

SPRING SPORTS INFORMATION NIGHT



March 2025



Oluwadare Sowunmi

Activites & Athletics
Director

ABOUT ME:

- Bronx, NY
- Athletics & Activites
- DEI Member (VPA)
- Athletic Administrator
- Goals give students best experience
- Proud to be a Laker



Athletic Department



Gabrielle Brooks

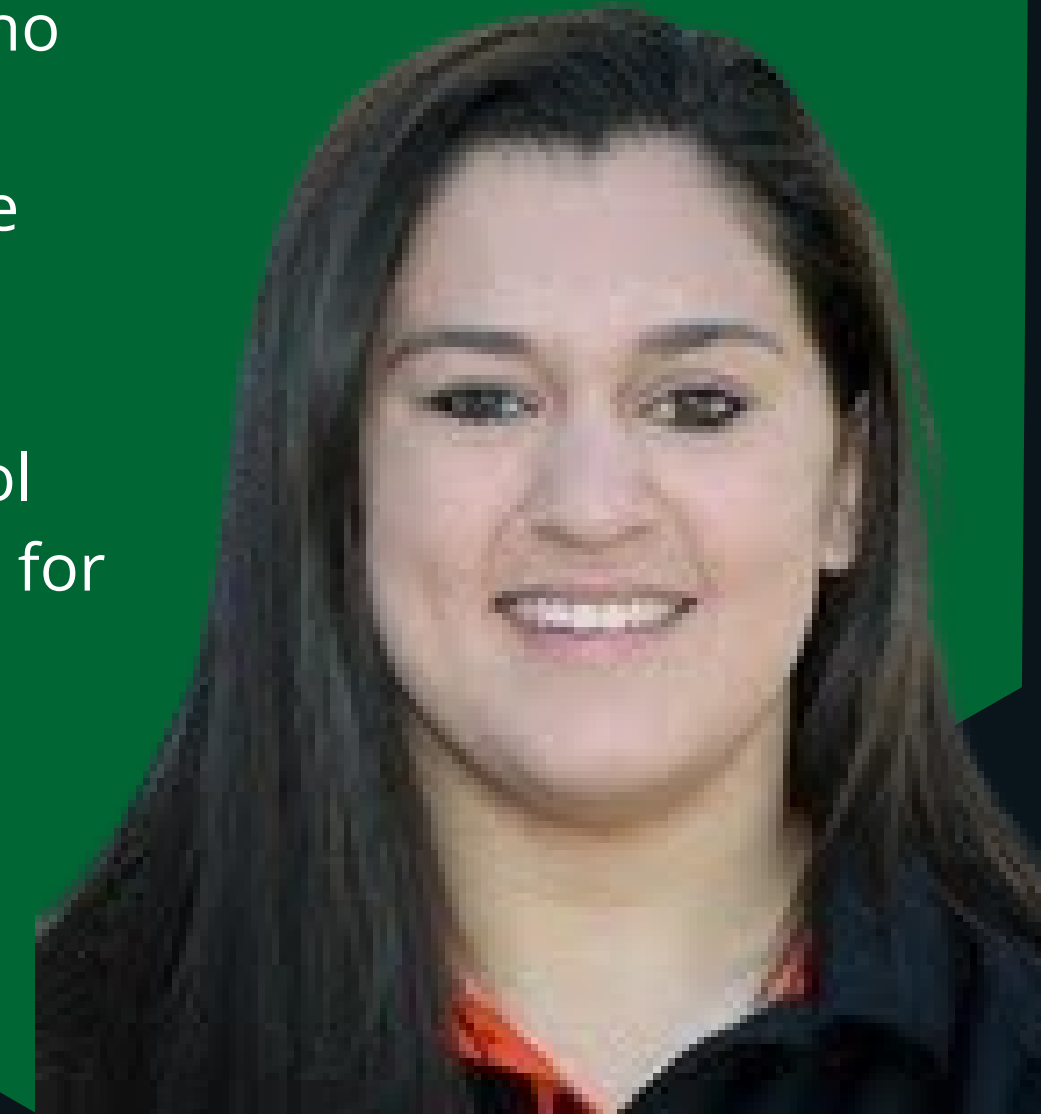
**ACTIVITIES & ATHLETICS
ADMIN ASSISTANT**

- 7 years at CHS
- Coaches XC
- Works with both CHS and CMS Athletics
- Stays active by running, lifting weights, yoga, & stand-up paddle board with her dog

Kaleigh Heath

**HEAD ATHLETIC
TRAINER**

- Grew up in Jericho VT
- Been an AT since 2016
- Working with secondary school aged population for 5+ years



StudentSquare & Uniforms



STUDENTSQUARE

StudentSquare is an extension of ParentSquare that uses students Colchester accounts.

Another way to make sure students get notified of communication from coaches and the school!

UNIFORMS

PLEASE RETURN YOUR UNIFORM AT THE END OF THE SEASON

Gabby will be reaching out to students and families by about missing uniforms at the end of the season.

If we do not receive your uniform, then you may be invoiced with the amount it costs to replace it!



Picture Day

Picture Day is
Thursday, April 3rd

*Rain date of
Friday, April 4th*



Mission Statement



Extracurricular activities provide students with the opportunity of total education.



Extracurricular activities are an extension of the classroom.



The purpose of extracurricular activities is to show lifetime values such as commitment, discipline, hard work, leadership, teamwork, and physical fitness; all of which are the foundation for academic success.

Participation - Paperwork

- All signups are online via Arbiter Registration. The link can be found on the Activities/Athletics Homepage
- Students must have a physical dated within the past two years



The screenshot shows a website navigation bar with the following links: CHS HOME / ATHLETICS, ABOUT, ACADEMICS, ACTIVITIES, SCHOOL COUNSELING, RESOURCES, and DISCIPLINE. Below the navigation bar is a banner for the 2024 Winter Registration. The banner features a background image of a student in a white and blue athletic uniform. The text on the banner includes "GENERAL INFORMATION" in an orange bar, "2024 WINTER REGISTRATION" in red, and a blue button with a green dragon logo and the text "REGISTER HERE".

CHS Coaches

What define a good coach?

Did myself and teammates
get better?

Did the coach promote a
positive experience?



Were players supported?

Did coaches hold athletes
accountable?

At the end of each season,
coaches will undergo an
evaluation from student-athletes



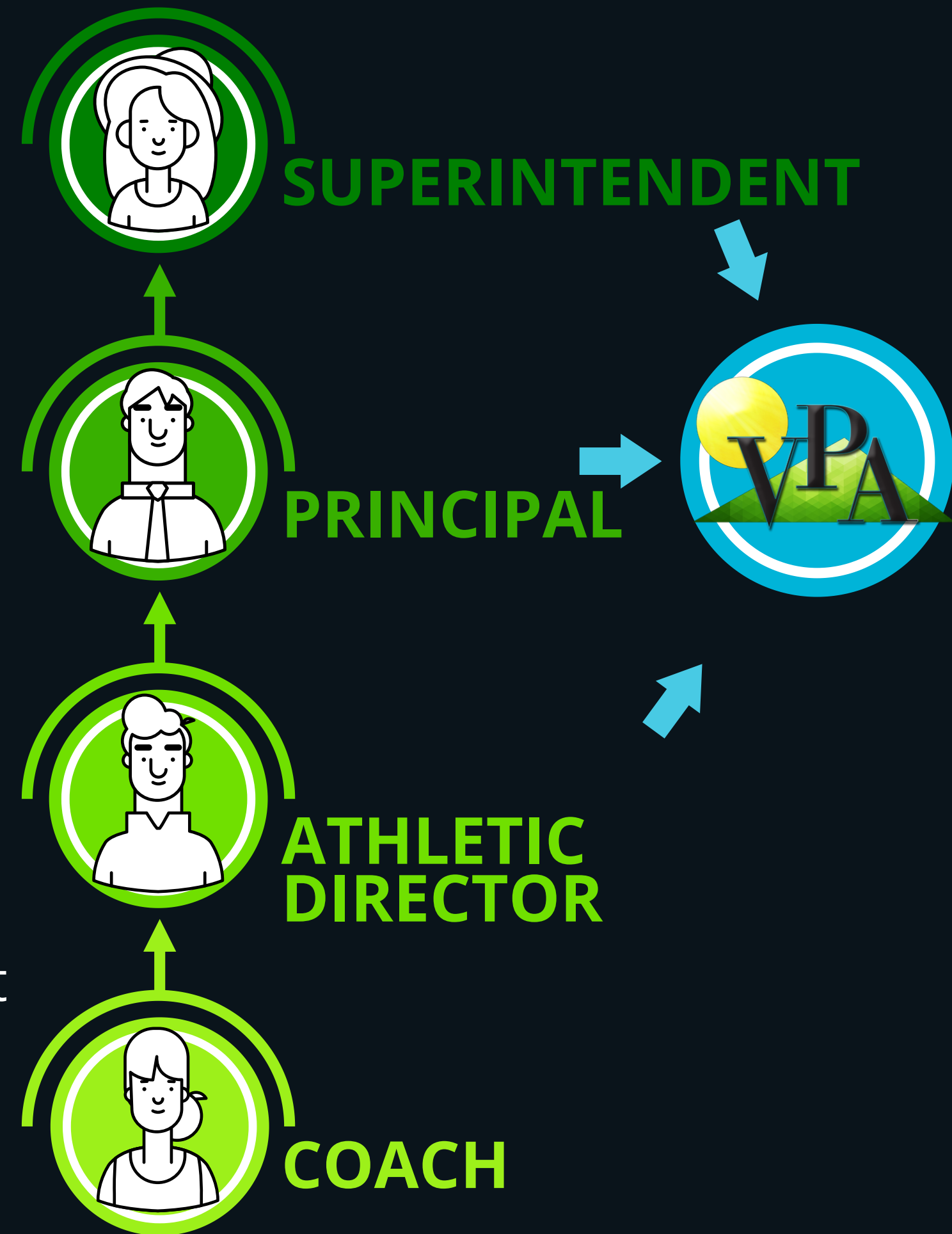
Chain of Command

24 HOUR RULE - PRACTICE & GAMES

Student-Athlete meets with:

- Coach
- Coach, Parent
- Coach, Parent, AD
- Coach, Parent, AD, and Principal
- Coach, Parent, AD, Principal, and Superintendent

*****ALL VPA RELATED CONCERNS MUST GO THROUGH AN ATHLETIC DIRECTOR OR PRINCIPAL*****



Playing Time



PLAYING TIME IS NOT GUARANTEED AT THE VARSITY LEVEL

- Sportsmanship
- Accountability
- Skill Level

AT THE JV LEVEL, PLAYING TIME IS GUARANTEED, BUT MAY NOT BE EQUAL AMONG ALL PLAYERS

- Player Development
- Sportsmanship
- Work Ethic

CHS Student-Athletes

✓ You are a representation of your school, your family, and your respective team.

✓ Carry and present yourself the right way in and outside of school.

✓ Misconduct or bad sportsmanship at a game, event, in school, or practice can affect your playing time.



Social Media

- Be very mindful.
- Think before you post.
- Images that implicate violation of Alcohol, Drugs and Tobacco may be investigated by the school.



Academic Eligibility Policy

SPRING GRADE AUDIT DATES

- Monday, April 14th
- Monday, May 12th

One week reminder prior to audit

FAILING A CLASS WILL RESULT IN BEING INELIGIBLE TO PLAY IN GAMES.



STUDENT ATHLETE _____ GRADE LEVEL _____
SPORT / ACTIVITY _____ COACH _____

CHS ATHLETICS ELIGIBILITY FORM

CHS Teachers: In an effort to ensure that our student-athletes are continuing to meet our academic standards we ask that you please take a moment to complete this form and have the student return it to the Athletic Director. By signing this form you are certifying that this student-athlete is now passing your class.

| SUBJECT | GRADE | STAFF SIGNATURE | COMMENTS |
|---------|-------|-----------------|----------|
| | | | |
| | | | |
| | | | |
| | | | |

STUDENT SIGNATURE: _____ Date Submitted to AD: _____

Once you are back in good academic standing, before getting reinstated you and your teacher must sign this eligibility form



Attendance

- Must be in class by 4th mod to practice or compete on game day.
- Unexcused absence will result in failure to compete or practice on that day.
- If a student is suspended from school, they are not allowed to participate in extracurriculars.



Drugs, Alcohol, & Tobacco



- Should not be smoking or drinking in high school.
- First offense lose 20 percent of remaining games.
- Second offense for both means release from team or club.



Spectator Behavior

- ✓ Respect opposing student athletes
- ✓ Cheer on our student athletes respectfully
- ✓ Respect officials and their calls


**LAKER
NATION**

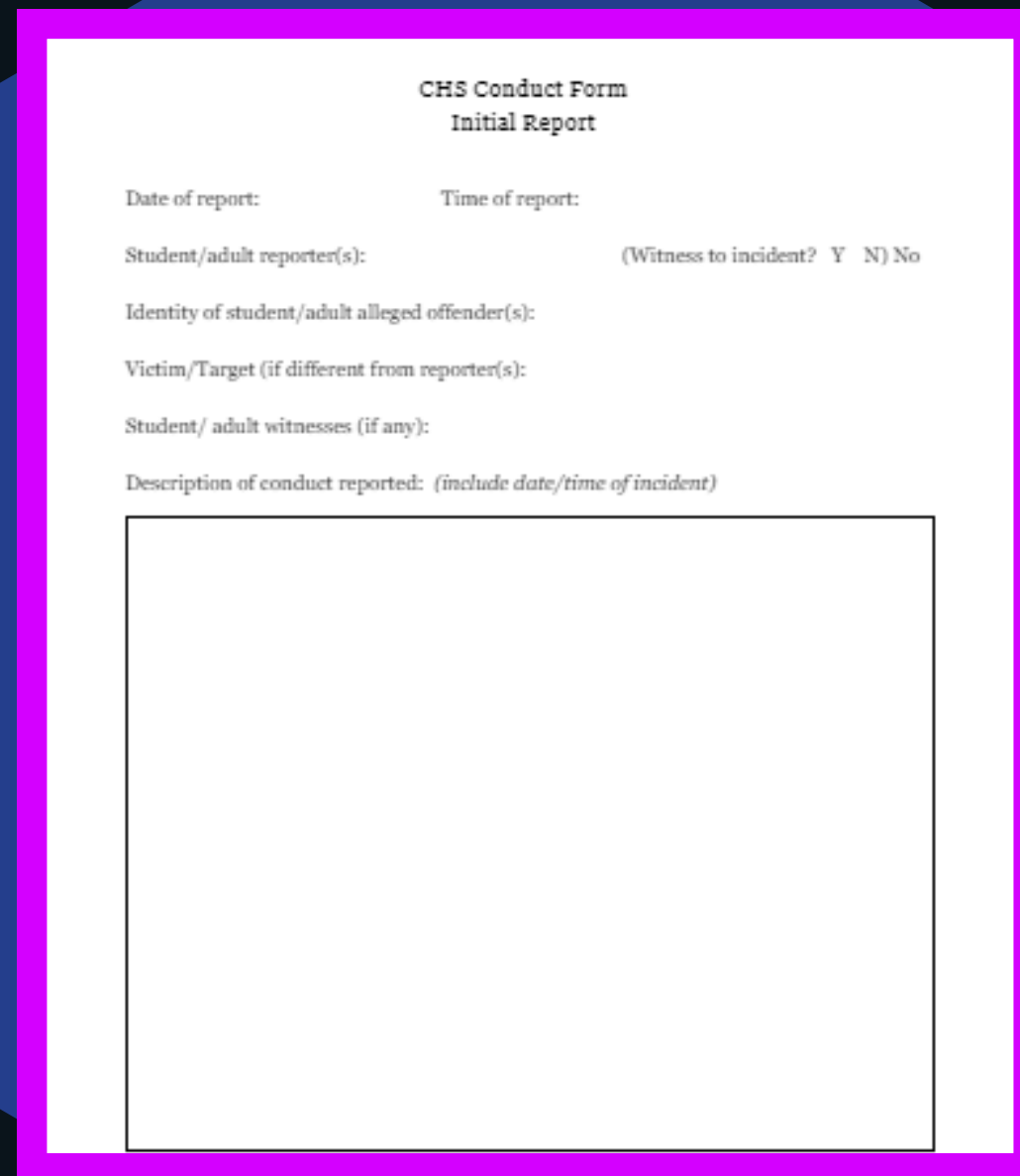


Harassment, Hazing & Bullying

Harassment, Hazing and Bullying of any kind are not tolerated at CHS.

See something, hear something, experience something? **Take action.** Use your voice and tell a coach, Athletic Director, or school official immediately. **Do not wait.**

Report the incident to a trusted grown up and fill out a **purple** CHS Conduct Form in the Planning Room. 



CHS Conduct Form
Initial Report

Date of report: _____ Time of report: _____

Student/adult reporter(s): _____ (Witness to incident? Y N) No

Identity of student/adult alleged offender(s): _____

Victim/Target (if different from reporter(s)): _____

Student/ adult witnesses (if any): _____

Description of conduct reported: *(include date/time of incident)*

Team Cohesion Is Essential to Success!

- Team bonding activities and/or traditions must be **approved** and **known** by a coach.
- Bonding activities or traditions that are secret are reportable.

How Parents Can Support



Let the coach be a coach



Support our Booster Club Members



Encourage your kids to be better than they were yesterday!



Mission Statement



CABA aims to help foster an environment that inspires our student athletes, coaches, families, and our entire Laker Nation, to collectively create a positive and school spirited atmosphere for all Laker athletic programs.

Our focus is to help build academic excellence, positive sportsmanship, and athletic conditioning and opportunities through financial support and community engagement.

Students, Spirit, Support



What we do:



Yearly Donations:

- Uniforms for teams on a rotation.
- Additional team equipment with the Athletic Director
- Scholarships: New Englands, Nationals, and Seniors
- Winter Formal

Large Scale Changes:

- Basketball/Volleyball Chairs
- Time/Score Table
- Covered Benches
- Golf Carts
- Weight Room
- Tower
- **NEW IDEAS: Home/Visitor stands**



We need YOU!



Team Liaison/Parent to organize team events for student athletes & link with CABA for concessions.

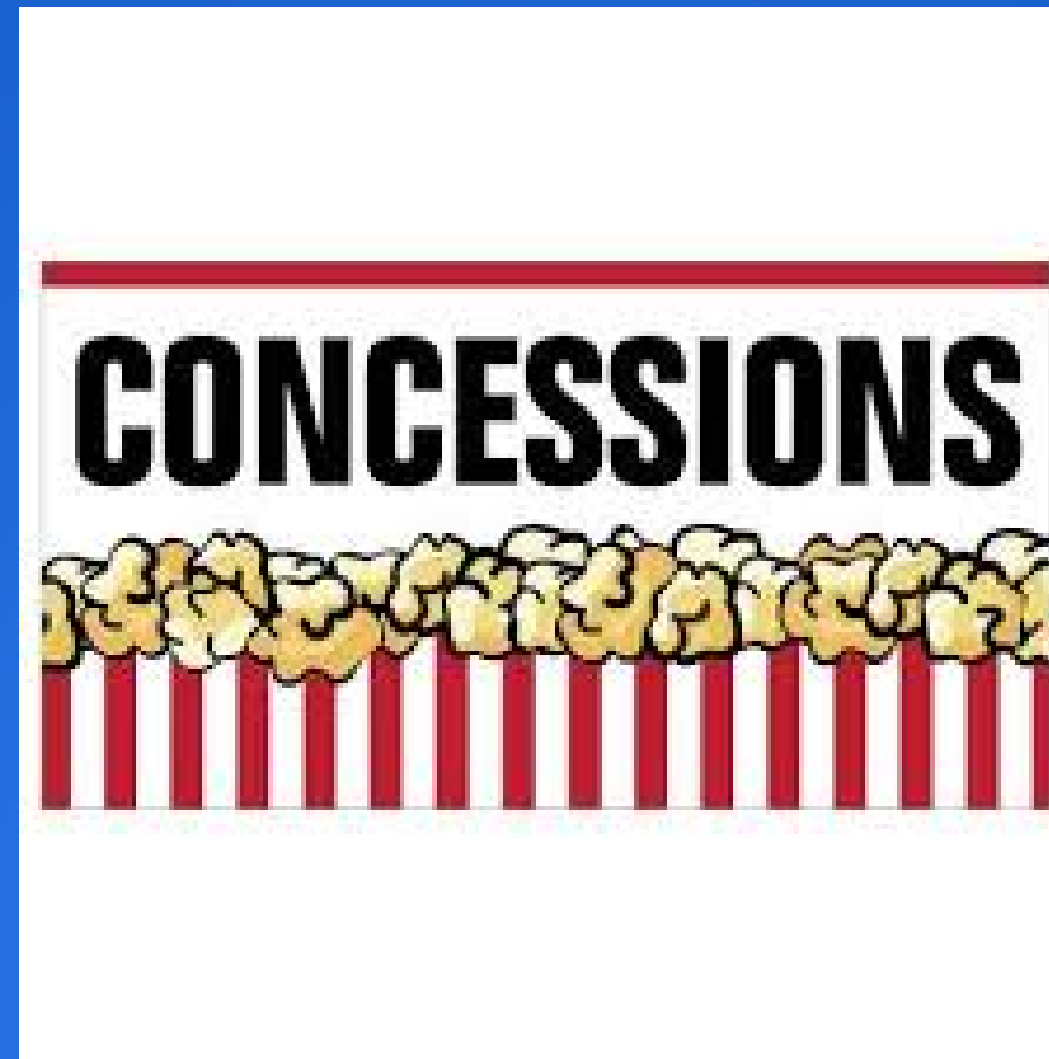
Join CABA: Meetings are the second Tuesday of each month.



Tennis Uniforms



Alpine Ski Uniforms



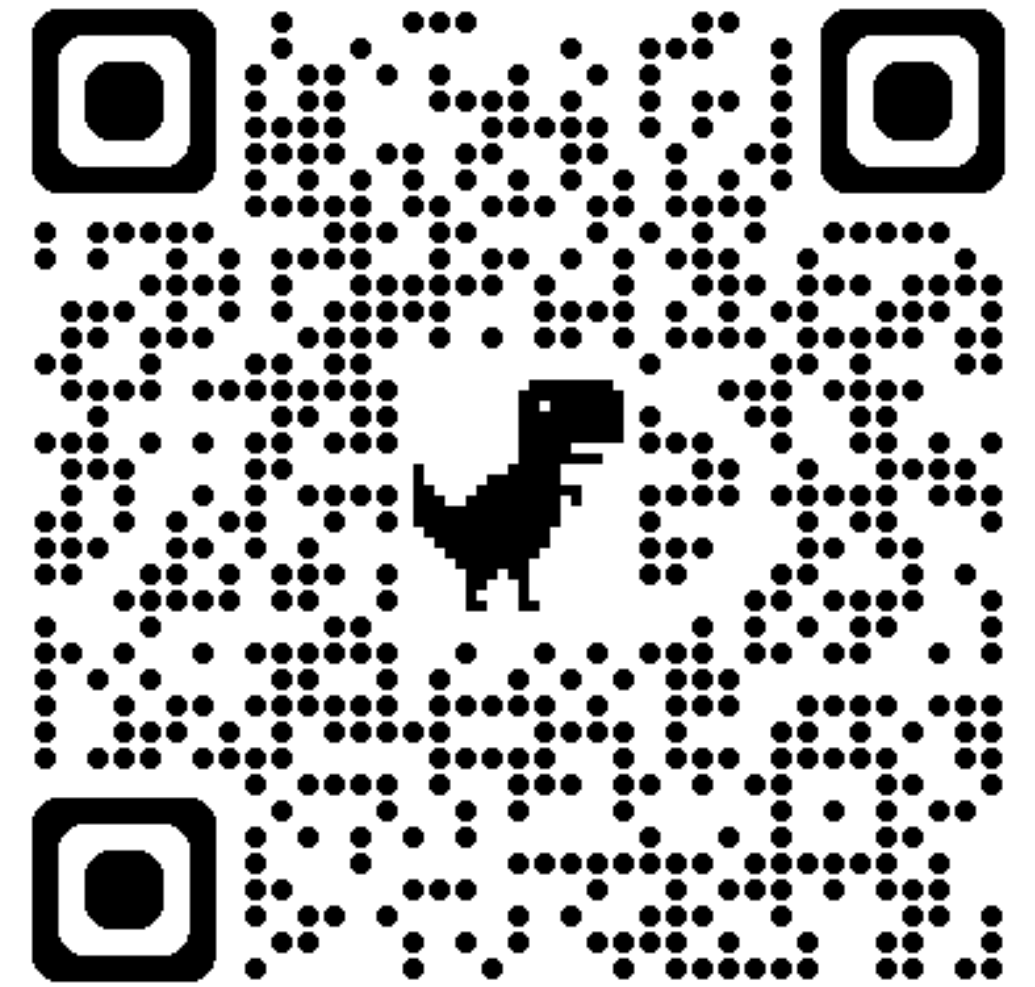
Concessions is one of our fundraisers and is a FUN way for our ALL of our teams to show their LAKER PRIDE! Each team (families/athletes) is responsible for covering 2-3 events.

A New Way to Support Laker Nation!



amazon

wishlist





APPAREL





Contact Us!



CHSCABA@gmail.com



caba_vt



Colchester Athletic Boosters
Association

Breakout Rooms



Baseball - Room 101

Softball - Room 103

Track & Field - Room 105/107

Unified Basketball - Room 109

Boys Lacrosse - Room 119

Girls Lacrosse - Room 117

Boys Tennis - Room 115

Girls Tennis - Room 113

Ultimate Frisbee - Room 111

