

SRMS Athletic Handbook



RULES & EXPECTATIONS

This information has been written to enhance communication between parents, student-athletes, coaches and school administrators. Please review the following information with your child. Any concerns or questions should be directed to Bob Schoka, SRMS Athletic Director at 597-9481 ext. 4262.

The purpose of our athletic program is to provide the student-athlete an opportunity to cooperate with teammates and coaches to compete, while developing traits of self-discipline, responsibility, decision making and good sportsmanship. We believe athletic competition also provides opportunities for social and intellectual growth. The program is intended to satisfy the student's desire to perform in an active physical manner and enhance positive social values through a worthwhile experience. The development of useful citizenship skills is at the forefront of our program goals.

By design, athletic participation is filled with many challenges. Winning is everyone's goal, but striving to win provides the most important lessons for our young athletes. In the long run, the process is truly more important than the outcome of a single competition. "Winning is for a day, sportsmanship ethics are for a lifetime" is a significant teaching theme for our student-athletes. Parents and guardians can make a big difference in the success of the athletic program by encouraging their student-athletes and by supporting the decisions of the coaches and officials.

Southern Regional Middle School's athletic program is held in high regard. Athletes are expected to uphold the tradition by exhibiting the highest level of competition and sportsmanship. Southern's athletes traditionally are noted for dedication to their sport, intense competitiveness and respect for teammates, opponents and officials. We welcome you to the Southern Regional athletic family.

OCEAN COUNTY INTERMEDIATE ATHLETIC LEAGUE MEMBER SCHOOLS

Goetz (Jackson)
Southern Regional
Toms River East
Toms River North
Toms River South
Veterans Memorial (Brick)

Central Regional (Bayville)
Lacey
Lake Riviera (Brick)
Lakewood
McAuliffe (Jackson)

Brackman (Barnegat)
Manchester
Pinelands (Little Egg Harbor)
Point Pleasant Boro
Saint Joseph's (Toms River)

SPORTS OFFERINGS / COACHING STAFF

Fall Sports	Position	Coach	Winter Sports	Position	Coach	Spring Sports	Position	Coach
Football	Head Coach	Jason Lister	Boys Basketball	Head Coach	Brandon Snyder	Baseball	Head Coach	Tom Zellman/Bill Smith
	Asst. Coach	TBA	Girls Basketball	Head Coach	Jenna Lombardo	Softball	Head Coach	Tom Bucci
Girls Soccer	Head Coach	Matt Moore	Wrestling	Head Coach	Kelly Frischman	Boys Track & Field	Head Coach	Joe Tomczuk
Boys Soccer	Head Coach	Ed Costa	Cheerleading	Head Coach	Angela Reilly		Asst. Coach	Brad Balog
Field Hockey	Head Coach	Sara Evert						
Boys X-Country	Head Coach	Joe Tomczuk				Girls Track & Field	Head Coach	Andrew Beckett
Girls X-Country	Head Coach	Adele Berardi					Asst. Coach	Jillian Smith
Girls Volleyball	Head Coach	Cathy Maxwell						

ROLE OF PARENTS/GUARDIANS

The role of the parent/guardian in the education of a youngster is of supreme importance. You can have a major influence on your student's attitude about academics and athletics. The leadership role you assume in supporting sportsmanship will influence your child for years to come. The support shown in the home is often manifested in the ability of the student to respond to the opportunities and challenges presented at school in the classroom and through co-curricular activities.

A student's involvement in the classroom and other activities contributes to the development of a value system which has been established in the home. Integrity, fairness and respect are principles of good sportsmanship as well as lifetime values taught through athletics. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results. We look forward to working with you to develop these traits in our student-athletes.

PARTICIPANT EXPECTATIONS

Participation in Southern Regional School District athletics is a privilege which carries with it certain responsibilities. A student-athlete is a representative of the school and the entire community. There are certain basic standards expected of participants:

1. All students who represent Southern Regional Middle School on an athletic 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 first and athletes second. Participation in athletics is a privilege granted to a student, not a right guaranteed to them.
3. Being a member of a team does not entitle any student to any special privileges in the school, but rather invokes a burden to be an example of a good school citizen, even in the face of negative peer pressure.
4. Students afforded these privileges must at all times assume the responsibilities which accompany them.

MIDDLE SCHOOL ELIGIBILITY REQUIREMENTS

Middle School students are eligible for a period of two successive years from the day they enter the 7th grade. Students who are retained and spend 3 or more years as a middle school student (grades 7 & 8) are eligible during the first two years only. Participants in the league must not have reached the age of 15 prior to September 1st.

GRADE 7	1st Semester	ALL STUDENTS ELIGIBLE
	2nd Semester	MUST PASS EQUIVALENT OF 6 FULL YEAR COURSES
GRADE 8	1st Semester	ALL STUDENTS ELIGIBLE
	2nd Semester	MUST PASS EQUIVALENT OF 6 FULL YEAR COURSES

Adopted by Board 12/11/91

- J. 1. Students who do not participate in Physical Education class are ineligible to participate in athletic activities that day.



GENERAL INFORMATION

1. Practice

- a.) There are practice sessions every day after school beginning at 2:15/3:00 and ending at 5:15 for the majority of our sports. Some sports will practice and/or have games on Saturdays and Sundays. In addition, many sports will have practices and/or games during school vacations.
- b.) A student-athlete shall not be permitted to participate in a scrimmage or a game in any sport until he/she has **completed six days of practice in that sport.**
- c.) Start dates for middle school sports:
 - Fall – August 15
 - Winter – November 14
 - Spring – March 1

2. Transportation

Transportation to and from all away contests is provided. Students must ride the bus provided for all away contests unless prior authorization has been obtained. The procedure below must be followed:

- a.) Parents must make advance request in writing for the release of their children to themselves or other parents.
- b.) This note must be received by the coach at least one day prior to the event, whenever possible.

3. Participation Forms

Parents/Guardians must sign an Athletic Permit for each sport in which his/her son/daughter will participate. Student-athletes will be afforded a physical by the school doctor during specific physical dates as established by the Athletic Director. If the student misses the scheduled school physical, one may be secured from a family physician, but the cost is the responsibility of the student and the physician must complete and sign the school physical form (no other form will be accepted). Students always have the prerogative of having a physical done by their own physician at their cost. **PHYSICAL FORMS MUST BE COMPLETED IN FULL AND RETURNED TO THE COACH PRIOR TO PARTICIPATION.**

4. Accident/Injury

Parents/guardians and student-athletes must recognize that there is a certain amount of risk in all athletics and that there will be unavoidable injuries in sports. School personnel shall attempt to prevent avoidable injuries through alert supervision and enforcement of safety procedures.

5. Insurance

Student-athletes are covered by our Student Accident Insurance for injuries from sports. **Student-athletes must submit their claim to their own insurance first. The school's insurance may cover the excess that was not paid by the student-athlete's primary policy.**

6. 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/guardians should communicate with coaches to be sure all athletes are attired appropriately. All uniforms and equipment must be returned at the end of the sports season.

7. Security

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

OVERVIEW of DISCIPLINE EXPECTATIONS/PROCEDURES

Athletic procedures and regulations are enacted in concert with normal school rules. In any case in which there may appear to be an inconsistency, school rules will govern. Enforcement and application of procedures, regulations and rules may be modified by school authorities when reasonable and mitigating circumstances dictate.

- A. Once a student has begun participation in official practice sessions for a team, he/she 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.
- B. When a participant 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.
- C. Participants are expected to maintain good habits of attendance and punctuality to school. Coaches will take steps to ensure this of their athletes. An athlete must be in school a full day (a minimum of four hours) to participate in practice, games or activities on that day unless permission has been secured from the Principal or his/her representative. In the event there is an athletic contest on a non-school day, attendance in school on the day immediately prior is required.
- D. Participants are expected to maintain good grades. Coaches may monitor grades throughout the year. Students are encouraged to attend extra help sessions on the appropriate days.

- E. Participants are expected to uphold all school rules, procedures, dress code, etc.
- F. The coach of each team may establish additional rules and procedures distinctive to that sport. Team members are expected to follow the rules/procedures, and the coach may also establish disciplinary actions for a breach of these rules/procedures.
1. Copies of these rules will be on file in the office of the Middle School Athletic Director.
 2. Participants will receive a copy of these rules/procedures before beginning practice.
- G. In certain instances, a Discipline Review Board shall meet to consider requests for reinstatement to athletic teams (for example, if a student has been suspended from school, he/she is automatically suspended from athletic participation and must apply for reinstatement). Any student deemed guilty of alcohol or drug use by school or community authorities, or guilty of egregious displays of poor sportsmanship, must also submit a written request to the Middle School Athletic Director (or designee) for review by the Discipline Review Board before resuming participation in athletics.
1. The purpose of the Discipline Review Board is to meet and determine if continuance in a sport is in the best interest of the student and the activity. The Review Board may deny participation, grant immediate participation, or permit participation with some conditions.
 2. 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. The Review Board will deal with all requests for reinstatement within 5 school days of the student's request. A request for reinstatement shall be made in writing and after the student returns from suspension (if applicable). When possible, parents of the student will be given advance notice of the hearing.
 4. The Review Board hearing will consist of a written summary of the incident (included in the written request provided by the student), testimony from the student, assistant principal, coach or other relevant persons about the incident, and discussion about expectations regarding the student's conduct in the future.
 5. The Review Board will convene privately and decide on reinstatement. The student will be told immediately of the decision and notification will be given to the student's parents/guardians.

DRUGS AND ALCOHOL

- A. Parents/guardians are required to sign a statement that they understand the guidelines prior to the student's participation. Any student participant in interscholastic sports who is found to be under the influence of alcohol/drugs or is suspected of selling, transferring, or possessing same, at any time - -whether during a school related or non-school related activity - - shall be subject to the following:

First Violation

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

Second Violation

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

Subsequent Violations

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

- B. The rules and regulations in this policy shall apply, on and off school premises, during the season of participation.

APPEAL TO THE SUPERINTENDENT AND THE BOARD OF EDUCATION

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