

BERNARDS HIGH SCHOOL

DEPARTMENT OF ATHLETICS



STUDENT-ATHLETES, PARENTS & COACHES HANDBOOK

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www.shsd.org

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MESSAGE FROM THE ATHLETIC DIRECTOR

This handbook has been prepared for the students of Bernards High School and their parents, to ensure a better understanding of the school's interscholastic athletic program. We encourage you to read and discuss the information in this handbook. It is our hope that many questions that surround the "makings" of the athletic program will be answered.

By design, athletic participation is filled with a great many challenges. Winning is not the most important thing, but we believe working hard to win is tremendously important. Parents can make a big difference in the success of the athletic program by encouraging their student/athletes and by supporting the coaches' and officials' decisions.

It is the intent of the Board of Education to provide on the High School level a comprehensive, well-planned and well-balanced program of interscholastic athletics for girls and boys who can benefit from participation. The program shall be managed and teams coached in a manner to achieve the following objectives:

- To promote individual and team desire for excellence while emphasizing that interscholastic sports be kept in perspective and that the first priority for all students is intellectual and emotional growth.
- To develop and maintain physical fitness.
- To develop attitudes in sports which extend beyond school and apply in life.
- To develop self-confidence and self-respect.
- To develop the ability to make decisions under pressure (stress).
- To develop a sense of responsibility and loyalty to school, team, coach and self.
- To learn respect for authority.
- To provide students opportunities to enjoy a great American tradition, competition.
- To engender the enthusiasm which positively impacts the whole school and student body.
- To teach students habits of good health, personal hygiene and safety.
- To teach new skills and to offer opportunities for ongoing improvement.
- To provide opportunities for development of lasting friendships.
- To impart to students an early understanding that participation in athletics is leadership training, which is a privilege that also carries certain responsibilities.
- To provide opportunities which observe, practice, and exemplify good sportsmanship.
- To provide opportunities for students to place group above self.
- To practice self-discipline for the overall benefit of the team or group.
- To provide opportunities to learn the benefits of following rules.
- To provide the student opportunities to experience the satisfaction of self-sacrifice in an attempt to contribute to the development of esprit de corps.
- To consider interscholastic athletic squads as extended opportunities for: a grant-in-aid scholarship, college opportunities, or an associated career for all those who participate.
- To develop for the community an understanding that the competitive athletic program for students has been promoted under conditions which insure to the participant and to the public for the best traditions in sportsmanship, citizenship and a wholesome school-community relationship.
- To provide for the development of approved social patterns of individual and group conduct.
- To promote the development of skills and attitudes which will lead to participation in lifetime sports.
- To encourage students to develop and possess the highest standards of character through participation in competitive athletics.

As role models, the coaches should administer structure, direction, discipline, and a sense of values while exercising open communication and cooperation with all who are involved with their teams. We look forward to working with the athletes and parents and hope to provide the best athletic experience possible.

Athletic Director: Michael Hoppe (908)204-1930 x 2101
Athletic Secretary: Amy Malzone (908)630-3002
Athletic Trainer: James Horan (908)204-1930 x 2126
School Physician:

Principal: Scott Neigel x2108
Assistant Principal Mike Corbett x2156
School Nurse: Melissa Gomez x2305

CONFERENCE AFFILIATIONS

Bernards High School is a member of the Skyland Conference. Teams are divided into divisions. These divisions vary by sport, and the process for creating competition within divisions and across divisions varies by sport. The main divisions are:

<u>Delaware</u>	<u>Raritan</u>	<u>Valley</u>	<u>Mountain</u>
Bridgewater	Hunterdon Central	Warren Hills	Bound Brook
Hillsborough	Watchung Hills	Somerville	Belvidere
Ridge	Montgomery	Voorhees	Manville
Franklin	North Hunterdon	Bernards	Delaware Valley
Rutgers Prep	Phillipsburg	Pingry	S Hunterdon
Gill St. Bernard's	Immaculata		

The following sports do not participate in the Skyland Conference, but will remain in their respective leagues or as independent: Winter Track and Ski Racing. Football is a member of the Mid State 38 Conference.

ATHLETIC EVENTS, SCHEDULES AND INFORMATION

Schedules of all athletic events can be found on www.shsd.org. Go to *Select a School*, click on *Bernards High School*, then choose *Campus*, go to *Athletics*, then *RSchool*, choose a *Season*, then a *Sport* and a *Level*.

ADMISSION FEES TO ATHLETIC EVENTS

Admission fees will be charged for football, basketball, and wrestling competitions.

All ticket revenues go into a general fund for the Athletic Department. These revenues offset the cost of event staff and officials.

SCHOOL NICKNAME AND COLORS

The school nickname is "Mountaineers". The school colors are crimson (red) and white. Team uniforms will only include these two colors, whenever possible. Team apparel, other than school-issued uniforms, should represent the school colors, but may also use neutral colors such as black and gray.

PHILOSOPHY

STATEMENT OF PHILOSOPHY

The Bernards High School athletic department provides the privilege of interscholastic athletic opportunities that complement the mission of the Somerset Hills School District. Through its commitment to athletics, the school district supports its belief that there are many important and lifetime lessons to be learned from involvement in school sports. These lessons include:

- Learn to set and achieve goals.
- Strive to win and attain success.
- Compete with pride and honor.
- Maintain dignity under adversity.
- Respect both teammates and adversaries.
- Win and lose gracefully.
- Participate and compete with honesty and within the limits of the rules.
- Make sacrifices and fulfill commitments
- Develop self-discipline and a sense of obligation and responsibility to others.

Bernards High School does not encourage specialization in one sport. Students should be encouraged to experience participation in several areas of interest. The high school years should be a time for growing and broadening, not a time for specialization and narrowing of interests.

PROGRAM CORE VALUES

Participation in athletics is an opportunity for the student-athlete to display his/her character. Three significant components provide this opportunity.

- **Academics:** Academics are the reason co-curricular activities exist within our school system. Participation in athletics is never an excuse for poor performance in the classroom.
- **Team Commitment:** Learning and demonstrating commitment to a team is a significant development in the character of a student-athlete. Team commitment requires sacrifices on behalf of the student-athlete such as attending all practices and competitions (even when unable to participate due to injury), postponing vacations and holiday breaks, and remaining drug, alcohol and tobacco free.
- **Community:** The community provides student-athletes the opportunity to participate in athletics through funding and the use of recreational facilities. Student-athletes must acknowledge this privilege by being role models for many of the youth and citizens of the school system and local towns. Student-athletes should always conduct themselves in a responsible manner and one that reflects positively on their community.

ATHLETIC PARTICIPATION IS A PRIVILEGE

Student-athletes and parents should realize that participation in Bernards High School athletic programs is not a right, but rather a privilege. This privilege is afforded to those individuals who possess the ability, attitude, disposition, cooperative spirit and desire to represent the student body and school community in a manner that reflects favorably on the reputation of Bernards High School. It is essential that student-athletes and parents be thoroughly familiar with the rules and regulations governing athletic participation. Furthermore, it is important to remember the school reserves the right to revoke the privilege of athletic participation if the participant does not behave in an acceptable manner.

Bernards High School takes great pride in its athletic programs and their success. Student-athletes are expected to make many sacrifices and have a high degree of commitment. The payoff for these sacrifices is multifaceted and long term. If the rules are too demanding or personal rights become an obstacle in meeting the requirements of the athletic program, a student should not participate in Bernards High School athletics until he/she is willing to meet all commitments.

SPORTSMANSHIP

Good sportsmanship is required of all Bernards High School student-athletes. Statewide policies have been adopted by the New Jersey State Interscholastic Athletic Association (NJSIAA) which require contest suspensions for players and coaches whose unsportsmanlike behavior results in ejection from a contest. There is no tolerance for unsportsmanlike conduct.

The athletic fields and gymnasium are extensions of the typical classroom. The attitudes and behaviors required and expected in the English or Math classroom, for example, are the same ones required and expected in the athletic area. There is no place in high school athletics for foul language, name calling, insults, baiting, fighting, arguing and other forms of negative behavior.

At Bernards High School we expect our student-athletes and coaches to act in a sportsmanlike manner at all times under all conditions. We respect our opponents, play hard, abide by officials' decisions and accept the result of our efforts with class and dignity. To do otherwise is not consistent with the Bernards' character. We hold our fans and spectators to these very same high levels of behavior. We require and expect no less of those in the stands and on the sidelines than we do of those engaged in the competition.

EXPECTATIONS OF STUDENT-ATHLETES

- Honor the "Game" and respect the sport you are playing.
- Treat players, parents, coaches and officials with the utmost respect at all times.
- Exhibit good sportsmanship at all times.
- Be gracious in victory and dignified in defeat.
- Be on time and prepared for all practices and games.
- Develop good practice and game habits to enhance your skills and maximize your abilities.
- Think and play as a member of a team and encourage other players to put team success above personal statistics and recognition.
- Encourage your teammates and help them become better players by sharing your knowledge and assisting them in improving their skills.
- Abide by the rules of your sport at all times.
- Demonstrate concern for others. Never intentionally injure another player.
- Respect yourself by remaining drug, alcohol, and tobacco free.
- Be loyal to your teammates, coaches, and school.
- Respect the facilities; without them, there would not be a place to play.

EXPECTATIONS OF PARENTS AND OTHER FANS

- Honor the "Game" and respect the sport your child is playing.
- Treat players, parents, coaches and officials with the utmost respect at all times.
- Exhibit good sportsmanship at all times.
- Be gracious in victory and dignified in defeat.
- Do not force your child to participate in athletics, but support their desire to play. Children are involved in organized sports for THEIR enjoyment.
- Do not coach your child while they are participating in Bernards High sponsored practices or competitions.
- Encourage good practice and game habits to enhance your child's skills and maximize his/her abilities.
- Stress and reward the importance of team play over personal statistics and recognition.
- Use positive encouragement to increase confidence and build self-esteem in your children.
- Recognize the effort put in by coaches, both paid and volunteer. Support your coaches in any way that you can.
- Never publicly criticize players and coaches.
- Stress the importance of commitment to a team to your children.
- Support your children and team by remaining until the end of a game, regardless of outcome.
- Respect the facilities; without them, there would not be a place to play.

EXPECTATIONS OF COACHES

- Honor the "Game" and respect the sport you are coaching.

- Treat players, parents, coaches and officials with the utmost respect at all times.
- Exhibit good sportsmanship at all times.
- Be a positive role model for all Bernards High students.
- Be gracious in victory and dignified in defeat.
- Encourage good practice and game habits to enhance your players' skills and maximize their abilities.
- Always put the safety and well-being of your players above the desire to win.
- Display emotional maturity. Remember you are the adult in all situations with players.
- Foster the development of good character by teaching, advocating, modeling and rewarding high standards of ethics and sportsmanship.
- Use positive encouragement to increase confidence and build self-esteem in your players.
- Stress and reward the importance of team play over personal statistics and recognition.
- Be familiar with the rules of your sport and teach those rules to your players.
- Organize fun yet challenging practices.
- Respect the facilities; without them, there would not be a place to play.

EXPECTED BEHAVIOR FOR ALL EVENTS

- Applaud during introduction of players, coaches and officials.
- Accept all decisions of coaches and officials.
- Handshakes among all participants and coaches at the end of contest are required, regardless of outcome.
- Show concern for injured participants, regardless of team.
- Applaud at the end of contest for performance of all participants, regardless of outcome.
- Treat competition as a contest, not a war.
- Always serve as a role model for sportsmanlike conduct.

PROHIBITED BEHAVIOR FOR ALL EVENTS

- Use of profanity.
- Booing a player, coach, fan or official.
- Yelling at a player, coach, fan or official.
- Any use of drugs, alcohol or tobacco products.
- Family pets (excluding guide dogs) at any events held at Olcott Field or inside any Somerset Hills School District facilities.

ATHLETIC PROGRAMS

DESCRIPTION OF VARSITY, JUNIOR VARSITY AND FRESHMAN PROGRAMS

Varsity Athletics

The varsity athletics programs at Bernards High School are highly competitive. Participation is based upon those student-athletes that compete for positions who are judged to have the talent and the potential to help the teams achieve their goals. The teams compete against conference and non-conference opponents that support programs of equally talented student-athletes. The goal of varsity athletics is to refine the skills and performance of the team and the student-athlete in an attempt to achieve peak performance and to provide Bernards High School with the best possible opportunity for success in the competitive arena. Playing time is determined by the coaching staff and there is no guaranteed playing time for any student-athlete on the varsity level.

Junior Varsity Athletics

The purpose of junior varsity athletics at Bernards High school is to provide a developmental and competitive environment for those student-athletes not selected exclusively for the varsity squad. Junior varsity athletics provide the

student-athlete the opportunity to gain valuable experience, knowledge and skill required for varsity competition. At times junior varsity student-athletes may be asked to participate in a varsity contest by the head coach. An invitation to play in a varsity contest should not be construed as a permanent move to the varsity squad. Seniors are not eligible to compete on teams at this level except under extraordinary circumstances. Approval for this must be granted by the Athletic Director. Playing time is determined by the coaching staff and there is no guaranteed playing time for any student-athlete on the junior varsity level.

Freshman Athletics

Freshman athletic programs at Bernards High School allow 9th grade student-athletes the valuable opportunity of playing time and exposure to the expectations of the high school program. The goal of the freshman athletics program is to allow as many opportunities as reasonably possible for 9th graders to be introduced to the commitment of high school athletics. Playing time is determined by the coaching staff and efforts will be made to allow all student-athletes to participate. There is no guaranteed playing time for any student-athlete on the freshman team.

ATHLETIC PROGRAMS BY SEASON

Fall Teams

Boys

Cross Country (V, JV)
Football (V, JV, F)
Soccer (V, JV, F)

Girls

Cross Country (V, JV)
Cheerleading (V)
Soccer (V, JV, F)
Field Hockey (V, JV, F)
Tennis (V, JV)
Volleyball (V, JV/F)

Winter Teams

Boys

Basketball (V, JV, F)
Fencing (V, JV)
Ice Hockey (V, JV)
Indoor Track (V, JV)
Ski Racing (V, JV)
Swimming (V, JV)
Wrestling (V, JV)

Girls

Basketball (V, JV, F)
Fencing (V, JV)
Cheerleading (V)
Indoor Track (V, JV)
Ski Racing (V, JV)
Swimming (V, JV)

Spring Teams

Boys

Baseball (V, JV, F)
Lacrosse (V, JV, F)
Golf (V, JV)
Track & Field (V, JV)
Tennis (V, JV)

Girls

Softball (V, JV, F)
Golf (V, JV)
Lacrosse (V, JV, F)
Track & Field (V, JV)

DESCRIPTIONS OF ATHLETIC PROGRAMS

All students, even those without prior experience and training, are encouraged to participate in co-curricular sports programs at Bernards High School. However, participants and parents should be aware that in some programs, student-athletes with previous experience and training will have a distinct advantage. Some examples of these programs include tennis, golf, ski racing and ice hockey.

Fall Sports

Season runs from mid-August through early November. Cheerleading and football run through Thanksgiving Day. **Practices and games are scheduled during all holiday and vacation days.**

Winter Sports

Season runs after Thanksgiving Day through early March. **Practice and games are scheduled during the December break and all holidays.** Ice Hockey participants are responsible for some costs through fundraising and direct payment. Ski racing participants are responsible for all costs through fundraising and direct payment

Spring Sports

Season runs from the beginning of March thru May. **Practice and games are scheduled during spring break and all holidays.**

EARNING A VARSITY LETTER

General Criteria

- Student-athletes must be in compliance with all eligibility requirements.
- Student-athletes must meet the specific criteria designated for each sport.
- Student-athletes must display good sportsmanship and have regular attendance at all practices and games.
- Senior student-athletes that have been with a program for 3 or more consecutive years and are unable to meet the criteria for their sport listed below are eligible.
- Student-athletes that are injured during the season and are unable to participate because of this injury may be eligible if the coach determines that they would meet the criteria for their sport as listed.
- Student-athletes that encountered team disciplinary problems during the season may not be eligible and may forfeit the privilege of receiving a varsity letter or any other award. This applies even when all other criteria has been met.
- Team managers with one year of service in a sport may be eligible at the discretion of the coach. Team managers with two or more years of service in a sport are eligible.
- Certificates of participation will be awarded to all who complete the sports season, but have not met the specific athletic program criteria.

Athletic Program Criteria (All Criteria Must Be Met Within a Season)

Baseball Play in $\frac{1}{2}$ of all scheduled varsity games or pitch in at least $\frac{1}{3}$ of all scheduled varsity games and/or have three decisions.

Basketball Play in $\frac{1}{2}$ of the total number of quarters based on all scheduled varsity games

Cheerleading Cheer in $\frac{3}{4}$ of all scheduled contests for the season

Competition Cheerleading Participate in all competitions.

Cross Country Place among the first 7 finishers for BHS in $\frac{1}{2}$ of all scheduled varsity meets.

Fencing Participate in at least $\frac{1}{2}$ of the total number of all scheduled varsity dual meets or tournaments, and/or win as many individual varsity dual meet bouts as the total number of dual meets fenced by the varsity team.

Field Hockey Play in $\frac{1}{2}$ of the total number of quarters based on all scheduled varsity games.

Football Play in $\frac{1}{2}$ of the total number of quarters based on all scheduled varsity games.

Golf Play in $\frac{1}{2}$ of all scheduled varsity matches.

Ice Hockey Play in $\frac{1}{2}$ of the total number of periods from all scheduled varsity games.

Lacrosse-Girls Play in $\frac{1}{2}$ of the total number of halves based on all scheduled varsity games.

Lacrosse-Boys Play in $\frac{1}{2}$ of the total number of periods based on all scheduled varsity games.

Ski Racing Participate in $\frac{1}{2}$ of all scheduled varsity races.

Soccer Play in $\frac{1}{2}$ of all scheduled varsity games, or pitch in at least $\frac{1}{4}$ of all scheduled varsity games.

Softball Play in $\frac{1}{2}$ of all scheduled varsity games, or pitch in at least $\frac{1}{4}$ of all scheduled varsity games.

Swimming Earn $1\frac{1}{2}$ times as many points as there are scheduled varsity meets (i.e. 10 meets equals 15 points). Student-athletes who are active members of a USS or YMCA swim team must attend at least $\frac{1}{2}$ of all BHS swim team practices, meets and meetings.

Tennis Play in $\frac{1}{2}$ of all scheduled varsity matches.

Track Earn $1\frac{1}{2}$ times as many points as there are scheduled varsity meets (i.e. 10 meets equals 15 points) and must score in $\frac{1}{2}$ of all scheduled varsity meets.

Winter Track Earn 1 ½ times as many points as there are scheduled varsity meets (i.e. 10 meets equals 15 points) and must score in ½ of all scheduled varsity meets.

Wrestling Wrestle in 1/3 of all scheduled varsity matches.

OTHER HONORS AND AWARDS

Honors and awards are given to student-athletes at the conference, county, group and state levels. Conference honors are determined by all coaches from participating schools within the conference division for that particular sport. County, group and state recognition is determined by local and state newspapers. The media tracks individual student-athletes statistics and accomplishments throughout the season. This information, along with coaches' input (the student-athlete's coach, as well as other area coaches), is used to determine county, group and state honors.

CRITERIA FOR SCHOLAR-ATHLETE AWARD

Bernards High School annually selects both a female and male Skyland Conference and Somerset County Scholar-Athlete as well as one for the NJSIAA award from the senior class in April. Candidates are chosen from the top 25 GPA male students and top 25 GPA female students who have earned one or more varsity letters. A committee comprised of teachers, coaches and administrators review all candidates. Academic and athletic accomplishments, as well as sportsmanship and leadership qualities are evaluated. After committee discussion of all candidates, a vote is taken to determine the final selections for the Scholar-Athlete award.

SEASON LIMITATIONS

The NJSIAA defines the beginning and end of the fall, winter and spring sports season. All administrators, coaches, and student-athletes are expected to adhere to these limitations. Failure to do so can result in monetary fines for the school, team forfeits, and the ineligibility of student-athletes and teams to compete in regular and post-season play. Coaches conducting practices or scrimmages outside of these limits are subject to removal from the Bernards High School athletic program.

Outside practices can be organized by the team leaders or other team members and can be held at any time. These practices fall outside of the scope of Somerset Hills School District and its coaches and are not mandatory.

THE ROLE OF THE COACH

Athletics at Bernards High School are governed by the New Jersey State Interscholastic Athletic Association (NJSIAA) and the Somerset Hills Board of Education. Coaches with comply with the rules, regulations and procedures of those organizations.

Additionally, coaches will comply with any and all regulations regarding safety training described by any of the above named organizations or by any legitimately authorized agency or group.

Coaches will exhibit a commitment to the safety, performance and behavior of the players during practice and competitive events. When making decisions about the player, the coach will consider the factors of safety, health, performance and behavior. When appropriate, the coach will provide personal or professional guidance for the student-athlete. Coaches will seek appropriate professional guidance or make an appropriate referral for the student as necessary consistent with existing high school procedures. Coaches should not be viewed by students or parents as trained medical or psychological professionals.

RULES AND REGULATIONS FOR THE STUDENT-ATHLETE

PROCEDURES FOR PARTICIPATION IN ATHLETICS

To participate in an athletic program, a student must complete the following steps before attending a practice with the season:

- Submission of Health History Questionnaire
- Submission of Physical Examination Form by Primary Care Physician (the physical must have been completed with the last 365 days)
- Submission of \$100.00 Co-curricular Participation Fee (payment made by credit card on RevTrak or check)
- Completion of all on-line forms on Genesis

ELIGIBILITY REQUIREMENTS

Bernards High School is a member of the New Jersey State Interscholastic Athletic Association (NJSIAA) and all participants must meet NJSIAA and Somerset Hills Board of Education eligibility requirements prior to participation. To be eligible for athletic participation during the first semester of the year, all students (with the exception of ninth grade students during their first semester), must have earned at least 30 credits during the previous school year. In order to be eligible for participation during the second semester of a school year, students must have earned 15 credits during the first semester of that school year. Therefore, dropping a course may result in failure to earn a sufficient number of credits for participation in school sports.

Students eligible for participation at the beginning of a seasonal sport shall remain eligible until the conclusion of that activity. Following each semester, the Athletic Director along with the Guidance Department shall make the determination of eligibility. Notification of ineligibility shall be provided to the parents and students involved.

Any student suspended from school (in-school or out-of-school suspension) is ineligible to participate in any activity until the conclusion of the suspension. As stated previously, participation in co-curricular activities is a privilege, not a right. Students granted the privilege of participation must assume the responsibility of good conduct and citizenship. Therefore:

- Students who experience serious and/or repetitive disciplinary infractions are subject to ineligibility and/or removal from any and all school athletics.
- Students who violate codes of honor and/or ethics (i.e. lying, cheating, stealing, etc.) are subject to ineligibility and/or removal from any and all school athletics and/or leadership positions therein.

All other eligibility standards required of the NJSIAA member schools are adopted as the standard for student participation in school athletics. Any student transferring to Bernards High School and wishing to participate in athletics should consult with the Athletic Director for eligibility upon enrollment.

TEAM SELECTION

Coaches are the sole judge in the selection of the varsity and junior varsity squads. In addition to attitude, disposition, cooperative spirit, and the desire to represent the school body and community in a favorable manner, the coach must evaluate ability. This evaluation takes place during the pre-season, regularly scheduled practices, and scrimmages. Leagues outside of the school are looked upon as opportunities for the student-athlete to grow and develop, but are not an evaluation tool or criteria for the selection of the varsity team.

Appeals by the student-athlete or parent regarding selection to a varsity team may be made directly to the coach. While a coach's decision is regarded as final, objections regarding team selection or the practices of a coach may be filed with the Athletic Director who will report them to the coach.

OTHER COMMITMENTS WHILE "IN-SEASON"

In-season student-athletes are strongly discouraged from playing other outside organized sports during the high school athletic season. The demands placed upon a student-athlete, both in the classroom and in the playing arena, are more

than enough for an adolescent to handle successfully. Student-athletes are required to attend all practices, team meetings, and games. Student-athletes are advised to establish their priorities and make a choice in advance of the athletic season.

COACHES' MEETING WITH PARENTS

The head coach is encouraged to conduct one all-encompassing parent meeting for all parents whose children will be participating in that athletic program for that season. The meeting will be held within the first three weeks of the preseason practices. It is the responsibility of the parent to attend that meeting and to receive information regarding student participation in the program. Some of the items to be discussed are general expectations, philosophies, goals, practice times, schedules, contact information, etc. Parents can also use this opportunity to ask specific questions about the athletic program.

COMMUNICATIONS PROCESS FOR STUDENT-ATHLETES, PARENTS AND COACHES

Student-Athlete to Coach

If a student-athlete has any issues about their experience on an athletic team they must first approach the coach to discuss the matter. The athletic experience at Bernards High School should provide the opportunity for the student-athlete to develop respect for and communication skills with adults and others in position of authority outside the standard classroom.

At the same time, the coach must provide an environment of mutual respect and understanding that allows a student-athlete to discuss issues and seek information openly and honestly.

Parent to Coach

There are situations which require or will benefit from a direct conversation between the coach and the parent. It is important for both parties to have a clear understanding of each other's perspective on a given issue. When these situations arise, the following procedure should be followed to help promote a resolution and clear communications.

- Call or e-mail the coach and explain the issue.
- If a direct meeting is required, please call or e-mail to set up an appointment time convenient for both parent and coach.

It is not appropriate for a parent to discuss team strategy and other student-athletes with the coach or Athletic Director.

Please do not confront a coach before or after a contest or practice. These can be emotional times for student-athletes, coaches and parents. Meetings of this nature do not promote healthy resolution.

Student-Athlete/Parent to Athletic Director

If a student-athlete or parent is unable to resolve his/her issue after speaking and/or meeting with the coach, he/she should review his/her issue with the Athletic Director either in writing or in person, after scheduling an appointment time convenient for both parent and Athletic Director.

SELECTION OF CAPTAINS

The head coach determines the number and selects the captain(s) of the team. The process used for determining captains is determined by the Head coach. Upper classman are the typical candidates for team captain(s). However, the coach may appeal to the Athletic Director to include sophomores if the situation is warranted.

ATTENDANCE

A student must be in school prior to 10:00AM and must remain in school until dismissal to participate in co-curricular activities that day. Student-athletes who are absent from school are not permitted to participate in or attend interscholastic competitions, athletic practices or team meetings on the same day as the absence. Extraordinary

circumstances (i.e. driving tests, doctor appointments) that prohibit meeting this requirement can be approved by the Athletic Director. A request for approval by the Athletic Director should be done well in advance.

Student-athletes may be dismissed from classes or portions of a class when the team needs to depart early from school. In this case, the head coach notifies the Athletic Secretary at least 24 hours in advance who then notifies the High School staff via e-mail.

PRACTICES

The coach will determine practice starting and ending times with guidance from the Athletic Director. Many factors may influence practice times such as availability of the coaching staff, availability of the practice venue, transportation time, etc.

Practices will not begin before 3:00 PM on school days. Usually, practices will be held Monday through Saturdays and are structured to allow an off-day for student-athletes every seventh day. On occasions, practices and/or contests may be held on a Sunday.

Student-athletes must be on time for practice. However, no student-athlete will be penalized for lateness due to extra help within school or for a visit with the athletic trainer provided advance notice was given to the coach.

Most athletic teams will have practices during vacation days, vacation breaks and school holidays. Families are encouraged to support their student-athletes by scheduling vacations outside of the sport season. If there is a conflict, the athlete will not be dismissed by the team. However, the coach may put reasonable conditions on the return of the student-athlete. If an athlete is to miss a practice or game because of such a conflict, the coach must be informed at least two weeks in advance.

Attendance is required at all practices unless excused by the coach. Attendance will be taken. Please recognize that an absence may lead to the student-athlete not participating in the next one or more scheduled contests.

SCRIMMAGES

Scrimmages, where and when appropriate, will be provided for athletic programs. The number of scrimmages will be determined and set by the head coach and the Athletic Director. All scrimmages will be played after the official NJSIAA start date, but before the official playing season begins.

TEAM BENCH AND PLAYING AREA

The team bench, playing area, locker rooms are for authorized athletic personnel, student-athletes, coaches, training staff and officials. At no time during a practice or contest are parents, family or friends allowed to enter these areas. Parents must understand that during practices and contests their children's focus and commitment must be to the athletic endeavor at hand and to the coaching staff.

TREATMENT OF FACILITIES

Care must be demonstrated for all facilities, both at Bernards High School and at all other sites. Repairs to and replacement of facilities require expenditures of money, which might otherwise be applied to the athletic, or other school programs. Student-athletes must avoid accidental or unintentional damage to facilities by concentrating on what they are doing and by using sound judgement. Athletes will be required to pay for damage, even though unintentional to facilities. Vandalism (willful or malicious destruction or defacement of all equipment and facilities) is intolerable. Any athlete who engages in vandalism will be required to pay for all damages, be subject to suspension and/or dismissal from the athletic program, and be subject to school disciplinary action.

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All practice and game sites, locker rooms, buses, etc. should be cleaned before student-athletes leave the area. It is the responsibility of the players, not the coaches, to throw away trash, return items to storage and gather all equipment.

TRANSPORTATION

The Somerset Hills School District will provide authorized school vehicles to transport all student-athletes and coaches for away athletic contests. In the interest of team unity, morale, and camaraderie, all student-athletes MUST arrive to and return from all away contests on school provide transportation. Individual transportation frustrates team-building efforts.

In extreme circumstances, a student-athlete may ride with a parent or guardian. This circumstance requires that the parent or guardian sign a personal note and have it approved by the coach. The coach will forward the note to the Athletic Director for recording purposes. Other student-athletes may not ride with the aforementioned parent or guardian without the written consent of their own parent or guardian. The purpose of such a release is for family emergencies, academic needs and special circumstances.

DRESS AND PERSONAL APPEARANCE

Student-athletes are expected to be clean in appearance and neatly dressed at all times. All team members are required to wear the team uniform issued by the school during contests. When traveling to an away completion, the coach may require any of the following dress codes:

- Student-athlete dressed in uniform, team warm-ups/jackets.
- Male student-athletes dressed in shirt, tie and dress slacks.
- Female student-athletes dressed in blouse/sweater/jacket and dress slacks/skirt.

HOLIDAYS, VACATION DAYS AND VACATION BREAKS

Varsity student-athletes are expected to attend all practices and games, including those scheduled during holidays and vacation periods. Parents and student-athletes are advised to review the athletic program descriptions for specific details on the length of each season and requirements during holidays and vacations. Parents are requested to plan vacations outside of the appropriate sport season so the student-athlete can meet his/her commitment to the athletic team.

Players who miss practices or games over school holidays and vacations will not be penalized, but other players may be rewarded with additional playing time for maintaining their commitment to the team.

COLLEGE VISITS

College visits for the purpose of campus tours and potential applicant presentations should be scheduled during the summer break or outside the athletic season, including practices and games. Parents are requested to plan these visits outside of the appropriate sport season so the student-athlete can meet his/her commitment to the athletic team.

ATHLETIC EQUIPMENT AND UNIFORMS

- In most sports, practice/game equipment and uniforms will be issued to the student-athlete. The student-athlete must be careful that the equipment and other items are maintained in clean and usable condition at all times. Equipment must not be altered in any way. Athletes are responsible for all damages to or loss of school-issued equipment.
- All equipment must be returned at the end of the season or upon leaving the team. Students may not participate in subsequent sport seasons until all uniforms and equipment are returned or until payment to replace missing uniforms and equipment has been made. The cost of each item not returned will be based upon the single unit replacement cost of the item.
- School issued uniforms and equipment are to be worn only at scheduled practices or games sponsored by Bernards High School. Visible personal clothing must receive prior approval from the Administration. On game days, uniforms may be worn to school if permission is granted by the coach.
- Cleats are not allowed in any school building. They should be removed and cleaned (mud, gravel knocked off) before entering all school facilities.

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LOCKER ROOM BEHAVIOR

- Do not place valuables in your locker. Leave them at home!
- Keep your locker locked at all times when you are not using it.

- Refrain from all “horse play” in the locker room. Many talented student-athletes had their careers shortened or severely impacted by this behavior.
- The Somerset Hills School District and its coaches are not responsible or liable for lost personal property.

GYM/WEIGHT ROOM/WRESTLING ROOM PROCEDURES

- No one is permitted in the gym, weight room or wrestling room unless it is during a designated practice period.
- Individuals or groups are not allowed to work out in these areas without authorized supervision present.
- Student-athletes practicing in these areas for one sport will refrain from using equipment not specifically designated for them.
- All “in-season” teams have priority in these spaces.

TEAM CAPTAIN CODE OF CONDUCT

Effective leadership is demonstrated through positive attitudes and actions. Bernards High student-athletes who are appointed to the leadership position of team captain for their respective sports teams are expected to demonstrate exemplary conduct and attitude throughout the year.

In addition to the student-athlete code of conduct, as appointed leaders of athletic teams, captains must also adhere to the following:

- Captains should not receive any school or team disciplinary action. Such action may result in forfeiture of team captain status.
- Violation of the substance abuse policy will result in forfeiture of the team captain status, in addition to the consequences outlined in the athletic participation code of conduct contract.

STUDENT-ATHLETE CODE OF CONDUCT

Every student-athlete who participates in a sport is required to sign the Interscholastic Sports Policy. Both the student and his/her parent must sign this form for each sport in which the student-athlete participates.

Bernards High School student-athletes represent not only themselves and their teams, but also their school, coaches, families and communities. Therefore, it is imperative for all student-athletes to conduct themselves in an appropriate manner at all times. They must be humble in victory and gracious in defeat, taking pride in their performance, appearance, and conduct. Bernards has a strong tradition of student-athletes conducting themselves admirably both during and outside competition. We require all Bernards’ athletes to continue to add to this proud tradition.

All student-athletes must display high levels of self-discipline for the welfare of themselves and the team. They must behave in a socially acceptable manner at all times. Unacceptable behaviors including, but not limited to, the following will result in disciplinary or rehabilitative action which may include suspension or dismissal from the team and/or the entire athletic program by the Athletic Director:

- Unexcused absence from practice or contest
- Tardiness to practice or contest
- Obscene language or gestures
- Refusal to follow directions of coaches
- Unsportsmanlike conduct
- Theft
- Vandalism
- Smoking or the use of tobacco products
- Use, possession or sale of alcoholic beverages and/or illegal drugs
- Other behavior which is inherently unacceptable

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Team members who fail to comply with any or all of the Interscholastic Sports Policy may be subject to ineligibility for reception of any or all awards, honors, or other forms of recognition relative to participation in the sports program.

HAZING VIOLATIONS

Hazing is considered an act of harassment by an individual or group upon an individual or group in the form of banter, ridicule, criticism, by exacting unnecessary work, or by demanding participation in a disagreeable/unpleasant activity for the purpose of initiation or intimidation.

The practice of hazing is unhealthy and counterproductive to the positive climate promoted by student participation in athletic programs. Under no circumstances will hazing, in any form, be tolerated with the scope of the athletic programs of the Somerset Hills School District.

Students participating in hazing practices will be subject to disciplinary action at the discretion of the Principal or designee who will determine the level and severity of the disciplinary action to be taken.

This could include In School Alternative Program (ISAP), an out-of-school suspension, removal from an athletic team and/or a hearing before the Principal and/or the District Superintendent.

This policy applies to all situations whether school is or is not in session.

VIOLATION OF THE SCHOOL'S SUBSTANCE ABUSE POLICY

A student-athlete who violates the school's substance abuse policy is subject to school action. The Athletic Director may take action up to, and including, exclusion from the team and the entire athletic program.

VIOLATION OF CIVIL/CRIMINAL LAW

A student-athlete who violates a civil/criminal law may be subject to school action. The Athletic Director may take action up to, and including, exclusion from the team and the entire athletic program.

SCHOOL DISCIPLINARY ACTIONS AND SUSPENSIONS

Self-discipline is required of all Bernards student-athletes not only in the athletic arena, but also in classes and other aspects of the regular school day. Teacher and administrative disciplinary consequences and obligations take precedence over athletic participation and responsibilities. Student-athletes are not excused from school disciplinary obligations in order to participate in athletic practices or contests. In addition, athletes who develop patterns of unacceptable school or class attendance or unacceptable school or class conduct will be subject to suspension or dismissal from the athletic program until improvement to an acceptable level is achieved.

A student-athlete who is suspended from school, either an in-school suspension or out-of-school suspension, is ineligible to participate in practices, team meetings, or competitions until the suspension is completed.

DISQUALIFICATION/EJECTION RULE

All NJSIAA rules regarding disqualification and game ejection are followed. The Athletic Director will double the NJSIAA consequences if warranted and may take action up to and including exclusion from the team and the entire athletic program. The Somerset Hills School District does not condone any behavior that leads to disqualification and ejection and the student-athlete may be subject to school consequences.

LEAVING THE TEAM WHILE IN SEASON

If a player is removed from or voluntarily leaves a team after the start of the season, defined as the first day of interscholastic competition (not scrimmages) then:

- The coach may meet with the player in private to discuss the reasons for the student-athlete's removal or voluntary withdrawal. At this time, all equipment and uniforms must be returned.

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- The coach may speak with a parent to inform him/her about the situation.
- The coach will inform the Athletic Director, in writing, of the reasons for the actions, including the dates and the conversations with the student-athlete and parents, if appropriate.

SWITCHING FROM ONE TEAM TO ANOTHER

If a student-athlete leaves or is removed from a team during the season, he or she will not be able to play for another team during that same season without a meeting and approval by the Athletic Director.

If a student-athlete decided to switch to a different sport within a particular season from one year to the next, he or she must meet with the Athletic Director and receive approval.

APPEALS PROCESS

All student-athletes will be afforded due process in regard to rules and regulations governing the athletic department. Student-athletes who wish to appeal the decision of a coach may do so during the following school day. The appeal should first be made to the coach, and then to the Athletic Director, in that order. Appeals must be made in person or in writing.

STUDENT-ATHLETE HEALTH

HEALTH REQUIREMENTS FOR PARTICIPATION

All student-athletes are required to have a current Health History Questionnaire on file with the school nurse. A current form is one completed by the student-athlete's parents/guardian within the current academic year.

All student-athletes are required to have a current sports physical on file with the school nurse. A current physical is one performed by the student-athlete's primary care physician within the last 365 days and submitted to the school nurse within the current academic year. This form must be approved by the school doctor.

SPORT INJURIES

There is a risk of injury in all sports. The risk may be severe including fractures, brain injuries, paralysis or even death.

All injuries that occur while participating in Bernards High athletics must be reported to the coach and school athletic trainer. The trainer will then file an injury report. **IMPORTANT:** Once a physician or the trainer treats a student-athlete, the student must obtain written permission from the physician treating the injury or the trainer before returning to the activity.

INSURANCE COVERAGE

Proof of coverage is required for participation in school athletics. The form for providing insurance information to the school is provided in Appendix D. If an injury required medical attention by a doctor or treatment center, the family's medical insurance will pay for any fees incurred. If the family does not carry private medical insurance, they are encouraged to purchase insurance provided through the school district at the beginning of each academic year. Anyone without medical insurance or unable to purchase medical insurance through the school district should contact the Business Office.

The Somerset Hills School District encourages all injured student-athletes to see their primary care physician for an evaluation of the injury. It is not within the scope of school personnel (school doctor, school nurse, athletic trainer, team coach or Athletic Director) to refer student-athletes to specific health professionals.

TRAINER SERVICES

A full-time certified athletic trainer is available for all Bernards High athletic programs. The trainer is available Monday through Friday in the training room. Also, the trainer is available after school hours to provide injury prevention, rehabilitation services and first aid to all student-athletes.

ADMINISTRATION OF MEDICATION

Medication to be taken during the school day and during athletic practices and competitions, prescribed by the family physician, must be administered by the school nurse. Only students with life-threatening illnesses may carry and

self-medicate with epi pens or inhalers once parental permission and physician approval is obtained in accordance with the Somerset Hills Board of Education policy.

PARENTAL INVOLVEMENT IN ATHLETIC PROGRAMS

ROLE OF PARENTS

Rules and regulations are designed for the general good of the athletic teams and to discourage student-athletes from abusing themselves and others mentally and physically. However, the distribution and implementation of a set of rules and standards is only a start. Coaches are with your children only a few hours every day and depend heavily upon your support to ensure that your children do not violate these important rules.

Administrators, coaches and parents together can make a significant impact on these young people and help to counter the peer pressure that they face. By working cooperatively in this area we can be proactive and eliminate many potential problems. As educators and coaches, we are concerned about your children and committed to doing our part and using our influence to guide them to their fullest potential. Together, we can provide the necessary guidance, leadership, concern and encouragement, which are so important during the high school years. A list of ways parents can be good role models for respect and positive leadership is given in Appendices B and C.

Situations may arise when parents need to have discussions with their student-athlete's coach. When these situations arise, as referenced in the communications Process section, parents should call or email the coach and explain the issue and schedule a direct meeting if required. It is not appropriate for a parent to discuss team strategy, playing time or another student-athlete with the coach.

SCHOOL POLICY ON PARENTS AS COACHES

To avoid any conflict of interest, the Somerset Hills Board of Education prohibits parents/guardians from coaching teams (including practices, meetings and competitions) in which their child or immediate family member is a participant (excluding team managers and scorekeeper/timekeeper volunteers). This includes both paid and volunteer coaching positions. Extraordinary circumstances may warrant exceptions, and these require the recommendation of the Athletic Director, High School Principal, Superintendent and the approval of the Somerset Hills Board of Education.

MOUNTAINEER BOOSTER CLUB

The Booster Club supports and promotes the athletic program of Bernards High School and, with the approval of the school administration, contributes financially to the development of athletics. The club also aids and assists in all social events connected with athletics and encourages sportsmanship, understanding, and goodwill among parents, coaches, players, alumni, faculty and friends of the school.

OTHER PARENT SUPPORT CLUBS

Several athletic programs have their own parent-based support organizations, which provide financial support to fund a program partly, entirely or to offer additional support above and beyond that which is provided by the school district. Some examples of these organizations are the Football Club, the Men's LaxBackers and the Somerset Hills Ice Hockey Association.

FUNDRAISING

All fundraising activities by the Booster Club, other parent support clubs or specific individuals require the approval of the Board of Education. Some general guidelines to follow are:

- The school district's involvement in fundraising should not be an unacceptable burden to teachers, coaches or other school staff members.
- The school district will not be subject to significant risks or responsibilities in the handling of funds.

- The activity related to the fundraising effort will be in good taste and appropriate for the school district.
- All groups involved in fundraising must comply with current state and federal tax requirements (501C3), where appropriate.

COLLEGE ATHLETICS

Selecting a college is both an enjoyable and stressful experience. The student-athlete who desires to participate in college athletics should have a game plan to help manage through the college selection and recruiting process. The guidance office, athletic department and coaching staff are resources that can help during this process. However, it is important to understand that the responsibility and management of the process falls to the student-athlete and his/her parents. A student-athlete must take full responsibility and ownership of managing the college application and selection process.

There are specific NCAA requirements that deal with coaches contacting student-athletes. In general, Collegiate coaches may begin mailing athletic recruiting materials on September 1st at the start of the prospect's junior year, and initiate phone calls beginning July 1st at the end of the prospect's junior year. Prospects may write or call collegiate coaches at any time. Collegiate coaches may not return calls prior to July 1st.

NCAA REQUIREMENTS

To participate in college level athletics you must be a high school graduate and you must be certified as eligible by the NCAA Initial-Eligibility Clearinghouse for Division I and II schools. Student-athletes must check with their Guidance Counselor to ensure they are eligible by the NCAA Clearinghouse.

NCAA Division I Core Academic Requirements

3 years of Math and 4 extra core courses

4 years of English

2 years of Math (Algebra I or higher level)

2 years of Natural or Physical Science (including one lab course, if offered)

1 year of additional coursework in English, Math or Natural or Physical Science

2 years of Social Science

3 years of extra core courses in any of the above areas, or in a foreign language, computer science, philosophy or non-doctrinal religion

Present a minimum required grade point average in your core courses that corresponds with your combined SAT/ACT test score on a grid provided by the NCAA.

NCAA Division II Core Academic Requirements

3 years of English

2 years of Math

2 years of Natural or Physical Science (including one lab course, if offered)

2 years of additional coursework in English, Math or Natural or Physical Science

2 years of Social Science

3 years of extra core courses in any of the above areas, or in a foreign language, computer science, philosophy or non-doctrinal religion

Present a minimum grade point average of 2.0 in your core courses and achieve a combined SAT score of 820 or sum score of 68 on the ACT.

NCAA Division III

Contact your Division III college institution regarding policies on financial aid, practices and competition.

HIGH SCHOOL PREPARATION

It is important that you express your interest in participating in collegiate athletics early on with your guidance counselor and coach. Work with your counselor to insure that your class schedule is on track to meet NCAA eligibility guidelines. Talk with your coach to make sure that the colleges you choose to participate in athletics are realistic.

Sophomore and Junior Year

- Meet with your guidance counselor to discuss course selection through high school. Ensure that your course selection meets NCAA core course requirements.
- Speak with high school coaches, college athletes and college coaches to determine requirements and expectations.
- Make contact with institutions that you are interested in and request all academic and athletic information related to your interests.
- Keep track of your athletic statistics, recognition awards and honors. Consider developing a video of your performance to send to prospective coaches and colleges.

Spring of Junior Year

- Take the ACT or SAT or both. Use the code 9999 to direct scores to the NCAA Clearinghouse.
- At the end of your junior year, register with the NCAA Clearinghouse. Forms are available in the guidance office or by visiting www.ncaaclearinghouse.net. Send student transcript to the NCAA Clearinghouse.

Senior Year

- Make transcripts and test scores available to coaches of schools you are interested in.
- Inquire with coaching staffs at institutions that are serious about you to make an Official Visit. Verify the restrictions on the number of Official Visits that you are allowed.
- Confirm that all SAT/ACT test scores will be reported to the NCAA Clearinghouse.
- Follow through on all other paperwork, such as financial aid forms, applications, and private scholarship forms.
 - FAFSA and PROFILE forms
 - PROFILE deadline for early decision is November 15 and February 1 for all other applications.
- Ensure that your final transcripts, along with proof of graduation, are mailed to the NCAA Clearinghouse as soon as they are available.

FINANCIAL AID

There are two common forms that institutions may use. FAFSA is used primarily to award federal money and PROFILE is used by many institutions to award institutional funds. Some schools also use their own independent forms. These forms should be completed as soon as possible. Please note that the PROFILE registration begins with a form that must be returned with a registration fee to receive the actual form used for calculation. This process usually takes a few weeks.

FALL SPORTS

Cheerleading	Head Coach: Leslie O'Connor	loconnor@shsd.org
Cross Country	Head Coach: Dave Szostak Assistant: Alyssa Samson	dszostak@shsd.org asamson@shsd.org
Field Hockey	Head Coach: Sarah Falzarano Assistant: Alexa LaValle Assistant: Jessica Tynan	sfalzarano@shsd.org alavalle@shsd.org jtynan@shsd.org
Football	Head Coach: Jon Simoneau Assistant: Dave Carmon Assistant: Kyle Wierzbicki Assistant: Ryan McCullough Assistant: Steve Masoti Assistant: Mike Filieri	jsimoneau@shsd.org dcarmon2@shsd.org kwierzbicki@shs.d.org rmccullough@shsd.org smasoti@shsd.org mfilieri@shsd.org
Soccer- Boys	Head Coach: Joe LaSpada Assistant: Tim Zangara Assistant: Fernando Rivera	jlaspada@shsd.org tzangara@shsd.org frivera@shsd.org
Soccer- Girls	Head Coach: Derek Boudreau Assistant: TBD Assistant: Salome Chaffee	dboudreau@shsd.org TBD schaffee@shsd.org
Tennis – Girls	Head Coach: Elizabeth St. Ours Assistant: Doug Voight	estours@shsd.org dvoight@shsd.org
Volleyball	Head Coach: Rick Gajewski Assistant: Tyler Nadolny Assistant: Zach Goldring	rgajewski@shsd.org tnadolny@shsd.org zgoldring@shsd.org
Assistant AD	Paul Manore Jeremy Palmieri	pmanore@shsd.org jpalmieri@shsd.org
Open Gym	Jeff Falzarano	jfalzarano@shsd.org

WINTER SPORTS

Basketball – Boys	Head Coach: Alec Johnson Assistant: Mickey Gilberti Assistant: Tim Zangara	ajohnson@shsd.org mgilberti@shsd.org tzangara@shsd.org
Basketball – Girls	Head Coach: Brett Bisconti Assistant: Jeremy Palmieri Assistant: Alexa LaValle	bbisconti@shsd.org jpalmieri@sdsd.org alavalle@shsd.org
Fencing	Head Coach: Steven Olson Assistant: Garrett Blakeslee Assistant: Caitlin Kotz	solson@shsd.org gblakeslee@shsd.org ckotz@shsd.org
Ice Hockey	Head Coach: Dan Spautz Assistant: Phil Mahlik	dspautz@shsd.org pmahlik@shsd.org
Swimming	Head Coach: Doug Voight Assistant: Kathryn Cummings	dvoight@shsd.org kcummings@shsd.org
Ski Racing	Head Coach: KC Lister	klister@shsd.org
Winter Track	Head Coach: Dave Szostak Assistant: Caroline McDowell Assistant: TBD	dszostak@shsd.org cmcdowell@shsd.org TBD
Wrestling	Head Coach: Mike Filieri Assistant: Pat Riley	mfilieri@shsd.org priley@shsd.org
Assistant AD	Paul Manore Amy Paterno	pmanore@shsd.org apaterno@shsd.org
Open Gym	Kyle Wierzbicki	kwierzbicki@shsd.org

SPRING SPORTS

Baseball	Head Coach: TBD Assistant: Justin Kaufman Assistant: TBD	TBD jkaufman@shsd.org TBD
Golf	Head Coach: Dan Spautz Assistant: Paul Manore	danielspautz@shsd.org pmanore@shsd.org
Lacrosse – Boys	Head Coach: TBD Assistant: Gil Thompson Assistant: Tim Zangara	TBD gthompson@shsd.org tzangara@shsd.org
Lacrosse – Girls	Head Coach: Kelsey Ryan Assistant: Alyssa Samson Assistant: Tyler Nadolny	kryan@shsd.org asamson@shsd.org tnadolny@shsd.org
Softball	Head Coach: Leslie O'Connor Assistant: Meghan Froysland Assistant: Alexa LaVelle Assistant: Jeremy Palmieri	loconnor@shsd.org mfroysland@shsd.org alavelle@shsd.org jpalmieri@shsd.org
Track & Field	Head Coach-Boys: Dave Carmon Head Coach-Girls: Dave Szostak Assistant: Caroline McDowell Assistant: Jess Tynan Assistant: Michael Filieri	Dcarmon2@shsd.org dszostak@shsd.org cmcdowell@shsd.org jtynan@shsd.org mfilieri@shsd.org
Tennis-Boys	Head Coach: Derek Boudreau Assistant: Doug Voight	dboudreau@shsd.org dvoight@shsd.org
Assistant AD	Alec Johnson Amy Paterno	ajohnson@shsd.org apaterno@shsd.org
Open Gym	Kyle Wierzbicki	kwierzbicki@shsd.org

APPENDIX B

PARENT ROLE MODELS

The following list is a sample of ways parents can be good models for positive sportsmanship.

Consider Doing the Following	Consider Avoiding the Following
<ul style="list-style-type: none">● Welcome opponents and officials to home events by being school hosts and showing teams to lockers, fields, food areas, etc.● Thank coaches and officials for their work with student-athletes, concentrating on what they've done to promote citizenship values● Be respectful of all participants, including opponents, coaches and officials.● Help your son or daughter show respect for the team and the coaches by coming to practice and games on time and prepared.● Show interest in other areas of life for your student-athlete, other student-athlete and coaches.● Be gracious if your child or team is ahead or behind in a competition, or they win or lose.● Ask how your student-athlete felt after a practice or competition. Focus on areas other than winning or losing.	<ul style="list-style-type: none">● Judging the performance of your student-athlete or his/her team.● Criticizing student-athletes, coaches and officials, particularly in front of others.● Reciting win and loss records frequently.● Comparing your student-athlete to other student-athletes on the team and at other schools.

Source: National Federation of High Schools, 2001. *Parents as Partners in Citizenship*.

APPENDIX C

TOP TEN REASONS TO BE A GOOD SPORTS

1. Because taunting, trash talking and intimidating behavior have no place in high school sports - or any level of sports.
2. Your admission to the event is for you to watch the performance of highly impressionable 14 to 18 year old student-athletes, not a license to abuse coaches, officials, players and other spectators.
3. You want others to treat you the way you want to be treated. How many of us want to be treated with disrespect?
4. We need more positive role models for all our students.
5. People do not always remember the final score, but they will always remember the fan who behaved poorly.
6. Because coaches and officials are also teachers. Why would you harass them in their classrooms?
7. A national survey indicates that student-athletes play high sports to have fun and not to be number one.
8. In the final analysis, when the "dust has cleared" and the game is long over, it really is how you played the game that counts.
9. It is simply "the right thing to do."
10. Because sportsmanship begins with you!