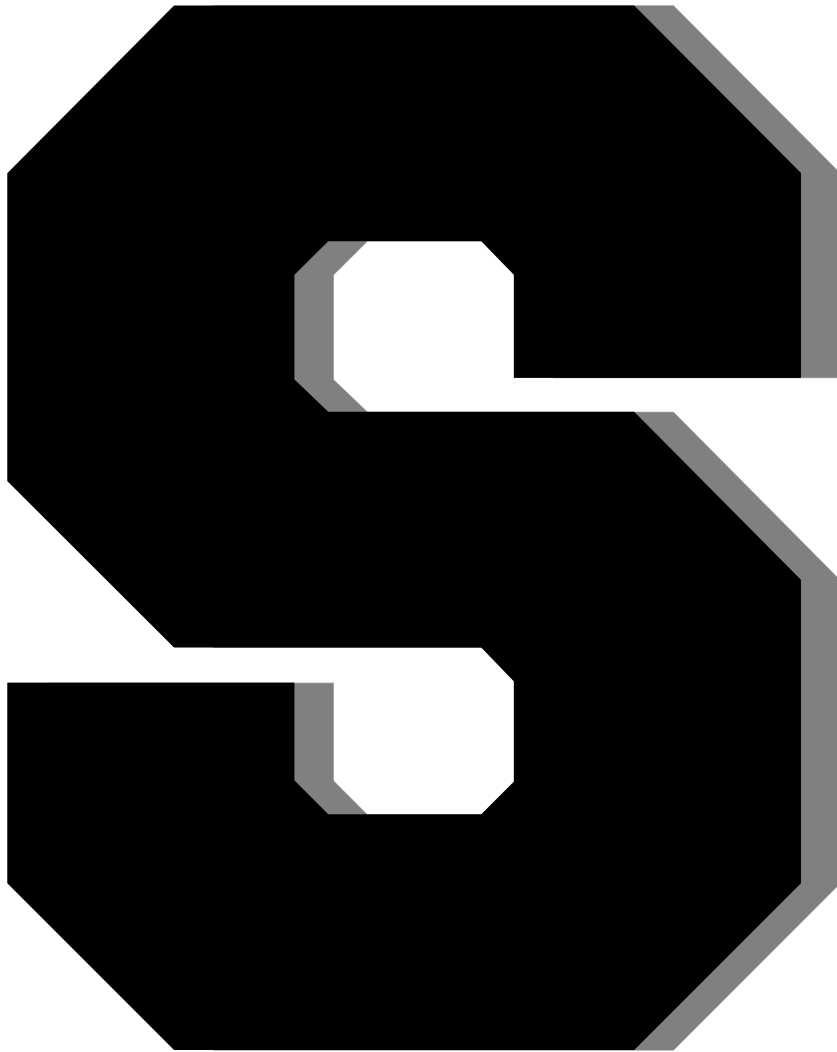


# SOUTHERN REGIONAL

School District

[Athletics.srsd.net](http://Athletics.srsd.net)

# COACHES HANDBOOK



*“Committed to Excellence”*



Southern Regional School  
Manahawkin, NJ 08050  
(609) 597-9481

Craig E. Henry	Chief School Administrator
Daniel MacPhee	Assistant Superintendent
Steven Terhune	Business Administrator/Board Secretary
Eric V. Wilhelm	Principal, grades 9-12
Chuck Donohue Jr. <a href="mailto:cdonohuejr@srsd.net">cdonohuejr@srsd.net</a>	Supervisor of High School Athletics
Sue Spaschak <a href="mailto:sspaschak@srsd.net">sspaschak@srsd.net</a>	Professional Assistant
Nick Scaramazza <a href="mailto:nscaramazza@srsd.net">nscaramazza@srsd.net</a>	Athletic Trainer
Dr. Todd Schmoll	School Doctor

**BOARD OF EDUCATION**

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**Mrs. Marilyn Wasilewski**  
**Mr. Scott Waters**  
**Mr. Keith Weidenhof**  
**Mrs. Kelly Zuzic**

**HS Athletic Office      609-597-9481 ext. 4319**

**Athletics Fax Number   609-978-5396**

**11/12 Main Office      609-597-9481 ext. 4287**

**HS Nurse                609-597-9481 ext. 4296**

**Nick Scaramazza      609-597-9481 ext. 4205 cell:(732) 456-4399**

**Chuck Cell phone      609-290-9556**

# PHILOSOPHY

Our Athletic Program will continue to make a mark as one of the premier programs in the State of New Jersey. Our state of the art facilities, as well as the performance and conduct of our student athletes will be modeled throughout education.

Our Athletic Program will test our student-athletes on their pride, enthusiasm and absolute loyalty to the Southern Regional School District. Neither they nor any coach will embarrass the program in any way. The program will hold all student athletes to a higher standard. Our student athletes will meet the expectations of our community.

Our Athletic Program will not only help mold our student's future positively, it will also prepare them for an increasingly competitive society.

## Programs

**Sportsmanship is EXPECTED by ALL participants in our athletic program!**

- ◆ Athletics is a privilege.....not a right.
- ◆ Every student-athlete has the right to be coached.
- ◆ Every student-athlete should be required to maintain academic standards consistent with our eligibility policy.
- ◆ Every student-athlete will act appropriately as a model citizen throughout our community, school/classroom, practices and during the athletic contest. Code of Ethics is in place.
- ◆ Every student athlete will improve upon his/her conditioning and fitness.
- ◆ Every student athlete will compete for athletics opportunities.
- ◆ Coaches will be prepared to coach (Equipment, facilities, communication).
- ◆ Coaches will prepare teams and individuals to be the best student, athletes and citizens they can be.
- ◆ Coaches will act appropriately at all times. They will understand that they are the role models for our district, community and youth.
- ◆ Coaches will prepare themselves and their athletes during the off-season. Strength & Conditioning Programs, Clinics. Recruiting .
- ◆ Coaches will nominate Athletes of the Week.
- ◆ Coaches will be certified in First Aid and CPR.

**Coaches will encourage athletes to compete in other sports!!**

## **COACHES CODE OF ETHICS**

**The coach** must be aware that he/she has a tremendous influence, either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

1. Consider the health of his/her players
  - Not play anyone who is sick or injured regardless of the immediate need or consequence.
  - The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse and under no circumstances should condone their use.
2. Be supportive of the entire athletic program and coaching staff
  - We want our students to participate in whatever sport they choose: Encourage Athletes to participate in several sports.
  - Adhere to the regulations regarding starting and closing dates of your season as not to infringe upon another coach's season.
  - Communication is the key
3. Integrate his/her philosophy of athletics with the school's philosophy of education
  - Encourage the highest standards of scholastic achievement among athletes
  - Strive to develop in each athlete the qualities of leadership, initiative, and sound judgment.
4. Treat visiting teams, coaches, and officials as guests.
  - Respect the decisions of the officials and remain undemonstrative in accepting these decisions
5. Be responsible for his/her players conduct at away contests on the bench, during the game, and also preceding and following the game.
  - Not remove his/her team from the field or court during a contest. Insure their safety and keep the athletes on the sidelines if a problem arises.
6. Conduct him/herself so as to be a credit to the educational profession.
  - Refuse to tolerate profanities and obscenities.
  - Coach with positive reinforcement and correction. Do not humiliate, denounce, or reprimand an athlete in a manner that might be harmful to the athlete.
  - Exemplify the highest moral character, behavior and leadership
  - Abide by the rules of the game in letter and in spirit.
  - In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school association, the media and the public, the coach shall set an example of the highest ethical and moral conduct.
7. Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
  - Display modesty in victory and graciousness in defeat.
8. Recognize that the purpose of athletics is to promote the physical, mental, social, and emotional well-being of the individual athlete.



# COACHING RESPONSIBILITY AT SOUTHERN REGIONAL HIGH SCHOOL

## OVERALL RESPONSIBILITIES

The overall operation and coordination of the total athletic program is the direct responsibility of the Supervisor of Athletics. It is essential that all arrangements concerning the athletic program be discussed with and cleared by the Supervisor of Athletics.

The head coach is directly responsible in the following areas:

1. The selection, supervision and coaching of the team.
2. The issuance, proper use of, and proper storage of all equipment is the head coach's responsibility. A complete inventory must be maintained at all times. All budget requests must be included, and completed with proper specifications.
3. Insure that the team members meet State and School requirements in the following: eligibility, medical examination, parental permission forms and NJSIAA steroid form, and concussion information form throughout the school year.
4. Maintain constant scrutiny of the team member's academic work and school citizenship and make every effort to keep both of these at as high a level as is possible. Each coach shall be responsible for the conduct and appearance of his/her team at all times and in all places; practice or competition. (The use of profanity or obscene language by team members shall be prohibited.)
5. The NJSIAA Constitution, by-laws and Rules and Regulations.  
[www.njsiaa.org](http://www.njsiaa.org)
6. The Shore Conference Rules and Regulations.  
<http://shoreconferencenjdigitalsports.com>
1. **Review** all of the Student Athlete and Activities Policy and Eligibility Requirements with all student athletes. (Student Parent Handbook)  
[Athletics.srsd.net](http://Athletics.srsd.net)
2. Athletic Game Reports completed for all levels of competition immediately following the event. Post all scores as per NJSIAA and SRHS: [wwwhttp://njschoolsports.com/logon.aspx?ReturnUrl=%2fdefault.aspx](http://www.njschoolsports.com/logon.aspx?ReturnUrl=%2fdefault.aspx) log-in: southern password: Varsity168
3. All communications shall be approved by the Supervisor of Athletics prior to distribution.
4. A copy of your team rules and regulations (written or verbal) shall be turned into the athletic office prior to your first practice and or distribution.
5. The Supervisor of Athletics shall be notified of any players under

consideration of dismissal from the team for any reason.

6. Provide the Athletic office with all pre-season, in-season and post season documents to provide an efficient and effective program.
7. Assist student-athletes with NCAA rules, guidelines and NCAA Clearinghouse
8. Supervision of Assistant Coaches and all sub-varsity programs.
9. Provide a calendar of practices & notify the Athletic office of any cancellation.
10. Absentee Notification with arrangements for practice.
11. Complete the End of Season Report prior to the assigned deadline.
12. Conduct a season concluding event (banquet) as a celebration of the season and distribution of Southern Regional certificates and letters.

### **THE SUPERVISOR OF ATHLETICS WILL ATTEMPT TO COORDINATE THE FOLLOWING IN COOPERATION WITH THE HEAD COACHES.**

1. Practice areas and schedules.
2. Travel arrangements.
3. Preparation of a budget request for the next school year.
4. Postponement of contests.
5. Scheduling of contests.
6. Facility preparation requests.
7. Hiring of Assistant Coaches
8. **Coaches should provide advanced notification of priorities, date exclusions for rescheduling.**
9. Coaches should provide details for any special events and co-ordinate with the Athletic Director.

### **SCRIMMAGES**

1. Scrimmages are to be set-up by the Head Coach (no assistant coaches).
2. The Athletic Director should be notified immediately. All scrimmages will be confirmed by the Athletic Director. Site and time will be established by the Athletic Director.
3. Scrimmages should be a 2-year commitment.
4. No early dismissals will be authorized for scrimmages unless approved by the Athletic Director.
5. The Head or designee coach may pick up vouchers in the athletic office for the officials

6. Scrimmages are not games. No extra set-up will be permitted unless the scrimmage is identified as a Varsity game scrimmage.
7. Scrimmages should be used for learning and instruction. Final scores should not be the focus. Please be creative in how you set up scrimmage focus so that all student athletes have an opportunity to perform.

## **ASSISTANT COACHES**

1. The head coach is in command and is responsible for the overall operations of the team.
2. The head coach along with the Supervisor of Athletics shall determine and assign the responsibilities of assistants.
3. The head coach will recommend his/her staff to levels of coaching which will be most beneficial to his/her program.
4. Assistant coaches will conduct daily practice sessions as directed by the head coach.
5. The assistant coaches will attend all varsity games and scrimmages unless excused by the head coach.
6. Assistant coaches will be available for any meetings that may be called by the head coach.
7. Assistant coaches will be available for scouting assignments when directed by the head coach.
8. The assistant coaches will attend county coaching meetings, clinics, banquets and other functions when requested by the head coach.
9. It is important that loyalty be maintained among the coaching staff. Any undermining by other coaches can be detrimental to the program, and will not be tolerated.
10. Head coaches will have input to the supervisor of Athletics on the evaluation of assistant coaches at the end of the season.
11. **Volunteer Coaches & Paraprofessional aides must be approved by the Supervisor of Athletics & Board of Education prior to assignment.**

## **MEDICAL EXAMINATION**

1. All team members must have an updated physical examination prior to first practice session.
2. Athletic physicals should be given by the school physician or home physician, on a date agreed upon between the Supervisor of Athletics and the physician. Athletes who miss the physical examination by the school physician for a valid reason may obtain a subsequent examination from him by approval of the Supervisor of

Athletics.

3. Athletes may also have a physical examination by a doctor of their choice as long as the SRHS Physical Examination Form is completed by that physician.
4. Athletes, parents, or coaches should not contact the school doctor directly for the purpose of obtaining a physical examination.

## **PERMISSION**

**The Athletic Permission Form with parent signature must be submitted to the Athletic Office prior to the first official practice session of each season. All athletes and parents must sign the NJSIAA steroid form, concussion information form, and sudden cardiac arrest form prior to participation.**

## **BEGINNING OF THE SEASON CHECK LIST**

Prior to the first practice session the coach must insure that the following have been accomplished:

1. Medical examinations for all team members.
2. Parental permission slips for all team members.
3. All information necessary for the completion of the State Eligibility Form must be given to the Supervisor of Athletics on the date requested by the Athletic Office.
4. Student Athlete Discipline Permission Slip form must be signed. (Fall Sports)
5. NJSIAA steroid form/concussion information
6. A review of the Student Parent Handbook with the Student Athletes. Submit meeting date to Athletic Office coaching.

## **MEET THE COACHES NIGHT—sport specific and should be held prior to season.**

1. Introduce your staff
2. Program Philosophy
3. Review practice and game schedules
4. Team rules and guidelines, how teams will be chosen – level of play.
5. Award criteria – to receive a varsity letter
6. Team pictures, special events
7. Student expectations and responsibilities, steroid form
8. Parents' role - How can parents be involved?

9. Concluding Remarks

10. Distribute calendars & Guidelines if appropriate.

**EQUIPMENT - Head Coach is responsible for all school issued equipment.** Coaches will work directly with the Supervisor of Athletics concerning all phases of athletic equipment and supplies.

1. A record shall be kept of all equipment issued and to whom. A record of lost equipment shall be given to the Athletic Office and the coach shall take the action necessary by the conditions surrounding the loss. Obligations cards must be turned in at the end of the school year by the coach. Please notify the Athletic Office when obligations are cleared. We suggest you notify the students and parents of outstanding obligations.
2. At the end of the season a complete inventory shall be given to the Supervisor of Athletics.
3. All clothing should be returned clean, placed in storage, and labeled.

## **INSURANCE**

1. The Board of Education has provided medical insurance coverage for all individual students participating on interscholastic teams at Southern Regional High School.
2. Any injury: the coach shall insure that an Athletic Injury Report be filled out as soon as possible following an athletic injury to one of his team members, and turn the form into the Athletic Office the following morning.
3. Insurance claim forms will be mailed to the parents of the injured student athlete the same day as the athletic injury report is submitted.
4. **CAUTION: DO NOT TELL YOUR STUDENTS OR THEIR PARENTS THAT THIS INSURANCE COVERS EVERYTHING . . . BECAUSE IT DOESN'T!!**

## **EMERGENCY MEDICAL PROCEDURES**

1. Contact the team physician if available at the sporting event.
2. If the team physician is not available, contact the Athletic Trainer at Extension 4205 -Training Room is located off Gym B for the Fall, Winter & Spring and also in the 11/12 building. If the injury is of a serious nature and the Athletic Trainer is not available, call 911
3. **Notify the parent of the injured athletes no matter what the**

### **injury.**

4. Whenever possible, an Administrator, Assistant coach, or adult will accompany the ambulance to the hospital and wait for parents to arrive. If no adult is available, it is proper for the ambulance to leave for the hospital. The coach remains with the team.
5. Notify the Supervisor of Athletics the next school day or at home if of a serious nature. File a complete injury report. Keep documentation in a log for your own well being.
6. Keep aware of all developments in the case by contacting the Hospital and/or physician, and Athletic Trainer.
7. At an away contest, follow the emergency procedures of that Institution. If the injury requires the emergency squad, an Assistant Coach, (if present) adult, or bus driver may accompany the injured athlete.
8. It is the coach's responsibility to file a complete injury report and notify the Athletic Trainer.

The injured athlete whose safe participation is in question as a result of injury, must be released by a physician before returning to athletic participation. A written note must be submitted to the Athletic Trainer with a copy to the Supervisor of Athletics.

### **TRAVEL (AWAY CONTESTS)**

1. Early Dismissal - turn in roster and ID # to attendance at least 48 hours in advance. ALL EARLY DISMISSALS MUST BE APPROVED BY THE SUPERVISOR OF ATHLETICS. \*
2. A roll will be taken on the bus, prior to the departure, and again on the bus prior to the return. The attendance check list must be in the coach's possession prior to departure.
3. **The coach will check the bench area and dressing room**, before leaving for home at all schools visited to insure that no criticism can be made of the team's use of the facility.
4. **Athletes should be instructed on proper bus conduct.** All coaches are expected to **ride the bus unless cleared by the Supervisor of Athletics.**
5. A coach should be the last person off the bus and check for any damage, trash or equipment left behind.
6. Any student athlete not being transported to, from, or both, athletic contest by Southern transportation **MUST** file out a **TRAVEL CONSENT FORM** (*located on next page*) prior to the contest and



bring to the athletic office.

### **STUDENT ATHLETE TRANSPORTATION**

Student-athletes are not permitted to drive to a practice site during the after school sessions. The only exception will be for jump start students or any student approved by the high school administration. Coaches are encouraged not to transport students to practice sessions as well.

### **MEDICAL-AWAY CONTEST PROCEDURES**

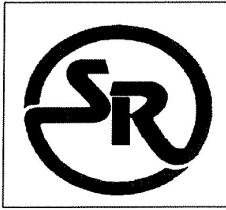
1. In all cases when time is of importance, and hospitalization seems necessary, the coach will:
  - a. Contact personnel of the host school and follow emergency procedures of that institution.
  - b. If only one coach is present, he must remain with the team for the remainder of the contest and the trip home.
  - c. If an Assistant coach is present, and it seems necessary and advisable, he may accompany the injured athlete.
  - d. The student's parents must be informed as soon as possible.
  - e. On the day following the accident, the Supervisor of Athletics must be Informed and an Athletic Injury Report filed in the Athletic Office.
  - f. Contact the Southern Regional High School Athletic Trainer, Nick Scaramazza **732-456-4399**, [scaramazza@srsd.net](mailto:scaramazza@srsd.net)

### **TELEPHONE NUMBERS**

POLICE	597-8581
FIRST AID SQUAD	597-8581
TRANSPORTATION	597-9481 X343
HIGH SCHOOL PRINCIPAL	Eric Cell: 609-713-8223
ATHLETIC TRAINER:	Nick Cell: 732-456-4399
SUPERVISOR OF H.S. ATHLETICS:	Chuck Cell: 609-290-9556

### **GENERAL MEDICAL SUPPLIES AND PROCEDURES**

1. All requests for first aid supplies shall be made through the athletic trainer. All coaches must have a first aid kit, water and ice available at all practices and games.
2. The Athletic Trainer will evaluate any injury, determine procedures to be followed and be responsible for determining when the athlete may return. When an injury requires a physician's care, the Athletic Trainer will work with the attending physician.



**SOUTHERN REGIONAL HIGH SCHOOL**  
Athletic Department  
90 Cedar Bridge Road, Manahawkin, NJ 08050  
(609)597-9481



RAMS

### Contest Travel Release

Date \_\_\_\_\_

This is to certify that \_\_\_\_\_ has my permission to  
ride (to-from-both) the Athletic Event on \_\_\_\_\_ at \_\_\_\_\_.

SPORT: \_\_\_\_\_

I certify that I am personally transporting the above named student, or have  
arranged for transportation with an adult (non-student) of my choosing for this  
student.

The reason for not riding the bus is \_\_\_\_\_.

I understand that the Southern Regional Athletic Rules requires that students ride  
the buses to and from all athletic events and a departure from this requirement  
will release the Southern Regional School District from all liability for any adverse  
results that may occur.

I agree to release the Southern Regional School District and its employees and  
officers from all liability with reference to the above-stated transportation.

This form must be on file in the Athletic Office prior to the dismissal of school on  
the day of the contest.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Athletic Director's Signature

Sample Form



- 3. Coaches are responsible for filing the accident injury report to the Athletic Office after consulting with the Athletic Trainer. This must be attached to the Accident Report and filled out with the trainer or Athletic Office Professional Assistant, Susan Spaschak. Coaches must be sure the athlete has written medical clearance before returning to play/practice.**
4. All coaches please have Nick Scaramazza cell **732-456-4399** programmed into your phone.
5. No student-Athletes are permitted in the Trainer's room unsupervised. The coach should arrange treatments or rehabilitation with the trainer.
6. All minor injuries (scrapes, etc.) should be tended to by the coach.
7. All coaches are required to have Emergency Cards or phone numbers for each athlete in their possession at every contest or practice.
- 8. Student Athlete Injury Procedures:**
- A. At time of injury, coach calls the trainer on trainer cell.  
The Trainer will determine:
1. the immediate treatment
  2. when an athlete may resume participation
  3. if the athlete needs to see a doctor
  4. notification of parents, coach or trainer
  5. If an ambulance should be called
- B. Coach completes injury report on the day of the injury. The report must be turned into the Athletic Office immediately
1. detailed report – nature of injury
  2. include how it happened
  3. circle disposition at bottom of form if student should be seen by the trainer or was sent to a doctor/emergency room.
  4. Send the athlete to the trainer
- 5. INJURY REPORTS MUST BE COMPLETED AT AWAY GAMES AS WELL!**
- C. Susan: Gold and pink copy is placed in appropriate trainer's folder Nick Scaramazza (High School)
- D. Coach should contact Joe by e-mail or via trainer's room phone regarding status of athlete: Nick Scaramazza – Ext. 4205.
- E. Serious injury, emergency room visit, or was seen by a doctor, is not to return to play unless the Coach receives a clearance note. If the student athlete gives you a Doctor's note, the note must be given to the trainer. All Doctor's notes with injury reports are to be filed in the Athletic Office. \*\*NO ATHLETE SHOULD PLAY UNLESS CLEARED BY THE TRAINER IF IN DOUBT, IT IS YOUR**

## **RESPONSIBILITY TO CONTACT THE TRAINER.\*\***

F. THE KEY IS COMMUNICATION BETWEEN THE COACH, TRAINER, PARENT AND SUPERVISOR OF ATHLETICS.

### **HOME EVENTS WITHOUT A TRAINER**

1. In the event that the athletic trainer is not available, the coach must be prepared to handle any injuries that arise and be prepared to:
  - a. Examine the athlete to determine the nature and extent of the injury
  - b. Administer basic emergency first aid
  - c. Decide whether the injured athlete should be removed from the field or court
  - d. Send an assistant coach, staff member, or responsible adult to call for first aid
  - e. Notify the parent/guardian of the injury, it's nature and extent of the injury
  - f. Notify the athletic trainer within 48 hours of the injury
  - g. Complete the injury report
  - h. Serious injuries – notify the Supervisor of Athletics (any hospital transport)
2. If the parent/guardian cannot be reached and the injury is severe in nature, the assistant coach, staff member or responsible adult should accompany the injured athlete in the ambulance to the hospital, if possible.

### **COACHING ACCREDITATION RULE CHANGE SINCE 2006-2007** **NJSIAA CONSTITUTION, BYLAWS, RULES & REGULATIONS**

#### **I. Rationale:**

Currently New Jersey requires little or no training to become an interscholastic coach. In order to coach on the high school level, all one has to have is 60 college credit hours in any field and a substitutes license to coach in a public school. Non public schools have no State-wide requirements. Thirty-nine states have much stricter requirements for their coaches. The time has come for New Jersey to provide the training and require accreditation for interscholastic coaches. The intent of the proposal is to provide a professional course of study and proper training for coaches working in member schools to insure the safety of student athletes and to improve the overall quality of the interscholastic sports program. The requirements listed below will bring NJSIAA into compliance with standards approved by the NFHS.

#### **II. NJSIAA Handbook – Constitution, Bylaws, and Rules & Regulations**

Section: Procedures for Athletic coaches, page 123

Sub-Title: NJSIAA Coaching Certification and Regulations, page 125

A person shall be eligible to coach in any interscholastic contest, provided the person satisfies all of the conditions listed below (For the purposes of this section, “coach” shall mean all persons who coach an interscholastic high school athletic team in any way, whether for pay or as a volunteer at the varsity, junior varsity and/or freshman level – ninth grade through twelve grad).

- In addition to State Department of Education Regulations, the following regulations must be adhered to:
  - A. The person’s appointment as coach must be approved by the local educational agency responsible for the member school at which the person coaches.
  - B. Beginning in the 2006- 2007 school year, all new coaches will have one year after being hired to successfully complete NFHS/ACEP Coaching Principles courses.
  - C. Beginning in 2016-2017 school year, all coaches must be CPR/AED certified, plus Basic First Aid.
  - D. Coaches currently in place, and/or who have experience coaching in a NJSIAA high school prior to the 2006-2007 school year, will be exempt from provisions B and C above. (while experienced coaches will not be required to adhere all of the provisions listed above, it is recommended that all coaches complete the Coaching Principles and Sports First Aid Courses in addition to having CPR/AED and Basic First Aid certification.  
Note: The above regulations do not apply to the coaches appointed by the school to accompany student athletes to individual events.
  - E. Undergo Concussion Management Training.
  - F. Undergo Heat Illness Management Training.

## **SUPERVISION AND LOCKER ROOM SECURITY**

In order to avoid damage or theft in the locker room facilities, the following should be followed by the coaching staff. These suggestions are for your own protection as well as the athletes and facilities.

1. All coaches are to remain in the building until the late activity buses leave. Students waiting for rides from their parents, etc. are to wait outside of the school building. If athletes must wait inside of the building because of the weather, a member of the

- coaching staff is to be assigned to remain with them
2. Doors, wherever possible, should be locked entering the locker room or other lockers being used. All coaches are to encourage athletes to make use of combination locks on their lockers while they are practicing or competing in athletic events. **TEAM ROOMS MUST REMAIN LOCKED!!!**
  3. **Any athletic injury which is to be treated by the whirlpool may be done so only if the Athletic Trainer or coach accompanies the athlete into the trainer's room.**
  4. At least one member of the coaching staff should be assigned to the Locker Room area. Male coaches should not enter female team rooms. Female coaches should not enter male team rooms. Judgment used in emergency situations.
  5. Students **MAY NOT USE** the Team Rooms during the regular school day.
  6. Locks on long lockers in the locker rooms should be used during practice or game hours only.
  7. Please direct your athletes that showers are to be turned off before leaving the locker rooms.
  8. Refrain from giving keys to students to unlock any area.
  9. Coaches should physically be in the bus area whenever possible.
  10. All athletes in the hallways of the school gymnasium, practice areas, or outside facilities must be in appropriate clothing. Towels wrapped around an individual is inappropriate.

## **WEEKEND USE OF FACILITIES**

Please be advised of the following when use of locker room facilities are needed for both planned athletic events or practice activities on weekends or other days when additional custodial coverage is needed because school is not in session.

1. Athletic Facility Use Requests must be turned into the Athletic Office three days prior to the date or dates requested.
2. No Athletic Facility Use Request forms are needed for scheduled athletic events as they are planned by the Athletic office.
3. On Saturdays or other days when school is not in session, athletes, under their coaches supervision, will enter the building by way of the main hall doorway. The custodian on duty is in charge of opening doors and locking same when all participants are out of the building.
4. While in the building, coaches and student athletes are restricted to the gym and locker room areas only. Athletes are not to go to hall

lockers under any circumstances. PLEASE INFORM YOUR ATHLETES.

5. Coaches must remain with their student athletes until all those under his or her supervision have left the building.
6. **Sunday practices: No Sunday practices will be conducted unless approved by the Supervisor of Athletics.**

### **FACILITIES**

1. The coach is responsible to check the facility for proper lines, safety and updated guidelines. Any concerns should be put in writing or e-mailed to the Supervisor of Athletics as soon as identified.
2. Gymnasium doors/curtains should not be closed or opened without proper verbal and visual site supervision. Whenever possible, utilize a coach or student to observe the area.
3. Athletic fields, gyms and locker rooms should be cleaned of garbage when leaving the area. Our custodians do not need to clean up after us.

### **STUDENT ATHLETE & ACTIVITIES DISCIPLINE PROCEDURE**

Participation in athletic sports and all school activities in the Southern Regional High School District is a privilege which carries with it certain responsibilities. A student is a representative of the school and the entire community. There are certain basic standards expected of the participants in sports and activities programs at Southern Regional.

1. All students who represent Southern Regional in an activity or team are expected to conduct themselves in such a manner as to reflect credit upon Southern Regional.
2. All students must remember they are students of the school first and participants second. Participation in athletics and activities is a privilege granted to a student, not a right guaranteed to them.
3. Being a member of an activity or team does not entitle any student to any special privileges in the school. Rather, it may carry a burden of being a good school citizen in the face of peer pressure to become involved in some action which might violate school rules. Our athletes and participants are expected to set examples of good school citizenship and cooperation which will reflect upon them as individuals and upon all our athletes and participants in general.
4. Students afforded these privileges must assume the responsibilities which accompany them at all times.

### **THE FOLLOWING BASIC RULES WILL APPLY**

## **TO ALL STUDENTS**

Procedures and regulations are enacted in concert with normal school rules. In any case in which inconsistencies seem to be apparent, school rules will govern. Of course, enforcement and application of procedures, regulations, and rules may be modified by school authorities when reasonable and mitigating circumstances dictate.

A. Any student participant in interscholastic or extra-curricular activities who is found to be under the influence of alcohol/drug/steroids or is suspected of selling, transferring, or possessing same, at any time -- whether during a school-related or non-school-related activity--shall be subject to the following:

### **1. First Violation**

After confirmation of the first violation, the student shall lose eligibility for four (4) weeks for all inter-scholastic and extra-curricular activities. This includes sports practices, scrimmages, and inter-scholastic competitions. (This may run concurrently with suspension if invoked by regular school policy.)

### **2. Second Violation**

After confirmation of the second violation, the student shall lose eligibility for the remainder of the school year for all interscholastic and extra-curricular activities.

### **3. Subsequent Violations**

If there is a subsequent violation, the student will be permanently suspended from all extra-curricular and interscholastic activity.

B. A Discipline Review Board shall meet to consider requests for reinstatement to athletic teams or activities in certain instances. Any student deemed guilty of alcohol or drug use by school or community authorities, must submit a written request to the Athletic Director's Office for review by the Discipline Review Board before resuming participation in athletics or activities at Southern Regional. In addition, any student who receives a suspension from regular school classes must also submit a written request to the Athletic Office for review by the Board. Athletes ejected from athletic contests or guilty of egregious displays of poor sportsmanship must also have a hearing before the Discipline Review Board.

1. The purpose of the Review Board is to meet and determine if continuance in a sport or activity is in the best interest of the

student and the activity. The Board may deny participation, grant immediate participation, or permit participation with some conditions.

2. The Review Board will consist of a school administrator and three coaches or advisors. These persons will be selected by the Principal's Office or the Athletic Office. In the Middle School, the Assistant Principal will pick the members of the committee. When possible, the student's guidance counselor will be present to serve as a resource person for the committee.
3. This board will deal with all requests for reinstatement within 5 school days of the student's request. The request for reinstatement shall not be made until the student returns from suspension. When possible, parents of the student will be given advance notice of the hearing.
4. The Review Board hearing will consist of a history of the situation, and testimony from the student about the incident and expectations regarding his or her conduct in the future.
5. The Committee will convene privately and decide on reinstatement. The student will be told immediately of the decision, and written notification will be sent to both the student and his or her parents.
6. A written record of the hearing will be made and kept on file.
7. It is the student's responsibility to meet with the coach after the conclusion of the Review Board Hearing.

C. Once an athlete has begun participation in official practice sessions for a team, he has committed himself/herself as a member of that team. Any athlete who quits the team or is dismissed from the team for disciplinary reasons before the conclusion of the season, may not participate in any of the activities of any other sport until the season of his original team is over. In certain situations, this rule may be waived with the consent of all the coaches involved.

D. When an athlete or student is issued equipment during the course of a season, it is his/her responsibility to return all of that equipment at the end of the activity. Any student who has not fulfilled all of his/her responsibilities in this area may not participate in any other sports or activity at Southern Regional until all prior obligations are satisfied. The Directors of Athletics will notify coaches of athletes who have financial obligations outstanding.



E. All students are expected to maintain good habits of attendance and punctuality to school. Coaches and advisors will take steps to insure this of their athletes and participants. Any athlete or participant who is absent from school may not participate in practice, games, or activities on that day unless permission has been secured from the Principal or his representative. In the event of an athletic contest on a non-school day, attendance in school on the day immediately prior to the event is required.

F. All students are expected to maintain good grades. Coaches and advisors should monitor grades throughout the year. Students should be encouraged to attend extra help sessions on the appropriate days.

G. The coach of each team or activity may establish additional rules and procedures distinctive to that sport that team members are to follow. The coach or advisor may also establish disciplinary action for a breach in these rules and procedures.

1. Copies of these rules will be on file in the office of the Directors of Athletics.
2. All participants will receive a copy of these rules before beginning practice.

## **DRUG AND ALCOHOL PROCEDURE**

1. At the beginning of each activity, students will receive a copy of the drug and alcohol guidelines and procedures which will be reviewed with them and their parents by an assigned professional staff member. Students and parents will be required to sign a statement that they understand the guidelines prior to the student's participating.
2. After the first violation, the student will be seen by the Substance Awareness Coordinator and will be placed in a mandatory five session education/early intervention group that will address the effects of abuse of mind-altering chemicals and their personal use patterns. The student and parents will have at least one (1) mandatory meeting with the Substance Awareness Coordinator and an assigned professional staff member **prior to the student's resuming any extracurricular** or interscholastic activity. Following the four (4) week suspension from all activities, the student must apply to the Discipline Review Board for



reinstatement.

3. After the second violation, the student will be referred to a community agency for assessment of substance abuse. Furthermore, before the student is readmitted to activities, he/she shall show evidence in writing that he/she has gone for assessment, is receiving counseling, and is physically and mentally fit to return to participation as certified by a physician.
4. The rules and regulations in this policy shall apply to any violators, on and off school premises, during the season of participation.

## **Appeal to the Superintendent and the Board of Education**

1. Recognizing that all students are entitled to "due process" and that mitigating factors may be involved, any student has the prerogative of requesting an appeal.
2. Pursuant to any unfavorable decision by the Discipline Committee, the student may request, in writing, his case be reviewed by the Superintendent of Schools and responded to within 5 school days.
3. Pursuant to an unfavorable decision by the Superintendent of Schools, the student may request, in writing, a review by the Board of Education and responded to within 5 school days of the regularly scheduled meeting when the case was reviewed.
4. Pursuant to an unfavorable decision by the Board of Education, the student may request, in writing, to have his or her case heard before the New Jersey State Commissioner of Education within 10 days.

**Adopted by Board 12/11/91**  
**Revised 2001**

### **ELIGIBILITY REQUIREMENTS**

The Board of Education recognizes that it has a responsibility to provide students with an opportunity to participate in co-curricular activities. The Board of Education also realizes that its primary purpose is to educate all students to the maximum level possible. It is, therefore, incumbent upon the Board to require its students to have a certain level of academic standards in order to participate in a co-curricular activity.

1. All students must pass a minimum of 15 credits each semester in order to be eligible for participation in a co-curricular activity.

2. Eligibility for activities will be determined on a semester basis. Once eligibility for athletic and drama activities has been determined, students are eligible for the duration of that activity. Eligibility for all other activities (clubs, newspapers, etc.) will be determined on a semester basis for continued eligibility. Any exception to these requirements due to unusual circumstances will be presented to the principal for a determination as to an individual's eligibility.

<u><b>NJSIAA ELIGIBILITY</b></u>				
	<i>Grade 9</i>	<i>Grade 10</i>	<i>Grade 11</i>	<i>Grade 12</i>
Fall	All Eligible	30 Credits must be earned from previous year	30 Credits must be earned from previous year	30 Credits must be earned from previous year
Winter	All Eligible	Same as above	Same as above	Same as above
Spring	Must be passing equivalent of 30 credits (15 from 1st semester)	Same as grade 9	Same as grade 9	Same as grade 9

3. All activity supervisors have the prerogative to establish higher standards for their respective activity. Determination of eligibility under any of the above may be appealed to the High School Principal who shall consider any mitigating or extenuating circumstances.
- NJSIAA Constitution, Bylaws, Rules and Regulations ([www.njsiaa.org](http://www.njsiaa.org))
    - a. Rule 1, 2 and your specific sport rule.
    - b. Out of season >
    - c. Summer recess > NJSIAA Interpretive Guidelines (separate cover)
    - d. Eligibility of athletes Article V.
    - e. Sportsmanship Article IX.
    - f. Disqualification of coaches/players
    - g. Transfers

- h. Students below the 9<sup>th</sup> grade are not permitted to practice with students of grade nine (9) through twelve (12), neither may they **"suit up"** with those teams for games or scrimmages involving grades nine (9) through twelve (12) unless a waiver has been granted (to ensure eight (8) consecutive semesters of participation). Student will be considered to have begun his/her eight semesters of eligibility on a sport specific basis pursuant to Article V., Section 4.I.
- i. Handbooks are provided to Head Coaches

## **PROCEDURES FOR SCHOOL ELIGIBILITY**

1. Master list of students who have not met the above eligibility requirements will be distributed to all supervisors of activities for the purpose of determining eligibility.
2. Master lists are available for reference in the Athletic Director's Office.

## **NON-STUDENT POLICY**

Please be advised that a policy concerning non-student participation in any phase of Southern Regional's Athletic Programs became effective on December 5, 1980.

Non-students are not to participate in any phase of practice conditioning, or any other physical activity under any circumstances.

This policy is for the protection of our own student athletes, coaches, and would be non-student participants.

### **SAMPLE CASE**

TOMS RIVER - A former Point Pleasant High School wrestler who was paralyzed for life in a 1976 wrestling accident has been granted a \$450,000 settlement in a lawsuit against the school.

This student, who was 18 when the accident happened, became permanently and totally disabled when practicing January 2, 1976. He was trying an escape move called a "gramby roll" and dislocated his neck, according to a Point Pleasant Beach orthopedic surgeon.

A claim in the suit won by the student accused the 1976 wrestling coach of improper supervision because a non- high school student was the student's partner during the wrestling practice session. The wrestling coach and the Point Pleasant Board of Education were named as defendants in the case.

<b>ASBURY PARK PRESS</b>	(800)822-9770 EXT. 4400 After 5:00p.m. Or Fax: 732-643-4012 or 4015
<b>ATLANTIC CITY PRESS</b>	(609)272-7180 After 3:00p.m. Or Fax: 272-7191
<b>THE STAR LEDGER</b>	<a href="mailto:sports@njschoolsports.com">sports@njschoolsports.com</a>
<a href="http://ShoreSportsnetwork.com">ShoreSportsnetwork.com</a>	

## **PUBLICITY**

All Head coaches are responsible for providing the necessary information concerning the press publicity for their individual sport. Listed below are the telephone numbers of the news media that the head coach or student reporter (member of the team or manager) shall call following all athletic contests.

- **We will no longer be able to reimburse mileage for attendance at coaches meetings, All-Star selections or other meetings .**
- Head coaches are responsible to promote our team and individual athletes for selection to all division, county, shore and state teams.
- Head Coaches are responsible to provide pre-season forms.
- Head Coaches are responsible to provide updated stats to the newspapers as requested.

### **PLEASE NOTE:**

1. Secure first and last names of every player on both teams before the contest.
2. Make note of both conference and overall records before the contest.
3. All calls may be made collect. If put on hold, remain on the line until you place results.
4. Have your student reporter call if games are called off because of weather.
5. Weekly recaps of all sub-varsity & Middle School games should be turned into the Athletic Office.
6. Game Reports must be turned in the next day to the Athletic Office for **all levels. ALL EVENTS!**

7. Please be sure to provide stat updates to the media as requested.
8. Utilize the NJSIAA Press & Media Guide or individual paper requests.
9. Accuracy is most important.
10. Refer to the NJSIAA Press & Media Handbook with references to media interview.

## **GENERAL PROCEDURES**

Due to possible injury that could occur, only Southern Regional coaching staff, players, and personnel approved by the Supervisor of Athletics are permitted on the sidelines during times of competition.

## **PRACTICE SESSIONS:**

Are not to be held during professional days until all professional responsibilities are adhered to.

## **PROCEDURE FOR COACHES ON IN-SERVICE DAYS:**

Practice – Head coaches are excused at 2:15 to supervise locker room and practice. Assistants are excused at the conclusion of the in-service. Please check with your supervisor or building administrator (whichever applies).

## **EARLY DISMISSAL PROCEDURES:**

In cases where students must leave school early because of games or scrimmages, all teachers must be notified of their absence from classes. See Travel - Away Contests. **All early dismissal times must be approved through the Athletic Office. Bus times must be changed and approved by the Athletic Supervisor.**

## **CLINICS & CONFERENCES:**

In order to clarify procedures for application to clinics - that all requests must be forwarded to the Athletic Office at least one month prior to the clinic or conference. If this is not possible, please contact Kim at the earliest date to assure payment from the Board Office. **\*\* One coach per sport will be permitted to attend a clinic unless multiple speakers/ time frame are present.\*\***

## **TRANSPORTATION:**

Please be advised that if you have a bus problem, contact:

- Cindi Papiez
- Tom Howley
- Transportation Direct Line – 597-9481 Ext. 4343;
- Please do not call transportation directly to change a bus time!!

## **SHORE CONFERENCE RULES & REGULATIONS:** Review and check

[www.shoreconferencenjdigitalsports.org](http://www.shoreconferencenjdigitalsports.org) – all coaches

## **RULEBOOK & GUIDELINES:** [www.nfhs.org](http://www.nfhs.org) & [www.njsiaa.org](http://www.njsiaa.org) or

**FUNDRAISING:** request must be submitted to the Board of Education via the student-activities coordinators (Sue Spellman or Melissa Ardoin) Forms may be secured in the on the network. All forms need to be typed and sent electronic at least 6 weeks prior to your selling date.

**COORDINATION OF FITNESS LABS:** (weight room & cardio room) with our strength coach. This schedule must be done in advance, as the demand is great.

**HAZING: HAZING - NO TOLERANCE**

Hazing - bodily danger, physical harm or personal degradation or disgrace resulting in physical harm or emotional harm to any student. This includes but is not limited to conduct unbecoming on Facebook, Twitter, e-mail, or cell phone technologies.

**Examples of Mental Hazing:**

- ◆ Ridicule
- ◆ Embarrassment of person
- ◆ Verbal abuse such as yelling, screaming, and threats
- ◆ Intimidation or retaliation
  - a. Coaches must dedicate time to discuss these issues with athletes.
  - b. All hazing incidents must be reported to the Supervisor of Athletics immediately!

**Examples of Physical Hazing:**

- ◆ physical torment
- ◆ forced physical activity
- ◆ forced or coerced eating or drinking
- ◆ forced or coerced shaving of body hair
- ◆ forced or coerced theft or other unlawful activity
- ◆ assault/battery
- ◆ forced confinement
- ◆ forced or coerced nudity
- ◆ forced or coerced sexual activity

**SEXUAL HARRASSMENT** will not be tolerated.

- Unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature when
  - A. Submission to such conduct is made either explicitly or implicitly as a term or condition of a student's participation
  - B. Submission to or rejection of such conduct by an individual is used as the basis for the student's participation or decisions affecting the student; or such conduct has the purpose or effect of unreasonably interfering with the student's school performance or creating an intimidating, hostile or offensive environment.

**STERIODS and PERFORMANCE ENHANCERS - NO TOLERANCE.**

The Southern Regional School District feels just as strongly about steroids and other performance enhancing drugs as it does with any other illegal substances. All head and assistant coaches are to be vigilant for any sign that any use of this type might be occurring among our athletes. It behooves all coaches to become educated in their use through reading, seminars, and discussions with knowledgeable sources. Any suspected drug usage should immediately be dealt with by bringing it to the attention of the director of athletics and appropriate school administration.

**NJSIAA'S STEROID TESTING POLICY**

In accordance with Executive Order 72, issued by the former Governor of the State of New Jersey, Richard J. Codey, on December 20, 2005, the NJSIAA will test a random selection of student athletes, who have qualified, as individuals or as members of a team, for state championship competition.

• **General prohibition against performance enhancing drugs:**

- A. It shall be considered a violation of the NJSIAA's sportsmanship rule for any student-athlete to possess, ingest, or otherwise use any substance on the list of banned substances, without written prescription by a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.
- B. Violations found as a result of NJSIAA's testing shall be penalized in accordance with this policy.
- C. Violations found as a result of member school testing shall be penalized in accordance with the school's policy.



- **List of banned substances:**

A list of banned substances shall be prepared annually by the Medical Advisory Committee, and approved by the Executive Committee. (See list)

- **Consent form:**

Before participating in interscholastic sports, the student-athlete and the student-athlete's parent or guardian shall consent, in writing, to random testing in accordance with this policy. Failure to sign the consent form renders

the student-athlete ineligible.

- **Selection of athletes to be tested:**

A. Tested athletes will be selected randomly from all of those athletes participating in championship competition.

B. Sixty percent of all tests shall be from football, wrestling, track & field, swimming, lacrosse and baseball. The remaining forty percent of all tests shall be from all other NJSIAA sports.

- **Administration of tests:**

Tests shall be administered by a certified laboratory, selected by the Executive Director and approved by the Executive Committee.

- **Testing methodology:**

The methodology for taking and handling samples shall be in accordance with current legal standards.

- **Sufficiency of results:**

No test shall be considered a positive result unless the approved laboratory reports a positive result, and the NJSIAA's medical review officer confirms that there was no medical reason for the positive result. A "B" sample shall be available in the event of an appeal.

- **Appeal process:**

If the certified laboratory reports that a student-athlete's sample has tested positive, and the medical review officer confirms that there is no medical reason for a positive result, a penalty shall be imposed unless the student-athlete proves, by a preponderance of the evidence, that he or she bears no fault or negligence for the violation. Appeals shall be heard by a NJSIAA committee consisting of two members of the Executive Committee, the Executive Director/designee, a trainer and a physician. Appeal of a decision of the Committee shall be to the Commissioner of Education, for public school athletes, and to the superior court, for non-public athletes. Hearings shall be held in



accordance with NJSIAA By-Laws, Article XIII, "Hearing Procedure."

- **Penalties**

Any person who tests positively in an NJSIAA administered test, or any person who refuses to provide a testing sample, or any person who reports his or her own violation, shall immediately forfeit his or her eligibility to participate in NJSIAA competition for a period of one year from the date of the test. Any such person shall also forfeit any individual honor earned while in violation. No person who tests positive, refuses to provide a test sample, or who reports his or her own violation shall resume eligibility until he or she has undergone counseling and produced a negative test result.

- **Confidentiality:**

Results of all tests shall be considered confidential and shall only be disclosed to the individual, his or her parents and his or her school.

- **Compilation of results:**

The Executive Committee shall annually compile and report the results of the testing program.

- **Yearly renewal of the steroid policy:**

The Executive Committee shall annually determine whether this policy shall be renewed or discontinued.

## **CONCUSSION POLICY**

### **Signs and symptoms of concussion:**

1. Headache
2. Nausea/vomiting
3. Balance problems or dizziness
4. Double vision or changes in vision
5. Sensitivity to light or sound and/or noise
6. Depression or anxiety.

### **CONCUSSION IDENTIFICATION MANAGEMENT**

Please note allowing a student athlete to return to play before recovering from a concussion increases the chance of more serious brain injury that can result in severe disability and/or death. The athlete does not need to lose consciousness to sustain a concussion. A student athlete who is suspected of sustaining or who has sustained a concussion and/or has become unconscious during an athletic event shall not return to play until he meets all of the following criteria:

- A. Immediate removal from play and no return to play that day

- B. Medical evaluation to determine the presence/absence of concussion.
- C. Complete a symptom free week initiated on the first asymptomatic day before Initiating a graduated return to play exercise protocol.
- D. Any re-emergence of any post-concussion signs or symptoms once they return to play they will be removed from exertion maneuvers and return to physician for re-evaluation.
- E. If concussion symptoms re-occur the athlete will return to previous level of activity that caused no symptoms and then advance as tolerated.
- F. Symptom checklists, baseline and balance testing are suggested.

## **BOOSTER CLUBS**

The Southern Regional School District recognizes the positive support that booster clubs can lend to its sports programs. **All requests for meetings, functions, activities, and fund-raising are subject to Southern Regional policy and must come through the Director of Athletics. The head coach serves as the liaison between the booster club and Athletic Director, and should periodically update the A.D. on the club's status.**

## **AWARDS & BANQUETS**

### **A. Banquets – High School:**

1. The Supervisor of Athletics has scheduled your Banquet with a 6:30pm start. Unless otherwise stated by the coach.
2. The head coach is responsible for notifying administrators, and board members. An invitation should be sent at least 10 days prior to banquet.
3. The Head Coach is in charge of how the banquet runs.
4. Student-Athletes who have not turned in all equipment/uniforms shall not receive any school letters, pins or certificates until the obligation is cleared.

# SOUTHERN REGIONAL SCHOOL ATHLETIC DEPARTMENT

## POLICY and GUIDANCE for TREATMENT of SPORTS-RELATED CONCUSSIONS and HEAD INJURIES

The following is a graduated return to competition and practice protocol for student athletes that have suffered a concussion or head injury during athletic competition. This New Jersey State mandated protocol will be followed by all athletes, coaches and parents when an athlete is cleared by their medical doctor to return to competition. Athletes and Parents will sign the form after the clearance note has been handed in to the Athletic office. Thank you!

### Graduated Return to Competition and Practice Protocol

- Complete physical, cognitive, emotional and social rest is advised while the student-athlete is experiencing symptoms and signs of a sports-related concussion or other head injury. (Minimize mental exertion, limiting over stimulation, multi-tasking, etc.) After written medical clearance is given by a physician trained in the evaluation and management of concussions stating that the student-athlete is asymptomatic at rest, the student-athlete may begin a graduated individualized return-to-play protocol supervised by a licensed athletic trainer, school/team physician or in cases where the afore mentioned are not available a physician or licensed health care provider trained in the evaluation and management of sports-related concussion. The following steps should be followed:

Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without re-emergence of any signs or symptoms. If no return of symptoms, next day advance to:  
Light aerobic exercise, which includes walking, swimming, or stationary cycling, keeping the intensity < 70% maximum percentage heart rate: no resistance training. The objective of this step is increased heart rate. If no return of symptoms, next day advance to:  
Sport-specific exercise including skating, and/or running; no head impact activities. The objective of this step is to add movement and continue to increase heart rate. If no return of symptoms, next day advance to:  
Non-contact training drills (e.g., passing drills). The student-athlete may initiate progressive resistance training. If no return of symptoms, next day advance to:  
Following medical clearance (consultation between school health care personnel, i.e. Licensed Athletic Trainer, School/Team Physician, School Nurse and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and to assess functional skills by the coaching staff. If no return of symptoms, next day advance to:  
Return to play involving normal exertion or game activity.

- In the absence of daily testing by knowledgeable school district staff (i.e. Licensed Athletic Trainer, School/Team Physician) to clear a student-athlete to begin the graduated return-to-play protocol a student-athlete should observe a 7 day rest/recovery period before commencing the protocol. Younger student (K-8) should observe the 7 day rest/recovery period (after they are symptom free at rest) prior to initiating the graduated return-to-play protocol. A physician trained in the evaluation and management of concussion as well as the parents/guardians of the student-athlete shall monitor the student-athlete in the absence of knowledgeable school district staff (i.e., Athletic Trainer, School/Team Physician). School Nurses may serve as an advocate for student-athletes in communicating signs and symptoms to physicians and parents/guardians.
- If the student athlete exhibits a re-emergence of any concussion signs or symptoms once they return to physical activity, he/she will be removed from further exertional activities and returned to his/her school/team physician or primary care physician. If concussion symptoms reoccur during the graduated return-to-play protocol, the student athlete will return to the previous level of activity that caused no symptoms.

Student –Athlete Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Sample Form

## B. Awards

### **Varsity Award Certificate:**

1st year - letter and sport pin

2nd year - certificate and bar

3rd & 4th years - certificate and bar

Throughout the course of the next two years the SRHS Athletic program will be phasing in a new standard for our student athletes. Only a student attaining Varsity status will receive a Varsity Solid Block "S" (non sport specific). Consequently only 1 Varsity letter/student athlete. In addition, will no longer be awarding freshman or JV letters. Effective 2010-2011 the following standard will be followed.

Once awarded their first varsity letter: only certificates and pins awarded indicating the number of years of varsity status.

- **BIG S Award:** The recipient of 10 or more varsity letters (all at Southern Regional High School) is to receive a 7" X 9" plaque not to exceed \$20.00 in cost.
- **Transfer students:** These students will receive the first year varsity letter award - 8" Letter "S" after completing their first year at Southern.
- **Sportsmanship Award:** Certificate: Presented to a student for outstanding sportsmanship during a sports season.
- **Captains' Award:** Varsity only Certificate and pin
- **Scholar-Athlete Certificate:** presented to any student maintaining Honor Roll status or higher during their sport season.
- **Dolph Cranmer Award:** One male and one female.

### ⇒ **Dolph Cranmer Award Requirements:**

"The varsity award winning student-athlete who most exhibited the characteristics of sportsmanship and dedication and who made the greatest effort to give 100% of his or her abilities toward those athletic activities in which he or she did participate. The candidate should be a senior."

### ⇒ **Student Athlete Award Criteria:**

- To the senior varsity award winning athlete (during his/her senior year) who has accumulated the highest average to date (high school career).
- He/she must have participated in three years of interscholastic athletic competition (any sports) and must have received an award for each year (varsity, JV, or freshman award) and he must have earned a

total of two varsity letters during his/her athletic career at Southern Regional High School."

- Transfer students may also qualify for the award, but may have participated in one of the three years of interscholastic athletic competition and received an award (varsity, JV, or Freshman) from the school he previously attended.

⇒ **Ocean County Athletic Director's Sportsmanship Award:**

- Male and female recipient from each Ocean County school
- New Jersey Scholar Athlete Award: Senior athlete with top GPA

**END-OF-SEASON-CHECK-LIST**

**The following information is to be turned in to the Supervisor of Athletics by each head coach at the end of his working season:**

1. Scores of all contests played during your sports season. (V, JV, & FR (Please list all dates, opponents and scores.)
2. Won and lost records for all teams (varsity, JV, and freshman). of all contests played during your sports season. (V, JV, & FR (Please list all dates, opponents and scores.)
3. Won and lost records for all teams (varsity, JV, and freshman). Please list conference and overall record (career). Please complete the Championship Form.
4. A copy of your sports school records (both individual (career and team). Please complete the school record form if any records were broken during the current season. Complete school record form.
5. Separate lists of:
  - A. Varsity letter winners (include grade of each participant); identify captains.
  - B. Junior Varsity letter winners (include grade of each participant).
  - C. Freshman Letter Winners
  - D. M.V.P. Winner
  - E. All Award Recipients (other awards you recognize)
  - F. Scholar Athletes (all levels)
  - G. List of individual and team accomplishments: papers, radio, all-shore, all-county, all-division, etc.
5. A complete inventory of all equipment & uniforms pertaining to your sports season which are school issued. Medical kits and coolers should be returned to the Athletic Trainer.
6. Proper storage procedures for all equipment and supplies are to be coordinated with the supervisor of athletics.
7. The team has been surveyed to insure that all injuries are covered by insurance. Please contact the Athletic Trainer and Sue to be sure all injuries are cleared.

8. A list of all students who still owe equipment and the items due.  
Students and parents should be contacted before an obligation is placed in the main office. Please update as equipment is returned to you! All student equipment cards must be turned in. Please check with the Supervisor of Athletics.
9. Highlights of the season.
10. End of the season coaches' report.
11. Coaches self assessment.

## **COACHING PRINCIPLES**

### **Handling Players**

**Be Consistent**

**Be Yourself**

**Be Fair**

**Be Positive**

**Learn to criticize, discipline, and compliment**

**Insist on best efforts always**

**Be Available**

**Make decisions for our student-athletes the same way you would make them for your son or daughter**

**Know your players' abilities**

⇒ *physical*

⇒ *mental*

⇒ *temperament*

⇒ *personality*

### **Important phases to proper coaching**

**Explanation**

**Demonstration**

**Imitation**

**Correction**

**Repetition**

**Acknowledgement**

### **The Assistant Coach is:**

- ⇒ An honest person and above all, loyal to the head coach
- ⇒ Dedicated to the game
- ⇒ Willing to work hard and make personal sacrifices
- ⇒ Very knowledgeable of the game
- ⇒ Able to take initiative
- ⇒ A sound thinker

### **ATHLETIC PERMIT/PHYSICAL PROCEDURES**

Coaches meet with perspective student athletes on designated meeting days. Distribute:

- ⇒ Athletic Permit Form
- ⇒ Physical Exam Forms
- ⇒ Any other sport specific information (concussion, cardiac arrest, and steroid forms)
- ⇒ Review Student Activities Discipline Code (Student-Parent Handbook)
- ⇒ Athletes should complete all forms at the meeting:
- ⇒ Athletic Permit All but parents signature
- **Physical Exam Forms: Pages A through D**
  - ⇒ Athletic Medical Permit -all but parents signature
  - ⇒ Health History Questionnaire - as much as Possible-if the student doesn't know the info., complete at home. (Parent signature required.)
  - ⇒ Physical Evaluation Form – this form is completed by the physician.
  - ⇒ All students should return the completed Athletic Permit Forms the next school day to the athletic office.
  - ⇒ Student athletes needing a school physical should return Physical Exam Forms the next school day to the coach. Physical Exam forms should be turned in to the school nurse. (Coach: It is your responsibility to
  - ⇒ make sure the form is completed and signed properly. Failure to do so may result in the student being unable to receive a school physical.)
  - ⇒ Student athletes going to their own home physician should return



- completed physical exam forms to their coach ASAP.
- ⇒ Please turn in the Physical Examination/Eligibility List 5 days prior to your first practice. Please be sure to note the date of the physical especially when the student goes to their own doctor. Completed forms should be turned into the school nurse. After the first practice has begun, be sure to follow the same procedure.
  - ⇒ Never, Ever allow a student to try-out, practice, scrimmage, or play unless you have verification of a physical, parent permission, eligibility and clearance from the Supervisor of Athletics.

***Thanks for your Cooperation!***





# Co-Curricular Programs Athletics.srsd.net

Southern Regional High School offers a variety of co-curricular activities. Interested students are encouraged to participate in the many activities Southern provides for its students.

Because of the value of these activities, the Board of Education requires its students to maintain standards of academic and behavioral excellence. It is, therefore, incumbent upon the Board of Education to require its students to have a certain level of academic standards in order to participate in a co-curricular activity.

Students interested in participating in co-curricular activities must meet the following Southern Regional eligibility requirements.

## Eligibility Requirements:

1. All students must pass a minimum 15 credits each semester in order to be eligible for participation in a co-curricular activity (30 credits per year). Master lists of students eligible are available in the Athletic Office and Guidance Office.
2. Eligibility for activities will be determined on a semester basis. Eligibility for other activities (clubs, newspapers, etc.) will be determined on a semester basis for continued eligibility. Any exception to these requirements due to unusual circumstances will be presented to the principal for determination as to an individual's eligibility.
3. Determination of eligibility under any of the above may be appealed to the High School Principal who shall consider any mitigating or extenuating circumstances.

## NJSIAA Eligibility:

	Grade 9	Grade 10	Grade 11
<b>Fall</b>	Grade 12 All Eligible	30 Credits must be earned from previous year	30 Credits must be earned from previous year
<b>Winter</b>	All Eligible	Same as above	Same as above
<b>Spring</b>	Must be passing	Same as grade 9	Same as grade 9

## NCAA Requirements:

1. NCAA Division I requires 16 core course and NCAA Division II requires 14 core courses. The core courses are listed in the below charts.
2. NCAA Division I had a sliding scale for test scores and grade point average for initial eligibility. Division II has a minimum SAT test score of 820 or an ACT sum score of 68.
3. The SAT score used for NCAA purposes includes on the critical reading and math section. The writing section is not used.
4. All information about initial NCAA eligibility can be obtained at [www.ncaalearndhouse.net](http://www.ncaalearndhouse.net).
5. Please contact your Guidance Counselor for further information regarding NCAA initial eligibility and information on sliding scale.

## NCAA General Academic Gameplan:

1. Complete a MINIMUM of 16 CORE COURSES 7/10 (7 English/Math/Science & 10 TOTAL CORE PRIOR TO SENIOR YEAR)
2. Take 2 SAT or ACT Tests during JUNIOR YEAR
3. On-Line classes approved by the NCAA
4. Update HS Core Curriculum (48 H Form) Make sure AP/Honors is on 48 H Form

## Division I

### 16 Core-Course Rule

- 16 Core Courses:
- 4 years of English
  - 3 years Mathematics (Algebra 1 or higher)
  - 2 years of natural/physical science (1 yr of lab if offered by HS)
  - 1 year of additional English, mathematics or natural/ physical science
  - 2 years of social science
  - 4 years of additional courses (from any area above, foreign language or non doctrinal religion/philosophy)

## Division II

### 16 Core Course Rule

- 16 Core Courses:
- 3 years of English
  - 2 years of mathematics (Algebra I or higher)
  - 2 years of natural/physical science (1 yr of lab if offered by HS)
  - 3 years of additional English, mathematics or natural/physical science
  - 2 years of social science
  - 4 years of additional courses from any area above, Foreign language or non doctrinal religion/Philosophy



# **NJSIAA OUT OF SEASON GUIDELINES** **FOR COACHES, STUDENT ATHLETES & PARENTS**

## **Section 6 Start of Practice**

1. Fall – Football official practice starts on August 7, 2017. All other fall sports official practice begins on August 14, 2017. Scrimmages can be played after six days of Official Practice\*

\*Official Practice Days begin to count on August 7, 2017 (football only). If school board policy does not permit Sunday practices, then the “First Scrimmage” is August 14, 2017.

Reminder to follow the Heat Acclimatization Procedures which may begin before August 7, 2017, if school approval is obtained to start official school practice before August 7.

Girls Tennis - Teams may open as early as September 5, 2017 after six days of official practice, which may start on August 14, 2017, and must include one twenty-four (24) hour rest period.

2. Winter – The start of the winter sports season shall be the Monday before Thanksgiving, with the exception of Ice Hockey, Swimming and Bowling (see Program Regulations, Section 5 above). The three days from the Monday before Thanksgiving up to Thanksgiving Day do not count towards the six days of practice required before scrimmages may occur. No practice is permitted for the four-day period from Thanksgiving Day to the Monday after Thanksgiving. The Monday after Thanksgiving will start as Day 1 of the pre-season count. This 3-day practice period may be used for tryout purposes only.

Ice Hockey and Swimming – November 6<sup>th</sup>

Bowling – November 15<sup>th</sup>

All other winter sports – November 27<sup>th</sup>

3. Spring – March 2<sup>nd</sup> for all spring sports.

## **Section 7 Practices/Scrimmages/Games/Meets**

A student shall not be permitted to participate in a scrimmage or a game (interschool) in any strenuous sport until he/she has completed **six days of practice in that sport**, (days of 24 hours, not sessions). Practices during the Summer Recess prior to the official opening of the Sports Season cannot be counted to fulfill this requirement. The above restriction will be waived for Student-Athletes who are members of a team participating in competition after the start of the next season provided the athlete becomes a practicing member within three (3) practice days.

*CL 1: Summer Recess practices do not count for “six-day” interschool scrimmage or game provisions. Only those practices from the official opening of the Sports Season may be counted to fulfill this requirement.*

*CL 2: Sunday practices may be counted only if approved by the local Board of Education.*

*CL 3: A practice is defined as a session where a team is assembled and involved in physical activity to enhance the participant’s physical condition. Practices of any kind for individuals, partial or entire teams, on days when the team is involved in interscholastic scrimmages or games-meets will not count toward satisfying the six (6) day rule.*

*CL 4: It is a local option for schools to permit ineligible students to practice or compete in interscholastic scrimmages. An ineligible student may not participate in an interscholastic regular season contest or scrimmage. Such practices will count to satisfy the six (6) day practice rule. The above is applicable provided the school meets the medical examination and parental permission as required by the State Board of Education.*

Interschool scrimmages, excluding baseball, tennis, softball and golf, are to be limited to the number of games, meets, or matches permitted in the sport during the regular season. The rule regarding numbers of contests on consecutive days will be enforced.

No more than four (4) schools shall be permitted to take part in a joint interschool scrimmage.

*CL 1: Scrimmages during the regular season count toward the allowable number of games.*

*CL 2: The host school may not invite any more than three (3) schools to participate in a scrimmage at its site(s).*

No scrimmages shall be permitted after the “End of Season” as defined in Program Regulations, Section 10.

#### Definitions:

“Interschool scrimmages” are provided as an opportunity to experience controlled game conditions for both coaches and players. A scrimmage must provide for voluntary interruption of the “scrimmage game” for instructional purposes, must not have recorded scoring, results, spectator admission must be on a complimentary basis only, and the event cannot be conducted in such a manner as to advance a team or individual to another level of scrimmage competition.

*CL 1: Whenever team(s) or individual(s) from two or more schools practice at the same site, it will be designated as a scrimmage unless some extraordinary circumstance has been approved by the NJSIAA.*

“Regular season games” are those games, meets, or matches that are not statewide championship playoff contests. “Playoff games” are those games, meets, or matches that comprise the Statewide Championship Tournament. Regular season games include conference games, non-conference games, and games played at tournaments and invitationals. Regular season games count toward the total number of games in which a school can participate during a sports season.

### **Section 8 Opening Dates**

Start of regular schedule opening dates are as follows:

1. Fall (after six days of practice)
  - a. Football – August 31, 2017
  - b. All other sports – September 5, 2017
2. Winter
  - a. Ice Hockey, Swimming – November 25, 2017
  - b. Bowling – December 1, 2017
  - c. Basketball, Fencing, Winter Track, Wrestling – December 15, 2017
  - d. Skiing – First week of January
3. Spring
  - a. Boys and Girls Lacrosse – March 28, 2018
  - b. All other sports – March 31, 2018



### **Section 9 Contest Rules**

All contests involving member schools must be played according to the rules of the National Federation of State High School Associations (NFHS). This applies to all sports for which rules are formulated by that Association, with the following exceptions:

Bowling	–	US Bowling Congress
Fencing	–	United States Fencing Association
Golf	–	USGA
Girls Lacrosse	–	United States Women's Lacrosse Association
Skiing	–	NCAA
Tennis	–	USTA

Rules indicated will govern all sports unless modified by NJSIAA.

### **Section 10 End of Season**

All teams may participate in interscholastic contests up to the final championship in their respective sports. Equipment should be stored and practice terminated for the out-of-season period upon completion of the schedule. Individual competition shall terminate with the end of said competition.

### **Section 11 Summer Recess**

Practice – That period from the last NJSIAA scheduled championship to September 1st, all restrictions are rescinded for practice for all sports. Schools may issue any and all equipment for practice use during the summer recess and the local school district may determine to what extent the school, the coaches, and the students are to be involved in the “summer recess” program.

Games/Scrimmages – Interscholastic competition is not permitted outside of the dates provided for in Program Regulations, Sections 7, 8 and 10; therefore, a school may not sponsor a team/individual, pay entry fees, provide transportation, or in any way have a team/individual represent their school outside of the seasonal datelines for that sport in competition against other schools. School equipment may be provided. A coach/team or -Student-Athlete may not be sponsored or supported by a school or school-related group (example: Booster Club) when team-interscholastic or individual competition takes place as part of the activity in camps, clinics, recreation programs, independent play, or tournaments.

Scrimmages consistent with the Early Season Opening or Regular Season Opening provisions are permitted.

Non-School Teams – A member of a high school's coaching staff may not be involved in any way with a non-school team on which there are team members who participated on the freshman, junior varsity, or varsity team of the coach's high school team(s) in that sport until the day after the date of the latest scheduled date for NJSIAA Championships in the Spring Sports Season.

### **Section 12 Alumni Games**

Alumni games count as part of the schedule in all sports, but they may not be included when submitting records for tournament consideration.

### **Section 13 Tournament Entry**

Member schools are to download the appropriate entry forms from [www.njsiaa.org](http://www.njsiaa.org) for state tournament competition. Tournament regulations will be posted no earlier than four weeks before the tournament date. NO entries or **Tournament Refusal Forms** which are postmarked after the cut-off date will be accepted unless accompanied by a late fee established by the NJSIAA.

*CL 1: A late fee charge of \$50.00, when a school's game or meet schedule or tournament entry form is late (beyond the established deadlines but prior to the pairings, seeding or heat meeting), is to be paid before the contestant or team is allowed to participate. If the entry is received after the seeding but prior to the first game of the tournament, an administrative fee of \$150 will be assessed the school.*

#### **Section 14 Video Taping and Filming**

Electronic Communication equipment, including but not limited to computer, film television and video tape is permissible according to the NFHS rules for the sport in question. Videotaping of scrimmages is a local option. No video or audio recording may be used to review or challenge the decision of a sports official.

#### **Section 15 Maximum Games-Waiver**

A waiver of the maximum game limitation is granted in all sports, except football, only when one additional game is needed to decide a county, conference or tournament championship.

#### **Section 16 Withdrawal/NJSIAA Tournaments**

Any member school and/or Student-Athlete withdrawing from competition after having officially entered an NJSIAA tournament in any sport will be disqualified from all remaining NJSIAA tournament competition in that sport in that season and barred from participating in NJSIAA tournament competition in that sport during the next school year unless truly extraordinary circumstances were present.

#### **Section 17 Withdrawal/Infectious Diseases**

School administrators should rely solely upon the advice of the school's medical inspector in determining the action to withdraw a team from competition when a member is diagnosed as having an infectious disease.

#### **Section 18 70% State Competition Rule**

All NJSIAA tournament team entry forms must reflect competition to no less than 70% with New Jersey schools. If a team does not meet the criteria by the cut-off date, with the exception of football which will be based on a 10-game schedule throughout the season, it will forfeit its entry into the NJSIAA tournament.

#### **Section 19 Specific Sports Regulations Penalties**

To promote fairness in competition and the health and safety of student athletes, no NJSIAA member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the Specific Sports Regulations for the sport, involving the start of practice, the start and ending of the sport season and the maximum contests permitted during the regular season. The application of this standard is non-appealable.

### **SPECIFIC SPORT REGULATIONS**

Notes:

1. A week is defined as from 12:01 A.M. Sunday to Saturday midnight.
2. A regularly scheduled game is one which has been contracted by mutual consent of the participating schools and approved by their respective Boards of Education and by the schools' Principals.

3. Member schools may schedule games or scrimmages with any school accredited by its regional accrediting agency and having athletic eligibility standards similar to the New Jersey State Interscholastic Athletic Association. Member schools may schedule regular season games or scrimmages with non-member schools, or with member schools of the New Jersey Association of Independent Schools; however, in such case, any waiver of the NJSIAA eligibility rules must be agreed upon and set forth in the contract. Under this section, competition is limited to teams (or individuals) whose participants are in the first year of post-high school matriculation. Waiver of NJSIAA eligibility rules will not be granted for sanctioned tournaments.

*CL 1: Member schools may not compete with "club" teams. Competition is not permitted with teams composed of post-high school students (private schools, junior colleges, colleges) whose participants are beyond the first year of post-high matriculation or are beyond the first year since graduating from high school. All Independent Schools holding dual membership (NJSIAA and NJISAA) must adhere to all regulations provided for by the NJSIAA Constitution, Bylaws and Rules and Regulations and they may not be waived.*

*CL 2: A school is permitted to sponsor only one team at the varsity level. A and B teams at the varsity level are not permitted in any sports.*

#### 4. Disqualification

- a. Any Student-Athlete or coach disqualified before, during or after an interscholastic event for unsportsmanlike and flagrant verbal or physical misconduct will be disqualified from the next two (2) regularly scheduled games/meets, with the exception of football which will carry a one (1) game disqualification, at that level of competition and all other game(s)/meet(s) in the interim at any level in addition to any other penalties which the NJSIAA or a league/conference may assess.

*CL 1: Once a coach/player has been disqualified, NO appeals will be honored from the player, coach, official or any other party. Disqualification is a judgement call and officials must be certain the act warrants disqualification. All complaints against an official must be directed to the official's Chapter Secretary and the NJSIAA.*

*CL 2: Scrimmages are not considered part of the disqualification rule.*

*CL 3: The National Federation Rules do not permit a wrestler to continue to participate in a tournament if there is a flagrant disqualification. The NJSIAA rule requires a two-match sit-out. Even though the wrestler is not permitted to wrestle in the remainder of that tournament, said wrestler may fulfill the two-match disqualification, provided his team continues to wrestle in scheduled events.*

*CL 4: A second disqualification for an individual in any game/meet/match supersedes NFHS rules in this regard.*

- b. A disqualified player or coach may not be present at any contest in that sport during the period of disqualification. Definition of not being present at the site means the disqualified player or coach is not to be present in the locker room, on the bus, on the sidelines, in the stands or site area before, during or after the game/meet.

1. In team sports any player/coach in violation of this provision will be cause for forfeiture of those games during the period of disqualification.
  2. In individual sports the event or events in which the player previously participated while having been disqualified will be forfeited. The team will lose the highest points awarded in each event noted herein.
- c. Should a coach/player be disqualified from the final game/meet of the season, said disqualification will carry over to the next year in that sport. In the case of the Student-Athlete, the same degree of penalty shall apply if said athlete retains eligibility in that sport.
  - d. Any player/coach disqualified a second time in single or multiple sports will have the penalty doubled (i.e., in football – disqualified for two (2) games; all other sports – four (4) games). Disqualifications will count for 365 days from the date of the first disqualification.
  - e. Any player with two or more disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament.
  - f. Any varsity team accumulating three or more player or coach disqualifications for flagrant unsportsmanlike conduct prior to the team's participation in an NJSIAA tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.
  - g. Single/multiple sports – on the third offense; players disqualified will be suspended indefinitely, and must apply, in writing, to the NJSIAA through the office of their Principal for reinstatement. Disqualifications will count for 365 days from the date of the first disqualification.
  - h. Any coach disqualified a second time within 365 days from the date of the first disqualification will be required to appear before the Controversies Committee with the Principal and the Athletic Director.
  - i. Any coach who is disqualified and/or has three or more players on a team disqualified during the course of the preceding school year must complete the NFHS Teaching and Modeling Behavior course. This course license must be obtained from NJSIAA with the course completion certificate due to NJSIAA within sixty (60) days of initial NJSIAA notification of the disqualification requirement.

*CL 1: Coaches/players who do not fulfill their penalty in a sport at their present school will be disqualified for the same length of time in their subsequent coaching assignment/sport participation at another school.*

*CL 2: Seniors who are disqualified from their last game or next to last game will serve the penalty in a subsequent sports season according to the penalty provision of that subsequent sport. When seniors are disqualified from their last game of their high school careers, and are unable to fulfill the penalty, member schools are required to take proper administrative action to discipline the offending student.*

*CL 3: Seniors who quit a sport and have not fulfilled their penalty in that sport, must serve it in the new sport before beginning playing in the new sport.*



## Website Resources

- Sudden Death in Athletes  
[www.cardiacdeath.org/sudden-death-in-athletes](http://www.cardiacdeath.org/sudden-death-in-athletes)
- Hypertrophic Cardiomyopathy Association  
[www.hcm.org](http://www.hcm.org)
- American Heart Association [www.heart.org](http://www.heart.org)

## Collaborating Agencies:

**American Academy of Pediatrics**  
**New Jersey Chapter**  
 3836 Quakerbridge Road, Suite 108  
 Hamilton, NJ 08619  
 (p) 609-842-0014  
 (f) 609-842-0015  
[www.aapnj.org](http://www.aapnj.org)

**American Heart Association**  
 1 Union Street, Suite 301  
 Robbinsville, NJ, 08691  
 (p) 609-208-0020  
[www.heart.org](http://www.heart.org)

**New Jersey Department of Education**  
 P.O. Box 500  
 Trenton, NJ 08625-0500  
 (p) 609-292-5939  
[www.state.nj.us/education/](http://www.state.nj.us/education/)

**New Jersey Department of Health**  
 P.O. Box 360  
 Trenton, NJ 08625-0360  
 (p) 609-292-7837  
[www.state.nj.us/health](http://www.state.nj.us/health)

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# SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

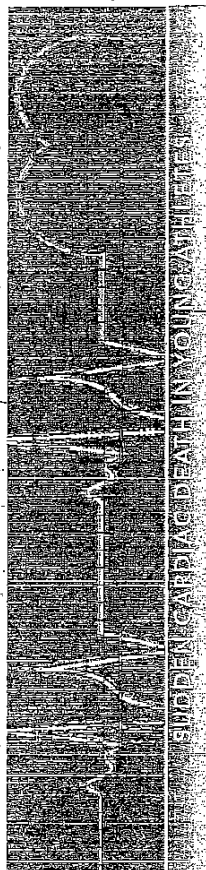
## The Basic Facts on Sudden Cardiac Death in Young Athletes

STATE OF NEW JERSEY  
DEPARTMENT OF EDUCATION

American Heart  
Association

Learn and Live

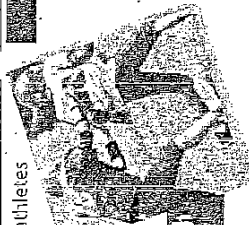
Started in 2014-15 Physical Packet



**S**udden death in young athletes between the ages of 10 and 19 is very rare. What, if anything, can be done to prevent this kind of tragedy?

### What are the most common causes?

Research suggests that the main cause is a loss of proper heart rhythm, causing the heart to quiver instead of pumping blood to the brain and body. This is called ventricular fibrillation (ven-TRICK-you-lar fib-roo-LAY-shun). The problem is usually caused by one of several cardiovascular abnormalities and electrical diseases of the heart that go unnoticed in healthy-appearing athletes.



### What is sudden cardiac death in the young athlete?

Sudden cardiac death is the result of an unexpected failure of proper heart function, usually (about 60% of the time) during or immediately after exercise without trauma. Since the heart stops pumping adequately, the athlete quickly collapses, loses consciousness, and ultimately dies unless normal heart rhythm is restored using an automated external defibrillator (AED).

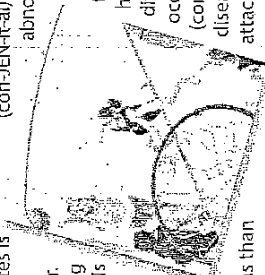
### How common is sudden death in young athletes?

Sudden cardiac death in young athletes is very rare. About 100 such deaths are reported in the United States per year. The chance of sudden death occurring to any individual high school athlete is about one in 200,000 per year.

Sudden cardiac death is more common: in males than in females; in football and basketball than in other sports; and in African-Americans than in other races and ethnic groups.

The most common cause of sudden death in an athlete is hypertrophic cardiomyopathy (hi-per-TRO-fic CAR-dee-oh-my-OP-a-tif-ee) also called HCM. HCM is a disease of the heart with abnormal thickening of the heart muscle, which can cause serious heart rhythm problems and blockages to blood flow. This genetic disease runs in families and usually develops gradually over many years.

The second most likely cause is congenital (con-JEN-it-al) (i.e., present from birth) abnormalities of the coronary arteries. This means that these blood vessels are connected to the main blood vessel of the heart in an abnormal way. This differs from blockages that may occur when people get older (commonly called "coronary artery disease," which may lead to a heart attack).



Sample Form

Other diseases of the heart that can lead to sudden death in young people include:

- Myocarditis (my-oh-car-DIE-tis), an acute inflammation of the heart muscle (usually due to a virus).
- Dilated cardiomyopathy, an enlargement of the heart for unknown reasons.
- Long QT syndrome and other electrical abnormalities of the heart which cause abnormal fast heart rhythms that can also run in families.
- Marfan syndrome, an inherited disorder that affects heart valves, walls of major arteries, eyes and the skeleton. It is generally seen in unusually tall athletes, especially if being tall is not common in other family members.

#### What are the warning signs to watch for?

In more than a third of these sudden cardiac deaths, there were warning signs that were not reported or taken seriously. Warning signs are:

- Fainting, a seizure or convulsions during physical activity;
- Fainting or a seizure from emotional excitement, emotional distress or being startled;
- Dizziness or lightheadedness, especially during exertion;
- Chest pains, at rest or during exertion;

- Palpitations - awareness of the heart beating unusually (skipping, irregular or extra beats) during athletics or during down periods after athletic participation;
- Fatigue or tiring more quickly than peers or
- Being unable to keep up with friends due to shortness of breath.

#### What are the current recommendations for testing young athletes?

New Jersey requires all school athletes to be examined by their primary care physician or ("medical home") or school physician at least once per year. The New Jersey Department of Education requires use of the specific Annual Athletic Pre-Participation Physical Examination Form.

This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.

The primary healthcare provider need not know if any family member died suddenly during physical activity or during a seizure. They also need to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually for each exam because it is so essential to identify those at risk for sudden cardiac death.

The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no further evaluation or testing is recommended.

#### When should a student-athlete see a heart specialist?

If the primary healthcare provider or school physician has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist will perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, will likely also be done. The specialist may also order a treadmill exercise test and a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.

#### Can sudden cardiac death be prevented just through proper screening?

A proper evaluation should find most, but not all, conditions that would cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus.

This is why screening evaluations and a review of the family health history need to be performed on a yearly basis by the athlete's primary healthcare provider. With proper screening and evaluation, most cases can be identified and prevented.

#### Why have an AED on site during sporting events?

The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).

Effective September 1, 2014, the New Jersey Department of Education requires that all public and nonpublic schools grades K through 12 shall:

- Have an AED available at every sports event (three minutes total time to reach and return with the AED);
- Have adequate personnel who are trained in AED use present at practices and games;
- Have coaches and athletic trainers trained in basic life support techniques (CPR); and
- Call 911 immediately while someone is retrieving the AED.

Started in 2014-15 Physical Packet

Sample Form

State of New Jersey  
DEPARTMENT OF EDUCATION

Sudden Cardiac Death Pamphlet  
Sign-Off Sheet

Name of School District: Southern Regional  
Name of Local School: SR High School

I/We acknowledge that we received and reviewed the Sudden Cardiac Death in Young Athletes pamphlet.

**Started in 2014-15 Physical Packet**

Student Signature: \_\_\_\_\_

Parent or Guardian  
Signature: \_\_\_\_\_

Date: \_\_\_\_\_

New Jersey Department of Education 2014: pursuant to the Scholastic Student-Athlet Safety Act, P.L. 2013, c71

**Sample Form**

## **APPROPRIATE AND EFFECTIVE STRATEGIES TO RESPOND TO BULLYING FOR COACHES**

No matter how deliberate you are in trying to prevent bullying behaviors, incidents can happen.

Do not hesitate to ask for advice if you are unsure what you should do regarding a specific incident.

Below are examples using actual strategic language you can use, and specific actions you can take to assure immediate, appropriate, effective, and consistent responses by all staff members to a bullying incident.

Appropriate and effective interventions **always** include:

- Immediately responding to the incident using a calm, rational, but firm tone of voice.
- Using body language that communicates authority, but does not invade the personal space of any student involved in the incident.
- Actions or verbal responses that do not cause embarrassment.
- Taking the attention off the student or students who were being targeted.

### **Never:**

- Ignore the incident.
- Accept the attitudes of “just teasing”, “just kidding”, “boys will be boys”, “you’re friends, you can work it out.”
- Engage in verbal or physical arguments/disputes.
- Display your anger.
- Leave the student who is being targeted alone with the student or students who are using the bullying behavior.
- Rely on or assign a student to report bullying incident to administration.
- It is your responsibility to report the incident!

### **Staff Reporting Procedures**

If you witness an act of harassment, intimidation and bullying, you must  
Verbally inform a building administrator or the Athletic Director on that day.

# National Athletic Trainers' Association Pre-Season Heat Acclimatization Guidelines for Secondary School Athletics

## DEFINITIONS

Before participating in the preseason practice period, all student-athletes should undergo a pre-participation medical examination administered by a physician (MD or DO) or as required/approved by state law. The examination can identify predisposing factors related to a number of safety concerns, including the identification of youths at particular risk for exertional heat illness.

The **heat-acclimatization period** is defined as the initial 14 consecutive days of preseason practice for all student-athletes. The goal of the acclimatization period is to enhance exercise heat tolerance and the ability to exercise safely and effectively in warm to hot conditions. This period should begin on the first day of practice or conditioning before the regular season. Any practices or conditioning conducted before this time should not be considered a part of the heat-acclimatization period. Regardless of the conditioning program and conditioning status leading up to the first formal practice, all student-athletes (including those who arrive at preseason practice after the first day of practice) should follow the 14-day heat-acclimatization plan. During the preseason heat acclimatization period, if practice occurs on 6 consecutive days, student-athletes should have 1 day of complete rest (no conditioning, walk-throughs, practices, etc).

Days on which athletes do not practice due to a scheduled rest day, injury, or illness do not count toward the heat-acclimatization period. For example, an athlete who sits out the third and fourth days of practice during this time (eg, Wednesday and Thursday) will resume practice as if on day 3 of the heat-acclimatization period when returning to play on Friday.

A **practice** is defined as the period of time a participant engages in a coach-supervised, school-approved, sport- or conditioning-related physical activity. Each individual practice should last no more than 3 hours. Warm-up, stretching, and cool-down activities are included as part of the 3-hour practice time. Regardless of ambient temperature conditions, all conditioning and weight-room activities should be considered part of practice.

A **walk-through** is defined as a teaching opportunity with the athletes not wearing protective equipment (eg, helmets, shoulder pads, catcher's gear, shin guards) or using other sport-related equipment (eg, footballs, lacrosse sticks, blocking sleds, pitching machines, soccer balls, marker cones). The walk-through is not part of the 3-hour practice period, can last no more than 1 hour per day, and does not include conditioning or weight-room activities.

A **recovery period** is defined as the time between the end of 1 practice or walk-through and the beginning of the next practice or walk-through. During this time, athletes should rest in a cool environment, with no sport- or conditioning-related activity permitted (eg, speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permissible.

## RECOMMENDATIONS FOR THE 14-DAY HEAT ACCLIMATIZATION PERIOD

### Core Principles:

1. Days 1 through 5 of the heat-acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
2. If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.
3. A 1-hour maximum walk-through is permitted during days 1–5 of the heat-acclimatization period. However, a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa).
4. During days 1–2 of the heat-acclimatization period, in sports requiring helmets or shoulder pads, a helmet should be the only protective equipment permitted (goalies, as in the case of field hockey and related sports, should not wear full protective gear or perform activities that would require protective equipment). During days 3–5, only helmets and shoulder pads should be worn. Beginning on day 6, all protective equipment may be worn and full contact may begin.
  - A. Football only: On days 3–5, contact with blocking sleds and tackling dummies may be initiated.
  - B. Full-contact sports: 100% live contact drills should begin no earlier than day 6.
5. Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double practice day is followed by a rest day, another double practice day is permitted after the rest day.
6. On a double-practice day, neither practice should exceed 3 hours in duration, and student-athletes should not participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
7. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during, and after all practices.





## SOUTHERN REGIONAL HIGH SCHOOL

### FUNDRAISING REQUEST FORM

**NOTE:** Please type the entire form and submit to Sue Spellman, if a form is not typed, it will not be accepted at the board office. **Please complete, sign & send inter-office to Sue Spellman** (11-12 building) for processing **AT LEAST SIX WEEKS BEFORE** you start your fundraiser. *All fundraisers must be approved by the Board of Education BEFORE they can be booked in any calendar.*

**Please TYPE all information below** (if form is not typed it will be returned to you)

- **If a SALE**, describe what type of item(s) are to be sold? \_\_\_\_\_

What are the **START & END DATES** of the SALE: \_\_\_\_\_ to \_\_\_\_\_

Location of the fundraising activity(ies) or place where item(s) will be sold:  
\_\_\_\_\_

**Southern Regional Board of Education Prohibits All Door-to-Door Sales**

- **If an EVENT**, what is the **NAME** of the event: \_\_\_\_\_

**DATE** of the event: \_\_\_\_\_

**Start Time:** \_\_\_\_\_ **End Time:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_

**Club/Organization:** \_\_\_\_\_

**Advisor(s):** \_\_\_\_\_

**Anticipated overall profit:** \_\_\_\_\_

**Vendor name & address (if applicable):** \_\_\_\_\_

**Is there any commission or other gain to be received by the school or advisor?** \_\_\_\_\_

**If yes, please explain:** \_\_\_\_\_

**Intended use of raised monies:** \_\_\_\_\_

**Is this a SALE or an EVENT?** \_\_\_\_\_

**If on school property: Set up Start Time:** \_\_\_\_\_ **Break Down Time:** \_\_\_\_\_

**If on school property, a list for maintenance needs are required 3 weeks prior to the above EVENT date. Submit the list to Sue Spellman or enter it in School Dude and email Sue that it has been done.**

**Advisor's signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Administrator's signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Date submitted to administration:** \_\_\_\_\_

**Board Approval:** YES: \_\_\_\_\_ NO: \_\_\_\_\_ **Date of Board Approval:** \_\_\_\_\_

Revised 07/24/2017

# Sample Form



N.J.S.A. 18A: 36-40 requires that all school districts develop social media policies for the 2014/2015 school year.

**Social Media Policy 3283 Electronic Communication Between Teaching Staff Members and Students.**

**Key Components-**

- Inappropriate electronic communication between teachers and students is unacceptable.
- Email communication to students should be conducted through the District SRSD email account. Teachers should not email students using their personal accounts.
- Cellphone contact via voice and/or text is strongly discouraged. However, teachers, coaches, advisors may utilize cellphone communication with the prior approval of the Principal (Athletic Director for coaches) to conduct school business.
- Social Media – teachers should not “friend” students.
- Communication on social media sites for educational purposes is permitted with the prior approval of the Principal and/or Supervisor as long as the communication is for school business only.

Any teacher who receives improper electronic communications should report it to the Principal/designee by the next school day.

This policy remains in effect at all times, including school breaks and over the summer.

## Universal Precautions

What to know as a Southern Regional Coach

## What is Universal Precautions?

- According to OSHA ( Occupational Safety & Health Administration) Universal Precautions is an approach to infection control to treat all human blood and certain body fluids as if they were known to be infectious.

## Preventing Exposure in the Athletic Setting

- Sports personnel can help reduce the risk of transmission by following Universal Precautions and also through pre-event preparation. (Ziegler 1997.25)

## Route of Transmission

- Because of the nature of the various sports, athletes involved in contact sports would be at a higher risk for infection than athletes in a noncontact sport. (Zeigler 1997 p20.)

## What are some of the infections that can be transmitted through contact?

- 1) Hepatitis A,B,C
- 2) HIV
- 3) Staph
- 4) Shigella
- 5) Herpes
- 6) Blood infections

## Pre-Event Preparation

- Covering existing wounds before competition will reduce the risk of infectious disease transmission by blocking the existing portals of entry. (Ziegler 1997 p.26)

### How to Prevent Spread of Infection

- ALWAYS put gloves on before helping the athlete who has an open wound
- Gloves should be changed after treating each individual participant
- Dispose of contaminated material in contained bag
- Wash your hands after removing the gloves

### During the Sporting Event

- Remove participants with active bleeding as soon as possible
- Bleeding must be controlled, cleanse wound, and cover before returning to game
- Athletes should be advised that it is their responsibility to report all wounds and injuries

### Recap

- Treat all players as if they carry an infectious disease
- Do not help the injured athlete without gloves
- Make sure all open wounds are covered before returning to play
- Always wash your hands with soap and H<sub>2</sub>O after removing your gloves

# 2017-18 NJSIAA Banned Drugs

**IT IS YOUR RESPONSIBILITY TO CHECK WITH THE APPROPRIATE OR DESIGNATED ATHLETICS STAFF BEFORE USING ANY SUBSTANCE**

The NJSIAA bans the following classes of drugs:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

**Note: Any substance chemically related to these classes is also banned.**

**THE INSTITUTION AND THE STUDENT-ATHLETE SHALL BE HELD ACCOUNTABLE FOR ALL DRUGS WITHIN THE BANNED DRUG CLASS REGARDLESS OF WHETHER THEY HAVE BEEN SPECIFICALLY IDENTIFIED.**

## Drugs and Procedures Subject to Restrictions

- Blood Doping
- Gene Doping
- Local Anesthetics (under some conditions)
- Manipulation of Urine Samples
- Beta-2 Agonists permitted only by prescription and inhalation

## NJSIAA Nutritional/Dietary Supplements Warning

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

- Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

**NOTE TO STUDENT-ATHLETES: THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES. DO NOT RELY ON THIS LIST TO RULE OUT ANY SUPPLEMENT INGREDIENT. CHECK WITH YOUR ATHLETICS DEPARTMENT STAFF PRIOR TO USING A SUPPLEMENT. REMINDER: ANY DIETARY SUPPLEMENT INGREDIENT IS TAKEN AT THE STUDENT'S OWN RISK.**

**Some Examples of NJSIAA Banned Substances in Each Drug Class**  
**Do NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.**

**Stimulants**

Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone); Octopamine; DMBA; etc.

*exceptions:* phenylephrine and pseudoephedrine are not banned.

**Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione)

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.

**Alcohol and Beta Blockers**

Alcohol; atenolol; metoprolol; nadolo; pindolol; propranolol; timolol; etc.

**Diuretics (water pills) and Other Masking Agents**

Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

**Street Drugs**

Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

**Peptide Hormones and Analogues**

Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

**Anti-Estrogens**

Anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); etc.

**Beta-2 Agonists**

Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcuclaurine; etc.

**ANY SUBSTANCE THAT IS CHEMICALLY RELATED TO THE CLASS, EVEN IF IT IS NOT LISTED AS AN EXAMPLE, IS ALSO BANNED! IT IS YOUR RESPONSIBILITY TO CHECK WITH THE APPROPRIATE OR DESIGNATED ATHLETICS STAFF BEFORE USING ANY SUBSTANCE.**

**Some Examples of NJSIAA Banned Substances in Each Drug Class**  
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# **RULES OF CONDUCT FOR COACHES**

## **TRUSTWORTHINESS**

- ◆ Be a role model and teach the importance of integrity by doing the right thing and making the right call, even when the cost is high.
- ◆ Do not engage in, encourage, or even tolerate any form of trickery or evasion of the rules in order to gain an advantage over an opponent.

## **RESPECT**

- ◆ Discussions between coaches or officials shall be done quietly and quickly. They will display respectful attitudes towards each other.
- ◆ Do not publicly criticize or demean players or officials. Never verbally or physically abuse players.

## **RESPONSIBILITY**

- ◆ Always exercise and demand self-control. Do not lose your temper.
- ◆ Learn and teach all the official rules of the sport you are coaching.
- ◆ Provide a sports environment that is free of drugs, tobacco and alcohol.
- ◆ Control your players.
- ◆ Maintain open lines of communication with the parents of your athletes.

## **FAIRNESS**

- ◆ Support and practice and “everyone plays philosophy.”
- ◆ Use positive reinforcement when coaching.
- ◆ Insist upon adherence to both the letter and spirit of the rules.

## **CARING**

- ◆ Teach and model kindness and compassion for others. Teach and demand teamwork and discourage selfishness.
- ◆ Care more about the development and overall well being of your athletes and winning.

## **CITIZENSHIP**

- ◆ Be a role model and teach the importance of obeying laws and rules as an obligation of citizenship. Explain how unfair it is for some people to play by the rules while others do not.



## **NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION**

### **The Responsibility of Sportsmanship**

#### **The Coach...**

1. Treats own players, and opponents, with respect.
2. Inspires in the athletes a love for the game and the desire to compete fairly.
3. Is the type of person he/she wants the athlete to be.
4. Disciplines those on the team who display unsportsmanlike behavior.
5. Respects the judgment and interpretation of the rules by the officials.

#### **The Official...**

1. Knows the rules and their interpretations
2. Places welfare of the participants above all other considerations.
3. Treats players and coaches courteously and demands the same from them.
4. Works cooperatively with fellow officials, timers, and/or scorers for an efficient contest.
5. Is fair and firm in all decisions, never compensating for a previous mistake.
6. Maintains confidence, poise and self control from start to finish.

#### **The Player...**

1. Treats opponents with respect.
2. Plays hard, but plays by the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gestures or arguments.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

#### **The Spectator...**

1. Attempts to understand and be informed of the playing rules.
2. Appreciates a good play no matter who makes it.
3. Cooperates with and responds enthusiastically to cheerleaders.
4. Shows compassion for an injured player; applauds positive performances; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior.
5. Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of a game.
6. Respects property of others and authority of those who administer the competition.
7. Censures those whose behavior is unbecoming.

# The Student Athlete's Bill of Rights

## *ALL STUDENTS HAVE THE RIGHT...*

- ◆ **to** take part in the activities of their choice, free from the pressure or ridicule of those who would have them choose another.
- ◆ **to** be coached by persons who are professional in their conduct
- ◆ **to** be provided the equipment and protection necessary to enable them to participate safely.
- ◆ **to** except their chosen activities to be treated with the same dignity and respect as other school activities.
- ◆ **to** be coached by persons who have more interest in the students, their wellbeing, and their development than they do in winning or personal goals.
- ◆ **to** engage in competition at a level they can enjoy.
- ◆ **to** have an atmosphere free from alcohol, drugs, and foul language.
- ◆ **to** be free of pressure from coaches to participate or practice illegally.
- ◆ **to** be free of pressure to participate in camps, clinics, or outside teams in order to be a part of the school team.
- ◆ **to** team membership, school pride, fair participation and crowd sportsmanship.

**Shore Conference Realignment for  
2016-2017 and 2017-2018**

<b>A - North</b>	<b>A - South</b>	<b>A - Central</b>
Howell	Toms River North	Red Bank Reg
Freehold Twp	Southern Reg.	Matawan
CBA	Jackson Memorial	Rumson
Marlboro	Brick Memorial	St John Vianney
Manalapan	Toms River East	Raritan
Colts Neck	Central Regional	Holmdel
Neptune	Toms River South	Shore Regional
Freehold Boro	Brick Township	
<b>B - North</b>	<b>B - South</b>	<b>B - Central</b>
Middletown North	Jackson Liberty	St. Rose
Middletown South	Lacey Township	Pt. Pleasant Beach
Long Branch	Lakewood	Keansburg
Ocean Twp	Pinelands	Asbury Park
Wall Twp	Manchester	Keyport
Monmouth Reg	Barnegat	Ranney School
Manasquan	Pt. Pleasant Boro	Henry Hudson
Red Bank Cath	Donovan Catholic	

Days school is not in session

- The Board of Education meets in the Administration Building at 7:00 p.m. {Ram Room} on the second Wednesday of each month, unless otherwise advertised.
- Southern Regional Home & School Association Meets in the High School Room 107 at 7:00 pm.

SEPTEMBER 2017						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOVEMBER 2017						
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26	27	28	29	30		

JANUARY 2018						
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28	29	30	31			

MARCH 2018						
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25	26	27	28	29	30	31

SEPTEMBER	
1	Teacher Convocation
4	Labor Day—School Closed
5	School Opens for students—11:50am Dismissal
6	11:50 Student Dismissal
14	Middle School Back to School Night—6:00pm
18	8th Grade Washington Trip Parent Meeting—6:00pm
28	High School Back to School Night—6:00pm

11:50am Dismissal
Night—6:00pm
Parent Meeting—6:00pm
Night—6:00pm

OCTOBER	
1	SAT (I & II)
4	Financial Aid Seminar—6:30pm
5-6	8th Grade Washington DC Trip
11	PSAT
20	District In-Service—11:50am Dismissal
21	Homecoming Dance—7:00pm

NOVEMBER	
1-2	High School Fall Play
3	End of First Marking Period
6-10	NIEA Convention—School Closed
15	College Planning Seminar
22	Thanksgiving Recess—11:50am Dismissal
23-24	Thanksgiving Recess—School Closed

DECEMBER	
2	SAT (1&II)
22	Winter Recess—11:50 Dismissal
25-29	Winter Recess—School Closed

JANUARY	
1	Winter Recess—School Closed
15	Martin Luther King Day—School Closed
26	End of Second Marking Period

FEBRUARY	
7	ASVAB Testing
16	District In-service—11:50 Dismissal
19	Presidents' Day—School Closed
28	District Musical

MARCH	
1-3	District Musical
9	Scholarship Breakfast—8:30am
12	Senior Trip Student/Parent Meeting—7:00pm
29	End of Third Marking Period
30	Spring Recess—School Closed

APRIL	
2-6	Spring Recess—School Closed
18-22	Senior Trip
23	District In-service—11:50 Dismissal

MAY	
1	Middle School Academic Awards Night—6:00pm
5	SAT (I & II)
5	Junior Prom—6:00pm
8	High School Academic Awards Night—6:00pm
28	Memorial Day—School Closed
29	ASVAB Testing
31	Senior Service Day
31	Scholarship Awards Ceremony 6:00pm

SEPTEMBER 2017						
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DECEMBER 2017

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31						

FEBRUARY 2018

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APRIL 2018

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22	23	24	25	26	27	28
29	30					



## SOUTHERN REGIONAL HIGH SCHOOL

Athletic Department

(609)597-9481 x4319



# ACADEMIC WORLD'S IMPORTANT DATES

### **Back to School Nights:**

Middle School: September 14, 2017 6:00 PM

High School: September 28, 2017 6:00 PM

### **Special Days:**

September 5 & 6 11:50 Dismissal—In-Service

October 20 11:50 Dismissal—In-Service

October 21 Homecoming Dance 6:00 PM

November 6—10 Fall Break / NJEA Convention

November 22 11:50 Dismissal

November 23-27 Thanksgiving Break / NJSIAA Black Out—NO SCHOOL ACCESS

December 22 11:50 Dismissal

**December 25—January 2, 2018 School Closed, Winter Recess**

January 15 School Closed, Martin Luther King's Birthday

February 16 11:50 Dismissal—In-Service

February 19 School Closed, Presidents' Day

**March 30—April 8 School Closed, Spring Recess**

May 28 School Closed, Memorial Day

### **Academic Awards Nights:**

Middle School: May 1, 2018 6:00 PM 7/8 Café

High School May 8, 2018 6:00 PM Auditorium

**Junior Prom:** May 5, 2018 6:00 PM 9/10 Gym

**Senior Service Day:** May 31, 2018 8:00 AM—2:00 PM

**Scholarship Night:** May 31, 2018 6:00 PM 11/12 Gym

**Senior Prom:** June 2, 2018 6:00 PM Sheraton Atlantic City

**NJSIAA Summer Recess:** June 8, 2018

**Graduation:** June 13, 2018 6:00 PM Stadium (tentative, pending snow days)

**Last Day for Teachers:** June 14, 2018



# Southern Regional High School District 2017-2018

## Meeting, Testing, In-Service and Early Dismissal Dates

Faculty Meetings
September 6
October 4
November 1
December 6
January 3
February 7
March 7
April 11
May 2
June 6

Department Meetings					
Department meeting dates determined by supervisors					
Sept	1	FM-6	13	20	27
Oct	FM-4	11	18	25	
Nov	FM-1	OFF	15	22 ½ day	29
Dec	FM-6	13	20	OFF	
Jan	FM-3	10	17	24	31
Feb	FM-7	14	21	28	
Mar	FM-7	14	21	28	
Apr	OFF	FM-11	18	25	
May	FM-2	9	16	23	
Jun	FM-6				
FM = Faculty Meeting					

Early Dismissals and In-Service Days	
September 1	Staff In-Service
September 5	Student Dismissal, 11:50
September 6	Student Dismissal, 11:50
October 20	Staff In-Service Students dismissed at 11:50
November 22	Thanksgiving School closed at 11:50
December 22	Winter Break School closed at 11:50
February 16	Staff In-Service Students dismissed at 11:50
April 23	Staff In-Service Students dismissed at 11:50

Testing Dates	
April 17– 19	10 <sup>th</sup> grade H/S PARCC
April 24-26	11 <sup>th</sup> grade H/S PARCC
May 1-3	9 <sup>th</sup> grade H/S PARCC
May 8-10	7 <sup>th</sup> grade M/S PARCC
May 11 and May 14-15	8 <sup>th</sup> grade M/S PARCC
May – June	New Jersey Biology Competency Test
May	New Jersey Biology Competency Test NJASK Science

Instructional Council Meetings
Ram Room, 2:30 p.m.
October 10
November 14
December 12
January 2
February 6
March 6

Administrators' Meetings	
Ram Room, 1:30 p.m.	
July 6, 2017	10:00 a.m.
August 22 2017	11:30 a.m.
September 12	1:30 p.m.
October 10	1:30 p.m.
November 14	1:30 p.m.
December 12	1:30 p.m.
January 2, 2018	1:30 p.m.
February 13	1:30 p.m.
March 13	1:30 p.m.
April 10	1:30 p.m.
May 8	1:30 p.m.

June 30, 2017

## 2017-2018 Marking Period & Quarterly/SGO Schedule

<i>Marking Period 1 — 44 days</i> <b><u>September 5 — November 3</u></b> Progress Reports Due: September 29 @ 9:00am      Progress Reports Posted: October 3 Grades Due: November 14 @ 9:00am      Grades Posted: November 16	
October 30	English & Electives Quarterlies
October 31	World Language & Social Studies Quarterlies
November 1	Math & PE Quarterlies
November 2	Science & Make up Quarterlies
<i>Marking Period 2 — 46 days</i> <b><u>November 13 — January 26</u></b> Progress Reports Due: December 8 @ 9:00am      Progress Reports Posted: December 12 Grades Due: January 30 @ 9:00am      Grades Posted: February 1	
January 22	English & Electives Quarterlies
January 23	World Language & Social Studies Quarterlies
January 24	Math & PE Quarterlies
January 25	Science & Make up Quarterlies
<i>Marking Period 3 — 43 days</i> <b><u>January 29 — March 29</u></b> Progress Reports Due: February 23 @ 9:00am      Progress Reports Posted: February 27 Grades Due: April 10 @ 9:00am      Grades Posted: April 12	
March 23	English & Electives SGO
March 26	World Language & Social Studies SGO
March 27	Math & PE SGO
March 28	Science & Make up SGO
<i>Marking Period 4 — 47 days</i> <b><u>April 9 — June 13</u></b> Progress Reports Due: May 4 @ 9:00am      Progress Reports Posted: May 8 Grades Posted: June 13	
June 6	Senior Exams 1 & 8
June 7	Senior Exams 2 & 3
June 8	Final Exams Periods 4 & 5
June 11	Final Exams Periods 6 & 7 Senior Meeting—Auditorium 12:00
June 12	Final Exams Periods 1 & 2 Senior Make up Exams 8:00am Graduation Practice—11/12 Gym 10:00am
June 13	Final Exams Periods 3 & 8 Senior Slide Show—Auditorium 8:00am Graduation Practice—Stadium 9:00am Last day for students Graduation—6:00pm



# Southern Regional High School

Of Ocean County  
Manahawkin, NJ 08050

## Athletic Injury Report

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
Parent/Guardian Names: \_\_\_\_\_  
Date of Injury: \_\_\_\_\_ Sport: \_\_\_\_\_  
Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Site of Injury: \_\_\_\_\_

### INJURED AREA:

Ankle: \_\_\_\_\_ Elbow: \_\_\_\_\_ Head: \_\_\_\_\_ Neck: \_\_\_\_\_  
Arm: \_\_\_\_\_ Eye: \_\_\_\_\_ Hip: \_\_\_\_\_ Shoulder: \_\_\_\_\_  
Back: \_\_\_\_\_ Foot: \_\_\_\_\_ Knee: \_\_\_\_\_ Thigh: \_\_\_\_\_  
Calf: \_\_\_\_\_ Hand: \_\_\_\_\_ Leg: \_\_\_\_\_ Wrist: \_\_\_\_\_

Other: \_\_\_\_\_  
Describe Activity & How Injury Occurred: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Coach Submitting Report: \_\_\_\_\_  
Date Reported: \_\_\_\_\_ Date Claim Mailed To Parents: \_\_\_\_\_  
SIGNATURE

DISPOSITION DATE: \_\_\_\_\_  
Released: \_\_\_\_\_ Athletic Trainer: \_\_\_\_\_  
Family Doctor: \_\_\_\_\_ Hospital: \_\_\_\_\_

Trainer Response: \_\_\_\_\_  
\_\_\_\_\_

WHITE—Office

YELLOW—Nurse

PINK—Coach

GOLD — Trainer

Rev 7/04

# SOUTHERN REGIONAL HIGH SCHOOL

## Change of Sport Form

School year: \_\_\_\_\_

**Original Sport** \_\_\_\_\_ **New Sport** \_\_\_\_\_

**Last Name** \_\_\_\_\_ **First** \_\_\_\_\_ **ID#** \_\_\_\_\_

**Grade** \_\_\_\_\_ **Homeroom Teacher** \_\_\_\_\_ **Season** \_\_\_\_\_

**Birth date** \_\_\_\_\_ **Birthplace: Town** \_\_\_\_\_ **State** \_\_\_\_\_

**Home Address** \_\_\_\_\_

**Emergency contact Name** \_\_\_\_\_ **Parent/Guardian Name** \_\_\_\_\_

**Transfer in this year?** \_\_\_\_\_ **If yes, from what school?** \_\_\_\_\_

### **CODE OF CONDUCT:**

All student athletes participating in both the high and middle school interscholastic athletic programs are held to the highest standard of character and sportsmanship. Each coach will issue our Board of Education approved Student/parent Athletic Handbooks. I/we have reviewed and understand the Student athlete and activities discipline procedure and do agree to abide by the rules and regulations of the procedure.

### **INFORMED CONSENT:**

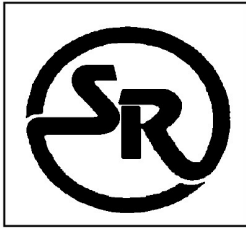
Realizing that such activity involves the potential for injury which is inherent in all sports, I/we acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of the rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death. I/we acknowledge that I give permission for my child to participate in:

**(Sport):** \_\_\_\_\_

**Student Signature** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_

**Date:** \_\_\_\_\_



**SOUTHERN REGIONAL HIGH SCHOOL**  
*Athletic Department*  
**90 Cedar Bridge Road, Manahawkin, NJ 08050**  
**(609)597-9481**



**APPLICATION FOR COACHING POSITION**

Date of Application \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Telephone: Home (    ) \_\_\_\_\_ Business (    ) \_\_\_\_\_ Cell (    ) \_\_\_\_\_

1. Circle the highest level of Education you have completed:    1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

College Attended \_\_\_\_\_ Year Graduated \_\_\_\_\_

Teaching Degree (Subject) \_\_\_\_\_ Other Degree \_\_\_\_\_

Ocean Co. Substitute Certificate \_\_\_\_\_ Yes \_\_\_\_\_ No

2. What is your occupation? (be specific) \_\_\_\_\_

\_\_\_\_\_

3. What sport are you interested in coaching? \_\_\_\_\_

(Note: The sport you have written in here will be referred to as "this sport" in the remainder of the questionnaire.)

**COACHING BACKGROUND**

4. Have you played this sport?    Yes \_\_\_\_\_ No \_\_\_\_\_ # of years \_\_\_\_\_ HS \_\_\_\_\_ College \_\_\_\_\_

5. What other sports have you played?

<u>Sport</u>	<u>Age Level</u>	<u>Number of Years Played</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

6. Have you coached this sport before:    Yes \_\_\_\_\_ No \_\_\_\_\_ Number of Years \_\_\_\_\_

7. What other sports have you coached:

<u>Sport</u>	<u>Sponsoring Agency</u>	<u>Age Level</u>	<u>Years Coached</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

8. Have you any formal training as a coach? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, please describe (for example, PE degree, coaching courses, clinics, etc.)

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9. Please rate your knowledge of the following topics with regard to this sport by circling the appropriate number.

- 1 = You know very little about it  
2 = You have reasonably good knowledge about it  
3 = You know a great deal about it

1 2 3	Basic technique	1 2 3	Organizing a practice
1 2 3	Advanced technique	1 2 3	Developing sportsmanship
1 2 3	Rules of the sport	1 2 3	Motivating youngsters
1 2 3	Strategy of the sport	1 2 3	Injury prevention & treatment
1 2 3	Organizing a contest	1 2 3	Communication skills
1 2 3	Equipment needs & specifications	1 2 3	Warm-up and physical conditioning techniques
1 2 3	Injury prevention & treatment	1 2 3	Working with parents
1 2 3	Athletic nutrition	1 2 3	General principles for teaching sports skills
1 2 3	Legal duties	1 2 3	Managing time

**References:**

10. Please list the name, address and telephone number (if available) of two persons who know you sufficiently well to comment on your past coaching or your potential as a coach.

*Name* *Address* *Telephone*

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10. Please check here if you are applying for a volunteer coaching position \_\_\_\_\_

Or paraprofessional aide \_\_\_\_\_

**PLEASE NOTE: FINGER PRINT CHECK IS REQUIRED**

**DO YOU HAVE FINGER PRINTS ON FILE IN TRENTON** \_\_\_\_ **YES** \_\_\_\_ **NO**

**If you are not a Southern Regional teacher please contact Kathleen Connolly @ 609-597-9481 ext. 4411 for further requirements.**

I hereby certify that all information submitted is true and correct to the best of my knowledge.

Return to:  
Athletic Department  
SOUTHERN REGIONAL HIGH SCHOOL DISTRICT  
90 Cedar Bridge Road  
Manahawkin, NJ 08050

\_\_\_\_\_  
Signature

**PLEASE ATTACH A COPY OF YOUR TEACHING CERTIFICATE. Thanks!**

**IMPORTANT:**

**PLEASE NOTE: WHEN IS YOUR—**

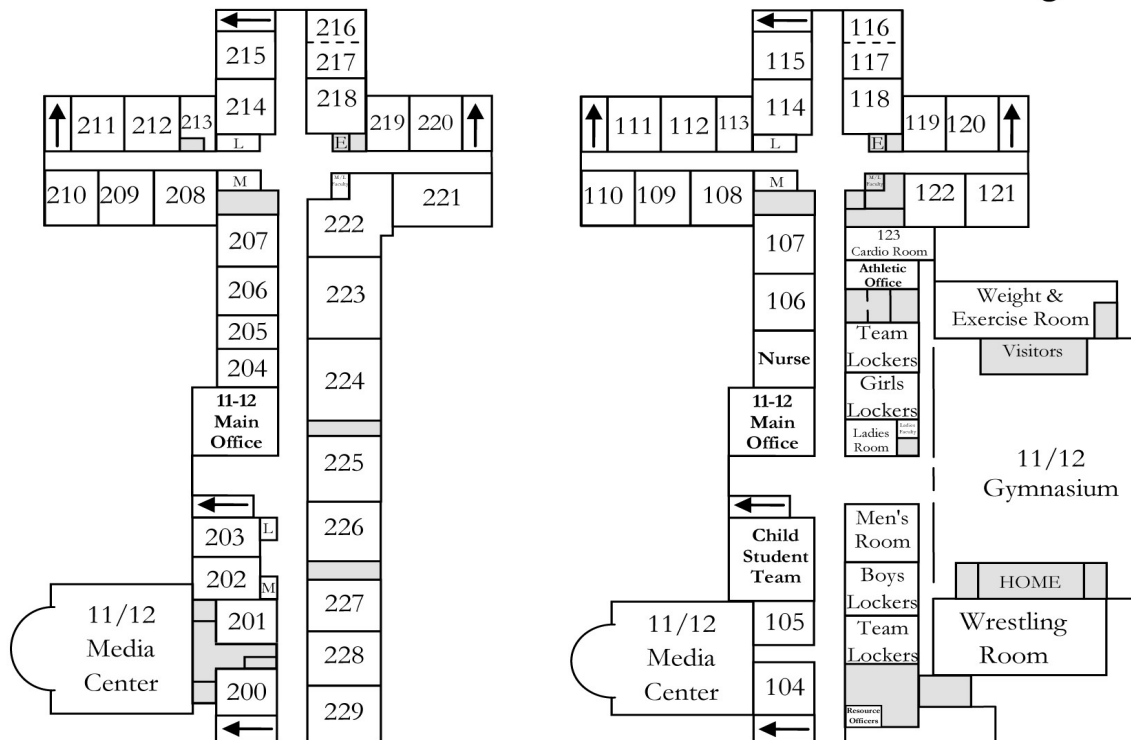
**PREP. PERIOD**

**& LUNCH PERIOD**

AN EQUAL OPPORTUNITY EMPLOYER

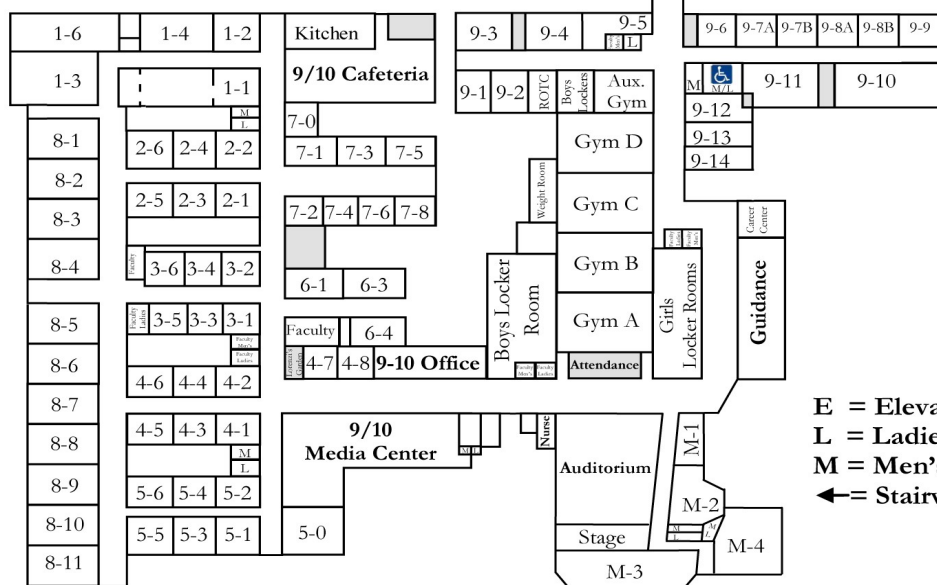
# Southern Regional High School

## 1st floor 11/12 Building



## 2nd floor 11/12 Building

**Office Locations**  
 Attendance—9/10 Bldg.  
 Guidance—9/10 Bldg.  
 Child Study Team—11/12 Bldg.  
 Athletics—11/12 Bldg.



E = Elevator  
 L = Ladies Room  
 M = Men's Room  
 ← = Stairwell

## 9/10 Building

