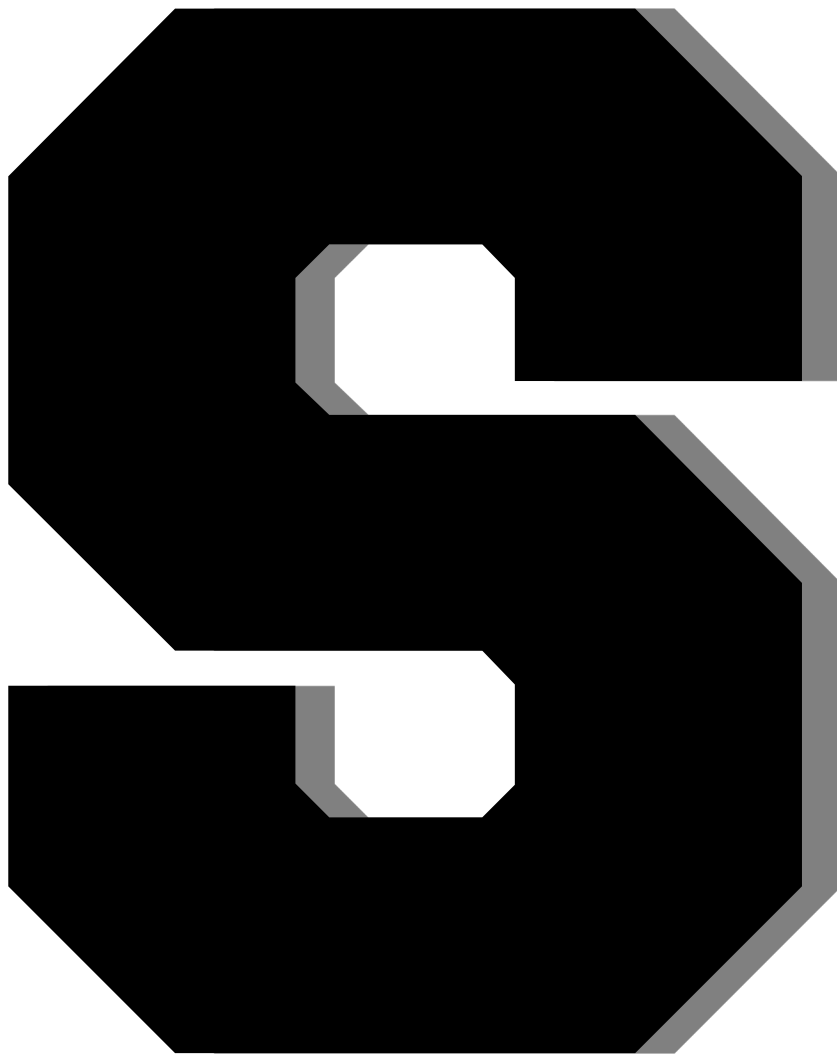


SOUTHERN REGIONAL

School District

Athletics.srsd.net

COACHES HANDBOOK **RULES & REGULATIONS**



“Committed to Excellence”



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

Craig E. Henry	Chief School Administrator
Megan Vile	Assistant Chief School Administrator
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 nscaramazza@srsd.net	Athletic Trainer
Dr. Todd Schmoll	School Doctor

BOARD OF EDUCATION

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

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

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

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

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

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

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

SOUTHERN REGIONAL SCHOOL DISTRICT

ADMINISTRATIVE STAFF 2019-2020

District

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

School Administration

High School

Mr. Eric V. Wilhelm, Principal

11/12 House

Mrs. Susan M. Craig, Assistant Principal
Dr. Richard Falletta, Assistant Principal

9/10 House

Mr. Joseph Medica, Assistant Principal
Mr. Joseph DiPietro, 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 Guidance, Coordinator of Academic Support Services
- Mr. Michael Concilio, High School Mathematics, Testing Coordinator, High School 504 Coordinator, District No Child Left Behind Implementation and Compliance
- Mrs. Susan M. Craig, High School World Language, HIB Specialist, Homeless Liaison, Vocational School Liaison, District 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 Academics, 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, District Special Services, Compass Program, Affirmative Action Officer, HIB Specialist,
- Mrs. Megan Vile, High School Guidance
- Mr. Jonathan White, High School Special Education, Beach Haven Shared Services
- Mr. Eric V. Wilhelm, District Health Services, Applied Technology

Mr. Brian Zatorski, Middle School Testing Coordinator, 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

07-08-19

SOUTHERN REGIONAL SCHOOL DISTRICT

Manahawkin, New Jersey

SCHOOL CALENDAR – 2019-2020

September	3	Teacher Orientation	19
	4	School Opens	
October	---	---	23
November	4-8	Fall Break	14
	28-29	Thanksgiving	
December	23-31	Winter Recess	15
January	1	Winter Recess	21
	20	Martin Luther King's Birthday	
February	17	Presidents' Day	19
March	--	--	22
April	13-17	Spring Recess	17
May	25	Memorial Day	20
June	12	Last Day for Students	10
	15	Last Day for Teachers	
Total days for students			180

Total Teacher Days = 182 (includes September 3 and June 15)

Adopted: October 10, 2018

NOTE: Excessive inclement weather closings will result in Martin Luther King's Birthday (January 20), President's Day (February 17 and Spring Recess (April 13-17) being rescheduled as instructional days.

SOUTHERN REGIONAL HIGH SCHOOL DISTRICT

2019 – 2020



SEPTEMBER 2019

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 2019

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	31	

NOVEMBER 2019

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

DECEMBER 2019

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	31				

JANUARY 2020

S	M	T	W	T	F	S
			1	2	3	4
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12	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

- 2 Labor Day
- 3 Teacher Convocation
- 4 School Opens for students – 11:50 a.m. dismissal
- 5 11:50 a.m. Student Dismissal
- 12 Middle School Back to School Night {6:00 p.m.}
- 16 8th grade Washington Trip parent meeting {6:00 p.m.}
- 19 High School Back to School Night {6:00 p.m.}

OCTOBER

- 3 Financial Aid Seminar {6:30 p.m.}
- 5 SAT {I & II}
- 10-11 8th grade Washington Trip
- 16 PSAT
- 18 District In-service – 11:50 a.m. dismissal
- 19 Homecoming Dance {7:00 p.m.}
- 24-26 High School Fall Play

NOVEMBER

- 1 End of First Marking Period
- 4-8 Fall Break – school closed
- 21 College Planning Workshop {6:30 p.m.}
- 27 Thanksgiving Recess – 11:50 a.m. dismissal
- 28-29 Thanksgiving Recess – school closed

DECEMBER

- 7 SAT {I & II}
- 20 Winter Recess – 11:50 a.m. dismissal
- 23-31 Winter Recess – school closed

JANUARY

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

FEBRUARY

- 14 District In-service – 11:50 a.m. dismissal
- 17 Presidents' Day
- 26-29 District Musical

MARCH

- 9 Senior trip student/parent meeting {7:00 p.m.}
- 13 Scholarship Breakfast {8:30 a.m.}
- 14 SAT {I & II}
- 27 End of Third Marking Period

APRIL

- 10 Spring Recess – 11:50 dismissal
- 13-17 Spring Recess – school closed
- 23-27 Senior Trip
- 28 District In-service – 11:50 a.m. dismissal
- 29 Junior Prom Parent Meeting {7:00 p.m.}

MAY

- 2 SAT {I & II}
- 5 Middle School Academic Awards {6:00 p.m.}
- 12 High School Academic Awards {6:00 p.m.}
- 16 Junior Prom {6:00 p.m.}
- 25 Memorial Day - school closed
- 26 Senior Prom Parent Meeting {7:00 p.m.}
- 28 Senior Service Day
- 28 Scholarship Awards Ceremony {6:00 p.m.}

JUNE

- 6 SAT {I & II}
- 6 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.
- 12 Graduation {tentative}

FEBRUARY 2020

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

MARCH 2020

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	31				

APRIL 2020

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		

MAY 2020

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
31						

JUNE 2020

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				

Early Dismissal – 11:50 a.m.

Days school is not in session

NOTE: January 20, February 17, and April 13 to 17 are subject to recall for scheduled instructional days should inclement weather closings occur.

PHILOSOPHY

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

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

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

Programs

Sportsmanship is EXPECTED by ALL participants in our athletic program!

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

Coaches will encourage athletes to compete in other sports!!

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

The New Jersey State Interscholastic Athletic Association (NJSIAA) is a private, non-profit, voluntary organization that is responsible for regulating interscholastic athletics in New Jersey.

Refer to the [NJSIAA Constitution](#) for more information.

SHORE CONFERENCE

Southern Regional is a member of the Shore Conference, the largest conference in the state of New Jersey. Southern is 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. Southern is 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.

Southern athletics consists of 32 varsity sports, 30 sub-varsity (Junior Varsity and Freshman) and 14 Middle School sports.

Shore Conference of High Schools Class A-South Division

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

Divisions vary for the following sports:

Football
Golf, Girls
Ice Hockey
Lacrosse, Boys
Volleyball, Boys

Refer to the [Shore Conference Constitution](#) for more information.

COACHES CODE OF ETHICS

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

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

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 2019-2020 Athletic Season Dates

Fall 2019	First Practice	First Scrimmage	First Contest
Football	Aug. 14	Aug. 21	Sept. 6
Cross Country	Aug. 12	Aug. 19	Sept. 3
Field Hockey	Aug. 12	Aug. 19	Sept. 3
Gymnastics	Aug. 12	Aug. 19	Sept. 3
Soccer	Aug. 12	Aug. 19	Sept. 3
Tennis (Girls)	Aug. 12	Aug. 19	Sept. 3
Volleyball (Girls)	Aug. 12	Aug. 19	Sept. 3
Winter 2019-20	First Practice	First Scrimmage	First Contest
Ice Hockey	Nov. 4	Nov. 11	Nov. 29
Bowling	Nov. 11	No Restriction	Nov. 23
Swimming	Nov. 11	Nov. 18	Dec. 1
Skiing	Dec. 2	Dec. 9	Jan. 1
Basketball*#	Dec. 2	Dec. 9	Dec. 20
Fencing*#	Dec. 2	Dec. 9	Dec. 20
Winter Track*#	Dec. 2	Dec. 9	Dec. 20
Wrestling*#	Dec. 2	Dec. 9	Dec. 20
*Try-out Time	Nov. 25-27		
#No Contact Time	Nov. 28-Dec. 1		
Spring 2020	First Practice	First Scrimmage	First Contest
Lacrosse	March 6	March 13	March 25
Golf	March 6	No Restriction	April 1
Tennis (Boys)	March 6	March 13	April 1
Baseball	March 6	March 13	April 1
Softball	March 6	March 13	April 1
Spring Track	March 6	March 13	April 1
Volleyball (Boys)	March 6	March 13	April 1

Please Note:

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

1161 Route 130 North, Robbinsville, NJ 08691

Phone 609-259-2776 ~ Fax 609-259-3047

2019-2020 TOURNAMENT OPT-OUT PROCEDURE

You must be logged in on the NJSIAA website! The proper drop-down menus will not appear unless you are LOG IN!

The NJSIAA sports which utilize the **Tournament Opt-Out Procedure** are listed below. Teams that do not wish to enter the state tournament must complete this process. Upon completion of this procedure, the team will not be entered in the selected tournament.

The following fines will be imposed for failure to follow the tournament opt-out procedure:

Opting out after the deadline	\$150
Opting out after unofficial seeding	\$300
Opting out after seeding is official	\$300 + disqualification from next year's tournament
Failing to show for a tournament contest	\$300 + disqualification from next year's tournament

Tournament Opt-Out Deadlines

Fall Sports	Winter Sports	Spring Sports
Girls Team Tennis - 9/25/19	Wrestling Team - 2/1/20	Boys Team Tennis - 4/28/20
Field Hockey - 10/14/19	Boys Basketball - 2/8/20	Girls Lacrosse - 5/8/20
Girls Volleyball - 10/22/19	Girls Basketball - 2/8/20	Softball - 5/7/20
Boys Soccer - 10/19/19	Ice Hockey - 2/10/20	Boys Volleyball - 5/7/20
Girls Soccer - 10/19/19		Baseball - 5/16/20
		Boys Lacrosse - 5/16/20

Tournament Opt-Out Instructions:

1. Go to the "NJSIAA" Login tab and enter your Username and Password to log in.
2. Click on Schools
3. Click on Tournaments
4. Click on Tournament Opt-Out Form
5. Complete form and click on submit

IMPORTANT:

You must update school manager to reflect the correct sports your school has for the current school year. If school manager is not properly updated, your school will not be entered in the state tournaments. It is imperative that School Manager is accurate. If you have questions, please notify Tony Maselli @ tmaselli@njsiaa.org.

NJSIAA FALL SPORTS PARTICIPATION LIMITATIONS 2019-2020

Sport	Rules	Practice Starts	Opening Day (Games, Meets or Matches)	Number of games, meets or matches (scrimmages count only during regular season)
Cross Country	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	3 Meets per week (Individual)
Field Hockey	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	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	N.F.H.S.	August 14	Thursday, September 5	10 Maximum Regular Schedule
Gymnastics	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	3 Meets per week. Maximum Meets/Individual-fifteen (15)
Soccer	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	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 12	September 3 (Tuesday after Labor Day)	No more than 1 full match at the end of a school day.
Volleyball	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	

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 above will govern all sports unless modified by NJSIAA. Date for determining a student's eligibility (age) for all sports is 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. Ineligible lists must be kept on file at all schools.

NJSIAA WINTER SPORTS PARTICIPATION LIMITATIONS 2019-2020

Sport	Rules	Practice Starts	Opening Day (Games, Meets or Matches)	Number of games, meets or matches (scrimmages count only during regular season)
Basketball*	N.F.H.S.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	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	U.S.B.C.	November 11	November 23	No Limit
Fencing*	U.S.F.A.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	
Ice Hockey	N.F.H.S.	November 4	November 29	26 Games, plus State Tournament, (3 games per week). Games cannot be played on three consecutive days.
Skiing	N.C.A.A.	December 2	January 1	15 Meets, including inter-school scrimmages, regular meets, postponed meets, and invitational meets
Swimming	N.F.H.S.	November 11	December 1	23 Meets, plus NJSIAA Championships. 3 Meets per week; one four- meet week is permitted. Meets may not be conducted on three (3) consecutive days. This does not apply to State Tournament scheduling.
Winter Track*	N.F.H.S.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	3 Meets per week
Wrestling*	N.F.H.S.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	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).

***Tryouts for the indicated sports may begin on the Monday before Thanksgiving. (November 25, 2019)**

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 above will govern all sports unless modified by NJSIAA. Date for determining a student's eligibility (age) for all sports is 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. Ineligible lists must be kept on file at all schools.

NJSIAA SPRING SPORTS PARTICIPATION LIMITATIONS 2019-2020

Sport	Rules	Practice Starts	Opening Day (Games, Meets or Matches)	Number of games, meets or matches (scrimmages count only during regular season)
Golf	U.S.G.A.	March 6	April 1	B/G Team – Must play a minimum of six (6) matches by the cut-off date and have won 60% of matches. Boys Individual – 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. Girls Individual – 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	N.F.H.S.	March 6	March 25	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	N.F.H.S. & US Lacrosse	March 6	March 25	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	N.F.H.S.	March 6	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Softball	N.F.H.S.	March 6	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Tennis	U.S.T.A.	March 6	April 1	No more than 1 full match at the end of a school day.
Track	N.F.H.S.	March 6	April 1	3 Meets per week (individual)
Volleyball	N.F.H.S.	March 6	April 1	

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 above will govern all sports unless modified by NJSIAA. Date for determining a student's eligibility (age) for all sports is 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. Ineligible lists must be kept on file at all schools.

COACHING RESPONSIBILITY AT SOUTHERN REGIONAL HIGH SCHOOL

OVERALL RESPONSIBILITIES

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

The head coach is directly responsible in the following areas:

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

5. The Supervisor of Athletics shall be notified of any players under consideration of dismissal from the team for any reason.
6. Provide the Athletic office with all pre-season, in-season and post season documents to provide an efficient and effective program.
7. Assist student-athletes with NCAA rules, guidelines and NCAA Clearinghouse
8. Supervision of Assistant Coaches and all sub-varsity programs.
9. Provide a calendar of practices & notify the Athletic office of any cancellation.
10. Absentee Notification with arrangements for practice.
11. Conduct a season concluding event (banquet) as a celebration of the season and distribution of Southern Regional certificates and letters.

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

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

SCRIMMAGES

1. The Athletic Director should be notified immediately. All scrimmages will be confirmed by the Athletic Director. Site and time will be established by the Athletic Director.
2. Scrimmages should be a 2-year commitment.
3. No early dismissals will be authorized for scrimmages unless approved by the Athletic Director.
4. Scrimmages should be used for learning and instruction. Final scores should not be the focus. Please be creative in how you set up scrimmage focus so that all student athletes have an opportunity to perform.

ASSISTANT COACHES

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

MEDICAL EXAMINATION

1. All team members must have an updated physical examination prior to first practice session.
2. Athletic physicals should be given by the school physician or home physician. Athletes who miss the physical examination by the school physician for a valid reason may obtain a subsequent examination from him by approval of the Supervisor of Athletics.
3. Athletes may also have a physical examination by a doctor of their choice as long as the SRHS Physical Examination Form is completed by that physician.
4. Athletes, parents, or coaches should not contact the school doctor directly for the purpose of obtaining a physical examination.

PRE-SEASON PROCEDURES

PARTICIPATION FORMS

If your child plans to participate in a sport, please go to the [Genesis Parent Portal](#) to complete the required athletic forms.

Follow the instructions below:

1. Click on the Forms tab
2. Select Athletic Participation Forms and Release
3. Complete the Sport Participation questions
4. Complete the Health History questions and follow the instructions below.
 - a. If your child has an up-to-date physical on file (completed within one year), please PRINT and complete the [Health History Update](#) form.
 - b. If your child does not have an up-to-date physical on file, please PRINT the [Pre-Participation Athletic Physical](#) form and have it completed by a doctor.
5. Review and sign off on the required forms.
 - a. [Steroid Testing Policy Consent to Random Testing](#)
 - b. [Banned Substances Form](#)
 - c. [Sports-Related Concussion and Head Injury Fact Sheet](#)
 - d. [Sudden Cardiac Death in Young Athletes](#)
 - e. [Use and Misuse of Opioid Drugs Fact Sheet](#)
 - f. [College Athletics Eligibility](#)
6. Complete the Athletic Permission and Code of Conduct questions.
7. Click the Update Answers box to submit your forms.

All forms must be completed PRIOR to the start of the athletic season.

PHYSICALS

Our school doctor will provide two opportunities for student-athletes to complete a physical at Southern for no cost. If the student misses the scheduled school physical, one may be completed by the family physician with the cost covered by the student.

PHYSICAL FORMS MUST BE COMPLETED IN FULL AND RETURNED TO THE ATHLETIC OFFICE PRIOR TO PARTICIPATION. The school doctor will provide sport physicals each year in the spring and summer. Dates are posted on the athletic website. All appropriate forms must be completed and signed in order to receive a physical from the school doctor.

ELIGIBILITY REQUIREMENTS

Students interested in participating in co-curricular activities (after school sports, clubs, and activities) MUST meet the following Southern Regional eligibility requirements.

Season	Grade 9	Grade 10	Grade 11	Grade 12
Fall	All Eligible	30 credits must have been earned from previous year	30 credits must have been earned from previous year	30 credits must have been earned from previous year
Winter	All Eligible	30 credits must have been earned from previous year	30 credits must have been earned from previous year	30 credits must have been earned from previous year
Spring	Must be passing equivalent of 30 credits (15 from 1 st semester)	Must be passing equivalent of 30 credits (15 from 1 st semester)	Must be passing equivalent of 30 credits (15 from 1 st semester)	Must be passing equivalent of 30 credits (15 from 1 st semester)

Athletes are expected to maintain good grades. Students should be encouraged to attend extra help sessions on the appropriate days.

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

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

INSURANCE

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

MEET THE COACHES NIGHT—sport specific and should be held prior to season. Some topics that should be covered include:

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

STUDENT ATHLETE TRANSPORTATION

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

MEDICAL-AWAY CONTEST PROCEDURES

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

GENERAL MEDICAL SUPPLIES AND PROCEDURES

1. All requests for first aid supplies shall be made through the athletic trainer. All coaches must have a first aid kit, water and ice available at all practices and games.
2. The Athletic Trainer will evaluate any injury, determine procedures to be followed and be responsible for determining when the athlete may return. When an injury requires a physician's care, the Athletic Trainer will work with the attending physician.
- 3. Coaches are responsible for filing the accident injury report to the Athletic Office after consulting with the Athletic Trainer. This must be attached to the Accident Report and filled out with the trainer or Athletic Office Professional Assistant, Susan Spaschak. Coaches must be sure the athlete has written medical clearance before returning to play/practice.**
4. All coaches please have Nick Scaramazza cell **732-456-4399** programmed into your phone.
5. No student-Athletes are permitted in the Trainer's room unsupervised. The coach should arrange treatments or rehabilitation with the trainer.
6. All minor injuries (scrapes, etc.) should be tended to by the coach.

EMERGENCY MEDICAL PROCEDURES

Southern Regional School District General Emergency Action Plan for athletic events

Emergency situations may arise at any time during athletic events. The development and implementation of an Emergency Action Plan (EAP) helps ensure the best care will be provided. The purpose of an EAP is to guide athletic personnel, emergency medical services, and Police in responding to emergencies. Southern Regional School District has developed an EAP that identifies the role of each member of the emergency response team, emergency communication, necessary emergency equipment, and emergency protocols for each sporting venue.

Emergency Personnel:

The first responder to an emergency is typically an athletic trainer. If a head coach is the first responder, he or she should deliver care while an assistant coach contacts an athletic trainer immediately. Certified athletic trainers (ATCs) are employed to facilitate the health care of the student-athlete. These duties include emergency management of injuries/illnesses during athletic participation, under the direction of a school physician.

The degree of sports medicine coverage for an athletic event may vary based on such factors as: injury rate, practice/competition location, and the type of training or competition. Certification in cardiopulmonary resuscitation (CPR) and emergency plan review is required for all athletics personnel associated with practices, competitions, and strength and conditioning. Annual review and update of the EAP is conducted with all athletic personnel so that each member of the emergency response team is aware of their respective role in the event of an emergency.

The following roles are included in the EAP:

1. Immediate care of the injured/ill athlete(s)
2. Activation of Emergency Medical System (EMS)
3. Retrieval of emergency equipment
4. Directing EMS to the scene

Immediate care of the injured/ill athlete:

There shall be at least one trained individual at all practices, competitive events, conditioning, and skill sessions. The minimal training is first aid, CPR, AED and prevention of disease transmission (blood borne pathogens). These individuals include the ATC, coaches, or site supervisors. The most qualified individual on the scene should provide acute care in an

emergency situation. Coaches and site supervisors should contact an athletic trainer immediately once an injury has occurred.

Activation of EMS:

The second role, activation of EMS, may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. One member of the emergency care team will utilize the emergency communication device (cellular phone) to activate EMS through 911. This individual shall be trained in activating EMS. They must be calm, have a full understanding of the emergency, communicate well, and be able to identify the location of the emergency.

In the event an emergency occurs during hours when an athletic trainer is not present, a member of the coaching staff or site supervisor should activate EMS through 911. Once the situation is properly handled, an athletic trainer should be informed of the specifics regarding the injury by email and phone.

In the event a practice or competition is not on Southern Regional School District premises, and an athletic trainer is not present, a member of the coaching staff or site supervisor should activate EMS through 911. A cell phone should be present at all off-site practices and competition events. Once the situation is properly handled, an athletic trainer should be informed of the specifics regarding the injury by email and cell phone.

Retrieval of Emergency Equipment:

The third role, equipment retrieval, may be done by anyone on the emergency team who is familiar with the types of and location of the specific equipment needed. Site supervisors and coaches are good examples of this role. All site supervisors and coaches should be aware of the nearest location of AED and medical kit prior to the start of a practice or competition.

Directing EMS to the scene:

If school security is present at an athletic event, they will take the primary responsibility of directing EMS to the proper entry road/location of injured individual. In the event school security is not present at an athletic event, assistant coaches, site supervisors, or senior team members may serve in directing EMS. Access roads have been pre-determined for each individual location.

Emergency Communications:

Communication is the key to quick delivery of emergency care in athletic trauma situations. Athletic trainers, coaches, and emergency medical personnel must work together to provide the best possible care to injured athletes. Communication prior to the event is a good

way to establish boundaries and to build rapport between both groups of professionals. A cellular phone is required on-site at each athletic practice and competitive event that allows direct contact with ATC, security, and local EMS in the event of serious life-threatening emergencies.

In the event an ATC is not on-site for an athletic practice or competitive event, the head coach or site supervisor shall have a cell phone for emergency use. Once emergency personnel are activated and the situation is under control an athletic trainer and athletic director should be informed of the incident via email and cell phone.

Emergency Equipment:

All necessary emergency equipment should be on-site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and annually rehearsed by emergency personnel. All assigned emergency care personnel should be aware of the location and function of all emergency equipment. Emergency supplies and equipment include first aid supplies (e.g. dressings, bandages, tape, sling, elastic wraps, etc.), Automated External Defibrillator (AED), body substance isolation (BSI) materials (protective gloves, gauze, neutralizing solution, and spill kit), splints, and crutches.

Designated AED Locations on Campus:

Southern Regional School District have AEDs placed at designated locations in the event of emergencies. All coaches and site supervisors should be aware of the locations and have access to them. No practice, game, or athletic event should take place without access to an AED. It is the head coach's responsibility to make sure an AED can be accessed prior to the start of all practices, games, or athletic events. In the event the locations cannot be accessed, a head coach is required to pick-up a mobile AED from athletic director's office. The designated locations are as follows:

- JV Baseball Field #3 Dugout Closet
- Varsity Soccer/Lacrosse Field # 8 Closet
- Football Stadium Concession Stand
- Project Adventure Shed (SRMS location)
- 11/12 Main Office Hallway
- 9/10 Main Office Hallway

**** During the months of December-February and July-August AEDs will not be in the locations due to temperature restrictions. Mobile AED units will be utilized. ****

Transportation:

Emergency transportation of an injured/ill student-athlete is provided via the EMS system. In the event an ambulance is on site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue.

**Southern Regional School District
Emergency Action Plan for athletic events on Fields 8-13**

The following roles are specific to fields 8-13 in the EAP:

1. Immediate care of the injured/ill athlete(s)
2. Activation of Emergency Medical System (EMS)
3. Retrieval of emergency equipment
4. Directing EMS to the scene

Immediate care of the injured/ill athlete:

The most qualified individual on the scene should provide acute care in an emergency. If the certified athletic trainer is not present then the head coach will assume responsibility.

- 1.) Athletic trainer or head coach will begin assessing the injury and determine the severity.

Activation of EMS:

- 2.) If the injury is considered life threatening and EMS is required. The nearest assistant coach will activate EMS via cell phone using 911.

- Identify field location
- Type of injury
- Instruct EMS to **enter fields via road on field 8 side**
- Treatment already administered

Retrieval of emergency equipment:

- 3.) Nearest assistant coach will obtain medical kit and **AED from ATC truck or designated location at field 8 closet** and return to scene of injury.

Directing EMS to Scene:

- 4.) Once EMS has been activated an assistant coach will appoint additional coaches or team members to **parking lot of fields 8** and direct EMS towards entry road.

Southern Regional School District
Emergency Action Plan for athletic events on Fields 2-6

The following roles are specific to fields 2-6 in the EAP:

1. Immediate care of the injured/ill athlete(s)
2. Activation of Emergency Medical System (EMS)
3. Retrieval of emergency equipment
4. Directing EMS to the scene

Immediate care of the injured/ill athlete:

The most qualified individual on the scene should provide acute care in an emergency. If the certified athletic trainer is not present then the head coach will assume responsibility.

- 1.) Athletic trainer or head coach will begin assessing the injury and determine the severity.

Activation of EMS:

- 2.) If the injury is considered life threatening and EMS is required. The nearest assistant coach will activate EMS via cell phone using 911.

- Identify field location
- Type of injury
- Instruct EMS to enter fields via **road behind administrative building**
- Treatment already administered

Retrieval of emergency equipment:

- 3.) Nearest assistant coach will obtain medical kit and **AED from ATC truck or designated location at JV baseball field #3 closet** and return to scene of injury.

Directing EMS to Scene:

- 4.) Once EMS has been activated an assistant coach will appoint additional coaches or team members to **parking lot of administrative building** and direct EMS towards entry road.

Southern Regional School District
Emergency Action Plan for athletic events on Football Stadium/Band Field

The following roles are specific to football stadium/band field in the EAP:

1. Immediate care of the injured/ill athlete(s)
2. Activation of Emergency Medical System (EMS)
3. Retrieval of emergency equipment
4. Directing EMS to the scene

Immediate care of the injured/ill athlete:

The most qualified individual on the scene should provide acute care in an emergency. If the certified athletic trainer is not present then the head coach will assume responsibility.

- 1.) Athletic trainer or head coach will begin assessing the injury and determine the severity.

Activation of EMS:

- 2.) If the injury is considered life threatening and EMS is required. The nearest assistant coach will activate EMS via cell phone using 911.

- Identify field location
- Type of injury
- Instruct EMS to enter fields via **main entrance to stadium.**
- Treatment already administered

Retrieval of emergency equipment:

- 3.) Nearest assistant coach will obtain medical kit and **AED from ATC truck or designated location at concession stand** and return to scene of injury.

Directing EMS to Scene:

- 4.) Once EMS has been activated an assistant coach will appoint additional coaches or team members to **parking lot of 11/12 athletic wing** and direct EMS towards entry road.

**Southern Regional School District
Emergency Action Plan for athletic events in 11/12 Gymnasium**

The following roles are specific to 11/12 gymnasium in the EAP:

1. Immediate care of the injured/ill athlete(s)
2. Activation of Emergency Medical System (EMS)
3. Retrieval of emergency equipment
4. Directing EMS to the scene

Immediate care of the injured/ill athlete:

The most qualified individual on the scene should provide acute care in an emergency. If the certified athletic trainer is not present then the head coach will assume responsibility.

- 1.) Athletic trainer or head coach will begin assessing the injury and determine the severity.

Activation of EMS:

- 2.) If the injury is considered life threatening and EMS is required. The nearest assistant coach will activate EMS via cell phone using 911.

- Identify field location
- Type of injury
- Instruct EMS to enter building via **main entrance to 11/12 building off Cedar Bridge Rd.**
- Treatment already administered

Retrieval of emergency equipment:

- 3.) Nearest assistant coach will obtain medical kit and **AED from 11/12 athletic training room or designated location in 11/12 main office hallway** and return to scene of injury.

Directing EMS to Scene:

- 4.) Once EMS has been activated an assistant coach will appoint additional coaches or team members to **main parking lot of 11/12 building** and direct EMS towards 11/12 gymnasium.

Southern Regional School District
Emergency Action Plan for athletic events in 9/10 Gymnasium

The following roles are specific to 9/10 gymnasium in the EAP:

1. Immediate care of the injured/ill athlete(s)
2. Activation of Emergency Medical System (EMS)
3. Retrieval of emergency equipment
4. Directing EMS to the scene

Immediate care of the injured/ill athlete:

The most qualified individual on the scene should provide acute care in an emergency. If the certified athletic trainer is not present then the head coach will assume responsibility.

- 1.) Athletic trainer or head coach will begin assessing the injury and determine the severity.

Activation of EMS:

- 2.) If the injury is considered life threatening and EMS is required. The nearest assistant coach will activate EMS via cell phone using 911.

- Identify field location
- Type of injury
- Instruct EMS to enter building via **main entrance to 9/10 building off Route 9.**
- Treatment already administered

Retrieval of emergency equipment:

- 3.) Nearest assistant coach will obtain medical kit and **AED from 9/10 athletic training room or designated location in 9/10 main office hallway** and return to scene of injury.

Directing EMS to Scene:

- 4.) Once EMS has been activated an assistant coach will appoint additional coaches or team members to **main parking lot of 9/10 building** and direct EMS towards 9/10 gymnasium.

Southern Regional School District
Emergency Action Plan for athletic events on SRHS South Tennis Courts

The following roles are specific to SRMS fields in the EAP:

1. Immediate care of the injured/ill athlete(s)
2. Activation of Emergency Medical System (EMS)
3. Retrieval of emergency equipment
4. Directing EMS to the scene

Immediate care of the injured/ill athlete:

The most qualified individual on the scene should provide acute care in an emergency. If the certified athletic trainer is not present then the head coach will assume responsibility.

- 1.) Athletic trainer or head coach will begin assessing the injury and determine the severity.

Activation of EMS:

- 2.) If the injury is considered life threatening and EMS is required. The nearest assistant coach will activate EMS via cell phone using 911.

- Identify field location
- Type of injury
- Instruct EMS to enter fields via **main entrance to SRHS via Cedar Bridge Road.**
- Treatment already administered

Retrieval of emergency equipment:

- 3.) Nearest assistant coach will obtain medical kit and **AED from ATC truck or mobile AED assigned to tennis** and return to scene of injury.

Directing EMS to Scene:

- 4.) Once EMS has been activated an assistant coach will appoint additional coaches or bystanders to **parking lot of tennis courts** and direct EMS towards entry road.

Southern Regional School District
Emergency Action Plan for athletic events on SRMS Fields

The following roles are specific to SRMS fields in the EAP:

5. Immediate care of the injured/ill athlete(s)
6. Activation of Emergency Medical System (EMS)
7. Retrieval of emergency equipment
8. Directing EMS to the scene

Immediate care of the injured/ill athlete:

The most qualified individual on the scene should provide acute care in an emergency. If the certified athletic trainer is not present then the head coach will assume responsibility.

- 1.) Athletic trainer or head coach will begin assessing the injury and determine the severity.

Activation of EMS:

- 2.) If the injury is considered life threatening and EMS is required. The nearest assistant coach will activate EMS via cell phone using 911.

- Identify field location
- Type of injury
- Instruct EMS to enter fields via **main entrance to SRMS via Cedar Bridge Road.**
- Treatment already administered

Retrieval of emergency equipment:

- 3.) Nearest assistant coach will obtain medical kit and AED **from ATC truck or designated location at project adventure shed** and return to scene of injury.

Directing EMS to Scene:

- 4.) Once EMS has been activated an assistant coach will appoint additional coaches or bystanders to **parking lot of SRMS** and direct EMS towards entry road.

**Southern Regional School District
Emergency Action Plan Quick Reference**

Emergency with ATC On-Site:

- 1.) ATC will assess injured individual and begin care.
- 2.) If the injury is considered life threatening and EMS is required. The head coach will activate EMS via cell phone using 911. ATC will make that determination and direct coach.
- 3.) Head coach will retrieve medical equipment from ATC truck or nearest designated location. Head coach will assist ATC with care until EMS arrive.
- 4.) Once EMS has been activated an assistant coach will appoint additional coaches, site supervisors, or team members to direct EMS road.

Emergency with ATC On Campus but NOT Onsite:

- 1.) Head coach will assess injured individual and begin care.
- 2.) An assistant coach should contact ATC immediately via cell phone.
- 3.) If the injury is considered life threatening and EMS is required. The assistant coach will activate EMS via cell phone using 911. Head coach or ATC will make that determination and direct coach.
- 4.) Assistant coach will retrieve medical equipment from nearest designated location. Assistant coach will assist head coach with care until ATC or EMS arrive.
- 5.) Once EMS has been activated an assistant coach will appoint additional coaches, site supervisors, or team members to direct EMS to entry road.

Emergency with ATC NOT On Campus:

- 1.) Head coach will assess injured individual and begin care.
- 2.) If the injury is considered life threatening and EMS is required. The assistant coach will activate EMS via cell phone using 911. Head coach will make that determination and direct coach.
- 3.) Assistant coach will retrieve medical equipment from nearest designated location. Assistant coach will assist head coach with care until EMS arrive.
- 4.) Once EMS has been activated an assistant coach will appoint additional coaches, site supervisors, or team members to direct EMS to entry road.

7. All coaches are required to have Emergency Cards or phone numbers for each athlete in their possession at every contest or practice.

8. Student Athlete Injury Procedures:

A. At time of injury, coach calls the trainer on trainer cell.

The Trainer will determine:

1. the immediate treatment
2. when an athlete may resume participation
3. if the athlete needs to see a doctor
4. notification of parents, coach or trainer
5. If an ambulance should be called

B. Coach completes injury report on the day of the injury. The report must be turned into the Athletic Office immediately

1. detailed report – nature of injury
2. include how it happened
3. circle disposition at bottom of form if student should be seen by the trainer or was sent to a doctor/emergency room.
4. Send the athlete to the trainer

5. INJURY REPORTS MUST BE COMPLETED AT AWAY GAMES AS WELL!

C. Susan: Gold and pink copy is placed in appropriate trainer's folder
Nick Scaramazza (High School)

D. Coach should contact Nick by e-mail cell phone or via trainer's room

TELEPHONE NUMBERS

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

phone regarding status of athlete: Nick Scaramazza – Ext. 4205.

E. Serious injury, emergency room visit, or was seen by a doctor, is not to return to play unless the Coach receives a clearance note
If the student athlete gives you a Doctor's note, the note must be given to the trainer. All Doctor's notes with injury reports are to be filed in the Athletic Office. **NO ATHLETE SHOULD PLAY UNLESS CLEARED BY THE TRAINER IF IN DOUBT, IT IS YOUR RESPONSIBILITY TO CONTACT THE TRAINER.**

F. THE KEY IS COMMUNICATION BETWEEN THE COACH, TRAINER,

PARENT AND SUPERVISOR OF ATHLETICS.

HOME EVENTS WITHOUT A TRAINER

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

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

I. Rationale:

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

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

Section: Procedures for Athletic coaches, page 123

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

A person shall be eligible to coach in any interscholastic contest, provided

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

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

FACILITIES

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

US.

STUDENT ATHLETE & ACTIVITIES DISCIPLINE PROCEDURE

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

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

THE FOLLOWING BASIC RULES WILL APPLY TO ALL STUDENTS

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

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

1. First Violation

After confirmation of the first violation, the student shall lose eligibility for two (2) weeks for all inter-scholastic and extra-curricular activities. This includes sports practices,

scrimmages, and inter-scholastic competitions. (This may run concurrently with suspension if invoked by regular school policy.)

2. Second Violation

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

3. Subsequent Violations

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

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

1. The purpose of the Review Board is to meet and determine if continuance in a sport or activity is in the best interest of the student and the activity. The Board may deny participation, grant immediate participation, or permit participation with some conditions.
2. The Review Board will consist of a school administrator and three coaches or advisors. These persons will be selected by the Principal's Office or the Athletic Office. In the Middle School, the Assistant Principal will pick the members of the committee. When possible, the student's guidance counselor will be present to serve as a resource person for the committee.
3. This board will deal with all requests for reinstatement within 5 school days of the student's request. The request for reinstatement shall not be made until the student returns from suspension. When possible, parents of the student will be given advance notice of the hearing.
4. The Review Board hearing will consist of a history of the

situation, and testimony from the student about the incident and expectations regarding his or her conduct in the future.

5. The Committee will convene privately and decide on reinstatement. The student will be told immediately of the decision, and written notification will be sent to both the student and his or her parents.
 6. A written record of the hearing will be made and kept on file.
 7. It is the student's responsibility to meet with the coach after the conclusion of the Review Board Hearing.
- C. Once an athlete has begun participation in official practice sessions for a team, he has committed himself/herself as a member of that team. Any athlete who quits the team or is dismissed from the team for disciplinary reasons before the conclusion of the season, may not participate in any of the activities of any other sport until the season of his original team is over. In certain situations, this rule may be waived with the consent of all the coaches involved.
- D. When an athlete or student is issued equipment during the course of a season, it is his/her responsibility to return all of that equipment at the end of the activity. Any student who has not fulfilled all of his/her responsibilities in this area may not participate in any other sports or activity at Southern Regional until all prior obligations are satisfied. The Directors of Athletics will notify coaches of athletes who have financial obligations outstanding.
- E. All students are expected to maintain good habits of attendance and punctuality to school. Coaches and advisors will take steps to insure this of their athletes and participants. Any athlete or participant who is absent from school may not participate in practice, games, or activities on that day unless permission has been secured from the Principal or his representative. In the event of an athletic contest on a non-school day, attendance in school on the day immediately prior to the event is required.
- F. All students are expected to maintain good grades. Coaches and advisors should monitor grades throughout the year. Students should be encouraged to attend extra help sessions on the appropriate days.

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

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

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.

TRANSFER STUDENT ATHLETES:

All transfers must have transfer form completed by the Athletic Director to be eligible to participate in athletics

PROCEDURES FOR SCHOOL ELIGIBILITY

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

NON-STUDENT POLICY

Please be advised that a policy concerning non-student participation in any

phase of Southern Regional's Athletic Programs became effective on December 5, 1980.

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

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

SAMPLE CASE

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

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

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

GENERAL PROCEDURES

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

PRACTICE SESSIONS:

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

PROCEDURE FOR COACHES ON IN-SERVICE DAYS:

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

EARLY DISMISSAL PROCEDURES:

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

CLINICS & CONFERENCES:

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

TRANSPORTATION:

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

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

SHORE CONFERENCE RULES & REGULATIONS: Review and check

www.shoreconferencenjdigitalsports.org – all coaches

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 coordinators (Sue Spellman or Melissa Ardoin) Forms may be secured in the on the network. All forms need to be typed and sent electronic at least 6 weeks prior to your selling date.

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

HAZING: HAZING - NO TOLERANCE

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

Examples of Mental Hazing:

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

Examples of Physical Hazing:

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

NJSIAA Article V, Section 4.1

Students below the 9th grade are not permitted to practice with students of grade nine (9) through twelve (12), neither may they **"suit up"** with those teams for games or scrimmages involving grades nine (9) through twelve (12) unless a waiver has been granted (to ensure eight (8) consecutive semesters of participation). Student will be considered to have begun his/her eight semesters of eligibility on a sport specific basis pursuant to Article V., Section 4.1.

SEXUAL HARRASSMENT will not be tolerated.

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

STERIODS and PERFORMANCE ENHANCERS - NO TOLERANCE.

The Southern Regional School District feels just as strongly about steroids and other performance enhancing drugs as it does with any other illegal substances. All head and assistant coaches are to be vigilant for any sign that any use of this type might be occurring among our athletes. It behooves all coaches to become educated in their use through reading, seminars, and discussions with knowledgeable

sources. Any suspected drug usage should immediately be dealt with by bringing it to the attention of the director of athletics and appropriate school administration.

NJSIAA'S STEROID TESTING POLICY

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

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

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

- **List of banned substances:**

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

- **Consent form:**

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

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

- A. Tested athletes will be selected randomly from all of those athletes participating in championship competition.
- B. Sixty percent of all tests shall be from football, wrestling, track & field, swimming, lacrosse and baseball. The remaining forty percent of all tests shall be from all other NJSIAA sports.

- **Administration of tests:**

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

- **Testing methodology:**

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

- **Sufficiency of results:**

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

- **Appeal process:**

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

- **Penalties**

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

- **Confidentiality:**

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

- **Compilation of results:**

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

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

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

CONCUSSION POLICY

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:

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

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.

BOOSTER CLUBS

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

SOUTHERN REGIONAL SCHOOL ATHLETIC DEPARTMENT

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

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

Graduated Return to Competition and Practice Protocol

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

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

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

Student –Athlete Signature: _____

Parent's Signature: _____

Coach Signature: _____

Sample Form

AWARDS & BANQUETS

Varsity Award Certificate:

1st year - letter and sport pin
2nd year - certificate and bar
3rd & 4th years - certificate and bar

A. Banquets – High School:

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

B. Awards

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

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

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

⇒ Dolph Cranmer Award Requirements:

"The varsity award winning student-athlete who most exhibited the

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

⇒ **Student Athlete Award Criteria:**

- To the senior varsity award winning athlete (during his/her senior year) who has accumulated the highest average to date (high school career).
- He/she must have participated in three years of interscholastic athletic competition (any sports) and must have received an award for each year (varsity, JV, or freshman award) and he must have earned a total of two varsity letters during his/her athletic career at Southern Regional High School."
- Transfer students may also qualify for the award, but may have participated in one of the three years of interscholastic athletic competition and received an award (varsity, JV, or Freshman) from the school he previously attended.

⇒ **Shore Conference Athletic Director's Sportsmanship Award:**

- Male and female recipient from each Shore Conference school.
- New Jersey Scholar Athlete Award: Senior varsity athlete with top GPA

END-OF-SEASON-CHECK-LIST

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

1. Scores of all contests played during your sports season. (V, JV, & FR (Please list all dates, opponents and scores.)
2. Won and lost records for all teams (varsity, JV, and freshman). of all contests played during your sports season. (V, JV, & FR (Please list all dates, opponents and scores.)
3. Won and lost records for all teams (varsity, JV, and freshman). Please list conference and overall record (career). Please complete the Championship Form.
4. A copy of your sports school records (both individual (career and team). Please complete the school record form if any records were broken during the current season. Complete school record form.
5. Separate lists of:
 - A. Varsity letter winners (include grade of each participant); identify captains.
 - B. Junior Varsity letter winners (include grade of each participant).
 - C. Freshman Letter Winners

- D. M.V.P. Winner
 - E. All Award Recipients (other awards you recognize)
 - F. Scholar Athletes (all levels)
 - G. List of individual and team accomplishments: papers, radio, all-shore, all-county, all-division, etc.
5. A complete inventory of all equipment & uniforms pertaining to your sports season which are school issued. Medical kits and coolers should be returned to the Athletic Trainer.
 6. Proper storage procedures for all equipment and supplies are to be coordinated with the supervisor of athletics.
 7. The team has been surveyed to insure that all injuries are covered by insurance. Please contact the Athletic Trainer and Sue to be sure all injuries are cleared.
 8. A list of all students who still owe equipment and the items due. Students and parents should be contacted before an obligation is placed in the main office. Please update as equipment is returned to you! All student equipment cards must be turned in. Please check with the Supervisor of Athletics.
 9. Highlights of the season.
 10. Coaches self assessment.

Thanks for your Cooperation!

NJSIAA ELIGIBILITY

	Grade 9	Grade 10	Grade 11	Grade 12
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

Handling Players

Be Consistent

Be Yourself

Be Fair

Be Positive

Learn to criticize, discipline, and compliment

Insist on best efforts always

Be Available

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

Know your players' abilities

⇒ *physical*

⇒ *mental*

⇒ *temperament*

⇒ *personality*

Important phases to proper coaching

Explanation

Demonstration

Imitation

Correction

Repetition

Acknowledgement

**Attention student athlete transfers:
New for 2019-2020 school year**

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

1161 Route 130 North, Robbinsville, NJ 08691-1104
Phone 609-259-2776 ~ Fax 609-259-3047

The new transfer rule, as amended, would read as follows:

Article V – Eligibility of Athletes

K. Transfers – After his/her initial enrollment in a secondary school, as provided for in Article V, Section 4.G (2) of the Bylaws, a student-athlete is subject to the following transfer rules:

1. A student-athlete who transfers from one secondary school to another because of a bona fide change of residence by his/her parents or guardians, or through assignment by the Board of Education, becomes eligible to represent his/her new school immediately upon entrance unless recruitment or transfer for athletic advantage is alleged and provided all other eligibility regulations are satisfied.

Both the former and new school must complete a transfer form affirmatively stating that the transfer is a bona fide change of residence and that there was no athletic recruitment or a transfer for athletic advantage.

A bona fide change of residence takes place when:

- a. The parent/guardian moves with the student from one public high school district to another public high school district;
- b. The parent/guardian completes an affidavit or certification with proof of the new residence;
- c. The change of residence must have occurred on or before the following dates: July 1, to be immediately eligible to participate during the Fall sports season; October 1, to be immediately eligible to participate in the Winter sports season; and February 1, to be immediately eligible to participate in the Spring sports season; and
- d. The new residence may not be associated with, leased, or provided by anyone associated with the school or acting at the direction of the school, including but not limited to administration, staff, coaches, students, parents, booster clubs, or any organization having a connection with the school.

The form of the affidavit or certification shall be approved annually by the Executive Committee. The affidavit or certification must be filed with the new school and be available to the NJSIAA upon request. Any school official with actual knowledge that the affidavit or certification is false may be subject to punishment as set forth in Article X

The affidavit or certification must be accompanied by proof of the new residence. Such proof shall include at least two of the following: (i) a New Jersey driver's license or non-driver's identification showing change of address; (ii) mortgage or lease documents; (iii) utility bills; (iv) voter registration; (v) bank statement; (vi) homeowner's insurance or renter's insurance; or (vii) any business record or document issued by a governmental entity.

The term "guardian" refers to that person who has control over the person and property of a child as established by the order of a court of competent jurisdiction. A student who becomes emancipated shall be deemed not to have made a bona fide change of residence.

Note: To provide ample notice to schools and families, the July 1 deadline for a bona fide change of residence set forth in paragraph c. above shall not be applicable in 2019. All other requirements will take effect 20 days after approval, unless determined otherwise by the Commissioner of Education.

Note: If you would like to review the 2018-19 version please refer to page 51 of last year's bylaws.

STUDENT-ATHLETE RESIDENCY AFFIDAVIT

NJSIAA STUDENT-ATHLETE RESIDENCY AFFIDAVIT

Print Student Full Name

I, _____, of full age, being duly sworn to law, upon my oath depose and say:

1. I am the parent/legal guardian of the above listed student.
2. I currently reside at _____
I have resided at the above address since: _____
3. The above-named student moved with me at my new address on _____
4. Prior to moving to the new residence address listed above, I resided at the following address: _____

5. I hereby authorize the New Jersey State Interscholastic Athletic Association ("NJSIAA") to investigate and confirm any and all Statements made by me in this affidavit. I agree to provide any additional information that may be requested by the NJSIAA.
6. I will notify the present school immediately, in writing, if any of the conditions recited herein are changed.
7. This residence may not be associated with, leased, or provided by anyone associated with the school or acting at the direction of the school, including but not limited to administration, staff, coaches, students, parents, booster clubs, or any organization having a connection with the school.

I hereby certify that the forgoing statements are true, and I am aware that if any of the foregoing statements are willfully false, I am subject to punishment.

Parent/Guardian Signature

Print Parent/Guardian Full Name

STATE OF NEW JERSEY

COUNTY OF _____

The above-named affiant appeared before me, a notary public of the State of New Jersey, on the _____ day of _____, 20____, and I made known to him/her the contents of the above affidavit which was then sworn and subscribed to by said affiant before me on this date.

NOTARY PUBLIC

Copies of this Affidavit will be sent to the New Jersey State Interscholastic Athletic Association upon request.

COLLEGE ATHLETIC ELIGIBILITY

Alert your guidance counselor if you are considering participation in college athletics.

NCAA ELIGIBILITY

High school student athletes who wish to participate in Division I or II college athletics must meet the NCAA initial-eligibility requirements. Complete details regarding these requirements are available online at the NCAA Eligibility Center www.eligibilitycenter.org.

CORE COURSES

The NCAA maintains a list of courses offered at Southern that are approved for prospective student-athletes seeking NCAA initial-eligibility. Please refer to the following list of approved core courses. If you have any questions, please see your guidance counselor.

ENGLISH	SOCIAL STUDIES	MATH	SCIENCE	WORLD LANGUAGE
English 1/RR	World History/RR	Algebra 1/RR	Geophys Science	French 1
English 1	World History	Algebra 1	Geophys Science/ADV	French 2
English 1/ADV	World History/ADV	Algebra 1/ADV	Biology	French 3
English 1/H	World History/H	Geometry/RR	Biology/ADV	French 4/H
English 2 RR	US History 1/RR	Geometry	Biology/H	German 1
English 2	US History 1	Geometry/ADV	Chemistry	German 2
English 2/ADV	US History 1/ADV	Geometry/H	Chemistry/ADV	German 3
English 2/H	US History 1/H	Algebra 2/RR	Chemistry/H	German 4/H
English 3/RR	US History 2/RR	Algebra 2	Physics	Japanese 1
English 3	US History 2	Algebra 2/ADV	Physics/ADV	Japanese 2
English 3/ADV	US History 2/ADV	Algebra 2/H	Physics/H	Japanese 3
English 3/H	US History 2/AP	Algebra 3	AP Biology	Japanese 4/H
English 3/AP	AP Gov & Pol	Trig/Pre-Calc	AP Chemistry	Latin 1
English 4/RR	AP European His	Trig/Pre-Calc/H	AP Physics	Latin 2
English 4	AP Psychology	Calculus/H	Anat/Phys	Latin 3
English 4/ADV	Critical Issues	AP Calculus	Marine Biology	Latin 4/H
English 4/AP	US Law & Society	AP Calculus 2	Env Science	Spanish 1
		AP Statistics	Env Science/RR	Spanish 2
				Spanish 3
				Spanish 4/H
				AP Spanish Lit
				AP Spanish Lang

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA and earn an ACT or SAT score that matches your core-course GPA.

DIVISION I

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	SOCIAL SCIENCE	ADDITIONAL (English, math or natural/physical science)	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	2 years	1 year	4 years

DIVISION II

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	SOCIAL SCIENCE	ADDITIONAL (English, math or natural/physical science)	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
3 years	2 years	2 years	2 years	3 years	4 years

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your grade point average (GPA) based on the grades you earn in NCAA-approved core courses.

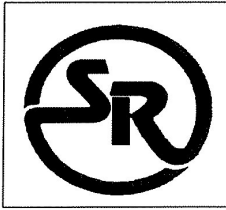
- Division I requires a minimum 2.3 GPA.
- Division II requires a minimum 2.2 GPA.

TEST SCORES

Take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you register to take a test. If you take a test more than once, send your scores and the NCAA will use the best scores from each test section to create your sum score.

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/student-athletes/future/test-scores.



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



RAMS

Contest Travel Release

Date _____

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

SPORT: _____

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

The reason for not riding the bus is _____.

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

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

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

Parent/Guardian Signature

Athletic Director's Signature

Sample Form

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
Skating	–	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.

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) 609-208-0020
www.heart.org

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

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,
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 NJ Department of Health and Senior Services,
 American Heart Association/New Jersey Chapter, NJ
 Academy of Family Practice, Pediatric Cardiologists,
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SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

The Basic Facts on Sudden Cardiac Death in Young Athletes

STATE OF NEW JERSEY
DEPARTMENT OF EDUCATION

American Heart
Association

Learn and Live

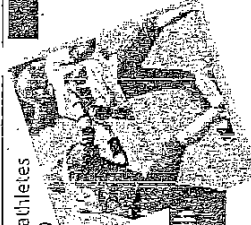
Started in 2014-15 Physical Packet



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).

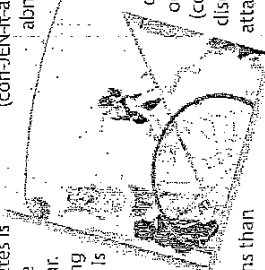
How common is sudden death in young athletes?

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-tif-ee) also called HCM. HCM is a disease of the heart with abnormal thickening of the heart muscle, which can cause serious heart rhythm problems and blockages to blood flow. This genetic disease runs in families and usually develops gradually over many years.

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



Sample Form

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

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

What are the warning signs to watch for?

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

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

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

What are the current recommendations for testing young athletes?

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

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

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

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

When should a student-athlete see a heart specialist?

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

Can sudden cardiac death be prevented just through proper screening?

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

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

Why have an AED on site during sporting events?

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

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

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

Started in 2014-15 Physical Packet

Sample Form

State of New Jersey
DEPARTMENT OF EDUCATION

Sudden Cardiac Death Pamphlet
Sign-Off Sheet

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

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

Started in 2014-15 Physical Packet

Student Signature: _____

Parent or Guardian
Signature: _____

Date: _____

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

Sample Form

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

1161 Route 130 North, Robbinsville, NJ 08691

Phone 609-259-2776 ~ Fax 609-259-3047

Memorandum

To: All Athletic Directors of Member Schools

From: Tony Maselli, Assistant Director

Date: June 2019

Re: Opioid Education Video Procedure

**Starting 2019-2020
Winter Season Video will be
listed on the parent portal.**

To All Athletic Directors:

Acting to address the increased risk of opioid abuse among high school athletes, the Office of the New Jersey Coordinator for Addiction Responses and Enforcement Strategies (NJCARES) and the New Jersey State Interscholastic Athletic Association (NJSIAA) announced on February 19, 2019, a new partnership to educate student athletes and their parents/guardians on addiction risks associated with sports injuries and opioid use.

This educational initiative, spearheaded by Attorney General Gurbir Grewal and approved by the Executive Committee of the NJSIAA, is a collaborative effort to use video programming to raise awareness among high school athletes that they face a higher risk of becoming addicted to prescription pain medication than their fellow students who do not play sports.

Beginning with the 2019 fall season, we are making available to all student athletes and their parents/guardians, an educational video about the risks of opioid use as it relates to student athletes. The video will be available on August 1, 2019 and can be found on the NJSIAA website under "Athlete Wellness" which is located under the "Health & Safety" tab. We are strongly encouraging student athletes and parents/guardians to watch the video as soon as it becomes available. An acknowledgement that students and their parents/guardians have watched the video will be required starting with the 2019-2020 winter season.

All member schools are asked to add to their current athletic consent forms the sign-off listed below. The sign-off acknowledgment is an NJSIAA mandate; student athletes are required to view the video only once per school year prior to the first official practice of the season in their respective sport, but the signed acknowledgment is required for each sport a student participates in. Athletes that are 18 years or older do not need the parents/guardians to watch the video.

NJSIAA OPIOID POLICY ACKNOWLEDGEMENT

We have viewed the NJ CARES educational video on the risks of opioid use for high school athletes. We understand the NJSIAA policy that requires students, and their parents(s)/guardian(s) if a student is under the age of 18, to view this video and sign this acknowledgement.

Student's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



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:

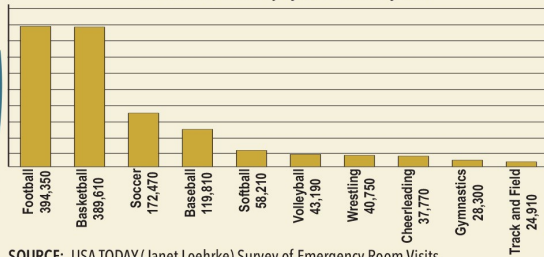
- The pain from most sports-related injuries can be managed with non-narcotic medications such as acetaminophen, non-steroidal anti-inflammatory medications like ibuprofen, naproxen or aspirin. Read the label carefully and always take the recommended dose, or follow your doctor's instructions. More is not necessarily better when taking an over-the-counter (OTC) pain medication, and it can lead to dangerous side effects.⁴
- 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."



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?⁷

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 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

APPROPRIATE AND EFFECTIVE STRATEGIES TO RESPOND TO BULLYING FOR COACHES

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

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

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

Appropriate and effective interventions **always** include:

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

Never:

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

Staff Reporting Procedures

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

2019-20 NJSIAA Banned Drugs

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

The NJSIAA bans the following classes of drugs:

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

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

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

Drugs and Procedures Subject to Restrictions

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

NJSIAA Nutritional/Dietary Supplements Warning

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

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

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

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

Stimulants

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

exceptions: phenylephrine and pseudoephedrine are not banned.

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

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

Alcohol and Beta Blockers

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

Diuretics (water pills) and Other Masking Agents

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

Street Drugs

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

Peptide Hormones and Analogues

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

Anti-Estrogens

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

Beta-2 Agonists

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

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

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

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.

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NJSIAA Pre-season Heat Acclimatization Policy

Definitions:

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

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

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

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

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

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Procedure for the 14-Day Heat Acclimatization Period

Core Principles:

1. Days 1 through 5 of the heat-acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
2. If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.
3. A 1-hour maximum walk-through is permitted during days 1–5 of the heat-acclimatization period. However, a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa).
4. During days 1–2 of the heat-acclimatization period, in sports requiring helmets or shoulder pads, a helmet should be the only protective equipment permitted (goalies, as in the case of field hockey and related sports, should not wear full protective gear or perform activities that would require protective equipment). During days 3–5, only helmets and shoulder pads should be worn. Beginning on day 6, all protective equipment may be worn, and full contact may begin.
 - A. Football only: On days 3–5, contact with blocking sleds and tackling dummies may be initiated.
 - B. Full-contact sports: 100% live contact drills should begin no earlier than day 6.
5. Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double practice day is followed by a rest day, another double practice day is permitted after the rest day.
6. On a double-practice day, neither practice should exceed 3 hours in duration, nor should any student-athletes participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
7. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during, and after all practices.

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Heat Participation Policy

Introduction

History shows that most exertional heat stroke deaths occur during August; however, athletes will be at risk whenever in the presence of elevated ambient temperatures with high humidity. For many years, coaches have utilized the Heat Index to determine safe conditions for exercise in a hot environment. Evidence-based research, first initiated with the military, proves that Wet Bulb Globe Temperature (WBGT) should be the environmental monitoring measure during athletic participation in the heat.

The Heat Index was developed as a measurement of ambient temperatures and relative humidity while resting in the shade. It is intended to provide outdoor restrictions for the elderly and adolescents during times of elevated temperatures. It is not relevant to a athletic activity settings. However; the WBGT is a measurement of ambient temperature, relative humidity, radiant heat from the sun and wind speed. When outdoor activities are conducted in the direct sun, the WBGT is the most pertinent to use. Although read in degrees, the WBGT does not reflect degrees of air temperature. A WBGT reading of 92 F may equate to a Heat Index reading of 104-105 degrees F.

Method

The *NJSIAA Heat Participation Policy* will be utilized in conjunction with the *NJSIAA PreSeason Heat Acclimatization Policy*. Monitoring the environmental conditions through the WBGT and making the appropriate activity modifications is an effective preventative measure in reducing the risk of exertional heat stroke. The athletic trainer, certified designee or individual (e.g. coach) appointed by the athletic director must use a scientifically-reliable WBGT measuring device and take an on-site reading 30 minutes prior to activity and a minimum of every hour during activity. Readings must be recorded on the *NJSIAA Heat Participation Policy Record Chart*. All corresponding modifications must also be recorded on the chart.

References:

<https://ksi.uconn.edu/prevention/wet-bulb-globe-temperature-monitoring/#>

<http://ksi.uconn.edu/high-school-state-policies/wbgt-policies/>

<https://ksi.uconn.edu/prevention/heat-acclimatization/>

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NJSIAA Heat Participation Activity Guidelines

Schools must follow this best practice policy when conducting outdoor practices and games in all sports. The policy follows modified guidelines of the American College of Sports Medicine, and is specific to New Jersey, in regard to:

1. The scheduling of practices during times of various Wet Bulb Globe Temperature (WBGT) levels
2. The ratio of workout time to time allotted for rest and hydration during times of various WBGT levels
3. The WBGT levels which will result in practices and contests being modified or terminated.

An instrument scientifically approved to measure WBGT must be utilized at each practice and game. WBGT readings must be taken on the practice and game site a minimum of every hour, beginning 30 minutes before the beginning of practice and game. All readings must be recorded, or data logged (e.g. written or electronic form). In the event that a modification or cancellation was required, documentation using the WBGT *NJSIAA Heat Participation Policy Record Chart* must be completed.

WBGT READING	Flag	Risk for Heat Illness	ACTIVITY GUIDELINES AND REST BREAK GUIDELINES
Under 80.0 Degrees Fahrenheit	Green	Very Low	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
80.0 - 85.0 Degrees Fahrenheit	Yellow	Low	Use discretion for intense or prolonged exercise; watch at risk players carefully; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
85.1 - 88.0 Degrees Fahrenheit	Orange	Moderate	Maximum practice time is 2 hours, <u>For Football, Lacrosse and Field Hockey</u> ; All helmets and shoulder pads must be removed for practice and conditioning activities. If the WBGT rises to this level during practice, football players may continue to work out wearing football pants without changing into shorts. <u>For All Sports</u> ; provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
88.1 - 90.0 Degrees Fahrenheit	Red	High	Maximum length of practice is 1 hour. <u>For Football, Lacrosse and Field Hockey</u> ; No protective equipment may be worn during practice and there may be no conditioning activities. <u>For All Sports</u> ; there must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 90 Degrees Fahrenheit	Black	Very High	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

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The NJSIAA WBGT Guidelines are region-specific to New Jersey and are based upon evidence-based practice and a collaborative effort between the Korey Stringer Institute and the NJSIAA; therefore, should not be compared with any other WBGT guidelines or templates.

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time must involve unrestricted access to fluids (e.g. water or electrolyte beverages).
2. With sports requiring helmets (e.g. football, lacrosse, field hockey), the helmets must be removed during rest time.
3. The site of the rest time must be in a shaded area.
4. When the WBGT reading is $>85.0^{\circ}\text{F}$
 - a. Ice towels, spray bottles filled with ice water or equivalent must be available to aid in the cooling process within the shaded area.

Definitions

1. Game: any NJSIAA sanctioned event.
2. Practice: the period of time that a participant engages in coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.
3. Walk through: this period of time shall last no more than one hour and is not considered to be a part of the practice time regulation and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

Implementation Note to be included in NJSIAA Handbook:

The aforementioned policy must be carried out by the athletic trainer, certified designee or individual as appointed by the athletic director which includes a coach or any individual responsible or sharing duties for making decisions concerning the implementation of modifications or cancellation of practices and games based on WBGT.

Compliance note to be included in NJSIAA Handbook:

In accordance with the current school compliance checks, the compliance monitors checklist will include items specific to:

- Presence of a WBGT device
- Documentation of all practices and games requiring modification on the NJSIAA Heat Participation Policy Record Chart
- Proof of written and signed off Heat Participation Policy document

NJSIAA Heat Participation Policy Record Chart

School: _____ Sport: _____

[illegible]

WBGT READING	ACTIVITY GUIDELINES AND REST BREAK GUIDELINES
Under 80.0 F	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
80.0 F – 85.0 F	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
85.1 F – 88.0 F	Maximum practice time is 2 hours, <u>For Football</u> : no protective equipment may be worn during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing into shorts. <u>For Field Hockey Goalies</u> : All protective equipment must be removed for conditioning activities. <u>For All Sports</u> : provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
88.1 F – 90.0 F	Maximum length of practice is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice and there may be no conditioning activities. <u>For All Sports</u> : there must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 90.0 F	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time must involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
2. For Football: helmets must be removed during rest time. For Field Hockey: goalie helmets must be removed during rest time.
3. The site of the rest time must be a "cooling zone" and not in direct sunlight.
4. When the WBGT reading is over 85.0:
 - a. A cold-water immersion tub or tarp (taco/burrito method) must be available for practices and games for the benefit of any player showing early signs of heat illness.
 - b. Ice towels, spray bottles filled with ice water or their equivalent must be available at the "cooling zone" to aid in the cooling process.

WBGT CHART

In some instances when a WBGT monitoring device is unavailable, a chart like the one shown below can be used to estimate WBGT. It must be noted that these are estimates and are derived only from using temperature and relative humidity and the chart accounts for *full* sunshine and *light* wind conditions. Thus, depending on the radiant heat load from the sun and the wind, the actual WBGT reading could be different from what is on the chart.

Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																																	
		Temperature (°C)																															
		20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	
0	15	16	16	17	18	18	19	19	20	21	22	22	23	23	24	24	25	25	26	27	28	29	30	31	32	28	29	30	31	31	32	32	
5	16	16	17	18	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	30	31	31	32	30	31	32	33	33	34	35
10	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	30	30	31	32	32	32	33	34	35	36	36	37	
15	17	17	18	19	19	20	21	21	22	23	23	24	25	26	26	27	28	29	29	30	31	32	33	33	34	35	36	37	38	38	39		
20	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	38	39					
25	18	18	19	20	20	21	22	23	24	24	25	26	27	28	28	29	30	31	32	33	34	35	36	37	38	39							
30	18	19	20	20	21	22	23	23	24	25	26	27	28	29	29	30	31	32	33	34	35	36	37	38	39								
35	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39										
40	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39											
45	19	20	21	22	23	24	25	26	27	27	28	29	30	32	33	34	35	36	37	38													
50	20	21	22	23	23	24	25	26	27	28	29	30	31	33	34	35	36	37	39														
55	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35	36	37	38															
60	21	22	23	24	25	26	27	28	29	30	31	32	33	35	36	37	38																
65	21	22	23	24	25	26	27	28	29	31	32	33	34	36	37	38																	
70	22	23	24	25	26	27	28	29	30	31	33	34	35	36	38	39																	
75	22	23	24	25	26	27	29	30	31	32	33	35	36	37	39																		
80	23	24	25	26	27	28	29	30	32	33	34	36	37	38																			
85	23	24	25	26	28	29	30	31	32	34	35	37	38	39																			
90	24	25	26	27	28	29	31	32	33	35	36	37	39																				
95	24	25	26	27	29	30	31	33	34	35	37	38																					
100	24	26	27	28	29	31	32	33	35	36	38	39																					
WBGT > 40																																	

Note: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind

Note: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind

Reference: The Korey Stringer Institute. <https://ksi.uconn.edu/prevention/wet-bulb-globe-temperature-monitoring/>

NJSIAA FALL SPORTS PARTICIPATION LIMITATIONS 2019-2020

Sport	Rules	Practice Starts	Opening Day (Games, Meets or Matches)	Number of games, meets or matches (scrimmages count only during regular season)
Cross Country	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	3 Meets per week (Individual)
Field Hockey	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	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	N.F.H.S.	August 14	Thursday, September 5	10 Maximum Regular Schedule
Gymnastics	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	3 Meets per week. Maximum Meets/Individual-fifteen (15)
Soccer	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	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 12	September 3 (Tuesday after Labor Day)	No more than 1 full match at the end of a school day.
Volleyball	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	

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 above will govern all sports unless modified by NJSIAA. Date for determining a student's eligibility (age) for all sports is 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. Ineligible lists must be kept on file at all schools.

NJSIAA WINTER SPORTS PARTICIPATION LIMITATIONS 2019-2020

Sport	Rules	Practice Starts	Opening Day (Games, Meets or Matches)	Number of games, meets or matches (scrimmages count only during regular season)
Basketball*	N.F.H.S.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	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	U.S.B.C.	November 11	November 23	No Limit
Fencing*	U.S.F.A.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	
Ice Hockey	N.F.H.S.	November 4	November 29	26 Games, plus State Tournament, (3 games per week). Games cannot be played on three consecutive days.
Skiing	N.C.A.A.	December 2	January 1	15 Meets, including inter-school scrimmages, regular meets, postponed meets, and invitational meets
Swimming	N.F.H.S.	November 11	December 1	23 Meets, plus NJSIAA Championships. 3 Meets per week; one four- meet week is permitted. Meets may not be conducted on three (3) consecutive days. This does not apply to State Tournament scheduling.
Winter Track*	N.F.H.S.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	3 Meets per week
Wrestling*	N.F.H.S.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	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).

***Tryouts for the indicated sports may begin on the Monday before Thanksgiving. (November 25, 2019)**

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 above will govern all sports unless modified by NJSIAA. Date for determining a student's eligibility (age) for all sports is 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. Ineligible lists must be kept on file at all schools.

NJSIAA SPRING SPORTS PARTICIPATION LIMITATIONS 2019-2020

Sport	Rules	Practice Starts	Opening Day (Games, Meets or Matches)	Number of games, meets or matches (scrimmages count only during regular season)
Golf	U.S.G.A.	March 6	April 1	B/G Team – Must play a minimum of six (6) matches by the cut-off date and have won 60% of matches. Boys Individual – 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. Girls Individual – 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	N.F.H.S.	March 6	March 25	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	N.F.H.S. & US Lacrosse	March 6	March 25	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	N.F.H.S.	March 6	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Softball	N.F.H.S.	March 6	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Tennis	U.S.T.A.	March 6	April 1	No more than 1 full match at the end of a school day.
Track	N.F.H.S.	March 6	April 1	3 Meets per week (individual)
Volleyball	N.F.H.S.	March 6	April 1	

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 above will govern all sports unless modified by NJSIAA. Date for determining a student's eligibility (age) for all sports is 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. Ineligible lists must be kept on file at all schools.

SPORTS-RELATED EYE INJURIES:

AN EDUCATIONAL FACT SHEET FOR PARENTS



Participating in sports and recreational activities is an important part of a healthy, physically active lifestyle for children. Unfortunately, injuries can, and do, occur. Children are at particular risk for sustaining a sports-related eye injury and most of these injuries can be prevented. Every year, more than 30,000 children sustain serious sports-related eye injuries. Every 13 minutes, an emergency room in the United States treats a sports-related eye injury.¹ According to the National Eye Institute, the sports with the highest rate of eye injuries are: baseball/softball, ice hockey, racquet sports, and basketball, followed by fencing, lacrosse, paintball and boxing.

Thankfully, there are steps that parents can take to ensure their children's safety on the field, the court, or wherever they play or participate in sports and recreational activities.

Prevention of Sports-Related Eye Injuries

Approximately 90% of sports-related eye injuries can be prevented with simple precautions, such as using protective eyewear.² **Each sport has a certain type of recommended protective eyewear, as determined by the American Society for Testing and Materials (ASTM). Protective eyewear should sit comfortably on the face. Poorly fitted equipment may be uncomfortable, and may not offer the best eye protection. Protective eyewear for sports includes, among other things, safety goggles and eye guards, and it should be made of polycarbonate lenses, a strong, shatterproof plastic. Polycarbonate lenses are much stronger than regular lenses.**³

Health care providers (HCP), including family physicians, ophthalmologists, optometrists, and others, play a critical role in advising students, parents and guardians about the proper use of protective eyewear. To find out what kind of eye protection is recommended, and permitted for your child's sport, visit the National Eye Institute at <http://www.nei.nih.gov/sports/findingprotection.asp>. Prevent Blindness America also offers tips for choosing and buying protective eyewear at <http://www.preventblindness.org/tips-buying-sports-eye-protectors>, and <http://www.preventblindness.org/recommended-sports-eye-protectors>.

It is recommended that all children participating in school sports or recreational sports wear protective eyewear. Parents and coaches need to make sure young athletes protect their eyes, and properly gear up for the game. Protective eyewear should be part of any uniform to help reduce the occurrence of sports-related eye injuries. Since many youth teams do not require eye protection, parents may need to ensure that their children wear safety glasses or goggles whenever they play sports. Parents can set a good example by wearing protective eyewear when they play sports.

¹ National Eye Institute, National Eye Health Education Program, Sports-Related Eye Injuries: What You Need to Know and Tips for Prevention, www.nei.nih.gov/sports/pdf/sportsrelatedeyeinjuries.pdf, December 26, 2013.

² Rodriguez, Jorge O., D.O., and Lavina, Adrian M., M.D., Prevention and Treatment of Common Eye Injuries in Sports, <http://www.aafp.org/afp/2003/0401/p1481.html>, September 4, 2014; National Eye Health Education Program, Sports-Related Eye Injuries: What You Need to Know and Tips for Prevention, www.nei.nih.gov/sports/pdf/sportsrelatedeyeinjuries.pdf, December 26, 2013.

³ Bedinghaus, Troy, O.D., Sports Eye Injuries, http://vision.about.com/od/emergencyeyecare/a/Sports_Injuries.htm, December 27, 2013.

Most Common Types of Eye Injuries



The most common types of eye injuries that can result from sports injuries are **blunt injuries**, **corneal abrasions** and **penetrating injuries**.

♦ **Blunt injuries:** Blunt injuries occur when the eye is suddenly compressed by impact from an object. Blunt injuries, often caused by tennis balls, racquets, fists or elbows, sometimes cause a black eye or hyphema (bleeding in front of the eye). More serious blunt injuries often break bones near the eye, and may sometimes seriously damage important eye structures and/or lead to vision loss.

♦ **Corneal abrasions:** Corneal abrasions are painful scrapes on the outside of the eye, or the cornea. Most corneal abrasions eventually heal on their

own, but a doctor can best assess the extent of the abrasion, and may prescribe medication to help control the pain. The most common cause of a sports-related corneal abrasion is being poked in the eye by a finger.

♦ **Penetrating injuries:** Penetrating injuries are caused by a foreign object piercing the eye. Penetrating injuries are very serious, and often result in severe damage to the eye. These injuries often occur when eyeglasses break while they are being worn. Penetrating injuries must be treated quickly in order to preserve vision.⁴

- Pain when looking up and/or down, or difficulty seeing;
- Tenderness;
- Sunken eye;
- Double vision;
- Severe eyelid and facial swelling;
- Difficulty tracking;

Signs or Symptoms of an Eye Injury



- The eye has an unusual pupil size or shape;
- Blood in the clear part of the eye;
- Numbness of the upper cheek and gum; and/or
- Severe redness around the white part of the eye.

What to do if a Sports-Related Eye Injury Occurs



If a child sustains an eye injury, it is recommended that he/she receive immediate treatment from a licensed HCP (e.g., eye doctor) to reduce the risk of serious damage, including blindness. It is also recommended that the child, along with his/her parent or guardian, seek guidance from the HCP regarding the appropriate amount of time to wait before returning to sports competition or practice after sustaining an eye injury. The school nurse and the child's teachers should also be notified when a child sustains an eye injury. A parent or guardian should also provide the school nurse with a physician's note

detailing the nature of the eye injury, any diagnosis, medical orders for the return to school, as well as any prescription(s) and/or treatment(s) necessary to promote healing, and the safe resumption of normal activities, including sports and recreational activities.

Return to Play and Sports



According to the American Family Physician Journal, there are several guidelines that should be followed when students return to play after sustaining an eye injury. For example, students who have sustained significant ocular injury should receive a full examination and clearance by an ophthalmologist or optometrist. In addition, students should not return to play until the period of time recommended by their HCP has elapsed. For more minor eye injuries, the athletic trainer may determine that

it is safe for a student to resume play based on the nature of the injury, and how the student feels. No matter what degree of eye injury is sustained, it is recommended that students wear protective eyewear when returning to play and immediately report any concerns with their vision to their coach and/or the athletic trainer.

Additional information on eye safety can be found at <http://isee.nei.nih.gov> and <http://www.nei.nih.gov/sports>.

⁴Bedinghaus, Troy, O.D., Sports Eye Injuries, http://vision.about.com/od/emergencyeyecare/a/Sports_Injuries.htm, December 27, 2013.



SOUTHERN REGIONAL HIGH SCHOOL

FUNDRAISING REQUEST FORM

Approval for: 20____ - 20____ School Year

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

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

- If a **SALE**, describe what type of item(s) are to be sold? _____
Estimated cost per item(s) _____
What are the **START & END DATES** of the SALE: _____ to _____
Location of the fundraising activity(ies) or place where item(s) will be sold: _____

Southern Regional Board of Education Prohibits All Door-to-Door Sales
- If an **EVENT**, what is the **NAME** of the event: _____
DATE of the event: _____
Start Time: _____ End Time: _____
LOCATION: _____
Club/Organization: _____
Advisor(s): _____
Anticipated overall profit: _____ If admission is charged, how much? _____
Vendor name & address (if applicable): _____
Is there any commission or other gain to be received by the school or advisor? _____
If yes, please explain: _____
Intended use of raised monies: _____
If on school property: Set up Start Time: _____ Break Down Time: _____

If on school property, a list for maintenance needs are required 4-5 weeks prior to the above EVENT date. Submit the list to Sue Spellman or Melissa Ardoin for it to be entered

Advisor's signature _____ Date: _____

Principal's signature _____ Date: _____

Date submitted: _____

Board Approval: YES: _____ NO: _____ Date of Board Approval: _____

- If your Event/Sale is changed from the above approved dates, re-approval MAY be required.
- Cancellation of this Event/Sale requires notification to Activities Coordinators immediately.

Revised 03/12/2018

Sample Form

Social Media Policy

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

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

Key Components-

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

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

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

BBP Policy

Universal Precautions

What to know as a Southern Regional Coach

What is Universal Precautions?

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

Preventing Exposure in the Athletic Setting

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

Route of Transmission

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

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

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

Pre-Event Preparation

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

How to Prevent Spread of Infection

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

During the Sporting Event

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

Recap

- Treat all players as if they carry an infectious disease
- Do not help the injured athlete without gloves
- Make sure all open wounds are covered before returning to play
- Always wash your hands with soap and H₂O after removing your gloves

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

Stimulants

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

exceptions: phenylephrine and pseudoephedrine are not banned.

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

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

Alcohol and Beta Blockers

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

Diuretics (water pills) and Other Masking Agents

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

Street Drugs

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

Peptide Hormones and Analogues

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

Anti-Estrogens

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

Beta-2 Agonists

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

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

RULES OF CONDUCT FOR COACHES

TRUSTWORTHINESS

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

RESPECT

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

RESPONSIBILITY

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

FAIRNESS

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

CARING

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

CITIZENSHIP

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

The seal of the New Jersey State Interscholastic Athletic Association is a circular emblem. It features a central shield with a star and a torch. The shield is surrounded by a wreath. The outer ring of the seal contains the text "NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOC." and the year "1918".

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

The Responsibility of Sportsmanship

The Coach...

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

The Official...

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

The Player...

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

The Spectator...

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

The Student Athlete's Bill of Rights

ALL STUDENTS HAVE THE RIGHT...

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

2019-2020 Marking Period & Quarterly/SGO Schedule

<i>Marking Period 1 — 43 days</i>	
<u>September 4 — November 1</u>	
Progress Reports Due: September 27 @ 9:00am	
Grades Due: November 12 @ 9:00am	
Progress Reports Posted: October 1	
Grades Posted: November 14	
October 28	English & Electives Quarterlies
October 29	World Language & Social Studies Quarterlies
October 30	Math & PE Quarterlies
October 31	Science & Make up Quarterlies
<i>Marking Period 2 — 44 days</i>	
<u>November 11 — January 24</u>	
Progress Reports Due: December 6 @ 9:00am	
Grades Due: January 28 @ 9:00am	
Progress Reports Posted: December 10	
Grades Posted: Jan 30	
January 21	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 27— March 27</u>	
Progress Reports Due: February 21@ 9:00am	
Grades Due: March 31 @ 9:00am	
Progress Reports Posted: February 25	
Grades Posted: April 2	
March 24	English & Electives SGO
March 25	World Language & Social Studies SGO
March 26	Math & PE SGO
March 27	Science & Make up SGO
<i>Marking Period 4 — 49 days</i>	
<u>March 30— June 12</u>	
Progress Reports Due: May 1 @ 9:00am	
Grades Posted: June 15	
Progress Reports Posted: May 5	
June 5	Senior Exams 1 & 8
June 8	Senior Exams 2 & 3
June 9	Final Exams Periods 4 & 5
June 10	Final Exams Periods 6 & 7 Senior Meeting—Auditorium 12:00
June 11	Final Exams Periods 1 & 2, Senior Makeup Exams Graduation Practice—11/12 Gym 10:00am
June 12	Final Exams Periods 3 & 8 Senior Slide Show—Auditorium 8:00am Graduation Practice—Stadium 9:00am Last day for students Graduation—6:00pm

Southern Regional High School District 2019-2020

Meeting, Testing, In-Service and Early Dismissal Dates

Faculty Meetings					
September 3					
October 2					
November 13					
December 4					
January 8					
February 5					
March 4					
April 1					
May 6					
June 3					

Department Meetings					
Department meeting dates determined by supervisors					
Sept	FM-3	11	18	25	
Oct	FM-2	9	16	23	30
Nov	OFF	FM-13	20	27 ½ day	
Dec	FM-4	11	18	OFF	
Jan	OFF	FM-8	15	22	29
Feb	FM-5	12	19	26	
Mar	FM-4	11	18	25	
Apr	HSFM	8	OFF	MSFM	29
May	HSFM	MSFM	20	27	
Jun	FM-3	10			
FM = Faculty Meeting					

Early Dismissals and In-Service Days	
September 3	Staff In-Service
September 4	Student Dismissal, 11:50
September 5	Student Dismissal, 11:50
October 18	Staff In-Service Students dismissed at 11:50
November 27	Thanksgiving Student dismissal at 11:50
December 20	Winter Break Student dismissal at 11:50
February 14	Staff In-Service Students dismissed at 11:50
April 10	Spring Recess Students dismissed at 11:50
April 28	Staff In-Service Students dismissed at 11:50

Testing Dates	
April 27 - 28	9 th grade NJSLA
April 29 - 30	10 th grade NJSLA
May 5 - 6	Make-ups Grades 9 th & 10 th NJSLA
May 4 - 6	7 th grade NJSLA
May 7 - 12	8 th grade NJSLA
May 13 - 18	Make-ups Grades 7 th & 8 th NJSLA
May 18 - 19	Grade 11 th – NJSLA Science
May 20 - 21	Make-ups – Grade 11 th – NJSLA Science

Instructional Council Meetings	
Ram Room, 2:30 p.m.	
October 8	
November 12	
December 10	
January 14	
February 11	
March 10	

Administrators' Meetings	
Ram Room, 1:30 p.m.	
July 9, 2019	10:00 a.m.
August 20	11:30 a.m.
September 10	1:30 p.m.
October 8	1:30 p.m.
November 12	1:30 p.m.
January 7, 2020	1:30 p.m.
February 11	1:30 p.m.
March 10	1:30 p.m.
April 7	1:30 p.m.
April 28 or May 5	1:30 p.m.
July 7	10:00 a.m.
August 18	11:30 a.m.

July 15, 2019

2019-2020 STANDARDIZED TESTING SCHEDULE

SCHOOL CODE: 310-743

SAT Go to <https://sat.collegeboard.org/register> to register for one or more of the following dates.

TEST DATE	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE	NOTES
August 24, 2019	July 26, 2019	August 13, 2019	Not offered @ SRHS
October 5, 2019	September 6, 2019	September 24, 2019	@SRHS (Saturday)
November 2, 2019	October 3, 2019	October 22, 2019	Not offered @ SRHS
December 7, 2019	November 8, 2019	November 26, 2019	@SRHS (Saturday)
March 14, 2020	February 14, 2020	March 3, 2020	@SRHS (Saturday)
May 2, 2020	April 3, 2020	April 21, 2020	@SRHS (Saturday)
June 6, 2020	May 8, 2020	May 27, 2020	@SRHS (Saturday)

ACT Go to <http://www.actstudent.org/register/> to register for one or more of the following dates.

TEST DATE	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE	NOTES
September 14, 2019	August 16, 2019	August 30, 2019	Not offered @ SRHS
October 26, 2019	September 20, 2019	October 4, 2019	@SRHS (Saturday)
December 14, 2019	November 8, 2019	November 22, 2019	@SRHS (Saturday)
February 8, 2020	January 10, 2020	January 17, 2020	Not offered @ SRHS
April 4, 2020	February 28, 2020	March 13, 2020	@SRHS (Saturday)
June 13, 2020	May 8, 2020	May 22, 2020	Not offered @ SRHS
July 18, 2020	June 19, 2020	June 26, 2020	Not offered @ SRHS

PSAT

TEST DATE	REGISTRATION	NOTES
October 16, 2019	Sign up in the guidance office	@SRHS (Wednesday)

ASVAB (ARMED SERVICES VOCATIONAL APTITUDE BATTERY)

TEST DATE	REGISTRATION	NOTES
November 27, 2019	Sign up in the guidance office	@SRHS (Wednesday)
February 14, 2020	Sign up in the guidance office	@SRHS (Friday)
May 26, 2020	Sign up in the guidance office	@SRHS (Tuesday)

Accuplacer

TEST DATE	REGISTRATION	NOTES
January 8, 2020	Counselors register students	@SRHS (Wednesday)
March 11, 2020	Counselors register students	@SRHS (Wednesday)

AP Go to <http://apcentral.collegeboard.com/home> for specific test dates/times.

TEST DATE	REGISTRATION	NOTES
May 4, 2020 – May 15, 2020	See counselors for more information	Test dates set by CollegeBoard

NJSLA (New Jersey Student Learning Assessment)

TEST DATES	GRADE LEVEL	SUBJECT(S)	NOTES
April 27, 2020 – April 28, 2020	9 TH	ELA & Math	@SRHS (Monday – Tuesday)
April 29, 2020 – April 30, 2020	10 TH	ELA & Math	@SRHS (Wednesday – Thursday)
May 5, 2020 – May 6, 2020	Makeups - 9 th and 10 th	ELA & Math	@SRHS (Tuesday – Wednesday)
May 18, 2020 – May 19, 2020	11 th	Science	@SRHS (Monday – Tuesday)
May 20, 2020 – May 21, 2020	Makeups – 11 th	Science	@SRHS (Wednesday – Thursday)

NJSLA (New Jersey Student Learning Assessment) – Middle School

TEST DATES	GRADE LEVEL	SUBJECT(S)	NOTES
May 4, 2020 – May 6, 2020	7 th	ELA & Math	@SRMS (Tuesday – Thursday)
May 7, 2020 – May 13, 2020	8 th	ELA, Math, & Science	@SRMS (Thursday – Wednesday)
May 18, 2020 – May 20, 2020	7 th and 8 th Makeups	ELA, Math, & Science	@SRMS (Monday – Wednesday)

**Southern Regional High School District
2019-2020
Marking Period Schedule**

First Marking Period

September	4	Start of First Marking Period
September	27	Progress Reports due 9:00 a.m. (18 days)
October	1	Progress Reports Posted
November	1	End of First Marking Period
November	12	Grades due 9:00 a.m.
November	14	Grades Posted

Month	Days
Sept	19
Oct	23
Nov	14
Dec	15
Jan	21
Feb	19
March	22
April	17
May	20
June	10

Second Marking Period

November	11	Start of Second Marking Period
December	6	Progress Reports due 9:00 a.m. (18 days)
December	10	Progress Reports Posted
January	24	End of Second Marking Period
January	28	Grades due 9:00 a.m.
January	30	Grades Posted

Third Marking Period

January	27	Start of Third Marking Period
February	21	Progress Reports due 9:00 a.m. (19 days)
February	25	Progress Reports Posted
March	27	End of Third Marking Period
March	31	Grades due 9:00 a.m.
April	2	Grades Posted

Fourth Marking Period

March	30	Start of Fourth Marking Period
May	1	Progress Reports due 9:00 a.m. (19 days)
May	5	Progress Reports Posted
June	12	Last day for students
June	15	Grades Posted

05-31-19

Southern Regional High School

Of Ocean County
Manahawkin, NJ 08050

Athletic Injury Report

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

INJURED AREA:

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

Other: _____
Describe Activity & How Injury Occurred: _____

Coach Submitting Report: _____
Date Reported: _____ Date Claim Mailed To Parents: _____
SIGNATURE

DISPOSITION DATE: _____
Released: _____ Athletic Trainer: _____
Family Doctor: _____ Hospital: _____

Trainer Response: _____

WHITE—Office

YELLOW—Nurse

PINK—Coach

GOLD — Trainer

Rev 7/04

SOUTHERN REGIONAL HIGH SCHOOL

Change of Sport Form

School year: _____

Original Sport _____ **New Sport** _____

Last Name _____ **First** _____ **ID#** _____

Grade _____ **Homeroom Teacher** _____ **Season** _____

Birth date _____ **Birthplace: Town** _____ **State** _____

Home Address _____

Emergency contact Name _____ **Parent/Guardian Name** _____

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

CODE OF CONDUCT:

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

INFORMED CONSENT:

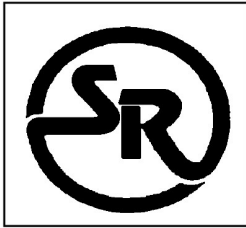
Realizing that such activity involves the potential for injury which is inherent in all sports, I/we acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of the rules, injuries are still a possibility. On rare occasions, these injuries can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

(Sport): _____

Student Signature _____

Parent Signature _____

Date: _____



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



APPLICATION FOR COACHING POSITION

Date of Application _____

Name _____

Address _____

E-Mail Address _____

Telephone: Home () _____ Business () _____ Cell () _____

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

College Attended _____ Year Graduated _____

Teaching Degree (Subject) _____ Other Degree _____

Ocean Co. Substitute Certificate _____ Yes _____ No

2. What is your occupation? (be specific) _____

3. What sport are you interested in coaching? _____

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

COACHING BACKGROUND

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

5. What other sports have you played?

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

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

7. What other sports have you coached:

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

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

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

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

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

References:

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

Name *Address* *Telephone*

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

Or paraprofessional aide _____

PLEASE NOTE: FINGER PRINT CHECK IS REQUIRED

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

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

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

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

Signature

PLEASE ATTACH A COPY OF YOUR TEACHING CERTIFICATE. Thanks!

IMPORTANT:

PLEASE NOTE: WHEN IS YOUR—

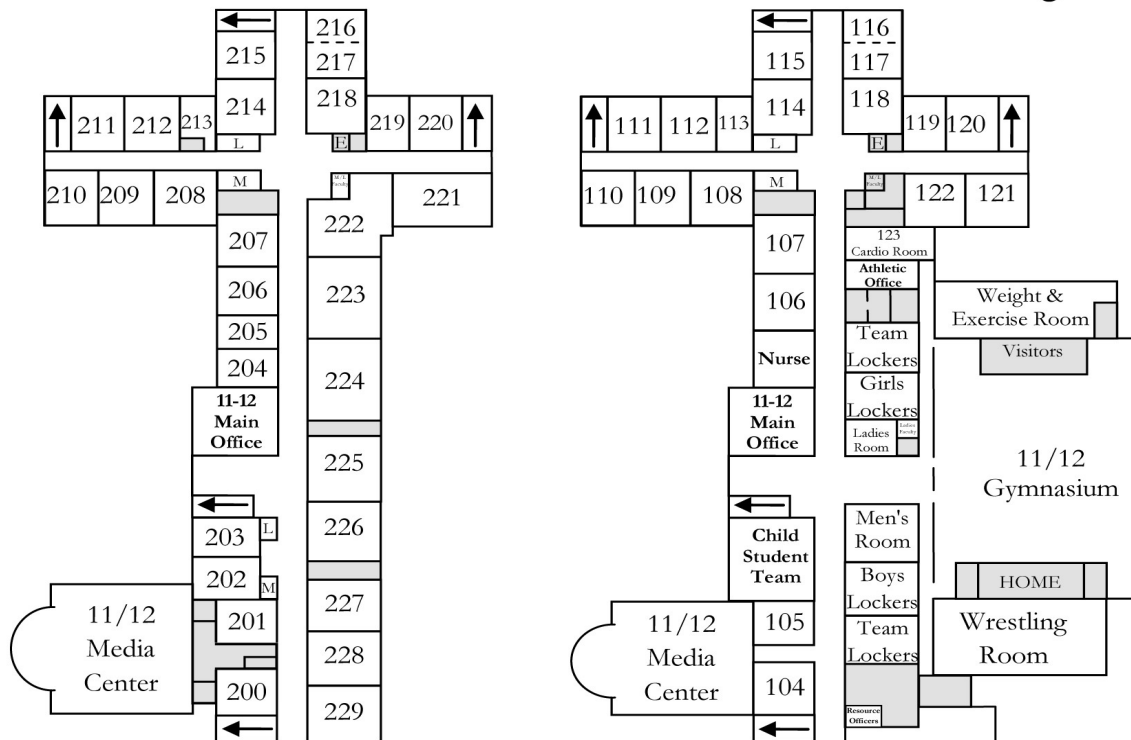
PREP. PERIOD

& LUNCH PERIOD

AN EQUAL OPPORTUNITY EMPLOYER

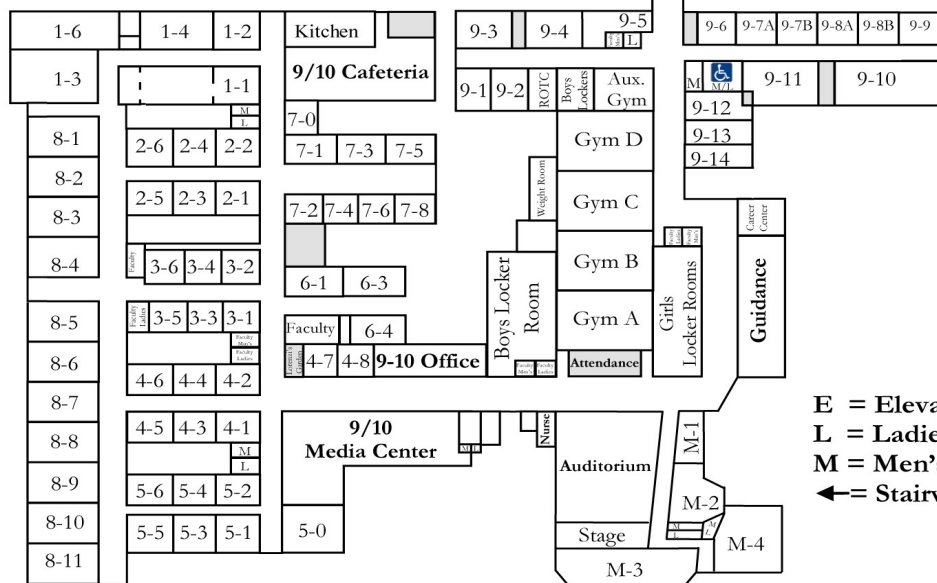
Southern Regional High School

1st floor 11/12 Building



2nd floor 11/12 Building

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



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

9/10 Building



❤ indicates AED location