program provides a variety of experiences to aid in the development of positive attitudes and habits in student-athletes that will assist them in their adult lives. The interscholastic program shall be conducted in accordance with existing Board of Education, CIAC policies, rules, and regulations. While school districts take great pride in winning, CTECS does not condone a "win at all costs" attitude. Good sportsmanship and positive mental health are encouraged. A comprehensive and balanced athletic program is an integral part of the total educational experience of students.

MISSION STATEMENT

It is the mission of the Bullard Havens Technical High School Athletic Program to provide an opportunity for all students to participate in athletics, as well as grow physically, socially, and emotionally through participation in competitive, interscholastic athletics.

In meeting the Athletic Department Mission, the athletic staff believes that participation in athletics...

- Enhances the development of positive, student habits/attitudes.
- Provides life-long lessons through sportsmanship, teamwork, camaraderie, adversity, competition, and winning/losing gracefully.
- Teaches responsibility.
- Improves one's self-concept.
- Develops leadership skills.
- Builds character.

DESCRIPTION OF PROGRAMS

Varsity athletics are for the athletes that indicate the most skill of those that have tried out for the team. They will have the opportunity to compete against equally talented athletes from opposing schools. The purpose of varsity athletics is to refine the skills of the team in an attempt to provide the school with the best win-loss record possible.

Junior Varsity & Freshmen athletics programs offer students, who do not yet possess the skills required of varsity athletes, an opportunity to participate in a competitive setting. Junior varsity and freshmen athletes are in the process of gaining valuable knowledge, skills, and experience required for competition at the varsity level.

ELIGIBILITY (CIAC and CTECS)

Bullard Havens Technical High School is a member school of the Connecticut Association of Elementary and Secondary Schools. As a member school, we are governed by a minimum of uniform eligibility requirements by the CIAC.

Athletes and parents should be familiar with the **Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut** as well as the Athlete's Rights of Due Process. In accordance with the CIAC, students are **NOT ELIGIBLE** if:

- They are not taking at least four (4) units of work or its equivalent; (Rule I.B.)
- They have not passed at least four (4) units at the end of the last regular marking period as of the official day that grades are issued, with the exception of fall eligibility. * (Rule I. A.)
- They have changed schools without a change of legal residence; (Rule II.C.)
- They have been in attendance for more than eight (8) semesters (A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition); (Rule II. B.)

- They 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.)
 - They play under an assumed name on an outside team; (Rule II.F.)
 - They receive personal economic gain for participation in any CIAC sport. (Rule II.F.)
 - Their work habits or conduct both in and out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school.
- Local rules may be more restrictive than those of the CIAC.

ADDITIONAL CTECS ELIGIBILITY RULES

- Athletes may not fail 2.0 credits of academic or lab coursework
 - Athletes may not fail Physical Education
 - Athletes may not fail their Trade/Technology
- For fall sports eligibility – students must have received credit for four (4) units or its equivalent towards graduation at the close of the school year preceding the contest.
- NOTE: Marking period grades (quarterly, not semester grades) are to be used in determining scholastic eligibility, except for fall eligibility.

****The date of eligibility determination is the day report cards are issued****

PARTICIPATION POLICIES

1. Athletes may only participate in one sport per season.
2. Athletes may change sports up to the date of the first scheduled varsity contest in the sport he/she wishes to leave. (CIAC p. 162)
3. Per CTECS Student Handbook: Students must be present in school for the time equivalent to a legal school day to receive credit for attendance on that day and, therefore, be eligible for participation in an athletic event/practice that day.
4. You will attend school and all classes regularly and on time. Tardiness and cutting classes will not be tolerated. Detentions for tardiness must be served immediately or athletes will not be allowed to practice/play until their outstanding detentions are served.
5. You will not use your sport as an excuse to miss class or portions of class unless the team is departing early from the school. In the event of an early dismissal for the team, all teachers will be notified by the athletic director or coach.
6. It is the responsibility of the student to obtain and complete all missed work while participating in athletics.
7. Attendance at all practice sessions and games (including tournament and vacation periods) for all team members is mandatory. If, for some reason you will be absent or tardy for a practice or game, you must personally speak to a member of your team's coaching staff prior to that practice or game. Athletes should be aware that contests may be scheduled or rescheduled for Saturday/Sunday.
8. Any student receiving ISS/OSS will not be allowed to practice or play the day of serving their suspension.

Any violation of the aforementioned rules may lead to dismissal from the team and/or athletics program for the entirety of the season or academic year.

DISCIPLINE & BEHAVIOR POLICIES

At the beginning of each season, students will be informed by the coach of the types of behavior which may warrant suspension or removal from the team. Each case will be considered individually. Parents, the director of athletics, and the principal will be notified by phone as soon as possible after a student has been suspended or permanently removed from the team. Coach/team rules may be more stringent than the rules and policies of the CIAC, CTECS, and school level athletic department.

Use of Illegal Substances

(Mood altering drugs such as tobacco, alcohol, non-prescription or illegal drugs, and vapes)

There will be absolutely no use or possession of any tobacco (including smokeless) products, alcohol, or illegal/non-prescription drugs, including STEROIDS or other performance-enhancing drugs by any CTECS athlete. Any individual who is observed violating this rule (either on or off campus) by an administrator, teacher, or member of the coaching staff or staff member will be subject to disciplinary action up to and including removal from teams in season and potential prohibition from future participation.

Hazing/Bullying:

The CTECS and Bullard Havens Technical High School has a zero-tolerance policy on hazing and bullying. Any kind of initiation acts, bullying, cyberbullying or hazing done on the part of an athlete is strictly forbidden.

Other behaviors that will be met with consequences include, but are not limited to:

- Theft or vandalism
- Use of physical force or violence
- Unsportsmanlike behavior
- Abusive and derogatory language
- Inappropriate use of electronic/internet technology/ social media
- Inappropriate conduct on Student-Transportation Vehicles
- Any offensive, disrespectful or abusive act, which in the opinion of coaches or administrators, reflects negatively on Bullard Havens Technical High School, the CTECS or athletics.

CIAC Ejection Policy:

If a player is ejected from a varsity, junior varsity or freshmen contest (league or non-league), he/she will be suspended for a period of one contest at that level of play and all contests at any level played in the interim.

TRANSPORTATION POLICIES

1. Athletes must be transported to away contests by the school. Exceptions can only be made in extenuating circumstances and only with approval from the principal and athletic director.
2. Athletes should ride the school provided transportation home from away contests, however, athletes may be picked up by a parent/ legal guardian at away contests only if they have completed a travel release form and the parent/legal guardian has signed them out with the coach upon departure.
3. Athletes must maintain proper conduct on buses and STV's at all times. They should remain seated while the bus is in motion, and exit the bus from the front of the bus only (unless an emergency warrants exiting through the rear).

UNIFORM and EQUIPMENT POLICIES

1. Uniforms and equipment are State of Connecticut property and are on loan to athletes during the sports season.
2. All uniforms and equipment are required to be returned to the coach within 7 days of the season ending, or 7 days of leaving the team.
3. Any missing/lost or damaged uniforms or equipment reported will be billed to the athlete and their parent/legal guardian. FAILURE TO PAY FOR REPLACEMENT WILL RESULT IN INELIGIBILITY FOR FUTURE SPORTS.
4. Uniforms are to be worn as intended and only by the athlete it was assigned to. Uniforms may only be worn during school hours when approved and it is subject to individual school uniform policies.

Any violation of the aforementioned policies may lead to dismissal from the team and/or athletics program for the entirety of the season or academic year.

CONTACTING ATHLETIC DEPARTMENT PERSONNEL

Parents with concerns, questions, complaints or appeals can often avoid a great deal of frustration by following the protocol below. Here is how we ask you to seek out assistance for an issue related to athletics.

Please utilize the following procedure when you have a need to contact athletic personnel (coaches, athletic directors, school administration)

1. **Talk to your athlete first.** Perhaps what you see as an issue is not an issue to them. They may be able to shed some light on the situation.
2. **Call the Coach.** Set up a meeting with them. Do not approach them before or after a game. Utilize the 24-hour rule to give all parties time to clear their heads.
3. **Contact the Athletic Director** if necessary.
4. If no resolution is reached at this point, then it would be fair to contact school administration (principal, vice principal).

FINDING OUT MORE INFORMATION

Keep in mind the secretarial staff although well informed do not always have the answers to your questions. Please utilize the following resources when it comes to scheduling and cancellations.

<https://bullard-havens.cttech.org/parents-students/athletics/>

Visit the CIAC Website for Schedules

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

ATHLETIC AWARDS POLICIES

Criteria for awards in each sport are determined by the coach and the athletic directors.

1.) Varsity Requirement: The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes the season as a team member in good standing and receives the recommendation of the coach. (The coach may recommend a waiver of these requirements under an unusual circumstance).

Baseball/Softball:

- 1.) Play in one-fourth of all innings played;
- 2.) Pinch hit or pinch run in three-fourths of the games played;
- 3.) Pitched in four starts or six game appearances.

Basketball (boys/girls): Play in 50% of the varsity quarters of the contests played.

Cheerleading: Meet all contest and practice requirements for a varsity season. Cheer in 50% of Varsity games.

Cross Country (boys/girls): Meet special qualifying standards.

Football: Play in 50% of the varsity quarters or the contests played.

Soccer: Play in 50 % of the varsity halves played.

Outdoor Track (boys/girls): Meet one performance standard or Qualification for CTC/CIAC Championship.

Volleyball: Play in 50% of varsity games played.

2. A season is defined as the period between the dates officially designated by the CIAC as the beginning of the season for that sport and the close of the postseason tournaments.

3. A coach will have the prerogative to award a varsity award to a senior who has not met the seasonal requirements.

4. Injury Rule: Any athlete who is a varsity starter or plays in varsity contests on a regular basis and becomes injured may be awarded a letter, if in the coach's judgment, they would have met the criteria.

5. Junior varsity and freshmen awards will be given on the recommendation of the coach to those athletes who complete the sport season in good standing.

*****All rules apply to participation in the same sport*****

Bullard Havens Expectations

The Bullard Havens Athlete:

1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting an example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

Bullard Havens Tech Parent and Spectator Expectations

The role of the parent in student and athlete development is crucial. Below are some guidelines for parents.

Important Parent Roles

1. Communicate with your student-athlete on a daily basis.
2. Respect the decisions of the officials.
3. Respect other fans, coaches, and players.
4. Do not talk negatively either publicly or in an electronic forum about the program, the coaches, administration, parents, and/or other players.
5. Understand that the coaches are responsible for doing what is best for the entire team, not just one player.
6. Be a fan of everyone on the team.
7. Contact the coach through agreed upon procedures. Respect the chain of command: **Student - Head Coach - Athletic Director - Principal - and give each an opportunity to examine the issue.**

*****Remember you as a parent of a Bullard Havens athlete represent our school and the CTECS*****

C.T.E.C.S. ATHLETIC POLICIES

Requirements for Participation in a Sport:

1. Physical Examination

Must be up to date (not expired) and on file with the nurse. Good for 13 months from the start date.

2. Permission Slip

One permission slip needed per sport played and signed by parent/ legal guardian. Kept on file with coaches at all practices and games.

3. Concussion, Sudden Cardiac Arrest, and Heat Illness Acknowledgement

These forms acknowledge that you are aware of the concussion signs & symptoms. These forms also acknowledge that an athlete needs proper medical clearance before returning to play—and then will need to go through a proper return to play protocol.

4. Parent/Guardian Attendance at Mandatory Pre-Season Meeting

Student-Athletes and parents must attend the mandatory parent-player meeting before each sport season.

5. Athletic Handbook Acknowledgement

By signing this form, you recognize all of the rules & policies of the athletic department and agree to abide by them.

Bullard Havens Travel Release 2025-2026

Travel Release for Student Athlete

This is a request that _____, a member of the
(Athletes name)

_____ team be given permission to be picked up by

_____ on _____.
(Parent/Guardian's Name) (Date)

Parent/Guardian's Signature: _____

This travel release form will be used for when your student athlete is at an away game and you would like to take them home from the game. This form must be turned into one of the coaches before you take your child home.

HANDBOOK ACKNOWLEDGEMENT

We have read and understand the contents of the Bullard Havens Technical High School Athletics Handbook.

We agree to abide by the athletic rules and policies of the CIAC, the league, the CTECS and Bullard Havens Technical High School, as well as the school rules of the CTECS outlined in the Student/Parent Handbook.

We understand that failure to comply with these rules and policies could result in consequences such as suspension or dismissal from the team or program.

Date: _____

Athlete Name (print): _____

Athlete Signature: _____

Parent Name (print): _____

Parent Signature: _____

It is the responsibility of the athlete to return this completed form to his or her coach.