

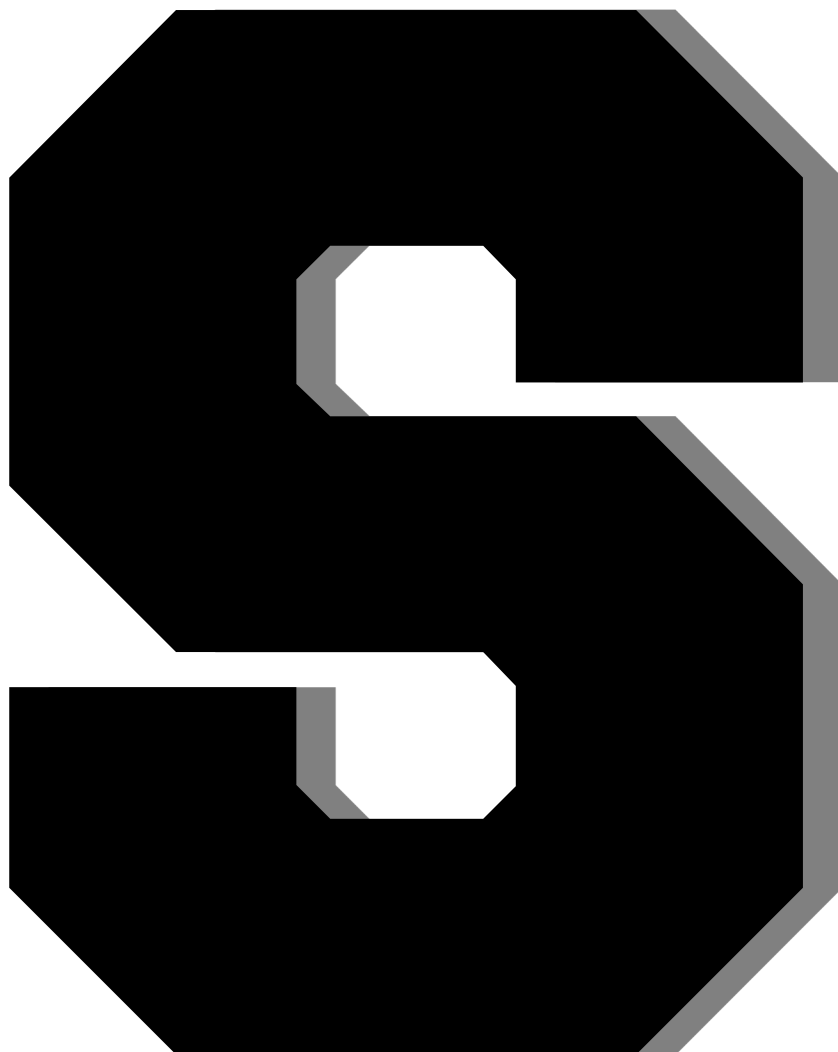
SOUTHERN REGIONAL

School District

"Committed to Excellence"

STUDENT/PARENT ATHLETIC HANDBOOK

Athletics.srsd.net



RULES & REGULATIONS



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. cdonohuejr@srsd.net	Supervisor of High School Athletics
Sue Spaschak sspaschak@srsd.net	Professional Assistant
Nick Scaramazza nsaramazza@srsd.net	Athletic Trainer
Dr. Todd Schmoll	School Doctor

BOARD OF EDUCATION

Mr. Steven Berkheiser, President
Mr. Scott Waters, Vice President
Mr. Kevin C. Lyons
Mr. Rick McDonough
Mr. Thomas W. Serpico
Stuart Snyder, Esq.
Mrs. Heather Tatur
Mr. Keith Weidenhof
Mr. R. Scott Zoladz
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

SOUTHERN REGIONAL SCHOOL DISTRICT

ADMINISTRATIVE STAFF

2018-2019

District

Mr. Craig E. Henry, Chief School Administrator
Mrs. Megan Vile, Assistant Superintendent
Mr. Steven Terhune, Business Administrator/Board Secretary

School Administration

High School

Mr. Eric V. Wilhelm, Principal

11/12 House

Mr. Joseph DiPietro, Assistant Principal
Mrs. Susan M. Craig, Assistant Principal

9/10 House

Dr. Richard Falletta, Assistant Principal
Mr. Joseph Medica, Assistant Principal

Middle School

Dr. Elisabeth Brahn, Principal
Mr. Anthony Buczynski, Jr., Assistant Principal
Mr. Brian Zatorski, Assistant Principal

Supervisor Assignments

- Mr. Anthony Buczynski, Jr., Middle School Testing Coordinator, Middle School Assistant Academic Supervisor
- Mr. Michael Concilio, High Mathematics, District Testing and ESEA Coordinator
- Mrs. Susan M. Craig, High School World Language, High School Student Services (504, HIB and Homeless Liaison), Vocational School Liaison, Affirmative Action Officer, Community Education
- Mr. Charles Donohue, Jr., High School Athletics
- Mr. Joseph DiPietro, Autism Program, High School Health and Physical Education, JROTC
- Dr. Richard Falletta, High School Social Studies, School Security Specialist and District Performing Arts
- Ms. Barbara McHale, Middle School Academic Supervisor, Art, Media Center, Basic Skills, District English Second Language (ESL)
- Mr. Joseph Medica, High School Science, Southern News Network (SNN)
- Mrs. Darlene Parks, High School Art, Basic Skills, Business, Family and Consumer Science, Language Arts, Media Centers
- Mr. Robert Schoka, Middle School Athletics, Middle School Special Education, Compass Program, Affirmative Action Officer
- Mrs. Megan Vile, High School Guidance
- Mr. Jonathan White, High School Special Education, Compass Program
- Mr. Eric V. Wilhelm, District Health Services, Applied Technology
Mr. Brian Zatorski, Middle School Guidance, Health and Physical Education, School Security Specialist and Student Services (504, I&RS, Homeless Liaison)

Lead Teachers

Mrs. Catherine Latshaw, District Family and Consumer Sciences
Mr. Jeffrey Reilly, High School Guidance
Mrs. Susan Sharkey, Health & Physical Education
Mr. Gerry Tabbacchino, District Applied Technology

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
 1161 Route 130 North, P.O. Box 487, Robbinsville, NJ 08691
 Phone 609-259-2776 ~ Fax 609-259-3047

NJSIAA 2018-2019 Athletic Season Dates

Fall 2018	First Practice	First Scrimmage	First Contests
Football	Aug. 08	Aug. 15	Aug. 30
Cross Country	Aug. 13	Aug. 20	Sept. 4
Field Hockey	Aug. 13	Aug. 20	Sept. 4
Gymnastics	Aug. 13	Aug. 20	Sept. 4
Soccer	Aug. 13	Aug. 20	Sept. 4
Tennis (Girls)	Aug. 13	Aug. 20	Sept. 4
Volleyball (Girls)	Aug. 13	Aug. 20	Sept. 4
Winter 2018-19	First Practice	First Scrimmage	First Contests
Ice Hockey	Nov. 05	Nov. 12	Nov. 24
Bowling	Nov. 12	No Restriction	Nov. 24
Swimming	Nov. 12	Nov. 19	Dec. 1
Skiing	Nov. 26	Dec. 3	Jan. 1
Basketball*#	Nov. 26	Dec. 3	Dec. 14
Fencing*#	Nov. 26	Dec. 3	Dec. 14
Winter Track*#	Nov. 26	Dec. 3	Dec. 14
Wrestling*#	Nov. 26	Dec. 3	Dec. 14
*Try-out Time	Nov. 19-21		
#No Contact Time	Nov. 22-25		
Spring 2019	First Practice	First Scrimmage	First Contests
Lacrosse	March 1	March 8	March 27
Golf	March 1	No Restriction	April 1
Tennis (Boys)	March 1	March 8	April 1
Baseball	March 1	March 8	April 1
Softball	March 1	March 8	April 1
Spring Track	March 1	March 8	April 1
Volleyball (Boys)	March 1	March 8	April 1

Please Note:

The "first scrimmage" dates above include the 6 days on and 1 day off rule. You may break up the first 7 days as you choose, just remember that 6 days of practice and 1 day of rest within the 7-day time frame.

Bowling & Golf are not considered strenuous sports; therefore the 6 practices is not necessary before they can scrimmage.

Football Only - upon board approval, teams may begin the "Heat Acclimatization" period on August 6th.

Revised June 2018

INTRODUCTION

This handbook has been written to enhance communication between parents, student-athletes, coaches and school administrators. Parents and athletes are asked to familiarize themselves with the contents of this booklet. Any concerns or questions should be directed to Chuck . Donohue Jr., Supervisor of H.S. Athletics, at 597-9481 Ext. 4355, or email cdonohuejr@srsd.net.

Before each season, a Parent-Coaches meeting will be held. This is an important event, and all parents are encouraged to attend. Many essential items relative to your child's specific sport. are discussed. Parents are also encouraged to demonstrate their support by attending as many athletic contests as possible.

Thank you for your support of Southern Athletics. If there are any issues, concerns, or questions that arise, please follow the athletic chain of command.

Head Coach of your child's sport

Athletic Director

Principal

Upper Administration

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.

SOUTHERN REGIONAL SCHOOL DISTRICT ATHLETIC PROGRAM GOALS

The Southern Regional High School District Board of Education endorses these goals to be achieved through the participation in the district's interscholastic athletic programs.

The Southern Regional Athletic Program should be an integral part of the total educational program, and all students should have an equal opportunity to become involved. Our program should be as extensive as the facilities, staff and finances can adequately support.

We believe:

1. Athletes should be required to maintain academic standards consistent with our eligibility policy.
2. Participation in athletics is a privilege, not a right.
3. Athletes must learn to abide by rules, regulations, and decisions associated with their particular sport. The coach has the responsibility to determine an athlete's ability and talent, who shall make the team, and the coaching techniques and strategies that will be employed.
4. There must be mutual respect for all who are involved in the competition – teammates, opponents, coaches, and officials.
5. Participation helps develop character, cooperation, and the moral and ethical values that lead to useful citizenship.
6. Participation teaches a student that discipline and self-sacrifice are necessary ingredients of teamwork.
7. Through participation, the student-athlete will develop a healthy body, sound mind, and an appreciation of individual differences.
8. Participation leads to a better understanding of ethics, sportsmanship, integrity, and fair play.
9. Valuable lessons are learned in the course of competition, both winning and losing. They help us grow up and develop.
10. The Board of Education, administration, members of the athletic staff, student-athletes, and parents should do everything within their power and ability to promote the athletic program and to create an atmosphere of learning that it is in the best interest of the students and the community.

SOUTHERN REGIONAL ATHLETIC DEPARTMENT

SPORTS OFFERINGS

<u>FALL</u>	<u>VARSITY</u>	<u>JV</u>	<u>FROSH</u>
Cheerleading	X	X	
Boys Cross Country	X		
Girls Cross Country	X		
Field Hockey	X	X	X
Football	X	X	X
Girls Gymnastics	X	X	
Boys Soccer	X	X	X
Girls Soccer	X	X	
Girls Tennis	X	X	
Girls Volleyball	X	X	X
TOTAL	10	8	4
 <u>WINTER</u>			
Boys Basketball	X	X	X
Girls Basketball	X	X	X
Boys Bowling	X	X	
Girls Bowling	X	X	
Cheerleading	X	X	
Competition Cheer	X		
Ice Hockey	X		
Boys Swimming	X		
Girls Swimming	X		
Boys Winter Track	X		
Girls Winter Track	X		
Wrestling	X	X	
TOTAL	12	6	2
 <u>SPRING</u>			
Baseball	X	X	X
Boys Golf	X		
Girls Golf	X		
Boys Lacrosse	X	X	
Girls Lacrosse	X	X	X
Softball	X	X	
Boys Tennis	X		
Boys Track & Field	X		
Girls Track & Field	X		
Boys Volleyball	X	X	X
TOTAL	10	5	3
PROGRAM TOTAL:	32	19	8

Southern Regional is a member of the Shore Conference, the largest conference in the state of New Jersey. We are classified as a Group IV school by the New Jersey State Interscholastic Athletic Association, meaning Southern is in the group of high schools containing the largest student population. For FOOTBALL & WRESTLING ONLY during the 2018-2019 school year we will participate in South Jersey Group V. For Ice Hockey and Swim we are classified as “Public A”

The Shore Conference consists of the 47 high schools of Monmouth and Ocean counties. Schools are in a divisional structure based on size, geography, and other pertinent factors. Southern competes in the powerful “A” South division.

Our athletic program consists of 32 varsity sports, 30 sub-varsity (Junior Varsity and Freshman) and 14 Middle School sports.

We have won our share of championship plaques and sportsmanship awards. Southern has earned a fine reputation in our conference for competitive, aggressive play with an emphasis on sportsmanship, fairness and integrity. We are proud of our student-athletes, parents and coaches.

Shore Conference of High Schools Class A-South

**Brick Memorial
Brick Township
Jackson Memorial
Central Regional
Southern Regional
Toms River East
Toms River North
Toms River North**

*Divisions may vary depending on the sport.
Such as Boys Volleyball, Girls Golf, Ice Hockey, Boys Lacrosse & Football.*

Letter to Parents:

The role of the parent in the education of a youngster is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school in the classroom and through co-curricular activities.

A student's involvement in the classroom and other activities contributes to the development of a value system which has been established in the home. Integrity, fairness and respect are lifetime values taught through athletics. These are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

A good sport-student or parent is a true leader in the community. As a parent of a student at our school, your sportsmanship goals should include:

To realize that athletics are part of the educational experience and the benefits of involvement go beyond the final score of the game.

To encourage our students to perform their best just as you would urge them on with their class work.

To participate in positive cheers that encourage your student and to discourage any cheers that would redirect that focus-including those that taunt and intimidate opponents, their fans and officials.

To learn and understand the rules of the game, and to respect the officials who administer.

To respect the task our coaches face as teachers and to support them as they strive to educate our youth.

To respect our opponents and acknowledge their efforts and to develop a sense of dignity under all circumstances

To be a fan....not a fanatic!

You can have a major influence on your student's attitude about academics and athletics. The leadership role you assume in sportsmanship will influence your child for years to come.

We look forward to serving you in the year ahead, and appreciate your continued support.

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 alcohol 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/drugs, 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:

• 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.)

• 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.

• 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.

- 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.
 - 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 or the committee.
 - 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.
 - 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.
 - 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.
 - A written record of the hearing will be made and kept on file.
 - 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.

- Copies of these rules will be on file in the office of the Directors of Athletics.
- All participants will receive a copy of these rules during the beginning of 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 Supervisor of Athletics and will be assigned to a staff member who will conduct 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 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.
 - 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.

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

Academic Eligibility Requirements

NJSIAA ELIGIBILITY

	<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

ATTENTION!

NJSIAA Concussion Policy
NJSIAA Steroid Testing Policy
Consent to random testing for student athletes.

Forms & physical packets are located at
Athletics.srsd.net

2018-2019 Marking Period & Quarterly/SGO Schedule

<i>Marking Period 1 — 43 days</i> <u>September 5 — November 2</u> Progress Reports Due: September 28 @ 9:00am Progress Reports Posted: October 2 Grades Due: November 13 @ 9:00am Grades Posted: November 15	
October 29	English & Electives Quarterlies
October 30	World Language & Social Studies Quarterlies
October 31	Math & PE Quarterlies
November 1	Science & Make up Quarterlies
<i>Marking Period 2 — 45 days</i> <u>November 12 — January 25</u> Progress Reports Due: December 7 @ 9:00am Progress Reports Posted: December 11 Grades Due: January 29 @ 9:00am Grades Posted: January 31	
January 18	English & Electives Quarterlies
January 22	World Language & Social Studies Quarterlies
January 23	Math & PE Quarterlies
January 24	Science & Make up Quarterlies
<i>Marking Period 3 — 44 days</i> <u>January 28 — March 29</u> Progress Reports Due: February 22 @ 9:00am Progress Reports Posted: February 26 Grades Due: April 2 @ 9:00am Grades Posted: April 4	
March 25	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 — 48 days</i> <u>April 1 — June 14</u> Progress Reports Due: May 3 @ 9:00am Progress Reports Posted: May 7 Grades Posted: June 17	
June 7	Senior Exams 1 & 8
June 10	Senior Exams 2 & 3
June 11	Final Exams Periods 4 & 5
June 12	Final Exams Periods 6 & 7 Senior Meeting—Auditorium 12:00
June 13	Final Exams Periods 1 & 2 Graduation Practice—11/12 Gym 10:00am
June 14	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 SCHOOL DISTRICT

Manahawkin, New Jersey

SCHOOL CALENDAR – 2018-2019

September	4	Teacher Orientation	
September	5	School Opens	18
October	---	---	23
November	5-9 22-23	NJEA Convention Thanksgiving	15
December	24-31	Winter Recess	15
January	1 21	Winter Recess Martin Luther King's Birthday	21
February	18	Presidents' Day	19
March	--	--	21
April	19-26	Spring Recess	16
May	27	Memorial Day	22
June	14 17	Last Day for Students Last Day for Teachers	10
Total days for students			180

Total Teacher Days = 182 (includes September 4 and June 17)

Adopted: **November 15, 2017**

NOTE: Excessive inclement weather closings will result in Martin Luther King's Birthday (January 21), President's Day (February 18 and Spring Recess (April 19-26) being considered for instructional days.

SOUTHERN REGIONAL HIGH SCHOOL DISTRICT

2018 – 2019



SEPTEMBER 2018

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						

OCTOBER 2018

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER 2018

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18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER 2018

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JANUARY 2019

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Check WWW.SRSD.NET for updates

SEPTEMBER

- 3 Labor Day
- 4 Teacher Convocation
- 5 School Opens for students – 11:50 a.m. dismissal
- 6 11:50 a.m. Student Dismissal
- 13 Middle School Back to School Night (6:00 p.m.)
- 17 8th grade Washington Trip parent meeting (6:00 p.m.)
- 20 High School Back to School Night (6:00 p.m.)
- 22 Homecoming Dance (7:00 p.m.)

OCTOBER

- 3 Financial Aid Seminar (6:30 p.m.)
- 4-5 8th grade Washington Trip
- 6 SAT (I & II)
- 17 PSAT
- 19 District In-service – 11:50 a.m. dismissal

NOVEMBER

- 2 End of First Marking Period
- 5-9 NJEA Convention – school closed
- 14 College Planning Seminar (6:30 p.m.)
- 14-15 High School Fall Play
- 21 Thanksgiving Recess – 11:50 a.m. dismissal
- 22-23 Thanksgiving Recess – school closed

DECEMBER

- 1 SAT (I & II)
- 21 Winter Recess – 11:50 a.m. dismissal
- 24-31 Winter Recess – school closed

JANUARY

- 1 Winter Recess – school closed
- 21 Martin Luther King's Birthday
- 25 End of Second Marking Period

FEBRUARY

- 15 District In-service – 11:50 a.m. dismissal
- 18 Presidents' Day
- 27-28 District Musical

MARCH

- 1-2 District Musical
- 8 Scholarship Breakfast (8:30 a.m.)
- 9 SAT (I & II)
- 11 Senior trip student/parent meeting (7:00 p.m.)
- 29 End of Third Marking Period

APRIL

- 10-14 Senior Trip
- 15 District In-service – 11:50 a.m. dismissal
- 19-26 Spring Recess – school closed

MAY

- 1 Junior Prom Parent Meeting (7:00 p.m.)
- 4 SAT (I & II)
- 7 Middle School Academic Awards (6:00 p.m.)
- 11 Junior Prom (6:00 p.m.)
- 14 High School Academic Awards (6:00 p.m.)
- 20 Senior Prom Parent Meeting (7:00 p.m.)
- 27 Memorial Day - school closed
- 30 Senior Service Day
- 30 Scholarship Awards Ceremony (6:00 p.m.)

JUNE

- 1 SAT (I & II)
- 1 Senior Prom (6:00 p.m.)
- FINAL EXAMS – LAST WEEK OF SCHOOL
- All students required to participate – dates of final exams are subject to change based on snow day closings.
- 14 (tentative)

FEBRUARY 2019

S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28		

MARCH 2019

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL 2019

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY 2019

S	M	T	W	T	F	S
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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	31	

JUNE 2019

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Early Dismissal – 11:50 a.m.

Days school is not in session

NOTE: January 21, February 18, and April 19 to 26 are subject to recall for scheduled instructional days should inclement weather closings occur.

**Southern Regional High School District
2018-2019
Marking Period Schedule
DRAFT**

First Marking Period

September	5	(43 days)	Start of First Marking Period
September	28		Progress Reports due 9:00 a.m. (18 days)
October	2		Progress Reports Posted
November	2		End of First Marking Period
November	13		Grades due 9:00 a.m.
November	15		Grades Posted

Month	Days
Sept	18
Oct	23
Nov	15
Dec	15
Jan	21
Feb	19
March	21
April	16
May	22
June	10

Second Marking Period

November	12	(45 days)	Start of Second Marking Period
December	7		Progress Reports due 9:00 a.m. (18 days)
December	11		Progress Reports Posted
January	25		End of Second Marking Period
January	29		Grades due 9:00 a.m.
January	31		Grades Posted

Third Marking Period

January	28	(44 days)	Start of Third Marking Period
February	22		Progress Reports due 9:00 a.m. (19 days)
February	26		Progress Reports Posted
March	29		End of Third Marking Period
April	2		Grades due 9:00 a.m.
April	4		Grades Posted

Fourth Marking Period

April	1	(48 days)	Start of Fourth Marking Period
May	3		Progress Reports due 9:00 a.m. (19 days)
May	7		Progress Reports Posted
June	14		Last day for students
June	17		Grades Posted

**Southern Regional High School District
2018-2019
Meeting, Testing, In-Service and Early Dismissal Dates**

Faculty Meetings	
September 5	
October 3	
November 14	
December 5	
January 2	
February 6	
March 6	
April 3	
May 1	
June 5	

Department Meetings					
Department meeting dates determined by supervisors					
Sept	4	FM-5	12	19	26
Oct	FM-3	10	17	24	31
Nov	OFF	FM-14	21 ½ day	28	
Dec	FM-5	12	19	OFF	
Jan	FM-2	9	16	23	30
Feb	FM-6	13	20	27	
Mar	FM-6	13	20	27	
Apr	FM-3	10	17	OFF	
May	FM-1	8	15	22	29
Jun	FM-5				
FM = Faculty Meeting					

Early Dismissals and In-Service Days	
September 4	Staff In-Service
September 5	Student Dismissal, 11:50
September 6	Student Dismissal, 11:50
October 19	Staff In-Service Students dismissed at 11:50
November 21	Thanksgiving Student dismissal at 11:50
December 21	Winter Break Student dismissal at 11:50
February 15	Staff In-Service Students dismissed at 11:50
April 15	Staff In-Service Students dismissed at 11:50

Testing Dates	
April 9-11	10 th grade H/S PARCC
April 16-18	11 th grade H/S PARCC
April 30-May 2	9 th grade H/S PARCC
May 7-9	Make-ups Grades 9-11 H/S PARCC
May 7-9	7 th grade M/S PARCC
May 10, 13 & 14	8 th grade M/S PARCC
May 21-22	Grade 11 – NJSLA Science
May 23-24	Make-ups – Grade 11 – NJSLA Science
May 29-30	Grade 8 – NJSLA Science

Instructional Council Meetings	
Ram Room, 2:30 p.m.	
October 9	
November 13	
December 11	
January 8	
February 5	
March 5	

Administrators' Meetings	
Ram Room, 1:30 p.m.	
July 10, 2018	10:00 a.m.
August 21	11:30 a.m.
September 11	1:30 p.m.
October 9	1:30 p.m.
November 13	1:30 p.m.
December 11	1:30 p.m.
January 8, 2019	1:30 p.m.
February 12	1:30 p.m.
March 12	1:30 p.m.
April 9	1:30 p.m.
April 30	1:30 p.m.

June 30, 2018



2018/2019 PARTICIPATION LIMITATIONS

Note: The season ends for all sports with the last regularly scheduled game, sanctioned event, or NJSIAA tournament. Scrimmages permitted after six days of practice. Schools may play one four-game week, by rule.

Rules indicated below will govern all sports unless modified by NJSIAA.

FALL SPORTS				
ACTIVITY	RULES	PRACTICE STARTS	FIRST REGULARLY SCHEDULED GAMES, MEETS OR MATCHES	NUMBER OF GAMES, MEETS OR MATCHES *(Scrimmages Count Only During Regular Season)
Cross Country	National Federation	August 13	Tuesday after Labor Day (September 4)	3 Meets per week (Individual)
Field Hockey	National Federation	August 13	Tuesday after Labor Day (September 4)	Sixteen (16) games, plus two (2) tournaments, plus the State Tournament, or Eighteen (18) games, plus one (1) tournament, plus the State Tournament, or Twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted. A player may not play in more than three (3) halves per day.
Football	National Federation	August 8	August 30, 2018	10 Maximum Regular Schedule
Gymnastics	National Federation	August 13	Tuesday after Labor Day (September 4)	3 Meets per week. Maximum Meets/Individual-fifteen (15)
Soccer	National Federation	August 13	Tuesday after Labor Day (September 4)	Sixteen (16) games, plus two (2) tournaments, plus the State Tournament, or Eighteen (18) games, plus one (1) tournament, plus the State Tournament, or Twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted. A player may not play in more than three (3) halves per day.
Tennis	U.S.T.A.	August 13	Tuesday, September 4 or after six (6) days of practice	No more than 1 full match at the end of a school day.
Volleyball	National Federation	August 13	Tuesday after Labor Day (September 4)	

WINTER SPORTS				
ACTIVITY	RULES	PRACTICE STARTS	FIRST REGULARLY SCHEDULED GAMES, MEETS OR MATCHES	NUMBER OF GAMES, MEETS OR MATCHES *(Scrimmages Count Only During Regular Season)
Basketball	National Federation	Official Practice begins Monday after Thanksgiving (November 26). Tryouts can begin November 19 th	Friday before third Saturday of December (December 14)	3 Games per week; one four-game week is permitted. (1) Twenty (20) games plus two (2) tournaments, plus the State Tournament; or (2) Twenty-two (22) games, plus one (1) tournament, plus the State Tournament; or (3) Twenty-six (26) games, including regular season and tournament(s), plus the State Tournament
Bowling	The US Bowling Congress Youth Rules	November 12	November 24	
Fencing	United States Fencing Association	Official Practice begins Monday after Thanksgiving (November 26). Tryouts can begin November 19 th	Friday before third Saturday of December (December 14)	
Ice Hockey	National Federation	November 5	November 24	26 Games, plus State Tournament, (3 games per week). Games cannot be played on three consecutive days.
Skiing	N.C.A.A.	Monday after Thanksgiving (November 26)	January 1	15 Meets, including inter-school scrimmages, regular meets, postponed meets, and invitational meets
Swimming	National Federation	November 12	December 1	23 Meets, plus NJSIAA Championships. 3 Meets per week; one four-meet week is permitted. Not more than a total of three (3) swimming meets may be held per week beginning with the week of the Start of the Regular Schedule (Rule 2, Section 8) to the start of the State Tournament (this includes interschool scrimmages, regular meets, postponed meets, and invitational meets), <u>but meets may not be conducted on three (3) consecutive days</u> . This section does not apply to State Tournament scheduling.
Winter Track	National Federation	Official Practice begins Monday after Thanksgiving (November 26). Tryouts can begin November 19 th	Friday before third Saturday of December (December 14)	3 Meets per week
Wrestling	National Federation	Official Practice begins Monday after Thanksgiving (November 26). Tryouts can begin November 19 th	Friday before third Saturday of December (December 14)	A team may not schedule nor may a wrestler participate in more than four weigh-ins per week. A team may schedule only one event involving more than four teams during the week. A two-day tournament with a weigh-in each day will count as one weigh-in. A wrestler may not compete in MORE than a maximum of 30 sub-varsity and varsity matches during the regular season (exclusive of NJSIAA Team and Individual Tournament).

SPRING SPORTS				
ACTIVITY	RULES	PRACTICE STARTS	FIRST REGULARLY SCHEDULED GAMES, MEETS OR MATCHES	NUMBER OF GAMES, MEETS OR MATCHES *(Scrimmages Count Only During Regular Season)
Golf	U.S.G.A.	March 1	April 1	<u>B/G Team</u> – Must play a minimum of six (6) matches by the cut-off date and have won 60% of matches. <u>Boys Individual</u> – A school which fails to qualify, or does not conduct an interscholastic program, may enter a maximum of (2) individuals provided the individual's five (5) best scores in 9-hole matches were four or less over par on regulation courses. <u>Girls Individual</u> – Will qualify by using the course slope and course rating to achieve an adjusted score for each match played. The top 50 rated girls who have played in at least 6 matches will qualify as individuals. If a competitor plays more than 10 matches, her best 10 scores will be used.
Boys Lacrosse	NFHS Rules	March 1	March 27	Eighteen (18) games, plus one tournament, plus the State Tournament, or twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted.
Girls Lacrosse	NFHS Rules/US Lacrosse	March 1	March 27	Eighteen (18) games, plus one tournament, plus the State Tournament, or twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted. A player may not play more than 3 halves per day.
Baseball	National Federation	March 1	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Softball	National Federation	March 1	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Tennis	U.S.T.A.	March 1	April 1	No more than 1 full match at the end of a school day.
Track – Outdoor	National Federation	March 1	April 1	3 Meets per week (Individual)
Volleyball	National Federation	March 1	April 1	

DATE FOR DETERMINING A STUDENT'S ELIGIBILITY (AGE) - All Sports- September 1.

An athlete becomes ineligible for high school athletics if he/she attains the age of nineteen (19) prior to September 1. However, any athlete attaining age nineteen on or after September 1 shall be eligible for the ensuing school year. A 9th grade student becomes ineligible for 9th grade athletics if he/she attains the age of sixteen (16) prior to September 1.

INELIGIBILITY LISTS must be kept on file at all schools.

GENERAL INFORMATION

Sports Season

N.J.S.I.A.A. Regulations HS start of Practice:

- ⇒ Fall: H.S.: Before August 8th through December 2nd.
- ⇒ Winter: H.S.: Monday before Thanksgiving through March.
(Ice Hockey & Swimming: Start Nov. 5th, Bowling: Start Nov. 12th)
- ⇒ Spring: H.S.: March 1st through – June.
- ⇒ Summer: June 10th (tentative)

Since there will be overlapping of sports seasons for some student-athletes who will participate in more than one activity, the athlete will be allowed to finish the season started before beginning the second sport.

Practice

- There are practice sessions everyday after school beginning 2:15-3:00 pm and ending at approximately 5:00—6:00 pm depending on the sport. Most sports will practice and/or have games on Saturdays. In addition, many sports will have practices and/or games during school vacation.
- A student-athlete shall not be permitted to participate in a scrimmage or a game in any strenuous sport until he/she has completed **six days of practice in that sport.**
⇒ Bowling and Golf are not considered strenuous as per the N.J.S.I.A.A.
- During this period athletes **may not** be involved in intramurals in which they have attained team status. Open gym and recreation participation are permitted for players as long as their coaches are not present. Non-School camp/clinic participation is permitted for players provided their coaches are not involved. Athletes may participate in local community sponsored recreation programs as long as their coaches are not involved. Athletes' involvement with non-school teams is a local option.
- Summer Recess – June 10th until September 1st
- Practice sessions during the summer recess period may be conducted by schools for their athletes only. Athletes are permitted to participate in any school sponsored practices. During the summer recess period, an athlete may not be sponsored or supported by a school or school-related group (Booster Club) when team-interscholastic or individual *competition* takes place as part of the activity in camps, clinics or recreation programs.
⇒ *Any Questions: contact the Athletic Office for further details.

School Attendance

- 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 order to be considered present, a student **must be in attendance a minimum of four hours.** 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.

Transportation

- Transportation to and from all away contests is provided for athletes and coaches. Students and coaches must ride the bus provided for all away contests unless prior authorization has been obtained.
- The procedure listed below must be followed.
 1. Parents must make advance request in writing for the release of their children to themselves or other parents. (Travel Consent/Release Form)
 2. This note must be received by the athletic director, one day prior to the trip whenever possible. (Forms are available in the Athletic Office or the Athletics.srsd.net website.)

Participation Forms

- Parents should be sure to sign an athletic permit form for each sport his/her son/daughter will be participating in. Student/athletes will be afforded a physical by our school doctor during specific physical dates as established by the athletic director. If the student misses the scheduled school physical, one may be secured from a family physician, but the cost is the responsibility of the student.

- Students always have the prerogative of having a physical done by their own physician at their cost. **PHYSICAL FORMS MUST BE COMPLETED IN FULL AND RETURNED TO THE ATHLETIC OFFICE PRIOR TO PARTICIPATION.**
- (Forms are available in the Athletic Office or the Athletics.srsd.net website.)
- The school doctor will provide sport physicals as follows:
- Late Spring May or June for Fall physicals.
- July/August for Winter/Spring physicals.
- Please note: all appropriate forms must be complete and signed in order to receive a physical by the school doctor.

Accident/Injury

- There is a certain amount of risk in all athletics. We will always have unavoidable injuries in sports. School personnel shall attempt to prevent the avoidable injuries by alert supervision and safety procedures.

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 sever 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:
 1. Immediate removal from play and no return to play that day
 2. Medical evaluation to determine the presence/absence of concussion.
 3. Complete a symptom free week initiated on the first asymptomatic day before Initiating a graduated return to play exercise protocol.
 4. 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.
 5. If concussion symptoms re-occur the athlete
 6. Symptom checklists, baseline and balance testing are suggested.

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.

See:

Graduated Return to Competition and Practice Protocol Form

on the next page for a:

Sample Form

Insurance

- Student-athletes are covered by our Student Accident Insurance for injuries from sports. **Student-athletes must submit their claim to their own insurance company first.**
 - **Our insurance may cover the excess that wasn't paid by the student-athlete's primary policy.**
- Athletic Trainer**A certified athletic trainer is available for the treatment or injuries, determination of treatment, and a rehabilitation program. It is important that the coaches, athletes, and parents work closely with the trainer. 597-9481 Ext. 4205 - H.S.

Strength & Conditioning

- The weight room is open five days per week from 2:30/3:00 on most school days until 5:00. The room should be always supervised and no student is permitted the use of the room without supervision. All participants are given programs of instruction and safety procedures before they begin workouts. We believe that the weight training we do is an integral part of our athletic programs and the health and fitness of our student-athletes.

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:

1. 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.
2. Violations found as a result of NJSIAA's testing shall be penalized in accordance with this policy.
3. 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. List is available in this handbook.

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:

1. Tested athletes will be selected randomly from all of those athletes participating in championship competition.
2. 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.

Uniforms

- As a rule, the school district will provide the equipment and uniforms for game competition. Shoes and practice clothing are usually the responsibility of the athletes. Athletes and parents should communicate with the coaches to be sure all athletes are attired appropriately. All uniforms and equipment must be returned at the end of the sports season

Security

- While every attempt is made to provide proper security in the locker room area, it is impossible to reduce all thefts. The athletes are urged to lock up all belongings at all times and are discouraged from bringing valuables into the locker rooms.

Awards

- Awards granted for participating in interscholastic athletics are approved by the Board of Education. The awards are symbolic in nature, consisting of letters, pins, trophies, plaques or jackets. The coaches have the responsibility of establishing criteria for the awarding of all letters and awards. We are in the process of changing the varsity letter to a plain block solid S.
 1. Freshman Certificate
 2. Junior Varsity Certificate
 3. Varsity 8" Varsity Letter, pin, certificate
2nd yr. – Certificate & bars
3rd yr. – Silver Certificate & bars
4th yr. – Gold Certificate & bars

Senior Awards

1. NJSIAA Scholar Athlete
2. Southern Regional Student Athlete
3. Ocean County Sportsmanship (2)
4. A.B. Dolph Cranmer Award (2)

SHORE CONFERENCE RULES & REGULATIONS: Review and check <http://shoreconferencenjdigitalsports.com>

RULEBOOK & GUIDELINES: www.nfhs.org & www.njsiaa.org or www.ncaa.org

FUNDRAISING: request must be submitted to the Board of Education via the student-activities coordinator (Susan Sattan) Forms may be secured in the Athletic office.

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, Instagram, e-mail, or cell phone technologies and/or social media outlets.

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

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!

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 sus-

pected 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.

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 provide 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

Started in 2014-15 Physical Packet

SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

The Basic Facts on Sudden Cardiac Death in Young Athletes

Website Resources

- Sudden Death in Athletes
www.cardiacdeath.org/sudden-death-in-athletes
- Hypertrophic Cardiomyopathy Association
www.hcm.org
- American Heart Association 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

American Heart Association
1 Union Street, Suite 301
Robbinsville, NJ 08691
(p) 609-200-0020
www.heart.org

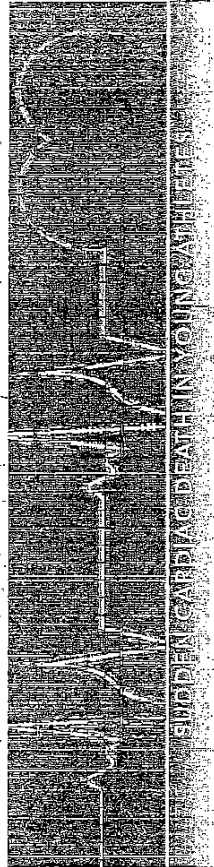
New Jersey Department of Education
PO Box 500
Trenton, NJ 08625-0500
(p) 609-292-5939
www.state.nj.us/education/

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

**Lead Author: American Academy of Pediatrics,
New Jersey Chapter**
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NJ Department of Health and Senior Services,
American Heart Association/New Jersey Chapter, NJ
Academy of Family Practice, Pediatric Cardiologists,
New Jersey State School Nurses

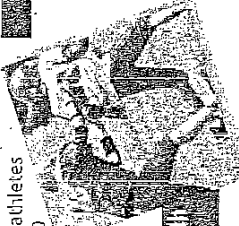
Revised 2014: Christene DeWitt-Parker, MSN, CSN, RN;
Lakota Kruse, MD, MPH; Susan Martz, EdM;
Stephen G. Rice, MD; Jeffrey Rosenberg, MD;
Louis Teichholz, MD; Perry Weinstock, MD



Sudden 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).

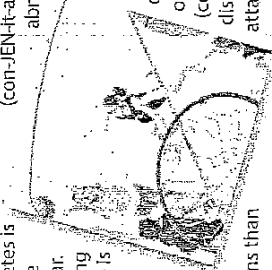
How common is sudden death in young athletes?

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-ti-tee) also called HCM. HCM is a disease 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).



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

NJSIAA RULES AND REGULATIONS

STUDENT-ATHLETE GUIDELINES

Section 1 Team Status

Student-Athlete is a properly enrolled student at a member school who has attained team status in a particular sport; i.e., sophomore, junior varsity, and varsity. Incoming freshmen are subject to all out-of-season regulations in all sports in spite of not having attained team status. Students who have completed the eighth grade are regarded as freshmen the day after their respective last day of school or June 30, whichever comes first. All team members must be listed on the eligibility report filed in a member school's office.

CL 1: The NJSIAA Constitution, Bylaws, and Rules and Regulations apply to all freshman, sophomore, J.V. and varsity participants competing in interscholastic games and/or scrimmages; unless otherwise provided for in Junior High 9th grade Regulations. To further clarify the Junior High School Regulations intent it is recommended that 9th grade follow all references to the Junior High in the regulations.

CL 2: Team status will be defined as having been on the current/immediate preceding roster of a team.

Section 2 Out-of-Season Period

The out-of-season period shall be from the end of the season as defined in Program Regulations, Section 10 until the next official starting practice date for that sport, excluding the Summer Recess, that period from the last scheduled date for NJSIAA championships in the Spring Sport Season until September 1st.

Penalty:

Any school proved guilty of violating the out of season coaching restrictions included within Student-Athlete Guidelines and Program Regulations shall be subject to the Penalties provided by Article X of the Bylaws, after a hearing by the Controversies Committee.

Out-of-Season practice is not permitted under the direction of an instructor or coach, or student leaders (i.e. captain's practices). This eliminates the use of any kind of equipment under any form of instruction. The object of this explanation is to make clear the point that there shall be absolutely no practice during the out-of-season period for a particular sport. Any subterfuge or "sharp practice" shall be construed as a violation of this rule.

CL 1:

- a. Non-School Activities: During the out-of-season period, the NJSIAA does not restrict an individual's choice to participate in a non-school activity or in an open-gym program in which the athlete has attained Student-Athlete status, i.e., all freshmen and those sophomores, juniors or seniors who have been on the roster of the J.V. or varsity teams during the current season.*
- b. School-Related Organizations: During the out-of-season period, the school organizations such as Booster Clubs, Fathers' Club, Varsity Club and the like may not assist the Student-Athlete during the out-of-season period or provide individually issued equipment, uniforms, transportation or funds related to camp or clinic attendance when same is of a participatory nature.*

CL 2:

- a. *Coaches/Student-Athletes: Coaches may not instruct their Student-Athletes during the out-of-season period; neither may they hold meetings nor any other way be involved with the Student-Athlete, including Open-Gym Programs. For seniors, all rules apply through the last date of the NJSIAA Spring Championships, except for those seniors who have exhausted their eligibility and will not compete interscholastically in any future season/sport. When the same sport for Boys and Girls is conducted in different sports seasons, a Student-Athlete in that sport may not serve as manager of the team of the opposite sex and will be considered a violation of the out-of-season rule. Coaches may not exchange supervisory and/or coaching duties in their sport to circumvent the out-of-season rule.*

QUESTION: From what point may a coach not be involved with a school's Student-Athlete?

ANSWER: From the day the coach is appointed to coach a particular sport until the start of practice for that sport the following year, except for the summer recess period.

There is a period of one (1) year at the beginning of the appointing/hiring of a coach, paid/unpaid, volunteer or assistant or head coach, or at the end of the one year assignment where the coach is ineligible to be hired if that person has had contact with Student-Athletes during the out-of-season time period. A coach must go an entire 365 days without any contact with team status Student-Athletes before they could be hired or re-hired so as not to violate the out-of-season time period.

- b. *Coaches Meetings: Coaches may hold one, non-instructional meeting for the purpose of distributing try-out schedules, medical forms, parent permission slips, etc. to returning lettermen and prospective team candidates. Strategy or techniques may not be discussed and neither may any physical activity take place.*

CL 3: Fund-Raising – A school may conduct any school approved fund-raising campaign at any time of the year so long as the fund-raising activity is not designed to keep Student-Athletes active in their particular sport during the out-of-season period (exclusive of seniors who have exhausted their eligibility). Exception: One day fund-raising activities such as foul-shooting contests involving basketball players; marathons involving cross-country runners; swim-a-thons involving swimmers, and the like will not be considered violations when conducted after their respective seasons have been completed.

Section 3 Intramurals

Although the NJSIAA philosophy relative to intramurals is that these programs should provide an opportunity for students not on interscholastic teams, nevertheless Student-Athletes are permitted to participate in all intramural activities during the out-of-season period, except those in which they have attained team status.

CL 1: Weight-lifting or other conditioning programs during the out-of-season period are permissible when not limited to Student-Athletes.

CL 2: Coaches may supervise or serve as directors, including officiating of intramurals, recreational, club, camp, or open-gym programs when the school district's Student-Athletes are not involved in their specific phase of the program during the out-of-season period.

Section 4 Open-Gym Programs

Student/Athletes are permitted to take part in this type of recreational program, but a coach of a specific sport activity in that Open-Gym Program is not permitted to be involved. Coaches may supervise Open-Gym Programs only when their Student-Athletes are not involved in that specific phase of the program during the out-of-season period. Open-Gym Programs involving a single sport in which only Student-Athletes are involved are interpreted as an attempt to circumvent the out-of-season rules.

CL: An "open-gym" program is one in which a variety of recreational type activities are offered, i.e., badminton, basketball, volleyball, table tennis, and the like. Coaches at any level may not be present when their specific sport activity is a part of the Open-Gym Program. Single sports programs in which Student-Athletes are involved are interpreted as an attempt to circumvent the out-of-season rule if those sports are not on a rotation basis with at least two or more other sports activities during a calendar week using that facility. Responsibility for monitoring Open-Gym Programs should be with the Athletic Director and Principal of the school.

All specific sport activities have to be recreational in nature; therefore, practice routines, such as, softball/baseball pitching, catching and batting, football place-kicking, golfing/putting, and similar routines are always interpreted as an attempt to circumvent the out-of-season rule.

Section 5 Recreation and Club Programs

The NJSIAA does not have any jurisdiction over these programs conducted by outside organizations even though school facilities are used; however, school uniforms and other individually issued equipment may not be used by Student-Athletes. Coaches may not be involved when the school district's Student-Athletes are involved in that specific phase of the program during the out-of-season period. Coaches may be spectators.

CL: Schools, school organizations, or school-related groups such as Booster Clubs may not assist the Student-Athlete's participation or influence the sponsoring agency in non-school Recreation and Club Programs during the out-of-season period.

Section 6 Camps or Clinics

The NJSIAA does not restrict an individual's choice to attend any participatory camps or clinics; however, schools, school organizations, or school-related groups such as Booster Clubs may not assist the Student-Athletes' attendance at any camp or clinic during the out-of-season period; this includes providing uniforms, equipment, and funds related to the camp or clinic, including transportation; and coaches may not instruct their Student-Athletes. Coaches may be spectators.

CL 1: There are no limitations or restrictions on member schools or their Student-Athletes at any time when attendance at non-school camps or clinics is of a non-participatory nature, i.e., as an observer rather than a participant.

CL 2: During the out-of-season period, the NJSIAA does not restrict an individual's choice to attend a participatory camp or clinic; however, schools, school organizations, or school-related groups such as Booster Clubs may not assist the Student-Athletes' attendance at any participatory camp or clinic, this includes providing uniforms, equipment, and funds related to the camp or clinic, including transportation. Coaches may not be involved in any way with their Student-Athletes. Coaches may attend a participatory camp, clinic or competition merely as spectators however they may not be involved in any way with their school's athletes, including being a clinician, when their school's Student-Athletes attend that camp or clinic regardless of the format or the separation of stations at a clinic.

CL 3: During the Summer Recess, a coach 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 and tournaments.

CL 4: During the Summer Recess, interscholastic competition of any type at the site of either participant is prohibited.

Section 7 Faculty Games

Student-Athletes of a particular sport may not engage in faculty or similar games in that same sport except for those seniors who have exhausted their eligibility in that same sport.

Section 8 Non-School/Non-Sanctioned Games

Student-Athletes may compete in non-school, non-sanctioned games as follows:

A. In-Season – Local Option

B. Out-of-Season Period – A Student-Athlete may compete on a non-school team with the approval of the school so long as individually issued school equipment, coaching, or other school services are not provided.

CL 1: The participant competes in Non-School/Non-Sanctioned events “unattached,” i.e., not as a representative of the school and, therefore, schools, school organizations and school-related groups such as Booster Clubs, Parents Clubs or Varsity Clubs may not assist the Student-Athlete’s participation in any way.

CL 2: The NJSIAA does not permit the funding, in whole or in part, of participation in Non-School/Non-Sanctioned events by a Board of Education. This applies to Non-School/Non-Sanctioned events, e.g., the Dapper Dan, McDonald, and Derby Basketball Clinics, the Golden West Track Classic, and National High School baseball, tennis, wrestling, or similar games/events.

CL 3: The NJSIAA cooperates fully with the USOC (United States Olympic Committee) in establishing the means by which the participants are selected to represent the United States; therefore, a member school, their Student-Athletes, and their coaches do not have any restrictions placed upon them In-Season, Out-of-Season or during the Summer Recess so long as the administrator (Principal) of the member school gives approval and the USOC verifies that the activity is a part of the USOC development program and filed with the NJSIAA.

PROGRAM REGULATIONS

Section 1 Awards

Awards are not restricted by the NJSIAA, if approved by the Board of Education, so long as they are symbolic awards, i.e., letters, sweaters, jackets, pins, trophies, other similar type awards, and rings or watches which are properly inscribed. All other awards must be approved by the local Board of Education and the NJSIAA. Student-Athletes and prospective Student-Athletes must be cautioned when competing in any program including marathons and other running events in which cash or merchandise are the awards. By refusing to accept the cash or merchandise the student absolves himself/herself from placing his/her eligibility in jeopardy.

CL: The participant’s award or share thereof may not be assigned to another party or be accepted by another party but must be returned to the chairman of the event.

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 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.



OPIOID USE AND MISUSE EDUCATIONAL FACT SHEET

Keeping Student-Athletes Safe

School athletics can serve an integral role in students' development. In addition to providing healthy forms of exercise, school athletics foster friendships and camaraderie, promote sportsmanship and fair play, and instill the value of competition.

Unfortunately, sports activities may also lead to injury and, in rare cases, result in pain that is severe or long-lasting enough to require a prescription opioid painkiller.¹ It is important to understand that overdoses from opioids are on the rise and are killing Americans of all ages and backgrounds. Families and communities across the country are coping with the health, emotional and economic effects of this epidemic.²

This educational fact sheet, created by the New Jersey Department of Education as required by state law (*N.J.S.A. 18A:40-41.10*), provides information concerning the use and misuse of opioid drugs in the event that a health care provider prescribes a student-athlete or cheerleader an opioid for a sports-related injury. Student-athletes and cheerleaders participating in an interscholastic sports program (and their parent or guardian, if the student is under age 18) must provide their school district written acknowledgment of their receipt of this fact sheet.

How Do Athletes Obtain Opioids?

In some cases, student-athletes are prescribed these medications. According to research, about a third of young people studied obtained pills from their own previous prescriptions (i.e., an unfinished prescription used outside of a physician's supervision), and 83 percent of adolescents had unsupervised access to their prescription medications.³ It is important for parents to understand the possible hazard of having unsecured prescription medications in their households. Parents should also understand the importance of proper storage and disposal of medications, even if they believe their child would not engage in non-medical use or diversion of prescription medications.

What Are Signs of Opioid Use?

According to the National Council on Alcoholism and Drug Dependence, 12 percent of male athletes and 8 percent of female athletes had used prescription opioids in the 12-month period studied.³ In the early stages of abuse, the athlete may exhibit unprovoked nausea and/or vomiting. However, as he or she develops a tolerance to the drug, those signs will diminish. Constipation is not uncommon, but may not be reported. One of the most significant indications of a possible opioid addiction is an athlete's decrease in academic or athletic performance, or a lack of interest in his or her sport. If these warning signs are noticed, best practices call for the student to be referred to the appropriate professional for screening,⁴ such as provided through an evidence-based practice to identify problematic use, abuse and dependence on illicit drugs (e.g., Screening, Brief Intervention, and Referral to Treatment (SBIRT)) offered through the [New Jersey Department of Health](#).

What Are Some Ways Opioid Use and Misuse Can Be Prevented?

According to the New Jersey State Interscholastic Athletic Association (NJSIAA) Sports Medical Advisory Committee chair, John P. Kripsak, D.O., "Studies indicate that about 80 percent of heroin users started out by abusing narcotic painkillers."

The Sports Medical Advisory Committee, which includes representatives of NJSIAA member schools as well as experts in the field of healthcare and medicine, recommends the following:

- The pain from most sports-related injuries can be managed with non-narcotic medications such as acetaminophen, non-steroidal anti-inflammatory medications like ibuprofen, naproxen or aspirin. Read the label carefully and always take the recommended dose, or follow your doctor's instructions. More is not necessarily better when taking an over-the-counter (OTC) pain medication, and it can lead to dangerous side effects.⁵
- Ice therapy can be utilized appropriately as an anesthetic.
- Always discuss with your physician exactly what is being prescribed for pain and request to avoid narcotics.
- In extreme cases, such as severe trauma or post-surgical pain, opioid pain medication should not be prescribed for more than five days at a time;
- Parents or guardians should always control the dispensing of pain medications and keep them in a safe, non-accessible location; and
- Unused medications should be disposed of immediately upon cessation of use. Ask your pharmacist about drop-off locations or home disposal kits like Deterra or Medsaway.

According to NJSIAA Sports Medical Advisory Committee chair, John P. Kripsak, D.O., "Studies indicate that about 80 percent of heroin users started out by abusing narcotic painkillers."



STATE OF NEW JERSEY
DEPARTMENT OF EDUCATION

In consultation with



STATE OF NEW JERSEY
DEPARTMENT OF HEALTH



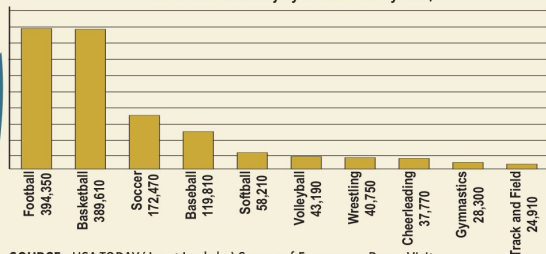
NJSIAA SPORTS MEDICAL
ADVISORY COMMITTEE



Karan Chauhan
Parsippany Hills High School,
Permanent Student Representative
New Jersey State Board of Education

Number of Injuries Nationally in 2012 Among Athletes 19 and Under from 10 Popular Sports

(Based on data from U.S. Consumer Product Safety Commission's National Electronic Injury Surveillance System)



SOURCE: USA TODAY (Janet Loehrke) Survey of Emergency Room Visits

Even With Proper Training and Prevention, Sports Injuries May Occur

There are two kinds of sports injuries. Acute injuries happen suddenly, such as a sprained ankle or strained back. Chronic injuries may happen after someone plays a sport or exercises over a long period of time, even when applying overuse-preventative techniques.⁵

Athletes should be encouraged to speak up about injuries, coaches should be supported in injury-prevention decisions, and parents and young athletes are encouraged to become better educated about sports safety.⁶

What Are Some Ways to Reduce the Risk of Injury?

Half of all sports medicine injuries in children and teens are from overuse. An overuse injury is damage to a bone, muscle, ligament, or tendon caused by repetitive stress without allowing time for the body to heal. Children and teens are at increased risk for overuse injuries because growing bones are less resilient to stress. Also, young athletes may not know that certain symptoms are signs of overuse.

The best way to deal with sports injuries is to keep them from happening in the first place. Here are some recommendations to consider:



PREPARE Obtain the preparticipation physical evaluation prior to participation on a school-sponsored interscholastic or intramural athletic team or squad.



CONDITIONING Maintain a good fitness level during the season and offseason. Also important are proper warm-up and cooldown exercises.



PLAY SMART Try a variety of sports and consider specializing in one sport before late adolescence to help avoid overuse injuries.



ADEQUATE HYDRATION Keep the body hydrated to help the heart more easily pump blood to muscles, which helps muscles work efficiently.



TRAINING Increase weekly training time, mileage or repetitions no more than 10 percent per week. For example, if running 10 miles one week, increase to 11 miles the following week. Athletes should also cross-train and perform sport-specific drills in different ways, such as running in a swimming pool instead of only running on the road.



REST UP Take at least one day off per week from organized activity to recover physically and mentally. Athletes should take a combined three months off per year from a specific sport (may be divided throughout the year in one-month increments). Athletes may remain physically active during rest periods through alternative low-stress activities such as stretching, yoga or walking.



PROPER EQUIPMENT Wear appropriate and properly fitted protective equipment such as pads (neck, shoulder, elbow, chest, knee, and shin), helmets, mouthpieces, face guards, protective cups, and eyewear. Do not assume that protective gear will prevent all injuries while performing more dangerous or risky activities.

Resources for Parents and Students on Preventing Substance Misuse and Abuse

The following list provides some examples of resources:

National Council on Alcoholism and Drug Dependence - NJ promotes addiction treatment and recovery.

New Jersey Department of Health, Division of Mental Health and Addiction Services is committed to providing consumers and families with a wellness and recovery-oriented model of care.

New Jersey Prevention Network includes a [parent's quiz](#) on the effects of opioids.

Operation Prevention Parent Toolkit is designed to help parents learn more about the opioid epidemic, recognize warning signs, and open lines of communication with their children and those in the community.

Parent to Parent NJ is a grassroots coalition for families and children struggling with alcohol and drug addiction.

Partnership for a Drug Free New Jersey is New Jersey's anti-drug alliance created to localize and strengthen drug-prevention media efforts to prevent unlawful drug use, especially among young people.

The Science of Addiction: The Stories of Teens shares common misconceptions about opioids through the voices of teens.

Youth IMPACTing NJ is made up of youth representatives from coalitions across the state of New Jersey who have been impacting their communities and peers by spreading the word about the dangers of underage drinking, marijuana use, and other substance misuse.

References

¹ Massachusetts Technical Assistance Partnership for Prevention

² Centers for Disease Control and Prevention

³ New Jersey State Interscholastic Athletic

Association (NJSIAA) Sports Medical Advisory Committee (SMAC)

⁴ Athletic Management, David Csillan, athletic trainer, Ewing High School, NJSIAA SMAC

⁵ National Institute of Arthritis and Musculoskeletal and Skin Diseases

⁶ USA TODAY

⁷ American Academy of Pediatrics

An online version of this fact sheet is available on the New Jersey Department of Education's [Alcohol, Tobacco, and Other Drug Use](#) webpage.

Updated Jan. 30, 2018.

Southern Regional School District

Use and Misuse of Opioid Drugs Fact Sheet

Student-Athlete and Parent/Guardian Sign-Off

In accordance with *N.J.S.A.* 18A:40-41.10, public school districts, approved private schools for students with disabilities, and nonpublic schools participating in an interscholastic sports program must distribute this [*Opioid Use and Misuse Educational Fact Sheet*](#) to all student-athletes and cheerleaders. In addition, schools and districts must obtain a signed acknowledgement of receipt of the fact sheet from each student-athlete and cheerleader, and for students under age 18, the parent or guardian must also sign.

This sign-off sheet is due to the Athletic Director prior to the first official practice session of the spring 2018 athletic season (March 2, 2018, as determined by the New Jersey State Interscholastic Athletic Association) and annually thereafter prior to the student-athlete's or cheerleader's first official practice of the school year.

Name of School: Southern Regional High School

Name of School District: Southern Regional School District

Started in Spring of 2018

I/We acknowledge that we received and reviewed the Educational Fact Sheet on the Use and Misuse of Opioid Drugs.

Student Signature: _____

Parent/Guardian Signature (if student is under age 18): _____

Date: _____

¹Does not include athletic clubs or intramural events.

Sample Form

WEB RESOURCES

Please check the following internet sites for you to follow throughout the Athletic year. for athletic information such as, game schedules, practice times. Tournament information, NJSIAA Steroid Policy, NJSIAA Concussion Policy, etc.

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

<http://shoreconferencenjdigitalsports.com>
(shore conference tournament information)

www.njsiaa.org

www.nj.com
(for state post season tournament brackets
& group classifications)

www.shoreconference.nj.org
(team schedules through “R School today”)

www.nfhs.org

www.ncaa.org

The Champion's Creed

1. Never underestimate your opponent.
2. Work on your weaknesses until they become your strong points.
3. Remember that a great effort is usually the result of a great attitude.
4. Dedicate yourself to a mighty purpose.
5. Win with humility, lose with grace.
6. Ignore those who discourage you.
7. Work to improve your moral and academic strengths as well as your physical one.
8. Remember that how you conduct yourself off the field is just as important as how you conduct yourself on the field
9. Talent – born with – given – be humble, Fame is man-given – be thankful, Conceit is self-given – be careful.
10. Don't ask to be deprived of tension and discipline – these are the tools that shape success.
11. Do what has to be done, when it has to be done, and as well as it can be done.
12. Remember that when you're not working to improve, your competition is.
13. Always give your best.
14. Practice like a champion.
15. Play like a champion.
16. Live like a champion.

NJSIAA

Specific Sport Regulations

Note 1: A week is defined as from 12:01 A.M. Sunday to Saturday midnight.

Note 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.

Note 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 participation are in the first year of post-high school matriculation. Waiver of NJSIAA eligibility rules will not be granted for sanctioned tournaments.

- Member schools may not compete in "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 school matriculation or are beyond the first year since graduating from high school. All Independent School holding memberships (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.
- 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.

Note 4:

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 game (s)/ meet (s), with the exception of football which will carry a one (1) game disqualification, at that level of competition and all other game (s) (s) / meet (s) in the interim at any level in addition to any other penalties which the NJSIAA or a league /conference may assess.

- Once a coach / player has been disqualified, NO appeals will be honored from the player, coach, official or any other party. Disqualification is a judgment 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.
- Scrimmages are not considered part of the disqualification rule.
- 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.
- See page 93 NJSIAA Handbook on website www.njsiaa.org

- 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 same 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.
- ⇒ In the team sports any player/coach in violation of this provision will be cause for forfeiture of those games during the period of disqualification.
 - ⇒ In individual sports the event or events in which the player previously participated while having be 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 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 start of 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 disqualifications.
- H. Any coach disqualified a second time with 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 during the preceding school year must attend a Compliance Meeting conducted by the NJSIAA. Any coach who has three or more players on a team disqualified during the course of the preceding school year must attend a Compliance Meeting conducted by the NJSIAA. Any coach disqualified who has three (3) or more players disqualified during the course of the preceding school year, must attend along with his/her athletic director, a Compliance Meeting conducted by the NJSIAA. Page 94 of the NJSIAA Handbook.
- 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.

- Seniors who are disqualified from their last game or next to last game will serve their 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.
- 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.

ATTENTION ALL High School
Student Athletes and Parents

Article V, Section 4E

1. To be eligible for athletic competition during the first semester (September 1 to January 31) of the 10th grade or higher, or the second year of attendance in the secondary school or beyond, a pupil must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic year.
2. To be eligible for athletic competition during the second semester (Feb. 1 to June 30) of the 9th grade or higher, a pupil must have passed the equivalent of 12.5% of the credits (15) required by New Jersey for graduation (120) at the close of the preceding semester (Jan. 31). Full-year courses shall be equated as 1/2 of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.

The Fundamentals of Sportsmanship

The NJSIAA and its member schools are emphasizing the Importance of GOOD SPORTSMANSHIP. Hopefully, the following will help everyone to understand his/her responsibilities at athletic contests.

- ◆ Gain an understanding and appreciation for the rules of the contest. To be well informed is essential. All involved must know the rules. Uniformed individuals should refrain from expressing opinions of officials, coaches, and administration decisions. The spirit of GOOD SPORTSMANSHIP depends on conforming both to a rule's intent and to the letter of the given rule.
- ◆ Exercise representative behavior AT ALL TIMES. A prerequisite to GOOD SPORTSMANSHIP requires one to Understand his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. An individual's behavior influences others whether or not that person is aware of it.
- ◆ Recognize and appreciate strongly skilled performance regardless of affiliation. Applause for an opponent's good performance displays generosity. It is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but also reflects a true awareness of the game by recognizing and acknowledging quality.
- ◆ Exhibits respect for the officials. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Players should not rationalize their own unsuccessful performances by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made.
- ◆ Display openly a respect for the opponent at all times. Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Each person needs to be a positive representative for his/her team, school, and family. This is the Golden Rule in actions.
- ◆ Display pride in your actions at every opportunity. Each individual must never allow his/her ego to interfere with good judgment and his/her responsibility as a school representative. This is paramount since it suggests that the person cares about him/herself and how others perceive him/her.
- ◆ These are high school athletes who are performing. They are friendly rivals as members of opposing teams. They are not enemies. This basically, is the theme of interscholastic athletics, the idea of friendly competition. The visiting team is a guest of the home team. They are expected to be so regarded and treated. The officials are men or women who, by agreement between competing teams, are assigned to administer the rules of the game. Their experience and their integrity qualify them for their part in this friendly interscholastic contest. All spectators, too, should reflect this attitude of sportsmanship no matter what their personal feeling of loyalty may be to one or the other of the teams in each contest.

Parents Code of Conduct

- ◆ We feel that as parents we play a vital role in the development of our student athletes. Therefore, we believe that we should:
- ◆ Be a positive role model through our own actions to make sure our child has the best athletic experience possible.
- ◆ Be a “team” fan, not a “my kid” fan.
- ◆ Weigh what our children say; they will tend to slant the truth to their advantage.
- ◆ Show respect for the opposing players, coaches, spectators, and support groups.
- ◆ Be respectful of all officials’ decisions.
- ◆ Please do not instruct your children before or after a game, because it may conflict with the coach’s plans and strategies.
- ◆ Praise the student-athletes in their attempt to improve themselves as students. as athletes, and as people.
- ◆ Gain an understanding and appreciation for the rules of the contest.
- ◆ Recognize and show appreciation for an outstanding play by either team.
- ◆ Help our children learn that success is oriented in the development of a skill, and we should make the student-athletes feel good about themselves, win or lose.
- ◆ Take time to talk with the coaches in an appropriate manner including proper time and place.
- ◆ Be sure to follow the designated chain of command.
- ◆ Reinforce the school’s drug and alcohol free policies by refraining from the use of an controlled substances before and during athletic contests.
- ◆ Remember that a ticket to a school athletic event is a privilege to observe the contest.
- ◆ National High School Coaches Association

CLASS

What exactly is class? It's one of those valuable, intangible, "personal traits that's in high demand because it's so rare. Most people, unfortunately, do not have it. Class is being a good person, showing good sportsmanship, always taking responsibility for the consequences of your actions and being considerate to others. You have class if you show pride, have humility, poise, and display self-confidence without being arrogant.

Class athletes handle victory and defeat in the same way – graciously, with their heads held high. They don't brag in victory, or make excuses in defeat. They accept the thrill of victory and the agony of defeat. They accept the thrill of victory and the agony of defeat in stride. They always praise their opponent for a job well done, and they admit their mistakes.

Class always shows, whether you win or you lose. People can tell instantly if you have class by watching you perform and interact with others. If you have class, you don't need much of anything else to be a winner. If you don't have it, whatever else you have won't make up the difference.

Fame, fortune, trophies and glory are all fine, but they alone won't give you class. Only you can give yourself class.

From: "The Edge", by Howard Ferguson

**Southern Regional Student Athletes
Have "Class"**



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.

NCAA Requirements:

1. All information about initial NCAA eligibility can be obtained at www.ncaaclearinghouse.net.
2. Please contact your Guidance Counselor for further information regarding NCAA initial eligibility and information on sliding scale.



NJSIAA Eligibility:

	Grade 9	Grade 10	Grade 11
Grade 12	All Eligible		
Fall	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
Spring	Must be passing	Same as grade 9	Same as grade 9

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 is 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

“The Pursuit of Excellence”

PASSION FOR EXCELLENCE

Alma Mater

Lyrics by Jo Ann White – Class of 1959
Music by Mr. Robert Claren

*To our Alma Mater
We pledge our hearts and souls:
For Southern Regional High School
May we strive to reach your goals.*

*Your truth, your joy, your wisdom,
Closely we shall hold;
Proudly waves the banner
Southern’s black and gold*

*And when we make decisions,
In happiness or strife;
May your spirit ever guide us
As we walk the roads of life.*



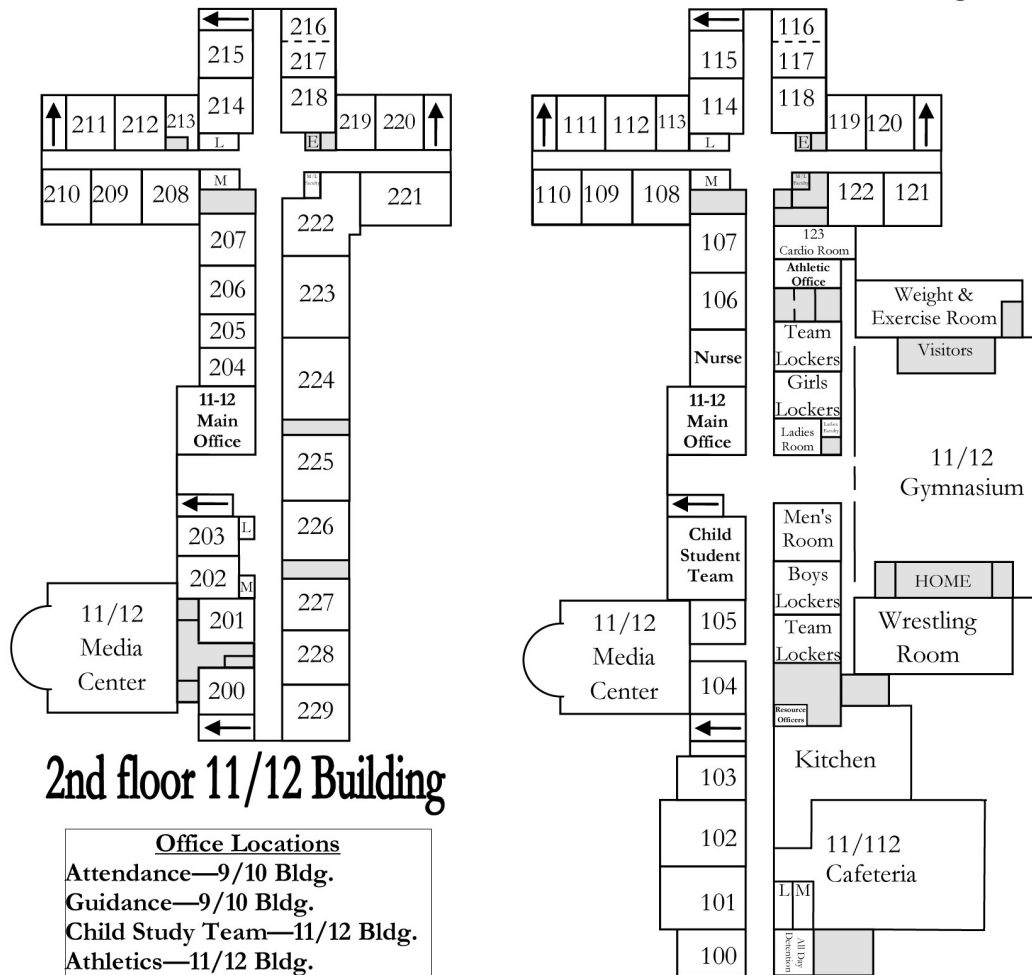
“RAM IT”

Excellence

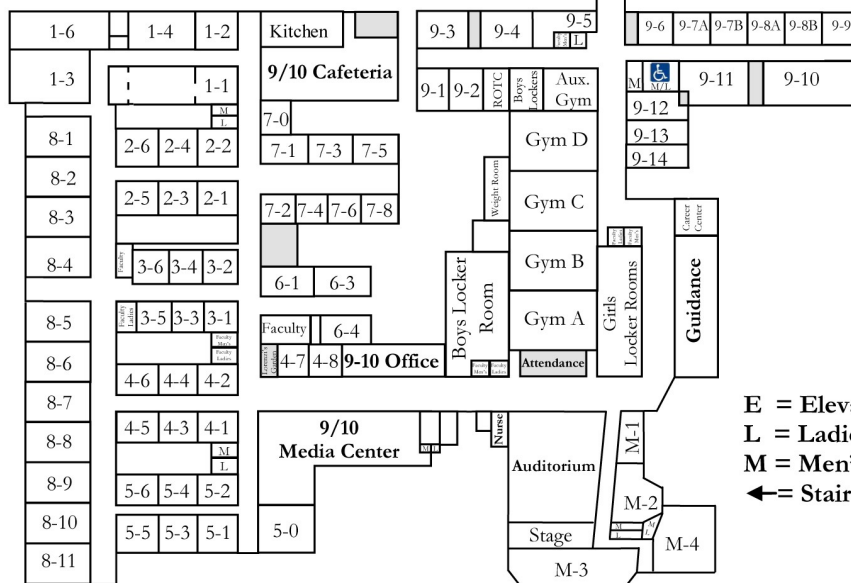
***“Show class, have PRIDE, and display character, if you do,
Winning takes care of itself.”
Paul Bryant***

Southern Regional High School

1st floor 11/12 Building



2nd floor 11/12 Building



9/10 Building

