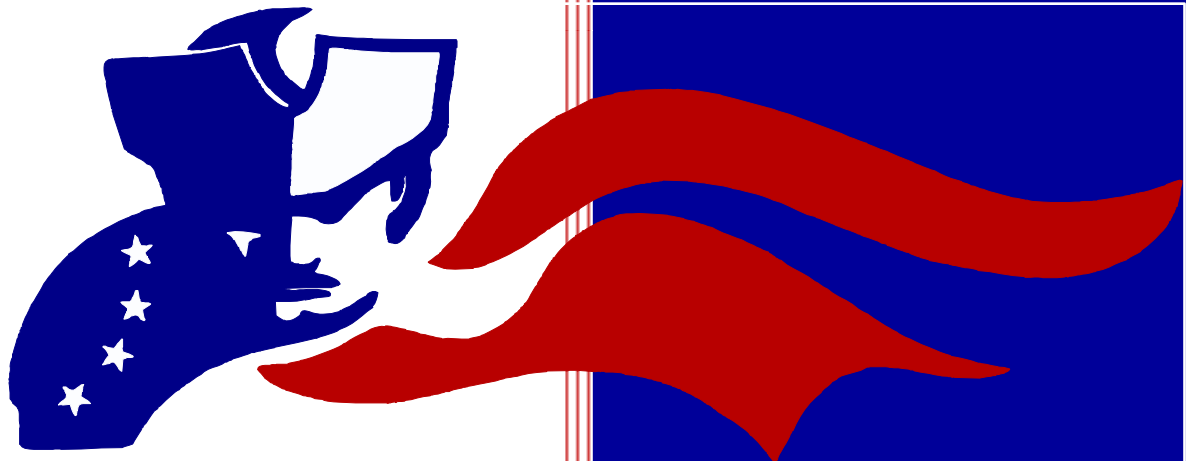


# Athletic Handbook



John Simonetti, Athletic Director  
North Warren Regional Athletics  
7/15/2015

## **Athletic Program Philosophy**

It is the intent and desire of the North Warren Regional Board of Education to provide an athletic program that is consistent with district goals and objectives. Therefore, every phase of the program is designed to meet the needs, interests, and abilities of middle and high school students. The athletic program is under the supervision of the athletic director, who reports directly to the building principal. Regulations governing the athletic program will be consistent with NJSIAA policies and adhere to the Conference guidelines. The North Warren Regional Board of Education will approve all schedules, documents, and special activities.

## **Coaching Code of Ethics**

A code of ethics is a number of ethical principles and standards designed to guide a group of people in taking acceptable and approved action.

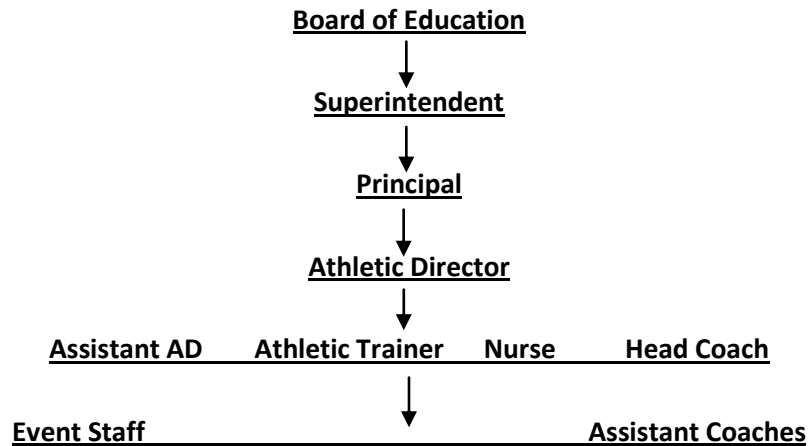
A coach is:

1. to understand that the purpose of interscholastic athletics is to promote the physical, mental, moral, and social well being of students.
2. to set an example of good conduct for his/her team members, students, and general public:
  - a. Act in a sportsmanlike manner at all times.
  - b. Maintain high personal standards in dealing with students and the public.
  - c. Maintain control of your team members at all practices and games.
3. to respect the decisions of officials and remain undemonstrative in accepting those decisions.
4. to be courteous to visiting teams and officials.
5. to strive for good working relationships with the opposing coaches and schools.
6. to achieve a thorough knowledge and understanding of the rules of the game.

## Objectives of the Athletic Program

1. To develop and maintain physical fitness.
2. To develop attitudes in sports which extend to social and working life.
3. To develop the ability to make decisions under stress.
4. To develop a sense of responsibility to school, team, coach, and self.
5. To learn respect for authority.
6. To provide students the opportunities to enjoy one of America's greatest traditions, the privilege of competition.
7. To provide the "whole school" interest and activities, which involves students and athletes.
8. To teach good health habits, personal hygiene, and safety.
9. To teach new skills and to offer opportunities to improve those skills already possessed.
10. To provide opportunities for development of lasting friendships with both teammates and opponents.
11. To give students an early understanding that participation in athletics is leadership training, which is a privilege, that also carries certain responsibilities.
12. To provide opportunities to practice, exemplify, and observe good sportsmanship.
13. To provide opportunities for students to place group above self, and to learn to practice self-discipline for the benefit of both the team and themselves.
14. To provide opportunities to learn the benefits of following the rules.
15. To provide the student opportunities to experience the satisfaction of self-sacrifice in an attempt to contribute to the development of oneself.
16. To develop for the community an understanding that the competitive athletic program for students has been promoted under conditions which insure to the participant and to the public the best traditions in sportsmanship, citizenship, and wholesome school-community relationship.
17. To provide for the development of approved social patterns of individual and group conduct.
18. To promote the development of skills and attitudes, which will lead to participation in "life-time" sports.

## Organization Chart of the Athletic Department



### ATHLETIC DEPARTMENT

John Simonetti, Athletic Director, Cell- 908-442-0557, Office 908-362-5285

Jim Haupt, Asst. Athletic Director, 973-975-8309

Becky Erd, Athletic Secretary, 908-362-8211, ext.2243 – 973-222-2403

Eileen Schneider, Trainer, 908-391-6684

### HEAD COACHES

Sport	Head Coach
Baseball	Jim Haupt
Basketball (B)	Chas Tillou
Basketball (G)	Jill Masker
Cheerleading	Kirsten Gehm/Vinney Fattarusso
Cross Country (B/G)	Jessica Loughlin Kucz
Field Hockey	Brian Gravatt
Football	Matt Parzero
Golf (B/G)	
Lacrosse (B)	Rob Steingall
Lacrosse (G)	Brian Gravatt
Soccer (B)	Marcos Tirado
Soccer (G)	Adrianna Suk
Softball	Dan Delaney
Wrestling	

**Reminder:** All necessary forms for athlete participation can be found on the North Warren website.

[www.northwarren.org](http://www.northwarren.org)

## **Director of Athletics**

It is recognized at the North Warren Regional School District that the most efficient and effective way to administer athletic programs is to have a position with full responsibility for the interscholastic programs of the school. The Director of Athletics at North Warren Regional High School is responsible to the Principal directly and should be prepared to meet all the responsibilities of his position.

### **Duties and Responsibilities**

Shall formulate, in conjunction with the administration and athletic personnel, the philosophy and procedures for the high school athletic program and publish this information in a yearly revised coaches' manual.

1. Shall have a thorough knowledge of the NJSIAA and Conference regulations. Provide this information to the coaching staff for the development of the school's athletic program.
2. Shall prepare the annual interscholastic budget for the high school
3. Shall interview and recommend qualified personnel for athletic positions.
4. Shall perform annual evaluations of athletic personnel.
5. Shall maintain athletic schedules for all sporting events of the school and secure proper contracts.
6. Shall coordinate and supervise home contests.
7. Shall coordinate sports award programs sponsored by the school.
8. Shall plan publicity of the school's sporting program with the media.
9. Shall maintain records of wins/losses of all athletic events.
10. Shall maintain student athlete' eligibility list.
11. Shall provide for the care, maintenance, storage, and inventory of athletic property.
12. Shall provide for the safety and health conditions of student athletes and athletic personnel.
13. Shall provide the proper financial records of receipts and expenditures.
14. Shall prepare an equipment order for each athletic sport.
15. Shall coordinate all activities, games, and practices.
16. Shall formulate sport schedules for the high school and middle school teams.
17. Shall plan and coordinate a senior awards banquet at the end of the school year.
18. Shall coordinate management of refreshments with individual booster clubs.
19. Shall coordinate and secure game officials for the varsity, junior varsity, and freshmen contest with league assignor.
20. Shall oversee the management of the strength-training area.
21. Shall coordinate all transportation to away athletic contests.
22. Shall requisition, inventory, and disburse all tickets.
23. Shall manage all ticket sales for athletic contests.
24. Shall maintain financial records of all athletic events.
25. Shall cooperate with opponents coordinating sales in the best interest of both schools.

## **Supervision of Personnel**

The Athletic Director shall be responsible for the supervision of all head coaches and other athletic personnel which fall under his direction.

Through periodic observation at practices and at athletic contests, an overall evaluation will be made and presented to the principal. A formal supervisory conference between the athletic director and the head coach will take place to review and discuss the evaluation. Once the conference and signed evaluation are completed, the evaluation will be submitted to the principal.

The head coach and athletic director will be responsible for evaluating the coaching staff.

The head coach will review the evaluation of his assistant coaches with the athletic director. Once complete, a decision will be made as to whether or not the assistant coach will be retained.

All contracts are on a yearly basis. All positions will be advertised and posted in the Spring of each year.

## **Personnel under the Supervision of the Director of Athletics**

1. Athletic Secretary
2. Site Manager
3. Athletic personnel approved by the Board of Education
4. Game personnel, (guards, ticket takers, announcer, and scorer)

## **Site Manager (Assistant Athletic Director)**

**Responsible to:** Athletic Director

**Primary Function:** To supervise the preparation of home events for interscholastic athletics.

### **Minimum Qualifications**

1. Professional employee of the school district.
2. A proven ability to work with others: Administration, faculty, coaches, athletes, and the public.

### **Duties and Responsibilities**

1. Shall serve as a site manager for home athletic events as needed per the Athletic Director.
2. Shall coordinate payrolls and voucher for all personnel at the home events when covering for the athletic director.
3. Shall be responsible for the needs and safety of the officials.
4. Shall be responsible for the needs and safety of the visiting team.
5. Shall be responsible for obtaining and overseeing the duties of all game personnel (guards, ticket takers, announcers, scorers).
6. Shall assist the Athletic Director in coordinating year-end sports awards.
7. Shall have a thorough and working knowledge of the NJSIAA rules and regulations.
8. Shall perform duties as determined and prescribed by the Athletic Director.

# Head Athletic Coach

## Responsible to: Athletic Director/ Principal

The Head Athletic Coach advises, coordinates and supports a staff of high school assistant coaches in conjunction with the Athletic Director and Principal. It is understood that a coach shall exercise common sense, good judgment, and shall perform his/her job responsibilities consistent with the total education philosophy of the North Warren Regional School District.

## Qualifications:

1. Meets all the guidelines as established by the NJSIAA and Department of Education.
2. Has the ability to organize and supervise a total sports program.
3. The head coach must have substantial knowledge of the technical aspects of the sport, and at the same time must continue to examine new theories and procedures pertinent to the field.

## Duties and Responsibilities

1. Displays sportsmanship and behavior which reflects positively on the North Warren Regional School District.
2. Plans, organizes, and implements an interscholastic program consistent with the total educational philosophy of the North Warren Regional School District.
3. Coaches individual participants in skills necessary for excellent achievement in the sport involved.
4. Plans and schedules a regular program of practice in season.
5. Works with the Athletic Director in scheduling interscholastic contests.
6. Prepares annual budget for equipment, supplies, and uniforms.
7. Maintains necessary rosters and similar paperwork.
8. Ensures the safety conditions of the facility or area in which their assigned sport is conducted.
9. Establishes performance criteria for participation in interscholastic competition in his/her sport.
10. Ensures that all eligibility requirements for every member of his/her team conform to the NJSIAA and Conference guidelines and Board of Education standards.
11. Enforces discipline and sportsmanlike behavior at all times, and establishes and oversees penalties for breach of such standards by individual students.
- 12. Has full responsibility for the overall supervision of his program including varsity, jv, freshmen and middle school teams.**
13. Recommends to the Athletic Director the employment or termination of assistant athletic coaches in his/her athletic area.
14. Provides the Athletic Director with information which will help in the evaluation of his/her assistant coaches.
15. Meets periodically with his/her staff to ensure consistency within their program.
16. Conducts training sessions with his/her staff to ensure consistency within their program.
17. Serves as a resource person for his/her staff.
18. Plans for the supervision of all students involved in his/her program.
19. Performs other jobs related to his/her program as directed by the Athletic Director and/or Principal.
20. Ensures that all contest results at home be called into the various newspapers and/or media outlets deemed appropriate by the Athletic Directory.



## **Job Goal (Head Athletic Coach)**

To instruct athletes in the fundamental skills, strategy, and physical training necessary for them to realize a degree of individual and team success. At the same time, the student shall receive instruction that will lead to the formation of moral values, sportsmanship, pride of accomplishment, acceptable behavior, self discipline, and self-confidence while serving as a positive role model.

## **Athletic Publicity**

Varsity coaches should report to the newspapers listed below. If you elect to select a student athlete, please be sure that he/she is competent. The scores should be reported the evening the home event was played. This publicity is important for the sports program.

**Rschool (NWR Website) – ALL scores should be posted. (APP – Activity Scheduler)**

### **Express Times**

[sports@express-times.com](mailto:sports@express-times.com)

800.360.3601

### **NJ Herald**

[sports@njherald.com](mailto:sports@njherald.com)

973.383.1500 ext.250

### **Star Ledger**

800.285.1960

[www.njschoolsports.com](http://www.njschoolsports.com)

Sports Track -- nj.com -- for state records and qualifying

## Assistant Athletic Coach

**Responsible to:** Head Athletic Coach in conjunction with the Athletic Director/Principal.

The Assistant Athletic Coach supervises the athletes and team assigned to him/her and assumes supervisory control over all athletes in the program when such control is needed. In performing all functions contained herein, and any others attendant to his/her duties as Assistant Athletic Coach, it is understood that a coach shall exercise common sense, good judgment, and shall perform his/her job responsibilities consistent with the total educational philosophy of the North Warren Regional School District

### Qualifications

1. Recommendation of the Head Athletic Coach
2. Employed as a teacher in the North Warren Regional School District or NJ criminal background check
3. Substitute certificated and/or 60 college credits

### Duties and Responsibilities

1. Displays sportsmanship and behavior which reflects positively on the North Warren Regional School District.
2. Plans, organizes, and implements, in consultation with the head coach, an interscholastic program consistent with the total education philosophy of the North Warren Regional School District.
3. Coaches individual participants in skills necessary for excellent achievement in the sport involved.
4. Plans and schedules a regular program of practice in season.
5. Recommends purchase of equipment, supplies, and uniforms..
6. Maintains necessary rosters and similar paperwork.
7. Oversees the safety conditions of the facility or area in which their assigned sport is conducted.
8. Enforces discipline and sportsmanlike behavior at all times, establishes, and oversees penalties for breach of such standards by individual students.
9. Establishes performance criteria for participation on interscholastic competitions.
10. Plans for the supervision of all student involved with his/her coaching assignment.
11. Performs other jobs related to the athletic program as directed by the Head Athletic Coach, Athletic Director, and or Principal.
12. Ensures that all contest results at home be called into the various newspapers and/or media outlets deemed appropriate by the Athletic Director.

### Job Goal

**To carry out the aims and objectives of the sports program as outlined by the Head Athletic Coach. To instruct athletes in the fundamental skills, strategy, and physical training necessary for them to realize a degree of individual and team success. At the same time, the student will receive instruction which will lead to the formulation of moral values, sportsmanship, and pride of accomplishment, acceptable behavior, self discipline, and self-confidence while serving as a role model.**

# Volunteer Athletic Coach

**Responsible to:** Head Athletic Coach in conjunction with Athletic Director/Principal

The North Warren Athletic Department is committed to providing the appropriate number of athletic coaches for each individual sport so that proper instruction is provided. The use of a volunteer assistant coach to supplement the existing coaching staff is permissible as long as the following guidelines are met.

## Qualifications:

1. The head coach shall recommend to the athletic department the individual to be appointed as a volunteer coach.
2. The head coach shall provide a resume which summarizes the qualifications to assume the position. If the volunteer coach is not a teacher at North Warren Regional School District, a NJ criminal background check will need to be completed.
3. Substitute certificate and/or 60 college credits earned.

It should be noted that 60 credit coaches can be paid when in the capacity of an assistant coach.

## Duties and Responsibilities

These duties are to be completed with the supervision of the Head Athletic Coach and/or the Assistant Athletic Coach.

1. Displays sportsmanship and Behavior which reflects positively on the North Warren Regional School District and sets a positive example for team athletics.
2. Plans, organizes and implements, in consultation with the head coach, an interscholastic program consistent with the total educational philosophy of the North Warren Regional School District.
3. Oversees the safety conditions for the facility or area in which their assigned sport is conducted.
4. Plans for the supervision of all students involved with his/her coaching assignment.
5. Performs other jobs related to the athletic program as directed by the head Athletic Coach, Athletic Director and/or Principal.

## Job Goal

**To carry out the aims and objectives of the sports program as outlined by the head Athletic Coach. To instruct athletes in the fundamental skills, strategy, and physical training necessary for them to realize a degree of individual and team success. At the same time, the student will receive instruction which will lead to the formulation of moral values, sportsmanship, pride of accomplishment, acceptable social behavior, self-discipline, and self-confidence while serving as a role model.**

## **7<sup>th</sup> and 8<sup>th</sup> Grade – Athletic Coach**

**Responsible to:** Athletic Director and Principal

The 7<sup>th</sup> and 8<sup>th</sup> grade athletic coach supervises the athletes and team assigned to him/her and assumes supervisory control over all athletes in the program. In performing all functions contained herein, and any others attendant to his/her duties 7<sup>th</sup> and 8<sup>th</sup> grade Athletic Coach, it is understood that a coach shall exercise common sense, good judgment, and shall perform his/her job responsibilities consistent with the total educational philosophy of the North Warren Regional School District.

### **Qualifications:**

1. Recommendation of the Athletic Director/Head Coach.
2. Employed as a teacher in the North Warren Regional School District/or NJ criminal background check.
3. Substitute certificate and/or 60 college credits.

### **Duties and Responsibilities:**

1. Displays sportsmanship and behavior which reflects positively on the North Warren Regional School District.
2. Plans, organizes, and implements, in consultation with the head coach, an interscholastic program consistent with the total educational philosophy of the North Warren Regional School District.
3. Coaches individual participants in skills necessary for excellent achievement in the sport and consistent with the high school program.
4. Plans and schedules a regular program of practice in season.
5. Maintains necessary rosters and similar paperwork.
6. Oversees the safety conditions of the facility or area in which their assigned sport is conducted.
7. Enforces discipline and sportsmanlike behavior at all times, and establishes and oversees penalties for breach of such standards by individual students.
8. Establishes performance criteria for participation in interscholastic competitions.
9. Plans for the supervision of all students involved with his/her coaching assignment.
10. Performs other jobs related to the athletic program as directed by the head Athletic Coach, Athletic Director, and/or Principal.

### **Job Goal**

**To carry out the aims and objectives of the sports program as outlined by the head Athletic Coach. To instruct athletes in the fundamental skills, strategy, and physical training necessary for them to realize a degree of individual and team success.**

## **General Administrative Policies and Responsibilities**

It is fundamental that the coach is completely responsible for the behavior, safety and welfare of the members of his/her squad during practices and games.

The following suggestions are made to the coaches in the handling of the members of their squads

1. The athlete should attend all practices and should be punctual, unless they have a valid excuse.
2. The athlete must maintain clean locker room habits – supervise athletes periodically in the locker room.
3. Good sportsmanship is expected both in victory and defeat.
4. There must be respect for authority, both on and off the field of play.
5. Since the athletes represent their school and community, they should be neatly groomed and properly dressed at all times.
6. Smoking, the drinking of alcoholic beverages, all forms of tobacco, and the use of drugs is strictly forbidden.
7. Encourage your athletes to develop good study habits and work to their maximum scholastically.
8. Remind your athletes that they are student leaders and, as such, must assume their responsibilities at home, school, and in the community.
9. The coach should know the health status their players at all times. You should not dispense, endorse, or recommend any drug, medication or food supplement to your athlete.
10. Be sure that all injuries are given proper attention through the trainer.
11. Players must be supervised at all times when under the coaches' jurisdiction. This includes in the locker room, bus, and on the playing field.
12. At athletic contests, in the absence of the Principal and Director of Athletics, the coach is the acting authority for the school system.

### **Preparation before the First Practice**

A meeting should be held for all students trying out for you sport. At this time, you should explain what is expected are required of the athlete who plans to participate. At this meeting, each name, grade, date of birth, birthplace height, weight, phone, etc. should be recorded.

### **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.

## 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 and Necessary Pre-Season Forms

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 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.
3. 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.
4. Every student athlete **must complete** a pre-season concussion management **Impact Test** issued by the school nurse or trainer. There are Concussion Fact Sheets available to both Parent and Athlete and should be distributed annually.
5. Sudden Cardiac Death fact sheet must be distributed to parents. **Sign off sheet** for both parent and athlete must be returned before start of season.
6. Every student athlete must pay a **\$85.00 Pay to Participate** fee, with a family limit of **\$125** before the start of the season.
7. Every student athlete must complete the **Random Drug and Alcohol Consent Form** before the start of a season.
8. In addition, the trainer requires that an **Emergency Card** be completed and returned for every athlete.

**The active use of the school nurse in the physical process will provide necessary collation of medical information from the physician and the medical file that exists in the nurse's office.**

**All of the above items must be completed prior to the athlete beginning practice and/or being issued athletic equipment.**

## 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 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.

## Practice

The first day of practice is made known to the athlete at a pre-season meeting. The athlete will be required to practice for six days in order to participate in a scrimmage or a game. At no time, will scrimmages or game count towards practice days.

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

Injuries at any level of play, at any time during the six days of try-outs, should be reported to the coach and be evaluated by the trainers and/or school medical examiner before the student-athlete can return to 100% participation.

## Camps

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

## Athletic Insurance

The Board of Education has purchased secondary loss insurance coverage to protect all participants in interscholastic sports in case of an accidental injury resulting from such participation. This coverage also applies to equipment managers, band members, cheerleaders, flag wavers, and any other approved participants.

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

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

1. All bills must be submitted to the parent's basic and major medical carriers first.



- A. Submit itemized bills and notices received from your own insurance company showing amounts paid and balances due, or a letter of denial, along with the completed insurance from to the school's insurance carrier.

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

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

## **Transportation**

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

Parent/guardian must make advance request in writing, **24 hours in advance**, for the release of their son/daughter to them or other parents through a travel release form. If it is not possible, the head coach, can sign off on a travel release at the site of the contest.

A travel release form must be filled out one day prior to the contest. The form must be signed by the parent and the athletic director and give to the appropriate Head Coach. These forms can be found in the Athletic Office and also on the North Warren website.

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

**ATHLETES CANNOT TRAVEL WITH ANOTHER PERSON'S FAMILY.**

## **Equipment**

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

**CHECK-OUT PACKETS, FROM THE ATHLETIC OFFICE, MUST BE COMPLETED BY EVERY COACH AT THE END OF THE SEASON.**

## **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**

**\*\*\* Coaches MUST review with ALL student athletes\*\*\***

**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 as per North Warren Regional Policy # 551201, as found on the North Warren Regional website.**

## **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.

## **North Warren Regional Athletic Emergency Procedures for After School Activities**

### **Crisis/Emergency Response**

Our goal is to protect our students, staff, and guests in the event of a crisis/emergency situation. The Crisis Emergency could be one of immediate or imminent danger, such as a bomb or bomb threat, an armed assailant or a traumatic event not posing imminent danger such as a serious motor vehicle accident involving a student or staff member. There are numerous situations that could be considered a crisis emergency situation and it is impossible to list all of the scenarios that could occur. Our goal is to keep our plan as simple as possible, yet cover as many situations as possible enabling us to react in the most effective manner for the safety and security of all.

### **Goals and Objectives of a School Crisis Emergency**

#### **GOALS:**

**To increase the security and safety of the students and staff.**

**To minimize the damage and loss in a crisis situation.**

**To provide the necessary counseling to assist students and staff, who are emotionally affected by the crisis, to deal with the trauma, both immediate and long term.**

#### **OBJECTIVES:**

To outline a predetermined plan of action which may be used to respond to emergencies, disasters, or other traumatic events.

To establish small groups of specifically selected and trained individuals who collectively have the skills, knowledge, and sensitivity to act as crisis management specials.

To develop a system to share information, prevent the escalation of the crisis, and minimize rumors and false information regarding the crisis,

To have a knowledge of community resources to utilize and to create a partnership with parents following crisis events.

To provide guidelines for responding to the media during a crisis

To develop and outline stress management and debriefing procedures for crisis team members.

In the event a crisis/emergency takes place during a practice, scrimmage, or other after school event, etc., all participants, staff, and spectators need to be considered for their safety. It is imperative that each coach takes time at the beginning of the season to discuss and practice these emergency procedures for evacuation of fields and other facilities (tennis courts, stadium, gym, PAC, etc.)

**In the event of a crisis/emergency whether outside or inside, please remain calm and orderly.**

### **Procedure:**

- Contact Police
- Alert School Staff, Administrative or Security Staff
- Assess safety issues immediately
- Provide medical treatment (if necessary)
- Secure area
- Implement evacuation procedure (if situation warrants)
- Verify the situation through communication with staff
- Evaluate available and needed resources

### **Coaches' Responsibilities:**

- Remain calm – your team is relying on you.
- Daily attendance
- Emergency phone numbers
- Medical kit
- Communication device
- Emergency plan
- Pre-determined location for team
- Assign coach to assist visiting team

### **Guidelines for Lightning Safety**

Lightning is one of the most consistent and underrated causes of weather related deaths on injury in the US according to the National Severe Storms Laboratory, approximately one hundred fatalities and hundreds more injuries requiring medical attention occur in the US each year. Lightning related injuries are of particular concern during the later spring and summer months, and during daytime hours. Nearly all lightning-related injuries occur between the months of May and September, and the greatest number of lightning casualties occurs between the hours of 10 a.m. and 7 p.m., with the greatest risk concentrated between 2 p.m. and 6 p.m. Therefore, the risk of lightning-related injuries appears to be a greatest concern during some of the most active periods for outdoor scholastic activities.

**Evacuation – If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters.**

- **Thirty-minute rule** – Once lightning has been recognized, it is recommended to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Given the average rate of thunderstorm travel, the storm should move 10 – 12 miles away from the area. This significantly reduces the risk of local lightning flashes. Any subsequent lightning or thunder after the beginning of the 30 minute count should reset the clock and another count should begin.
- **Safe Structures** - The most ideal safe structure is a fully enclosed, substantial building with plumbing, electrical wiring and telephone service, which aid in grounding the structure. A fully enclosed automobile with a hard metal roof and rolled up windows is also a reasonable choice,. School buses are an excellent lightning shelter that can be utilized for large groups of people. However, it is important to avoid contact with any metal while inside the vehicle.

Avoid using shower facilities for safe shelter and do not use showers or plumbing facilities during a thunderstorm as the current from a local lightning strike can enter the building via the plumbing pipelines or electrical connections. Cellular phone are considered reasonably safe and can be used to summon help during a thunderstorm.

**When caught in a thunderstorm without availability or time to reach safe structures, you can minimize the risk of lightning-related injury by following a few basic guidelines.**

- Avoid being the highest object: Seek a thick grove of small trees or gushes surrounded by a dry ditch.
- Avoid contact with anything that would be attractive to lightning. Stay away from freestanding trees, poles, antennas, towers, bleachers, and baseball dugouts, metal fences, standing pools of water and golf carts
- Crouch down with legs together, the weight on the balls of the feet, arms wrapped around knees, and head down with ears covered.

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**Emergency Phone Numbers**

- Blairstown Police 908-362-7668**
- State Police – Hope 908-459-5098**
- John Simonetti – Cell – 908-442-0557**
- School – 908-362-5285**
- Eileen Schneider - Cell – 908-391-6684**

1. Stay with athlete.
2. Send for trainer immediately.
3. Do not move a seriously injured athlete (especially with a possible neck or back injury).
4. Call 911
5. Meet emergency unit in the area where unit will enter the school grounds.
6. Contact parents or guardians as soon as possible.
7. Contact athletic director as soon as possible.

**Crisis/Emergency**

## **General Rules**

1. Call 911
2. Account for all student-athletes.
3. Immediately provide medical assistance to injured.
4. Contact parent/guardian immediately if any student is in an accident, injured or sick.
5. Notify Athletic Director as soon as possible.
6. Stay in communication with the administration.
7. Always have a communication device.

## **Medical Emergencies**

1. Immediately following any MEDICAL EMERGENCY procedure, if other than routine, the parent/guardian shall be notified by the trainer as soon as feasibly possible and advised if any medical follow up is recommended.
2. If a parent requests the right to remove an injured student from the building, the paren/guardian shall assume all responsibility for the injured student.
3. The trainer/coach shall complete and EMERGENCY ACCIDENT/INCIDENT REPORT shortly after an emergency and shall insure that the school nurse is notified and receives a copy of the report.

*North Warren Regional*

# 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*

## **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 departments' "**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.



# Athletic Awards

## A. Eligibility

### 1. General

- a. All students are eligible for an award.
- b. Any and all awards will be made only if, in the judgment of the awarding coach, the student performance has merited the award.

### 2. Specific

- a. Certificate – awarded at all levels.
- b. Pin – 1<sup>st</sup> year – Varsity only
- c. Service Bar – 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> year Varsity
- d. Letter – 1<sup>st</sup> year varsity – received only one during career. Athlete **does not** receive additional letters for multiple sports.

#### e. Recommended criteria for awards is listed below:

1. Baseball/Softball – ½ the number of innings (pitchers – 1/3 the number of games.)
2. Basketball – ½ number of quarters
3. Cross Country – be a member of the scoring team in at least ½ of the meets.
4. Field Hockey – ½ total number of halves
5. Football – ½ number of quarters
6. Golf – ½ total number of matches
7. Soccer – ½ number of halves
8. Wrestling – ½ total number of matches excluding tournaments.
9. Cheerleading – satisfactorily completes a season, will receive a letter or participation award.

#### f. Board of Education may purchase jackets if they are conference champs or better

### 3. Special Considerations

- a. Seniors who have not met award requirements, but who have participated for three (3) seasons in a given sport may receive a varsity award.
- b. The head coach may recommend awards in special cases to athletes who have not met the requirements.
- c. Certificates of participation shall be awarded to all athletes who complete the sports season, but have not met award requirements.
- d. Athletes who have not met their necessary criteria but due to injury cannot complete the season may receive their necessary criteria but due to injury cannot complete.  
**1. Managers awards as follows: One year service in a sport receive a certificate; two years service in a sport receive a pin and certificate; three years service in a sport receive a Varsity Award.**

### 4. Caution

Coaches should avoid discussing awards with their respective teams unless they are specific and accurate according to our award policy. Offhand remarks regarding awards can cause difficulty.

5. Award lists must be approved by the athletic director before posting.

# NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

## *The Responsibilities of Sportsmanship*

### **THE COACH ...**

1. Treats own players and opponents with respect.
2. Inspires in the athletes a love for the game and the desire to compete fairly.
3. Is the type of person he/she wants the athletes to be.
4. Disciplines those on the team who display unsportsmanlike behavior.
5. Respects the judgment and interpretation of the rules by the officials.
6. Knows he/she is a teacher and understands the athletic area is a classroom.

### **THE OFFICIAL ...**

1. Knows the rules and their interpretations.
2. Places welfare of the participants above all other considerations.
3. Treats players and coaches courteously and demands the same from them.
4. Works cooperatively with fellow officials, timers, and/or scorers for an efficient contest.
5. Is fair and firm in all decisions, never compensating for a previous mistake.
6. Maintains confidence, poise and self-control from start to finish.

### **THE PLAYER ...**

1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

### **THE SPECTATOR ...**

1. Attempts to understand be informed of the playing rules.
2. Appreciates a good play no matter who makes it.
3. Cooperates with and responds enthusiastically to cheerleaders.
4. Shows compassion for an injured player; applauds positive performances; does not heckle, jeer, or distract players; and avoids use of profane and obnoxious language and behavior.
5. Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of a game.
6. Respects property of others and authority of those who administer the competition.
7. Censures those whose behavior is unbecoming.

## NJSIAA Crowd Control Procedures for Athletic Events

Please review the expectations of coaches and players as outlined in the NJSIAA referenced crowd control manual. Also, please review with your team and assistant coaches. A point of emphasis in JU's disqualification rule – sitting out 1 football game and 2 games in all other sports is very severe.

### COACHES

Coaches influence not only the conduct of players under their supervision, but also the behavior of many spectators.

1. In dealing with the officials, the coach's approach must be business-like at all times. The coach must exercise self control and realize that the official sees through impartial and unbiased eyes. Coaches must familiarize themselves with the proper procedure for requesting a conference with an official.
2. Opposing coaches must shake hands publicly and should ask players to shake hands with opponents before the game and behave with courtesy at all times.
3. Coaches must be sensitive to tricky situations, such as athletes losing control of themselves, and get potential trouble-makers out of the game before difficulty begins. **Head coaches are responsible for the conduct of their entire staff.**
4. Coaches who repeatedly conduct themselves in an unsportsmanlike manner shall be subject to sanction by the NJSIAA.

### PLAYERS

The less notice the player takes of the spectators and the more he/she concentrates on his/her part in the game, the more absorbed the crowd will be and less likely to misbehave.

1. Players should refrain from showing surprise or irritation at a call of an official. The official's ruling -just or unjust – should be accepted with politeness.
2. "Playing to the crowd" can cause trouble, particularly in basketball where the player's facial expressions are clearly visible to the bench and stands.
3. Unsportsmanlike gesturing or the harassing of individual opponents should be avoided.
4. Substitutes on the bench should not heckle the opposing team.
5. The relationship of players to each other before, during and after the game affects and helps establish crowd rapport.

# NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

## Pre-Season Practice Guidelines for Fall Sports

Intent: TO provide preseason acclimatization guidelines prior to the fall season for student athletes with the purpose of minimizing injury and enhancing the player’s health, performance, and well-being.

### Core Principles:

1. **Acclimatization Period:** It is recommended that the first three days of NJSIAA approved practice will consist of no more than three (3) hours of practice time. For football, helmets may be worn on the first two days and shoulder pads may be added on the third day. For field hockey, the goalie can wear a helmet and pads for no more than one hour.
2. **Scrimmages:** A student/athlete shall not be permitted to participate in a scrimmage until he/she has completed six (6) days of practice for all fall sports.
3. **Rest Period:** It is recommended that teams may not practice form more that six (6) consecutive days. One 24 hours rest period must be included within a seven (7) day period.
4. **3 – 5 Practice Rule:** It is recommended the maximum allotted time per day for practice is 5 hours. A 5 hour practice may not be followed by a practice day greater that 3 hours, therefore, practice days may follow a 3-5-3-5 format. A “walk-through” is permitted on any practice day.
5. **Recovery Period:** It is recommended that a minimum of a two (2) hour recovery period should be provided after any session of greater than 2 hours in length and a one (1) hour recovery period should be provided before a walk- through.
6. **Practice Prior to Approved Date:** In football, it is recommended that schools should not allow the use of full equipment for school sponsored practices prior to the NJSIAA official start of practice date. Reminder: The wearing of equipment and/or exercise during hot weather increases the risk of heat injury or illness.
7. **[www.zunis.org](http://www.zunis.org)**: Visit this website for further information on heat injury/illness as it pertains to the adjustment of practice times.

### Definition:

**Practice** – the time a player engages in physical activity. It is recommended that any practice session be no greater than three (3) hours in length. Warm-up, stretching, conditioning, weight training, and cool-down periods area all considered practice. Note: Practice sessions may be divided while adhering to the time restrictions as described above in #4.

Example: **3 hour day: one 3 hr. practice, or two ½ hour practices.**

**5 hour day: one 3 hr. practice and one 2 hr practice or one 2 ½ hour and one 2 ½ hour practice**

**Walk-Through – No protective equipment or strenuous activity permitted. Only balls and field markers (cones) may be used.**

# NJSIAA

The NJSIAA is a private, non-profit, voluntary organization which is responsible for regulating interscholastic athletics in New Jersey.

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

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

The member schools, their communities, and the whole of society desire academic excellence and recognition, activities free from unsportsmanlike acts, and a culture free of substance abuse.

## Participation Limitations

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

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

### A. In-Season

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

Fall .....August 10 – Last game in Nov/Dec

Winter .....November 23 – Last game in Feb/Mar

Spring .....March 4 – Last game in May/June

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

### B. Out-of-Season

- During this period, athletes may not be involved in intramurals in which they have attained team status.
- Open gym and recreation participation are permitted for players as long as their coaches are not present.
- Camp/clinic participation is permitted for players provide their coaches are not involved.

- Athletes may participate in local community sponsored recreation programs as long as their coaches are not involved.
- Athletes may be involved with a a non-school team with the approval of their school.

### C. Summer Recess

- Practice sessions during the summer recess period may be conducted by schools. Athletes are permitted to participate in any school sponsored practices but participation is not required.
- During the summer recess period, an athlete may not be sponsored or supported by a school or school-related group (Booster Club) when team-interscholastic or individual competition takes place as part of the activity in camps, clinics, or recreation programs.
- The first school day following the last NJSIAA spring championships to the first day of the next school term, all restrictions are rescinded for practice for all sports. Schools may issue any and all equipment for practice use during the summer recess and the local school district may determine to what extent the school, the coaches, and the student are to be involved in the “summer recess” program. Athletes and coaches may participate at their own individual risk.

## Student/Athlete Participation

Participation in athletics and all activities in the **North Warren Regional School District** is a privilege which carries with it certain responsibilities. A student is a representative of the school and the entire community. There are certain basic standards expected of the participants in athletics at **North Warren Regional**.

1. All students who represent **North Warren Regional** on a team are expected to conduct themselves in such a manner as to reflect credit upon **North Warren**.
2. All students must remember they are students of the school first and participants second. Participation in athletics is a privilege granted to a student, not a right guaranteed to them.
3. Being a member of a team does not entitle any student to any special privileges in the school. Rather, it may carry a responsibility of being a good citizen in the face of peer pressure to become involved in some action which might violate school rules. Our athletes are expected to set examples of good school citizenship and cooperation which will reflect upon them as individuals and upon all out athletes in general.
4. Students afforded these privileges must assume the responsibilities which accompany them at all times.

## 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.

**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. We are reverting back to most provisions of the “old rule” for the Spring 2011 season. 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.”*

## **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 caddy or work in a golf or tennis shop, but may not receive compensation from giving instruction.
4. You may bowl in a adult league, but you may not accept or have anyone accept for you any merchandise or cash
5. You may not accept free on loan or on a discount basis, any equipment or merchandise for personal use under any circumstances.

## **Contest Disqualification**

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.



## **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 10<sup>th</sup> 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 10<sup>th</sup> 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.**

## 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. 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.

# ***Important Forms***

## Review and Understand the Purpose of the Forms

1. Activity Fee
2. Random Drug and Alcohol Consent to Test Form
3. Physical Examination Form
4. Steroid Testing Policy (High School ONLY)
5. Impact Testing Consent Form
6. Travel Release Form
7. Uniform Code of Conduct
8. Weight Room Permission
9. Eligibility
10. Physical Update Form
11. Emergency Medical Card
12. Application for Fundraising
13. Sudden Cardiac Death
14. Heads Up Concussion

**REMINDER - All forms can be found online on the NWR website.**