

KINNELON HIGH SCHOOL
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STUDENT-ATHLETE/
PARENTS' HANDBOOK

2011-2012

The purpose of the student-athlete/parents handbook is to acquaint the student-athlete and parents of the student-athlete with the athletic program at Kinnelon High School.

The handbook should be used as a guide to aid and orientate the student-athlete and to provide for a successful athletic experience.

Please refer to this handbook throughout the season.

KHS Athletic Department Agreement

We have received the 2011-2012 Student – Athlete / Club and Activity/Parent’s Handbook. We have read and understand the rules and guidelines stated in this book. By signing this form, we agree to participate under these guidelines. We also agree to participate under the random drug testing policy at Kinnelon High School. As a student-athlete or member of a club or activity, I pledge to not participate in the illegal consumption of alcohol, or CDS (controlled dangerous substances) and to not use tobacco while I am a student at Kinnelon High School. I also understand that if I am charged with possession or constructive possession of any of these substances, or if found under the influence of these substances, that I am in violation of the Athletic/Activity and Board of Education Substance Abuse Policy. If I violate this policy during my time at Kinnelon High School, the consequences outlined in this document will be implemented. The policy begins from the time I play (first practice) my first sport at Kinnelon High School or attend my second club/activity meeting until my graduation. Consequences for violating this policy are progressive and carryover from sport to sport or club to club and from grade 9 until graduation.

Athlete’s or Club Member Name (Print)

Parent’s Signature

Date

Student’s Signature

Date

Pupil Grade

Pupil Name (print)

**Kinnelon School District
Random Drug and Alcohol Testing Program
Pupil Consent to Test Form**

I understand fully that my performance as a pupil and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules and regulations set forth by the Kinnelon School District Board of Education and the sponsors for the activity in which I participate.

I authorize the Kinnelon School District to conduct a test on urine which I provide on-site to test for alcohol and/or drug use if my name is drawn from the random pool. Pursuant to the Regulations for the Pupil Random Drug and Alcohol Testing Policy, I also authorize the release of information concerning the results of such tests to designated District personnel.

I plan to participate in one or more of the following:

- | | |
|--|---|
| <input type="checkbox"/> _____ Fall Sport | <input type="checkbox"/> _____ On-Campus Parking |
| <input type="checkbox"/> _____ Winter Sport | <input type="checkbox"/> _____ I am not in a volunteer Activity, but I volunteer to be placed in the testing Pool. |
| <input type="checkbox"/> _____ Spring Sport | |
| <input type="checkbox"/> _____ Activity/Club | |
| <input type="checkbox"/> _____ Activity/Club | <input type="checkbox"/> _____ Random Drug Testing Program for the entire 2011-2012 school year. (I would not be taken out of the pool when my sport or voluntary Activity ends. |
| <input type="checkbox"/> _____ Activity/Club | |
| <input type="checkbox"/> _____ Fall Drama production | |
| <input type="checkbox"/> _____ Spring Drama production | |
| <input type="checkbox"/> _____ (circle all that apply) Pep Band, Mock Trial, Academic Decathlon, Envirothon | |

_____ I am eighteen years of age and give permission for the following people to be contacted about the results of my drug test.

1. _____ 2. _____

I understand that this form remains in effect until I no longer participate in any of the volunteer activities listed on this form.

Pupil Signature

Date

Parent signature(s) are required regardless of student's age.

Parent/Guardian Name (*Please Print*)

Parent/Guardian Signature

Parent/Guardian Name (*Please Print*)

Parent/Guardian Signature

Date

CONTACT INFORMATION- who is best to receive a courtesy call if your number has been selected for random testing? (name and relationship and phone number)

NJSIAA PARENT/GUARDIAN CONCUSSION POLICY ACKNOWLEDGMENT FORM

In order to help protect the student athletes of New Jersey, the NJSIAA has mandated that all athletes, parents/guardians and coaches follow the NJSIAA Concussion Policy. A concussion is a brain injury and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though lost concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

1. Headache.
2. Nausea/vomiting.
3. Balance problems or dizziness.
4. Double vision or changes in vision.
5. Sensitivity to light or sound/noise.
6. Feeling of sluggishness or foginess.
7. Difficulty with concentration, short-term memory, and/or confusion.
8. Irritability or agitation.
9. Depression or anxiety.
10. Sleep disturbance

Signs observed by teammates, parents and coaches include:

1. Appears dazed, stunned, or disoriented.
2. Forgets plays or demonstrates short-term memory difficulties (e.g. is unsure of the game, score, or opponent)
3. Exhibits difficulties with balance or coordination.
4. Answers questions slowly or inaccurately.
5. Loses consciousness.
6. Demonstrates behavior or personality changes.
7. Is unable to recall events prior to or after the hit.

What can happen if my child/player keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is

well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child/player has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours.

An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play until the athlete is evaluated by a medical doctor or doctor of Osteopathy, trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

You should also inform you child's Coach, Athletic Trainer (ATC), and/or Athletic Director, if you think that your child/player may have a concussion. And when it doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>
www.nfhslearn.com

Signature of Student-Athlete Print Student-Athlete's Name Date

Signature of Parent/Guardian Print Parent/Guardian's Name Date

PHILOSOPHY

The program of interscholastic athletics is justified by the contributions it makes to educational objectives. The program of interscholastic athletics should not exist for the amusement or entertainment of the public; it should not exist to advertise a school or community, nor should it exist for vested interests. The program should exist to provide educational experiences for the participants as part of the school's total educational curriculum.

The Athletic Program at Kinnelon High School is an integral part of the total educational structure and should not be considered as an end in itself. The program should provide each participant with an educational experience in which he or she can develop emotionally, intellectually, physically and socially. Emphasis should be placed on positive learning experiences for each athlete. Development of self-discipline and emotional maturity should be gained through respect for rules and regulations and those in authority. Participation in the program should encourage the athlete to use his or her ability to think as an individual and to act as a member of a group. The program should help develop in the athlete such attributes as loyalty, determination, honesty and dedication, while at the same time develop physical coordination, muscular strength, and increased athletic skill.

While winning is an important goal in athletic competition, it too is not an end in itself. "Winning at any cost" is an attitude that should be discouraged, and will not be tolerated. Attempts to beat rules, to take unfair advantage of an opponent, or to show unsportsmanlike conduct have no place in athletics. Winning without boasting and losing without bitterness, along with a desire to succeed and excel as an individual and as a member of a team, should be considered more important.

It is the belief of the athletic department that every student, either through active participation or spectator interest, should benefit from the interscholastic program.

****We have adopted the philosophy of "SPORTS DONE RIGHT" which was an initiative completed at the University of Maine by the University of Maine Sport and Coaching Initiative. The following philosophy and statements have been taken from this initiative. ****

"To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible."

The Arizona Sports Summit Accord

PHILOSOPHY, VALUES AND SPORTSMANSHIP- Core Principle

Athletic participation must be healthful, positive and safe for everyone involved, conducted in an environment that teaches values and ethics, strengthens the community, promotes competition without conflict and enriches the lives of the athletes.

At their best, school sports provide an opportunity to teach good sportsmanship and other values. As public activity with clear rules, immediate accountability and a real outcome, *this philosophy* creates an environment in which to instill core values such as discipline, respect, responsibility, fairness, trustworthiness and good citizenship. Positive competition and a spirit of excellence are defining values promoted through sports. Given their entrenched popularity and capacity for shaping character, effectively implemented sports programs are a positive social force in Kinnelon High School's culture.

SPORTS AND LEARNING –CORE PRINCIPLE

Learning and personal growth form the foundation for interscholastic and intramural sports.

The intrinsic qualities of sports create a strong learning dynamic that complements the academic program. On the playing field, student-athletes learn skills, strategies, relationships, leadership and responsibility. They also learn the importance of planning, of setting goals – for one's self and for the team. They learn to make plans for achieving those goals. Young people who play sports make a voluntary—and often passionate— commitment to their activity, enhancing their learning opportunities. Sports provide a performance-based, real-life experience, not an abstract concept. Sports also provide students with an opportunity to shine in a different setting, and to increase their engagement with school. Authentic events improve the learning potential and offer opportunities for the personal growth of the individual athlete.

PARENTS AND COMMUNITY—CORE PRINCIPLE

Parents and community are actively involved in creating and supporting an environment that fosters positive athletic experiences for student-athletes.

Regardless of the size of the stadium, the magnitude of the game or the volume of the cheers, it is the attitude displayed by their communities, their parents and their student peers that constitute the real arenas in which young people play.

Parents and other community members attend, direct and help sponsor sports activities for young children and for adolescents through high school. This involvement of adults in school sports enhances the experience for young people when the engagement is positive and when it reflects an understanding of the developmental levels of children and youth. Also critical to a well-run program is respect exhibited by adults for coaches, for officials and for student-athletes. The sports programs that thrive are characterized by strong mutual support offered in a positive spirit by parents, coaches and the greater community.

THE QUALITY OF COACHING—CORE PRINCIPLE

“GREAT COACHING IS GREAT TEACHING”

The coach is the key to making the student-athlete experience appropriate, positive and educational.

The most important factor in a successful, educationally sound athletic program is a well-qualified coach. The autocratic coaching model of the past will no longer suffice. Today’s coach must have multiple skills—in organization, communication, motivation and especially in teaching. The coach must understand the holistic needs of young people and know how to balance the needs of individual student-athletes with the promotion of continuous improvement, competitive spirit and the pursuit of excellence. The 21st century coaching environment is complex and stressful. Coaches assume more roles and deal with more issues than ever before. Young people are participating in sports in record numbers and the role of the coach has never been more important.

OPPORTUNITY TO PLAY—CORE PRINCIPLE

*Each student who meets the eligibility standards has the opportunity to participate and learn through sports. **This does not necessarily translate into playing time in games at the Varsity Level or guarantee a position on an interscholastic team.***

Opportunities and participation in sports have expanded greatly during the past two decades. More students are participating in more sports. Socio-economic status must never be a barrier to participation. The lessons of sports must not be denied to any student whose grades and behavior merit the privilege of participation. Athletics—and other co-curricular activities—are an important component of education. Effective interscholastic sports programs provide students with athletic and personal skills while building positive lifetime values.

Schools, in cooperation with their communities should work to support alternative programs for students who are cut from or do not choose to try out for interscholastic teams. These programs emphasize increased opportunities for participation. Examples include: other interscholastic sports offered during that season, intramurals and clubs, recreation teams, as well as such non-traditional activities as outdoor education, martial arts, skateboarding and biking.

HEALTH AND FITNESS—CORE PRINCIPLE

"If I had one wish to guarantee the future good health and well-being of our country, I would hope to instill in our youth the value of commitment to one's self, one's family and one's team. That commitment to a healthy mental and physical lifestyle is enhanced by participation in athletics at any level. The lifetime legacy of such early decisions makes not only the individual, but all those whose lives are touched by sports, enjoy healthier, more productive lives." - **Robert McAfee**, MD, Retired Surgeon; former President of the American Medical Association

Participation in sports builds self-confidence while teaching good health and fitness habits to last a lifetime.

Done appropriately, athletics provide the instruction, incentive, and setting for developing and maintaining sound, active minds and bodies. Participation in sports can build a sense of personal responsibility for making healthy lifestyle choices and can help to combat the deteriorating fitness of American youth, a deterioration that, in adulthood, contributes to increased levels of chronic disease and premature death and disability. Being part of a team also creates a sense of belonging and offers a supportive network that contributes to emotional well-being and positive interactions in society.

LEADERSHIP, POLICY AND ORGANIZATION—CORE PRINCIPLE

High-quality athletic programs are built upon a foundation of strong leadership, clear policy, adequate resources and effective organization.

Athletic program quality and effectiveness are contingent upon strong leadership, adequate resources and effective policy and decision-making procedures that combine to create a robust organizational structure.

Leadership at the district, school and team levels assures that the values, beliefs, expectations and goals of the athletic program are developed and maintained. Structures and procedures are clearly written and easily available, enabling all players, coaches, parents and community members to understand how the program is organized.

Adequate resources include the financial and human resources required to provide: every boy and girl with an "opportunity" (tryout) to earn a place on a team, and every coach and athletic administrator with the training and equipment to deliver a safe, healthy and developmentally appropriate experience for each student-athlete.

Policy and decision-making structures create expectations and procedures to direct the athletic program, assuring compatibility with the philosophy and goals of the school. To provide continuous improvement, oversight includes periodic evaluation of the sports program and of the adequacy of its support.

The Odds on Becoming a Pro

NCAA Chart						
Student-Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student-Athletes	549,500	456,900	983,600	455,300	29,900	321,400
High School Senior Student-Athletes	157,000	130,500	281,000	130,100	8,500	91,800
NCAA Student-Athletes	15,700	14,400	56,500	25,700	3,700	18,200
NCAA Freshman Roster Positions	4,500	4,100	16,200	7,300	1,100	5,200
NCAA Senior Student-Athletes	3,500	3,200	12,600	5,700	800	4,100
NCAA Student-Athletes Drafted	44	32	250	600	33	76
Percent High School to NCAA	2.9	3.	5.8	5.6	12.9	5.7
Percent NCAA to Professional	1.3	1	2	10.5	4.1	1.9
Percent High School to Professional	0.03	0.02	0.09	0.5	0.4	0.08

The following frame of reference is offered to parents by Bruce Brown in *Teaching Character through Sport: Developing a Positive Coaching Legacy* as possible considerations over which to ponder in approaching an athletic season with a youngster. Brown cites a few "red flags."

Red Flags for Parents

- A parent who is continuing to live his own personal athletic dream through his child has not released his child to the game.
- If a parent tends to share in the credit when the child has done well in sport or has been victorious, he is too involved.
- On one hand, it is only natural for a parent to attempt to steer his child through the rough spots in life in order to enhance the child's enjoyment of the athletic experience. But, athletics offer an excellent opportunity to allow kids to learn to solve their own problems.

- If a parent is trying to continue to coach his child when the child probably knows more about the game than the parent does, he has not released the youth athlete.
- A parent should realize that he is taking everything too seriously and has not released the child to the activity when:
 - He is nervous before his child's game.
 - He has a difficult time bouncing back after his child's team suffers a defeat.
 - He makes mental notes during a game so he can give his child advice at the conclusion of the game.
 - He becomes verbally critical of an official.

Sports Compact for the School Community

We recognize that school sports experiences can contribute greatly to the values and ethics of each student-athlete. Positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship, encourage an active lifestyle and often contribute to success in academics.

We know that a beneficial interscholastic sports program is a joint venture of the school and the community, requiring positive input from both. We recognize that students, parents, community members, coaches, athletics staff, administration and members of the school board need to subscribe to this philosophy.

We are dedicated to making healthy and positive sports programming accessible to every eligible student in our school community. Sports experiences for students in our school community are intended to complement, to support and to add to the learning they are experiencing in their academic programs.

- Our student-athletes know they represent this community at home and away, and should conduct themselves respectfully and compassionately on and off the court.
- Our coaches appreciate their important role in providing enriching sports experiences that build good habits and self confidence in each student-athlete.
- Our school board and administrative team consistently strive to provide quality athletic programs.
- We will help our parents and community members to understand the importance of contributing to a positive experience for everyone at our sports events, whether they are held at home or away.

The promise of participation in sports helps to shape our young people. We pledge to provide exceptional opportunities for our students to experience the very best of interscholastic athletics in a setting where "sports are done right."

We are actively and positively contributing to what our student-athletes know and the character of who they are—helping to fulfill the vision of graduating smart students who are good people.

Sports Expectations for Parents and Student-Athletes

We recognize that healthy sports experiences take commitment from student-athletes and their parents. We have agreed upon the following Core Practices to support quality sports experiences in our school community:

- Student-athletes and parents exhibit good sportsmanship and show respect for everyone associated with the program, including teammates, coaches, support staff, opponents and officials.
- Student-athletes and parents understand the value of competition-without-conflict and how to handle success with grace and failure with dignity. The spirit of excellence replaces a "win at all costs" mentality.
- Student-athletes and parents recognize that opportunities for college scholarships and professional play are possible but severely limited.
- Student-athletes and parents commit to upholding substance abuse policies endorsed and enforced by the school and supported by the community.
- Student-athletes and parents commit to a focus on lifetime health and fitness, including habits of fitness and good nutrition.
- Student-athletes and parents appreciate sports opportunities regardless of the degree of success, the level of skill or time on the field.
- Student-athletes and parents respect coaches and appreciate the importance of contributing to the team and its success, even when there may be differences of opinion.
- Student-athletes and parents attend relevant school meetings to build relationships and support with coaches and administrators, and to learn first-hand about the expectations for participation in interscholastic athletics.
- Parents serve as role models, see the "big picture," support all programs and athletes and help their student-athletes to do the same.
- Student-athletes seek, and parents encourage, participation in multiple sports and activities, with academics placed first and foremost. We know that school sports experiences can contribute greatly to the values and ethics of each player, and that positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship and encourage an active lifestyle.
- Parents leave coaching to coaches and do not criticize the coaches, the strategies or the team performance. They avoid putting pressure on their children about playing time and performance.

Sports Expectations for Coaches

We recognize that school sports experiences can contribute greatly to the values and ethics of each player. Positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship, encourage an active lifestyle and often contribute to success in academics.

We are dedicated to making healthy and positive sports programming accessible to every eligible student in our school community. We know that coaches are pivotal to quality sports experiences.

The coach promotes the connection between sports and academic learning, sports and character development, and sports and life-long learning.

The coach offers motivation and positive communication and assists student-athletes to make good decisions.

The coach is a role model at all times, recognizing his/her profound influence on student-athletes.

A coach maintains the flexibility required to work successfully with a diverse group of students. Each coach supports the complex needs of maturing adolescents, assisting student-athletes to develop physically, mentally, socially and emotionally.

A coach is sensitive to the fact that different approaches will be needed for different individuals, according to their needs and backgrounds, including their age, gender, size and culture.

A coach must master the fundamentals of the game and continue to learn, using professional development and mentor relationships. The learning goes beyond techniques and strategies to include the teaching of ethics and sportsmanship and effective communication with parents and the public.

Coaches recognize the need for balance in the lives of student-athletes, a balance that respects the needs of the family.

The promise of participation in sports helps to shape our young people. We pledge to provide exceptional opportunities for our students to experience the very best of interscholastic athletics in a setting where "sports are done right."

We are actively and positively contributing to what our student-athletes know and the character of who they are – helping to fulfill the vision of ***graduating smart students who are good people.***

2.STANDARDS

1. Student-athletes that represent the Kinnelon District on an athletic team are expected to conduct themselves in such a manner as to reflect credit on the district and the community.
2. All participants in the athletic program must understand that they are students' first and athletes second. Participation in athletics is a **privilege** to a student, not a right guaranteed to them. Students have rights regarding athletics. They have the right to participate at a level commensurate with their maturity and ability. They have a right to qualified and adult leadership. They have a right to share in the leadership and decision-making of their sports participation. They have a right to participate in a safe and healthy environment. They have a right to proper preparation for participation in sports. They have a right to an equal opportunity to strive for success. They have a right to be treated with dignity and a right to have fun in sports. Participation, however, still remains a privilege.
3. Being a member of an athletic team does not entitle any student to any special privilege in school. Rather, it may be a burden in the face of peer pressure when asked to be involved in some action that might violate schools rules. The athletes at Kinnelon are expected to be examples of good citizenship and cooperation, involved in actions that will reflect positively upon themselves as individuals and upon all our athletes in general.
4. Students afforded these privileges must assume the responsibilities that accompany them at all times.

3. GOALS AND OBJECTIVES It is the desire of the Department of Athletics to achieve the following goals and objectives:

- A. To develop the student-athlete physically, socially, mentally and emotionally.
- B. To develop in each student-athlete the concepts of loyalty, cooperation, fair play, dedication, determination and self-discipline through individual and team participation.
- C. To develop a positive sense of self-respect and self-confidence in each individual.
- D. To develop positive attitudes that will enable students to function as responsible citizens.
- E. To develop in each student-athlete healthy and constructive attitudes towards winning and losing.
- F. To develop in each student-athlete the desire to develop his or her talents to the best of his or her ability; to strive to be the best that they can be.
- G. To develop a high degree of sportsmanship and respect for fellow athletes, coaches and officials.
- H. To develop in each student-athlete positive habits of good health, personal hygiene and safety.
- I. To develop in each student-athlete a sense of pride in oneself, the team, the school and the community.

4. ATHLETIC POLICIES AND PROCEDURES

A. ELIGIBILITY

To be eligible for an athletic team, a student must have an acceptable academic record under the guidelines of the NJSIAA and the Board of Education. They must also be a student in good standing.

STUDENT IN GOOD STANDING

A student in good standing is one who maintains eligible status with regard to grade point average, attendance, and behavior in school. Included in this status is positive representative behavior outside of school. This includes, but is not limited to off-campus activities and athletic events (as a participant or spectator), and criminal charges of any kind. Violations of this status may result in suspension/revocation of activities/athletics participation or membership on a progressive basis within the time enrolled at Kinnelon High School. KHS administration and coaches will review each violation on a case by case basis.

All students should be familiar with the eligibility rules and regulations of the NJSIAA. These rules and regulations are available in the office of the Assistant Principal for Athletics/Student Activities.

Board of Education Eligibility Rules and Regulations

General Purpose

Intra-school and interscholastic athletics are integral parts of a total school experience. Athletic programs are authorized and financed by the Board of Education and the Board, therefore, is the authority which must make all rules and regulations pertaining to student eligibility for participation in athletics as they make rules of eligibility for other authorized school programs.

ACADEMIC ELIGIBILITY FOR PARTICIPATION IN INTERSCHOLASTIC AND/OR CO-CURRICULAR ACTIVITIES

High School

The following rules apply to all students, grades 9-12, participating in interscholastic sports (Freshman, J.V. and Varsity) and/or co-curricula activities:

1. A student in grades 10 through 12 is eligible during the first semester (September 1 to January 31) if he/she has passed 25% of the credits required by the State of N.J. for high school graduation, during the immediately preceding academic year.
2. Entering 9th grade students must have passed the majority of the required 8th grade curriculum (including English and mathematics) and be certified by the middle school as having fulfilled the requirements of the 8th grade.
3. A student in grades 9 through 12 is eligible for the second semester (February 1 to June 30) if he/she has passed the equivalent of 12 1/2% of the credits required by the State of N.J. for high school graduation at the close of the preceding semester. Full year courses shall be equated as 1/2 of the total

credits to be gained for the full year to determine credits passed during the immediately preceding semester.

4. Notwithstanding the provisions of paragraphs 1 through 3 above, a pupil who is eligible at the beginning of a sports season or activity shall be allowed to finish that season or activity should ineligibility occur during the course of the season or activity.
- 5.

Credits

Beginning with the Class of 2014:

1. To be eligible for athletic competition during the first semester (September 1 to January 31) of the 10th grade or higher, or the second year of attendance in the secondary school or beyond, a pupil must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic year.
2. To be eligible for athletic competition during the second semester (Feb. 1 to June 30) of the 9th grade or higher, a pupil must have passed the equivalent of 12½% of the credits (15) required by New Jersey for graduation (120) at the close of the preceding semester (Jan. 31). Full-year courses shall be equated as one-half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.

A student whose education is interrupted after his/her entrance into the 9th grade and who is not passing the required course as outlined in I and 3 above, upon being readmitted to Kinnelon High School, is ineligible until the provisions of 1 and 3 above are met.

6. A student who is ineligible under section 1 above may become eligible for the remainder of the winter sports season if he/she meets the requirements of section 3 above.
7. A passing grade for a semester course can only be used once for eligibility purposes. A student who has a passing grade in a subject may not repeat that subject during a later semester and use it for eligibility purposes.
8. Any summer work for make-up purposes, completed and approved by the school before the sixth day in the semester starting in September, may be used for eligibility purposes.

Note: In addition to the above-stated eligibility regulations, it is recognized that other Eligibility Rules and Regulations as set forth by the NJSIAA will apply to students desiring to become involved in interscholastic athletic competition.

The following is the number of credits a student must pass in order to be eligible to participate in interscholastic athletics under the Bylaws of the NJSIAA:

NUMBER OF CREDITS REQUIRED

	<u>FIRST SEMESTER</u>	<u>SECOND SEMESTER All Grades</u>
Grades 9 thru 12	27.5	13.75

5. Pay to Participate- all students participating in extracurricular activities are required to submit an online payment. Tier 1 covers all athletics and parking. Tier 2 covers clubs. The link to online payments can be found on the Kinnelon High School Athletic webpage (<http://www.kinnelonpublicschools.org/KHS/athletic/teams.html>)

6. PRESEASON PROCEDURES

Prior to the beginning of each athletic season all athletic teams will hold preseason meetings, with times and dates of these meetings announced to the students over the P. A. system. All athletes are responsible to secure the following forms from the Head Coach at the preseason meeting:

A. Athletic Preparticipation Physical Evaluation Form

All athletics must have a signed Athletic Participation Form on file with his or her Head Coach prior to any participation in that sport. Both the athlete and his/her parents must sign this form. All forms **must be signed and returned to the Head Coach prior to the start of the season and prior to the Physical Examination given by the School Physician. The school provides physical examinations for all athletes sometime in June. It is highly recommended that you receive a physical from our school physician. If you elect to have a physical from your own doctor, the State of New Jersey requires that our school physician signs off on your doctors form. Therefore, if you choose to have your own doctor complete the physical examination, the paperwork must be submitted to the athletic office on or before August 1st of each year to be eligible for Fall Sports. Winter and Spring Sports should be on or before 30 days prior to their season.**

For Athletes returning to a team- you will sit 1 day for every day your paperwork is late (up to 5 days – it is still contingent upon our school doctor signing off on the paperwork).

For Athletes new to a team or coming out late for a team- You will be eligible when our school doctor signs off on the paperwork.

B. Emergency Medical Card

All athletes must have a signed Emergency Medical Card on file with the Head Coach prior to participation in a sport.

C. Health History Questionnaire

All athletes must have a completed and signed Health History Questionnaire Form on file with the Head Coach prior to participation in a sport during the school year.

ALL PRE-SEASON FORMS SHOULD BE RETURNED TO THE HEAD COACH OF THE SPORT THAT THE ATHLETE WILL BE PARTICIPATING IN.

D. Physical Examination

1. All athletes should report to the physical examination at the designated time and date. **The Physical Examination provided by the School Physician will be given during the month of June prior to the start of the next school year. This is the only time during the school year that Physical Examinations will be provided by the School Physician.**
2. An athlete will not be allowed to practice, scrimmage or play without a physical examination.

***3 ATHLETES WHO FAIL TO REPORT TO THE PHYSICAL EXAMINATION ON THE ANNOUNCED TIME AND DATE MUST SECURE THEIR PHYSICAL EXAMINATION FROM A PERSONAL PHYSICIAN. AN ATHLETE MAY NOT PARTICIPATE IN ANY MANNER UNTIL A RECORD OF HIS/HER PHYSICAL EXAMINATION IS ON FILE IN THE NURSE'S OFFICE.**

- E. Random Drug Testing Form, Concussion Policy, NJSIAA Steroid Testing Form- submit the online form. It can be found on the Kinnelon H.S. Athletic Website (<http://www.kinnelonpublicschools.org/KHS/athletic/teams.html>)**

CONFERENCE REGULATIONS

All Northwest Jersey Athletic Conference rules and regulations shall apply to all participating athletes in the secondary school

Training Rules and Regulations

All athletes are required to uphold the following established training rules and other regulations of the athletic department:

1. An athlete is not permitted to use tobacco (smoke or smokeless), alcohol or non-prescribed controlled drugs. All athletes are required to follow the same guidelines as all other students with regard to usage, as set in policy by the Board of Education.

2. Athletics are expected to cooperate on the matter of returning all issued sports equipment.
3. Parent permission slips must be completed for each sport with the assurance of the proper medical examination and insurance coverage.

4. Athletes are representatives of the Kinnelon Public Schools and are expected to conduct themselves in a positive manner when representing the school district. They must be a STUDENT IN GOOD STANDING

A student in good standing is one who maintains eligible status with regard to grade point average, attendance, and behavior in school. Included in this status is positive representative behavior outside of school. This includes, but is not limited to off-campus activities and athletic events (as a participant or spectator), and criminal charges of any kind. Violations of this status may result in suspension/revocation of activities/athletics participation or membership on a progressive basis within the time enrolled at Kinnelon High School KHS administration and coaches will review each violation on a case by case basis.

Athletic and Club/Activity Substance Abuse Policy

Understand that the policy explained below begins from the time a student plays (first practice) or attends their second club/activity meeting at Kinnelon High School until their graduation. Consequences for violating this policy are progressive and carry over from sport to sport or club to club from 9th grade until graduation. Students who participate in athletics and/or extra-curricular activities (including parking) are subject to a zero offense consequence as described below. The athletic department totally supports the theory that athletes can only perform to their optimum level of ability if they are in the best possible physical and mental condition. The use of health deterring substances such as tobacco, alcohol and drugs will prevent an athlete from reaching the level of physical and mental conditioning commensurate with optimum performance. As a student-athlete, you are not permitted to consume, possess, or constructively possess tobacco, alcohol or cds. Additionally, privileges such as parking and selecting study halls may be suspended or revoked due to patterned violation of any part of this policy. You have signed a pledge at the beginning of this document and will be held to the standards set. The following consequences will be enforced if you break this agreement (this includes constructive possession which means being at the location where the above are located or consumed):

Tobacco only (includes all tobacco products (smoke or smokeless):

First Offense: 5 day team/club suspension. All sports must miss a minimum of 1 game. All Activities must miss one event. All must attend practices and a meeting scheduled with the SAC.

Second Offense: 10 day team/club suspension. Football, Cross Country, Cheerleading, Swimming and Spring Track and all Clubs, Competitions and Performance based activities must miss a minimum of 2 games. All other sports must miss a minimum of 4 games. Athletes and activity members must attend practices and a meeting scheduled with the SAC.

Third Offense: Athletic season suspension and club/activities are suspended for the length of that activity and a parking suspension.

All other substances:

Zero Offense: Students who test positive under the random policy only, receive a 20 day parking suspension. Meeting with SAC and mandatory substance abuse assessment are still required. Students will be placed in the Suspicion Testing Pool. Subsequent offenses fall under progressive discipline.

First Offense: 10 day team/club suspension. Football, Cross Country, Cheerleading, Swimming and Spring Track and all Clubs, Competitions and Performance based activities must miss a minimum of 2 games or activities. All other sports must miss a minimum of 4 games. Athletes and activity members must attend practices and a meeting scheduled with the SAC.

Second Offense: Athletic season suspension and club/activities are suspended for the length of that activity and a parking suspension

Third Offense: Suspended from athletics and all activities for a full year and activities/parking suspension.

The above noted rules and regulations would be in addition to the regular school rules and regulations assigned to these infractions.

It should be remembered that participation in athletics is a privilege and carries with it an individual responsibility to abide by the above stated rules and regulations and athletic policy.

****In order to avoid circumventing the suspension requirement, students joining another team or club/activity for a first time after a substance abuse violation must still carry out their suspension in the next season or club/activity even that they have already played or participated in during their high school career. They will not have to sit out in the sport or activity that they join for the first time. Exceptions include Freshmen (if they haven't had a chance to play a sport because the season has not occurred yet) and Seniors who may only have one season left to serve the suspension (in these cases, they serve the suspension in the sport that they are playing for the first time).****

Eligibility of Cheerleaders

Eligibility rules and regulations for cheerleaders will be the same as those for athletes.

6. Athletic Department Guidelines and Expectations

While team expectations may vary, the following Athletic Department Expectations and Guidelines will exist for all athletic teams:

1. Student-athletes are expected to be at all practice sessions throughout the season.
2. Student-athletes are expected to be on time to all practices, team meetings and athletic events.
3. Injured student- athletes are expected to attend all practices, team meetings and athletic events unless physically unable.
4. **Student-athletes will not be excused for family vacations during the season. It is the student-athletes' responsibility and commitment to the team to be at all practice sessions and games.**
5. The use of alcohol, tobacco (smoke, smokeless) and drugs are not permitted.

6. Student-athletes are expected to maintain high ideals of citizenship and sportsmanship. Improper conduct and any violation of federal state, local or school laws may result in suspension from the team.

All athletes should adhere to Athletic Department Guidelines and Expectations.

7. Team Guidelines and Expectations

The following are considered excused absences from practice or games. Any other type of absence is considered unexcused:

Medical Emergencies, Family Emergencies, Religious Observances, Academic Reasons (after all other avenues of extra-help, etc. have been exhausted)

All athletic teams, to improve consistency in dealing with student-athletes, shall utilize the following Team Guidelines and Expectations;

1. All student-athletes are expected to attend every scheduled practice, scrimmage, team meeting and athletic event unless excused by the coach.
2. Absences will be determined excused or unexcused by the Head Coach.
- 3. The following guidelines shall be used when dealing with unexcused absences:**

1 unexcused absence - will result in a 1 game suspension.

2 unexcused absences - will result in a 2 game suspension.

3 unexcused absences - will result in the student-athlete being dismissed from the team after a meeting with the Head Coach and Assistant Principal for Athletics/Student Activities.

****Because of the limited number of games played during the Football, Track, Cross Country, and Cheerleading Seasons, these suspensions will be cut in half (except for the 3rd absence) ****

4. If a student- athlete is absent from a practice, team meeting or athletic event, the student- athlete should notify the Head Coach **prior** to the absence.
5. All student-athletes are expected to be on time to all practices, team meetings and athletic events. All student-athletes are encouraged to attend academic extra help if needed. If a student-athlete attends academic help and will be late to practice, the student-athlete should bring a note from the teacher.
6. The Head Coach will determine excused and unexcused lateness to practice. Athletes should note that unexcused lateness would result in decreased playing time. Continued unexcused lateness may result in being dismissed from the team.
7. If a student- athlete is aware that he/she will be late to a practice, team meeting or athletic event, it is the student- athletes responsibility to inform the coach prior to the practice, team meeting or athletic event.

8. Student-athletes will not be excused for family vacations during the season. It is the student-athletes' responsibility and commitment to the team to be at all practice sessions, team meetings and games. However, family vacations are treated differently than other unexcused absences. This difference is due to the fact that student-athletes often have no choice in the family's decision to go on vacation and must accompany the parents. No other arrangements to stay at home are viable. As a result, the consequences differ from other unexcused absences. **You must fill out a Family Vacation Verification Form and hand it in to your coach at least 3 weeks before your trip. We reserve the prerogative to determine if the activity is a "family vacation" and may ask for documentation or further explanation if deemed necessary (this form can be found on the athletic website).** Unless there are extenuating circumstances that fall under the excused absence list, the following guidelines shall be used when dealing with unexcused absences for a family vacation:

For every game missed – Forfeit the right to play 1 game for every game missed.

For every practice missed – Student-athletes will forfeit the right to play in subsequent athletic events as per individual team rules.

Athletes should note that absence from practice, team meetings or athletic events will result in decreased playing time.

Student-Athletes who are training with United States National Teams (recognized by the U.S. Federation of their sport only) shall be excused from the above attendance guidelines. They must work out their schedule with the coach of their high school team.

8. Suspension or Dismissal from an athletic team

Suspension or dismissal from an athletic team is at the discretion of the Head Coach. Violations for suspension or dismissal from an athletic team shall include, but not be limited to, insubordination, profanity, fighting, unsportsmanlike conduct, unexcused absence from practice, unsatisfactory attitude or failure to follow any additional rules and regulations that the Head Coach deems necessary to maintain discipline and to facilitate the efficient execution of daily procedures.

If an athlete is suspended or dismissed from a team, the Head Coach will notify the Athletic Director. The Head Coach and the Athletic Director will counsel the athlete and the athlete's parents will be informed of the suspension or dismissal.

An athlete suspended or dismissed from a team may appeal the suspension or dismissal to the Athletic Director. If the appeal is denied, the athlete may appeal to the Principal followed by the Superintendent of Schools and finally to the Board of Education.

9. Disqualifications

The State Athletic Association (NJSIAA) has taken a hard line regarding unsportsmanlike conduct by both players and coaches. All student-athletes representing the Kinnelon School District must display good sportsmanship. The

following NJSIAA rules and regulations regarding disqualifications will be strictly enforced for all athletes and coaches:

- 1 Any student-athlete or coach disqualified before, during or after an interscholastic event for unsportsmanlike or flagrant verbal or physical misconduct will be disqualified from the next two (2) regularly scheduled games/meets, with the exception of football which will carry a one (1) game disqualification, at that level of competition and all other game(s)/meet(s) in the interim at any level in addition to any other penalties which the NJSIAA or a league/conference may assess. **The administration reserves the right to recommend additional consequences.**
- 2 **Any athlete disqualified from 2 games prior to the state tournament will not be allowed to participate in the state tournament. Furthermore, any team with 3 total player disqualifications prior to the state tournament will not be allowed to compete in the tournament.**
- 3 A disqualified player or coach may not be present at any contest in that sport during the period of disqualification. Definition of not being present at the site means that the disqualified player or coach is not to be present in the locker room, on the bus, on the sidelines, in the stands or site area before, during or after the game/meet.

Any player or coach in violation of this provision will be cause for forfeiture of those games/meets during the period of disqualification.

- 4 Should the player or coach be disqualified from the final game/meet of the season, said disqualification will carry over to the next year in that sport. In the case of the student-athlete, the same degree of penalty shall apply if said athlete retains eligibility in that sport.
- 5 Any player or coach disqualified for the second time will have the penalty doubled (i.e., in football disqualified for two (2) games; all other sports – four (4) games. Disqualifications will count for 365 days from the date of the first disqualification.
- 6 Single/multiple sports – on the third offense: players disqualified will be suspended indefinitely, and must apply, in writing, to the NJSIAA through the office of their Principal for reinstatement. Disqualifications will count for 365 days from the date of the first disqualification.

Note: Players who do not fulfill their penalty in a sport at the present school and transfer to another school, will be disqualified for the same length of time in their subsequent sport participation at another school.

Seniors who are disqualified from their last game or next to last game will serve the penalty in a subsequent sports season according to the penalty provision of that subsequent sport. When seniors are disqualified from their last game of their high school

careers, and are unable to fulfill the penalty, member school are **required by the NJSIAA** to take proper administrative action to discipline the offending student-athlete.

GOOD SPORTSMANSHIP will continue to be a major point of emphasis in the Kinnelon School District throughout the school year for all student-athletes.

10. Extra Curricular Activities

Athletes are encouraged to participate in school extra curricular activities and functions throughout the school year. Because of the size of our school district, a collaborative effort should be made by the Head Coach, the student-athlete and the advisor of the activity to allow for such participation **when and where possible**. Student-athletes should note however, that absence from practice, team meetings and athletic contests would result in decreased playing time. Absence from practice, team meetings and athletic events will be determined excused or unexcused by the Head Coach if a collaborative decision cannot be reached. Absence from practice, team meetings and athletic events to participate in other school clubs during the season are unexcused unless there are extenuating circumstances that are accepted by the Head Coach as excused. See Activity Days later in this document.

11. Team Participation – General Guidelines

1. Any student-athlete dropping out of a sport should:
 - a. Notify the Head Coach.
 - b. Fill out a form and have parents fill out this form describing reasons for leaving the sport.
 - c. Immediately hand in all issued athletic equipment to the Head Coach.
2. When an athletic season overlaps with another athletic season, a student- athlete will be allowed to complete the first season before beginning the next without penalty.
3. A student-athlete will not be permitted to drop from one athletic team and begin participation on another athletic team when athletic seasons overlap. All student-athletes must wait until the conclusion of their current season before beginning participation in the next season.
4. A student- athlete may not participate on a high school athletic team if that athlete has been suspended or dismissed from another athletic team during the same season.
5. A student- athlete may not transfer from one athletic team to another during the same season unless permission is granted by the Head Coaches of each sport, the Director of Athletics and the Principal.

Athletes are considered members of a team when they have completed one team practice.

12. Locker Room Rules and Regulations

The following rules and regulations shall be in effect for all student-athletes when utilizing the locker room:

1. Athletes should not be in the locker room without the supervision of a coach or school official.

2. Athletes are not permitted in the coaches office, physical education office or training room without the supervision of a coach or school official.
3. Food shall not be consumed in the locker room.
4. Glass containers or bottles are not permitted in the locker room.

All athletic teams and student-athletes have a responsibility to help maintain a clean locker room.

13 Locker Assignments

At the beginning of the school year, student-athletes will be assigned an athletic locker through their head coach (Fall Season only or the Physical Education Department for Winter and Spring Seasons) and must purchase a school lock for their locker. Upon receiving a locker, the student-athlete should inspect the locker for any damage and notify the physical education teacher or their coach if damage exists. Only school locks issued by the Physical Education Department, or coach, may be used on athletic lockers. **All other locks will be removed and confiscated.**

All Student-Athletes will have permanent lockers for the duration of school year. Those that receive extra large lockers in addition to their regular physical education locker will have 4 days after the conclusion of their season to remove the locks and items from their lockers. If they play another sport, they may be reissued an extra large locker prior to that season.

All student-athletes are responsible for the care and maintenance of their athletic locker and will be held financially responsible for any damage. Any damage of an athletic locker should be reported **immediately** to a physical education teacher, coach or Athletic Director.

All athletic lockers should be locked when unattended and all athletic equipment and valuables should be put away and locked prior to leaving the locker room to avoid the possibility of theft. Any lost or stolen athletic equipment, personal belongings or valuables should be reported immediately to a physical education teacher, coach or Athletic Director.

14. Training Room

The Athletic Trainer is in charge of all athletic training equipment. If the Athletic Trainer is not present then the Head Coach is the next person responsible for training supplies and their use. Athletes are not allowed to take training supplies without permission from the Athletic Trainer or Head Coach.

Medical kits, water coolers, water bottles, and ice used on a daily basis should be picked and returned to the old Training Room at the conclusion of their use. All equipment should be placed inside the old Training Room. Coolers and water bottles should be returned empty with lids off.

Training Room Procedures:

When using the Training Room student-athletes should observe the following:

1. When entering the Training Room, sign in with your name, sport, and body part to be worked on.
2. When obtaining Training Room services immediately after school:
 - a. Teams with away games will be treated first.
 - b. Teams with home games will be treated second.
 - c. Teams having practice will be treated last.
 - d. Rehabilitation exercises must be completed before being taped.
3. **Outdoor athletic shoes should not be worn in the Training Room or gym lobby.**
4. In the Training Room, never help yourself to the contents of the cabinets, the desk, or the phone. Always receive permission first.
5. All Training Room equipment that is issued daily will be marked with the team name to which it is assigned. These items will be placed in the lobby outside the old Training Room. Whoever is assigned to pick up and return these items should be sure to read the labels and take only the items labeled for your team. All items that go out must come back the same day.
6. Student-athletes should not drink directly from water bottles. Using water bottles with the tops in place will help to prevent the spreading of germs.
7. Non-reusable items such as ice bags, cups, used tape and j wrap **must** be disposed of in a waste container.
8. Reusable Training Room supplies (elastic wraps, slings, pads, etc.) **must be returned.**
9. Athletic tape will not be provided for personal use or to tape uniforms.
10. Treatment and/or rehab during afternoon study halls when the Athletic Trainer is present will be permitted as long as the student-athlete has obtained a pass from the Trainer prior to the study hall.

When utilizing the services of the Athletic Trainer, the following sports medicine policies should be observed:

SPORTS MEDICINE POLICIES

Sports medicine encompasses (1) prevention of injuries through (2) conditioning (i.e., strengthening, increasing endurance and increasing flexibility through appropriate stretching), and (3) rehabilitation - usually a controlled exercise program designed to return or surpass the pre-injury status of the affected body part. Sports medicine also includes (4) injury evaluation, (5) first aid, (6) treatment, (7) education/counseling, and (8) record keeping.

1. **All injuries must be reported to the Head Coach and the Athletic Trainer as soon as possible.** It is the job of the Athletic Trainer to determine the extent of the injury and proper treatment of the injury. Reporting the injury to the Head Coach and the Athletic Trainer will greatly improve communication between both and allow the Athletic Trainer to be more successful in the treatment process.
2. All new injuries, on the day of the injury, should be iced for 20 minutes on,

- 40 minutes off, until bedtime. Overnight, the injured part should be kept elevated. **Heat should not be used** on a new injury.
3. Chronically aching joints or muscles are frequently caused by the muscles in the affected area not being strong enough or flexible enough to meet the demands being put upon them. Such situations can be remedied by icing before and after activity, a strengthening and/or stretching program, and sometimes other protocols including taping. Taping alone only alleviates the symptoms and does not directly address the cause. A student-athlete must be willing to follow a recommended treatment/rehab program. The Athletic Trainer will provide taping for the student-athlete providing that the student-athlete is following the recommended treatment/rehab program.
 4. Stretch before and after activity. No stretching should be attempted until the body is warm enough to perspire. This can be accomplished with some light activity such as easy jogging or calisthenics. Then do your pre-activity stretching. After a practice or game, your body is about as warm as it will become and this is the best time for a thorough stretching program.
 5. Stretching positions should be held (no bouncing) for a minimum of 30 seconds. Stretch only to the point of feeling the stretch. Relax gradually further into the stretch position. To stretch so far as to cause pain will actually do more harm than good.
 6. Following an evaluation by a physician, a note from the physician is required to document the injury. **A physicians release will be necessary to resume participation in an activity under these circumstances.**
 7. Student-athletes must promptly return physicians' notes to the Athletic Trainer. The Athletic Trainer must complete an **Injury/Accident Evaluation Form** within 24 hours of the injury/accident for insurance purposes. Student-athletes must see the Athletic Trainer as soon as possible following an injury or accident to complete this paper work.
 8. The Athletic Trainer will notify the coaches on a daily basis of those athletes who are injured and their injury status.

15. Athletic Department – General Rules and Regulations

All student-athletes should follow the following additional rules and regulations of the Athletic Department:

1. Student-athletes are not permitted in the main storage areas without permission or supervision from a staff member.
2. Cleated or spiked shoes are not permitted in the school building. This includes the gym lobby, the gyms, the Fitness Center and the locker rooms.
3. Student-athletes with parking permits are to park in the **main parking lots only**. **Students should not park in the parking spaces in front of the school or on the main entrance driveway to the school. This applies to all students prior to, during and after school. Failure to follow this regulation will result in the loss of driving privileges.**
4. When using the fields at the Pearl Miller School, student-athletes should remain out of the Pearl Miller School. Students will not be allowed to drive to Pearl Miller or Boonton Ave for practice, except for extenuating circumstances.

17. Care and Collection of Equipment

All student-athletes are responsible for the care and maintenance of their equipment from the time it is issued until the time that it is collected. Check with your coach regarding the proper care and maintenance of your uniforms and equipment when they are issued. The following guidelines should be used when caring for your equipment:

1. When equipment is issued, check the equipment for any damage and notify the coach immediately if any damage exists.
2. Athletic equipment and uniforms should be worn during practices, scrimmages and games only.
3. Athletes are not to wear uniforms to the school from home. Athletes should dress in locker rooms provided by the school.
4. **Student-athletes are not to leave the school after a game or meet in their uniform.** Athletes are encouraged to shower after participating in practice or a game and should have a change of clothing.
5. Student-athletes should not leave equipment, personal belongings or uniforms unattended in the locker room. Check to see that all equipment, uniforms and personal belongings are put away **before leaving** the locker room and check to make sure that **your locker is locked!** This will greatly reduce the possibility of theft.
6. When a student-athlete leaves a team, he or she should inform the Head Coach and turn in all equipment immediately.
7. At the conclusion of the season, student-athletes should turn in all equipment and uniforms to the Head Coach immediately after the last athletic contest or on an announced date by the Head Coach.

Note: Student-athletes are responsible for all equipment and uniforms that have been issued to them.

18. Athletic Fines

If equipment is lost or not returned to the Head Coach at the conclusion of the season, fine slips will be issued. **It is the student-athletes responsibility to hand in all equipment and fine obligations to the Head Coach.**

In the event that a student- athlete does not meet his/her fine obligation, the following will be enforced:

- A) **THE STUDENT-ATHLETE WILL NOT BE ALLOWED TO PARTICIPATE ON ANOTHER ATHLETIC TEAM UNTIL THE OBLIGATION HAS BEEN MET.**
- B) The athlete will not be allowed to participate in any extra curricular school activities until the obligations are met.
- C) The student- athlete's report card and diploma (seniors) will be withheld until all obligations are met.

19. Lost or Stolen Equipment

If equipment is lost or stolen during the season, the athlete **must** report the incident to the Head Coach immediately. This equipment is still the responsibility of the student athlete.

20. School Attendance

Student-athletes are expected to attend school and be on time.

- A) If a student- athlete is absent from school for illness or unexcused absence on the day of a game, a scrimmage, or a practice, he or she is not permitted to participate that day (The athlete should not be on school grounds if they are not in school for illness or an unexcused absence).
- B) If a student- athlete receives an excused absence from school on the day of a game, a scrimmage or a practice, he or she is permitted to participate that day.
- C) If a student- athlete receives permission for an early dismissal for reasons other than illness, he or she is permitted to participate that day.
- D) If a student- athlete is absent from school the day before an athletic contest, either for illness or an excused absence, he or she is permitted to participate the next day provided that the administration has not placed restrictions on that participation (suspension over the weekend).
- E) **All student- athletes must be in school for a minimum of 3 hours and 20 minutes in order to participate in athletics and activities(games, practices or events) that day (This includes all alternative schedule days, i.e. assembly schedule, delayed opening, etc.) If a student is absent from school the entire day, the student is not allowed to be on the school campus**
- F) If a student-athlete is present in school and leaves school due to illness, a student-athlete **is not** permitted to participate that day.
- G) If a student-athlete is placed on home instruction, they are not eligible to Participate in interscholastic athletics.

21. Physical Education Excuses

All student-athletes are required to participate in physical education classes. An injured in-season athlete may be excused from participation in physical education for the purpose of rehabilitation of an injury. An in-season student-athlete with a medical excuse from physical education **will not be allowed to participate on his/her athletic team until released in writing by a medical physician.**

- a) Student-athletes with an excuse from the Athletic Trainer from physical education are responsible to make up all work missed.

22. Transportation

Transportation is provided for all athletic teams and **all student-athletes are required to travel to and from athletic competitions on school provided transportation. Student-athletes are not permitted to drive to or from athletic contests.**

All student-athletes when using school provided transportation must observe the following guidelines:

- A) All student- athletes should **remain seated** when the bus is moving and should not yell or reach out the windows. Noise should be kept to a minimum.
- B) Student-athletes should enter and exit the bus from the front of the bus only.
- C) Spiked shoes should not be worn on the bus.
- D) All trash should be properly discarded and the bus should be clean when departing at the conclusion of a trip.
- E) All student-athletes should be courteous and polite to the bus drive at all times

Parent Transportation

Permission for parents to provide **transportation to an athletic competition** for their son or daughter should be requested using the district Athletic Department Travel Release Form (found on the PRM and KHS Athletic Websites) in writing and submitted to the Head Coach prior to the event. Permission for parents to provide **transportation from an athletic competition** for their son or daughter should also be done in writing prior to the event, but may be done in person at the conclusion of the athletic event in emergency situations only. Permission from parents of a student-athlete to have their son or daughter **receive transportation to or from an athletic competition** from another adult or parent **must** be made in writing and submitted to the Head Coach prior to the athletic event (using the Travel Release Form). **Under no circumstances will a student-athlete be allow to be transported to or from an athletic competition by another student. As previously stated, student-athletes are not permitted to drive themselves to or from athletic competitions.**

Note: It is strongly encouraged that all student-athletes travel to and from all athletic events with their team.

23. Early Dismissal for Athletic Events

Every effort will be made to avoid early dismissal for athletic events so that student-athletes miss as little classroom time as possible. There are certain times however, because of tournaments, ice and pool rentals and all day events and conference championships, when it will be necessary to dismiss student-athletes early. When an early dismissal does become necessary, **it is the student-athlete's responsibility to make up any and all work or assignments missed.**

24. Practice

All student-athletes are expected to attend all team practices.

Length of practice:

How long an athletic practice lasts depends on many variables, with the most important factor being the well being of the athletes. Athletic practice sessions generally last

2 – 2 ½ hours.

Weekend practice:

Athletic teams may practice on Saturday (particularly during the preseason) and occasionally on Sundays when necessary. Sunday practices are not encouraged and must have prior approval from the Director of Athletics. Sunday practice should not be scheduled until after 12:00pm.

Inclement Weather:

If there is an **early dismissal from school** because of weather conditions, practice and athletic events scheduled for that day will be cancelled. When **school is closed** because of weather conditions, practice and games are often cancelled, but may be held. The Director of Athletics will make the final decision regarding practices and athletic events on snow days. **This decision will be based entirely on the safety and well being of the student-athlete.**

25. Student-Athlete Conduct

Student-athletes that do not meet the standards of conduct of the Kinnelon Athletic Department and the Kinnelon School District shall forfeit the privilege to participate in the athletics.

Detentions:

Student detention takes precedent over all other school activities, including sports. Failure of a student-athlete to attend detention may result in ICE and a loss of athletic privileges.

Isolated Classroom Environment (ICE)/Suspension:

Student-athletes are not permitted to participate in, or attend any athletic activity during the day they are scheduled to serve an ICE or suspension from school. **This includes practices, scrimmages and games.**

26. NCAA Clearinghouse

The NCAA Clearinghouse is an agency established in 1993 to certify a student-athlete's eligibility for college athletic participation. The Clearinghouse must certify a student-athlete planning to participate in a Division I or Division II college athletic program. Forms and information are available in the Guidance Office. It is best for potential college athletes to register through the Clearinghouse during the junior year after grades have been posted on transcripts by the Guidance Department.

In order to qualify to participate in a Division I or Division II athletic program you must:

Division I only -- 16 core courses

You will need to present 16 core courses in the following breakdown:

- 4 years of English

- **3** years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (one must be a lab science)
- 1 year of additional English, math or science
- 2 years of social studies
- **4** years of additional core courses (from any area listed above, or from foreign language, nondoctrinal religion or philosophy)

Division II – the number of core courses will remain at 14 to be eligible to participate in NCAA Division II athletics and will not be increased.

Additional information regarding the NCAA Clearinghouse can be obtained at the following Web sites:

www.ncaa.org

www.ncaaclearinghouse.net

<u>Core GPA</u>	<u>Sum ACT</u>	<u>SAT</u>
2.500 & above	68	820
2.475	69	830
2.450	70	840-850
2.425	70	860
2.400	71	860
2.375	72	870
2.350	73	880
2.325	74	890
2.300	75	900
2.275	76	910
2.250	77	920
2.225	78	930
2.200	79	940
2.175	80	950
2.150	80	960
2.125	81	960
2.100	82	970
2.075	83	980
2.050	84	990
2.025	85	1000
2.000	86	1010

Changes in SAT/ACT tests

The SAT and ACT have made changes their tests; one of the most significant changes is the addition of a writing component. On both the SAT and ACT, students will be asked to write an essay. The SAT writing section is mandatory, while the ACT writing section is optional.

The SAT will now have three parts: critical reading (formerly known as verbal), mathematics, and writing. Since each section is worth 200-800 points, the SAT score will now range from 600-2400.

Will the NCAA require a writing test as part of its initial-eligibility requirements?

The NCAA had determined that the writing component should not be required at the present time. The NCAA has noted the importance of reviewing research related to the impact of the writing component.

How will the NCAA Initial-Eligibility Clearinghouse use the scores on the new SAT?

Because the critical reading and math sections will still be scored on a 200-800 point scale, the clearinghouse will still combine those two sections for the combined score. The writing section will not be used. **The clearinghouse will use scores from the new SAT in combination with scores from the current SAT for the combined score.**

27. Sports Outside the Realm of the High School Athletic Season

If a student-athlete chooses to participate in a sport outside of the high school in-season sport (this can even mean AAU Basketball during High School Basketball Season, etc) and if there is a scheduling conflict, the student-athlete must attend the high school event (this includes, but is not limited to practices, games, fundraisers, or any other team-related event). Not doing so may result in dismissal from the team and will result in the withholding of a varsity, jv, or frosh letter

28. Varsity Letter Requirements

Upon recommendation of the Head Coach, student-athletes who have fulfilled the following playing requirements and display sportsmanship, citizenship, and proper attendance conducive to promoting the Kinnelon High School Athletic Program will be awarded a varsity letter:

Football, Soccer, Basketball, Lacrosse, Tennis, Wrestling, Ice Hockey, Volleyball:

Participation in half or more of the scheduled contests or participation in 50% of the total number of quarters/periods.

Baseball/Softball:

Participation in 50% of the total innings. Pitchers participation in 1/3 of the total innings or coach's recommendation.

Winter Track

You can earn a varsity letter by accomplishing one of the following:

- 1) Place in the Top 6 at any meet held at Drew University
- 2) Participate in county or conference championships
- 3) Placing in county, conference or state meet

Spring Track and Field: If eligible to compete, you must:

- b) Participate in all Conference Meets, unless medically excused with a doctor's note.
 - c) Achieve at least 12 Varsity Points
 - d) Achieve the county standard in at least 1 event.
 - e) Participate in County, and State Sectional Meets
 - f) If qualify in State Sectional Meet, must compete at the State Group Meet
- ** All standards must be met ****

Swimming:

- ✓ Sliding scale based on the amount of points scored by the team and individuals throughout the season.
- ✓ Participation in Conference or County Championships.
- ✓ An unexcused absence at a County, Conference or State Championship Meet will disqualify a swimmer from Varsity letter eligibility.
- ✓ Attendance must be above 80% whether it is excused or unexcused. Injured swimmers should attend practices and help from the sideline.

Cross Country:

Place in the top 10 (total athletes participating) in a minimum of 50% of the dual meets.

Manager/Statistician:

Complete a minimum of 2 years as manager and or statistician with good attendance and be recommended by the Head Coach.

Varsity letters may also be awarded through the following:

Coach's Recommendation:

A student-athlete may be recommended for a varsity letter by the Head Coach for outstanding attendance at practice and the athlete's overall contribution to the team throughout the year.

Injured Student-Athlete:

A varsity letter may be awarded to a student-athlete that was injured during or before the season, missed playing time and could not complete the season. The expectation is that this athlete will remain a part of the team. They will attend practices when not rehabilitating their injury and attend all games. They may serve as a stats person, etc.

Senior participation:

A senior student-athlete that has participated for two years (Junior and Senior years at a minimum) in a sport will be awarded a varsity letter regardless of playing time.

28. Athletic Awards

The following awards will be given to a student-athlete for participation in the athletic department:

Freshman Award:

Certificate

Junior Varsity Award:

Certificate

Varsity Award:

First year –Plaque and sport plate with sport insert and service bar.

Second year – sports plate, service bar.

Third year –sports plate, service bar.

Fourth year –sport plate, service bar, 4 year varsity letter award plaque.

Captains – “Captain” service bar.

Manager/Statistician – “Manager” or “Statistician” service bar.

29. Athletic Schedules

Athletic Schedules are available at the high school and on the Kinnelon Public School District Web Site.

You can log onto www.highschoolsports.net to see schedules and sign up for the notification service. If an event is cancelled in the sport you choose, you will instantly receive an email with the cancellation/postponement.

Daily athletic schedules and information on cancellations may be obtained by calling the Kinnelon Athletic Hotline – 838-6323. Additional information regarding scheduled athletic events, cancellations and general athletic information can be obtained by calling the Director of Athletics office – 838-8034

30. Activity Days

We encourage our student-athletes to get involved in extra-curricular clubs. However, this often causes many scheduling conflicts. As a result, Tuesdays and Wednesdays have been designated as Activity Days. Sports practices will not begin until 3:15 on those days. The fitness center will be open to in-season athletes only until 3:15 in case students do not join a club or they do not have a meeting on that day. **** Winter Season and the month of March will be an exception to this rule because of our limited practice space ** Obviously when teams have games that occur on Tuesdays and Wednesdays students are excused from club commitments.**