

*East Brunswick  
Athletic Handbook  
2025-26*



**GO BEARS!**

*A Guide for Parents and Athletes*

Frank Malta  
Supervisor of Athletics  
380 Cranbury Road  
East Brunswick, NJ 08816  
Phone: 732-613-6930  
e-mail: [Frank.Malta@ebnet.org](mailto:Frank.Malta@ebnet.org)  
web: [www.ebnet.org](http://www.ebnet.org)

East Brunswick Public Schools  
760 Route 18  
East Brunswick, NJ 08816

Dear Parents/Guardians,

Welcome to our athletic program! The value of an athletic program cannot be measured simply in terms of wins and losses. A beneficial athletic program is one that provides participants the opportunity to experience personal growth and development, both physically and mentally. Athletics gives students opportunities to learn to accept personal responsibilities for success and failure, and to recognize the limitations and strengths of both. Our athletic program helps them develop self-discipline, self-confidence, loyalty, leadership, perseverance, a sense of commitment, and a positive attitude.

Research confirms that there is a direct correlation between success in later life and participation in extracurricular activities such as athletics. It is also a fact that participation in interscholastic sports enhances students' chances of gaining entrance to the college of their choice.

This booklet is intended to inform parents and athletes about the entire program. If we can be of any assistance do not hesitate to contact us.

Sincerely,

Dr. Victor Valeski  
Superintendent

Frank Malta  
Supervisor of Athletics

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## What Sports are Offered?

The philosophy of our interscholastic athletic program is to play the best competition available. This commitment to excellence has produced a program that is recognized and respected throughout the state, East Brunswick is a member of the New Jersey Interscholastic Athletic Association, the state governing agency, and the Greater Middlesex Conference, a 36 member organization.

### Interscholastic Athletics in East Brunswick

The East Brunswick School District offers a variety of sports for boys and girls in grades 7-12. All 9<sup>th</sup> grade athletes are allowed to participate in interscholastic athletics at the high school. Our offerings are:

<b>Fall</b>	<b>Varsity</b>	<b>JV</b>	<b>9<sup>th</sup></b>	<b>Middle School 7<sup>th</sup> &amp; 8<sup>th</sup></b>
Cheerleading	X	X	X	
Boys Cross Country	X			X
Girls Cross Country	X			X
Field Hockey	X	X		X
Football	X	X	X	X
Girls Gymnastics	X			
Boys Soccer	X	X	X	X
Girls Soccer	X	X	X	X
Girls Tennis	X			
Girls Volleyball	X	X	X	
Dance	X			
<b>Winter</b>				
Boys Basketball	X	X	X	X
Girls Basketball	X	X	X	X
Boys Bowling	X			
Girls Bowling	X			
Cheerleading	X	X	X	
Boys Swimming	X			
Girls Swimming	X			
Boys Winter Track	X			
Girls Winter Track	X			
Boys Wrestling	X	X		X
Girls Wrestling	X	X		X
Ice Hockey	X			
Dance	X			
<b>Spring</b>				
Baseball	X	X	X	X
Boys Golf	X			
Girls Golf	X			
Boys Lacrosse	X	X		
Girls Lacrosse	X	X		
Softball	X	X	X	X
Boys Tennis	X			
Boys Spring Track	X			X
Girls Spring Track	X			X
Boys Volleyball	X	X	X	
<b>TOTAL</b>	<b>32</b>	<b>16</b>	<b>11</b>	<b>14</b>



## **ACADEMIC and BEHAVIORAL REQUIREMENTS**

Candidates for all teams at Churchill Junior High and East Brunswick High School must meet the academic standards established by the Board of Education and the New Jersey State Interscholastic Athletic Association.

### **Board of Education - Eligibility Standards (2431.)**

A pupil who wishes to participate in athletic competition must submit, on a form provided by the district, the signed consent of his/her parent(s) or legal guardian(s). The consent of the parent(s) or legal guardian(s) of a pupil who wishes to participate in interscholastic athletics must include an acknowledgment of the physical hazards that may be encountered on the sport.

Pupil participation in athletic competition shall be governed by the following eligibility standards:

- 1. To be eligible to participate in extra-curricular (non-credit) activities, pupils in grades 9-12 must maintain a minimum grade point average of 2.0, meet all attendance requirements and maintain passing grades in at least 15 credits a semester.**
2. Pupils in grades 9-12 who do not meet these requirements for one quarter will be warned and permitted to participate on a probationary basis during the next quarter. If they do not meet the requirements by the end of the following quarter, they will be prohibited from participation in all activities. Fourth quarter grades will determine eligibility for the first quarter of the following school year. Students will be reinstated after they meet the criteria.
3. Seventh and Eighth grade eligibility requirements are as follows: Must maintain a minimum grade point average of 2.0, meeting all attendance requirements and not failing any subjects in the second quarter. Seventh and Eighth graders who do not meet the requirements at the end of the second quarter will receive a written warning and will be allowed to participate on a probationary basis during the third quarter. If they do not meet their requirements by the end of the third quarter, they will be prohibited from participation in all activities. They will be reinstated after all criteria are met.

4. Pupils on suspension may not practice, perform or compete during the suspension period.
5. A pupil in any grade who fails to demonstrate good citizenship or observe school rules for pupil conduct may forfeit his/her eligibility for participation in athletic competition.
6. In instances of extenuating circumstances, the Superintendent of Schools has the authority to waive this policy. Waivers approved by the Superintendent of Schools shall be reported to the Board, without student names, at the next board meeting.
7. Notice of these eligibility requirements shall be given to pupils.
8. A student who has a positive substance abuse screening cannot participate in extracurricular activities for a period not less than **three weeks**.
9. Students must be in attendance for a minimum of FOUR HOURS (not four class periods) to be eligible for participation in extra-curricular activities. Students who are absent from school, for any reason other than an administratively approved absence, are prohibited from participating in activities/clubs and are prohibited from school grounds on the day of the absence.

To be eligible for athletic competition by the NJSIAA during the school year, students must meet the following eligibility requirements:  
All Grades will need 30.0 credits (15.0 for the spring)

### **How Can I Educate Myself as a Parent about Athletics?**

Go to [www.nfhslearn.com](http://www.nfhslearn.com) and see a list of free courses including:

- A guide to Heat Acclimatization and Heat Illness Prevention
- A guide to Sports Nutrition
- Concussion in Sports
- What You Need To Know about Sportsmanship
- The Role of the Parents in Sports



# TELL ME ABOUT STEROID TESTING?

## NJSIAA STEROID TESTING POLICY

### CONSENT TO RANDOM TESTING

In Executive Order 72, issued December 20, 2005, Governor Richard Codey directed the New Jersey Department of Education to work in conjunction with the New Jersey Interscholastic Athletic Association (NJSIAA) to develop and implement a program of random testing for steroids, of teams and individuals qualifying for championship games.

Beginning in the Fall, 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances on the next page, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances. The result of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

By signing below, we consent to random testing in accordance with the NJSIAA steroid testing policy. We understand that if the student or the student's team qualifies for a state championship tournament or state championship competition, the student may be subject to testing for banned substances.

\_\_\_\_\_  
Signature of student-athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Sport

\_\_\_\_\_  
Grade

\* The NJSIAA states that to be eligible for competition in interscholastic athletics the consent form must be signed by parent and athlete.





1161 Route 130 North | Robbinsville, NJ 08691  
609.259.2776 | [www.njsiaa.org](http://www.njsiaa.org)

## **Banned Substances 2025-2026**

### **The NJSIAA bans the following drug classes:**

1. Stimulants
2. Anabolic agents
3. Beta-blockers
4. Diuretics and other masking agents
5. Narcotics
6. Peptide hormones, growth factors, related substances and mimetics
7. Hormone and metabolic modulators
8. Beta-2 agonists

Note: This is not a complete or exhaustive list. Any substance chemically/pharmacologically related to any of these classes is also banned. Student-athlete shall be held accountable for all drugs within the banned-drug classes regardless of whether they have been specifically identified. There is no complete list of banned substances.

### **Substances and Methods Subject to Restrictions:**

1. Blood and gene doping.
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Beta-2 agonists (permitted only by inhalation with prescription).
5. Tampering of urine samples.

### **NJSIAA Nutritional/Dietary Supplements:**

1. There are no NJSIAA-approved nutritional or dietary supplements.
2. Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
3. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
4. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
5. While third-party tested and low-level risk products may be options, complete elimination of risk is impossible.
6. All nutritional/dietary supplements are taken at the student-athlete's own risk.

Note: Before consuming any nutritional/dietary supplement product, review the product and its label with your school's athletics department staff.

Athletics department staff should consider providing guidance to student-athletes about supplement use and the importance of having nutritional/dietary products checked by appropriate staff members before consuming. The NJSIAA has identified Drug Free Sport AXIS™ (AXIS) as the service designated to facilitate student-athletes and schools review of label ingredients in medications and nutritional/dietary supplements. Contact AXIS at 816-474-7321 or [axis.drugfreesport.com](http://axis.drugfreesport.com) (password: njsports).

**It is the student athlete's responsibility to check with the appropriate or designated athletic staff before using any substance.**

The following are some examples of substances in each banned drug class. There is no complete list of banned substances. Do not rely on this list to rule out any labeled ingredient. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label. Any substance that is chemically/pharmacologically related to one of the drug classes below, even if it is not listed as an example, is also banned.

### 1. Stimulants

Amphetamine (Adderall)	Mephedrone (bath salts)
Caffeine and sources of caffeine*	Methamphetamine
Cocaine	Methylhexanamine (DMAA; Forthane)
Dimethylbutylamine (DMBA; AMP)	Methylphenidate (Ritalin)
Dimethylhexylamine (DMHA; Octodrine)	Modafinil
Ephedrine	Octopamine
Heptaminol	Phenethylamines (PEA) and its derivatives
Hordenine	Phentermine
Lisdexamfetamine (Vyvanse)	Synephrine (bitter orange)

\*Sources of caffeine (e.g., green tea extract, Guarana, Yerba Mate, etc.,).

Exceptions: Phenylephrine and Pseudoephedrine are not banned.

### 2. Anabolic Agents

Androstenedione	Methandienone
Boldenone	Methasterone
Clenbuterol	Nandrolone (19-nortestosterone)
Clostebol	Oxandrolone
DHCMT (Oral Turinabol)	SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23]
DHEA	Stanozolol
Drostanolone	Stenbolone
Epitrenbolone	Testosterone
Etiocholanolone	Trenbolone

### 3. Beta Blockers

Atenolol	Pindolol
Metoprolol	Propranolol
Nadolol	Timolol

### 4. Diuretics and Masking Agents

Bumetanide	Hydrochlorothiazide
Canrenone (Spironolactone)	Probenecid
Chlorothiazide	Triamterene
Furosemide	Trichlormethiazide

Exceptions: Finasteride is not banned

## 5. Narcotics

Buprenorphine Dextromoramide Diamorphine (heroin) Fentanyl and its derivatives Hydrocodone Hydromorphone Meperidine	Methadone Morphine Nicomorphine Oxycodone Oxymorphone Pentazocine Tramadol
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## 6. Peptide Hormones, growth factors, related substances, and mimetics

BPC-157 Erythropoietin (EPO) Growth hormone (hGH)	Human Chorionic Gonadotropin (hCG) Ibutamoren (MK-677) IGF-1 (colostrum; deer antler velvet)
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Exceptions: Insulin, Synthroid, and Forteo are not banned.

## 7. Hormone and Metabolic Modulators

Anti-Estrogen (Elacestrant, Fulvestrant) Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole] PPARs [GW1516 (Cardarine); GW0742] SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)]
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## 8. Beta-2 Agonists

Albuterol Formoterol Higenamine (Norcoclaurine)	Salbutamol Salmeterol Vilanterol
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## HOW DO I SIGN UP?

Once you submit a valid physical and payment you are signed up.

### ARE THERE PRE-SEASON MEETING FOR SIGN UPS?

Coaches conduct preseason meetings to explain procedures, policies, and inform prospects of important dates. There will announcements made @ school and on Team pages.

### WHEN DOES PRACTICE/TRYOUTS BEGIN?

#### High School:

<u>Fall Sports</u>	Football	August 11, 2025
	Soccer, XC	August 11, 2025
	Tennis	August 12, 2025
	Gymnastics, Field Hockey	August 18, 2025
	Volleyball	August 18, 2025
<u>Winter Sports</u>	Ice Hockey	November 24, 2025
	Swimming	November 24, 2025
	Bowling and Cheer	November 24, 2025
	Basketball (Boys 9-12)	December 01, 2025
	Basketball (Girls 9-12)	December 01, 2025
	Wrestling (Boys 9-12)	December 01, 2025
	Wrestling (Girls 9-12)	December 01, 2025
	Winter Track	December 01, 2025
<u>Spring Sports</u>	All sports	March 09, 2026

#### Churchill:

<u>Fall Sports</u>	All 9 <sup>th</sup> Grade Teams	See High School Fall Sports
	7 <sup>th</sup> & 8 <sup>th</sup> Grade Football	TBD
	7 <sup>th</sup> & 8 <sup>th</sup> Grade Teams	TBD
<u>Winter Sports</u>	7 <sup>th</sup> & 8 <sup>th</sup> Grade Teams	November 17, 2025
	9 <sup>th</sup> Grade Teams	December 01, 2025
	9 <sup>th</sup> Grade Cheerleading	December 01, 2025
<u>Spring Sports</u>	9 <sup>th</sup> Grade Teams	March 09, 2026
	7 <sup>th</sup> & 8 <sup>th</sup> Grade Teams	March 09, 2026

### WHAT ABOUT INCOMING 7<sup>th</sup> & 8<sup>th</sup> GRADE ATHLETICS (For 2025-26)?

There will be an athletic orientation for parents and students for all 7<sup>th</sup> & 8<sup>th</sup> grade sports on June 17, 2026 at 6:30 pm in the EBHS Auditorium.

## DOES EVERYONE MAKE THE TEAM?

1. The number of participants in some teams is limited. This means that some prospective participants are eliminated from the squad, based upon the determination of the head coach and his/her staff. The head coach makes the final decision in such cases.
2. Head coaches must make difficult decisions regarding which athletes play, when, and how much. We ask parents and students to respect the decisions of the coach. It would be virtually impossible for an athletic program to function if a coach were unable to make decisions regarding the amounts of playing time and which athletes play during the contests.
3. When it is necessary to limit participation (provide tryouts and then make team selections) in a given sport, it will be done after sufficient time has passed to assess the abilities of the candidates. Each athlete is given five practices to be selected for the team, provided the athlete is eligible and present on the first day. Roster selection is the responsibility of the coach.

## TELL ME ABOUT CHEERLEADING

Cheerleading is an integral part of our athletic program that has two separate seasons.

**Tryouts for all levels for the 2025-26 school year will be in May or June of 2025.** The length of the season corresponds with any team that is competing in the fall or winter. Practices and contests may be held when school is not in session and all athletes are expected to be at all contests and practices.

## What if I Want To Be a Manager/Statisticians?

Managers/Statisticians are a welcomed addition to any team and are valuable to the success of the team. The academic requirements are the same however the pay to participate procedure is: 1. Athletic Managers registration and payment **MUST** be completed online by accessing [www.ebnet.org/registrationandpayment](http://www.ebnet.org/registrationandpayment). 2. Once logged in, select the athletic season to be registered for. 3. Select the appropriate program (Athletic Manager – CJHS or Athletic Manager – EBHS). Then pay the \$30.00 fee. If you have questions or need help call 732-613-6674. Please hand in an Athletic Obligations form to the Athletic office as well as intent.

## Tell Me About Pay to Participate

A \$125.00 athletic registration fee is required for all athletes for each sport. This fee must be submitted with the Physical/Repeater form in order for the athlete to tryout/practice. ***A late fee of \$10.00 will be assessed for packets received after the due dates.*** Refunds will be granted if the athlete does not make the team. This payment does not guarantee making the roster or playing time. Call **(732) 613-6674** if you have any questions about payment.



## HOW DOES AN ATHLETE GET TO THE GAME/EVENT?

It is important for team members to travel to and from athletic contests on transportation provided by the school district. Should a student need to ride to or from a contest in a private vehicle, parents are asked to complete the appropriate forms prior to the event. These requests will be granted only for medical, religious, or school-related reasons.

## Is There Practice or Games on Non-School Days?

**Tryouts/Practices/Athletic Events will be held during school vacations and non-school days. All potential team members/roster athletes at all levels are to be in attendance. Missing any days will result in dismissal from the team unless the Head Coach has given prior approval.**

Contests/Practices may be held on religious holidays; in these instances, the following applies:

1. The students have a responsibility to their religious commitment.
2. There will be no repercussions for those who do not attend practice.
3. Their team status will not be affected if the student does not attend practice.

## What About Equipment?

Equipment and uniforms are the property of the Board of Education and should be returned upon completion of the season. If equipment is not returned or the athletic department reimbursed, administration action will occur and fines will be added to the students account.

## ARE THERE DISQUALIFICATION RULES?

An athlete who displays unsportsmanlike, flagrant misconduct, physical or verbal, will be disqualified from the next three regularly scheduled games/meets, with the exception of football, which will carry a two game disqualification.

Disqualification is a judgment call by the official; 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 present in the locker room, on the bus, on the sidelines or in the stand/bleachers 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 N.J.S.I.A.A. through the office of the Principal, for reinstatement.

*Any spectator ejected for inappropriate behavior from an athletic event will be prohibited from attending the next two, at the minimum, events home or away in the same sport. Further consequences may be determined by school administration.*



## HOW DOES AN ATHLET EARN A VARSITY LETTER?

The Head Coach and the Supervisor of Athletics establish criteria for earning a Varsity Letter in each sport. Under unusual circumstances an athlete who has not met the criteria may be awarded the Varsity Letter per “coaches discretion”. Each of these cases is considered separately. The criterion for each sport is the following and that the athlete competes the season in good standing:

Football	½ total quarters
Boys and Girls Soccer	½ total halves
Boys and Girls Cross Country	Run Varsity for 50% of meets and participate in all championship meets or Times discussed by Coach
Field Hockey	½ total halves
Boys and Girls Basketball	½ total quarters
Boys and Girls Wrestling	½ total meets
Gymnastics	Score in top 3 in ½ the dual meets
Boys and Girls Bowling	½ total matches
Boys and Girls Winter Track	Participation in ½ of all the invitationals and all championship meets or Times discussed by Coach
Ice Hockey	½ total games
Baseball	½ total games, pitchers 1/3 of games
Softball	½ total games, pitchers 1/3 of games
Boys and Girls Spring Track	Score 8 points in total dual meets and participate in all championship meets and/or – Times discussed by Coach.
Boys and Girls Tennis	½ total matches
Boys and Girls Swimming	swim 2/3 of varsity meets and earn an average of 2.5 points per meet and attend championship meets
Boys and Girls Golf	½ total matches
Cheerleading	90% of all games/matches as per coaches
Boys and Girls Volleyball	½ total games
Boys and Girls Lacrosse	½ total halves/quarters

- Goalkeepers in soccer, field hockey and lacrosse will need ¼ total halves
- Managers/Statisticians who have completed two seasons at the varsity level in good standing will receive a varsity letter.
- Senior athletes will receive a letter if they have been a team member in good standing for **three** years.
- Coaches discretion can be used when needed.
- Certificate of participation will be awarded to any athlete who completed the season in good standing and did not earn a varsity letter.
- Student Training Assistants will need two seasons to earn a varsity letter if accepted.

### How can I check the game schedule?

1. Go to [www.ebnet.org](http://www.ebnet.org) and follow the prompts for Athletics
2. At the bottom of the page is the link to schedules.

## **PRE-PARTICIPATION PHYSICALS**

All East Brunswick athletes, prior to being allowed to participate/tryout, must have a physical examination from a physician (MD or DO) licensed to practice in New Jersey and has completed the *\*Student-Athlete Cardiac Assessment Professional Development Module*. A physical must be dated within 365 days of the first practice session/tryouts to be valid. It is recommended a physical be dated after June 1.

The purpose of this examination is to determine the athlete's general fitness for participation in athletics. It should NOT be seen as a medical evaluation and cannot be viewed as a comprehensive medical examination.

Any athlete interested in weight conditioning/training MUST have a physical on file in the Athletic Office.

### **WHEN ARE ALL ATHLETIC FORMS DUE?**

Fall Sports due by 4:00 pm on July 14, 2025

Winter Sports due by 4:00 pm on October 10, 2025

Spring Sports due by 4:00 pm on February 14, 2026

### **Where Do I Send All Athletic Forms?**

NEW FORM SUBMISSION PROCESS- Complete forms online thru Parent Access (similar to beginning of school year forms)

### **What About Athletes Who Play More Than One Sport?**

NEW FORM SUBMISSION PROCESS- Complete forms online thru Parent Access (similar to beginning of school year forms)

### **How can I attain a Physical or Health Update form?**

NEW FORM SUBMISSION PROCESS- Complete forms online thru Parent Access (similar to beginning of school year forms)

### **How do I make payment for "Pay to Participate"?**

Go to [www.ebnet.org](http://www.ebnet.org) and click Online Registration and pay in the green area on the left side of page. Insert your user name and password given to you by financial services and follow the prompts. If you have questions concerning online registration and/or payment please contact [ebonlinepayments@ebnet.org](mailto:ebonlinepayments@ebnet.org) or call 732-613-6674.



## **What Should An Athlete Eat?**

### **Pre-Practice & Pre-Game Eating**

The energy derived from the food an athlete eats is not immediate. The fuel used on Tuesday at 4 pm was the food eaten Monday for dinner and Tuesday for breakfast.

The night before competition, athletes should consume a full meal, with emphasis on complex carbohydrates. Two or four hours before competition, athletes should eat a light meal consisting primarily of carbohydrates. All pre-event foods should be familiar to the athlete and contain little or no fat, spices, sugar and should not be heavy.

An example of a carbohydrate rich pre-game meal would be: Pasta, bread and apple juice. Meals to avoid would be: steak and eggs.

Plenty of fluids should be consumed at pre-game meals. Avoid highly concentrated sugar drinks and carbonated beverages.

Muscles that are tired from practice and games are actually looking for carbohydrate replenishment. The two hours immediately after intense exercise should include sources of carbohydrates so that muscle tissue can “load up” and be ready for tomorrow.

A guide to Sports Nutrition is free on [www.nfhslearn.com](http://www.nfhslearn.com). It provides exercises and an overview of dietary supplements.

## **STUDENT TRAINING ASSISTANTS**

The athletic department provides a program directed by the athletic trainer for freshman and high school students interested in athletic training, and physical therapy.

The student training assistants learn through a self-paced course of study involving reading assignments, written tests, practical tests, and videotapes. They attend home and away athletic practices and contests throughout the school year. The athletic training skills include first aid, adhesive tape and elastic wrap applications. The program covers anatomy and function of major joints and muscles.

All student training assistants are eligible to receive varsity letters and must abide by athletic department academic guidelines. Enrollment is limited and requires a mature student interested in the medical field who is willing to be “on the job” many hours and days working with the athletic teams. If interested, contact the Athletic Trainers at (732) 613-6934 or e-mail [jennifer.klein@ebnet.org](mailto:jennifer.klein@ebnet.org)



## **FIRST TWO WEEKS OF THE SEASON I SHOULD...**

During the first two weeks of any sports season, the athlete can alleviate discomfort by following these guidelines:

### **Stretch 4 times a Day**

Flexibility is important to achieve full athletic potential as well as to prevent injury. Start stretching 2-3 weeks before the first practice. Stretch comfortably and hold each position for 30 seconds. Stretching should not hurt and should be repeated several times a day.

### **Choose Foods Wisely**

With the increased activity comes the increased need for calories to provide energy. Increase consumption of complex carbohydrates such as bread, pasta, and vegetables. Avoid salt tablets, which may produce nausea. Instead, use slightly more salt in food during the first two weeks of practice.

### **Drink Plenty of Fluids (Hydrate)**

Adequate fluid replacement is important to prevent fatigue, excessive weight loss, and possible heat problems. Athletes should drink 8-10 glasses of cold fluids each day during the first two weeks, regardless of whether they play an indoor or outdoor sport.

### **Ice is Nice, Hot is Not**

When in doubt as to what to apply to sore, aching muscles, use ice for 30 minutes rather than soak in hot water. Ice relieves pain and allows greater movement. Soaking a possible injured area in hot water may increase tissue bleeding and make the injury worse.

## **FLEXIBILITY**

We cannot feel ourselves getting tighter, but this does happen each day that we do not stretch. Adequate flexibility helps muscles perform to their fullest capacity, allowing athletes to achieve speed, range of motion, reduce soreness and achieve their greatest level of athletic success.

Guidelines for athletes:

1. Flexibility is lost more quickly than it is acquired and is slowly achieved.
2. Start stretching 2-3 weeks before the season begins and continue this throughout the entire season. Stretch the muscles involved in your activity 3-4 times a day, 7 days a week during the season.
3. Stretching should not hurt. Stretch to the point of feeling the tightness and, if comfortable, hold that position until the tightness relaxes, then increase the stretch.
4. Stretching motions should be slow and held comfortably for 20-30 seconds. Do not jerk or bounce when stretching.
5. Warm muscles stretch more easily, so perform walking or light jogging for 3-5 minutes **PRIOR TO** stretching.

## **Proper Hydration Information**

**Parents and athletes:** adequate hydration is CRITICAL to performance, stamina, recovery from injury as well as general well-being. Typical adolescent boys and girls are 70% and 60% water by weight.

### **Hydration Rules**

1. Hydrate hours and days before you need it.
2. Hydrate often – before, during and after exercise.
3. Water and sports drinks are fine before and during exercise.
4. Avoid carbonated drinks since they may promote dehydration.
5. Your thirst does NOT equal your body's need to replenish fluids.
6. You need more than your thirst indicates.
7. It is essential for every teenager to drink at least 8 glasses of water a day while athletes need about 1-12 oz. bottle for each pound sweated off.

### **Signs of Dehydration**

1. Dehydration is cumulative. Do not fall behind with replenishing fluids.
2. Signs include muscle cramps, headache, fatigue, continued weight loss, vomiting and lethargy. Darker than usual urine indicates possible dehydration.
3. Monitor your weight. Each day you should return to 90-95% of yesterday's amount. Rapid weight loss is water, not body fat.

Remember: proper hydration begins at home, come to practice well hydrated and go to bed well hydrated; it is easier to stay ahead of dehydration than to catch up.



## Concussion Information

Parents need to be aware of the dangers and effects of a concussion.

Possible concussion symptoms may include: Headache, nausea, neck pain, balance problems or dizziness, double vision, sensitivity to light or noise, ringing in the ears, feeling foggy or groggy, concentration or memory problems, or confusion.

Parents should be aware of the following in the first 24 hours.

- Do not leave your child alone for long periods of time.
- Avoid pain medicine unless your physician has cleared it; then use only an acetaminophen product.
- Avoid excessive eating or fluid intake.
- Avoid bright, loud noisy environments.
- Look for change in normal sleeping patterns (sleeps more than usual or cannot sleep).
- Avoid excessive visual, mental and physical activity.
- Be aware of changes or signs/symptoms which have gotten worse.
- Talk with your child's coach/certified athletic trainer regularly.
- If you have any doubts, seek medical attention immediately.

Parents: The following information is designed to assist you deal with your child's recent head trauma. It should not replace medical attention. If you have any doubts, seek medical attention. Any head, face or jaw injury has the potential to be dangerous. The danger may not appear immediately. The first 24 hours are vital to determine possible severity.

If any of the following symptoms appear, the athlete should be taken to the hospital or family physician immediately.

Severe or increasing headache  
Inability to arouse or awaken the athlete  
Pupils or unequal size  
Numbness or lack of control of limbs  
Blurred or double vision  
Increased confusion or irritability

Convulsions  
Repeated vomiting  
Can't recognize people or places  
Slurred speech  
Neck pain  
Unusual behavioral changes

**Return from a concussion diagnosis needs a note from the doctor.**  
**Upon receipt of a return note the player must follow the 6 step protocol to return to the field. See trainer for more details**



## IN THE EVENT OF AN INJURY

If any injury occurs, the R I C E principle is recommended in order to promote healing and reduce severity.

- R REST** the injured area. Do not move it needlessly, or continue to exercise if it hurts.
- I ICE** The injured area to reduce swelling. Ice applications should be for 20-30 minutes and then removed for 45-60 minutes. Immersion of any body part in a bucket of ice should only be for 5-8 minutes at a time.
- C COMPRESS** the injured area to reduce swelling. Use an elastic wrap to resist swelling. The wrap should be removed at night or if the athlete feels numbness, tingling, or loss of circulation.
- E ELEVATE** the limb to reduce swelling. Injured legs should be rested at hip level and arms should be rested on a table whenever possible.

If you have any doubt as the severity of the injury, seek medical attention. Report all medical visits to the athletic trainer or coach and obtain the doctor's comments in writing. **\*If you see a Dr. you MUST report back with a note for the Athletic Trainer.**

## When or How Can I Return to Competition After an Injury?

An athlete excused by a doctor from a sport due to an injury will not be allowed to return to his/her sport without a release from **the doctor**. If an athlete does not participate in physical education class for medical reasons, he/she may not participate in practices, or games that day or evening. Any questions or concerns regarding athlete's physical condition or well being should be directed to the athletic trainer.

## Do Athletes Need To Take Any Different Precautions on the Turf Field?

**Turf allows for a more consistent playing surface however athletes are advised to make sure they hydrate before practice and games. (See page 13)**

## EAST BRUNSWICK ATHLETIC INSURANCE PROCEDURES

East Brunswick has limited insurance coverage for all students participating in athletics. **THIS INSURANCE IS SECONDARY TO THE PARENTS' INSURANCE COVERAGE.** The following procedures are applicable whenever an athlete is injured while participating on the school's athletic team, and is seen by a physician, has any test done or misses practices due to injury:

1. Report all injuries to the school's athletic trainer and coach as soon as possible.
2. Obtain the doctor's findings, restrictions, etc. in writing and give them to the school's athletic trainer.
3. Submit all bills to the parents' insurance company FIRST.
4. If the parents have no insurance coverage, the school is still limited to the coverage of its policy.
5. Parents are responsible for meeting the deductible amounts of their policy.
6. You or your child has already received and excess claim form at the time the report was filed.
7. Parents need only one excess claim form per injury. All bills should be attached to this form and mailed to the school district's insurance company.





## **CAN ANYONE PARTICIPATE IN ATHLETICS IN COLLEGE?**

Many college sports are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions – Division I, Division II, and Division III. Membership in a division is based on the size and scope of the athletic programs and whether the institution provides athletic scholarships.

Anyone planning to enroll in college as a freshman during the next academic year, and who is interested in participating in Division I or Division II sports, must be certified by the NCAA Initial-Eligibility Clearinghouse.

**The Clearinghouse will analyze the students' academic information and determine if they meet the NCAA's initial eligibility requirements.**

More information is available from the guidance office and at [www.eligibilitycenter.org/](http://www.eligibilitycenter.org/).

### **What Is An Athletic Scholarship?**

A scholarship is money that does not have to be repaid. Scholarships may be full or partial and can cover the cost of books, tuition or room and board. At the Division IA, IAA, and II levels, scholarships may be renewed on a yearly basis.

## **HOW DOES AN ATHLETE GET RECRUITED OR EARN AN ATHLETIC SCHOLARSHIP**

The recruitment process is initiated by the high school coach or the interested college. After contact is made, the college evaluates the student's academic performance and athletic abilities. If the student athlete meets the academic requirements of the NCAA Clearinghouse and the college, an intense athletic evaluation occurs. This is accomplished by the high school coach providing game films, and individual statistics, and by the college's onsite evaluation of games and/or practices. If the athlete is still a candidate, visits to the college are arranged by the college coach and high school coach/athletic department. If the student athlete is to be offered a scholarship, it usually occurs during an official visit in the presence of the head coach of the college. The prospect then signs a letter of intent and accepts the athletic scholarship.

### **What Are Grants, Loans, Or Work Study?**

Grants do not have to be repaid. Often this term is used interchangeably with scholarship. Loans, another form of aid, require a variety of repayment plans. They are often available through banks and the college themselves. Work study programs vary from college to college. In many cases, work study programs are financed by the federal government and are part of a financial award. To obtain most of the above funds, it is necessary to file the FAFSA (Free Application for Federal Student Aid) form. These forms arrive in the schools in December and should be completed as soon after January 1 as possible. The FAFSA is available in the Guidance Office.



## WHAT ABOUT PARENT/COACH RELATIONSHIP?

Parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of others and provide a greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child.

### WHAT YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Expectations the coach has for your child.
2. Locations and times of all practices and contests.
3. Team requirements

### APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

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

It is difficult to accept your child's not playing as much as you may hope. The coaches are professionals. They make decisions based on what they believe is best for all students involved.

### ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time
2. Team position
3. Team strategy
4. Play calling
5. Other student-athletes

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

### DISCUSSION PROCEDURES

1. The athlete and coach should discuss the concern.
2. Parent should call to set up an appointment with coach
3. Parent, student-athlete and coach meet
4. Parent, student-athlete, coach and Athletic Supervisor meet

## A NOTE FROM THE ATHLETIC SUPERVISOR TO ALL PARENTS AND ATHLETES

- Please take a few moments to read this. Hopefully this will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.
- Normally, coaches have a very short amount of time to make team selections. They try to do the very best in keeping the most talented athletes, filling positions for play and appropriately placing them on the proper team. They are under a good deal of pressure to assemble the most competitive team possible. It is the coaches' responsibility and right to select the team with whom they will work for the entire season.
- A main goal of our competitive athletic program is to put the most talented members on the team in competition to win the contest. Starting positions and playing time are not guaranteed to seniors making the team or anyone else for that matter. Each member of a team is very valuable to the team's overall progress. Some student athletes may play a great deal of time in a contest while others may not see any playing time or what a parent would consider "significant" playing time. Each student athlete should have personal improvement as one of his or her goals.
- By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self control and being responsible for one's own actions.
- I sincerely hope this helps you understand the goals and philosophy of our competitive athletic program in East Brunswick. Please feel free to contact me if you have any questions regarding the athletic program.

## QUESTIONS FOR THE COACH?

Coaches can be reached by e-mail or by calling (732) 613-6930.

### HIGH SCHOOL HEAD COACHES BY SEASON

#### FALL

CHEERLEADING  
BOYS CROSS COUNTRY  
GIRLS CROSS COUNTRY  
FIELD HOCKEY  
FOOTBALL  
GIRLS GYMNASTICS  
BOYS SOCCER  
GIRLS SOCCER  
GIRLS TENNIS  
GIRLS VOLLEYBALL  
DANCE

Bari Leff  
Jeffrey Sundberg  
Matt Randal  
Danielle Butrico  
Zach Gega  
Aly McMahon  
Terry McKibbin  
Kevin Brady  
Cory Widmaier  
Juliana Vierbuchen  
Sarah Kramer

#### WINTER

CHEERLEADING  
BOYS BASKETBALL  
GIRLS BASKETBALL  
BOYS BOWLING  
GIRLS BOWLING  
BOYS & GIRLS SWIMMING  
BOYS WINTER TRACK  
GIRLS WINTER TRACK  
BOYS WRESTLING  
GIRLS WRESTLING  
ICE HOCKEY  
DANCE

Bari Leff  
Mark Motusesky  
Travis Retzlaff  
Cory Widmaier  
Mike Keenan  
Sean Carney  
Pat DiGioacchino  
Laura Calderone  
Joe Langel  
Rachel Daddio  
Travis Beni  
Sarah Kramer

#### WINTER

BASEBALL  
BOYS GOLF  
GIRLS GOLF  
BOYS LACROSSE  
GIRLS LACROSSE  
SOFTBALL  
BOYS SPRING TRACK  
GIRLS SPRING TRACK  
BOYS TENNIS  
BOYS VOLLEYBALL

Chris Kenney  
Zach Gega  
Mark Motusesky  
James Wendell  
Jessica Allen  
Kevin Brady  
Pat DiGioacchino  
Jeffrey Sundberg  
Cory Widmaier  
Andrew Chup

### CHURCHILL COACHES BY SEASON

#### FALL

CHEERLEADING – 9<sup>TH</sup> GRADE  
CROSS COUNTRY – 7<sup>TH</sup>/8<sup>TH</sup> GRADE  
FIELD HOCKEY- 7<sup>TH</sup>/8<sup>TH</sup> GRADE  
FOOTBALL – 9<sup>TH</sup> GRADE  
FOOTBALL – 7<sup>TH</sup>/8<sup>TH</sup> GRADE  
BOYS SOCCER – 9<sup>TH</sup> GRADE  
BOYS SOCCER – 7<sup>TH</sup>/8<sup>TH</sup> GRADE  
GIRLS SOCCER – 9<sup>TH</sup> GRADE  
GIRLS SOCCER – 7<sup>TH</sup>/8<sup>TH</sup> GRADE  
GIRLS VOLLEYBALL – 9<sup>TH</sup> GRADE

TBD  
Sean Carney  
Cindi Todoroff  
Anthony Cavallo/TBD  
David Hagan/Chris Corsale  
TBD  
TBD  
Ashley Fuzak  
TBA  
Rebecca Montouro

#### WINTER

CHEERLEADING – 9<sup>TH</sup> GRADE  
BOYS BASKETBALL – 9<sup>TH</sup> GRADE  
BOYS BASKETBALL – 7<sup>TH</sup>/8<sup>TH</sup> GRADE  
GIRLS BASKETBALL – 9<sup>TH</sup> GRADE  
GIRLS BASKETBALL – 7<sup>TH</sup>/8<sup>TH</sup> GRADE  
WRESTLING – 7<sup>TH</sup>/8<sup>TH</sup> GRADE

TBD  
Erich Rotter  
Brian Tannura  
Adrew Chup  
John Schendel  
Chris Corsale

#### SPRING

BASEBALL – 9<sup>TH</sup> GRADE  
SOFTBALL – 9<sup>TH</sup> GRADE  
SOFTBALL – 7<sup>TH</sup>/8<sup>TH</sup> GRADE  
SPRING TRACK – 7<sup>TH</sup>/8<sup>TH</sup> GRADE  
BOYS VOLLEYBALL – 9<sup>TH</sup> GRADE  
BASEBALL – 7<sup>TH</sup>/8<sup>TH</sup> GRADE

Travis Retzlaff  
Patrick Woerner  
Rebecca Dalton  
Sean Carney and John Schendel  
Greg Rutz  
Max Santiago



## SPORTSMANSHIP MESSAGE TO EAST BRUNSWICK SPECTATORS

Although the students and their coaches are the major factors in the success of the program, spectators also play an important role in maintaining high standards. We ask you to assist us by encouraging good sportsmanship and absolute fairness under all conditions. Please remember that athletics are designed to be fun as well as educational. We expect the spectators to follow these guidelines.

- Be Courteous – to the teams, officials and, other spectators.
- Be Enthusiastic – by rooting for your team – not booing opponents or officials.
- Be Fair – have confidence in the honesty and integrity of the officials. Remember, they are neutral. **YOU ARE PARTISAN.**
- Be Cooperative – don't walk on the court or field; stay back from the sidelines.
- Be a Good Sport – by positive support of your team before, during, and after the game.
- Enjoy the Game – let the athletes play the game, the coaches coach, and the officials officiate.

*Any spectator ejected for inappropriate behavior from an athletic event will be prohibited from attending the next two, at the minimum, events home or away in the same sport. Further consequences may be determined by school administration. **Sportsmanship is always in season.***

### **BE A GRIZZLY AND SUPPORT THE BEARS!!!**

**The High School Booster Club is an organization that supports every athlete and sport. The Club offers scholarships, awards and moral support. If you would like to sponsor an award or have questions about individual booster clubs, please call 613-6930 or e-mail [Frank.Malta@ebnet.org](mailto:Frank.Malta@ebnet.org).**



## **Supervisor of Physical Education and Athletics**

OFFICE 732-613-6930      FAX: 732-251-9405  
EMAIL: Frank.Malta@ebnet.org

### **East Brunswick High School**

Dr. Edward Bucior  
Principal  
613-6904

Jennifer Klein, Trainer  
613-6934

High School Nurse's Office  
613-6960

### **Churchill Junior High School**

Mr. Matthew Hanas  
Principal  
613-6800

Churchill Nurse's Office  
613-6783

## **ADMINISTRATION**

Dr. Victor Valeski, Superintendent of Schools  
Dr. Joyce Boley, Assistant Superintendent  
Ms. Nicole Tibbetts, Director of Human Resources  
Mr. Bernardo Giuliana, Assistant Superintendent/Board Secretary

## **Board of Education**

Mrs. Heather Guas, President

Mr. Liwu Hong, Vice President

Ms. Anna Braun  
Mr. Timothy Cummings  
Ms Jaime Falco  
Mr. Louis Figueroa

Ms. Laurie Herrick  
Mr. Laurie Lachs  
Mrs. Wilbur Pan

**EAST BRUNSWICK ATHLETICS**

**A History of**

**PRIDE - TRADITION - SPIRIT!!!**