Welcome to Waterford High School Athletics!

Since last March, it has been the hope of the Waterford Athletic Department that sports would return safely to the playing arenas. We are fortunate that we have been able to have a fall sports season for our student-athletes and are hopeful that we will have a successful winter season as well. Although our hope is to get back to normal with no restrictions to our sports activities, it is still not feasible at this time. We ask for your support and flexibility as we continue to navigate these times for the well-being of our student-athletes, coaches, and staff. Our department is committed to doing all we can to ensure the safety of our student-athletes and school community.

The CIAC winter sports plan is currently being developed. The CIAC board of control is set to meet on November 10th to approve the final plan and we are hopeful that we will be able to have all of our winter teams participate this season. Please be aware that COVID health metrics and data in CT will continue to be closely monitored and the appropriateness of holding interscholastic athletic contests can change at any time. If any sport does not run in the winter season, it will be moved to the second semester alternative season. The WHS Athletic Department will send updates through the athletics website and FamilyID as soon as more information becomes available.

Sincerely,
Chris Landry, Director of Athletics and Student Activities

Winter Sports Registration Opens October 26th

Please remember that all candidates must have proof of a current physical and must register using our online registration program, FamilyID. Winter sports registration will close on November 21st. Please be sure to register before the 21st. Please note that certain sports hold tryouts prior to the registration deadline. Coaches will relay tryout information to students in advance.

All sports first practice date is tentatively set for November 21st.

Be aware that some programs do make cuts depending on the number of players trying out. Players should show up in shape and ready to demonstrate their ability and skill.

Registration can be completed by clicking this link: FamilyID Registration Link
Winter 2020-2021 Sports Registration Information

Waterford High School sports registration is done conveniently online through FamilyID (www.familyid.com). FamilyID is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through FamilyID, the system keeps track of your information in your FamilyID profile. You enter your information only once for each family member, for multiple uses and multiple programs.

INFORMATION NEEDED TO REGISTER:

It will be helpful to have the following information handy to allow for accurate completion of your online registration:

- Date of last physical exam
- Physical information
- Health insurance information
- Emergency contact information

Please note: Before your student athlete’s registration is approved, there must be a current physical examination form signed by a physician on file with the school nurse. Physicals are valid for 13 months from the date of the physical. If the student’s physical expires during the season, he/she will not be allowed to practice or play until a new physical exam form is submitted to the nurse’s office. Without an approved registration and current physical examination form on file, the student athlete will not be eligible to participate.

REGISTRATION PROCESS: (We’ve included some helpful links on the following page to help with registration/account set-up/FAQ’s/etc.)

A parent/guardian should register by clicking this link: WHS FAMILYID REGISTRATION - CLICK HERE

Follow these steps:

- To find your program, click on the above link and select the registration form under the word Programs.
- Next, scroll to the bottom of the page. If this is your first time using FamilyID, click Create Account. Click Log In, if you already have a FamilyID account.
- Create your secure FamilyID account by entering the account owner First and Last names (parent/guardian), e-mail address and password. Select I Agree to the FamilyID Terms of Service. Click Create Account.
- You will receive an email with a link to activate your new account. (If you don’t see the email, check your e-mail filters (spam, junk, etc.).
- Click on the link in your activation e-mail, which will log you in to FamilyID.com
- Once in the registration form, complete the information requested. All fields with a red* are required to have an answer.
- Click the Continue button when your form is complete.
- Review your registration summary.
- Click the blue Submit button. After selecting Submit, the registration will be complete. You will receive a completion e-mail from FamilyID confirming your registration.
Quick Links - Check these often as changes occur frequently

- **FamilyID Support Page**
- **Helpful Links:**
  - Registering For The First Time
  - Registering With an Existing Account
  - Additional Program Registration FAQ's
  - FamilyID Support Page

**STUDENT-ATHLETES:** Coaches will help keep players informed of any changes in the winter sports program. It is important to get in touch with your coach to make sure you are added to their team Remind group.

**IMPORTANT! ARE YOU IN COHORT 3?**

**Participation in Athletics**

Based on CSDE guidance, we are requiring our students to follow the educational model we offer in order to participate in athletics or any extra-curricular activity from a health and safety standpoint. If a student "opts in" for full time remote learning (Cohort 3), they will not be allowed to participate in athletics or any extra-curricular activities.

**Waterford Athletics Webpage**

**CIAC Link to “Today’s Schedule”**

**WPS Reopening Plan**

**CIAC Team Practice & Game Schedules**

**CIAC Main Webpage**

**ECC Website**
Welcome to WHS!

Waterford High School is pleased to welcome our new Boys JV Soccer Coach Jeff Emerich and Assistant Girls Swimming & Diving Coach Kenny Pancoast.

Lancer FANatics Corner

HEY LANCER NATION... WE MISS YOU!

We know how hard it’s been to not be able to attend games and cheer on your favorite Lancer team. We look forward to the day when we can welcome you to join us for games once again. Please continue to be vigilant with hand washing, wearing your mask and social distancing, and we will pack the stadium and the X once again!

#LANCERSTOGETHER!
Don’t Wait - Register Now!

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If you are considering playing a winter sport, it is important to register earlier, rather than waiting. Why? Once you register, the athletic department & coaches have your contact information. If there are important changes to the winter season (cancellations/spectator policies/etc.) we can communicate information directly to you through FamilyID in a timely manner. Also, coaches communicate with their student-athletes through the Remind App. Once you register, coaches can add athletes to their Remind group and disseminate information to players (changes to practice times/etc.) quickly.

If you are looking for registration information, schedules, sports program offerings and current updates regarding sports and COVID-19, you can find it on the Waterford Athletics webpage.

Winter Sport Offerings & Coaches Contact Information:

| **Boys Basketball:** | Bill Bassett - wbassett@waterfordschools.org |
| **Girls Basketball:** | Dan Still - stillyman3233@gmail.com |
| **Indoor Track (Boys & Girls):** | Jay Criscuolo & Kevin Blackburn - jcriscuolo@waterfordschools.org |
| **Fencing (Boys & Girls):** | Hugh Teel - copdiver31@hotmail.com |
| **Competitive Cheerleading:** | Kirsten Maskell - kirstenneca@gmail.com |
| **Boys Swimming & Diving:** | Patrick Callan - suibukan@gmail.com |
| **Wrestling:** | Chris Gamble - cgamble@waterfordschools.org |
| **Ice Hockey - Co-op team with students from local high schools in southeastern CT:** | Randy Craig - greatdayforhockey@comcast.net |
| **Gymnastics - Co-op team with East Lyme HS:** | Kim Detuzzi - abcgymstars@aol.com |
Be Vigilant To Stay Safe

How to Protect Yourself and Others

Know how it spreads
- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact
- Limit contact with others as much as possible.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people.
- Remember that some people without symptoms may be able to spread virus.
- This is especially important for people who are at higher risk of getting very sick:

Cover coughs and sneezes
- Cover your mouth and nose with a cloth face cover when around others.
- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face covering in public settings and when around people not living in their household, especially when social distancing is difficult to maintain.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Clean and disinfect
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, faucets, and sinks.
- If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. You can see a list of EPA-registered household disinfectants here.

STAY SAFE ON AND OFF THE FIELD

Stay home if you are sick.
Bring your own equipment and gear (if possible)
Cover your coughs and sneezes with a tissue or your elbow.
Wash your hands or use sanitizer before and after events and sharing equipment.
Tell a coach or staff member if you don’t feel well.

cdc.gov/coronavirus
Daily Screening Protects Everyone

Anyone who answers yes to any of the following questions must notify school personnel, be removed from participation, self-isolate, and contact their primary care provider or other health-care professional.

**Do you have?:**
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Temperature of 100.4 or higher

**Have you visited one of the affected states within the last 14 days and for more than 24 hours?**

Positive COVID-19 Test?

In the event that a student/athlete discloses that he/she has tested positive for COVID-19, administration and the local department of health should be immediately notified.

In addition, the superintendent will be notified by school personnel that a student is suspected of being sick, maintaining confidentiality in accordance with FERPA, privacy expectations, and the Americans with Disabilities Act (ADA).

Don’t Forget Your Water Bottle!

Athletes, coaches, and athletic staff shall be required to bring their own water bottles. Water fountain use shall be restricted to water bottle filling stations only.

Fall Sports Physicals are Valid for 13 Months

In accordance with CIAC bylaws, sport physicals are valid for 13 months. Yearly sport physicals to assess injury risk and receive health guidance from doctors are critically important. Check to see if yours is valid through the sports season!
Travel Release Policy

If parents choose to transport their son or daughter to and/or from away contests, they must complete the TRAVEL RELEASE FORM (click to open link) and turn it in to their coach at least 12 hours prior to the contest for approval. Parents are not permitted to stay at the contest. **Athletes are not permitted to drive themselves to away contests.** Athletes must wear a mask on the team bus at all times. We will load the athletes from back to front and then unload from front to back. We will operate at full capacity while maximizing health and safety protocols.

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**Guidance for COVID-19 Scenarios in Schools**

**Key symptoms of COVID-19?**
- fever (temp 100.4°F and above)
- chills
- uncontrolled new cough
- shortness of breath
- difficulty breathing
- loss of taste or smell

Assess other nonspecific signs and symptoms:
- muscle or body aches, sore throat, nausea, vomiting, diarrhea, headache, fatigue, congestion, runny nose

**Guidance for COVID-19 Scenarios in Schools**

<table>
<thead>
<tr>
<th>TEST STATUS</th>
<th>RECOMMENDATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>POSITIVE</td>
<td>Isolate* x 10 days</td>
</tr>
<tr>
<td>NEGATIVE</td>
<td>Isolate* x 10 days</td>
</tr>
<tr>
<td>NOT TESTED</td>
<td>Isolate* x 10 days</td>
</tr>
</tbody>
</table>

**YES**

Close contact of positive case of COVID-19?

**NO**

**NOT TESTED**

**POSITIVE**

Return to school once no symptoms x 24 hours

**NEGATIVE**

Isolate* x 10 days

**NOT TESTED**

**POSITIVE**

Isolate x 10 days and monitor for sx

**NEGATIVE**

Quarantine x 14 days

**NOT TESTED**

Quarantine x 14 days

*Isolate for at least 10 days since the onset of symptoms and until at least 24 hours without fever (without fever-reducing medications) and improvement in other symptoms

**LLHD 8.25.20**

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WINTER 2020-2021 – INFORMATION ACCURATE AS OF OCT. 26
No Spectators, No Problem!

Spectators will not be allowed during indoor contests. However, that doesn’t mean that you have to miss the game! NFHSNETWORK.COM will broadcast all WHS home contests that occur in the fieldhouse. Membership is required (search Waterford).

Click the following link to subscribe: NFHS NETWORK

Log into CIAC Mobile on your phone!

CIACMobile provides instant access to the most up-to-date info on CT High School sports, including: listing of schools with the ability to save schools as "Favorites", driving directions to athletic facilities, "Today's Games" schedule for each school, game/schedules and results, rosters, brackets, and local sports news from Connecticut newspapers.
Don’t Miss Out! Register on FamilyID!
Fall Sports Season 2020!

Even with COVID-19 affecting the way we currently live our day to day lives, the Waterford High School fall sports teams have been able to compete in 63 contests as of October 24th (varsity, JV, freshman), and we have been able to welcome almost 1000 spectators to our home contests to cheer on our student-athletes!
Fall Sports Season 2020!
Class of 2021

Emma, Hannah, Paige & Shiloh

Lillie, Mya, Jacqueline, Olivia & Kendra

Viviana, Jenna, Murphy, Haley, Emma & Pankhudi

Field Hockey, Girls Soccer and Girls Swimming & Diving
Class of 2021

Sarah, Sophie, Tallah, Alicia, Sean, Aidan, Julian, Erik, Jack, Wasiq, Caleb & Christian

Cross Country
Class of 2021

Sam, Rasheem, Jackson, Christian, Jimmy, Logan, Dante, Gary, Quincy, Aidan & Pedro

Alyssa, Brynn & Gabby

Football & Volleyball
(continued on next page)
Class of 2021

Emily, Emma, Angela, Gabby & Lily

Volleyball

CIAC Rules of Eligibility Information - click the link below

Link to CIAC Brochure

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Athletics Home Webpage
Athletics News Webpage

GO LANCERS!