

THE INDIANS

GHS Athletic Directory

The following is a list of the all the head coaches at Guilford High School. They can be reached by contacting the Athletic Office at 453-2741 ext 212.

- Athletic Director- Chip Dorwin
- Athletic Secretary- Lecia Scranton
- Athletic Trainer - Mike Eldridge
- Baseball - Pete Civitello
- G. Basketball - TBA
- B. Basketball - Jay Karlins
- Cheerleading - Mary Beth Morrissey
- Crew - TBA
- Cross Country - Jim Ford
- Field Hockey - Kitty Palmer
- Fencing - Tara Bowers
- Football - Scott Benoit
- Golf - Art Fonicello
- Boys Ice Hockey - Ralph Russo
- Girls Ice Hockey - Tom Sheridan
- G. Lacrosse - Cliff Yerkes
- B. Lacrosse - Brian White
- Ski - Rolf Meyer
- G. Soccer - Scott McMahon
- B. Soccer - Joe Maher
- Softball - Steve Zajac
- G. Track - Jim Ford
- B. Track - TBA
- G. Tennis - Frank Kelley
- B. Tennis - Andy Raucchi
- Volleyball - Tammy Lizotte
- Wrestling - Craig Vedrani

Important Dates

Sat	10-20	Homecoming Dance PSAT's
Mon	11-5	Fencing Practice Begins
	11-13.15.20	ImPACT Testing (tentative)
Mon	11-19	Girls BB Practice Begins
Mon	11-26	Other Winter Sports Begin
	3-5.6.13	ImPACT Testing (tentative)
Mon	3-10	Baseball Conditioning Practice
Mon	3-17	Other Spring Sports Begin
Wed	6-11	Sideliners Banquet (tentative)

Students-Athletes are reminded to check the white board outside the Main Office for competition and practice changes that occasionally occur due to weather and other unforeseen issues. Also, meetings are often posted on this board as well.



WELCOME BACK

Most people think of summer vacation as a time to relax, enjoy the warm weather and get out of the hectic routine of the rest of the year. For most athletes summer has a different definition. For them it is a time to go to sport camps to work on skills, it's time to attend conditioning programs to improve strength, speed and endurance, it's time to play in summer leagues and/or time to spend working on their game/s every

day. Although the pace may be different these athletes work hard! It's through this hard work that Guilford High School will enjoy another successful year of athletic competition. We are proud of the dedication and commitment our athletes make and we wish them success during the coming year.

GOOD  LUCK!!!

KAVANAUGH FIELD UPDATE

As you are probably aware Kavanaugh Field (the GHS lighted game field) is now under construction in preparation for a synthetic playing surface (Field Turf) to be installed. Mountain View Landscapes and Lawncare Inc. from Chicopee, Massachusetts are the general contractors and they have been working very hard since about July 11 to complete this project. They did run into some unexpected problems with rock and ledge under the field that had to be removed so the project completion will be delayed somewhat. We are still expecting a completed field by early October.

There have also been some concerns expressed in the media about health issues related to the crumb rubber infill that is worked into the turf fibers. The Fields Committee along with our engineering consultants has reviewed numerous studies related to this topic as we investigated the feasibility of pursuing the project. Based on this information and the opinions of other experts we still believe that this project is in the best interests of all.



WELCOME

MR. MISENTI

The Athletic Department is pleased to welcome Mr. Misenti as our new principal. Mr. Misenti is a former Xavier High School athlete who was recently inducted into their Hall of Fame. He played two sports in college and he truly appreciates the importance of a high quality athletic experience for our students.

SPORTSMANSHIP CONFERENCE

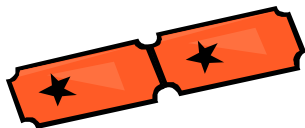
On September 10 the CIAC hosted a Sportsmanship Conference for the first time. Each member high school was invited and encouraged to attend with four student athletes and two adults. Molly Saunders, Kacey Shepherd, Jason Bellonio and Sam Greenberg were the students who attended along with our girl's volleyball coach, Coach Lizotte and Mr. Dorwin. The conference consisted of general sessions for all with featured speakers and breakout sessions that encouraged small group discussions and goal setting. The purpose of the conference was to help improve sportsmanship throughout Connecticut by encouraging athletes, coaches, and administrators to initiate programs that would help accomplish this important task. Our team that attended is dedicated to helping in these efforts. Please join our efforts by demonstrating GOOD SPORTSMANSHIP at all athletic events this year.



ALL SPORTS TICKETS

All Sports Tickets are now on sale. Student Tickets cost \$15 and Adult Tickets are \$30. These tickets are good for all regular season contests for all sports all year long. General admission will remain the same \$2 students and senior citizens, \$4 for adults and children under 10 are admitted at no charge. An exception to this will be the Thanksgiving Football Game vs Hand. Advanced sales will be \$2 and \$4 but all tickets at the gate will be \$5.

Tickets will be on sale at all contests charging admission and at the main office of GHS.



RESPONSIBILITY

Each year the Athletic Department stresses a character trait that we feel our athletes need in order to be successful citizens. This year's emphasis is RESPONSIBILITY. Our athletes must learn what responsibility means and accept that they are in control of many aspects of their lives. Without accepting their responsibilities they will be letting down their team, their families and most importantly themselves. Please join us in our efforts to emphasize and improve this important character trait.



SOUTHERN CONNECTICUT CONFERENCE

Guilford High School is a member of the Southern Connecticut Conference that includes twenty three schools in the greater New Haven area. This conference is responsible for scheduling all games between member schools, developing tournaments when feasible and for developing the guidelines for organizing the various sports it oversees. The conference has a new web site that includes current and past champions and news about the conference. The site is:

www.southernconnecticutconference.org

Please take a look for some interesting information.

SCC Member Schools

Amity - Branford - Career - Cheshire
Cross - Derby - East Haven - Fairfield Prep
Foran - Guilford - Hamden - Hand
Hillhouse - Law - Lyman Hall - Mercy
North Haven - Notre Dame
Sacred Heart - Sheehan
Shelton - West Haven - Xavier

HOW TO GET STARTED

We are frequently asked, how do students find out about teams and practices? Announcements will be made in school a couple of months before the season starts asking that any students interested in participating in a sport to sign up in the school nurse's office. The nurse will then be able to check the medical status of the student and inform them well before the first practice. She then gives the list of candidates to the Head Coach.

Head Coaches will announce a meeting for anyone interested in participating in a particular sport. These announcements are made in school over the morning television announcements and flyers are frequently posted around school. Most meetings occur a few weeks before the season starts but some coaches will call meetings much sooner to inform potential athletes about off season programs that may be of interest to the athletes. Team captains are also a valuable source of information.

The next most important detail that must be addressed is the physical examination. It often takes several weeks to schedule an appointment so plan ahead. Coaches will not let an athlete try out or practice until our school nurse has checked to

make sure their exam is current and on record in her office (see new physical examination requirements in this newsletter). Examination forms are available in the main office at GHS or can be downloaded from the school's web site. The form required is titled Sports Participation Health Record. The blue physical exam form used by 10th grade students is not sufficient to be used for athletic participation and will not be accepted.

ImPACT testing is now required of all athletes. Many will only be required to take the test once during their high school career but those who participate in contact sports will be required to take another test in their junior year. This is a computerized program that determines a baseline for brain function. Then if a head injury occurs our athletic trainer and the athlete's family physician can better determine when it is safe to resume play. Athletes must make appointments with Mrs. Scranton in the main office to take the test.

Any questions about a specific sport should be addressed to the head coach. See the directory posted in this newsletter.

.....To be informed.....

Listen to announcements...Be observant...Ask questions!!!

NEW PHYSICAL EXAMINATION REQUIREMENTS

Please be aware that a new physical examination requirement has been implemented this year in order to comply with new CIAC regulations. Every athlete must have a current physical examination and the Sports Participation Health Record on file with the school nurse. The examination is considered current for thirteen months. **A student/athlete will become immediately ineligible to practice or play once the examination has expired.** Parents and athletes must plan ahead to make sure appointments are made well enough in advance of the expiration date so eligibility is not jeopardized.



Guilford High School
Athletic Department Newsletter

Phone: (203) 453-2741
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Email: dorwinc@guilford.k12.ct.us

Athletic Department Mission Statement
Striving to enhance learning, foster positive character development and encourage good sportsmanship through success in highly competitive interscholastic athletic competition while maintaining a safe, healthy environment for all.

We're on the Web
www.guilford.k12.ct.us

Guilford High School Mission Statement
Our mission is to foster excellence in a respectful and challenging academic environment that leads to a life long passion for learning and the realization of each individual's highest potential for success in life.



Other Important Web Sites:

www.guilford.k12.ct.us
www.casciac.org
www.southernconnecticutconference.org
www.impacttest.com
www.ncaaclearinghouse.net



CLEARINGHOUSE

Athletes are reminded that if they anticipate playing a sport at a Division I or II college they must enroll with the NCAA Clearinghouse and they must make sure that they have taken all the necessary core courses. Students taking SAT or ACT tests must make sure they have their test scores sent directly to the Clearing House. Underclass athletes (freshmen and sophomores included) must plan ahead and take courses that will qualify them for college athletic eligibility. For more information inquire at the Guidance Department.

CIAC NEWS

The CIAC (Connecticut Interscholastic Athletic Conference) oversees all high school athletics in Connecticut. They have a web site www.casciac.org that is constantly being improved and helps to provide information about tournaments, game results, rules etc. They have a section that provides the most current schedules and directions for all high school teams in Connecticut.

....for the most current schedule listings go to....www.casciac.org

- Click on: **CIAC (Athletics Division)** of the left side menu bar to reveal options.
- Select: **View Schedules & Results**
- Scroll down to **Schedules /Results /Rankings by Season** and select: **Season** (i.e. Fall '07, Winter '07-08; For Non-CIAC Sports select: **Non-CIAC Sports**)
- Scroll to the **Sport** your inquiring for, (i.e. Girls Volleyball, Wrestling) and select: **Regular Season Schedules /Results (one school)**
- Select the **Name of the School** to see the sports schedule options. (i.e. Guilford, Adams MS)
- From here a schedule can be printed/viewed in multiple ways. (i.e. All levels, Varsity, JV, Fr)

We have also created links from our Guilford High School Athletics site to the individual sports schedule on the CIAC site. Please check it out.

E-Mail Update Option

The CIAC also has an e-mail service in which you may submit your e-mail to them and they will update you on any schedule/site changes. To subscribe to this service:

- Click on: **CIAC (Athletics Division)** of the left side menu bar to reveal options.
- Select: **View Schedules & Results**
- Scroll to t: **E-mail Updates**.
- Under **Member School Schedule Updates** click on the link to subscribe.

WEB SITE

Please check the Guilford High School Athletic Department web site at:
www.guilford.k12.ct.us/~gpssports/

Currently posted are: all our fall schedules, our Student-Athlete/ Parent Handbook, directions to our fields, directions to our opponent fields, Athletes of the Month, the physical examination form, other activities that have taken place and links to some of our team's individual web sites.

We are looking for additional ways to improve this way of communicating to you. Let us know how we can help.

www.ncaaclearinghouse.net