

# **Matawan-Aberdeen Regional School District**



**2020-2021**

## **Athletic Handbook for Parents**

## INTRODUCTION

This handbook has been prepared to enhance communication between parents, teachers, student-athletes, coaches, and school administrators. Parents and student-athletes are asked to familiarize themselves with the contents of this handbook. Any concerns or questions may be directed to Philip Tyburczy, Assistant Principal in Charge of Athletics at 732-705-5346. Questions regarding specific sports should be directed to the coach of the team in question.

At the beginning of each season a Parent/Coaches meeting is held. This is an important meeting and all parents are encouraged to attend. Parents will also be given an opportunity to meet the coaches of the sport in which their son/daughter is involved. We also encourage the parents to demonstrate their support by attending as many athletic contests as possible.

By design, athletic participation is filled with many challenges. Parents can make a difference in the success of the athletic program by encouraging their student-athletes and by supporting the coaches' and officials' decisions. Parents and student-athletes are encouraged to contact the coach for clarification, understanding, and counsel.

The **New Jersey State Interscholastic Athletic Association (NJSIAA)** and the **Shore Conference** both hold the Matawan Regional High School Athletic Program in high regard. The Matawan Avenue Middle School follows the same guidelines set by the NJSIAA and the Shore Conference of Middle Schools. Student-athletes are expected to uphold this tradition by exhibiting the highest level of competition and sportsmanship. Matawan student-athletes traditionally are noted for dedication to their sport, intense competitiveness, and respect for opponents and officials.

## PHILOSOPHY AND OBJECTIVES

It is the intent of the Matawan Athletic Program to provide the students of the middle school and high school a comprehensive, well-planned, balanced interscholastic program, and to show how the students can benefit from participation in this type of activity.

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

- Promote individual and team desire for excellence, while emphasizing that interscholastic sports are kept in perspective and that the first priority for all student-athletes is intellectual and emotional growth.
- Encourage enjoyment of competition, a desire to win, and a healthy attitude toward winning and losing.
- Develop the self-confidence and self-respect of each team member.
- Develop the specialized talents, skills, and physical fitness of each participant.
- Develop attitudes and skills that foster teamwork, cooperation, loyalty, and spirit.
- Develop the highest degree of sportsmanship, sense of fair play, and respect for coaches, game officials, and especially fellow athletes, both teammates and opponents.

## **NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION**

The NJSIAA is a private, non-profit, voluntary organization that is responsible for regulating interscholastic athletics in New Jersey. The NJSIAA governs and controls all of the interscholastic sports programs offered to high school boys and girls. The middle school sports program is guided by the same rules and regulations.

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

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

The quality of those experiences depends largely on those coaches and officials who interact regularly with our young people. We must provide training of these leaders as role models through workshops, clinics, videos, and provisions for 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 from substance abuse. This association, as part of its responsibility to New Jersey's leaders of tomorrow must address these issues.

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

The headquarters is located in Robbinsville, approximately 12 miles from Trenton.

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PO Box 487

Robbinsville, New Jersey 08691

Tel.: (609) 259-2776

Fax.: (609) 259-3047

E-mail: [info@njsiaa.org](mailto:info@njsiaa.org)

Website: [www.njsiaa.org](http://www.njsiaa.org)

## PARTICIPATION LIMITATIONS

The NJSIAA Constitution, Bylaws, Rules and Regulations, for all intents and purposes are defined by 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 with their desired sport teams within the following datelines:

Fall.....(Football, Cheerleading, Dance, & Girls Tennis) - August 10th  
(All Other Fall Sports) - August 17th - December 6th

Winter.....(Ice Hockey, Bowling, Unified Bowling) - November 9th  
(All Other Sports) November 23rd - Try-out /  
November 30th - Practice - March 21st

Spring.....March 12th to June 13th

Specific sport seasons begin according to the following schedule:

August 10<sup>th</sup>.....Football, Cheerleading, Dance, Girls Tennis  
August 17th.....Cross Country, Field Hockey, Soccer  
November 9th.....Bowling, Unified Bowling, Ice Hockey  
November 23rd Try-Out.....Cheerleading, Dance, Basketball, Winter Track & Field, Wrestling  
November 30th Practice.....Cheerleading, Dance, Basketball, Winter Track & Field, Wrestling  
March 12th.....Baseball, Softball, Boys Tennis, Spring Track & Field

### (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 is permitted for players as long as their coaches are not present.

Non-school camp/clinic participation is permitted for players provided their coaches are not involved.

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

## **(C) SUMMER RECESS**

Schools may conduct practice sessions during the summer recess period. Athletes are permitted to participate in any school-sponsored practices.

Academic eligibility requirements for student athletes for summer recess open practice period are the same as they are for student-athletes in season.

A student-athlete who is considered academically ineligible may not participate in any contests, tournaments, team camps, matches, scrimmages or games where sports teams are competing as representatives of MRHS

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

## **STUDENT/ATHLETIC PARTICIPATION**

Participation in athletic sports and all activities in the Matawan-Aberdeen Regional School District is a privilege, which carries with it certain responsibilities. A student-athlete is a representative of the school and the entire community. There are certain basic standards expected of the student-athletes at Matawan-Aberdeen.

1. All student-athletes who represent Matawan-Aberdeen on a team are expected to conduct themselves in such a manner as to reflect credit upon Matawan-Aberdeen.
2. All student-athletes must remember that they are students of the school first and athletes 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-athlete to any special privileges in the school. Rather, it may carry the burden of being a good citizen in the face of peer pressure to become involved in some action that might violate school rules. Our student-athletes are expected to set examples of good school citizenship and cooperation, which will reflect upon them as individuals and upon all our student-athletes in general.
4. While participating in co-curricular activities, students may be photographed and videotaped during events for instructional purposes and for recognition / publicity.

## CAUSE FOR SUSPENSION FROM AN ATHLETIC TEAM

To be eligible, a student-athlete must have an acceptable academic, citizenship, and disciplinary record. Gambling, stealing, the use of tobacco (in any form), possession, sale, and use of drugs (including steroids), and/or alcoholic beverages are prohibited and will be disciplined as follows:

### Cause for Suspension from an Athletic Team/Club Activity

The use of and/or possession of any chemical substance in any form is prohibited. Chemical substances include, but are not limited to the following: alcohol; tobacco in any form; vapes/e-cigarettes, anabolic steroids; controlled dangerous substances; any chemical which releases vapor or fumes causing intoxication; any mind altering or behavior altering substances used for purposes other than the treatment of illness; any prescription or over-the-counter medications except those for which permission to use has been granted pursuant to Board of Education Policy-Administration of Medicine #5330. Self-administration of medication by a pupil for asthma, other potentially life-threatening illness, or a life-threatening allergic reaction is permitted in accordance with the provisions of N.J.S.A. 18A:40-12.3.

Violation of the District's use and/or possession rule will result in immediate dismissal from the team/club for 60 calendar days and a mandatory referral to the Student Assistance Counselor (SAC). The 60 calendar days begin immediately and/or, if indicated, as of the date of notification of a positive drug screen. The 60 calendar days may carry over into the next season, i.e. from fall to winter. The penalty may be reduced to 30 calendar days if the student follows the intervention plan recommendations of the SAC. The reduced 30 calendar day option begins upon completion of a meeting with the athlete/club member, the SAC,

For a second offense, the "30 day" option is not applicable, and the 60 calendar day suspension from team participation will be imposed. For a third offense, the student will not be eligible to participate in any athletics/clubs for the remainder of the student's high school career.

- In addition, **Board Policies #5530**, the **Student Handbook**, and the Coaches/Parent Handbook, clearly detail all aspects of drug, alcohol, substance use and abuse, including other sanctions.
- Suspensions for causes other than the above-mentioned are at the discretion of the coach. These violations include, but are not limited to, insubordination, profanity, fighting, unsportsmanlike conduct, unexcused absence from practice, unsatisfactory attitude and failure to follow any rules and regulations that the coach or advisor deem necessary to maintain discipline and facilitate the efficient execution of daily procedures.

- Imposed suspensions in excess of one week require consultation with the Assistant Principal in Charge of Athletics. Parental notification by the Assistant Principal in Charge of Athletics will be required in all cases of suspension.
- Discipline referrals and school suspensions are justification for suspension or removal from a team.

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

- (a) A student-athlete in grades 10, 11 or 12 transferring from one secondary school to another, without a bona fide change of residence by that student's parent or guardian, shall be ineligible to participate for a period of 30 calendar days or half of the maximum games (NJSIAA maximum standard), which will commence with the first interscholastic contest played by the involved school, at any level, if that student participated on the varsity level in a particular sport at the previous school.
- (b) A student who transfers during his\her 9th grade year, or before September 1 of his\her 10th grade year, without a bona fide change of residence, shall be immediately eligible; however, if that student has participated in a sport at a varsity level, then he\she shall be ineligible to compete in that sport at the new school at any level for 30 days or half of the maximum games, from the first day of competition in that sport.
- (c) To prevent possible recruitment or transfer for athletic advantage, the Transfer Form Process must be completed by the schools involved and a decision rendered by the NJSIAA staff before any interscholastic participation.
- (d) A student who transfers during the second half of a sports season, regardless of whether the transfer was the result of a bona fide change of residence, shall be ineligible to participate in any post-season championship competition at the new school. The NJSIAA will annually publish the dates that will define the halfway point of each sports season in the NJSIAA Rules and Regulations within each sport.

For purposes of this section, participation in a sport is defined as playing in any Interscholastic contest at any level. Playing in practices or pre-season scrimmages does not constitute participation.

**OTHER PARTS OF THE RULE CAN BE OBTAINED BY THE CONTACTING THE OFFICE OF ATHLETICS.**



## **ELIGIBILITY PROTECTION**

- A. Accept only awards of trophies, pins, and jackets, which are approved by the Board of Education.
- B. Do not accept merchandise or cash.
- C. You may work in a tennis shop, but may not receive compensation for giving instruction.
- D. You may bowl in an adult league, but you may not accept or have anyone accept for you any merchandise or cash.
- E. You may not accept free, loaned or discounted 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.

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

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

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



## **SHORE CONFERENCE**

Matawan Regional High School is a member of the Shore Conference, which is the largest conference in New Jersey. State classifications are Group I, II, III, IV & V and are determined by the enrollment of students in each of the schools; with Group V schools being the largest.

The Shore Conference is composed of schools that are located in Monmouth and Ocean counties. The schools are in a divisional structure that is based on size, geography, and other determined factors. The schools alignment extends for a period of two years and then restructured based on input from the member schools.

The athletic program within the Matawan-Aberdeen Regional School District consists of 43 varsity and junior varsity sports, 12 freshmen sports, and 12 middle school sports. Since the inception of athletics at Matawan-Aberdeen Regional School District, the school has won its share of team championships and also individual accomplishments. Many of our student-athletes have gone on to colleges and universities throughout the country and excelled not only on the playing field but also in the classroom. A number of our student-athletes have enjoyed successful professional careers in baseball, basketball, football, and track & field. Matawan Regional High School and Matawan-Aberdeen Middle School have earned a reputation in our conference for competitive, enthusiastic play with an emphasis on sportsmanship, fairness, and integrity. We continue to be proud of our student-athletes' accolades and the outstanding job our coaches do in working with them.

## **NJSIAA/CONFERENCE REGULATIONS**

Matawan Regional High School is a member of both the NJSIAA and the Shore Conference. The by-laws prescribed by these organizations must be followed to the letter. Any violation or circumvention of the NJSIAA and/or Shore Conference regulations will be considered a serious offense. The Matawan-Aberdeen Middle School follows the same guidelines as stated above.

The general and specific guidelines for each sport are available on the NJSIAA and Shore Conference web pages. ([njsiaa.com](http://njsiaa.com) / [shoreconferencedigitalsportsmedia.com](http://shoreconferencedigitalsportsmedia.com))

## SPORTS OFFERINGS

|                             | <b>VARSITY</b> | <b>JV</b> | <b>FROSH</b> | <b>MATAWAN<br/>ABERDEEN MS</b> |
|-----------------------------|----------------|-----------|--------------|--------------------------------|
| <b>CHEERLEADING</b>         | <b>X</b>       | <b>X</b>  |              |                                |
| <b>BOYS' CROSS COUNTRY</b>  | <b>X</b>       | <b>X</b>  | <b>X</b>     | <b>X</b>                       |
| <b>GIRLS' CROSS COUNTRY</b> | <b>X</b>       | <b>X</b>  | <b>X</b>     | <b>X</b>                       |
| <b>FIELD HOCKEY</b>         | <b>X</b>       | <b>X</b>  | <b>X</b>     | <b>X</b>                       |
| <b>BOYS' SOCCER</b>         | <b>X</b>       | <b>X</b>  | <b>X</b>     | <b>X</b>                       |
| <b>GIRLS' SOCCER</b>        | <b>X</b>       | <b>X</b>  |              | <b>X</b>                       |
| <b>GIRLS' TENNIS</b>        | <b>X</b>       |           |              |                                |
| <b>FOOTBALL</b>             | <b>X</b>       | <b>X</b>  | <b>X</b>     |                                |
| <b>DANCE</b>                | <b>X</b>       |           |              |                                |
|                             |                |           |              |                                |
| <b>TOTAL</b>                | <b>9</b>       | <b>7</b>  | <b>5</b>     | <b>5</b>                       |
|                             |                |           |              |                                |
| <b>WINTER</b>               |                |           |              |                                |
| <b>CHEERLEADING</b>         | <b>X</b>       | <b>X</b>  |              |                                |
| <b>BOYS' BASKETBALL</b>     | <b>X</b>       | <b>X</b>  | <b>X</b>     | <b>X</b>                       |
| <b>GIRLS' BASKETBALL</b>    | <b>X</b>       | <b>X</b>  |              | <b>X</b>                       |
| <b>BOYS' BOWLING</b>        | <b>X</b>       |           |              |                                |
| <b>GIRLS' BOWLING</b>       | <b>X</b>       |           |              |                                |
| <b>UNIFIED BOWLING</b>      | <b>X</b>       |           |              |                                |
| <b>BOYS' WINTER TRACK</b>   | <b>X</b>       | <b>X</b>  | <b>X</b>     |                                |
| <b>GIRLS' WINTER TRACK</b>  | <b>X</b>       | <b>X</b>  | <b>X</b>     |                                |

|                                          |           |           |           |           |
|------------------------------------------|-----------|-----------|-----------|-----------|
| <b>Ice Hockey- Cooperative w/ Howell</b> | <b>X</b>  | <b>X</b>  |           |           |
| <b>WRESTLING</b>                         | <b>X</b>  | <b>X</b>  |           | <b>X</b>  |
| <b>DANCE</b>                             | <b>X</b>  |           |           |           |
|                                          |           |           |           |           |
| <b>TOTAL</b>                             | <b>11</b> | <b>7</b>  | <b>3</b>  | <b>3</b>  |
|                                          |           |           |           |           |
| <b>SPRING</b>                            |           |           |           |           |
|                                          |           |           |           |           |
| <b>BASEBALL</b>                          | <b>X</b>  | <b>X</b>  | <b>X</b>  | <b>X</b>  |
| <b>BOYS' TRACK AND FIELD</b>             | <b>X</b>  | <b>X</b>  | <b>X</b>  | <b>X</b>  |
| <b>GIRLS' TRACK AND FIELD</b>            | <b>X</b>  | <b>X</b>  | <b>X</b>  | <b>X</b>  |
| <b>SOFTBALL</b>                          | <b>X</b>  | <b>X</b>  | <b>X</b>  | <b>X</b>  |
| <b>BOYS' TENNIS</b>                      | <b>X</b>  |           |           |           |
|                                          |           |           |           |           |
| <b>TOTAL</b>                             | <b>5</b>  | <b>4</b>  | <b>4</b>  | <b>4</b>  |
|                                          |           |           |           |           |
| <b>PROGRAM TOTALS</b>                    | <b>25</b> | <b>18</b> | <b>12</b> | <b>12</b> |

## ACADEMIC ELIGIBILITY

The **New Jersey Interscholastic Athletic Association Rules and Regulations** regarding eligibility are mandatory. In addition, the Matawan-Aberdeen Regional Board of Education has adopted the following guidelines for students participating in high school athletics.

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

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

These academic requirements will apply to all cheerleaders, dance team members, student managers, student trainers, and athletes. Additional information regarding eligibility can be obtained upon request from the Assistant Principal in Charge of Athletics

**HIGH SCHOOL ELIGIBILITY REQUIREMENTS**

|                      |                                                           |                                                                                            |
|----------------------|-----------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>FALL/WINTER</b>   | <b>9<sup>TH</sup> GRADE</b><br>Class of 2021, 2022 & 2023 | <b>All eligible</b><br>30 Credits need to be earned from previous year                     |
| <b>SPRING SEASON</b> | <b>ALL GRADES</b>                                         | <b>Must be passing with 15 credits from the first semester</b><br><b>(By February 1st)</b> |

**MIDDLE SCHOOL ELIGIBILITY REQUIREMENTS**

A student-athlete will not be allowed to participate in any school activities if he/she is failing two or more subjects at the conclusion of any marking period and/or the year. Reinstatement in these activities will be granted by the building administration provided that the student-athlete attended the after-school tutorial program once a week for five weeks and is now passing subjects as indicated by the interim reports or end-of-marking period report.

Reinstatement in these activities will be granted by the building administration if the student-athlete has not accumulated any demerits during this time period. All advisors/coaches are responsible for checking participants' eligibility status at the beginning of the activity by checking the school's generated list.

**GENERAL INFORMATION**

**ACADEMICS**

Student-athletes must always keep in mind that their first priority is their schoolwork. Many studies show that athletes can maintain a high level of performance in the classroom and on the field if they make effective use of their unscheduled time. If student-athletes are having difficulty in a specific subject, they are encouraged to

attend the High School Lunch Tutorial or the After-School Tutorial Program that is held two/three days a week and is staffed by certified teachers.

In 1995, the NCAA ruled that no student-athlete should be considered a full academic qualifier unless he/she meets the standards on the sliding scale as shown on the NCAA Eligibility Center Web Page.

## HOW TO REGISTER With The NCAA

If you want to play NCAA sports at a Division I or II school, you need to register for a Certification Account with the NCAA Eligibility Center. College-bound student-athletes in Division III can also create a Profile Page to receive important updates about being a student-athlete and preparing for college. Students who are not sure which division they want to compete in can create a Profile Page and transition to a Certification Account if they decide to play Division I or II sports.

The NCAA Eligibility Center works with you and your high school to help you prepare for life as a student-athlete. If you have questions about your eligibility or the registration process, please review our resources and frequently asked questions at <http://www.ncaa.org/student-athletes/future/how-register> or call us toll free at 1-877-262-1492. International students should use our International Contact Form to reach out to staff.

### Register with the NCAA Eligibility Center

#### **What you need before you register**

Below is a list of items that you may want to have prepared prior to beginning your registration with the NCAA Eligibility Center.

Below is a list of items that we recommend you have prepared prior to beginning your registration with the NCAA Eligibility Center. Or download our Registration Checklist to have on hand.

- **Valid email address** the student checks frequently and will have access to after high school.
- **Basic education history**, including a list of all high schools or secondary schools you have attended and the dates during which you attended them.
- **Sports participation history (Certification Accounts only)**, including details about any teams with which you have practiced or played or events in which you participated, as well as information about any individuals that have advised you or marketed your skills.
- **Payment (Certification Accounts only)**. The registration fee is \$90 for students from the United States and its territories, and Canada. The registration fee is \$150 for students from all other countries. You must pay online by debit, credit card or e-check. Some students may be eligible for a fee waiver.

## Online Registration

On the NCAA Eligibility Center website, you will find the tools and information to guide you toward your goal of becoming an NCAA student-athlete. Allow at least 30 to 45 minutes to register completely for a Certification Account, and 15 to 30 minutes to create a Profile Page. If you need to exit and come back at a later time, you can save and exit once your account has been created.

Register with the NCAA Eligibility Center by following these steps:

1. Visit [eligibilitycenter.org](http://eligibilitycenter.org) and read the two account descriptions.
2. Decide if you would like to sign up with a Certification Account or Profile Page. If you plan to compete at an NCAA Division I or II school, select the "Create an Account" button. If you plan to compete at an NCAA Division III school or are currently unsure where you want to compete, select the "Create a Profile Page" button. Reminder: you may transition from a Profile Page to a Certification Account, but may not move from a Certification Account to a Profile Page.
3. On the next page, provide a valid email address to create either account and begin the registration process. Be sure you provide an email address that you check frequently and will be active even after you complete high school.
4. Check your email inbox for an email containing a verification code and return to [eligibilitycenter.org](http://eligibilitycenter.org). Enter your verification code and continue registering.
5. Complete the Account, Basic Information and Contact pages.
6. Certification Accounts will be prompted to pay the nonrefundable registration fee. Students have 30 days after receiving a verification code to pay before their account is dropped out of the system. After submitting payment, return to your Dashboard to complete registration.
7. Both accounts types will be prompted to enter their most recent Schools information.. Please include all schools, even if you did not receive grades or credits. If you have completed coursework at home, you may or may not be a home school student for the purposes of NCAA initial-eligibility.
8. After entering School information, Certification Accounts will be taken to the Sports page. Please select the sport(s) you plan to compete in and continue to answer the Sports questions.
9. After completing the School section (Profile Pages) and Sports section (Certification Accounts) you will be taken back to your Dashboard.

## Registration Fee and Waiver

**Your Certification Account will be eligible for processing once the nonrefundable registration fee is paid or waived. You must pay online by debit, credit card or e-check. The registration fee is \$90 for students from the United States and its territories, and Canada. The registration fee is \$150 for students from all other countries. Profile Pages do NOT need to pay unless they transition to a Certification Account.**

**You are eligible for a registration fee waiver if you have received a waiver of the SAT or ACT fee. This is not the same as a U.S. state voucher. You must have an authorized high school official submit your fee waiver documentation online after you complete your registration.**

**In order to be eligible for an ACT fee waiver, you must meet one of these indicators of economic need:**

- **Your family receives low-income public assistance**
- **Your family income is at or below the Bureau of Labor Statistics Low Standard Budget**
- **You are a ward of the state**
- **You live in a foster home**
- **You are homeless**
- **You participate in free or reduced-price lunch program at school**
- **You participate in federally funded TRIO Program such as Upward Bound**

**You are eligible for consideration for an SAT fee waiver if you are a United States citizen or a foreign national taking the SAT in the United States or its territories and you meet one of the following requirements:**

- **You are enrolled in a program for the economically disadvantaged such as AVID or TRIO**
- **Your family's annual income falls within the levels listed by the U.S. Department of Agriculture (USDA) for free or reduced-price lunches**
- **Your family receives public assistance**
- **Your family lives in federally subsidized public housing**
- **You live in a foster home**

**If you are a home schooled student in the United States or its territories who cannot afford to pay the test fees, you must provide proof of eligibility to your local high school or agency fee-waiver administrator. Only a school or agency administrator can provide you with the fee-waiver card for the appropriate test.**

**Students from countries other than the United States or its territories are not eligible for a fee waiver.**

**All fees are nonrefundable after you successfully register with a Certification Account. If you completed a duplicate registration and paid your registration fee twice, you may be eligible for a refund of the duplicate registration fees. To receive a refund, you need to**



complete and submit a refund form. Once you create a Certification Account, you may not transition to a Profile Page.

**ATHLETIC EMERGENCY PROCEDURE FOR THE  
MATAWAN-ABERDEEN REGIONAL SCHOOL DISTRICT**

**TELEPHONE NUMBERS**

**ASSISTANT PRINCIPAL IN CHARGE OF ATHLETICS: Philip Tyburczy 732-705-5346**  
**ATHLETIC TRAINER: Matt Goetz 732-705-5307**  
**MRHS PRINCIPAL: Aaron Eyler 732-705-5350**  
**MAMS: 732-705-5512**

**OTHER NUMBERS:**

**POLICE: 732-566-2054 OR 911**  
**FIRST AID: 911**

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

**MEDICAL PHYSICALS**

A. Each athlete participating on an athletic team will be required to have a physical prior to the first practice session. The individual's family physician may perform the athletic physical. The School District's medical forms and questionnaires, which are submitted through your child's Family ID Account, must be used. Parents/Guardians are responsible for the expense of this physical.

B. The school nurse will provide the necessary collation of medical information from the physician and the medical file that exists in the nurse's offices.

C. In addition, the trainer may require pertinent information and questionnaires to be completed for the athlete's file.

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

## **MEDICAL SUPERVISION**

A. The Matawan-Aberdeen Regional School District's willingness to employ a certified athletic trainer for the entire school to provide medical supervision of the entire athletic program and serve to treat and/or rehabilitate injuries defines our commitment to our athletes.

1. The trainer will function from the training room located off the main High School gymnasium.
2. As time and conditions permit, he/she will provide on-site supervision of practices and home events.

B. In addition, Board of Education approved, seasonal student athletic trainers, will assist the trainer in the supervision and treatment of our athletes. The number of student trainers as recommended by the athletic trainer is to be determined by the Assistant Principal in Charge of Athletics.

C. The school district will provide medical coverage for home athletic contests and practices in the form of an athletic trainer stationed at the respective site. Because of the number of athletic teams, it may be impossible to provide an athletic trainer at each site.

D. It is recommended that each sport recruit a manager that can assist the head coach and athletic trainer for that specific sport. If possible, this student should be identified to the Assistant Principal in Charge of Athletics prior to the start of the season.

E. The Shore Interscholastic Athletic Conference policy provides for medical coverage to be assumed by the home school. Therefore, our athletes will fall under the supervision of member schools' medical staff when attending away events.

F. The training facility has access to telephones with an outside line to contact physicians and/or ambulance service.

## **ATHLETIC INJURIES**

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

1. A file will be kept on all significant injuries (requires more than three visits to the Athletic Trainer) by the Athletic Trainer.
2. An accident report form must be completed by the supervising coach and filed with the Athletic Trainer within 24 hours of the accident. (If on site, the Athletic Trainer will fill out an accident report.) If the Athletic Trainer believes a medical opinion is required, he/she may recommend that the athlete see a physician of the athlete's choice.

3. If the injury is of a serious nature, which requires immediate attention by a physician, the Athletic Trainer will initiate immediate emergency transportation to the local first aid or hospital in addition to attending to the athlete. The Athletic Trainer will inform the hospital of the status of the athlete and phone the athlete's parents/guardian. The coach should phone as a courtesy. An injury of this nature will also require an accident report form to be filed.

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

1. **Aberdeen Police Department and the Matawan-Aberdeen Emergency Squad** – the first contact for transportation and pre-hospital medical assistance.
2. **Bayshore Medical Center** – injured athletes will be attended by the physician on duty. The referring physician may also be contacted or the parent may designate a physician.
3. Under the direction of the trainer, a Student Training Program will be developed to assist in the process of treating and attending to injured athletes.

#### MISCELLANEOUS MEDICAL ITEMS

- A. If the injury is of a serious nature and the Athletic Trainer is not available, contact the Assistant Principal in Charge of Athletics or contact the Principal.
- B. Notify the parent/guardian of the injured athlete.
- C. A PHYSICIAN AND THE ATHLETIC TRAINER MUST RELEASE the injured student-athlete **BEFORE RETURNING TO ANY ATHLETIC PARTICIPATION.** A written note must be submitted to the Trainer.
- D. Prior to any activity in the sport, a coach or parent must present to the Athletic Trainer a medical release returning the athlete to participation.

#### MEDICAL-AWAY CONTEST PROCEDURES

In all cases when time is most important and hospitalization seems necessary, the coach will:

1. Contact the personnel of the host school and follow the emergency procedures of that institution.
2. If only one coach is present, he/she must remain with the team for the remainder of the contest and the trip home.
3. If an Assistant Coach is present and it seems necessary and advisable, he/she may accompany the injured athlete.
4. The student's parent/guardian must be informed as soon as possible. Notify the Athletic Trainer, Assistant Principal in Charge of Athletics, or building administration if it is very serious.
5. On the day following the accident, the Athletic Trainer must be informed and an injury report filed in the Athletic Office.

## **GENERAL MEDICAL SUPPLIES AND PROCEDURES**

- A. All requests for first-aid supplies shall be made through the Athletic Trainer.
- B. The Athletic Trainer will evaluate any injury, determine procedures to be followed and assess when the athlete may return. When an injury requires a physician's care, the Athletic Trainer will work with the attending physician.
- C. Coaches are responsible for notifying the Office of Athletics after consulting with the Athletic Trainer. Coaches must be sure the athlete has written medical clearance before returning to play/practice.
- D. Any concern surrounding the treatment or return status of an athlete must be brought directly to the attention of the Assistant Principal in Charge of Athletics.

## **Parents/Athlete Information Guide For Concussions**

### **What is a Concussion?**

- A concussion is a brain injury that causes a disturbance in brain function that occurs following either a blow to the head or as a result of the violent shaking of the head.
- What seems to be a mild bump or a blow to the head can be serious.
- In the United States, the annual incidence of sports-related concussion is estimated at 300,000. Estimates regarding the likelihood of an athlete in a contact sport experiencing a concussion may be as high as 19% per season. Although the majority of athletes who experience a concussion are likely to recover, an as yet unknown number of these individuals may experience chronic cognitive and neurobehavioral difficulties related to recurrent injury.
- Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.
- If your child reports any symptoms of concussion (listed below) or if you notice the symptoms yourself seek medical attention right away.

### **Signs Observed by Parent/Guardian: (Student can present with one, couple or all of the listed signs/symptoms)**

- Signs/symptoms you can observe :
  - Appears to be dazed or stunned
  - Is confused about assignment or position
  - Moves clumsily
  - Answers questions slowly
  - Loses consciousness (even temporarily)

- Shows behavior or personality change
- Moves clumsily
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

· **Signs/Symptoms that can be reported by Athlete:**

- Headache or pressure in the head
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"
- Nausea or vomiting
- Balance problem or dizziness
- Double or blurry vision
- Sensitivity or light/noise

**RED FLAG SIGNS/SYMPTOMS that immediate medical attention**

- Headache that worsen
- Seizures
- Neck pain
- Looks very drowsy or can't be awoken
- Repeated vomiting
- Slurred speech
- Can't recognize people or places
- Increasing confusion
- Weakness or numbness in arms or legs
- Unusual behavior change
- Increasing irritability
- Loss of consciousness

**How can you help your child prevent a concussion?**

- Every sport is different but there are steps your child can take to protect themselves.
- Ensure that they follow their coach's rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times
- Make sure that they wear the right protective equipment for their activity "such as helmets, padding, shin guards and eye and mouth guards". Protective gear should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion

**What should you do if you think your child has a concussion?**

- Seek medical attention right away
- Keep your child out of play. Returning to play too soon – while the brain is still healing- risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for life.

- o Tell your child's coach about any concussion that they may have had.

## **ATHLETIC TRAINING PROGRAM**

The training room is open every day at a designated time that will be posted on the door. The Athletic Trainer can be reached at 732-705-5307. Services include injury prevention strategies, injury assessment, taping treatment, and follow-up care. We encourage student-athletes and parents to report all injuries to the coaches and the Athletic Trainer no matter what type of injury.

In addition, the Athletic Trainer may organize a Student/Athletic training program for those students who display an interest in this type of activity. All students interested in this type of activity must be approved by the Board of Education. Additional information about the program can be received by contacting the Athletic Trainer.

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

## **WEIGHT TRAINING PROGRAM**

The Instructional Weight Training Facility at the high school is located in a separate building behind the 400 wing. The teams utilize this room during the season, at the discretion of the coaches. During the spring season the room is open for those athletes not involved in a spring sport (high school and 8<sup>th</sup> grade students only / 8th graders must train separately from high school students). During July and August, the weight room is open for high school and 8<sup>th</sup> grade students in this district. A schedule of days/times is posted.

The room is always supervised and no student is permitted use of the room without supervision. All student-athletes are given programs of instruction and safety procedures to develop their health and fitness.

## **TRAINING ROOM GUIDELINES**

1. The training room is for student-athletes with appropriate permission and physical examination.
2. The training room is the facility for injury evaluation and rehabilitation, not a players' suite.
3. Injury rehabilitation will take place by appointment in order to avoid congestion. (Ex. During lunch and P.E. periods if possible.)
4. All preventive taping should be done ½ hour before a scheduled practice and 1 hour prior to a game.

- For away contests follow the procedure posted in the training room.
5. During practice hours, the trainer will be in the training room for emergencies. Send someone immediately if there is a real emergency (or utilize the two-way).
  6. All athletic injuries are recorded in the training room log. **We would appreciate your cooperation for a smooth operation and report all injuries.**
  7. **Remember, all coaches should be prepared in emergency first aid/injury recognition.**

## **MEDICAL CONCERNS FOR WEIGHT ROOM/INTRAMURAL PROGRAMS**

Students involved in our intramural or weight room program will fall under the direction of the seasonal intramural coach or advisor assigned.

- A. All areas regarding medical supervision or injuries for the intramural or weight room program will follow the same procedures as our athletic team procedures.
- B. At no time are athletes to utilize the weight room without supervision of a coach, teacher, or supervisor.
- C. Athletes utilizing the weight room must be supervised if utilizing the locker rooms.

In Addition, the Athletic Trainer and coaching staff must review the medical procedures and communicate them to the individual athletes.

## **NJSIAA INFECTIOUS DISEASE POLICY**

If an individual gets someone else's blood on his/her skin, protective gloves should be worn to wipe the blood off with a disposable towel using a disinfectant such as isopropyl alcohol (rubbing alcohol).

**NOTE:** If any blood gets on an opponent's uniform during competition or a teammate's uniform during practice, it is not necessary to clean the uniform at that point unless the opponent or teammate has an open cut or scraped area, or the blood is on a part of the uniform which might come in contact with mucous membrane.

If the student-athlete does have an open cut or unskinned area or believes the blood might come in contact with mucous membrane, then the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).

## **AGE ELIGIBILITY**

Student-athletes cannot participate if they have reached the age of 19 prior to September 1 of the current school year.



## Attendance Eligibility

In order for a student to participate in a scheduled athletic event or extracurricular activity, he/she must be in school on the day of the event or the last day of school for a Saturday event. A student must be present in school a minimum of **FOUR** hours of **instructional time** to be given credit for a day's attendance. Lunch periods do not count toward the FOUR hour requirement. Students on Home Instruction who are not present in school for four hours of instructional time or more are not permitted to participate in athletics, clubs, or extracurricular activities including privileges. Any student who is tardy to school or leaves early from school must have a **parental note**. If tardiness is due to a medical appointment, **a doctor's note is required**. Students who are absent from school for the entire day, tardy more than one period, or have chronic tardiness problems (10 or more) are **NOT** eligible to participate in any after-school activities scheduled for that day **without approval from school administration**. Extenuating circumstances may include family emergencies, funerals, religious obligations, driver's test, etc. **Students who do not attend practice sessions MAY NOT be eligible to participate in subsequent scheduled events or activities.**

## ATHLETIC PHYSICALS

Athletic Physicals must be completed by your Personal Physician. All Co-Curricular forms must be submitted through a student's Family ID account approximately one month prior to the start of the season. Medical clearance for participation is granted once the School Nurse and School Physician have reviewed and approved the submitted forms.

## PARTICIPATION FORMS

Please be sure that all forms have been accurately filled out to ensure participation by your son/daughter. **STUDENTS WILL NOT BE PERMITTED TO PARTICIPATE IN THEIR SPORT UNTIL ALL FORMS HAVE BEEN COMPLETED AND RETURNED.** This could create a possible delay in a student's participation if the checklist is not done correctly. The permission, insurance, medical history and physician examination form must be returned to the School Nurse or Athletic Office. All instructions can be found on the Athletic Office Webpage.

Once a student has undergone a physical during a season, only a Health History Update Form is required for participation in moving from one season to another sport season. The required Health History Update Form can be filled out in Family ID before the start of each season. Family ID registration is required before the start of each sports season, Summer, Fall, Winter, & Spring

## ATHLETIC INSURANCE

The Board of Education has purchased 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, dancers, flag wavers, and any other participants.

The athletic insurance is excess coverage; i.e., it will pay those expenses not covered (including deductibles) by any other medical insurance you may have. Thus, you must submit all bills to your insurance first. The school policy will pick up the unpaid balances up to the limits of the policy. Contact the Athletic Trainer (732-705-5307) 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. CAUTION: Coaches must not tell the student or their parent/guardian that this insurance covers everything...because it DOES NOT!!!! Never take possession of medical bills.

All injuries should be immediately reported to the coach or faculty advisor. The school will provide claim forms, but it is the parents' responsibility to:

1. Submit the claim form with Part II filled out **COMPLETELY**. (Any omissions will delay the processing of the claim.)
2. Submit all itemized bills (monthly statements will not be accepted).
3. Submit the statement received from your own insurance company showing amounts paid and balances due, or a letter of denial stating the claim is not covered. One of these letters is required for any payment to be made.
4. If you have no other medical insurance, you will receive a letter from the company to sign and have notarized. Return this to the company immediately and the claim will be considered for payment. failure to return this letter will result in a delay or denial of the claim.

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. **ONLY ONE CLAIM FORM PER ACCIDENT IS REQUIRED.**

All claim forms, bills, and letters from other insurance companies are to be forwarded to, and questions regarding the coverage, answered by:

BMI Benefits, LLC  
PO Box 511  
Matawan, NJ 07747  
[www.bobmccloskey.com](http://www.bobmccloskey.com)  
1-800-445-3126  
Fax: 732-583-9610

## **EQUIPMENT**

Student-athletes are entitled to obtain a uniform and equipment from the athletic department for use during their season. Uniforms and equipment issued to student-athletes are the property of the athletic department (school district). Student-athletes and coaches are to assist in the proper maintenance of all equipment in good condition. It is hereby directed that no coach allow a student-athlete to practice in his/her game uniform.

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

## **PRACTICE SCHEDULE**

There are practice sessions after school beginning at 2:20 PM at the high school and at 2:40 PM at the middle school. The length of the practice is up to the discretion of the individual coaches (1-2 hours minimum). In most cases, practices will run until either 4:30 or 5:30 PM. An Activity/Athletic late bus will not be provided for student-athletes finishing meetings or practices after 4:00pm. Practice sessions are also conducted on weekends/holidays. District transportation is not provided at this time.

There will be times during the season when it will be necessary for teams to practice away from the high school. When this occurs transportation will be provided by the school district and the same procedures will be followed as for an away contest.

The sites for these practices may include: Tab Ramos Sports Center, various schools in the district, Holmdel Park, Cheesequake Park, Thompson Park, the Belmar Boardwalk, & Sportika - Manalapan.

## **TRANSPORTATION**

All student-athletes must use the transportation provided by the district to away contests. A valid reason must exist for alternate transportation to be used. The procedure for this is as follows:

1. Parent/guardians must make advance (minimum of 24 hours) notice in writing for the release of their son/daughter to themselves or other parents by completing and submitting a Travel Release Form.
2. A Travel Release Form must be filled out one day prior to the contest. The form must be signed by the parent/guardian, coach, principal, and Director.

However, if an emergency arises, proper documentation signed by the parent/guardian must be submitted to the coach and/or Director for the student-athlete to be participating in the event.

## **TRANSPORTATION SCHEDULE**

4:15 PM HS                    **ACTIVITY/ATHLETIC BUS:** Any high school student-athlete who is finished with practice/contest in time to take the bus home may do so by obtaining a special bus pass issued only by the advisor/coach.

4:15 PM MAMS                **ACTIVITY BUS**

## **SELECTION OF SQUAD MEMBERS**

The coach has final authority for determining the members of his/her team. It is mandatory for a suitable tryout period to be held so that each candidate has had an honest and thorough appraisal. During this tryout period any means of noted observation or written evaluation is recommended to assist the coach in making final decisions. Coaches are urged to carry as many student-athletes as facilities, staff and equipment allow, but not to carry a roster, which is too large and makes participation by many unrealistic. Coaches should make an effort to counsel individually a student-athlete cut from the squad, and to encourage that student-athlete to try again the following season, try another sport, or assist the team as manager or statistician.

Since some seasons overlap, no student-athlete is to be penalized for reporting late to one sport due to completing a season in progress. No student-athlete is permitted to leave a team before the season is completed to begin practice with another team, nor are coaches allowed to require student-athletes to practice while a season is still in progress.

No town, club, or other organization's athletic team is to take precedence over a school team. All student-athletes should be aware of this before the start of the season. Varsity coaches may request that varsity student-athletes refrain from participating in town, club, or organization athletic teams while competing for the school's athletic teams.

## **SUPERVISION**

Coaches are responsible for the behavior of their athletes while practicing, in the locker room and at on or off-site competitions. Coaches should insist that student-athletes behave in a mature fashion, and act accordingly while under their supervision. Student-athletes should be reminded that while competing at other schools, they are representing Matawan-Aberdeen Schools and that their behavior and attitude is a reflection upon the entire

Matawan-Aberdeen community. Any student-athlete found in possession of alcohol, drugs, or tobacco would be subject to school policy as outlined in the Student Handbook and/or the Athletic Code and possibly face immediate removal from interscholastic athletic teams.

Coaches are the first to arrive at practice and the last to leave both the practice field and locker room. When an assistant coach is available these responsibilities will be shared.

## **TEAM RULES/CODE OF CONDUCT**

Each head coach must establish his/her own set of team rules and accompanying penalties. These rules must have the prior approval of the Assistant Principal in Charge of Athletics. Each coach must put team rules in writing, and a copy given to each candidate to be signed and returned. (This must be signed by the candidate and his/her parent/guardian.) A copy must be given to the Assistant Principal in Charge of Athletics prior to the first athletic contest. Consistency by all coaches in the implementation of penalties is of utmost importance.

## **GUIDELINES FOR GRADE LEVEL PARTICIPATION**

A. Students in grades 6, 7, and 8 may participate in interscholastic sports only on teams organized and approved for that level of competition. These students may not practice their sport with high school teams.

B. Students in grade 9 may participate on any level with the following restrictions:

1. If a freshman team exists for a sport, it will be the first consideration for competition.
2. A freshman may play JV level if his/her talent merits it OR if his/her addition is needed to have a JV program.
3. A freshman may play on the varsity squad if his/her talent merits it.
4. Any upward movement of a freshman MUST result in adequate developmental playing time or the Head Coach of the program will place the freshman back where playing time can be accrued.
5. Any excessive movement of a freshman from level to level will result in his/her being placed by the Head Coach of the program at the level where adequate playing time and development can take place.
6. The use of a freshman on a varsity team in a sport where JV and/or freshman levels exist requires the Head Coach of the program to discuss the implications of the decision with the athlete, his/her parents/guardian, and the assistant coaching staff. The final decision rests with the Head Coach of the program..
7. A student who attains the age of sixteen (16) prior to September 1 may not compete on a freshman team.

C. Students in grade 10 may participate in sports at the JV or varsity level.

D. Students in grade 11 may participate on a JV or varsity team.

E. Students in grade 12 may participate on a varsity squad. Under certain circumstances a senior may be permitted to participate on a JV squad. These circumstances are:

1. It does not cost an underclassman a position on a JV team.
2. There is a numbers limitation on the varsity squad that is likely to preclude a senior from participation.
3. The addition of a limited talent senior to a JV squad means the JV squad is able to field a team for that day's game - with the permission of the opposing school.
4. A situation arises where the playing of the senior on a JV squad would benefit the senior and would not be detrimental to the opposition's JV team.

In all cases, the regulations of the NJSIAA shall be followed in applying these guidelines

## **CLINICS**

During the months of July and August, the student-athletes have an opportunity to develop their skills and fundamentals in various sports programs at the high school. This is a voluntary program that is open to all high school student-athletes and gives the student-athletes a chance to see if they would like to participate in a given sport before the start of official practices.

## **CONFLICTING ACTIVITIES DURING THE SPORT SEASON**

Prior to the start of any season, an athlete must realize his/her obligation to the team and try to schedule conflicting activities at a different time. Please realize that becoming involved in multiple activities may create a conflict.

## **AWARDS**

At the conclusion of the season, each program will schedule an athletic awards night in the evening in order to recognize the achievements of the team and it's members. The Varsity "M" letter, certificates, pins, and individual coaches' awards are presented. (All team members may not receive an award.)

Any Senior who finishes the season in good standing will automatically receive a Varsity "M" letter (whether they have participated in a varsity game or not).

### **Eligibility for Letter Awards**

|                         |                                                                                                           |
|-------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>Baseball...</b>      | Participation in at least one-half of the total number of innings or one-third games played for pitchers. |
| <b>Basketball...</b>    | Participation in at least one-half of the total number of quarters.                                       |
| <b>Bowling...</b>       | Participation in at least three matches.                                                                  |
| <b>Cross Country...</b> | Participation in at least one-half of the total number of meets.                                          |



|                             |                                                                                                  |
|-----------------------------|--------------------------------------------------------------------------------------------------|
| <b>Field Hockey...</b>      | Participation in at least one-half of the total number of game halves.                           |
| <b>Football...</b>          | Participation in at least one-half of the total number of quarters.                              |
| <b>Soccer...</b>            | Participation in at least one-half of the total number of quarters.                              |
| <b>Softball...</b>          | Participation in at least one-half of the total number of games or one-third games for pitchers. |
| <b>Tennis...</b>            | Participation in at least one-half of the total number of matches.                               |
| <b>Track &amp; Field...</b> | Participation in at least one-half of the total number of meets.                                 |
| <b>Wrestling...</b>         | Participation in at least one-half of the total number of matches.                               |

### **Cheerleaders**

The MRHS Cheerleaders provide organized cheering at interscholastic contests to maintain good sportsmanship and school spirit and to establish friendly relations between Matawan and opponents.

The cheerleading squad is selected each spring after a series of practices and tryouts.

- Participation in at least 75% of all practices, games and performances. Practices will be 3 to 4 times a week.
- Must maintain good sportsmanship and school spirit in and out of MRHS.

### **Dance**

- Audition at set audition dates and be selected as a varsity dance team member.
- Participation in 90% of practices and performances.
- Maintain the required technical elements throughout the season.
- Adhere to team rules and code of conduct at all times.

The above requirements can be waived at the discretion of the Head Coach and the Assistant Principal in Charge of Athletics..

### **SPORTSMANSHIP**

Sportsmanship, the quality of fair play, is of utmost importance and needs to be given the highest priority in an athletic program. In order for this to happen, the **NJSIAA** and **THE SHORE CONFERENCE** Code of Behavior for athletic events must be stressed at all levels of competition.

The Shore Conference and Matawan-Aberdeen Regional School District have made a commitment toward a spirit of sportsmanship within our programs. The coach is the first line and the most effective guardian of this commitment.

Any violations of the ethics of proper sportsmanship must be reported to the Assistant Principal in Charge of Athletics immediately.



## **LET'S BE THE EXAMPLE FOR THE REST OF THE CONFERENCE. CODE OF BEHAVIOR FOR ATHLETIC EVENTS**

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

### **SPECTATORS**

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

If a spectator is removed from a contest as a result of unsportsmanlike behavior, a meeting will be scheduled with the spectator, Assistant Principal in Charge of Athletics and Building Principal before the spectator is allowed to attend a future event.

If a spectator is removed from a contest a second time, the spectator will be banned from attending contests for the remainder of the season.

This pertains to both home and away contests.

### **PLAYERS**

Good sportsmanship is the mark of the good player:

1. Do not swear or fight
2. Use self control
3. Do nothing which will bring discredit to your school
4. Win graciously; lose without excuses
5. Accept officials' judgment without question
6. Give the best that is in you for your team and school
7. Avoid any reference to color, creed, or nationality of your opponent
8. All team cheering should be positive with no intimidating or demeaning chants, gestures, etc.
9. All players must follow the Code of Behavior for Athletic Contests

## **CONTACTING COACHES**

The best way to contact your child's coach is through email. An email address has been set up on the web page of each sport so that you can contact your child's coach with any questions or concerns.

***GO TO THE SCHOOL OF THE SPORT (High School or Middle School)***

***THEN CLICK ON ATHLETIC***

***THEN CLICK ON THE SPORT***

This should lead you to the coach's email address.

When contacting a coach for a non emergency please wait 24 hours following a scheduled contest. If the situation warrants it, a meeting with the Head Coach can be scheduled to discuss the concern. If an additional meeting is required the Assistant Principal in Charge of Athletics and the Head Coach will be available for a second meeting. If a meeting is required following the first two meetings, the Building Principal, Assistant Principal in Charge of Athletics and the Head Coach will be available for a third meeting.

## **ADMISSION PRICES TO ATHLETIC CONTESTS**

Spectators are charged to attend home football, basketball games, wrestling matches and the Husky Relays. This practice also occurs when we play away contests.

### **AFFIRMATIVE ACTION**

Matawan-Aberdeen Regional School District offers all students and staff equally educational and employment opportunities regardless of race, color, creed, religion, gender, ancestry, national origin, marital or socioeconomic status, affectional or sexual orientation, age or disability. Inquiries regarding

compliance may be directed to:

Human Resources Department

One Crest Way

Aberdeen, NJ 07747

732-705-4004