

Kingsway Regional High School



2025-2026 Athlete & Parent Handbook

Board Approved June 26, 2025

Kingsway Regional School District's Vision, Mission, and Core Values

Vision for Excellence: It is the vision of the Kingsway Regional School District to successfully prepare students for their unique path in life.

Mission: The Kingsway Regional School District, guided by our core values, engages students within a diverse and nurturing community dedicated to our Vision for Excellence.

Core Values

- **Growth:** We are committed to growing our students academically, socially, and emotionally. Through this commitment, students view the journey of education as a lifelong pursuit and continuous personal advancement beyond high school.
- **Belonging:** We are committed to ensuring every student feels included, supported, represented, valued, and celebrated at Kingsway. Through this commitment, students develop a lasting sense of worth for themselves and others.
- **Teamwork:** We are committed to providing a collaborative environment that invites participation and partnership from all stakeholders. Through this commitment, different perspectives and ideas are realized for the betterment of students.
- **Student-Centered:** We are committed to placing the safety, needs, and well-being of students at the forefront of decision-making. Through this commitment, the district remains focused on servicing the unique needs of every student.
- **Perseverance:** We are committed to cultivating resilience and self-reflection as students cope with life's hardships. Through this commitment, students emerge stronger and more confident as they work to achieve their goals.

Social-Emotional Wellness Support for Student-Athletes

At Kingsway Regional School District, we recognize that the well-being of our student-athletes extends beyond physical performance. We are committed to fostering a supportive environment that prioritizes mental health and social-emotional wellness. Athletics can be demanding, and we want our students to know they are never alone in facing challenges.

To support our athletes, Kingsway partners with initiatives such as **Morgan's Message**, which aims to eliminate the stigma surrounding mental health in athletics and encourage open conversations about wellness. We also embrace the **Be NICE program**, which focuses on mental health awareness, education, and proactive steps to promote a culture of kindness and resilience.

Through these programs and additional school-based resources, we encourage our student-athletes to seek support, check in on one another, and prioritize their mental well-being just as they would their physical health. Coaches, counselors, and athletic staff are here to provide guidance and ensure that every athlete feels valued, supported, and empowered to succeed both on and off the field.

If you or someone you know needs support, please reach out to a coach, counselor, or trusted adult. Together, we can create a community where mental health is a priority, and no student-athlete struggles in silence.

KINGSWAY REGIONAL SCHOOL DISTRICT

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James Zurzolo, Assistant Principal

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Megan Bruder, Supervisor of Science, Technology, & Math (STEM)
Nicole Cammarota-Verasco, Supervisor of Special Education
John Lloyd, Supervisor of Social Studies, Business, & Library Media
Dave Stanton, Supervisor of Athletics & Health & PE

KINGSWAY REGIONAL HIGH SCHOOL

201 Kings Highway
Woolwich Township, NJ 08085
(856) 467-3300
Website: www.krsd.org
Emergency Closing No. 815

Dear Parents and Students,

The Athletic Administration and coaching staff have developed this handbook to provide parents and student-athletes with essential information for successfully participating in our interscholastic programs. Our goal is to make your participation rewarding and as smooth as possible. Carefully reviewing this handbook and adhering to the rules and regulations outlined will help ensure you remain in good standing throughout your high school career. We hope that a clear understanding of our athletic goals will make your experience at Kingsway both positive and fulfilling. This handbook outlines the expectations set forth by our school, along with NJSIAA rules and regulations, as well as your responsibilities to yourself, your team, and Kingsway.

The purpose of our athletic program is to provide student-athletes with the opportunity to compete in a cooperative and team-oriented environment. Through this experience, student-athletes will develop self-discipline, responsibility, decision-making skills, and social awareness. Ultimately, the Kingsway Athletic Program is designed to offer a well-rounded and active component to a student's high school experience.

Participation in athletics is a privilege extended by the Board of Education to students who choose to compete. Please read this handbook carefully, as it will help prepare you for the responsibilities and challenges that come with being a student-athlete.

The development of a student-athlete is a collaborative effort between coaches and parents, working together as a team to support success. A student-athlete is an individual, but also a vital part of a team. While parents prioritize their child's well-being, coaches are responsible for the success and unity of the entire team. It is essential that parents and coaches work together to foster a positive and supportive environment, ensuring the best experience for all student-athletes.

Thank you for your commitment to Kingsway Athletics. We look forward to a great season!

Best Wishes,

Ms. June Cioffi
Director of Athletics

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KINGSWAY REGIONAL SCHOOL DISTRICT ATHLETE & PARENT HANDBOOK

PHILOSOPHY OF ATHLETICS

Kingsway Athletics seeks to maximize student-athletes' opportunities to reach their full potential through positive educational experiences. This is achieved by adhering to a set of fundamental principles:

1. Our sports programs are an integral part of the total educational experience.
2. Athletics supplement, rather than replace, physical education, recreation, and club activities.
3. Athletics are subject to the same administrative oversight as the entire educational program.
4. The physical, mental and social welfare and safety of all student-athletes are prioritized.
5. Our athletic program is governed by the rules and regulations of the **NJSIAA, Tri-County Conference, South Jersey Interscholastic Lacrosse League, West Jersey Football League, and Kingsway Regional School District.**

ATHLETIC PROGRAM GOALS

The athletic department plays a vital role in fostering student-athlete development, promoting sportsmanship, and enhancing the overall school community. The following goals outline the core mission and objectives of the program.

Academic Excellence

- **Support Student-Athletes' Education:** Encourage a balance between academics and athletics to ensure academic success.
- **Promote Eligibility Compliance:** Ensure all student-athletes meet academic requirements to participate in sports.
- **Encourage Lifelong Learning:** Instill the value of education beyond high school athletics.

Athletic Performance

- **Develop Competitive Teams:** Foster skill development and teamwork to enhance team performance.
- **Emphasize Fundamentals:** Focus on proper techniques, conditioning, and strategic understanding of each sport.
- **Encourage Multi-Sport Participation:** Promote versatility and overall athletic growth through participation in multiple sports.

Sportsmanship and Character Development

- **Promote Integrity and Respect:** Ensure that athletes, coaches, and spectators display positive behavior and respect for all participants.
- **Instill Leadership Skills:** Encourage student-athletes to take leadership roles on and off the field.
- **Encourage Community Involvement:** Foster a culture of giving back through volunteering and outreach programs.

Health and Wellness

- **Prioritize Athlete Safety:** Implement best practices for injury prevention, treatment, and recovery.
- **Encourage Proper Nutrition and Hydration:** Educate student-athletes on maintaining a healthy diet and staying hydrated.
- **Support Mental Health Awareness:** Provide resources and support for student-athletes' mental well-being.

Program Growth and Community Engagement

- **Enhance Facilities and Resources:** Continuously improve athletic facilities and access to quality equipment.
- **Engage Families and Supporters:** Strengthen community ties through events, booster clubs, and open communication.
- **Develop Strong Coaching Staff:** Invest in professional development opportunities for coaches and athletic personnel.

The athletic department is committed to fostering an environment where student-athletes excel academically, athletically, and personally. By focusing on these goals, the program will continue to grow and positively impact the school community.

PARENT GUIDELINES AND EXPECTATIONS

High school sports provide student-athletes with valuable experiences that promote discipline, teamwork, and personal growth. As parents, your support and behavior at athletic events play a significant role in shaping a positive environment for athletes, coaches, and spectators. This guide outlines expectations and best practices for parents attending high school sports events.

Supporting Your Student-Athlete

- **Encourage Effort Over Outcome:** Focus on your child's growth, effort, and sportsmanship rather than just wins and losses.
- **Promote a Positive Attitude:** Reinforce the importance of respect, perseverance, and teamwork.

- **Help Maintain a Balance:** Support your student in managing academics, sports, and personal time effectively.
- **Celebrate Achievements:** Acknowledge hard work and progress, regardless of the final score.

Behavior at Athletic Events

- **Respect Officials and Coaches:** Understand that referees, umpires, and coaches are there to support the game and should be treated with respect.
- **Demonstrate Good Sportsmanship:** Cheer for all athletes positively and avoid negative or disruptive comments.
- **Follow Venue Rules:** Adhere to school policies regarding seating, noise levels, and prohibited items.
- **Avoid Confrontations:** If concerns arise, address them through appropriate channels rather than during the event.

Engaging with the Team and Community

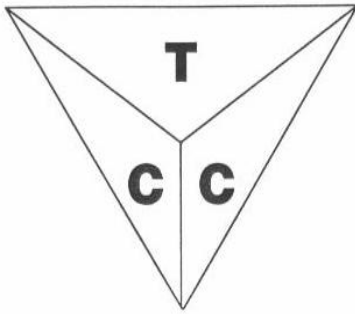
- **Volunteer and Support:** Help with team activities, fundraising, or event organization to contribute to a strong program.
- **Be an Example:** Model the behavior and attitude you want to see in your child and other spectators.
- **Encourage Team Spirit:** Foster a sense of unity by supporting all student-athletes, not just your own.
- **Respect Other Parents:** Maintain a respectful and positive relationship with fellow parents to create a cohesive community.

Addressing Concerns Properly

- **Communicate with Coaches Respectfully:** Schedule meetings if needed and follow the proper chain of command when discussing concerns.
- **Understand the Decision-Making Process:** Coaches make choices based on team needs, effort, and performance.
- **Encourage Athlete Independence:** Allow your child to handle their own discussions with coaches when appropriate.

Conclusion

Your role as a parent is vital in fostering a positive, supportive, and respectful atmosphere at high school athletic events. By setting the right example and following these guidelines, you contribute to a rewarding experience for all student-athletes, coaches, and spectators.



TRI-COUNTY CONFERENCE

ROYAL LIBERTY DIAMOND CLASSIC
ESTABLISHED 1928

Arthur P. Schalick	Gloucester Catholic	Salem County Vo Tech
Clayton	Highland	Timber Creek
Clearview	Kingsway	Triton
Cumberland	Overbrook	Washington Township
Delsea	Penns Grove	Wildwood
Deptford	Pennsville	Williamstown
GCIT	Pitman	Woodstown
Glassboro	Salem	

Mr. Irv McFarland
Deptford
PRESIDENT

Mr. Joseph Ursino
Woodstown
VICE PRESIDENT

Ms. June Cioffi
Kingsway Regional
SECRETARY

Mr. Daniel Antonelli
Clayton
TREASURER

Tri County Conference Spectator Code of Conduct

Under the Tri County Conference Sportsmanship Policy, unsportsmanlike conduct of **any fan or spectator**, directed towards officials, coaches, players, other spectators, school staff or security, at any/all athletic events including but is not limited to the actions listed below will be subjected to the disciplinary actions listed below:

- Strikes or physically abuses an official, coach, player, or spectator
- Intentionally incites participants or spectators to violent or abusive action
- Uses obscene gestures or profane or unduly provocative language or action towards officials, opponents, or spectators
- Engages in harassing verbal or physical conduct related to race, gender, ethnicity, disability, sexual orientation or religion at an interscholastic event.
- Use of profanity, threatening comments, or biased language before, during, or after an interscholastic event.
- Verbally harasses an official or opponent participant (i.e., coaches or players from any participating school) by using names or uniform numbers.
- Entering the field of play – before, during, or after an interscholastic event.
- Physical altercation with an official, coach, player, school staff, school security, or spectator – before, during, or after an interscholastic event.
- Use of artificial noisemakers or other instruments intended to disrupt the interscholastic event or distract the participants during an interscholastic event.

Violations of the Code of Conduct include:

- Immediate removal from the event and school premises.
- Suspension from the next interscholastic event for a first offense.
- Longer suspensions from interscholastic events for multiple violations in a defined period of time (season, school year, calendar year, etc.).
- Completion of required educational component(s) before attendance at future interscholastic event. The Tri County Conference recommends the following educational components, from the National Federation's "NFHS Learn" website (nfhslearn.com):
 - Positive Parenting within School Programs
 - Sportsmanship
 - Teaching and Modeling Behavior
 - The Parent Seat

UNDERSTANDING KINGSWAY ATHLETICS: KINGSWAY ATHLETES, COACHING, & COMMUNICATION

KINGSWAY INTERSCHOLASTIC ATHLETICS

Interscholastic athletics provide students with opportunities to develop and showcase their abilities in structured competition. These programs are not limited to varsity teams but also include sub-varsity levels, allowing for skill development and increased participation.

While athletic contests can evoke strong emotions among spectators, parents, and players, it is important to remember that interscholastic sports serve as a valuable extension of the educational experience. Kingsway Athletics prioritizes **student growth and mental well-being, teamwork, and sportsmanship** over entertainment, coach recognition, or college recruitment.

Our programs are designed to foster **long-term success, character development, and a passion for competition**—not to serve as a direct pathway to professional or collegiate athletics. Student-athletes are encouraged to embrace the journey, build lasting relationships, and develop skills that extend beyond sports.

FAIRNESS IN ATHLETICS

Kingsway Athletics operates with integrity and fairness. Every student has an equal opportunity to participate in our programs. Team selection is based on ability, attitude, behavior, and academic success—not on personal connections, geographic location, or parent involvement.

CHAIN OF COMMUNICATION

Effective communication is essential for a successful athletic program. Kingsway coaches are responsible for keeping athletes and families informed about relevant team matters. Likewise, it is the responsibility of athletes and parents to respect and support coaching decisions.

If concerns arise, the **Chain of Communication** must be followed:

1. **Athlete speaks with the coach.** Many issues can be resolved at this level.
2. **Parent speaks with the coach.** Please schedule an appointment—do not approach the coach before or after a practice or game.
3. **Parent contacts the Director of Athletics.** A meeting with the coach, Director of Athletics, and student-athlete may be arranged if necessary.
4. **Parent contacts the Superintendent.** The Chain of Communication must be followed before escalating concerns to the Superintendent. Issues are best resolved at the lowest level possible.

AAU, ASA, Club Teams, and Outside Organizations

There are many organizations that provide opportunities for high school and middle school athletes. While these programs have value, they can also impact the high school sports experience.

School-based athletics operate under different parameters than these external programs. High school and middle school teams are built from the students who attend the school, without the ability to recruit players from other areas. Additionally, student-athletes must meet academic, behavioral, and physical eligibility requirements that external teams may not enforce. Outside programs often focus primarily on athletic ability, which differs from the comprehensive development approach taken by school athletics.

With the exception of football, AAU and similar organizations have become the primary avenue for college athletic exposure, shifting the traditional pathway from high school to college to professional sports. While these programs offer opportunities, they also come with challenges.

**KINGSWAY HIGH SCHOOL
SPORTS OFFERINGS**

	<u>Varsity</u>	<u>JV</u>	<u>FRESHMAN</u>	<u>M.S</u>
<u>FALL</u>				
Field Hockey	X	X	X	X
Football	X	X	X	
Esports	X	X		
Girls Soccer	X	X	X	X
Boys Soccer	X	X	X	X
Girls Cross Country	X	X		X
Boys Cross Country	X	X		X
Girls Tennis	X	X		
Girls Volleyball	X	X	X	X
Cheerleading	X	X	X	
Dance	X	X		
<u>WINTER</u>				
Indoor Track- Boy's and Girl's	X	X		
Girls Basketball	X	X	X	X
Boys Basketball	X	X	X	X
Wrestling-Boy's and Girl's	X	X		
Girls Swimming/Diving	X	X		
Boys Swimming/Diving	X	X		
Boys Bowling	X	X		
Girls Bowling	X	X		
Unified Bowling	X	X		
Cheerleading	X	X		
Dance	X	X		
Esports	X	X		
<u>SPRING</u>				
Softball	X	X	X	
Baseball	X	X	X	
Boys Track & Field	X	X		X
Girls Track & Field	X	X		X
Unified Track & Field	X	X		
Boys Golf	X	X		
Girls Golf	X	X		
Boys Tennis	X	X		
Girls Lacrosse	X	X	X	
Boys Lacrosse	X	X	X	
Boys Volleyball	X	X	X	
Girls Flag Football	X	X		

TRANSPORTATION OF ATHLETES

All athletes are required to make transportation arrangements that result in a timely pick up at the end of practices and/or games.

STUDENT PICK UP

It is strongly suggested that parents who are coming for their student-athlete anticipate approximate times to pick up.

Remember: Coaches have to wait until the last athlete from their team vacates the property. Please be considerate of the coaches' supervision responsibilities.

STUDENT TRANSPORTATION AT AWAY GAMES

Although we encourage student-athletes to ride the team bus back from away games, it sometimes becomes necessary for parents to pick up their student-athlete at the site of the away game. In those rare instances, you and your child should adhere to the following procedure:

1. Complete an Athletic Event Travel Release form (available in the Athletic Office, or on the District Website)
2. Student brings the completed travel release form to the Athletic Office to be reviewed and approved by the Director of Athletics or Supervisor of Athletics. These should be presented at least one day prior to the game.

State law does not allow anyone but the parent to transport a student. Remember, this concerns your child's safety.

KINGSWAY ATHLETIC DEPARTMENT RULES AND REGULATIONS

These rules and regulations are established with the intention of maintaining the goals and values of Kingsway Athletics.

ATTENDANCE

In order to participate, the student-athlete must be present in school the day of the practice or game. In the case of Saturday or holiday events, the student must have been present the last school day previous to the activity, unless cleared by administrative decision.

If a student is late for school, he or she must report by 9:00 a.m. the day of the activity in order to participate, unless cleared by administrative decision.

If a student is suspended from school (in school or out-of-school), he or she cannot participate in any events on the day(s) of suspension or loss of good student standing.

There are a few cases where the superintendent approves Sunday practices, if a student misses one of these practices due to religious or family commitments, no team discipline will be rendered. Otherwise team rules will apply.

TRYOUTS

Coaches must complete any squad reductions no longer than 8 days after the 1st practice. A candidate that does not make a team because of lack of ability or interest may try out for another sport that season within three (3) days. Try outs should be done in a caring manner. No general announcement should be made or lists hung. Coaches should meet in person with each student in question to discuss his/her their roles on the team or their release.

TRYOUT GUIDELINES

1. All students must try out to participate.
2. It is suggested that each athlete meet with the coach, who will then tell the athlete his or her status.
3. Each coach that holds a try out process, must use written criteria during tryouts, with a rating/evaluation system that is to be discussed with each player, whether he/she makes the team, or not.
4. It should be clear to everyone when the final roster is set.

Reminder: It is the coach's responsibility to make sure that all players on the F/JV team are given playing time. The head coach must make every attempt to make sure each player feels like an important part of the team, whether or not he/she is a main player.** *All Seniors regardless of how many years in a program must try out for all athletic teams.*

GROUND FORS SUSPENSION OR PERMANENT EXPULSION

Any attitude or behavior that is considered by the disciplining administrator to be detrimental to the ethical principles of the team, or reflects poorly on the Kingsway School District.

AWARDS PROCEDURES

In accordance with Board Policy #5126, the following schedule of awards for student achievement is in effect:

ATHLETIC AWARDS

A student who completes the season as a member of an athletic team and meets the prescribed criteria will receive the following:

<u>For Middle School:</u>	Certificate of participation
<u>For Freshman Sports:</u>	5-inch chenille letter
<u>For JV Sports:</u>	JV shield
<u>For Varsity Sports:</u>	8-inch chenille letter with an insert depicting the sport, plus, a certificate. Subsequent awards in a sport will be a gold-colored symbol of the sport, plus a certificate.
<u>1st Year:</u>	Chenille letter and pin
<u>2nd Year:</u>	Certificate and pin
<u>3rd Year:</u>	Certificate and pin
<u>4th Year:</u>	Chenille framed letter and pin

AWARD GUIDELINES

The head coach will determine the level of award that each athlete on his/her team will receive. As a general rule of thumb, a varsity award is given to an athlete who is a legitimate varsity player, a player who has participated in half of all the halves during the season. An athlete who consistently practices with the varsity, but does not play too often may be awarded a varsity letter, as per the head coach's decision.

- A senior who has completed the season "in good standing" will receive a varsity award.
- An athlete that has risen to varsity status, prior to being injured, may receive a varsity award. The head coach will determine if a varsity award is merited, based on the injured athletes' continued connection with the team.
- A manager or statistician may be awarded a varsity award as per the head coach's determination.
- The Director of Athletics must approve all awards.

“IN SEASON” ATHLETE and “OUT OF SEASON” PARTICIPATION

Athletes that excel at Kingsway High School and Middle School in a given sport may choose to participate in that same sport out of season (as termed by NJSIAA) while still participating in an in-season sport. The Kingsway High School Athletic Policy recognizes this participation.

The rights and concerns of the in-season coach must be recognized. Out-of-season participation that results in absenteeism from in-season practice or game is taken seriously. The coach must be informed of such a situation well in advance. It is the in-season coaches' prerogative to attach a form of team discipline, or a period of suspension.

Out of season is defined as from the end of a specific sport season to the beginning of that sport the following year, with the exception of summer recess period. The summer recess period begins at the end of the spring season, and ends on the date that the fall season sports begin official practice.

SUMMER RECESS

Many sports have workouts during the summer. A student-athlete is free to participate in as many activities as he or she chooses. Non-participation in any summer workouts does not affect the student-athletes status on the team when the in-season period begins.

CAPTAINS PRACTICES (SUMMER VOLUNTARY PRACTICES)

Out-of-season Captain's Practices are not permitted on the Kingsway campus without a certified coach being present. Workouts of any kind, including weight room, must have a certified coach supervising at all times. A physical must be on file and approved by the athletic trainer and/or school nurse. Those that are not enrolled as a Kingsway High School or Kingsway Middle School student are prohibited to participate.

Individuals that participate in a Board of Education approved camp or clinic do not have to necessarily be enrolled in Kingsway High School or Kingsway Middle School. The person or group that is in charge of the approved camp or clinic is solely responsible for injuries and liabilities. No individual or group may use Kingsway School District facilities without being approved by the Board of Education.

Summer voluntary practices with a certified coach are permitted.

ELIGIBILITY

In order for a student to participate in athletics at Kingsway High School, he or she must be eligible in **three** areas: **Academics, Discipline, and Physical**. Although the NJSIAA does not have jurisdiction over middle school student-athletes, academic eligibility is held in high regard. A middle school student-athlete could be deemed ineligible by the middle school administration.

ACADEMIC ELIGIBILITY

To be eligible (from September 1 to January 31):

- A student in 10th grade or above must accumulate a minimum of 6 credits from the previous school year, including make-up work during the summer.

To be eligible (from February 1 to the end of the school year):

- A student from 9th grade or above must accumulate a minimum of 3 credits from the first semester.
- To be eligible for a spring sport on May 1, after being ineligible for the 2nd semester due to lack of credits in the 1st semester. A student must be passing all of his or her subjects on May 1.

DISCIPLINARY ELIGIBILITY

A student-athlete must be in good standing concerning the school disciplinary codes. The disciplinary administrator may remove a student from a team for a period of time, if deemed necessary.

A student that must serve a detention or suspension cannot participate in sports during the time of the disciplinary action.

A student that has not made compensation for equipment obligation will not be permitted to participate in any subsequent sport or weight training until the obligation is remedied.

Please refer to the student handbook for the High School discipline code in detail.

ATTENDANCE ELIGIBILITY

If a student exceeds eight (8) unexcused absences, the student will become ineligible for all school sponsored events and activities until proper documentation has been submitted and/or credit recovery is complete.

PHYSICAL ELIGIBILITY

In order for a student to be eligible for practice with a Kingsway team, the following forms must be completed, signed, and submitted:

1. All forms must be completed on the Athletic Registration portal located in Genesis.

2. A student must submit an Athletic Physical/Health History Form (Parts A & B), provided by the school, completed and signed by the examining physician. This physical must have been completed within 365 days to be current.
3. After all paperwork is submitted, student must be cleared by our school district physician, the school nurse and athletic trainer in order to participate.
4. The Board of Education Policy #2436 recognizes the value of athletic competition and co-curricular activities outside the regular instructional program. However, with reduced or limited revenue and increased expenses, the Board must consider alternative revenue options to support these school-sponsored activities. Therefore, the Board of Education authorizes the establishment of an activity participation fee program as a supplemental revenue source contributing to a percentage of the school district's total costs for operating school-sponsored activities.

The Athletic Registration Fee Program will require each pupil participating in a school-sponsored athletic to pay a registration fee. The specific activities and fee amounts will be recommended by the Superintendent of Schools and approved by the Board on an annual basis prior to the commencement of the registration or sign-up process for the activity. The fee program will be tiered as follows:

ATHLETIC REGISTRATION INFORMATION

All middle school and high students who wish to participate on a school-sponsored interscholastic athletic team, marching band, and/or cheerleading squad must pay a registration fee in the amount of one hundred dollars (\$100) prior to the start of each season. Refunds will be issued if the student did not make the team.

NOTE: All forms are available on the athletic website or in the nurse's office.

PAYMENT SYSTEM FOR ATHLETIC FEES

Kingsway has migrated over to a new payment system that works with My School Bucks and Genesis together to track and complete payments.

PLEASE NOTE: It takes 24-48 hours PRIOR to registration for the fee to show in your Genesis/MSB portal.

Log into your parent Genesis Portal

Click **Fees and Fines**



Under **Fees and Fines**, you will see all of your fees that must be paid before your student can try out for athletics. Athletics and Obligations will be listed under **Invoices**.

REQUIRED FEES TO BE PAID IN FULL IN ORDER TO BE CLEARED FOR ATHLETICS:

1. Athletic Participation Fee
2. Obligations
3. Lunch Account

JT Johnny
Kingsway Regional Middle School

Meals **AutoPay Off** Available Balance **\$0.00**

Invoices No Outstanding Invoices Balance Due **\$0.00**

ST Sammy
Kingsway Regional High School

Meals **AutoPay Off** Available Balance **\$0.00**

Invoices 3 Outstanding Invoices Balance Due **\$367.00**

[+ Add Student](#)

Welcome to the Kingsway Regional School District Parent

Store
Shop your school for books, clothes, and more.

Invoices
You have 3 invoice(s).

ATHLETIC REGISTRATION IN GENESIS

Student Data

Grade: 09

Print Schedule: [List](#)

Today's Cycle: B

Schedule For: Full Year

WEALTH MGT Hendricks, Mark Period 1	S1 Room 146
College & Career Sem Ott, Dana Period 1	S2 Room 439

1

Genesis

Student Data

- Summary
- Attendance
- Grading
- Conduct
- Documents
- Forms
- Letters
- Athletics

Click on FORMS

Grade: 09

Print Schedule: [List](#)

Full Year

	S1 Room 146
	S2 Room 439

2

Forms Library

Today is 10/23/2023

Forms for 09/10/23

1. Sports Registration Form
Fillable From 10/23/2023
Fillable Thru 1/20/2024
Submitted: Not Yet Submitted
2. Contact Verification Form
Submitted:
3. Yearly Medical Questionnaire
Submitted:
4. Permissions and Agreements
Submitted:

Click on (Upcoming Season) SPORTS REGISTRATION FORM

3

Forms

STUDENT REGISTRATION

Forms Library
Sports Registration Form for 2020-21

Sports Participation

Please select the 1st Season sport you wish to participate in:

Sport:

Select desired sport

Required Medical Forms

In addition to registering online you **MUST** submit either a new Physical OR a Health History Update form to the school nurse in order to be cleared for participation.

See Satisfaction Student Evaluation and Assessment

Forms

2438 - ATHLETIC AND ACTIVITY REGISTRATION FEE PROGRAM

Please check here to indicate that you have received and reviewed the [PARENT-COACH COMMUNICATION GUIDE](#).

Update Answers

After working your way through all documents and check boxes, be sure to click update answers to finalize your enrollment



Athletics Registration Checklist

Genesis Sign-Up

In your Genesis parent portal, under forms, Winter Athletic Registration

Athletic Participation Fee

24 hours after registration, under Fees & Fines in Genesis. Free/Reduced lunch eligible students are exempt.

Obligations & Lunch Fees

In Genesis, under Fees & Fines, pay any obligations or lunch balances to be eligible for try outs.

Annual Physical

PPE's are due ANNUALLY



Health History Update

Each season, a Health History Update form needs to be submitted



RANDOM TESTING FOR ALCOHOL AND DRUG USE POLICY #5536

Kingsway will continue the *Random Testing for Student Alcohol or Other Drug Use Program*. This program, as established through [Board Policy #5536](#), enhances the District's ability to provide our students with a safe and drug-free learning environment. The purposes of this random alcohol and drug-testing program are to have a positive effect on attaining the important objectives of deterring alcohol and drug use and to provide a means for early detection of students with substance abuse problems so that referral for evaluation or treatment may be offered.

Students in grades seven through twelve who participate in Kingsway's interscholastic athletic program, participate in extra-curricular programs, and/or receive a school-issued parking permit to drive/park a personal vehicle on school district property will be required to sign the [Consent to Participate in Random Testing for Student Alcohol or Other Drug Use Program](#). By signing the consent form, students agree to participate in the program for the duration of his/her time they are enrolled as students in the Kingsway Regional School District, regardless of whether the activity they participate in is out-of-season.

Remedial measures will be applicable for a student who tests positive for alcohol or drugs ([Summary of Remedial Measures for Positive Alcohol/Drug Test](#)). Remedial measures will result from a confirmed positive alcohol or drug test, a student's refusal to test when selected, and/or tampering with or adulterating the specimen process.

No student will be penalized academically for testing positive for alcohol or other drugs under the school district's policy. Any action taken concerning any student who tests positive for alcohol or other drugs shall be limited to removal from or prohibition against participation in extra-curricular activities, including interscholastic athletics, and revocation or denial of a student's parking permit.

The results of drug tests pursuant to this Policy will not be documented in any student's academic records or discipline file. Information regarding the results of drug tests will not be disclosed to criminal or juvenile authorities absent legal compulsion by valid and binding subpoena or other legal process, which the Board of Education will not solicit. In the event of service of any such subpoena or legal process, the student and the student's parent will be notified at least seventy-two (72) hours before the response is made by the Board of Education to the extent permitted by such subpoena or legal process. The Contractor will only provide the identity and results of those tested to the Designated Official.

For more information on Kingsway Regional School District's Alcohol and Drug Prevention Program, please visit our website - ALCOHOL AND DRUG PREVENTION STUDENT MAY NOT PARTICIPATE IN A REGULAR SEASON CONTEST UNTIL ALL ELIGIBILITY REQUIREMENTS ARE MET

STUDENT-ATHLETE'S GUIDE TO SUCCESS

Participating in high school sports at Kingsway Regional High School is a rewarding experience that fosters discipline, teamwork, and personal growth. However, balancing academics, training, and personal life can be challenging. This guide provides essential strategies to help student-athletes succeed both on and off the field.

TIME MANAGEMENT

Effective time management is crucial for balancing sports and academics. Consider these strategies:

- **Use a Planner:** Keep track of practices, games, assignments, and deadlines.
- **Prioritize Tasks:** Identify urgent and important tasks to focus on first.
- **Establish a Routine:** Create a daily schedule that includes time for studying, training, and rest.
- **Utilize Free Time Wisely:** Use breaks between classes or after practice to review notes or complete assignments.
- **Communicate with Teachers and Coaches:** Inform them of your schedule and seek help if needed.

ACADEMIC SUCCESS

Excelling in academics is just as important as performing well in sports. To stay on track:

- **Stay Organized:** Keep class materials and notes in order for easy access.
- **Ask for Help:** Seek tutoring or meet with teachers if you struggle with subjects.
- **Develop Effective Study Habits:** Set aside dedicated study time in a quiet environment.
- **Avoid Procrastination:** Tackle assignments early to prevent last-minute stress.
- **Leverage School Resources:** Take advantage of study halls, academic advising, and online resources.

MENTAL HEALTH & WELL-BEING

Balancing the demands of sports and school can be overwhelming, so prioritizing mental health is essential:

- **Manage Stress:** Practice mindfulness, deep breathing, or meditation to stay calm under pressure.
- **Get Enough Sleep:** Aim for 7-9 hours of quality sleep each night for optimal performance.
- **Maintain a Healthy Diet:** Eat nutritious meals to fuel your body and mind.
- **Stay Connected:** Talk to friends, family, or counselors if you're feeling stressed or overwhelmed.
- **Know When to Take a Break:** Rest is necessary to prevent burnout and injuries.

SPORTS PERFORMANCE & INJURY PREVENTION

To stay at the top of your game and avoid injuries:

- **Warm Up & Cool Down:** Always stretch before and after workouts to prevent injuries.
- **Follow a Proper Training Plan:** Work with coaches to develop a safe and effective regimen.
- **Stay Hydrated:** Drink plenty of water before, during, and after activities.
- **Listen to Your Body:** Address any pain or discomfort before it worsens.
- **Respect Recovery Time:** Take rest days seriously to avoid overuse injuries.

PLANNING FOR THE FUTURE

If you plan to continue sports beyond high school:

- **Research College Programs:** Explore schools with strong athletic and academic programs.
- **Stay on Top of Recruitment:** Communicate with college coaches, attend camps, and create a highlight reel.
- **Maintain Academic Standards:** Colleges consider grades just as much as athletic ability.
- **Develop Life Skills:** Build leadership, teamwork, and time management skills for future success.
- NCAA Resources www.ncaa.org and www.ncaaclearinghouse.net
 - Create you NCAA Free Profile

CONCLUSION

High school sports offer incredible opportunities for growth, but balancing athletics, academics, and personal well-being requires dedication and planning. By following these strategies, student-athletes can thrive in all aspects of their high school experience and beyond.

CREATING A SAFE AND INCLUSIVE ENVIRONMENT AT KINGSWAY REGIONAL

HARASSMENT, INTIMIDATION & BULLYING

According to [Board Policy 5512.01](#), *“Harassment, intimidation, or bullying means any gesture, any written, verbal, or physical act, or any electronic communication, whether it be a single incident or a series of incidents, that is reasonably perceived as being motivated either by any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical, or sensory [handicap] disability, or by any other distinguishing characteristic, that takes place on school property, at any school-sponsored function, on a school bus, or off school grounds as provided for in section 16 of p.l.2010, chapter 122, that substantially disrupts or interferes with the orderly operation of the school or the rights of other students and that:*

- *A reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a student or damaging the student's property, or placing a student in reasonable fear of physical or emotional harm to his person or damage to his property; or*
- *Has the effect of insulting or demeaning any student or group of students (in such a way as to cause substantial disruption in, or substantial interference with, the orderly operation of the school); or*
- *Creates a hostile educational environment for the student by interfering with a student's education or by severely or pervasively causing physical or emotional harm to the student.”*

ANTI-HAZING

According to [Board Policy 5541](#), *“A safe and civil environment in school is necessary for students to learn and achieve high academic standards. Hazing is conduct that disrupts both a student's ability to learn and a school's ability to educate its students in a safe and disciplined environment. The Board of Education prohibits acts of hazing and adopts this Policy against hazing in accordance with N.J.S.A. 18A:37-32.2. The provisions of this Policy apply to all schools within the district. ‘Hazing’ in a school setting includes, but is not limited to, conduct by an individual(s) who is a member and/or representative of a school-sponsored student organization, club, or athletic team where such individual(s) conditions a student's acceptance as a member into such group on whether the student engages in activities that are humiliating, demeaning, intimidating, and exhausting to the student.”*

RETALIATION DISCRIMINATION

Federal civil rights laws prohibit discrimination based on race, color, national origin, sex, disability, and age in programs or activities receiving Federal financial assistance. In addition to prohibiting discrimination, each of these civil rights laws also prohibits retaliation against individuals who assert their rights. The ability of individuals to oppose discriminatory practices and to participate in investigations and other proceedings is critical to ensuring equal educational opportunity in accordance with Federal civil rights laws. For this reason, agents of the Board of Education shall refrain from intimidating, threatening, coercing, or discriminating against any individual for the purpose of interfering with any right or privilege secured by Federal civil rights law.

SEXUAL HARASSMENT

According to [Board Policy #5751](#), *“The Board of Education will not tolerate sexual harassment of students by school employees, other students, or third parties. Sexual harassment of students is a form of prohibited sex discrimination. In accordance with Title IX of the Education Amendments of 1972 and the Code of Federal Regulations (CFR), 34 CFR §106, the school district adopts this Policy and implements practices to investigate and resolve allegations of sexual harassment of students engaged in by school employees, other students, or third parties pursuant to 34 CFR §106.3(c). In addition, reports of sexual harassment shall also be investigated in accordance with the requirements of New Jersey’s Anti-Bullying Bill of Rights Act and Policy 5512.*

AFFIRMATIVE ACTION

The district’s Affirmative Action Team provides a forum to address and resolve issues related to discrimination. For more information related to Affirmative Action, please click here: <https://www.krsd.org/domain/545>

Coaches or students engaging in any type of harassment, intimidation, bullying, or hazing will be subject to an investigation and/or discipline following the faculty/student code of conduct.

THE PARENTS'S GUIDE TO HIGH SCHOOL SPORTS

High school sports provide students with opportunities for personal growth, teamwork, discipline, and physical development. As a parent, your role is crucial in supporting your child's athletic experience while ensuring a healthy balance with academics and well-being.

Supporting Your Child's Athletic Journey

- **Encourage Effort Over Outcome:** Focus on effort, improvement, and sportsmanship rather than wins and losses.
- **Promote Commitment and Responsibility:** Encourage your child to attend practices, respect coaches, and be a dependable teammate.
- **Respect Their Goals:** Allow your child to set personal goals and pursue their passion rather than imposing your own expectations.

Communication with Coaches and School Staff

- **Understand the Chain of Command:** Encourage your child to speak with the coach first regarding concerns. If necessary, follow the appropriate communication channels.
- **Respect the Coach's Decisions:** Playing time and team strategy are determined by the coaching staff. Trust their expertise.
- **Attend Parent Meetings:** Stay informed about team rules, schedules, and expectations.

Encouraging Good Sportsmanship

- **Model Positive Behavior:** Avoid criticizing officials, coaches, or other players. Cheer in a respectful manner.
- **Teach Respect for All Participants:** Remind your child to respect opponents, officials, teammates, and coaches.
- **Handle Conflicts Gracefully:** If issues arise, address them calmly and through proper channels rather than in the heat of the moment.

Balancing Academics and Athletics

- **Prioritize Schoolwork:** Ensure your child keeps up with assignments and manages time effectively.
- **Help with Time Management:** Support a structured schedule that includes practice, homework, and rest.
- **Monitor Grades and Eligibility:** Stay aware of academic requirements for participation in athletics.

Health, Safety, and Well-Being

- **Ensure Proper Nutrition and Hydration:** Encourage balanced meals and adequate water intake.
- **Promote Rest and Recovery:** Ensure your child gets enough sleep and takes time for recovery, especially after games and intense training.
- **Recognize Injury Risks:** Teach your child to communicate injuries to coaches and seek proper medical attention when needed.

Understanding Your Role on Game Day

- **Be a Supportive Spectator:** Focus on cheering rather than coaching from the stands.
- **Avoid Confrontations:** Do not argue with referees, coaches, or other parents.
- **Celebrate the Experience:** Whether your child wins or loses, acknowledge their hard work and participation.

Financial and Logistical Considerations

- **Be Aware of Costs:** Understand the potential expenses for equipment, travel, and team fees.
- **Volunteer and Support the Program:** Help with booster clubs, fundraising, or team events when possible.
- **Plan for Transportation Needs:** Ensure your child has reliable transportation for practices and games.

Conclusion

Being the parent of a high school athlete is a rewarding experience. By offering encouragement, maintaining open communication, and emphasizing character development, you help your child make the most of their athletic journey. Focus on their overall growth, both as an athlete and as a student, and enjoy the process alongside them.

RESOURCES TO SUPPORT STUDENT MENTAL HEALTH AND WELLNESS

Supporting student-athletes mental health and wellness is essential for their performance, development, and overall well-being. Here are several high-quality resources that provide guidance, strategies, and tools for coaches to support their athletes effectively:

1. National Federation of State High School Associations (NFHS) - "Student Mental Health & Suicide Prevention"

Website: NFHS Learn

Overview: NFHS offers a free course tailored for coaches, focusing on recognizing mental health concerns, reducing stigma, and taking proactive steps to support student-athletes. The course includes real-life scenarios and practical strategies for creating a safe and supportive environment.

2. Athletes for Hope - "Mental Health Resources for Coaches"

Website: Athletes for Hope

Overview: This nonprofit organization provides mental health resources specifically for athletes and coaches. Their materials help coaches understand the pressures student-athletes face and offer strategies for fostering a culture of openness and resilience.

3. The Jed Foundation (JED) - "Mental Health for Student-Athletes"

Website: Jed Foundation

Overview: JED provides evidence-based resources for student-athletes, coaches, and schools. The site includes guides on stress management, emotional well-being, and suicide prevention, emphasizing the role coaches play in supporting mental health.

4. Changing the Game Project - "Supporting Athlete Mental Health"

Website: Changing the Game Project

Overview: This site focuses on coaching philosophy, athlete well-being, and long-term athlete development. Their mental health resources offer practical strategies for coaches to create a positive and psychologically safe sports environment.

5. Mental Health America (MHA) - "Supporting Young Athletes' Mental Health"

Website: Mental Health America

Overview: MHA provides general mental health resources, including specific guidance on supporting young athletes. Their materials cover topics like anxiety, depression, and performance-related stress, helping coaches recognize early warning signs and offer appropriate support.

6. NCAA - "Mental Health Best Practices for Coaches and Athletic Staff"

Website: NCAA Sport Science Institute

Overview: The NCAA has developed extensive guidelines for coaches on managing student-athlete mental health. Their resources include research-based recommendations, case studies, and strategies for integrating mental wellness into athletic programs.

7. The Aspen Institute - "Project Play: Youth Sports & Mental Health"

Website: Aspen Institute

Overview: Project Play focuses on youth sports development, including mental health and well-being. Their reports and toolkits help coaches implement policies that prioritize mental wellness while promoting a positive sports culture.

8. The Hidden Opponent - "Advocating for Student-Athlete Mental Health"

Website: The Hidden Opponent

Overview: Founded by former collegiate athletes, this organization provides mental health advocacy and resources for student-athletes. Their site includes personal stories, educational resources, and strategies for coaches to help break the stigma around mental health.

9. Morgan's Message – "Empowering Athletes to Speak Up About Mental Health"

Website: Morgan's Message

Overview: Morgan's Message is dedicated to eliminating the stigma surrounding mental health in student-athletes. It was founded in honor of Morgan Rodgers, a former Division I lacrosse player who tragically lost her life to suicide. The organization provides educational materials, ambassador programs, and community-building initiatives to help coaches and athletes foster open conversations about mental health.

TEAM SCHEDULES

You can access a team's schedule any time on the Kingsway Athletic Website:

<http://www.krsd.org/activitycalendar>

OR

Go to www.tricountyconferencenj.org Click on Kingsway. Click on the sport. Then click to view

EMAIL/TEXT NOTIFICATION OF SCHEDULE CHANGES

1. Go to www.tricountyconferencenj.org
2. Click on Kingsway
3. Click on Notify Me
4. Follow prompts

CONTACT INFORMATION:

DIRECTOR OF ATHLETICS: Ms. June Cioffi (cioffij@krsd.us) 856 -467-3300 x4230

SUPERVISOR OF ATHLETICS: Mr. David Stanton (stantond@krsd.us) 856-467-3300 x4244

ATHLETIC SECRETARY: Ms. Stephanie Tartaglione (tartagliones@krsd.us) 856-467-3300 x4286

ATHLETIC TRAINER: Mr. Robert Baerman (BaermanR@krsd.us) 856-467-3300 x4248

ATHLETIC TRAINER: Ms. Meghan Mattson (MattsonM@krsd.us) 856-467-3300 x1084

