

**Southern Regional High School
Athletics Handbook**

SOUTHERN REGIONAL SCHOOL DISTRICT

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Athletic Staff

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Dr. Todd Schmoll	Team Physician		
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SOUTHERN REGIONAL SCHOOL DISTRICT

OF OCEAN COUNTY

Dear Parent,

The purpose of this handbook is to provide information to students and parents about the athletic program. Athletes and parents should familiarize themselves with the contents of this publication. I am always available to athletes and parents should there be any questions about information herein.

A parent's role in education is invaluable. Parent support enhances the ability for the child to maximize opportunities presented in the classroom and in the co-curricular arena. Parent-Coaches meeting occur before each of the three seasons. This is an important event, and a parent of each athlete should attend. Important program-specific information is presented followed by a question-answer session.

During the season if there are any issues, concerns, or questions that arise please follow the athletic chain of command:

- Level coach (freshman, junior varsity, varsity)
- Head coach
- Supervisor of Athletics
- Principal
- District Administration

You are a major influence on your child's attitude toward academics and athletics. The core values that you instill in your child will influence her or him for a lifetime.

It is an honor to serve you and your child and we appreciate your continued support.

Sincerely,

Charles Donohue, Jr., Supervisor of Athletics

ATHLETIC PROGRAM PHILOSOPHY

Our Athletic Program is one of the premier programs in the State of New Jersey. Our state of the art facilities, athlete preparation, development, performance and conduct are fundamental pillars of our prominence.

The Athletic Program galvanizes our athletes' pride, enthusiasm and loyalty to the Southern Regional School District. Our athletes and coaches are positive role models and diplomats to both the micro and macro communities. Athletes are held to a higher standard.

Our Athletic Program molds students athletically, promotes academic excellence and prepares them for an increasingly competitive society.

PROGRAM GOALS

- Develop athletes physically, mentally and morally.
- Teach athletes to overcome adversity.
- Develop an understanding of the importance of teamwork.
- Instill a high level of school pride.
- Present teams that are maximally prepared for successful competition.
- WIN!

BELIEF STATEMENTS

We believe that:

- Participation in athletics is a privilege, not a right.
- Athletes should be required to maintain superior academic standards.
- Athletes must abide by district, school and team rules.
- There must be mutual respect for all who are involved in competition – teammates, coaches, opponents, officials and spectators.
- Participation helps develop character, cooperation, and the moral and ethical values that lead to productive citizenship.
- Participation teaches a student that discipline and self-sacrifice are necessary ingredients of teamwork.
- Through participation, the athlete will develop a healthy body, sound mind and an appreciation for diversity.
- Participation leads to a better understanding of ethics, sportsmanship, integrity, and fair play.
- Valuable lessons are learned through competition regardless of a game's outcome.

We believe the parent of an athlete participating in our athletic program should:

- Realize that athletics are part of the educational experience and the benefits of involvement go beyond the final score of the game.
- Encourage your child to perform at her or his highest level both academically and athletically.
- Provide positive support for all members of a Southern team while refraining from negative interactions with officials, coaches, players and parents from an opposing team.
- Learn and understand the rules of the game and respect the officials who administer.
- Understand, respect and support the multi-tiered tasks of our coaches.
- Respect our opponents and acknowledge their effort.
- Display dignity under all circumstances
- Be a positive and supportive fan.

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ATHLETIC PROGRAM CONTACTS

Team	Head Coach	Email	Phone
Girls Cross Country	Jason Capelli	jcapelli@srsd.net	2450
Boys Cross Country	Scott Baker	sbaker@srsd.net	2268
Field Hockey	Jenna Lombardo	jlombardo@srsd.net	2421
Football	Chuck Donohue	cdonohue@srsd.net	
Girls Gymnastics	Judy Miller	judymiller2@comcast.net	
Girls Soccer	Kate Hartkopf	kharkopf@srsd.net	2403
Boys Soccer	Guy Lockwood	glockwood13@msn.com	
Girls Tennis	Howie Madsen	hmadsen@srsd.net	
Girls Volleyball	Eric Maxwell	emaxwell@srsd.net	2091
Girls Basketball	Tom Bucci	tbucci@srsd.net	2294
Boys Basketball	Eric Fierro	efierro@srsd.net	2090
Girls Bowling	Ed Costa	ecosta@srsd.net	2080
Boys Bowling	Anthony Salvatore	asalvatore@srsd.net	
Ice Hockey	Dan Wasilewski	dwasilewski@srsd.net	2473
Girls Swimming	Bill Entrikin	wentrikin@srsd.net	2306
Boys Swimming	Pat Craig	pcraig@srsd.net	
Girls Winter Track	Jason Church	jchurch@srsd.net	
Boys Winter Track	Scott Baker	sbaker@srsd.net	2268
Wrestling	John Stout	jstout@srsd.net	2142
Baseball	Keith Cocuzza	kcocuzza@srsd.net	2341
Girls Golf	Jim McCabe	jmccabe@srsd.net	2115
Boys Golf	Jeff Reilly	jreilly@srsd.net	4457
Girls Lacrosse	Lori Johnson	ljohnson@jacksonsd.org	
Boys Lacrosse	John Pampalone	jpampalone@srsd.net	2139
Softball	Jamie Bernaldo	jbernaldo@srsd.net	2476
Boys Tennis	Evan Brosniak	ebrosniak@srsd.net	2354
Girls Track & Field	Jason Church	jchurch@srsd.net	
Boys Track & Field	Scott Baker	sbaker@srsd.net	2268
Boys Volleyball	Eric Maxwell	emaxwell@srsd.net	2091

ATHLETIC PROGRAM LEVELS

FALL			
SPORT	VARSITY	JV	FROSH
Cheerleading	X	X	
Boys Cross Country	X		
Girls Cross Country	X		
Field Hockey	X	X	X
Football	X	X	X
Girls Gymnastics	X	X	
Boys Soccer	X	X	X
Girls Soccer	X	X	
Girls Tennis	X	X	
Girls Volleyball	X	X	X
WINTER			
SPORT	VARSITY	JV	FROSH
Boys Basketball	X	X	X
Girls Basketball	X	X	X
Boys Bowling	X	X	
Girls Bowling	X	X	
Cheerleading	X	X	
Competition Cheer	X		
Ice Hockey	X		
Boys Swimming	X		
Girls Swimming	X		
Boys Winter Track	X		
Girls Winter Track	X		
Wrestling	X	X	
SPRING			
SPORT	VARSITY	JV	FROSH
Baseball	X	X	X
Boys Golf	X		
Girls Golf	X		
Boys Lacrosse	X	X	
Girls Lacrosse	X	X	X
Softball	X	X	
Boys Tennis	X		
Boys Track & Field	X		
Girls Track & Field	X		
Boys Volleyball	X	X	X

ATHLETIC SEASON DATES

FALL			
SPORT	First Practice	First Scrimmage	First Contest
Boys Cross Country	August 13	August 20	September 4
Girls Cross Country	August 13	August 20	September 4
Field Hockey	August 13	August 20	September 4
Football	August 8	August 15	August 30
Girls Gymnastics	August 13	August 20	September 4
Boys Soccer	August 13	August 20	September 4
Girls Soccer	August 13	August 20	September 4
Girls Tennis	August 13	August 20	September 4
Girls Volleyball	August 13	August 20	September 4
WINTER			
SPORT	First Practice	First Scrimmage	First Contest
Boys Basketball*#	November 26	December 3	December 14
Girls Basketball*#	November 26	December 3	December 14
Boys Bowling	November 26	No Restriction	November 24
Girls Bowling	November 26	No Restriction	November 24
Ice Hockey	November 5	November 12	November 24
Boys Swimming	November 12	November 19	December 1
Girls Swimming	November 12	November 19	December 1
Boys Winter Track*#	November 26	December 3	December 14
Girls Winter Track*#	November 26	December 3	December 14
Wrestling*#	November 26	December 3	December 14
* Try-out Time	November 19-21		
# No Contact Time	November 22-25		
SPRING			
SPORT	First Practice	First Scrimmage	First Contest
Baseball	March 1	March 8	April 1
Boys Golf	March 1	No Restriction	April 1
Girls Golf	March 1	No Restriction	April 1
Boys Lacrosse	March 1	March 8	March 27
Girls Lacrosse	March 1	March 8	March 27
Softball	March 1	March 8	April 1
Boys Tennis	March 1	March 8	April 1
Boys Track & Field	March 1	March 8	April 1
Girls Track & Field	March 1	March 8	April 1
Boys Volleyball	March 1	March 8	April 1

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

Bowling and Golf are not considered strenuous sports; therefore, the six practices are not necessary before they can scrimmage.

Football only: Upon board approval, teams may begin the "Heat Acclimatization" period on August 6.

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.

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.

IN-SEASON PROCEDURES

ATTENDANCE

Any athlete or participant who is absent from school may not participate in practice, games, or activities on that day unless permission has been secured from the Principal or his representative. In order to be considered present, a student must be in attendance a minimum of four hours. In the event of an athletic contest on a non-school day, attendance in school on the day immediately prior to the event is required.

PRACTICE

There are practice sessions every day after school beginning between 2:15-3:00 pm and ending at approximately 5:00-6:00 pm depending on the sport. Most sports will practice and/or have games on Saturdays. In addition, many sports will have practices and/or games during school vacation.

A student-athlete shall not be permitted to participate in a scrimmage or a game in any strenuous sport until s/he has completed six days of practice in that sport.

Bowling and Golf are not considered strenuous as per the N.J.S.I.A.A.

STRENGTH & CONDITIONING

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

TRANSPORTATION

Transportation to and from all away contests is provided for athletes and coaches. Students and coaches must ride the bus provided for all away contests unless prior authorization has been obtained.

In order for a parent to transport their child to and/or from an athletic event, he/she must complete the [Contest Travel Release](#) form in advance and submit to the athletic director, one day prior to the trip.

UNIFORMS

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

EQUIPMENT

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

LOCKER ROOM AND SECURING PERSONAL BELONGINGS

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

ACCIDENT/INJURY

The potential for injury is inherent in all sports. We will provide high quality coaching, the appropriate protective equipment, strictly adhere to the rules of the sport, and supervise athletic activities to reduce the incidence of accidents and injuries. If an accident or injury occurs, athletes must inform their coach and the athletic trainer immediately.

ATHLETIC TRAINER

A certified athletic trainer is available for the treatment of injuries, determination of treatment, and a rehabilitation program. It is important that the coaches, athletes, and parents work closely with the trainer.

CONCUSSIONS

A concussion is a brain injury caused by a blow to the head or body that disrupts normal brain functions. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Sports related activities can lead to concussions.

INSURANCE

Student-athletes are covered by our Student Accident Insurance for injuries from sports. Student-athletes must submit a claim to their own insurance company first.

Our insurance may cover the excess not paid by the student-athlete's primary policy.

AWARDS

Awards granted for participating in interscholastic athletics are approved by the Board of Education. The awards are symbolic in nature, consisting of letters, pins, trophies, plaques or jackets. The coaches have the responsibility of establishing criteria for the awarding of all letters and awards.

1. Freshman: Certificate
2. Junior Varsity: Certificate
3. Varsity: Letter (awarded once), sport specific pin and certificate
 - 2nd year – certificate & bar
 - 3rd year – certificate & bar
 - 4th year – certificate & bar

SENIOR AWARDS

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

SPORT SPECIFIC RULES

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.

STUDENT ATHLETE DISCIPLINE

Participation in athletics and school activities in the Southern Regional 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 athletes must remember they are students of the school first and athletic 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 that might violate school rules. Our athletes and participants are expected to set examples of good citizenship and cooperation that 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. School authorities may modify enforcement and application of procedures, regulations, and rules when mitigating circumstances dictate.

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

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 scrimmages, and inter-scholastic competitions. (This may run concurrently with suspension if invoked by regular school policy.) By permission of the principal and athletic director, the student may participate in practices while the game/scrimmage suspension is being served.
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.

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. The Principal's Office or the Athletic Office will select these persons. 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 Review 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.

Due Process

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, her/his case be reviewed by the Principal and responded to within 5 school days.
3. Pursuant to any unfavorable decision by the Principal, the student may request, in writing, her/his case be reviewed by the Superintendent and responded to within 5 school days.
4. 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.
5. 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.

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.

For additional information, please see the [NJSIAA'S STEROID TESTING POLICY](#).

BANNED SUBSTANCES:

Please review the [list](#) of banned substances provided by the NJSIAA.

HAZING

Hazing is not tolerated. Hazing is the 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 digital communications and/or social media outlets.

Examples of Physical Hazing:

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

Examples of Mental Hazing:

- Ridicule
- Embarrassment of person
- Verbal abuse such as yelling, screaming, and threats
- Intimidation or retaliation

All hazing incidents must be reported to the Supervisor of Athletics immediately.

SEXUAL HARRASSMENT

Sexual harassment is not tolerated. Sexual harassment is unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature.

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

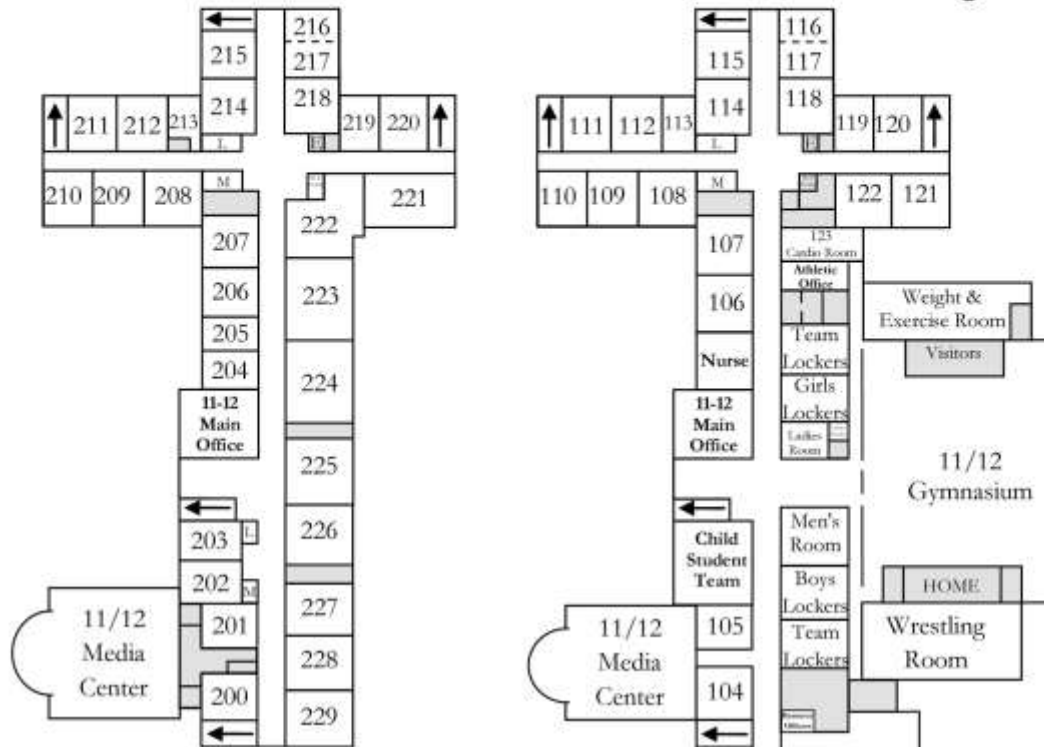
Take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you register to take a test. If you take a test more than once, send your scores and the NCAA will use the best scores from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

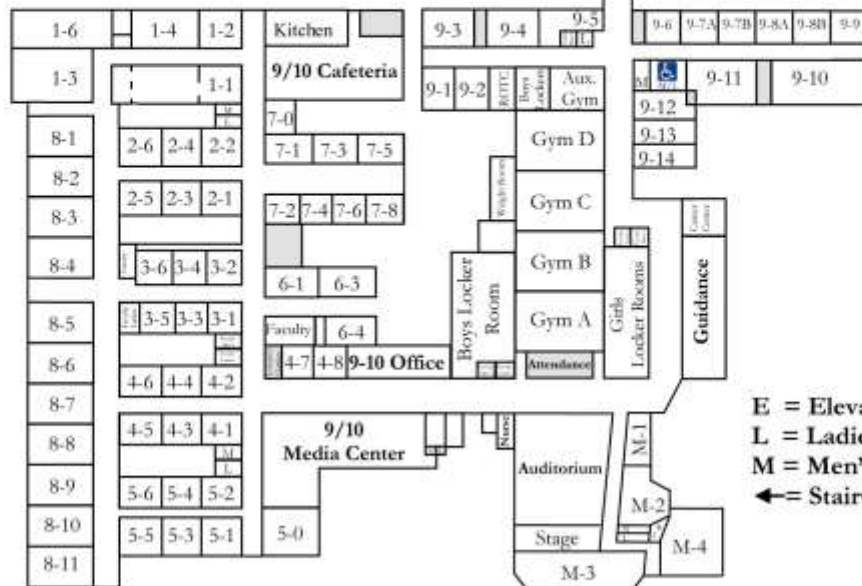
Southern Regional High School

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

