

“HOME OF THE RED DEVILS”



**STUDENT/PARENT
ATHLETIC HANDBOOK**

Office Hours: 7:15 AM to 3:15 PM - Athletic Office
Phone: 908-284-7126
(Voice mail available after hours)

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Note: The Handbook is an overview of rules and policies and is not meant to be reflective of all NJSIAA, Athletic Department, Team, and School policies, rules and regulations.

Message from the Administration

This handbook has been written to enhance the communication between parents, student-athletes, coaches and school administration. Since your child has expressed a desire to participate in interscholastic athletics at Hunterdon Central Regional High School, we recommended that you take time to familiarize yourself with the contents of this book.

The Hunterdon Central Regional School District is interested in the development of young men and women through athletics. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in personal growth and development. Lessons in sportsmanship, teamwork, and competition are integral parts of our athletic program. It is our intent to maintain a program that is sound in purpose and focused on furthering each students' educational maturity and person well-being.

Likewise, we believe that you have committed yourselves to certain responsibilities and obligations as a parent/guardian/custodian of an athlete. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the athletic department to make rules and follow NJSIAA guidelines governing interscholastic competition. These rules/guidelines need broad-based community support to be fully effective. This is achieved only through communication between the athletic department and the parents/guardians/custodians of our athletes. It is our hope to accomplish this objective through this parent/student athletic handbook.

Any concerns or questions may be directed to the athletic office at 284-7175. Questions regarding specific sports should be directed to the coach of the team on which your son/daughter is playing.

Yours in scholarship, sportsmanship and success,

~~Hunterdon Central Regional High School does not discriminate on the basis of race, color, creed, religion, gender, ancestry, national origin, social or economic status, sexual orientation or disability in the District's services, educational programs, activities and athletics.~~

For further information, contact:

District Anti-Bullying Coordinator/Affirmative Action Officer, Barb Manfredi:

bmanfredi@hcrhs.org 908-284-7132

Title IX Coordinator, Sandra Chronic:

schronic@hcrhs.org 908-284-7153

INTRODUCTION

Hunterdon Central Regional High School is one of the largest, campus-style, high school districts in New Jersey. Our campus consists of 72 acres including our 9/10 and 11/12 classroom buildings, a central facilities building, a music building, 1800 seat Fieldhouse, and a communications building housing a student-run FM radio station and TV broadcast station.

Hunterdon Central Regional High School is held in high regard by the **NJSIAA, Skyland Conference, Hunterdon/Warren/Sussex County Athletic Association and Mid State 38 Football**. Athletes are expected to uphold this tradition by exhibiting the highest level of competition and sportsmanship. Hunterdon Central athletes traditionally are noted for dedication to their sport, intense competitiveness, and respect for opponents and officials.

At the start of each pre-season a Parent/Coaches' meeting is held. This is an important meeting and all parents are encouraged to attend. Specific items relative to the sport are discussed and parents will be given an opportunity to meet their son's or daughter's coaches. We also encourage the parents to demonstrate their support by attending as many athletic contests as possible.

By design, athletic participation is filled with a great many challenges. Winning is not the most important thing, but trying to is. Parents can make a big difference in the success of the athletic program by encouraging their student/athletes and by supporting the coaches' and officials' decisions.

Parents and student-athletes are encouraged to contact the coach for clarification, understanding and counsel.

PHILOSOPHY *and* OBJECTIVES

It is the intent of **HUNTERDON CENTRAL'S ATHLETIC DEPARTMENT** to provide to the students of the high school a comprehensive, well-planned and balanced program of interscholastic athletics and to show how the student can benefit from participation in this type of activity.

The purpose of the athletic program at Hunterdon Central is to provide for the pursuit of competitive excellence in all sports, with the understanding that the pursuit of that excellence is educational in purpose. The prime concern is to develop the student-athlete physically, mentally, socially and emotionally in a positive environment among all coaches, and participants.

The athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the board of Education takes great pride in winning, it does not condone "winning at any cost!" The Board discourages any and all pressures, which might tend to neglect good sportsmanship and good mental health. Infractions are all inclusive for disciplinary purposes no matter the nature of the offense.

The program shall be managed and teams coached in a manner which strives to achieve the following objectives:

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

Athletic Goals and Objectives

Goal – The student athlete shall become a more effective citizen in a democratic society.

Specific Objectives

- The student athlete shall learn teamwork: To work with others in a democratic society, a person must develop self-discipline, and respect for authority and the spirit of hard work and sacrifice. *Athletes must place the team and its objectives higher than personal desires.*
- To have fun: The main reason people participate in sports and games.
- To be successful: Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- Sportsmanship: To accept success and defeat like a true sportsman, knowing you have done your best. We must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- To improve: Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly try to reach that goal. Try to better yourself in the skills involved and in those characteristics set forth as being desirable.
- Enjoy athletics: It is necessary to acknowledge all of the personal rewards we derive from athletics, and to give sufficiently of ourselves in order to preserve and improve the program.
- To develop desirable personal health habits: To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop a desire to maintain this level of physical fitness after formal competition has been completed.

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

The **NJSIAA** is a private, non-profit, voluntary organization which is responsible for regulating interscholastic athletics in New Jersey. The **NJSIAA** governs and controls all the sports programs offered to high school boys and girls.

Over the last few years the Association has broken new ground in a number of areas, including a dramatic increase in women's sports, considerable streamlining of eligibility requirements so as to focus on academic consideration, and more regulation of leagues and conferences throughout New Jersey to provide an opportunity for all member schools to become members of athletic conferences suitable to their geographic location and size.

We must provide a sufficient number of quality activities to meet the needs of our student-athletes in New Jersey and continue to ensure those activities are conducted within an educational atmosphere.

The quality of those experiences depends largely on those coaches and officials who interact regularly with our young people. We must provide training of these leaders as role models through workshops, clinics, videos, and other educational resources.

The member schools, their communities, and the whole of society desire academic excellence and recognition, activities free from unsportsmanlike acts, and a culture free of substance abuse. These issues must be addressed by this Association as part of its responsibility to New Jersey's leaders of tomorrow.

The Association is made up of public, private and parochial high schools in the State who choose to become members. Today, approximately 440 schools belong to the NJSIAA.

The headquarters is located in Robbinsville, approximately 12 miles from Trenton (609-259-2776).

Effective September 2007, NJSIAA established a mandatory steroid and random student drug testing program for athletes involved in post-season play.

PARTICIPATION LIMITATIONS

The NJSIAA Constitution, Bylaws, Rules and Regulations have for all intents and purposes defined the 12 month sequence of participation in the following manner:

(A) In Season (B) Out-of-Season (C) Summer Recess

(A) IN-SEASON

Athletes are able to participate on their desired sport team within the following datelines:

Fall.....August 8 to November 30
Winter.....November 5 to March 31
Spring.....First Friday in March to June 30

Specific sport seasons begin according to the following schedule:

August 8 Football
 Cheerleading

August 13 Soccer (B/G), Tennis (G) Gymnastics (G), Cheerleading, Girls Volleyball,
 Field Hockey

August 14 Cross Country (B/G)

Note: Official starting date for fall practice is established by NJSIAA Summer Recess Practice guidelines.

November 5 Ice Hockey, Swimming (B/G)

November 14 Bowling (B/G)

November 26 Basketball, Winter Track, Wrestling, Fencing (B/G) & Cheerleading

First Friday in March

Baseball, Golf (B/G), Softball, Tennis (B), Track & Field (B/G), Lacrosse (B/G),
Boys Volleyball

(B) OUT-OF-SEASON

During this period, athletes may not be involved in intramurals in which they have attained team status.

Open gym and recreation participation are permitted for players as long as their coaches are not present.

Camp/clinic participation is permitted for players provided their coaches are not involved.

Athletes may participate in local community sponsored recreation programs as long as their coaches are not involved.

Athletes may be involved with a non-school team with the approval of their school.

(C) SUMMER RECESS

Practice sessions during the summer recess period may be conducted by schools. Athletes are permitted to participate in any school sponsored practices but participation is not required.

During the summer recess period, an athlete may not be sponsored or supported by a school or school-related group (Booster Club) when team-interscholastic or individual competition takes place as part of the activity in camps, clinics or recreation programs.

The first school day following the last NJSIAA spring championships to the first day of the next school term, 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. ***Athletes and coaches may participate at their own individual risk.***

Responsibilities of a Central Athlete

Being a member of a Hunterdon Central Regional School District athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes hard work of many people over many years. As a member of an interscholastic squad, you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our school, our opponents, and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years, our squads have achieved numerous county, league, state and national championships. Many individuals have set records and won All-Conference and All-State honors.

It will not be easy to contribute to such a great athletic tradition. When you wear your school colors, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

Responsibilities to Yourself

The most important of these responsibilities is to broaden yourself and develop strength of

character. You owe it to yourself to get the greatest possible good from your school experiences. Your studies, your participation in other extracurricular activities as well as in sports, prepare you for life as an adult.

Responsibilities to Your School

Another responsibility you assume as a squad member is to your school. Hunterdon Central Regional School District cannot maintain its position as having outstanding programs unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic squad. The student body and citizens of the community know you. You are on the stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make Hunterdon Central proud of you and the community proud of your school.

Responsibilities to Others

As a squad member, you also bear a heavy responsibility to your home. You must measure up to all of the training rules. You should practice to the best of your ability every day. If you have played the game "all out," you can keep your self-respect and your family can be justly proud of you.

Sportsmanship Philosophy and Guidelines

The Hunterdon Central Regional School District Athletic Department believes that interscholastic competition involving member schools of the New Jersey State Interscholastic Athletic Association (NJSIAA) should be governed by the basic principles of good sportsmanship. This document has been prepared to insure that all participants have a common understanding of those basic principles.

We believe that students should be coached to play to the best of their ability and to understand that to play well is to play honorably. The promotion of sportsmanship is the obligation of all school personnel (principals, athletic directors and coaches) and is directed to the behavior of spectators, coaches and players.

An additional component to consider is coaches' ethics. We believe the development of good sportsmanship through the practice of ethical behavior and moral reasoning is one of the acknowledged objectives of interscholastic athletics. We, therefore, expect school administrators, coaches, athletes, and spectators to know and embrace the following fundamentals of sportsmanship.

Respect should be demonstrated for an athletic opponent and for their school at all times. Hunterdon Central will treat visiting teams and their supporters as guests and accord them the consideration all human beings deserve. Visiting schools should respect the property and dignity of their host school and its athletic teams.

Knowledge of and a proper respect for the current rules of the contest should guide the behavior of all participants. Rules are essential for a fair contest. Good sportsmanship suggests the importance of conforming to the spirit as well as the "letter" of the rules.

All participants should strive to maintain self-control at all times. The desire to win should not

be accepted as a reason for abandoning rational behavior. A proper perspective must be maintained by all if the potential educational values of athletic competition are to be realized.

All participants should learn to recognize and appreciate skill in performance regardless of affiliation. Recognition of the good performance of an opponent is a demonstration of generosity and good will that is encouraged in all member schools. In order for good sportsmanship to prevail, it is essential that all participants understand their individual responsibilities and expected modes of behavior before, during and after contests.

Coaches: The coaches bear the greatest responsibility for the development of sportsman- ship as they have the greatest influence on the attitudes and behaviors of players, the student body and the community. Coaches must value sportsmanship and teach it through their words and through example. Therefore, coaches should embrace the following appropriate behavior:

1. Instruct their players in the fundamentals of sportsmanship.
2. Teach the value of conforming to the spirit as well as the letter of the rules.
3. Make sportsmanship behavior a matter of team discipline, with appropriate consequences for team members who display unacceptable behavior.
4. Remind the student body at every opportunity that visiting teams are guests and, as their hosts, they should be polite and courteous.
5. Respect the officials' judgment and interpretation of the rules.
6. Demonstrate publicly the ideals of good sportsmanship by such acts as shaking hands with officials and opposing coaches before and after contests.

Fan Code of Conduct

The Hunterdon Central Regional School District, in association with the NJSIAA promotes interscholastic events and sportsmanship. Sportsmanship is an essential part of any athletic competition and is expected from athletes, coaches, officials and fans. As a fan/spectator of the Hunterdon Central Regional School District we want you to be an example of positive encouragement while supporting our athletes, coaches and officials. Our behavior should be positive, respectful and encouraging of the athletes, coaches, officials and the game.

Failure to be an example of these athletic practices and/or ejection from an athletic contest will result in the following procedures to be taken:

First Offense – Removal from the next two home athletic contests and/or one calendar week (7 days) of the same sport. A letter will be sent by the grade level Principal to the spectator in question notifying them of the ejection and the dates that they must be absent from the contests.

Second Offense – Removal from all home athletic contests for that season. If applicable, relinquishing their season pass to the athletic department. A letter of ejection will be sent from the office of the Principal notifying the spectator of the ejection.

Third Offense – Removal from all home Hunterdon Central Regional School District athletic contests for the year. If applicable, relinquishing their yearly pass (if applicable) to the athletic department. A letter of ejection will be sent from the office of the Principal notifying the spectator of the ejection.

Any athletic official, including but not limited to, officials, athletic directors/coordinators, principals, assistant principals, site directors and anyone else in an administrative role on the site, may uphold enforcement of an ejection.

STUDENT/ATHLETE PARTICIPATION

Participation in athletics and all activities in the **HUNTERDON CENTRAL 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 athletics at **HUNTERDON CENTRAL**.

1. All students who represent **HUNTERDON CENTRAL** on a team are expected to conduct themselves in such a manner as to reflect credit upon **HUNTERDON CENTRAL**.
2. All students must remember they are students of the school first and participants 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. Rather, it carries an added responsibility of being a good citizen in the face of peer pressure to become involved in some action which might violate school rules. Our athletes are expected to set examples of good school citizenship and cooperation which will reflect upon them as individuals and upon all our athletes in general.
4. Students afforded these privileges must assume the responsibilities which accompany them at all times.

Requirements for Participation

Remember that as an athlete, you are not eligible to participate in any sport until the following items have been completed:

- All academic eligibility requirements have been satisfied.
- Family ID on-line registration completed.
- Pre-participation Physical Evaluation, and Health History Update Forms completed and on file in the nurse's office.
- After team selections Pay to Participate fees paid.
- Attend a pre-season coaches meeting accompanied by parent(s)/guardian(s) prior to the start of the school year.

Conduct of Athlete

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

In the classroom – In the academic area, a good athlete becomes a good student. A person must give maximum effort in the classroom at all times. If you are lazy in class, you will be lazy on the practice field or floor and will never reach your full potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades.

In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times. Horse- play and unnecessary boisterousness are not approved habits of behavior.

School discipline referral – Any student referred to the office for a school rules violation may be denied the privilege of participation in all athletic activities for a period determined by either the Vice-Principal, Coach or the Athletic Director.

Citizenship/Character - Any conduct which may be deemed by the principal/designee to be both of a serious nature, and a violation of state, local, or federal criminal or juvenile law, may cause the participant be declared ineligible for athletic participation.

CAUSE FOR SUSPENSION FROM AN ATHLETIC TEAM

Any violation of the substance abuse policy, random drug and alcohol policy will result in discipline in accordance with **Board Policies** and the **Student Handbook** which can be found on the school website.

Any cause for Suspension from participation other than the above mentioned, is at the discretion of the coach. These violations include, but are not limited to: insubordination, profanity, fighting, unsportsmanlike conduct, and unexcused absence from practice, unsatisfactory attitude, and a failure to follow the code of conduct, or any additional rules and regulations that the coach or advisor deems necessary to maintain discipline and facilitate the efficient execution of daily procedures.

Imposed suspensions in excess of one week require consultation with the athletic director. Parental notification will be required in all cases of suspension.

Discipline referrals and school suspensions are justification for suspension or removal from a team.

TRANSFER RULE - the following **NJSIAA RULE** applies to all students:

A student-athlete transferring from one secondary school to another, or coming in as a "Choice School Student" without a bona fide change of residence by that student's parent or guardian, shall be ineligible to participate for a period of thirty (30) calendar days or one half of the maximum number of games allowed in the sport by NJSIAA rules (the ineligibility period) from the beginning of the regular schedule, whichever is less, in any sport in which the student has previously participated at the varsity level.

ATHLETIC ELIGIBILITY PROTECTION

1. Accept only awards of trophies, pins, jackets which are approved by your Board of Education.
2. Do not accept merchandise or cash.
3. You may caddie or work in a golf or tennis shop, but may not receive compensation for giving instruction.
4. You may bowl in an adult league, but you may not accept or have anyone accept for your any merchandise or cash.
5. You may not accept free on loan or on a discount basis, any equipment or merchandise for personal use under any circumstances.

CONTEST DISQUALIFICATION NJSIAA

An athlete who displays unsportsmanlike flagrant misconduct, physical or verbal, will be disqualified from the next two regularly scheduled games/meets, with the exception of football which will carry a one game disqualification. 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.

Disqualification is a judgment call by the official and the decision is final and may not be appealed.

A disqualified player may not be present at any contest in that sport during the period of disqualification (not to be present in the locker room, on the bus, on the sidelines, or in the bleachers/stands before, during, or after the game).

Any player disqualified a second time during a 365 day period from the first disqualification will have the penalty doubled. On the third offense, the player will be suspended indefinitely and must apply in writing to the NJSIAA, through the office of his/her principal, for reinstatement.

SKYLAND CONFERENCE

HUNTERDON CENTRAL REGIONAL HIGH SCHOOL is a member of the Skyland Conference which is comprised of schools with the following classifications, Group I, II, III, and IV. Groups are determined by the enrollment of students in each of the schools, with Group IV schools being the largest. Hunterdon Central is classified as a Group IV school by the NJSIAA.

The SKYLAND CONFERENCE is comprised of 23 schools that are located in Hunterdon, Warren and Somerset Counties. The schools are in a divisional structure that is based on student enrollment. This school alignment extends for a period of two years and then is restructured based on input from the member schools.

Hunterdon Central Regional has earned a fine reputation in our conference for competitive, aggressive play with an emphasis on sportsmanship, fairness and integrity. We continue to be proud of student athletes' accolades and the outstanding job our coaches do in working with our athletes.

Delaware	Raritan	Mountain	Valley
Hunterdon Central	Ridge	Warren Hills	Mt. St. Mary
Bridgewater	Phillipsburg	Somerville	Pingry
Hillsborough	Montgomery	Voorhees	Immaculata
Franklin	North Hunterdon	North Plainfield	Rutgers Prep
Watchung Hills		Bernards	Gill St. Bernards

Note: In some sports, single alignments are the rule and/or two Divisions.

SPORTS OFFERINGS

FALL	VARSITY	JV	FROSH.
Cheerleading	X	X	
Cross Country (B)	X	X	X
Cross Country (G)	X	X	X
Field Hockey	X	X	X
Football	X	X	X
Gymnastics (G)	X	X	
Soccer (B)	X	X	X
Soccer (G)	X	X	X
Tennis (G)	X	X	
Volleyball (G)	X	X	X

WINTER	VARSITY	JV	FROSH.
Basketball(B)	X	X	X
Basketball (G)	X	X	X
Bowling (B)	X		
Bowling (G)	X		
Cheerleading	X	X	
Fencing (B)	X	X	
Fencing (G)	X	X	
Ice Hockey	X	X	
Swimming (B)	X		
Swimming (G)	X		
Winter Track (B)	X	X	X
Winter Track (G)	X	X	X
Wrestling	X	X	
SPRING	VARSITY	JV	FROSH.
Baseball	X	X	X
Golf (B)	X		
Golf (G)	X		
Lacrosse (B)	X	X	X
Lacrosse (G)	X	X	X
Softball	X	X	X
Tennis (B)	X	X	
Track & Field (B)	X	X	X
Track & Field (G)	X	X	X
Volleyball (B)	X	X	X

ATHLETIC DEPARTMENT

Michele Bracco, Administrative Assistant, 284-7126. mbracco@hcrhs.org

Anthony Riccardella, Trainer, 284-7214, ariccar1@hcrhs.org

Jeffrey Paszkewicz, Trainer, 284-7131, jpaszkewicz@hcrhs.org

Paul Kolody, Strength & Conditioning, 284-7200, ext 9783, pkolody@hcrhs.org

HEAD COACHES

SPORT

BASEBALL
 BASKETBALL (B)
 BASKETBALL (G)
 BOWLING (B/G)
 CHEERLEADING
 CROSS COUNTRY (B/G)
 FIELD HOCKEY (G)
 FENCING (B/G)
 FOOTBALL
 GOLF (B)
 GOLF (G)
 GYMNASTICS (G)
 ICE HOCKEY
 LACROSSE (B)
 LACROSSE (G)
 SOCCER (B)
 SOCCER (G)
 SOFTBALL
 SWIMMING (B/G)

HEAD COACH

Kevin Cuozzi
 Mike Falco
 Jamee Bush
 Eric Wasserman
 Lauren Del Rosso
 Sharon Gavzy
 Jennifer Sponzo
 Michael Griffin
 Casey Ransone
 Chris Gacos
 Frances Gacos
 Jessica Cantagallo
 Paul Cavanaugh
 Mike Vergalito
 Jillian Nealon
 Anson Smith
 Jeannine Calhoun
 Kelly Rieder
 Mike Aversano

EMAIL

kcuozzi@hcrhs.org
mfalco@hcrhs.org
jamee.bush@hcrhs.org
ewasser@hcrhs.org
ldelrosso@hcrhs.org
sharon.gavzy@hcrhs.org
jsponzo@hcrhs.org
mgriffin@hcrhs.org
robert.ransone@hcrhs.org
chris.gacos@hcrhs.org
frances.gacos@hcrhs.org
icantaga@hcrhs.org
pcavanaugh@hcrhs.org
mvergalito@hcrhs.org
jnealon2@hcrhs.org
asmith@hcrhs.org
jcalhoun@hcrhs.org
kelly.rieder@hcrhs.org
maversan@hcrhs.org

TENNIS (B/G)	Will Daly	will.daly@hcrhs.org
TRACK (G)	Dylan Marton	dmarton@hcrhs.org
TRACK (B)	Jon DeLisle	jdelisle@hcrhs.org
VOLLEYBALL (B/G)	Steve Fenton	sfenton@hcrhs.org
WINTER TRACK (B/G)	Jon DeLisle	jdelisle@hcrhs.org
WRESTLING	Jon Cantagallo	jcantagallo@hcrhs.org

ATHLETIC DEPARTMENT WEB PAGE - www.hcrhs.org, click on Athletics

- a. Contains – Head Coaches & Staff Information, Schedules, Results, Athletic News, Directions, Forms, Athletic Registration Link, NJSIAA Link, Record Books, Strength and Conditioning Training Schedule and additional information.
- b. Please be advised that by signing up your student/athlete electronically you are allowing them to receive recognition for athletics and/or achievements on Hunterdon Central's website or through our District list serve.
- c. Throughout the year, the media sometimes contacts the school about students, events or activities. When this occurs, Nancy Tucker, Communications Officer, 908-284-7187, must be contacted by the media to request an interview or wish to photograph students. She will contact the parents, and ask them to give consent to have their student photographed or interviewed by the press. Media consent is given when parent/guardian signs up student athlete electronically for a sport season. [This does not apply to any interviews/photographs taken immediately before, during or after games as these are considered public events and parental consent for athletic participation covers media consent].
- d. By signing up your student/athlete on Aspen you are indicating that you have read, understand, consent to, and agree to comply with and be bound by the terms, provisions, requirements and content of the following forms.
 - Parent & Student Athletic Code of Conduct Agreement
 - Media & Videotaping Consent Form
 - Student Athlete Health Concerns Agreement
 - Student Random Drug & Alcohol Consent for Athletes
 - NJSIAA Steroid Testing Agreement

SPORT SCHEDULES

Schedules are posted and will be updated on our school web-site during the season. The address is www.hcrhs.org. Click on Schedules & Scores, or go to www.skylandconferencenj.org.

ACTIVITY SCHEDULER USER GUIDE

The rSchoolToday™ Activity Scheduler (www.skylandconferencenj.org) provides significant advantages to our school community. Because it is web-based, we can provide you instant access to the most up-to-date information at all times. All changes are in real time.

The Calendar will provide an instant view of all activity on today's date. Other features:

1. Click on any date within the month and see the activities for that day
2. Jump to any month in one click
3. One click here to view the whole week
4. Locations can be links that open to printable maps and directions to that location
5. **Notify Me!** You can set yourself up for automatic email reminders or text messages to your cell phone before any activity or with any changes to any schedules.
6. The latest rosters and scores can be available right from these calendar tabs.

7. You can subscribe to schedules using **Subscribe**. This lets you push every day's events to your smart phone or personal calendar.
8. You can get detailed reports by location, by gender, by level, etc. from the Advanced View.
9. You can get the latest complete schedules for any activity. Click on the schedule you want and then click View.

NJSIAA ACADEMIC ELIGIBILITY

The New Jersey State Interscholastic Athletic Association Rules and Regulations regarding eligibility are mandatory. In addition, the Hunterdon Central Regional School District Board of Education has adopted the following guidelines for students participating in high school athletics.

A student entering 10th, 11th, or 12th grades will be required to achieve 30 credits in the year prior to participation in the first semester of a school year. To be eligible in the second semester, the student must have achieved 15 credits in the first semester of that year.

A 9th grade student will automatically be eligible in his/her first semester. To be eligible in the second semester he/she must have achieved one half of 30, or 15 credits for participation in spring activities.

These academic requirements will apply to all cheerleaders, student stat/managers, student trainers, and athletes. Additional information regarding eligibility can be obtained upon request from the athletic director or principal.

HIGH SCHOOL ELIGIBILITY REQUIREMENTS

FALL/WINTER

9th Grade - All eligible.

10th/11th/12 Grade - 30 credits need to be earned from the previous school year.

SPRING

Must be passing the equivalent of 15 credits at the end of the first semester.

GENERAL INFORMATION

ACADEMICS

Student athletes must always keep in mind that their first priority is their school work. Many studies show that athletes can maintain a high level of performance in the classroom and on the field if they make effective use of their unscheduled time. If students are having difficulty in a specific subject, they are encouraged to attend the after school tutorial program that is held three days a week and is staffed by our teachers.

AGE ELIGIBILITY

You cannot participate if you have reached the age of 19 prior to September 1st of the current school year.

ATTENDANCE ELIGIBILITY

In order for a student to participate in a scheduled athletic event, practice or school function, he/she must be in school on the day of the event or the last day of school prior to a Saturday

event by 7:35 AM. Excuse from a doctor or prior written approval from the athletic director or administration are the only **VALID** excuses. Excessive absenteeism, tardiness and cutting classes will not be tolerated. These offenses justify removal from a team with the consent of the athletic director.

Harassment, Intimidation & Bullying (HIB)

The Hunterdon Central Regional High School Board of Education prohibits acts of harassment, intimidation, or bullying of a student. HIB, like other disruptive or violent behaviors, is conduct that disrupts both a pupil's ability to learn and a school's ability to educate its pupils in a safe and disciplined environment. Our school environment includes our athletic teams. It is important to note these activities, whether they occur in or outside of school, can cause mental, emotional, and/or physical harm. These actions can include, but are not limited to:

- Written and/or Verbal harassment
- Physical harassment/assault
- Gesture
- Electronic Communication

As stated earlier, participation on our teams is privilege, not a right. HC prides itself on a long tradition of good sportsmanship and will not tolerate any behavior contrary to those beliefs. To read the entire HIB policy, please visit our school website at www.hcrhs.org. The section on Harassment, Intimidation and Bullying can be found in the "Quicklinks" section.

Hazing is one form of HIB. Hazing is any ritual or activity involving harassment; abuse or humiliation used as a way of initiating a person into a group or remain in a group. Any student found to be involved in hazing activities will be immediately and permanently removed from athletic participation. Permission, consent or assumption of risk by the victim does not lessen the prohibition of our policy. Retaliation against anyone who assists in the investigation of a HIB incident is prohibited and can result in disciplinary action and/or removal from athletic participation.

If you have any concerns and/or need to make a report, please contact:

District Anti-Bullying Coordinator: Barbara Manfredi, Vice-Principal
908-284-7132

PARTICIPATION FORMS

Before a student goes out for a sport, the appropriate Pre-participation Physical and Health History Update Forms must be filled out by a parent/guardian. A student has to undergo one physical per year. All forms should not be signed sooner than **90 days prior to the 1st day of practice**. Student clearances must be in the possession of the coach by way of the Athletic Office prior to the athlete being allowed to practice. These forms can be found on the Athletic Registration web page.

ATHLETIC PHYSICALS

In order to be eligible to participate in any interscholastic sport, a student must have a physical examination by their medical home, nurse practitioner, or physician's assistant within 365 days prior to the first practice session. The School Medical Inspector must certify the student's fitness to participate.

Students participating in two or three consecutive sports seasons, who have suffered no injury or illness during a specific sport season or seasons, will need to take only one physical examination. The School Medical Inspector or his/her designee, however, will be required to certify to each

candidate's fitness to participate in subsequent sports seasons by way of a Health History Questionnaire Form. Forms can be found on Athletics webpage under Athletic Registration.

NJSIAA STEROID TESTING POLICY

In accordance with Executive Order 72, issued by the 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.

1. 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 a 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 member school testing shall be penalized in accordance with the school's policy.

2. List of banned substances:

Information on NJSIAA banned substances can be found on the NJSIAA website, here:
<http://www.njsiaa.org/documents/banned-substance-list>

3. Parent/Student Consent form:

Before participating in interscholastic sports, the student-athlete and the student-athlete's parent or guardian shall consent to random testing by signing up their student/athlete on the Family ID website in accordance with this policy.

4. 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.

5. Administration of tests:

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

TRY-OUT PERIOD

The first day of practice (try-outs) is made known to the athlete at a pre-season meeting or as in the case of **Fall** sports, through written coaches' correspondence, list serve and/or the Hunterdon County Democrat advertisements. The athlete will be evaluated through try-outs for six days once practice begins. If student-athlete shows up late is ill, injured or for no legitimate reason, he/she will be evaluated based on a minimum of three days. (Only practice days count toward a try-out period. At no time, will scrimmages or games count towards practice days).

NOTE: PLAYERS CANNOT PARTICIPATE IN SCRIMMAGE/GAMES UNTIL SIX DAYS OF PRACTICE HAVE BEEN COMPLETED FOR ANY SEASON.

NOTE: WINTER TRYOUTS WILL BE THE FIRST THREE DAYS OF PRACTICE AS OF 2011.

Injuries at any level of play, at any time during the six days of try-outs, should be reported to the coach and be evaluated by the trainers and /or school medical examiner before the student-athlete can return to 100% participation. The try-out would then occur during a three-day scenario, as mentioned above. If after cuts are made, injuries are then reported to the coach, the try-out evaluation will stand.

PARENT/COACH COMMUNICATION

RELATIONSHIP – PARENT/COACH

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATIONS - YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Philosophy of the coach
2. Expectations and goals the coach has for your child as well as for the team/season
3. Locations and times of all practices and contests.
4. Team requirements, special equipment, strength and conditioning programs
5. Procedure if your child is injured during participation
6. Team rules, guidelines and consequences for infractions
7. Lettering criteria
8. Team selection process

COMMUNICATION COACHES EXPECT FROM ATHLETES/PARENTS

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

As your child becomes involved in the programs at Hunterdon Central, he or she will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you and your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of our child
2. Ways to help our child improve
3. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you hope. Coaches are professional. They make decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other persons' position. When a conference is necessary, the following procedure should be used to help resolve any concerns.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH – THE PROCEDURE YOU SHOULD FOLLOW IS BELOW:

1. Email the coach to set up an appointment.
2. If the coach cannot be reached, call the Supervisor of Athletics, Mr. Michael Raymond. He will set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.

THE NEXT STEP

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Supervisor of Athletics to discuss the situation.
2. At this meeting, the appropriate next step can be determined.

PARENT CODE OF CONDUCT

1. Make sure our child understands that win or lose, you love him or her.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize "improved" performance, not winning.
5. Provide a safe environment for training and competition.
6. Don't relive your own athletic past through your child.
7. Control your emotions at games and events.
8. Be a "cheerleader" for your child and other children on the team.
9. Respect your child's coaches. Communicate with them in a positive way. Encourage others to do the same.
10. Be a positive role model.

Be sensible, responsible and keep your priorities in order. There is a lot more at stake than a win or loss record.

CAMPS

Camp participation by any athlete for any sport is totally at the discretion of the athlete and his/her family. At no time will participation at a sport specific camp be grounds for an athlete's selection for participation in athletics at Hunterdon Central. This refers to programs in-district and out of district summer camps are held at Hunterdon Central at the discretion of our coaches with Board approval, and all information is disseminated by the coaches. **Attendance at these sessions is Not Mandatory.**

ATHLETIC INSURANCE

The Board of Education has purchased secondary loss insurance coverage to protect all participants in interscholastic sports in case of an accidental injury resulting from such

participation. This coverage also applies to equipment managers, band members, cheerleaders, flag wavers, and any other approved participants.

The school's insurance is a secondary loss insurance coverage; i.e., it will pay those expenses not covered by any other medical insurance you may have. Thus, you must submit all bills to your own insurance first. The school policy may pick up the unpaid balances up to the limits of the policy. Contact the Nurse's office if you have any questions regarding injuries or insurance coverage.

Although this coverage is very broad, there are restrictions, limitations, and exclusions in this policy. **IN MANY SITUATIONS, MEDICAL BILLS MAY NOT BE COVERED IN FULL.** Parents should understand that medical expenses are their own responsibility, not the Board of Education.

All sport injuries should be immediately reported to the coach or trainer. Claim information will be taken from the student by the Nurse's office and an insurance form with instructions will be mailed to the parent/guardian.

1. All bills must be submitted to the parent's basic and major medical carriers first.
 - A. Submit itemized bills and notices received from your own insurance company showing amounts paid and balances due, or a letter of denial, along with the completed insurance form to the school's insurance carrier.

It is your responsibility, and to your benefit, to submit the necessary papers as soon as possible as the claim cannot be considered until all papers are submitted.

Questions regarding coverage, etc. should be directed to the Nurse's office.

EQUIPMENT

The equipment issued by the school becomes the responsibility of the athlete during the season. Special care must be taken to lock all equipment in the locker/team room during practices and games. Athletes should provide their own locks and are reminded not to bring large amounts of money to school. Also, expensive jewelry should not be worn to school and left in the locker room. At the conclusion of the season, all equipment and uniforms must be returned by the athlete to the coaches. Any missing uniforms or equipment will be handled as a financial obligation; and diplomas, report cards and/or schedules will not be given out until the uniforms are returned or a fee paid.

Financial Obligations and Equipment

Uniforms – In several sports, the athlete will be required to purchase a portion of the game uniform, which will become their property, ex Ice Hockey.

Equipment – All athletes are responsible for the proper care and security of equipment issued to them.

1. All equipment issued to a player is to be worn only at practice or scheduled games or scrimmages involving that particular sport. Exceptions must be approved by the coach (i.e.-jerseys).
2. Before any item is attached, added to, removed from or worn with a uniform that is issued to an athlete for a specific sport, the athlete must secure permission from the coach.

3. Each athlete is responsible for all equipment issued. Keep it clean and in the best possible condition. The Hunterdon Central Regional School District is not responsible for lost or stolen equipment. Athletes should lock all athletic lockers to avoid theft.
4. All athletic equipment is the property of the Board of Education and the Athletic Department, therefore, school equipment may not be taken from the school building for the use of any other organization or for personal use. Any exception must be approved by the Athletic Director.
5. All equipment issued to an athlete must be returned at the end of the school season. Equipment that is not returned for any reason or is damaged beyond normal wear and tear must be paid for at REPLACEMENT cost. Equipment is to be returned or lost equipment paid for within one week of the last contest of the sport. Any athlete who has not returned or paid for lost equipment within one week will be denied the right to participate in athletics and placed on the obligations list until the equipment is returned or paid for.

PRACTICE SCHEDULE

There are practice sessions every day after school beginning at 3:00 PM. The length of the practice is up to the discretion of the individual coaches. In most cases, practices will run until approximately 6:00 PM. Practice sessions are also conducted on the weekends. The student athlete should not use athletic practices as an excuse for not attending tutorials which are provided by our staff Tuesday through Thursday every week.

An athlete should consult/communicate with his/her coach before missing practice. Missing practice or a game without good reason will be dealt with each individual sport through its rules and regulations given to athletes after selection of teams is announced and is part of the student code of conduct sign by the student-athlete and parent(s).

There will be times during the season when it will be necessary for teams to practice away from the high school. When this occurs, transportation will be provided by the school district and the same procedures will be followed as for an away contest with the exception of ice hockey. The following teams do travel for practices and games: b/g bowling, b/g cross country, b/g golf, ice hockey and b/g swimming.

The sites for these practices and games are Deerpath Park, Copper Hill Country Club, Heron Glen Golf Course, Deerpath Park YMCA Pool, Hillcrest Park and Raritan Valley Community College Pool, Strike & Spare Lanes, West Hunterdon Lanes, and Flemington Ice.

TRANSPORTATION

All student athletes must use the transportation provided by the district to away contests. If an emergency does occur, prior parent/guardian permission must be obtained. The procedure for this is as follows:

Parent/guardians must make a request in writing 24 hours in advance, for the release of their son/daughter to them or other adult (non-student) through a travel release form.

A travel release form must be filled out one day prior to the contest. The form must be signed by the parent and the Supervisor of Athletics and given to the appropriate Head Coach. If it is not possible to get this form signed during the school day the head coach can sign off on a travel release at the site of the contest.

These forms can be found in the Athletic Office, grade level house offices, as well as, on the athletic web page. (See Athletic Forms).

STUDENTS WILL NEVER BE ALLOWED TO DRIVE THEIR OWN CARS TO AN AWAY CONTEST!

ATHLETIC TRAINING PROGRAM

The training room is open every day at 11:00 AM. Mr. Anthony Riccardella and Mr. Jeffrey Paszkewicz, our trainers, can be reached at 284-7214/7131. Services include injury prevention strategies, injury assessment, taping treatment and follow-up care. We encourage athletes and parents to report all injuries to the coaches and trainers.

In addition, Mr. Riccardella and Mr. Paszkewicz, organize a Student/Athletic training program for those students who have an interest in getting involved in this type of activity. Additional information about the program can be received by contacting either Mr. Riccardella or Mr. Paszkewicz in the trainer's office or Sports Training/Sports Medicine link on the Athletic webpage.

Any athlete, who sustains an injury during an athletic related activity, must report it to his/her coach **IMMEDIATELY**, who in turn, will report it to the trainer. The trainer will then be responsible for providing this information to the school nurse. If any injury occurs outside of school, it must be reported to the coach prior to the athlete's next practice or game.

If your son/daughter is seen by a physician for an injury or illness sustained at a school sponsored athletic event, and has not been evaluated by the Athletic Training staff, he/she must submit a letter to the Athletic Trainer from the treating physician stating the diagnosis, treatment, and restrictions, and estimated time out of athletics before he/she is allowed to return to athletic participation. Even if you take your child to the physician after being evaluated by an Athletic Trainer, the same letter must be returned to the Athletic Trainer before he/she resumes athletic participation. In certain instances, the school medical examiner may need to clear the athlete.

WEIGHT TRAINING PROGRAM

A Strength & Conditioning Coach Paul Kolody, Ext. 7348, supervises the weight room, located in the lower campus. The room is utilized by the various teams during the season, at the discretion of the coach. Also, during the school year, the room is opened for those athletes not involved in a sport from 3:00 to 8:00 PM. During the summer months of July and August, the weight room is open for high school students and incoming 9th graders. A schedule of days/times is posted on the Athletic Department webpage under the Strength and Conditioning link.

The room is always supervised, and no student is permitted the use of the room without supervision and proper medical clearance. All participants are given a program of instruction and safety procedures to develop the health and fitness of our student athletes.

All students must have a current physical on file in the nurse's office prior to participation.

CONFLICTING ACTIVITIES DURING SPORT SEASON

Prior to the start of any season, an athlete must realize his/her obligation to the team and refrain from scheduling any conflicting sports or activities during the season. An individual student who

attempts to participate in too many extracurricular sports/activities will, undoubtedly, be in a position of a conflict of obligations.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities and will attempt to schedule events in a manner to minimize conflicts. Coaches consider safety, preparation to properly execute plays and strategies, and other factors when determining the readiness of any student athlete to practice or compete. Coaches will not base this decision on attendance when a student athlete is experiencing scheduling conflicts with other school activities, particularly those associated with academic responsibilities. Students have the responsibility of immediately notifying faculty sponsors, coaches, and teachers involved when a conflict with academic responsibilities, another school activity, or any other circumstance arises.

AWARDS

The Awards banquets are held by most individual sports in order to recognize the achievements of the entire program during the athletic season. If any student athlete is not a team member in good standing as a result of a violation of an existing BOE policy or discipline action the athlete will forfeit the privilege to attend the individual sport banquet and/or forfeit all letters and or awards earned during that season.

Trainers, Managers and Statisticians

Managers, statisticians, and student trainers will earn post-season awards under the following guidelines:

Managers and statisticians shall follow the criteria set forth in their particular sport as if they were a player. Their name must appear on the eligibility list for that sport. All managers and statisticians must be on a varsity team for two years in order to be awarded a varsity letter.

ADMISSION PRICES TO ATHLETIC CONTESTS

Spectators are charged to attend home football, basketball and wrestling games/matches as well as for various tournaments. This practice also occurs when we play away contests. Non tournament admission is \$4.00/adults and \$3.00/students without ID, \$2.00/Students with ID. Senior citizens are free. Individual tournament fees maybe a higher cost. Also for the sports of Football, Basketball, and Wrestling season passes are available as a cost saving to our parents, students, and fans.

HUNTERDON CENTRAL BOOSTER CLUB

The club is composed primarily of, but is not limited to, parents of students involved in the district's athletic programs. The group, however, does not limit itself only to athletics and is receptive to cooperative efforts with other groups who are willing to become involved. The club meets the 1st Monday of every month in the 9/10 Cafeteria of the high school, September through June, at 7:00 P.M. All parents are invited.

THE FUNDAMENTALS OF SPORTSMANSHIP

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

1. Gain an understanding and appreciation for the rules of the contest. To be well informed is essential. All involved must know the rules. Uninformed individuals should refrain from expressing opinions of officials, coaches, and administration decisions. The spirit of GOOD SPORTSMANSHIP depends on conforming both to rule's intent and to the letter of a given rule.
2. Exercise representative behavior AT ALL TIMES. A prerequisite to GOOD SPORTSMANSHIP requires one to understand his/her behavior. The true values of interscholastic competition rely upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. An individual's behavior influences others whether or not that person is aware of it.
3. Recognize and appreciate strongly skilled performance regardless of affiliation. Applause for an opponent's good performance displays generosity. It is a courtesy that should be regularly practiced. GOOD SPORTSMANSHIP but also reflects a true awareness of the game by recognizing and acknowledging quality.
4. Exhibits respect for the officials. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Players should not rationalize their own unsuccessful performances by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made.
5. Display openly a respect for the opponent at all times. Opponents are guest and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Each person needs to be a positive representative for his/her team, school, and family. This the golden rule in action.
6. Display pride in your actions at every opportunity. Each individual must never allow his/her ego to interfere with good judgment and his/her responsibility as a school representative. This is paramount since it suggests that the person cares about him/herself and how others perceive him/her.

The Skyland Conference
Believes
SPORTSMANSHIP
Is An
EXPECTATION!
So Please
Let the Players, Play,
Let the Coaches, Coach,
Let the Officials Officiate,
Let the Spectators Be Positive!
Skyland Conference Pride!

CODE OF BEHAVIOR FOR ATHLETIC EVENTS

1. Enthusiastically encourage your own team.
2. Refrain from abusive or irritating remarks and booing.
3. Accept the decisions of officials with good grace.
4. Protect the safety and comfort of the players or other spectators. Don't throw objects. The use of noise-makers, signs or banners is prohibited.
5. Any person obviously and intentionally violating the letter or spirit of the code will be subject to ejection from the contest and may not be allowed to attend further athletic contests.

PLAYERS

Good sportsmanship is the mark of the good player:

- . Do not swear or fight.
- . Use self control.
- . Do nothing which will bring discredit to your school.
- . Win graciously; lose without alibi.
- . Accept officials' judgment without question.
- . Give the best that is in you for your team and school.
- . All team cheering should be positive with no intimidating or demeaning chants, gestures, etc.
- . All players must follow the Code of Behavior for Athletic Contests.

UNSPORTSMANLIKE CONDUCT

There will be no tolerance for negative statements or actions between players and coaches. This includes taunting, baiting, berating opponents, "trash talking", or actions which ridicule or cause embarrassment to them. Any physical, verbal, written (cyber or otherwise) conduct related to race, gender, ethnicity, disability, sexual orientation, or religion shall not be tolerated, and could be subject to violator ejection, and may result penalties, being assessed against your team. If such comments are heard, a penalty will be assessed immediately.

Then NJSIAA Sportsmanship Rule requires that "high standards of courtesy, fair play, and sportsmanship must be featured at all high school competitions". The Sportsmanship Rule is the heart of the NJSIAA program. Good sportsmanship, respect for rules, respect for others, and fair play are the fundamental principles that support and interscholastic athletic program. NJSIAA has made sportsmanship a priority. Statements cautioning student-athletes against unsportsmanlike conduct are read before each competition. Students are told that "actions which ridicule or cause embarrassment to opponents are unsportsmanlike and a HIB violation.

PARENTS/SPECTATORS

Spectators have an important role in the success of an athletic program. If the program is going to be successful, spectators must encourage good sportsmanship, courteous treatment of visitors and absolute fairness under all conditions. It is important that spectators allow the athletes to play the game, the coaches to coach and the officials to officiate. All spectators must follow the Code of Behavior for Athletic Contests.

In accordance with Skyland Conference Bylaws, whenever a member school finds it necessary to notify a parent/spectator in writing that they are banned (as a spectator) from a school athletic event, that person shall be banned from the events of all member schools until the conclusion of that school year.

A MESSAGE TO OUR FANS

Our athletic programs meet the basic needs of many students and are of great value to them. The success of the program is due to a large extent to the work of the coaches and students involved. The spectator also has a role in the program. If the program is going to continue to be successful, spectators must encourage good sportsmanship, courteous treatment of visitors and absolute fairness under all conditions. This year we ask all fans to remember, "Athletics is Fun" and to do your part to keep it fun.

These are high school athletes who are performing. They are friendly rivals as members of opposing teams. They are not enemies.

LETTER TO PARENTS:

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

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

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

- To realize that athletics are part of the educational experience and the benefits of involvement go beyond the final score of the game.
- To encourage our students to perform their best just as you would urge them on with their class work.
- To participate in positive cheers that encourage your student and to discourage any cheers that would redirect that focus-including those that taunts and intimidates opponents, their fans and officials.
- To learn and understand the rules of the game, and to respect the officials who administer.
- To respect the task our coaches face as teachers and to support them as they strive to educate our youth.
- To respect our opponents and acknowledge their efforts and to develop a sense of dignity under all circumstances.
- To be a fan... not a fanatic!
- You can have a major influence on your student's attitude about academics and athletics. The leadership role you assume in sportsmanship will influence your child for years to come.

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