



Pingry

**ATHLETICS FAMILY
HANDBOOK**

THE PINGRY SCHOOL ATHLETICS FAMILY HANDBOOK

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Welcome to Pingry Athletics! We are thrilled that your child has decided to participate in athletics at Pingry. This handbook was written to enhance your family's experience with Pingry athletics and begin the communication between parents/guardians, student-athletes, coaches, and school administration. We recommend that you take time to familiarize yourself with the contents of this handbook.

Pingry is committed to the development of young people through athletics. We believe that participation in sports provides a wealth of opportunities and experiences that contribute to personal growth and character development. Lessons in sportsmanship, teamwork, and competition are integral parts of our athletics program, and we feel that these lessons will help our student-athletes as they transition to adulthood. It is our intent to maintain a program that is sound in purpose and focused on furthering each student's educational maturity and personal well-being.

Likewise, we believe that you have committed yourselves to certain responsibilities and obligations as a parent/guardian of an athlete. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

I look forward to seeing you on the sidelines this year cheering for Pingry.

Carter Abbott
Director of Athletics and Student Success

Athletics Department Mission and Vision Statement

Mission Statement

Pingry Athletics develops team and individual potential through a winning culture that includes positive, competitive, and comprehensive experiences that foster accountability, sportsmanship, and teamwork while elevating integrity and honor above all else.

Vision Statement

Within an inclusive community that serves students at all ability levels, Pingry Athletics strives to become a nation-wide leader in providing a superior student-athlete experience that serves the novice through college-bound athlete.

Why Athletics?

Pingry is committed to the development of “Excellence and Honor” in all that we do. While the classroom is well suited for the development of knowledge, the playing field is perfectly suited for the development of character. On the field, players learn how to rally their team after a loss, how to find success in the effort—not the result—and how to take risks, fail, and step back on the field each day ready to work again. In today’s high-stakes world, many survivable but meaningful failures that children experience have been removed from their lives. But it is on our fields and courts, in our pools and wrestling rooms, that risk-taking and failure are not only expected, but also rewarded because it is only through risk-taking that players fail and ultimately learn. Beyond promoting the core traits of teamwork, self-confidence, perseverance, and hard work, athletics provide student-athletes the opportunity to learn resilience, and it happens every day, in practice and in games.

Participation Policy

The Pingry School's enrollment process, structured to craft and maintain a community of involved students, enables the School to offer excellent programs across the spectrum of academics and extracurricular activities. Without students' full participation—both inside the classroom and out—Pingry loses the very dynamic nature of its student body and students miss out on the strong and formative relationships with peers, teachers, and coaches that last a lifetime.

Accordingly, it is Pingry's expectation that students will participate in ways that enhance their own experience and advantage the school community. When students have distinguished themselves through a specific talent or skill and participate outside of Pingry at a high level in an activity currently offered at Pingry, it is the expectation of the School that these students will participate in that activity while enrolled in the Upper School.

Many students play multiple sports, which we encourage, and over 90% of our Upper School student body participates in interscholastic athletics at Pingry.

Standards and Expectations

As a Pingry Student-Athlete, I understand that I am expected:

1. To maintain a high priority on academic achievement.
2. To do nothing to compromise the integrity of myself, my team, my family, or my school.
3. To hold myself to high standards of personal conduct as articulated in the Pingry Honor Code.
4. To treat opponents with the respect that is due to them as fellow competitors.
5. To play hard but play within the rules.
6. To exercise self-control at all times, accepting coaches' and officials' decisions.
7. To win without boasting, and lose without excuses. I will never quit.
8. To respect the facilities of Pingry and its host schools.
9. To attend all practices and games.
10. To arrive at school prior to 8:45 in order to participate in a game or practice, in accordance with the rules as laid out in the Student Handbook.
11. To always remember that it is a privilege and responsibility to represent Pingry.

As a Pingry Coach, I understand that I am expected:

1. To promote the health and safety of all players.
2. To remember that being a successful coach is much more than the Xs and Os. To be truly successful, I must not only win games but also win the respect of my athletes.
3. To be a model of excellent sportsmanship and general conduct.
4. To treat each student-athlete in my charge with respect at all times.
5. To provide good, clear communication of expectations for players and parents/guardians.
6. To promote among players a solid sense of team membership and responsibility.
7. To have a consistent philosophy regarding the daily operation of my team.
8. To respect the judgment of officials.
9. To give professional, direct, and consistent feedback to my athletes to help them improve.
10. To uphold the Honor Code and dignity of the teaching profession, setting the highest standard for ethical and moral conduct.
11. To promote the entire interscholastic program of the school and direct my program in harmony with the total school program.
12. To strive to inspire in my players a love of the game.

As a Pingry Parent/Guardian, I understand that I am expected:

1. To encourage all players with positive cheering and support.
2. To understand that I represent the School as the players do and must, therefore, practice good sportsmanship.
3. To maintain a positive attitude whether the team is winning or losing.
4. To refrain from coaching from the sideline.

5. To support the coach, and the coach's decisions both on the field and at home. I may disagree but will not become disagreeable.
6. To refrain from approaching any player, parent/guardian, or coach from the opposing team, unless it is to congratulate them on the game.
7. To always respect sports officials.
8. To encourage my child to discuss concerns about playing time and performance directly with the head coach, instead of doing it myself.
9. To wait 24 hours to approach a coach about a concern, and then, when ready to discuss the concern, do so in person, at a mutually agreed upon time—not after practice, in the parking lot, or in an email.
10. To show compassion for injured players; applaud positive performances, and represent Pingry with class.

Expectations for Behavior at Pingry Sporting Events

As the players on the field have a responsibility to do their very best, so also do the fans in the stands. Fan support is best when it is loud and positive; it should also be good-natured and sportsmanlike.

Behavior should include:

1. Positive cheering for Pingry
2. Celebration of good plays for Pingry
3. Appropriate behavior during injuries, time outs, and other critical periods of the game.
4. Representing Pingry with class and sportsmanship in accordance with the Honor Code.

Behavior that is prohibited:

1. Booing, taunting, negative cheering, or deriding an opposing player, coach, or fan, or game official.
2. Cheers, chants, or signs or gestures that are profane, obscene, mocking, or derogatory.
3. Being under the influence of or in possession of alcohol or any other drug before, during, or after any Pingry athletics event.
4. Any verbal, written, or physical conduct related to race, gender, ethnicity, disability, sexual orientation, or religion shall not be tolerated, could subject the violator to ejection, and may result in penalties being assessed against your team.
5. Any behaviors that reflect poorly on the School and are in violation of the Honor Code.

Violations of these expectations may result in removal from the venue and disciplinary action.

Athletic Affiliations

Pingry is a member of the:

- **New Jersey State Interscholastic Athletic Association (NJSIAA)**
- **New Jersey Independent School Athletic Association (NJISAA)**

As dual members, Pingry may participate in end-of-season tournaments in both associations.

As a member of the **NJSIAA**, Pingry is also a member of the **Skyland Conference** comprising 23 local schools.

The following sports follow a Skyland schedule:

Baseball	Boys' and Girls' Soccer
Boys' and Girls' Basketball	Boys' and Girls' Swimming
Boys' and Girls' Cross Country	Boys' and Girls' Tennis
Boys' and Girls' Fencing	Boys' and Girls' Track & Field
Boys' and Girls' Golf	Field Hockey
Boys' Ice Hockey	Girls Volleyball
Boys' and Girls' Lacrosse	Softball
	Wrestling

Pingry also competes in the **Somerset County Interscholastic Athletic Association (SCIAA)** for county tournaments.

Pingry offers interscholastic sports that are not Skyland Conference sponsored. Those teams that follow schedules based upon different leagues are:

- Football: **Metropolitan Independent Football League (MIFL)**
- Boys' and Girls' Ski Teams: **New Jersey Interscholastic Ski Racing Association (NJISRA)**
- Girls' Ice Hockey: **New Jersey Interscholastic Ice Hockey League (NJIHL)**
- Coed Sailing: **New Jersey Interscholastic Sailing Association (NJISA)**

The following sports are independent teams with no league affiliation:

- Boys' and Girls' Squash
- Boys' and Girls' Water Polo

The Pingry School Team Philosophies

Varsity

- To allow committed and qualified students the opportunity to participate on competitive sports teams sponsored by the Athletics Department.
- To enhance and refine fundamental skills and game strategies.
- To provide organized practice sessions and appropriate competition to allow opportunity to achieve success.
- To allow playing time as determined by a student-athlete's inherent ability, commitment to team, and quality of work ethic.
- To allow for maturity as athletes and as individuals by facing challenges inherent to competitive sports.
- To allow for the further development and enhancement of qualities of sportsmanship, leadership, loyalty, and commitment.
- To insist upon self-discipline and a strong work ethic as a means to insure achievement and excellence.

Junior Varsity & Freshman

- To prepare junior varsity student-athletes, through an appropriate level of competition, for participation in the varsity program.
- To emphasize and develop fundamental skills and game strategies.
- To provide organized practice sessions and appropriate competition to allow opportunity for the attainment of success.
- To allow playing time in practice and games over the course of the season so that an athlete can gain maturity. A student-athlete's inherent ability, commitment to team, and quality of work ethic will be factors in determining an appropriate amount of playing time. **At the JV level, there is no guaranteed playing time.** An effort should be made to create a substitution pattern that allows all to participate throughout the week with different amounts of time dependent on the skill of each player.
- To allow for the development of qualities of sportsmanship, leadership, loyalty, and commitment.
- To encourage self-discipline and a strong work ethic to fuel a desire for achievement and excellence.
- To recognize success and progress throughout the season as fundamental skills are mastered, as team unity develops, and as offensive and defensive concepts are realized in competition.

Middle School

- To allow all Middle School students an opportunity to make a commitment to compete in team sports sponsored by the Athletics Department.

- To teach fundamental sport skills and introduce game strategies.
- To provide organized practice sessions and appropriate competition to allow opportunity for the attainment of success.
- To allow ample playing time in games and practices over the course of the season so that an athlete can gain maturity. **Every athlete plays in every regular-season contest (tournaments are not regular-season games) unless being disciplined for behavior problems.**
- To introduce self-discipline and a strong work ethic as a means to fuel a desire for achievement and excellence.
- To recognize success and progress throughout the season as fundamental skills are mastered, as team unity develops, and as offensive and defensive concepts are realized in competition. (At the Middle School level, success is not measured in terms of wins and losses.)

Sport Offerings by Division

Upper School

Fall	Winter	Spring
<ul style="list-style-type: none">● Cross Country (Boys' and Girls' Teams)● Field Hockey (Girls)● Football● Sailing● Soccer (Boys' and Girls' Teams)● Tennis (Girls)● Volleyball (Girls)● Water Polo	<ul style="list-style-type: none">● Basketball (Boys' and Girls' Teams)● Fencing (Boys' and Girls' Teams)● Ice Hockey (Boys' and Girls' Teams)● Ski Racing (Boys' and Girls' Teams)● Squash (Boys' and Girls' Teams)● Swimming (Boys' and Girls' Teams)● Winter Track & Field (Boys' and Girls' Teams)● Wrestling	<ul style="list-style-type: none">● Baseball● Golf (Boys' and Girls' Teams)● Lacrosse (Boys' and Girls' Teams)● Softball● Tennis (Boys)● Track & Field (Boys' and Girls' Teams)

Middle School

Fall	Winter	Spring
<ul style="list-style-type: none">● Cross Country● Field Hockey● Football● Soccer (Boys' and Girls' Teams)● Sailing● Tennis (Girls)● Volleyball (Girls)● Water Polo	<ul style="list-style-type: none">● Basketball (Boys' and Girls' Teams)● Dance team● Fencing● Flag Football● Ice Hockey● Squash● Swimming● Wrestling	<ul style="list-style-type: none">● Baseball● Lacrosse (Boys' and Girls' Teams)● Softball● Tennis (Boys)● Track & Field

The NJSIAA

As a member of the NJSIAA, Pingry takes its lead from this state organization for season start and end dates, eligibility, transfers, recruiting, out-of-season guidelines, camps and clinics, and practice requirements. The regulations are extensive and can be found at njsiaa.org; however, a few important highlights are below. All policies and regulations related to the NJSIAA can be found at www.njsiaa.org.

Transfer

Students are entitled to one penalty-free transfer during the first six semesters after their initial high school enrollment, provided that the transfer occurs on or before the Start of Practice Date of the season in which the transfer occurs.

Students who transfer after the Start of Practice Date will be subject to a 30-day period of ineligibility (or half the number of contests in that sport, whichever is less). In addition, any student who transfers after the Competition Start Date will not be eligible for NJSIAA post-season competition in that sport.

Students who transfer a second or subsequent time will be subject to a 30-day period of ineligibility (or half the Maximum Number of Contests, whichever is less) for all NJSIAA-sanctioned sports in which the student participated during the 12 months preceding the transfer.

Senior transfers are subject to a 22-day period of ineligibility (or 1/3 of the maximum number of contests, whichever is less) in each sport in which they participated during or after their third season of eligibility, during the 12 months preceding the transfer. A “senior transfer” is a student-athlete whose first transfer occurs during or after their third season of eligibility in a particular sport in which they participated in during the 12 months preceding the transfer.

Eligibility

The **Eight Semester Rule**: No student shall be eligible for high school athletics after the expiration of eight consecutive semesters following her entrance into the ninth grade.

Six practices requirement

A student shall not be permitted to participate in a scrimmage or a game in any strenuous sport until he/she has completed 6 days of practice in that sport (Days of 24 hours, not sessions) and one day of rest. Practices during the summer recess prior to the opening of the sports season cannot be counted to fulfill this requirement. The above restriction will be waived for student-athletes who are members of a team participating in competition after the start of the next season, provided the athlete becomes a practicing member within 3 practice days.

The six practices must be done on 6 separate days before participating in the first scrimmage/competition. A warm-up before a scrimmage or competition cannot count as a sixth practice before the scrimmage/competition on that day.

Concussion policy

Legislation (P.L. 2010, Chapter 94) (N.J.S.A. 18A:40-41.3) enacted on December 7th, 2010 requires each school district, charter, and non-public school that participates in interscholastic athletics to adopt by September 1, 2011, a policy concerning the prevention and treatment of sports-related concussions and other head injuries among student-athletes. The Center for Disease Control estimates that 300,000 concussions are sustained during sports-related activity in the United States. A concussion is a traumatic brain injury (TBI) caused by a direct or indirect blow to the head or body. In order to ensure the safety of student-athletes, it is imperative that athletes, coaches, and parents/guardians are educated about the nature and treatment of sports-related concussions and head injuries. Allowing a student-athlete to return to play before recovering from a concussion increases the chance of a more serious brain injury that can result in severe disability and/or death.

- Each school district, charter, and non-public school shall develop a written policy describing the prevention and treatment of sports-related concussion and other head injuries sustained by interscholastic student-athletes.
- Any student-athlete who participates in an interscholastic sports program and is suspected of sustaining a concussion will be immediately removed from competition or practice. The student-athlete will not be allowed to return to competition or practice until he/she has written clearance from a physician trained in concussion treatment and has completed his/her district's graduated return-to-play protocol.

Quick Facts

- Most concussions do not involve loss of consciousness
- You can sustain a concussion even if you do not hit your head
- A blow elsewhere on the body can transmit an "impulsive" force to the brain and cause a concussion

What should a student do if they think they have a concussion?

- **Don't hide it.** Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian.
- **Report it.** Don't return to activity with symptoms of a concussion or head injury.
- **Take time to recover.** If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

What can happen if a student continues activity with a concussion or returns to activity too soon?

- Continuing activity with the signs and symptoms of a concussion leave the student vulnerable to Second Impact Syndrome.
- Second Impact Syndrome is when a student sustains a second concussion while still having symptoms from a previous concussion or head injury.
- Second Impact Syndrome can lead to severe impairment and even death in extreme cases.

Should any temporary academic accommodations be made for students who have suffered a concussion?

- To recover, cognitive rest is just as important as physical rest. Reading, texting, testing, and even watching movies can slow down a student's recovery.
- Stay home from school with minimum mental and social stimulation until all symptoms have resolved.
- Students may need to take rest breaks, spend fewer hours at school, and be given extra time to complete assignments, as well as being offered other instructional strategies and classroom accommodations.

For Further information on Sports-Related Concussion and other Head Injuries, please visit:

www.cdc.gov/concussion/sports/index.html

www.nfhs.com

www.ncaa.org/health-safety

www.bianj.org

www.atsnj.org

The Pingry School has adopted the following policy for ALL students in grades 6–12 in compliance with the above legislation.

Baseline Testing & Education

Baseline testing

- We require baseline and post-concussion neurocognitive testing (grades 6–12) using the ImPACT® (Immediate Post Concussion Assessment and Cognitive Testing) software program to assist in the management of head injuries. The 20-minute program is set up in a “video-game” format. It tracks neurocognitive information such as memory, reaction time, brain-processing speed, and concentration. We conduct a post-concussive test when the student is asymptomatic and continue to test the student until their scores return to within normal baseline limits. Please note that this program is used only as a tool in making decisions about return to activity. Additional information about ImPACT® can be found at www.impacttest.com.
- Baseline testing is completed in a classroom setting by all students periodically throughout their time at Pingry. The Pingry School is on a testing schedule as follows:
 - Grade 6 orientation
 - End of school year in Grade 6

- Form III orientation
- End of school year in Form IV
- Any new students at the start of their first year

Management & Treatment of Concussions & Head Injuries

Possible signs of concussion

Could be observed by Athletic Trainer, Physician, School Nurse, Teachers, Coaches, Officials, Parent/Guardian, Teammates, Friends

- Appears dazed, stunned, or disoriented
- Demonstrates short-term memory difficulty
- Exhibits difficulties with balance, coordination, concentration, or attention
- Answers questions slowly or inaccurately
- Loses consciousness
- Demonstrates behavior or personal changes
- Is unable to recall events prior to or after the hit or fall

Possible symptoms of concussion

Reported by student to Athletic Trainer, Physician, School Nurse, Teachers, Coaches, Officials, Parent/Guardian, Teammates, Friends

- Headache
- Nausea and vomiting
- Sensitivity to light/noise
- Mental confusion/behavior changes
- Dizziness
- Memory loss/difficulty concentrating
- Ringing in the ears
- Changes in gait (walking) or balance
- Feeling slowed down/“in a fog”
- Blurry or double vision
- Sleep disturbance
- Irritability

Immediate Treatment

- Any student exhibiting or reporting any signs/symptoms of a concussion or head injury will be immediately removed from activity and will not return to participation that day.
- 911 should be called if there is a deterioration of symptoms, loss of consciousness, or direct neck pain associated with the injury.
- When available, the student should be evaluated by one of the School’s licensed healthcare providers who is trained in the evaluation and management of concussions.
 - Evaluation may include a Graded Symptom Checklist

- School personnel should make contact with the student's parent/guardian and inform him/her of the suspected concussion or head injury.
- Parent/guardian will be given the following documents:
 - Head Injury Home Instructions
 - Physician Head Injury Evaluation Form
 - Graded Symptom Checklist (if available)
- As per NJ Concussion Law, the student may not return to participation until evaluated by a licensed physician trained in the evaluation and management of concussions.
- Treating physician may not have an immediate family relation to the student-athlete.
- **Treating physician must fill out the provided Physician Head Injury Evaluation Form. This form must be returned to the school nurse and/or the athletic trainer upon return to school.**

For the Diagnosis of "Not a Concussion"

- If a physician indicates "Not a Concussion" on the Physician Head Injury Evaluation Form, a specific diagnosis must be provided.
- If the student is diagnosed with "Not a Concussion" and is given written clearance to return to full activities by a licensed physician trained in the evaluation and management of concussions, they will be required to complete a full day of normal cognitive activities (school day, studying for tests, interacting with peers, watching practices, etc.) without recurrence of symptoms before The Pingry School will allow them to return to activity.
 - No student may return to physical activity while symptomatic.

For the Diagnosis of a Concussion

- Complete physical, cognitive, emotional, and social rest is advised while the student is experiencing signs/symptoms of a concussion or other head injury.
 - Complete physical may be mandatory while symptomatic.
 - Academic accommodations may be given to concussed students as indicated on the Physician Head Injury Evaluation Form (see below for accommodations).
- The following criteria must be met in order to begin the Graduated Return to Activity Protocol
 - Written medical clearance from the treating physician
 - Asymptomatic at rest (with no use of medications to mask headache or other symptoms) for 7 consecutive days
 - Carrying a full academic load without remediation (if applicable)
 - Student must have the majority of missed work completed, including major projects, tests, term papers, and quizzes, prior to the start of the Graduated Return to Activity Protocol. This will be determined on a case-by-case basis.

Academic Accommodations

- Until the student has received medical clearance to return to school and participate in all components of the academic day (including completing assessments), The Pingry School may grant some accommodations. The student (and family) will work with the appropriate Dean and the Nurses to define a modified school day (i.e. mornings only).
 - Return to school on part-time/partial basis
 - Not allowed in gymnasium, pool, school fields, music room(s), or drama theaters
 - No graded assessments (written or oral)
 - May partially complete homework assignments for classes attended
 - May take breaks from class when experiencing symptoms. Student must report to nurse.
 - Remain inside during recess
 - May have limited computer use
 - May eat lunch in a quiet environment

*The treating physician may have different accommodations **beyond** the above accommodations (please note that additional accommodations requested may need to be approved by The Pingry School).

**The student may have to see the treating physician before lifting any accommodations.

***The treating physician may advise that these accommodations should be lifted when the student becomes asymptomatic and prior to beginning the Graduated Return to Activity Protocol.

****Activities at Pingry include, but may not be limited to: sports, fitness, drama, music, MS recess/flex, outdoor education, clubs (if applicable), and school-related trips.

Graduated Return to Activity Protocol

Once the above criteria are met, the student will progress back to full activity in accordance with the following stepwise exercise progression under the supervision of the Pingry Athletic Training Staff.

Step 1: Light aerobic exercise (i.e. stationary bike, elliptical machine)

Step 2: Moderate aerobic exercises (begin running program)

Step 3: Functional exercises (increase running intensity, begin agilities, non-contact sport-specific drills)

Step 4: Resistance training (Valsalva maneuver)

Step 5: Full-contact practice activities or P.E.

Step 6: Full game play if applicable

- Post-injury ImPACT testing will be administered during step 4. In order to progress to step 5, test scores must be within normal baseline limits.
- Each step will take place a minimum of 24 hours apart. If post-concussion symptoms occur at any step, the student will stop the activity and a member of the Pingry Athletic Training Staff will contact the treating physician. Once asymptomatic and with the treating physician's prior approval, the student will return to the protocol at the previous level of activity that caused no symptoms.

*Protocol may be modified on a case-by-case basis depending on the concussion history or directions from the treating physician (beyond the above recommendations).

Recruiting

Athletic recruitment is defined as any effort to proselytize, pressure, urge, or entice a student to transfer to a school for athletic purposes. It is a violation for a member school (coach, parents, alumni, donors, or a former coach) to engage in athletic recruitment or for a student-athlete to transfer to a school as a result of athletic recruitment.

If someone else, not even someone directly affiliated with the program, "recruits", that person will be banned from all NJSIAA events for 3 years, the head coach of the team will be suspended for 3/4 of your contests and will have to take NFHS and NJSIAA courses, and all Pingry Athletics programs will be on placed on probation for one or two years (depending on whether this is the first offense).

Forms

An annual physical examination is required for all Pingry students. The physical examination must be performed after March 1 of each school year and returned to the School through the Magnus portal no later than August 1. No student may attend the first day of school or participate in preseason athletics or field trips without all health requirements being completed and cleared through Magnus. The physician or healthcare provider may not have a personal or familial relationship to the student. All Magnus and Enrollment forms must be completed and approved before Athletics participation.

Age

An athlete becomes ineligible for high school athletics if he/she attains the age of nineteen prior to September 1. However, any athlete attaining age nineteen (19) on or after September 1 shall be eligible for the ensuing school year. A birth certificate, issued at the time of birth, is the normal proof of age; in the absence of this, other proofs may be used. The records used will be baptismal records or the earliest school records.

Athletics Department Policies

Tryouts

Tryouts for Pingry varsity, JV and freshman teams are held prior to the season. Tryouts for Middle School teams begin when the season starts. All students must try out for the team annually. Past participation on a team does not guarantee a spot—teams will be selected based on current performance. Each coach will identify the skills and dispositions they are looking for in their program so students are aware of how they will be evaluated.

Participation

Athletes may participate in only one Pingry sport program per season. They must be in good academic standing to participate and are expected to attend all practices and games to be eligible to play. In Middle School, all students must participate in the activities period, which falls before the end of the day. This activities period is considered part of the school day and cannot be skipped to attend outside activities.

Attendance—School and Class

High school students must arrive at school no later than 9:00 a.m. in order to participate in any after-school activities. If they do not arrive in time, they are not allowed to attend, stand on the sideline, or otherwise be engaged with the team that afternoon. The only exception to this rule is if a student has an excused absence. Students must attend all school commitments to participate in after-school activities.

Occasionally, students will be dismissed from class early to attend an away athletics event. Students are responsible for making up missed work.

Attendance—Practices and Games

Attendance at all high school practices and games, including time while school is not in session, is mandatory. Student-athletes must keep in mind that they are making a commitment to their team, and loyalty to their teammates and coaches is an expectation.

The physical conditioning and the game readiness for those athletes who miss games and practices for any length of time while in season is a major concern. However, the bigger concern is the health and safety of those athletes who miss games and are no longer at peak physical condition and are not prepared to compete at the highest possible level.

Athletes who will be absent or tardy for a practice or game for reasons that are not school related must speak to the head coach prior to the practice or game missed. It is the responsibility of the student-athlete to inform the head coach of any missed practice or game. Failure to abide by this rule may result in suspension or dismissal from the team. Any team member of any level

who misses a game or practice may be subject to loss of playing time or a starting position. This rewards those athletes who have been at practice.

Please be aware that tryouts, practices, and games for high school take place when school is not in session, including in August, over Thanksgiving, Christmas, Easter, Spring Break, and Memorial Day weekend. Family vacations should be scheduled during the off-season whenever possible.

Please be cognizant of the intensity of a high school athletics schedule when considering trying out for a team, as it is important to honor the commitment you are making to your team.

Removal from a Team

In very rare instances, a student-athlete may need to be removed from the team for conduct detrimental to the team and the School, lack of commitment to the team, or not abiding by the Pingry Honor Code in their conduct with the team. This removal would only take place after conversations with the Head Coach and the Director of Athletics.

Games Schedule and Changes

Schedules for all team contests can be viewed on Pingry's website. You are encouraged to sign up for notifications for your team in case of any changes to the schedule. Every attempt will be made to announce schedule changes due to inclement weather by 1:00 p.m. on the date of the change. In the event of an official school closing, all scheduled events, contests, and practices are automatically canceled unless otherwise noted.

Hazing or Initiations

Hazing or initiations of student-athletes by other team members are not acceptable, and any practice of this type of behavior will not be tolerated. Actions of this type may be illegal, and those involved may be subject to police action, as well as additional school consequences up to and including: dismissal and/or suspension from participation in any athletics program, and/or suspension from participation in any athletics program, and/or suspension from school.

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity, or organization.

The following are some examples of hazing, divided into three categories: subtle, harassment, and violent. It's impossible to list all possible hazing behaviors because many are specific to the context in which they occur.

- **Subtle Hazing:** deception, deprivation of privileges granted to other members, name calling, requiring new members to perform duties not assigned to other members, socially

isolating new members

- **Harassment Hazing:** asking new members to wear embarrassing/humiliating attire, expecting new members to perform personal services to other members such as carrying bags or equipment, threats or implied threats, verbal abuse
- **Violent Hazing:** abductions/kidnaps, beating, paddling, other assaults, exposure to extreme temperatures without appropriate protection, forced or coerced alcohol or drug consumption, forced or coerced ingestion of vile substances/concoctions, public nudity

School Equipment and Spirit Wear

The School issues equipment and uniforms for most sports. The students are responsible to return any issued items at the end of the season, or families will be charged a replacement cost.

Before each season starts, players in the program will have a chance to order spirit wear, which is clothing to be paid for and owned by the student. These spirit stores are put together by the captains and coaches, with help from the Athletics Department. A maximum of \$100 of spirit wear is to be “mandatory” and will be covered by tuition assistance for those who qualify. Other items will be available for purchase but are not mandatory.

Team Captains

Each high school team will have a team captain(s). A team captain carries more responsibility than just being a member of a team. The team captain is expected to be a leader on and off the playing field, a role model inside the school building, a source of school pride in the Pingry community, and a conduit between the team and the coaching staff. The leadership necessary to be a successful team captain is not always easy. And there will be times as a leader that you may have to make some difficult decisions to support, as well as improve, your team. The role of a team captain at Pingry should not be taken lightly. Captains must be involved in captain training, offered through the Assistant Director of Athletics for Student Athlete Success, prior to the season. Team members of all grade levels will be considered to be captains—not just Seniors.

Team captain selection may vary by team and sport; however, the process of selection as well as the qualities that coaches are looking for will be made public to the members of the team prior to selection.

A team captain who misses a practice or game without a valid reason, or who does not inform the coach according to the guidelines established (see Athletics Attendance at Practice and Games), will be subject to the loss of her role as captain, as well as possible suspension or dismissal from the team.

Transportation

Pingry provides transportation to and from all away contests and off-site practices. It is the

expectation that students utilize this transportation and do not drive themselves to these obligations. Rare exceptions are made via permission slip (golf and ice hockey) or on a day-to-day basis with coach and Athletics Director permission.

Letter Winner Awards

Varsity letter winner selection may vary by team and sport; the qualifications will be made public to members of the team prior to the season.

Preseason Parent/Guardian Meetings

All parents/guardians of student-athletes are required to attend a pre-season meeting with the coaching staff of that sport. The meeting shall be held before the first contest. Parents/Guardians will be informed of all expectations for their sport as well as the expectations for communication.

Senior Days

Many teams choose to recognize their seniors with a “senior night” celebration. These celebrations should be kept to a minimum of cost and celebrate all seniors on the team. Potluck tailgates are a great way to celebrate and keep costs down.

Year-End Banquets

Many teams hold a season-ending banquet to celebrate the season. Parents/Guardians and students are typically invited to celebrate. Costs should be kept to a minimum, with a cap at \$60/person.

Team Dues

Many teams (through captain’s parents/guardians) collect team dues to cover season costs like pasta parties, senior days, and banners. These costs should be kept to a minimum, with a cap at \$60/person.

The Parent-Coach-Student Athlete 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/guardians, when your children become involved in our program, you have the right to understand what expectations are placed on your child.

Communications You Should Expect From Your Child's Coach

1. Philosophy of the coach
2. Expectations, rules, and goals the coach has for your child as well as for the team/season
3. Locations and times of all practices and contests.
4. Team requirements, special equipment, strength and conditioning programs
5. Lettering criteria
6. Team selection process

Communication Coaches Expect From Athletes/Parents

1. Concerns regarding the physical, mental, and emotional well-being of the athlete.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

Playing Time and Other Concerns

Coaches are professionals; they make decisions based on what they believe to be the best for all student-athletes involved. While we expect our athletes to acknowledge this, it is understandable that they might have concerns throughout the course of the season, such as playing time, their role on the team, issues that come up between players, etc. At these times, discussion between the athlete and coach is encouraged; it is the first and integral step to understanding and resolution.

As an Athletics Department, we encourage our coaches to be proactive when they suspect discontent, but it is impossible for them to know what is going on in a player's mind. We encourage our athletes to advocate for themselves when it comes to these types of concerns. They should not feel intimidated about expressing concerns they have with their coaches, nor have any fear of negative retribution. The athlete should expect an honest assessment of the situation from the coach's point of view along with ways in which a resolution can be found. Furthermore, we feel it is imperative that the athlete relay the details of this type of meeting to his or her parents/guardians, promptly and accurately.

We understand that there are situations that may require a conference between coach and parent/guardian. When a conference is necessary, the following procedures and protocols should be used to help resolve any concerns:

Procedures and Protocols for a Meeting with a Coach

1. Email the coach to set up an appointment. Parents should never text with a coach.
 - a. Please state a reason for the meeting and times when you are available to meet.
 - b. 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.
 - c. If the coach cannot be reached, call the Athletics Department to set up the meeting for you.
 - d. If either party wishes to have an additional Coach or the Athletics Director present, please provide ample notice.
2. In most cases, we are going to request your child be at the meeting if it has anything to do with his or her athletics experience.
3. Appropriate topics for discussion during the meeting:
 - a. The treatment of your child
 - b. Ways to help your child improve
 - c. Concerns about your child's behavior and/or well-being
4. What will not be discussed at the meeting:
 - a. There will be no negotiation of playing time
 - b. Justification of team strategy or play calling
 - c. Other student-athletes

Athletic Training

Pingry's Sports Medicine Department is committed to serving our community by promoting health and wellness through athletics. We support our student-athletes with injury prevention, evaluation, treatment, and rehabilitation. We provide an inclusive space where student-athletes of all ability levels can feel welcome, as well as on-field immediate and emergency care.

The Athletic Training Room is open for drop-in hours on regular school days, 2:00–4:00 p.m. Our Athletic Trainers are also available by appointment throughout the school day. Please schedule time in an email or directly in Google Calendar. Weekend, holiday, and break availability will be determined based on the event schedules. The Athletic Trainers will also provide event medical coverage for practices and competitions.

Medical Clearance for Illness and Injury

If a student is sick or injured and sees a healthcare provider, they must provide a medical doctor's note including a diagnosis and plan of care. If an athletic trainer, school nurse, or counselor deems a physician referral necessary, written communication from the medical physician's office will be required. The student will not be allowed to return to activity without written medical clearance from their medical physician's office. The physician or healthcare provider should have no personal or familial relationship to the student.

Strength and Conditioning

Pingry is committed to meeting the strength and conditioning needs of students, offering a comprehensive strength and conditioning program that helps athletes achieve their physical potential in the safest manner possible. We focus on developing complete athletes at Pingry, emphasizing physical and mental strength, and cardiovascular training, as well as educating students on the benefits of living a healthy lifestyle.

About Pingry Strength and Conditioning

Pingry's Greig Family Strength and Conditioning Center is located in the 45,000-square-foot, state-of-the-art Miller A. Bugliari '52 Athletics Center, which opened in 2017. Some features of this fantastic facility include:

- 5,000-square-foot fitness facility with cardiovascular and strength training equipment
- Large, multi-sport, indoor practice area spacious enough for several teams to train at the same time
- Space for training during the the off-season and summertime

Fitness Education

All Form III (Grade 9) students are required to take Introduction to Physical Fitness, designed to develop students' basic understanding of the importance of physical fitness. Topics covered in Pingry's Introduction to Fitness class include:

- Nutrition
- Muscular strength/injury prevention (including safe use of fitness center equipment)
- Cardio-respiratory fitness
- Mindfulness/yoga
- Sleep and recovery
- Flexibility

Concussion Awareness / Prevention

***“FOR EVERY ONE-POUND INCREASE IN NECK STRENGTH,
ODDS OF CONCUSSION DECREASED BY 5%”***

—DAWN COMSTOCK, 2014 YOUTH SPORTS SAFETY SUMMIT

Pingry's Strength and Conditioning Staff prides itself on being innovators in preventative sports medicine. At the forefront of those efforts is developing exercises and programs to develop the muscles of the head, neck, and upper back to better protect our student-athletes from concussive forces associated with athletic competition. Athletes who participate in our neck strengthening program are less likely to sustain an injury.

Rehabilitative Strength Training

When injuries inevitably occur, Pingry's Strength and Conditioning Staff works with students to design customized programs to help strengthen injured areas to get back in the game and avoid future injuries.