

MAHWAH HIGH SCHOOL

STUDENT - PARENT ATHLETIC HANDBOOK

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STATEMENT OF PHILOSOPHY

The Mahwah School District is committed to providing a dynamic co-curricular program that serves as a vital component of the overall learning experience for students. As an integral part of the educational program, athletics offer “real life” experiences providing unique opportunities for students to learn valuable lessons including; the value of competition, learning to win with grace and lose with dignity, the importance of setting goals and developing plans to attain those goals, and commitment to excellence and continuous improvement. Additionally athletics help to instill essential values in students including discipline, teamwork, dedication, responsibility, fairness, and trustworthiness. Through participation in the Mahwah athletic program, students will build a healthy self-concept and a healthy body and mind that will serve them well in all aspects of their lives.

CORE BELIEFS

We believe that athletics must be a learning-based program that *always* put the needs of student-athletes first.

We believe that athletics are a means to an end and are conducted primarily as preparation for life.

We believe that coaches are educators first and foremost and must be highly qualified and continuously trained.

We believe that coaches serve as role models for the young men and women they lead.

We believe that winning should be a byproduct of doing things “the right way” rather than believing that it is important to win at all costs.

We believe that every reasonable effort should be made to support athletic programs with the best facilities, equipment, and with the most qualified staff available.

We believe that a successful athletic program requires the cooperation, commitment, and support of the Board of Education, administration, coaches, parents, students, and community.

STATEMENT OF NON-DISCRIMINATION

The Mahwah Public Schools District prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact the Office of Special Education.

HARRASSMENT, INTIMIDATION, BULLYING

Policy Statement (BOE Policy 5512 updated 8/3/11)

The Board of Education prohibits acts of harassment, intimidation, or bullying of a pupil. A safe and civil environment in school is necessary for pupils to learn and achieve high academic standards. Harassment, intimidation, or bullying, like other disruptive or violent behaviors, is conduct that disrupts both a pupil's ability to learn and a school's ability to educate its pupils in a safe and disciplined environment. Since pupils learn by example, school administrators, faculty, staff and volunteers should be commended for demonstrating appropriate behavior, treating others with civility and respect, and refusing to tolerate harassment, intimidation, or bullying.

"Harassment, intimidation, or bullying" means any gesture, any written, verbal or physical act, or any electronic communication, and that:

1. Is reasonably perceived as being motivated by either any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability; or
2. By any other distinguishing characteristic; and that
3. Takes place on school property, at any school-sponsored function, on a school bus, or off school grounds, as provided for in N.J.S.A. 18A:37-15.3, that substantially disrupts or interferes with the orderly operation of the school or the rights of other pupils; and that
4. A reasonable person should know, under the circumstances, that the act(s) will have the effect of physically or emotionally harming a pupil or damaging the pupil's property, or placing a pupil in reasonable fear of physical or emotional harm to his/her person or damage to his/her property; or
5. Has the effect of insulting or demeaning any pupil or group of pupils; or
6. Creates a hostile educational environment for the pupil by interfering with a pupil's education or by severely or pervasively causing physical or emotional harm to the pupil.

Expected Behavior

The Board expects pupils to conduct themselves in keeping with their levels of development, maturity and demonstrated capabilities with a proper regard for the rights and welfare of other pupils and school staff, the educational purpose underlying all school activities, and the care of school facilities and equipment.

The Board believes that standards for pupil behavior must be set cooperatively through interaction among the pupils, parent(s) or legal guardian(s), staff and community members, producing an atmosphere that encourages pupils to grow in self-discipline. The development of this atmosphere requires respect for self and others, as well as for school district and community property on the part of pupils, staff and community members. The district prohibits active and passive support for harassment, intimidation or bullying. Pupils are encouraged to support other pupils who walk away from these acts when they see them, constructively attempt to stop them, and report these acts to the building principal or his/her designee.

Pupils are required to conform to reasonable standards of socially acceptable behavior; respect the person, property and rights of others; obey constituted authority; and respond to school district teaching, support and administrative staff. Each school principal will develop and provide a school-based program for appropriate recognition for positive reinforcement for good conduct, self-discipline, good citizenship and academic success.

Consequences and Appropriate Remedial Actions

Consequences and appropriate remedial action for a pupil or staff member who commits one or more acts of harassment, intimidation, or bullying may range from positive behavioral interventions up to and including suspension or expulsion of pupils, as set forth in the Board's approved Code of Pupil Conduct pursuant to N.J.A.C. 6A:16-7.1. Consequences for a pupil who commits an act of harassment, intimidation, or bullying shall be varied and graded according to the nature of the behavior, the developmental age of the pupil and the pupil's history of problem behaviors and performance, and must be consistent with the Board's approved Code of Pupil Conduct and N.J.A.C. 6A:16-7, Student Conduct. Remedial measures shall be designed to correct the problem behavior, prevent another occurrence of the problem, protect and provide support for the victim of the act, and take corrective action for documented systemic problems related to harassment, intimidation, or bullying.

Reporting Procedure

Complaints alleging violations of this policy shall be reported to the principal or his/her designee. All school employees are required to report alleged violations of this policy to the principal or his/her designee. All other members of this school community, including pupils, parent(s) or legal guardian(s), volunteers and visitors are encouraged to report any act that may be a violation of this policy.

Reprisal or Retaliation Prohibited

The school district prohibits reprisal or retaliation against any person who reports an act of harassment, intimidation or bullying. The consequence and appropriate remedial action for a person who engages in reprisal or retaliation shall be determined by the principal or his/her designee after consideration of the nature and circumstances of the act, in accordance with case law, Federal and State statutes and regulations and district policies and procedures.

Consequences for False Accusation

Consequences and appropriate remedial action for a pupil found to have falsely accused another as a means of harassment, intimidation or bullying range from positive behavioral interventions up to and including suspension or expulsion, as permitted under N.J.S.A. 18A:37-1, Discipline of Pupils.

Affirmative Action Information

It is the policy of the Mahwah School District not to discriminate on the basis of race, color, creed, religion, sex, handicap, ancestry, national origin, social or economic status, or marital status, in its educational programs or activities and employment policies as required by Title IX of the Educational Amendments of 1972, N.J.A.C. 6:4-1.1, Section 504 of the Rehabilitation Act of 1973, and Title VI of the Civil Rights Act of 1964.

Inquiries regarding compliance may be directed to Dennis Fare, Affirmative Action Officer at: 201-762-2405, or to the high school Principal.

EXPECTATIONS FOR PROGRAMS BY LEVEL

The philosophy for an athletic program, just as for any educational program, must take into consideration the age and developmental level of the students participating in the program. The expectations for training routines, practices, and commitment to a sport for a 17 or 18 year old young adult playing a varsity sport would obviously not be appropriate for a young adolescent participating in a middle school program. Athletics when viewed primarily as an educational endeavor provide an environment that matches expectation levels with the developmental needs of the student-athletes.

Expectations for Middle School Athletics

- Exploration of participation in numerous sports is encouraged.
- Students are taught the fundamentals of the sport including skills, fitness, and knowledge of the game.
- Focus is on building interest in athletic participation.
- Success is promoted but in the general sense of the word and not defined as “winning”.
- All students should receive substantial playing time.
- Students are encouraged to feel part of the Mahwah athletic program.
- Middle school coaches communicate with high school coaches and teach students skills and knowledge consistent with the high school program using age appropriate strategies.
- Students are supported as they develop pride in their individual progress and in the progress of their teams.
- All students who wish to participate should be given the opportunity and “cuts” should only be made when it is not feasible to keep all students interested in participating.
- Intramural programs should be considered as a means to accommodate students who were not selected for teams or who wish to enjoy athletics in a non-competitive environment.
- Students should have fun!

Expectations for Freshmen Athletics

- While it is recognized that certain sports cannot accommodate an excessive number, students are encouraged to participate in athletics regardless of skill/talent level.
- Fundamentals of the game are emphasized and reinforced.
- Students learn to be team players and commitment to the concept of “team” is a primary focus.
- Students learn how to manage time to meet the increased demands of academics and athletics.
- Students develop school pride and spirit.
- Participation in multiple sports is highly encouraged.
- Whenever possible freshmen should play at the freshmen level in order to maintain an age appropriate environment and to build esprit de corps among classmates.
- While playing time begins to be based more on ability, all freshmen athletes should receive more than “token” playing time.
- Coaches should conduct practices that use the same “system” for skill development, terminology and game strategies as the varsity program.

- Coaches communicate regularly with the head varsity coach to insure that the freshmen program is aligned philosophically and strategically with the varsity program.

Expectations for Junior Varsity Athletics

- Junior varsity athletes should be made to feel important and valued by the program.
- Whenever possible junior varsity athletes should practice together as a team and learn the same drills and strategies as the varsity players.
- Junior varsity athletes should be offered opportunities for playing time and, if able, varsity game experience.
- Junior varsity coaches should work closely with the head varsity coach and communicate on player and team development.
- Junior varsity players should support the varsity teams and in turn be supported by the varsity players.
- Varsity coaches should attend as many junior varsity games as possible.
- Summer programs for junior varsity teams should be offered to interested J.V. players.

Expectations for Varsity Athletics

- Varsity athletes and coaches expect pride in their performance and exhibit positive attitudes.
- Varsity athletes and coaches expect to be successful.
- Varsity athletes and coaches serve as role models for students in middle school, freshmen, and junior varsity programs and exhibit the highest standards of sportsmanship and character.
- Fundamentals are reinforced and advanced techniques and strategies are learned.
- Varsity coaches build leadership skills in varsity athletes.
- Coaches and athletes “live” the concept of team.
- Playing time is predicated on ability and adherence to team policies and rules – playing time is not guaranteed.
- Varsity athletes and coaches instill pride and spirit in Mahwah High.
- Varsity athletes and coaches are committed to the Mahwah program over outside teams and programs.
- Varsity athletes and coaches are active supporters of the middle school, freshmen, and junior varsity teams.
- Varsity coaches are responsible for overseeing the lower level programs and insure that the skills, strategies, and terminology are being taught in a manner consistent with the varsity program.
- Off season programs are offered to all interested students.
- Winning is one, but not the only, measure of success.

CHARACTERISTICS OF SUCCESSFUL “THUNDERBIRD” PROGRAMS

In a successful Mahwah program:

- **Student-Athletes**
 - Are committed to the sport in season
 - Demonstrate a love and passion for the sport
 - Have confidence in themselves and their teammates and expect to succeed
 - Are supportive of other teams and team members, including students in lower level programs
 - Train to be in top physical and mental condition before and during the season.
 - Enjoy the experience of being a “Thunderbird” athlete
 - Put the interest of the team ahead of self-interests
 - Are respectful of coaches, teammates, opponents, and officials

- **Coaches**
 - Have a strong knowledge of the game and teach fundamentals, skills, and strategies that lead to success
 - Have a passion and love for the sport
 - Purposefully demonstrate that they care about their students beyond the playing field
 - Always put the interest of students first
 - Are adept at communicating with students, parents, and administrators
 - Maintain a positive attitude and serve as a role model for students, leading by example
 - Are involved in all levels of the program from varsity to middle school and town recreation programs, where appropriate
 - Consistently enforce team rules and expectations
 - Have expectations for success for their athletes and teams
 - Follow all the requirements for coaches as set forth by the NJSIAA

- **Parents/Guardians**
 - Have realistic expectations about their child’s athletic ability
 - Are respectful of the coaches, officials, and all student athletes, regardless of ability or school affiliation
 - Support the athletic program in its entirety i.e. the school budget including facilities and equipment
 - Assure healthy living habits including rest and nutrition and help their child balance the demands of school and athletics
 - Follow the established chain of command when they have a concern
 - Do not criticize the coach in front of their child

○ Administration and Board of Education Members

- Provide proper facilities, resources, equipment, and uniforms
- Always put the interest of children first
- Hire and evaluate coaches in accordance with the established job description for coaches
- Are accessible to hear the concerns of coaches, students, and parents through the established chain of command
- Set high expectations for coaches, students, and administrators
- Hire coaches who are teachers in the district whenever possible
- Hold coaches accountable
- Communicate and celebrate the successes of the Mahwah athletic programs

○ Co-curricular Athlete Attendance and Participation

For any student to participate in Athletics at the start of the season, they must have cleared any/all obligations and discipline. It is required that participants in athletic activities adhere to a minimum of four (4) hours attendance in school in order to be eligible for participation in a particular activity that day. This would mean that students who arrive after 8:35 a.m. or leave before 1:18 p.m. will not be permitted to participate that day. It should be noted, however, that *extenuating circumstances* could allow for administrative exemption from this rule. A coach may exclude a student from participating in an activity if the student fails to adhere to the requirements for participation.

- A student may be absent from school for a reason that has received prior administrator approval, i.e. driver's license test, college visitation, religious observance.
- Students who participate in sports are required to participate in physical education during the sports season of which they are involved.
- If a student is illegally absent from school on a Friday or last day prior to a holiday, he or she cannot practice or compete until a legal day of school has been completed by that student.
- Students who are failing or are in danger of failing any subjects are expected to avail themselves of extra help during 10th period. If they continue to fail they will have their activity program reviewed to determine if the activity is a factor in the student's academic performance.

Practices, Games, Group Competition Requirements

Athletes are required to make a commitment to their sport by attending all contests and practices including those that occur on weekends, during vacations, and during post-season tournaments. Athletes will always be excused for observance of religious holidays without penalty and should notify their coaches of these circumstances well in advance.

Students are expected to attend all athletic practices, games and competitions unless excused by the advisor or coach. It is the responsibility of the student to notify the advisor/coach if he or she is in school and unable to make a practice or competition. If a student is detained for academic reasons, a note should be obtained showing the date and times of the meeting. If a student is detained for disciplinary reasons, such as a detention, it is to be treated as an unexcused absence or tardy, and appropriate action taken.

Athletes who do not adhere to the attendance and participation requirements will receive a penalty. Penalties may include suspension from the next game, suspension from several games, or removal from the team.

INTRODUCTION

PARENT/COACH RELATIONSHIP

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

COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

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

COMMUNICATION COACHES EXPECT FROM ATHLETES/PARENTS

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

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

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

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

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

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing Time.
2. Team Strategy.
3. Play Calling.
4. Other Student-Athletes.

There are situations that may require a conference between the coach and player, or coach and parent. These are to be encouraged. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote resolution to the issue of concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

THE PROCEDURE YOU SHOULD FOLLOW

1. Call the coach to set up an appointment.
2. The Mahwah High School telephone number is (201) 762-2300.
3. If the coach cannot be reached, call the Director of Athletics, Mr. Roger Pelletier. He will set up the meeting for you. His telephone number is (201) 762-2331.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.
5. If a resolution is not found, please contact the Director of Athletics, Mr. Roger Pelletier for a second meeting.
6. Due process allows for you to meet with the Principal/or his designee and then the Superintendent if necessary.

STUDENT ATHLETE INSURANCE COVERAGE

The Board of Education has purchased comprehensive insurance coverage to protect all students in interscholastic athletics against accident injury.

PLEASE NOTE: This policy is a supplement to any other insurance you may have. Thus, **PARENTS MUST USE THEIR OWN INSURANCE FIRST.** This policy will then pick up those bills not covered by your own insurance, up to the limits in the policy. If you do not have insurance for medical expenses, this policy will go into effect immediately.

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 responsibility, not the school districts.

Claim forms must be mailed to Bollinger (MHS insurance company) within 90 days of the accident or injury. Claim forms can be obtained in the nurse's office.

TO THE ATHLETE

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

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools, and our community. Such a tradition is worthy of the best efforts of

all concerned. Over many years our squads have achieved many league and tournament championships. Many individuals have set records and won All-State, All-County, and All-League honors.

It will not be easy to contribute to these traditions. When you wear the colors of Mahwah, we assume you understand our traditions and are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family:

Mahwah student athletes are expected to:

1. Maximize their academic performance by attending class every day, by being attentive in class, not being disruptive in class, and by doing homework assignments conscientiously.
2. Conduct themselves in school and out of school, in a manner that reflects positively on their family, their team, their school, and themselves. This includes conduct on buses, in locker rooms and opposing schools.
3. Care for themselves by maintaining good habits of eating, sleeping, and exercising.
4. Abstain from consuming alcohol, tobacco, and illegal drugs.
5. Take advantage of opportunities to improve their level of skill.
6. Make a commitment to their sport by attending all contests and practices including those that occur on **weekends, during vacations, and during post-season tournaments**. Athletes will always be excused for observance of religious holidays without penalty and should notify their coaches of these circumstances well in advance.
7. Treat their opposing and own players and coaches with respect at all times.
8. Plays hard, but within the rules.
9. Exercises self-control at all times, setting the example for others to follow. Foul language and gestures will not be tolerated.
10. Respects officials and accept their decisions without gesture or argument.

Athletes who do not adhere to these rules will face severe penalties. **Penalties may include suspension from the next game, suspension from several games, or removal from the team.**

STUDENT-ATHLETES and *Use of Locker Room Facilities*

	Self	Team/Community	Locker Room Facilities (On & Off Campus)
Respectful	Be a positive role model; Be courteous in words and actions; Use appropriate language; Treat others as you wish to be treated	Demonstrate good sportsmanship; Support and encourage all participants; Be tolerant of others	Respect facilities and others' property; Clean up after yourself; Limit the use of electronic devices ^{4, 5} ; Maintain personal boundaries ¹
Responsible	Adhere to all school policies; Be on time and be prepared ² ; Be accountable; Be aware of your effect on others	Be courteous to visitors and opponents; Be accountable to team, school, and community; Clean up after yourself; Leave it better than you found it	Follow the rules of the facility; Secure personal items and team equipment; Lock your locker; Keep combination to yourself; Shower and depart in a timely manner ³
Committed	Make wise and healthy choices; Strive for excellence; Be attentive and focused; Maintain consistent effort	Positively represent family, community, and school; Use time wisely; Acknowledge and support teammates and peers; Act and react appropriately	Demonstrate pride in school facilities; Keep your locker and locker room clean and organized; Maintain a fresh supply of laundered clothing and towels, removing soiled items promptly; Pick up trash

SPECIFIC BEHAVIORAL EXPECTATIONS:

1-During co-curricular activities, student-athletes shall maintain appropriate personal boundaries and abstain from inappropriate actions that include, but are not limited to the following: horse play, towel whipping, inappropriate physical contact, or throwing of objects/projectiles.

2-Student-athletes shall be timely in dressing for team practice and be prompt in their departure from the locker room to report for practice.

3-Following practice, unless extenuating circumstances apply, student-athletes shall be showered, dressed, and out of the locker room within 20 minutes.

4-In accordance with Board of Education Policy, no person may use a cellular phone, camera, video recorder, or other device to record or transfer images in the locker room at any time.

5-Unless allowed by the coaching staff for pre-approved use (i.e. pre-game motivation), music shall not be played in the locker room.

NJSIAA ELIGIBILITY RULES

To be eligible to participate in the interscholastic athletic program at Mahwah, you must be formally enrolled in the high school. **Understand that the conditions below are controlled by N.J.S.I.A.A. not Mahwah High School.**

A. Credits

1. First Semester

To be eligible for athletic competition between September 1 to January 31, a pupil must have passed 25% of the credits (30) required by the State of New Jersey for graduation during the immediately preceding academic year.

2. Second Semester

To be eligible for athletic competition between February 1 to June 30, a pupil must have passed the equivalent of 12.50 % of the credits (15) required by the State of New Jersey for graduation at the close of the preceding semester.

3. The first semester rule does not apply to incoming students from middle or elementary school.

4. A person who is eligible at the beginning of a sports season shall be allowed to finish that season. Conversely, any student who is ineligible during the first semester may become eligible on February 1 for the remainder of the winter sports season.

B. Age: May not attain the age of nineteen (19) prior to September 1st.

C. Semesters

No student shall be eligible for high school athletics after the expiration of eight consecutive semesters following his/her entrance into the ninth (9th) grade.

D. Transfers

1. A student who transfers from one secondary school to another because of a bonafide change of residence is eligible to represent his/her new school immediately upon entrance.

2. Any student transferring from one secondary school to another without a change of residence is subject to the following:

A. Earned Varsity letter at previous school.

Ineligible to compete for a period of thirty (30) calendar days from the date of the present schools first (1st) game in that sport.

B. Did not earn Varsity letter.

Ineligible to compete for a period of thirty (30) calendar days from the date of the present schools first (1st) game in that sport.

LEAGUE AFFILIATION

Mahwah High School is a member of the Big North Conference, which includes the following member schools:

Academy of the Holy Angels	Immaculate Heart Acad.	Passaic Valley
Bergen Catholic	Indian Hills	Ramapo
Bergen Tech.	John F. Kennedy	Ramsey
Bergenfield	Lakeland Regional	Ridgefield Park
Clifton	Mahwah	Ridgewood
Demarest	Northern Highlands	River Dell Regional
DePaul Catholic	Old Tappan	St. Joseph-Montvale
Don Bosco	Paramus	Teaneck
Dumont	Paramus Catholic	Tenafly
Dwight Morrow	Pascack Hills	Wayne Hills
Fair Lawn	Pascack Valley	Wayne Valley
Fort Lee	Passaic	West Milford
Hackensack	Passaic County Tech.	Westwood

COLLEGE VISITATIONS

At some time during a student athlete's Junior and/or Senior year, it may be necessary for the student athlete to make college visits. Coaches, parents and student athletes should be pro-active and plan for college visits early to avoid potential scheduling conflicts. Student athletes and parents should understand that inclement weather, state/county tournament playoffs, and make up games might alter all previously scheduled events.

During the school year, with the exception of football in the fall season, the third weekend in November and the first weekend in March are normally free from activity, unless a team is playing for a sectional or state championship.

THE ROLE OF THE ATHLETIC TRAINER

Mahwah High School is fortunate to have a certified athletic trainer. The Athletic Trainer has been given the authority to interpret and administer to any injury that occurs at our facilities. Once the athlete has been evaluated initially, it becomes the choice of the family as to where the child will receive further medical care if necessary. The rehabilitation process should be coordinated between the family and the Athletic Trainer.

BIG NORTH CONFERENCE ADULT CONDUCT CODE

Adults play a vital role in the development of our student athletes. Therefore, we believe that adults should:

- Be positive role models through actions that ensure that student/athletes have the best athletic experience possible.
- Be supportive of the team as a whole.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Be respectful of all official's decisions.
- Be careful not to instruct players before or during games because your instructions may conflict with the coach's plans and strategies.
- Praise student athletes in their attempts to improve themselves as athletes, students, and people.
- Gain an understanding and appreciation of the rules of the contest.
- Recognize and show appreciation for outstanding play by either team.
- Help our student/athletes learn that success is measured by the development of skills, not necessarily wins and losses.
- Take time to talk with coaches in an appropriate manner at the proper time and in the proper place.
- Reinforce the school's drug and alcohol free policies.
- Remember that it is a privilege to attend high school athletic contests.

EQUIPMENT AND SUPPLIES

1. Equipment issued by the school becomes the responsibility of the student during the season.
2. Lost or stolen equipment must be paid for at replacement cost or you will not graduate and receive a diploma.

TRANSPORTATION POLICIES

Athletes are required to ride buses to and from all athletic events. Under certain circumstances or exceptional situations where it creates an inconvenience to the family, athletes may be excused from riding to or from an athletic event on school authorized transportation. This privilege is to be kept at a minimum since our philosophy continues to be that an athlete is part of a team in all phases of team activity.

In no case will an athlete be allowed to ride home with another student.

AWARD POLICIES

The Varsity Athlete will receive a seven-inch block chenille letter **M** with an insert the first time he or she meets the requirements for lettering. Thereafter, the award will be a certificate and service bar for each award. **The athlete shall receive only one varsity chenille letter.**

The Junior Varsity Athlete will receive a certificate. This award is for all 10th, 11th and 12th grade athletes not meeting the requirements for varsity letters.

The Freshman Athlete will receive a certificate.

ATHLETIC DIRECTORS AWARDS

I. Thunderbird Pride Award

Each team will have one award to present to the individual selected by his/her teammates and coaching staff.

II. Minds in Motion

Minds In Motion is a nationally recognized program honoring varsity letter winners who have achieved outstanding academic success. A special plaque is presented to each varsity letter winner who has achieved high honor roll status during a marking period in which they have competed on an interscholastic team at Mahwah.

III. Individual teams may have their own awards to be decided by the coach of those teams, and with the approval of the Athletic Director.

PROGRAM OFFERINGS

The Mahwah Athletic Department offers a variety of sports so that any student can find an activity that will fit their individual need for involvement and participation.

<u>Sport</u>	<u>Varsity</u>	<u>JV</u>	<u>Fresh.</u>	<u>Boys</u>	<u>Girls</u>
BASEBALL	X	X	X	X	
BASKETBALL	X	X	X	X	X
BOWLING	X	X		X	X
CROSS COUNTRY	X	X	X	X	X
FOOTBALL	X	X	X	X	
GOLF	X	X		X	X
ICE HOCKEY	X	X		X	
LACROSSE	X	X		X	X
SOCCER	X	X	X	X	X
SOFTBALL	X	X	X		X
SWIMMING	X	X		X	X
TENNIS	X	X		X	X
WRESTLING	X	X	X	X	
CHEER	X	X		X	X
TRACK & FIELD - SPRING	X	X	X	X	X
TRACK & FIELD - WINTER	X	X	X	X	X
VOLLEYBALL	X	X	X		X

SPORTS SEASONS

I. The starting and finishing dates for the three athletic seasons are as follows for 2022-23:

FALL

- Aug 10: Football, Cheer TBD
- Aug 16: Girls Tennis November 20
- Aug 22: Soccer, Cross Country, Volleyball November 20

WINTER

- Nov 21: Ice Hockey, Swimming, Bowling, Basketball, Track & Field, Wrestling March 31

SPRING

- March 13: Boys Tennis June 15
- March 16: Lacrosse, Baseball, Softball, Track & Field, Golf June 15

II. Practice and Game Commitments:

Most sports in season practice each day after school. Most will also practice or have games on Saturdays. In addition, many will have practice and/or games during school vacations.

It is recommended that family vacations not be scheduled during an interscholastic season. To miss games and practices during vacations **will** have a negative impact on an athlete's position on their team and will result in

sanctions by the coach. It will jeopardize the ability of an athlete to earn a letter. **This would include the holiday recess and the spring break.**

Coaches can require that athletes do not play on out of season teams while participating on a Mahwah High School team. It is the position of the Athletic Department that our high school sports teams must take first priority in a Mahwah student's athletic endeavors.

III. Involvement in Multiple School Activities

Mahwah High School encourages students to participate in multiple school activities throughout the year, although there will be conflicts. The following guidelines will be used so that all coaches and athletes understand the philosophy of the administration, which will not permit any consequence for choosing one school activity over another:

- If both activities are practicing or participating in actual events at the same time, then the student may select the activity, which he/she chooses, without fear of disciplinary action.
- If there is a conflict between a school event and a school practice, the student will participate in the school event.
- A school event should always take precedence over a non-school activity or event.

Athletes are strongly encouraged to talk with their coaches regarding conflicts in scheduling or any other problems as soon as they are discovered.

- Students with athletic activities that conflict with co-curricular activities must bring these conflicts to the attention of the coach and co-curricular advisor as soon as they become known.
- Conflicts involving two activities (such as student council and sports) should be resolved amicably by the advisor and coach with the best interests of the student in mind.
- If students have too many conflicts, they need to make responsible decisions with their parents as to which activities they will continue.
- Conflicts, which cannot be resolved, should be brought to the Athletic Director for resolution.

SQUAD SELECTION

I. Philosophy

In accordance with our philosophy of athletics and our desire to see as many

students as possible participate while at Mahwah High School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Obviously, time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy in this regard, we strive to maximize the opportunities for our students without diluting the quality of the program.

II. Cutting Policy

A. Responsibility

1. Choosing the members of the athletic squads is the sole responsibility of the coaches of those squads.
2. Lower level coaches shall take into consideration the policies as established by the Head Coach of that particular program when selecting final team rosters.
3. Prior to trying out, the coach shall provide the following information to all candidates for the team:
 - a. Extent of try-out period.
 - b. Criteria used to select the team.
 - c. Number to be selected.
 - d. Practice commitment if they make the team.
 - e. Game commitment.

B. Procedure

1. When a squad cut becomes a necessity, the process will include two important elements. Each candidate shall:
 - a. Have competed in a minimum of five practice sessions.
 - b. Be personally informed of the cut by the coach and the reason for the action.
2. Cut lists are not to be posted.
3. Coaches will discuss alternative possibilities for participation in the sport.
4. If a coach foresees difficulties arising as the result of squad cuts, he/she should discuss the situation with the Athletic Director.

III. Disqualifications

As per N.J.S.I.A.A. rule 2, note 4, any student or coach disqualified before, during, or after any interscholastic event for unsportsmanlike and flagrant verbal or physical misconduct will be disqualified from the next two regularly scheduled games/meets, with the exception of football which will carry a one game suspension.

The Athletic Director, in conjunction with the Principal may suspend a student-athlete from additional interscholastic contests depending upon the severity of the infraction. This may be implemented at the discretion of the administration upon reviewing such incident.

NCAA CLEARING HOUSE INFORMATION FOR STUDENT ATHLETES

The following information is available in more detail on the Mahwah High School website under the Guidance tab. For questions, student-athletes and their parents/guardians should contact their Guidance Counselors or go directly to ncaa.org/playcollegesports eligibilitycenter.org.

If you desire to play sports at an NCAA Division I or II school, you must be registered with and be certified as eligible by the NCAA Initial Eligibility Clearinghouse (CH). Start by registering for a Certification Account with the NCAA Eligibility Center at eligibilitycenter.org. If you want to play Division III sports or you aren't sure where you want to compete, start by creating a Profile Page at eligibilitycenter.org.

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA, and earn an ACT or SAT score that matches your core-course GPA.

CORE COURSES

Visit eligibilitycenter.org/courselist for a full list of your high school's approved core courses. To meet Division I and II core-course requirements, you must complete 16 courses.

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses.

- DI requires a minimum 2.3 GPA
- DII requires a minimum 2.2

GPA SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/playcollegesports.

TEST SCORES

Take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you register to take a test. If you take a test more than once, send all your scores and the best scores from each test section will be chosen to create your sum score. Official scores only from the ACT or SAT are accepted, and scores shown on your high school transcript won't be used. Remember to apply the College Board concordance table for SAT tests taken in

March 2016 and after.

PLANNING TIMELINE

Grade 9: PLAN

Take the right courses and earn the best grades you can. Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org/courselist.

Grade 10: Register

Register for a Certification Account or Profile Page with the NCAA Eligibility Center at eligibilitycenter.org. If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

Grade 11: Study

Check with your counselor to make sure you are on track to graduate on time. Take the ACT or SAT, and make sure we get your scores by using code 9999. At the end of the year, ask your counselor to upload your official transcript.

Grade 12: Graduate

Take the ACT or SAT again, if necessary, and make sure we get your scores by using code 9999. Request your final amateurism certification after April 1. After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

ORIGINAL COPY

The following questions are frequently asked by students about what they need to do to participate under the NCAA approved process:

Why do I need to register and be certified? If you intend to participate in Division I or II athletics as a freshman in college beginning in August 1994 you must be registered with and be certified as eligible by the NCAA Initial Eligibility Clearinghouse (CH). To be certified you need to graduate from high school, earn a grade-point average of at least 2.00 (on a 4.00 scale) in a core curriculum of at least 14 academic courses, (**For the class of 2008: Division I only-16 core courses**) and achieve a qualifying score of on the ACT or 70 on the SAT. Please note that initial-eligibility certification pertain only to whether or not you meet the NCAA requirements for participation in Divisions I or II athletics and has no bearing on your admission to a particular Division I or II institution.

When should I register? You should register with the CH whenever you decide you would like to participate in athletics as a college freshman. It's generally better to register after your junior year grades appear on your transcript. Although you can register anytime prior to participation, if you register late, you may face delays that will prevent you from practicing and competing.

How do I register? You will need to obtain registration materials from your high school guidance counselor. (If your school has run out of materials, your counselor should call the CH at (319) 337-1492 to obtain additional forms). These materials include a Student Release Form and a red brochure, titled Making Sure You Are Eligible to Participate in College Sports. Fill out the Student Release form completely and mail the top (white) copy of the form to the CH along with the \$18.00 fee. (The fee can be waived if you received a

waiver of the ACT or SAT test fee). Give the pink and yellow copies of the Student Release Form to your high school counselor, who will send the yellow copy, along with an official copy of your high school transcript, to the CH. The high school will keep the pink copy of the form for its files.

What if I have attended more than one school? If you have attended multiple high schools since ninth grade, each school will need to send your official transcripts to the CH. You should give the pink and yellow copies of the Student Release Form to the counselor at the high school from which you will be graduating. You will also need to make copies of this form and send them to the counselors at the other schools that you have attended.

Are standardized test scores required? Qualifying test scores (a composite score of a least 17 on the ACT/700 total on the SAT) are required for participation at both Division I and Division II institutions. If you intend to participate at the Division I school, your scores must be sent to the CH directly from the testing agency. If you intend to participate at the Division II school, the test scores may be taken from your official high school transcript.

How can I arrange for my scores to be sent directly from the testing agency? When you register take the ACT or the SAT, you can mark code 9999 so that the CH will be one of the institutions receiving your score; or alternatively, you can submit a request (and fee) for an “Additional Score Report” to the appropriate testing agency by indicating code 9999 on your request form.

What will the CH provide to those institutions that are recruiting me? The CH will send your eligibility status to any Division I or II institution that requests it, provided that you have given your permission on your Student Release Form for the institution to receive the information. Please note that the CH will not send your eligibility information at your request; rather, the institution must make the request for that information.

Credit To: Michigan High School Athletic Association.