

NORTH WARREN REGIONAL

ATHLETIC HANDBOOK

for *ATHLETES* and *PARENTS*



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North Warren Regional Athletics
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*Once a PATRIOT,
Always a PATRIOT*

PARENT – STUDENT ATHLETE HANDBOOK

This handbook was developed by the Athletic Department to provide the parents and student / athletes with basic information that is important to successfully participate in our interscholastic programs. The intent of this handbook is to make your participation is rewarding and as trouble free as possible.

Your careful scrutiny of the handbook contents and compliance with the rules and regulations stipulated will keep you in good standing throughout your middle school and high school career.

We hope that a clear understanding of our athletic goals will make your athletic participation at North Warren a positive and rewarding experience.

TO THE STUDENT / ATHLETE

This handbook provides you with the conditions set forth by our school and NJSIAA rules and regulations, as well as your responsibility to yourself, your team, and North Warren.

The purpose of the athletic program is to provide the student athlete with an opportunity to compete in an atmosphere of cooperation with teammates and coaches. Through this experience, the student / athlete will have opportunities to exhibit self-discipline, responsibility, decision-making, social conscience and awareness.

In short, the North Warren Athletic Program provides the student / athlete with the ability to satisfy a desire to perform in an active and physical manner. It is established to provide a wholesome balance to your adolescent life.

Participation in the program is considered a privilege extended by the Board of Education to students who choose to participate.

Please read this handbook carefully. It will assist you in preparing yourself to meet the responsibilities and challenges you will find in athletics.

TO THE PARENTS

The raising of a student / athlete is a joint effort of coaches and parents working together as a team to achieve success. A student / athlete is of paramount concern to his or her parents. The concern of the coach is for all of his or her athletes to be a part of the team. It cannot be overemphasized that the only way that we can be successful in this effort is to have the parents and coaches' work as a TEAM.

Student Athlete Disciplinary Code

Participation in the North Warren Athletic Program is a privilege and will be governed by the rules and regulations set forth in the high school discipline code, as well as, rules and regulations established by the coaching staff. Any violation of the established rules of conduct may result in a suspension or expulsion from the team.

INTERSCHOLASTIC ATHLETICS

Interscholastic athletic programs provide opportunities for students to develop and utilize their talents in a fully organized competition with students of similar ability. Participation is not limited to just Varsity teams, but includes Junior Varsity, freshmen, and Middle School competition. North Warren athletics encourages and fosters opportunities for increased participation.

Because of the extreme interest of spectators, parents, and players the outcome of athletic contests often creates highly emotional situations. Interscholastic athletics rank among the most effective means in the educational program through which positive life-long experiences occur. However, the same characteristics that drive a well-organized and well-conducted interscholastic program toward accomplishing positive educational objectives must be closely monitored to protect from undesirable outcomes.

North Warren athletics seeks to maximize a student athlete's opportunity to reach the full potential of many positive educational experiences. It does so by following a set of basic and sound principals:

1. The sports programs are regarded as an integral part of the total educational program.
2. Athletics is subject to the same administrative control as the entire educational program.
3. NJSIAA, The NJAC Conference, and the North Warren Regional School District rules and regulations govern our entire athletic program.

GOALS

Listed below are goals generated for the North Warren Regional School District athletic program.

- a) Athletes will learn to balance activities ranging from academics, athletics, and family, while maintaining academic standing and eligibility in accordance with district and state requirements.
- b) Athletes will learn to abide by the rules and regulations of their sport.
- c) Athletes will understand that the coach has the responsibility to determine ability and talent, as well as, to make decisions on team selection, playing time and styles of play.
- d) Athletes will develop mutual respect for all involved in competition. The ideals of good sportsmanship are a primary goal for all athletes to practice.
- e) Athletes will understand that competition helps develop the process of gaining emotional maturity and self-control.

The belief is that if we work together, our unified efforts will produce a rewarding experience for all participants, which includes the athlete, parents, team and coaches.

North Warren Regional

Believes

SPORTSMANSHIP

Is an

EXPECTATION!!

So Please

Let the Players, Play,

Let the Coaches, Coach,

Let the Officials Officiate,

Let the Spectators be Positive!

Patriot Pride

BE A MEMBER OF THE PARENT SUPPORT TEAM

1. DO NOT SHOUT ADVICE TO YOUR SON / DAUGHTER DURING THE GAME, SHOUT ENCOURAGEMENT!

A steady stream of technique suggestions is distracting to your player and has no value. Your insightful tips may, in fact, be a conflict with the coaches' instructions and game plans.

2. DO NOT HARASS THE REFEREES.

Parents that loudly harass the referee are embarrassing to the player and the team. You may disagree with a referee's decision, but remember that they are human and human sometimes err.

If a parent is yelling at a referee, what does the player learn? The player that makes a mistake thinks that he or she is not wrong, and is the result of poor officiating. Nothing is learned.

One of the benefits of playing sports is learning to accept responsibility instead of making excuses. Sometimes a bad call is hard to accept. Such times are tests of emotional control.

Learning to cope with disappointment is a valuable life skill.

3. DO NOT BLAME THE COACH.

It is not the coach's fault for student / athletes' problems or lack of playing time. It is the coach's decision, but not his or her fault.

Athletics is challenging. Allow your son / daughter to work through their struggles without interference.

Encourage Communication – The player has every right to ask a coach what needs to be done in order to become more involved with the team. The parent has the right to find out the answer and to help their son / daughter achieve their goal.

4. DO NOT TALK BAD ABOUT THE COACH.

The worst thing a parent can do is to bad mouth the coach, criticize his/her decisions, and complain about the coach's leadership. Support the coach and stand behind his or her decisions.

5. DO NOT BELITTLE THE OTHER PLAYERS.

Yelling at another player is a shameful act for adults at a sporting event. **“ How would you like it if someone were yelling at your son or daughter?”**

As a parent, be involved in a positive way. Attend the games as often as you can. Cheer for your team. If you are able, help with fundraising, team events and especially being there when your son or daughter needs you. If you are not sure how to help, ask the coach.

There are many ways to be part of the Parent Support Team. When the larger definition of team is working well together, the experience can be wonderful for you and your athlete.

**“SIT BACK AND ENJOY THE RIDE.
MANY PARENTS WOULD LOVE TO BE IN YOUR SHOES.”**

“COACHES HAVING IT OUT FOR ONE OF THEIR ATHLETES”

Coaches want to win as much, or more than the players and their parents. They will make sure that they put their teams in a position to win. A coach also has the responsibility to teach areas other than just the game. He or she must take into consideration other factors that contribute to the total development of their students/athletes. Each North Warren coach teaches the importance of academics, family, and being a part of a team to their athletes.

“POLITICS”

“Politics” have no place in North Warren athletics. Each student has an equal opportunity to be a member of a program. Ability, a positive attitude, good behavior in school, success in the classroom and athletic field of play are the major determining factors when selecting athletes for a team. Where they live, connections and parental involvement are non-factors.

COMMUNICATION CHAIN

It is the responsibility of all North Warren coaches to communicate and keep everyone involved in their program about factors relevant to the team. It is the responsibility of the athlete and their parents to support the coaches’ decisions and to understand when changes need to be made.

If there is a situation that exists that is not understood the following “communication chain” must be followed:

- 1. Athlete talks to the coach.**
Often the problem is solved at this level.
- 2. Parents meet with the coach(s).**
Please make an appointment. Do not approach the coach before or after a practice or game.
- 3. Parents meet with the athletic director.**
Please call to set up an appointment 908-362-8211 x1143
 - Please make sure to pick up our **Parent / Coach Communication Brochure** in the athletic office to help with the type of questions that can be asked and what you can expect from our coaches.

Cause for Suspension from an Athletic Team

Gambling, stealing, the use of tobacco (in any form), failure to consent in writing, each season, to alcohol and drug testing, possession, sale and use of drugs (including steroids), and/or alcoholic beverages are prohibited and will result in discipline in accordance with Board Policies and the Student Handbook which clearly details all aspects of drug, alcohol, substance use and abuse, including other sanctions.

Any cause for suspension, 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 the team.

Athletic Medical Physicals and Procedures

As required by the New Jersey State Board of Education (N.J.A.C. 6:29-6.4) and recommended by the NJSIAA, the following represent emergency medical procedures that will be followed with respect to athletic physicals, medical supervision and athletic injuries.

Medical Physicals

A. Each athlete participating on an athletic team will be required to have a physical prior to the first practice session (60 days prior is the maximum limit). The athletic physical may be performed by the individual's family physician. All North Warren Regional School District forms and questionnaires must be used, and the parent is responsible for the expense.

1. The athlete will be issued a North Warren Regional School District **Primary Sports Application and Physical Form** which must be filled out prior to the physical and presented to the physician. Once the physician signs the form, the athlete will be required to secure a parental signature. The North Warren Regional High School **Physician's Report** will be completed by the examining physician and kept on file at the high school.
2. The athlete who participates in more than one sport will not be required to be reexamined. However, the district's **Physical Update Form** should be completed and reflect parental consent. The completed update form should be returned to the coach and will be forwarded to our physician.

Other Important Forms

1. Every student athlete must complete a pre-season concussion management **Impact Test** issued by the school nurse or trainer. Info pamphlets for both athlete and parent are available.
5. Every student athlete must pay a **\$85.00 Pay to Participate** fee, with a family limit of \$125 before the start of the season.
6. Every student athlete must complete the **Random Drug and Alcohol Consent Form** before the start of a season.
7. In addition, the trainer requires that an **Emergency Card** be completed and returned for every athlete.
8. The North Warren Regional High School **Uniform Code of Conduct and Steroid Forms** must be signed by each athlete. This form outlines the student's responsibility when participating in any athletic/student activity program. These forms must be returned to the coach to be kept on file in the athletic director's office.
9. Also, new forms from the state include Sudden Cardiac Death, parents must sign form each year before athlete may participate.

Medical Supervision

The North Warren Regional School District employs a certified athletic trainer to provide supervision of the entire athletic program and serve, to treat, and /or rehabilitate the injured.

1. Training facility is located next to the high school gym.
2. As time and conditions permit, on-site supervision of practice and home events.

Athletic Injuries

In the event an athlete is injured in practice or at a home event the trainer should be notified if it is of a situation that warrants medical attention. If the trainer must be contacted, the coach will supervise and/or administer to the injured athlete until the trainer arrives.

1. A file should be kept on all injured athletes by the trainer.
2. If the injury is of the nature which the trainer believes to require a medical opinion, she may recommend the athlete see our school physician or a physician of the athlete's choice. An accident form must be completed in the event and filed with the central office within 24 hours of the accident.
3. If the injury is of a serious nature which requires immediate attention by the physician, the trainer will initiate immediate emergency transportation to Newton Hospital or Hackettstown Hospital in addition to attending to the athlete. The trainer will inform the hospital of the status of the athlete and phone the athletes' parents. An injury of this nature will also require an accident form to be filed.

The following support agencies will play an important role in administering aid of an injured athlete:

1. Blairstown Police Department and the Blairstown Emergency Squad – the first contact for transportation and pre-hospital medical assistance.

2. Newton/Hackettstown Hospital – injured athletes will be attended by the physician on duty. The team physician may also be contacted or a physician may be designated by the parent.

When a team physician is not available, the athletic trainer is in charge of a medical emergency. If any physician is attending the event, their assistance would be welcomed. In the situation when the event is an away contest, the attending trainer and our coach will administer a medical emergency. The coach must inform our athletic trainer of an injury that occurs at an away contest.

Training Room Guidelines

1. The training room is for athletes in season with the appropriate application form and physical examination.
2. The training room is the facility for injury evaluation and rehabilitation, not a player's suite. To avoid problems, please keep your equipment and players in their respective areas.
3. The trainer will administer treatment to athletes. You will not be allowed to treat your own injuries in the trainer's room.
4. Injury rehabilitation will take place by appointment in order to avoid congestion.
5. All preventive taping will be done ½ hour before your scheduled practice or game.
6. All athletic injuries are recorded in the training room for insurance and personal reasons.
7. Remember, all coaches should be prepared in emergency first aid/injury recognition.

The Athletic Trainer will inform the Athletic Department of the schedule of training supervision for all practices and events. All Coaches must submit their schedules to the trainer.

Anti-Hazing and Bullying Policy

The North Warren Regional School District believes that any form of hazing or bullying inhibits the full development of an individual and therefore, prohibits any type of hazing associated with any aspect or program.

Students are prohibited from participating in activities which recklessly or intentionally endanger the mental or physical health of an individual. Physical hazing (an activity which is physically harmful or humiliating) or psychological hazing (act which compromises the person dignity, embarrasses, causes an individual to be object of malicious amusement, or cause an individual psychological or emotional strain) will not be tolerated.

Any violation of the anti-hazing policy will subject the individual to disciplinary action, including possible suspension or expulsion in addition to possible criminal and/or civil proceedings.

Supplement Use

NO supplements, by student-athletes or coaches on school grounds.

The NWR Athletic Department discourages the use of over-the-counter supplements including but not limited to Creatine and Androstenedione.

North Warren discourages our student-athletes from blindly taking a substance that could possibly have long term side effects without knowing the facts about these substances. In turn, we urge parents/guardians to discourage their children from taking supplements that may harm them.

School personnel involved with athletes should not DISPENSE, ENDORSE, OR RECOMMEND any drug, medication, or food supplement to athletes. As taken from the NJSIAA regulations

This position is in line with the NJSIAA. National Federation of State High School Associations, National Collegiate Athletic Association (NCAA), Association of Professional Team Physicians and many other professional organizations related to athletics. There is a consensus among these organizations that more research is needed on the effects of supplements before their use can be endorsed. The NJSIAA has gone a step further, saying **“School personnel involved with athletes should not DISPENSE, ENDORSE, OR RECOMMEND any drug, medication, or food supplement to athletes.”** Please encourage your athletes to eat a well rounded diet and include all the food groups in the recommended daily allowance amounts, combine it with the appropriate training programs and your athlete will benefit from this without putting themselves at a risk for future health complications. Currently, there are no laws or regulations with regard to the use of supplements, however, at North Warren; we feel it is better to be informed and safe, rather than to be sorry.

Student Random Drug & NJSIAA Steroid Consent to Test Form

A Student Random Drug & Alcohol Consent to Test Form must be on file in order to participate in any interscholastic sport at North Warren. Forms can be found on the Athletic Department web site or in the Athletic Directors' Office. Banned drug classes can be found on the athletic webpage also.

NJSIAA Steroid Testing Policy - In accordance with Executive Order 72, issued by the Governor of the State of New Jersey, Richard M. Codey, on December 20, 2005, the NJSIAA will test a random selection of student athletes, who have qualified as individual 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:

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

3. Consent Form

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

4. NJSIAA 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 of the NJSIAA.

Eligibility Protection

1. Accept only awards or 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 not accept free on loan or on a discount basis, any equipment or merchandise for personal use under any circumstances.

Contest Disqualification

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.

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.

TRANSPORTATION OF ATHLETES

Although we encourage student / athletes to ride the team bus back from away games, it sometimes becomes necessary for parents to pick-up their student / athlete at the site of an away game. In those rare instances, you and your son / daughter should adhere to the following procedure:

1. Use the **TRAVEL RELEASE FORM**
2. Present to your coach first who will then have the Athletic Director approve it. It must be given to the coach at least one (1) day in advance.
3. No one is allowed to transport another student .

ATTENDANCE

In order to participate, the student/athlete must be present in school the day of the practice or game.

If a student is late for school, he/she must report by 9:25 a.m. the day of the activity in order to participate, unless cleared by an administrative decision.

If a student is suspended from school, he or she cannot participate in any event or practice on the days of the suspension. Please be aware the coach may also have a team discipline policy for their student athletes.

ELIGIBILITY

Middle School students are **NOT PERMITTED** to practice with students of grade 9 through grade 12.

In order to be eligible to participate in interscholastic athletics, students must meet the following NJSIAA criteria:

NJSIAA Eligibility Guidelines

A student at North Warren Regional High School must maintain the following state requirements to be eligible for participation in athletics.

1. Any student 19 years of age prior to September 1 is not eligible.
2. Any student is eligible for athletic competition only for eight consecutive semesters beginning with the entrance into ninth grade.
3. To be eligible for athletic competition during the first semester (September 1 to January 31) of the 10th grade or higher, a pupil must have passed **30 credits** during the immediately preceding academic year. This rule applies to fall and winter sports.
4. To be eligible for athletic competition during the second semester (September 1 to January 31) of the 10th grade or higher, a pupil must have passed **15 credits** during the immediately preceding academic semester. This rule applies to spring sports.
5. Incoming freshmen are automatically eligible for fall and winter sports.

An extensive explanation of ALL NJSIAA eligibility requirements can be found in the NJSIAA Handbook-Constitution, Bylaws and Regulations, available in the Athletic Directors' office.

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

The Executive Committee of the NJSIAA has placed a moratorium on our current transfer rule. The new modified rule states:

*“**Transfers** – A student transferring from one secondary school to another without a bona fide change of residence by that student’s parent or guardian, shall be eligible to participate for a period of thirty (30) calendar days which shall commence with the first interscholastic contest played by the involved school, at any level, if that student has participated on the Varsity Level in a particular sport at the previous school. The student shall be ineligible for a competition at any level (including scrimmages) until the full thirty (30) day period of ineligibility has been served and there will be no waivers of this provision. A student who has not participated on the varsity level in a sport at his or her previous school shall be eligible to participate immediately at any level in that sport at the new school. To prevent possible recruitment or transfer for athletic advantage, a Transfer Form must be executed by the two involved schools and filed with the NJSIAA before any interscholastic participation whenever a bona fide change of residence by the parents/guardians has not taken place.”*

Booster Clubs and Athletic Teams

1. Booster Clubs

- Should provide Head Coach and/ or Athletic Director with the club's by-laws.
- Follow the direction of the head coach.
- Submit a yearly list of goals that the fundraising will be directed towards.
- Fundraising – The athletic department's **"fundraising application"** must be submitted to the athletic office and approved by the athletic director. **All fundraising must be approved prior to sales.**

2. Athletic Teams without Booster Clubs

- All funds raised must be placed in a school account.
- Submit a yearly list of goals that the fundraising will be directed towards.
- Fundraising – The athletic departments "fundraising application" must be submitted to the athletic office and approved by the athletic director. All fundraising must be approved.

TRAVEL / CLUB TEAMS / ETC.

There are many organizations that accommodate high school athletes. Although these programs have their value, they do infringe on the high school sports scene.

High school sports work under different parameters than other programs. In high school, you work with the players that are there. You do not have the ability to reach out and recruit players from other areas. There are academic standards, behavioral standards, and physical clearance to deal with on the high school level. Often, outside teams look only as far as ability.

With the exception of football, various types of travel teams and clubs have taken the forefront in the scramble for college athletic scholarships. The pecking order used to be high school, college and the pros. Now the programs outside of high school, in most cases, become the primary showcase for exposure. The benefits are there but so are the pitfalls.

Of course, there is a price to pay for participation in these programs. A few examples:

1. The added time that an athlete needs to put in to play in high school, and for another team, is taxing on the player, as well as the parents.
2. In most cases, the outside programs feed the egos of the players by telling them what they want to hear, then in turn, the parents form unrealistic expectations.
3. The financial responsibilities that come with playing on these teams can be quite expensive, especially if the team travels outside the area. Somebody is making money off the players involved.

For a few that do achieve their goals through participation in these programs, it is great, but how about the others?

******Please keep in mind that the high school coaches do not use this as a basis to determine who is a part of or plays on their teams.******

COLLEGE SCHOLARSHIPS

Are there as many athletic scholarships available as people are led to believe?

UNFORTUNATELY – NO.

If an athlete is good enough to warrant an athletic scholarship of any value, he or she will be head and shoulders above anyone else on the playing field or court. We can definitely tell you that no coach has caused a player of exceptional ability to lose a scholarship.

FACT: It is easier to get an **academic scholarship** than an **athletic scholarship**. Parents should be encouraging their son/daughter to study harder and let the athletics run its natural course.

- Please pick up the college athletics brochure in the athletic office if interested in participating in college athletics. It is a guide to help with the process in each of your high school years.
- Prospective student athletes interested in college athletics must register with the **CLEARINGHOUSE**. Registration materials and an NCAA guide for college bound student athletes is available in the guidance office and also on the internet at **www.NCAA.ORG/FORMS**.