

SHERMAN SCHOOL



Interscholastic & Intramural Handbook

2024-2025

INTRODUCTION:

The extracurricular program at Sherman School aims to provide students with the opportunity to develop values and attitudes that will benefit them both now and in the future. The school offers a wide variety of activities such as Interscholastic Athletics, Intramurals, School House Company, Talent Show, and an array of programs sponsored through the Fine Arts Committee.

PROGRAM GOALS:

1. To promote self-esteem that reinforces a positive attitude
2. To provide an environment that fosters: self-discipline, self-motivation, work ethic, teamwork, and excellence in both academics and extracurricular activities
3. To provide programs for students, faculty, and community that will generate a feeling of unity and school pride
4. To provide a rewarding experience for the student
5. To develop skills to enable students to reach their potential

Extracurricular Programs offered at Sherman School:

Interscholastic Athletics:

Fall Season: Boys Soccer, Girls Soccer

Winter Season: Boys Basketball, Girls Basketball, Cheerleading

Spring Season: Girls Softball, Co-Ed Track

GUIDELINES:

All parents must fill out the following via the [PowerSchool Parent Portal](#) before the first practice/rehearsal:

- Completed 24-25 Interscholastic Sports Athletics Permission Slip (Powerschool - Letter A)
- Completed 24-25 Emergency Medical Authorization Form (Powerschool - Letter B)
- Completed 24-25 Concussion Form (Powerschool - Letter C)
- Completed 24-25 Cardiac Arrest Form (Powerschool - Letter D)

Students are eligible to participate in extracurricular activities if they have maintained at least a "C-" average for all core subjects in the past marking period, unless:

- a. they have received an "F" in any subject, or
- b. they have received two "1s" representing poor effort/attitude, or
- c. they have received an "F" on their mid-term progress report and are presently in danger of failing.

Students receiving "1s" and/or an "F" may be reinstated after a satisfactory progress report from the classroom teacher. For the first marking period of the school year, the last marking period of the previous school year will be used to determine eligibility.

Students who have received a discipline referral form and are in detention shall not participate in extracurricular activities that day.

In order to participate in extracurricular activities, students must be in attendance that day no later than 11:30 a.m., and present at least 50% of the school day (3 hours). If a student is absent or leaves early due to illness, they may not participate in a practice or game.

ATHLETIC PHILOSOPHY:

As stated in its philosophy, Sherman School is committed “to the whole of each child” in “all areas of growth and development,” including the area of athletics.

Participation in sports, whether at the interscholastic level or at the intramural level, offers our students the opportunity to learn the game, to practice the game, and to play the game. In interscholastic competition, our students are uniquely privileged; they represent Sherman School on the fields, the courts and the diamonds.

In order for Sherman School teams to compete with other school teams, it is important that they are composed of the best players. It is for this reason that tryouts exist. Simply, in interscholastic competition, players compete to make the team.

To encourage the fullest athletic participation and to enable all Sherman School middle school students to play sports as members of teams, efforts will be made to offer intramural programs throughout the school year.

POLICIES GOVERNING ATHLETIC PARTICIPATION:

Travel

Student athletes must travel to and from games with their parent or guardian, unless their parent/guardian has given written permission to the coach for other travel arrangements.

Discipline

Any student athlete who initiates a fight in the course of an athletic contest in which his/her team is participating, including before and/or after the event, may be immediately dismissed from the team for the balance of the season.

Verbal and/or physical abuse of officials, teammates or coaches by a student athlete will result in immediate dismissal from the team for the remainder of the season.

Athletic Team Captains

Selection as a captain of an athletic team is an honor. Each sport/coach will determine how the captain(s) will be selected.

Physical Education

Students not participating in Physical Education class the day of a contest will not be allowed to

participate in interscholastic activities.

Dismissal from Team

Students failing to attend full practices and/or games, with or without an injury, shall be removed from the team upon their third unexcused offense. Excused absences would include: an absence from school, a written doctor's note or prior permission from the coach/advisor.

Sherman School's Equal Opportunity Plan/Nondiscrimination Policy is Policy 0521 in the Sherman Board of Education Policy, Regulations and By-Laws Binder. Sherman School's Title IX coordinator is Dr. Renée Leekin, Director of Student Support Services: Sherman School, 2 Route 37 East, Sherman, CT 06784.

Directions to area schools: Can be found on the website:

http://www.shermanschool.com/athletics/opponents__directions

GENERAL POLICIES/PROCEDURES:

Due Process

Extracurricular participation is a privilege, not a right. In the event a student or parent/guardian has a concern, the concern should be in writing and addressed to the Head Coach/Advisor. Unresolved concerns should progress through the following steps:

1. Athletic Coordinator
2. Principal
3. Superintendent
4. Board of Education

Substance Abuse

Use and/or possession of an illicit drug (including anabolic steroids, alcohol, tobacco, e-cigarettes and vapes) will result in the immediate dismissal from all extracurricular activities for 90 days.

Medications

Any use of medication prescribed by a physician shall be immediately reported to the Coach/Advisor by the parent of the student.

Eligibility/Tryouts

Cutting is the most unpleasant task a Coach/Advisor has to do. In order for a group to be reduced to a workable size, candidates must be prepared to accept the possibility of not being selected. The Coaches/Advisors are solely responsible for the selection of participants. Eighth graders who participated the previous year will be given preference over other students with equal talent.

All students involved in extracurricular activities are required to turn in permission slips signed by their parents/guardians.

While students are covered by an EXCESS INSURANCE policy provided by the Board of Education, the family's personal insurance will apply first. (Bills not covered by the family's medical insurance are to

be submitted to the school insurance company with the proper forms.)

Intramural Athletics:

Sherman School holds Intramural Sports after school. A variety of activities are offered depending on the coordinator/coach and the interest of the students. Activities may include basketball, soccer, Fun Friday, tennis, and golf.