



# ELLIS TECH ATHLETICS

## Home of the Golden Eagles

Parent and Athlete Information

### Sports We Offer

Fall— Football (QVP Co-Op), Cheerleading (QVP Co-Op), Boys Soccer, Girls Volleyball, Cross-Country

Winter—Wrestling, Basketball (boys & girls)

Spring—Golf, Outdoor Track & Field, Baseball, Softball

### High School Sport Expectations

- 5-6 days a week commitment (depends on sport)
- Practices and Games over School Vacations and weekends\*
- **Off-Campus Practices** (Golf is in Woodstock at Harrisville Golf Course)  
*School will transport to these locations—PARENT PICK UP AT THESE LOCATIONS IS REQUIRED*



**Athletic Director: Brooke DiFormato**  
**Brooke.DiFormato@ct.gov**  
**860-412-7586 (Office)**

### How to Be Eligible to Participate

- Have a physical exam on file with the nurse
- Fill out and sign all paperwork in the player packet (this includes concussion, sudden-cardiac-arrest, handbook and travel authorization forms)
- Keep your grades up during the school year (failing PE or SHOP is automatic grounds for ineligibility)

### GETTING MORE INFORMATION

<http://www.ellistechathletics.com>

Follow us on facebook: @ellistechathletics

Follow us on Twitter: @ellistechsports

### How to be a successful athlete at Ellis Tech:

- Come into season in-shape
- Focus on eating a well-balanced diet full of nutrients, and drink a lot of water
- Workout and work on skills during off-season (play in local summer leagues or AAU leagues)
- Be highly committed in-season, avoid making excuses
- Be able to accept criticism and work at getting better
- Put your teams success ahead of your own



### Displaying your Golden Eagle Pride:

- Athletic apparel can be purchased online at <http://www.darterschools.com/ellistech> or check out individual sport stores on Squad Locker.
- Ask your coach which warm-ups you may need for your sport
- Be aware of your behavior outside of school while wearing Ellis Tech Gear, you represent the school while wearing it, so wear it with pride.
- Coaches/teams may elect to order additional gear for the team during the season at an additional cost.



### How Parents Can Help Their Athlete:

- Encourage the athlete to rise to challenges
- Provide nutritious food, snacks and water
- Communicate with your athlete and coaching staff regularly
- Pick up your athlete on-time
- Help your athlete understand the importance of policies and rules
- Hold your athlete accountable

### Ways You Can Help the Athletic Programs:

You can volunteer to help out with the following fundraisers and functions

- Volunteer your time to run the concession stand for your team or others
- Donate goods to the concession stand (water, Gatorade, snacks, etc.)
- Attend PFO Meetings (3rd Monday of every month during the school year)
- **Annual Athletics Golf Tournament** — We are always seeking tee sponsors, raffle prize donations, and people who want to golf!