



**2018-2019**

**LYME-OLD LYME**

**ATHLETICS**

# ATHLETIC DEPARTMENT

- **Athletic Director: Hildie Heck**
  - Phone: 860-434-1651 x1014
  - Email: [heckh@region18.org](mailto:heckh@region18.org)
- **Athletic Secretary: Jo Bolton**
  - Phone: 860-434-1651 x1032
  - Email: [heckh@region18.org](mailto:heckh@region18.org)
- **Athletic Trainer: Sammee Ward**
  - Phone: 860-434-1651 x1116
  - Email: [Wards@region18.org](mailto:Wards@region18.org)
- **School Nurse: Ellen Maus & Mel Seckla**
  - Phone: 860-434-1651 x1004
  - Email: [mause@region18.org](mailto:mause@region18.org) & [secklam@region18.org](mailto:secklam@region18.org)  
[beachyr@region18.org](mailto:beachyr@region18.org)



# REQUIREMENTS

**CAN NOT PARTICIPATE UNLESS ALL ARE MET**

1. [Registration on FamilyID](#) (Athletic Director)
2. **Academics (Athletic Department)** - The school administration may declare a student ineligible if it is felt that the student is not taking care of his/her responsibilities both as a student and citizen of Lyme-Old Lyme High School and the community.
3. **Baseline Impact Testing (Athletic Trainer, Sammee Ward)**
4. **Physical Exam with in the past 13 months (School Nurse)**
5. **No school obligations (Pat Bugbee)**

# STUDENT EXPECTATIONS

- Review and understand the LOL athletic handbook and board policies
- Abide by team, school, conference and CIAC policies and procedures
- ALWAYS act according to the traditions of good sportsmanship (CLASS ACT STANDARDS) and the school core values
- Abstain from the use AND BEING IN THE PRESENCE of alcohol, tobacco, steroids, vaping or any other illegal or non-prescribed drugs and supplements.
- Do not participate in the same sport once season begins
- Being a member of a team is NOT a right it's a PRIVILEGE

# PARENT EXPECTATIONS

Review and understand the LOL athletic handbook and board policies

## Get involved

(join the booster club, attend games/events, talk positively about programs and coaches, encourage younger athletes to play and get involved)

Encourage spectators and students from spreading negativity about coaches, players and officials - **KNOW THE CLASS ACT STANDARDS!!!**

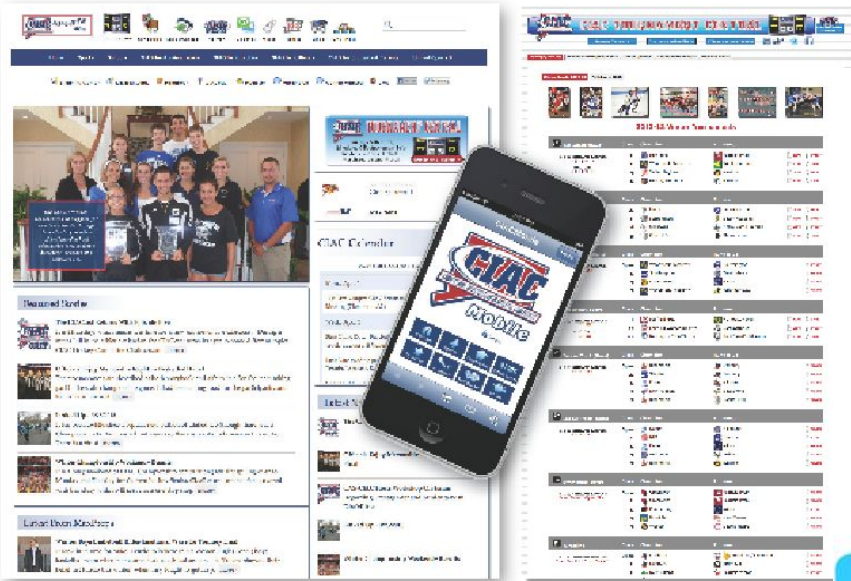
**BE A FAN NOT A FANATIC: CHEER FOR US, NOT AGAINST OTHERS**



**CIACSPORTS.COM • CIACMOBILE.COM**  
**CIAC TOURNAMENT CENTRAL**

**YOUR ONLINE SOURCES FOR CT HS SPORTS INFO**

CIACsports.com, CIACmobile.com and CIAC Tournament Central are the places to go to stay up-to-date on your favorite schools, sports and teams on the Connecticut high school sports scene. From the first day of practice to the day of the State Championship, you can get all the schedules, results and up-to-the minute information in your web browser, sent to your inbox, or on your mobile device.



The CIAC's family of websites has it all!!  
 Student-Athlete? Parent? Coach? Athletic Director? Media Member? Fan?  
 No matter what info you're after, you'll find it:

**REGULAR SEASON**

- Email lists for schedule changes, postponements, cancellations and results
- Game schedules (view on the site or sync with your Outlook, Google Calendar and/or mobile device)
- Scores
- Statistics
- Rankings

**STATE TOURNAMENT**

- E-mail and text message options for schedule changes and results
- Tournament Brackets
- Championship Recaps
- Tournament Rosters
- Tournament Merchandize
- Championship Tickets
- Streaming Video - Live and On-Demand

All the information is entered directly by school personnel and/or CIAC staff.  
 Don't wait - get up-to-date!!  
 Point your computer to CIACsports.com or your mobile device to CIACmobile.com today!!



@ciacsports



facebook.com/ciacsports



CIACcast



**Sign up for important updates from H. Heck.**

Get information for Lyme-old Lyme High School right on your phone—not on handouts.

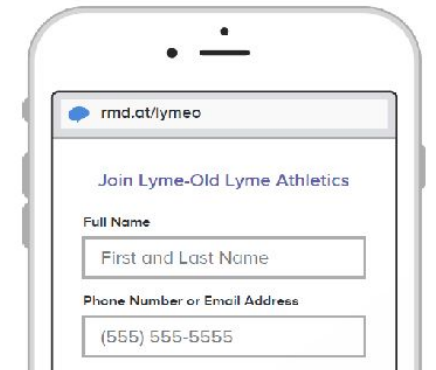
Click a way to receive messages for Lyme-Old Lyme Athletics:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/lymeo](http://rmd.at/lymeo)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @lymeo to the number 81010.

If you're having trouble with 81010, try textling @lymeo to (860) 591-8090.

\*Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/lymeo](http://rmd.at/lymeo) on a desktop computer to sign up for email notifications.

CONCUSSION  
&  
CARDIAC ARREST  
EDUCATION

**\*\*See Athletic Trainer Presentation\*\***



## Booster Club Update

[www.lolboosterclub.org](http://www.lolboosterclub.org)

- Basketball concession sign up available!!
- Seeking cases of bottled water – label for Booster Club
- Fall Sports Banquet – *volunteers needed!!*
- Winter Wildcat Store opens online 11/15 – *accessories!!*
- Next meeting December 11, *#getinvolved*

*Thank you for your support!!!*





# THANK YOU

HAVE A GREAT SEASON!!!

# QUICK LINKS

- [Region 18 Athletic Page](#)
- [Region 18 Athletic Handbook](#)
- [Board of Education Extracurricular Activity Policy #3600](#)
- [Parenting Your Student Athlete](#)
- [CIAC Handbook](#)
- [CIAC Schedules and Results](#)
- [Schedule Updates and Cancellation Notifications Request](#)
- [NCAA Banned Substances List](#)