TIMBER CREEK ATHLETICS

STUDENT-ATHLETE & PARENT PLAYBOOK

2026-2027

ONE STANDARD. ONE FAMILY. ONE CREEK.

Creek. Over. Everything

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CONTENTS

Everything Charger families need in one place.

1	Welcome to Charger Nation
2	The Charger Standard
3	Programs & Levels of Play
4	Registration & Eligibility
5	Academics First
6	Attendance, Practice & Team Commitment
7	Student Conduct & Discipline
8	Communication & Chain of Command
9	Parent & Spectator Playbook
10	Transportation & Game-Day Procedures
11	Health, Safety & Athletic Training
12	Equipment, Uniforms & Facilities
13	College Planning & Recruiting
14	Contacts & Quick Resources
15	Participation Agreement

PLEASE NOTE Policies, procedures, schedules, staff assignments, and dates may be revised during the school year. District policy, NJSIAA rules, and administrative directives supersede this handbook when conflicts arise.

WELCOME TO CHARGER NATION

Wear the navy and silver with pride.

A Message to Student-Athletes and Families

Welcome to Timber Creek Athletics. Participation in interscholastic athletics is one of the most meaningful opportunities available to our students. It is also a privilege that carries responsibility.

Our goal is to provide a safe, competitive, inclusive, and educational experience that develops the whole student-athlete. We want our Chargers to grow physically, academically, socially, and emotionally while learning discipline, teamwork, resilience, leadership, and sportsmanship.

Student-athletes are students first. Their choices in the classroom, hallways, community, online, at practice, and during competition reflect not only on themselves, but also on their team and Timber Creek Regional High School.

Thank you to our families for partnering with us. When students, coaches, families, and administrators communicate respectfully and work together, our programs thrive.

Dina Tomczak

Vice Principal / Athletic Director
Timber Creek Regional High School

Our Athletic Mission

Timber Creek Athletics provides educationally sound opportunities that promote academic achievement, character, wellness, competitive excellence, sportsmanship, and lifelong pride in the Charger community.

Our Core Values

HEART
Compete with courage and purpose.

FAMILY
Support teammates and the Creek community.

PRIDE
Represent Timber Creek with class.

DISCIPLINE
Honor commitments and do the right thing.

GROWTH
Learn from success, setbacks, and feedback.

SERVICE
Leave the program better than you found it.

THE CHARGER STANDARD

What it means to represent Timber Creek.

A Timber Creek student-athlete is a visible representative of the school. Participation is earned and may be limited or removed when academic performance, attendance, conduct, or commitment falls below program expectations.

Chargers Are Expected To

- Attend school, practices, meetings, and contests consistently and on time.
- Maintain academic eligibility and seek help before problems become emergencies.
- Treat teammates, coaches, opponents, officials, staff, and spectators with dignity and respect.
- Use appropriate language and demonstrate self-control in all team settings.
- Follow school, team, district, Tri-County Conference, and NJSIAA rules.
- Care for uniforms, equipment, facilities, buses, and locker rooms.
- Represent Timber Creek responsibly in person and online.
- Communicate directly, honestly, and respectfully.

THE BOTTOM LINE Players play. Coaches coach. Officials officiate. Families support. Everyone represents Timber Creek.

Sportsmanship

Student-athletes must compete hard while remaining within the rules. Taunting, profanity, discriminatory language, threatening behavior, negative interaction with officials or spectators, fighting, leaving the bench during an altercation, or other unsportsmanlike conduct may result in removal from a contest and additional school, conference, or NJSIAA consequences.

Social Media & Digital Conduct

- Pause before posting. Assume screenshots are permanent.
- Do not post content that humiliates, threatens, harasses, discriminates against, or targets others.
- Do not share confidential team information, locker-room content, injury information, or private communications without permission.
- Posts that substantially disrupt school or team operations may lead to disciplinary or participation consequences.

PROGRAMS & LEVELS OF PLAY

Development at every level. Excellence at every level.

Sports Offered

FALL	WINTER	SPRING
Football	Boys Basketball	Baseball
Field Hockey	Girls Basketball	Softball
Boys Soccer	Wrestling	Boys Lacrosse
Girls Soccer	Swimming	Girls Lacrosse
Boys Cross Country	Indoor Track & Field	Boys Volleyball
Girls Cross Country	Winter Cheerleading	Boys Tennis
Girls Tennis		Golf
Girls Volleyball		Boys Track & Field
Fall Cheerleading		Girls Track & Field
Esports		Girls Flag Football

Freshman, Junior Varsity & Varsity

FRESHMAN Provides ninth-grade student-athletes opportunities to learn fundamentals, build confidence, and compete against students of similar age and experience.

JUNIOR VARSITY Bridges the developmental gap between freshman and varsity competition. JV is a training ground for future varsity performance.

VARSITY Represents the highest competitive level and Timber Creek's athletic showcase. Playing time and roster placement are determined by coaches based on team needs, performance, preparation, conduct, and commitment.

Roster spots and playing time are not guaranteed from one season, year, or contest to the next. Depending on participation numbers and safe roster limits, cuts may be necessary. Seniors are not automatically guaranteed varsity placement.

REGISTRATION & ELIGIBILITY

Clear the checklist before you compete.

Participation Checklist

1. Complete all required seasonal forms in Genesis/Parent Access each season.
2. Submit a current sports physical and receive district medical clearance.
3. Complete required health acknowledgments on Parent Access, including concussion, sudden cardiac death, steroid, eye injury, and opioid information.
4. Complete ImPACT baseline testing as directed, every two years (generally 9th & 11th grade).
5. Resolve outstanding school fines or obligations.
6. Meet NJSIAA, district, school, academic, attendance, and conduct requirements.
7. Complete transfer documentation when applicable.

NJSIAA Academic Eligibility

Season / Semester	Minimum academic standard
Fall & Winter	30 credits passed during the preceding academic year. First-year freshmen are academically eligible for fall and winter.
Spring	15 credits passed at the close of the first semester. This applies to all students, including freshmen.
IMPORTANT Eligibility rules may change. Final eligibility determinations are made under current NJSIAA regulations and district policy.	

Other Eligibility Factors

- Age and semester limitations established by the NJSIAA.
- Transfer and residency rules.
- School attendance and timely arrival.
- Principal's Probation or other administrative restrictions.
- Medical clearance following illness, injury, or concussion.
- Completion of required forms each season.

ACADEMICS FIRST

Success is earned in the classroom first.

Weekly Academic Watch List

The Athletic Department will monitor the academic progress of students participating in athletics through a weekly Academic Watch List. Students identified as failing two or more classes will be notified and given a two-week improvement period to raise failing grades to passing.

Students are expected to seek academic support, communicate with teachers, use available enrichment or support periods, complete missing work, and demonstrate consistent effort.

If, after the two-week improvement period, a student has not raised their grades to passing, the student may be suspended from participation or removed from the team. Decisions will be made by the Vice Principal and Athletic Director in consultation with the coach.

Academic Support Plan

8. Check Genesis regularly.
9. Speak directly with the teacher about missing work, assessments, and recovery opportunities.
10. Use enrichment, common time, tutoring, or scheduled extra help.
11. Share the plan with the coach.
12. Provide updates during the two-week improvement period.

STUDENT FIRST Practice and competition do not excuse missed academic work. Student-athletes are responsible for communicating with teachers before early dismissals and making up work promptly.

Physical Education Participation

Students who do not dress for or participate in physical education may not participate in after-school athletics that day. Medical restrictions that affect physical education may also affect athletic participation and must be reviewed by the nurse and athletic trainer.

ATTENDANCE, PRACTICE & TEAM COMMITMENT

Your team depends on your presence.

School-Day Attendance

Student-athletes must be in school by the beginning of the common lunch period to practice or compete that day, unless an exception is approved by an administrator or Athletic Director. Team-specific communications may identify a precise reporting time.

Unexcused absences, class cuts, unauthorized early dismissal, or other attendance concerns may affect eligibility for practice or competition.

Practice Attendance

- Attendance at all practices, meetings, and contests is expected.
- Student-athletes must communicate anticipated absences as early as possible.
- Excused school obligations, documented medical needs, religious observances, and family emergencies will be handled individually.
- Jobs, club teams, vacations, and personal appointments should be scheduled to minimize conflicts whenever possible.

Unexcused Team Absences

Occurrence	Program consequence
1st unexcused absence	Up to one-half game suspension
2nd unexcused absence	Up to one full game suspension
3rd unexcused absence	Possible removal from the team

Coaches may establish additional sport-specific attendance expectations when communicated in writing and approved by the Athletic Department. Consequences may be adjusted based on circumstances and due process.

After Practice

Student-athletes must report directly to assigned team areas, remain supervised, and wait in designated locations for rides. Students may not roam the building or campus unsupervised.

STUDENT CONDUCT & DISCIPLINE

Leadership does not stop when the bell rings.

School Discipline and Participation

OSS / R.I.S.E. Students assigned Out-of-School Suspension, In-School Suspension, or the R.I.S.E. Program may not participate in or attend practices, competitions, team meetings, performances, or other extracurricular activities on the day or days the consequence is served.

ADMINISTRATIVE DETENTION Students assigned administrative detention must serve the detention before attending practice or another team activity that day. Students may miss all or part of a practice or competition depending on timing.

Repeated disciplinary violations may lead to additional participation consequences. A meeting may be scheduled with the student, coach, parent/guardian, Athletic Director, and Vice Principal to determine continued eligibility. Administration reserves the right to impose additional consequences when the severity or pattern of misconduct warrants action.

Fighting and Bench Conduct

- Involvement in a fight, including inciting or actively joining an altercation, may result in immediate suspension and additional school or athletic consequences.
- Leaving the bench or team area during an altercation is prohibited and may create individual and team postseason consequences under NJSIAA rules.
- Student-athletes must follow staff directions immediately during any conflict.

Substances, Tobacco & Vaping

Alcohol, controlled substances, tobacco, electronic smoking devices, vaping items, and related prohibited materials are governed by district policy. Violations may result in school discipline and may also affect athletic participation, including suspension or removal when warranted.

Harassment, Intimidation & Bullying

Harassment, intimidation, bullying, cyberbullying, biased language, discriminatory conduct, hazing, and retaliation are prohibited. Conduct occurring off school grounds or online may result in school or athletic consequences when it disrupts school operations or affects the safety and welfare of the school community.

COMMUNICATION & CHAIN OF COMMAND

Talk with people, not about people.

Concerns are best resolved through timely, respectful, and direct communication. Student-athletes should learn to advocate for themselves and communicate with coaches before adults take over the conversation.

Required Chain of Command

1	Student-Athlete → Coach	The student schedules a calm, private conversation with the coach.
2	Parent/Guardian + Student → Coach	If unresolved, the family schedules a meeting that includes the student.
3	Parent/Guardian + Student + Coach → Athletic Director	The Athletic Director assists after the first two steps have been completed.
4	Athletic Administration / Principal	Further review occurs when necessary.

The 24-Hour Rule

Parents and student-athletes should wait at least 24 hours after a contest before contacting a coach about a concern. Meetings should not occur immediately after games, in parking lots, through confrontational messages, or during emotional moments.

Appropriate Topics

- The student-athlete's physical or emotional well-being.
- Ways the student can improve.
- Concerns about treatment, safety, communication, or team expectations.
- Academic, attendance, medical, or family circumstances affecting participation.

Topics Reserved for Coaches

- Playing time and position decisions.
- Team strategy and play calling.
- Roster and level placement.
- Evaluation or discipline of another student-athlete.

PARENT & SPECTATOR PLAYBOOK

Cheer for our Chargers. Respect everyone.

Family Partnership

- Support the student-athlete's growth, not only the scoreboard.
- Encourage direct student-to-coach communication.
- Model respectful conduct toward all participants and school personnel.
- Avoid coaching from the stands or sideline.
- Do not approach officials, opposing teams, or students.
- Follow event admission, security, seating, parking, and facility rules.

Tri-County Conference Spectator Code of Conduct

Unsportsmanlike conduct directed toward officials, coaches, players, spectators, school staff, or security is prohibited. This includes physical abuse, inciting violence, obscene gestures, profanity, threatening or biased language, harassment, entering the field of play, physical altercations, and disruptive artificial noisemakers.

Potential Spectator Consequences

- Immediate removal from the event and school premises.
- Suspension from the next interscholastic event for a first offense.
- Longer suspensions for repeated or serious violations.
- Completion of an educational sportsmanship component before future attendance.

POSITIVE SUPPORT Applaud effort and good play. Respect officials' decisions. Allow coaches to coach. Keep comments positive, school-appropriate, and focused on encouragement.

TRANSPORTATION & GAME-DAY PROCEDURES

We travel as one team.

Student-athletes are expected to travel to and from away events with the team on district transportation. This expectation supports supervision, accountability, and team unity.

Alternate Transportation

Alternate transportation may be permitted only when a parent/guardian completes the required release procedure and receives approval. Requests should be submitted in advance and are intended for exceptional circumstances. Students may only be released to an approved adult.

Bus Expectations

- Follow the driver's and coach's directions.
- Remain seated and use appropriate language.
- Keep the bus clean and protect district property.
- Do not share food or beverages when prohibited.
- Represent Timber Creek appropriately at rest stops, restaurants, and host schools.

Early Dismissal for Contests

Student-athletes are responsible for communicating with teachers, collecting assignments, completing work, and reporting to the designated departure location on time. Early dismissal for athletics does not excuse academic obligations.

Weather, Cancellations & Schedule Changes

Schedules may change due to weather, field conditions, transportation, officials, facility availability, or opponent circumstances. Families should rely on official Timber Creek Athletics communications and the school scheduling platform for the most current information.

HEALTH, SAFETY & ATHLETIC TRAINING

Report it. Treat it. Return safely.

Athletic Trainer

Student-athletes must report injuries and symptoms immediately to the coach and athletic trainer. Hiding symptoms can place the student and teammates at risk. Medical decisions are made by qualified health professionals, not by playing-time considerations.

Concussions

- A suspected concussion requires immediate removal from play.
- The student must follow medical, Return-to-Learn, and Return-to-Play requirements.
- A student may not return to competition until all required steps and clearances are complete.
- Second-impact injuries can be catastrophic; honesty about symptoms is essential.

Return to Play

Following medical clearance, student-athletes may complete a gradual progression that includes light aerobic activity, sport-specific exercise, non-contact training, full-contact practice when appropriate, and return to competition. The athletic trainer may stop or repeat steps if symptoms return.

Heat, Hydration & Illness

- Arrive hydrated and bring a labeled water bottle.
- Eat appropriately before and after activity.
- Report dizziness, cramping, chest pain, breathing difficulty, unusual fatigue, or illness immediately.
- Follow heat-acclimatization, rest-break, equipment-modification, and cancellation directives.

Insurance

The Board of Education provides secondary accident insurance. A family's medical insurance is primary. Injuries should be reported promptly, and claim paperwork may be obtained through the athletic trainer or medical office when needed.

EQUIPMENT, UNIFORMS & FACILITIES

Take care of what represents the Creek.

Uniform/Equipment Distribution

A fine will be issued upon distribution of any athletic uniforms or equipment belonging to the Athletic Department at Timber Creek High School. Fines will be removed at the end of the season upon the return of all items. If items are not returned, the fine will remain in the system until paid or returned.

Responsibility for Issued Items

Students and parents/guardians accept responsibility for the proper use, care, and timely return of all issued uniforms and equipment. Items left in a locker room are not considered returned unless received and recorded by the coach or equipment designee.

- Return all items by the coach's deadline.
- Do not alter uniforms or equipment without permission.
- Report damaged or missing items immediately.
- Lost, stolen, or avoidably damaged items may result in financial responsibility.
- Outstanding obligations may affect future participation, awards, or school privileges.

Locker Rooms & Athletic Areas

- Use only assigned spaces.
- Keep valuables secured; the school is not responsible for lost personal property.
- No photography or recording in locker rooms.
- No horseplay, hazing, vandalism, or misuse of equipment.
- Students may not prop exterior doors or allow unauthorized individuals into the building.
- Athletes must remain in supervised areas before and after practice.

Awards & Recognition

Varsity letters, certificates, awards, and team recognition are based on sport-specific criteria approved by the Athletic Department. Coaches will communicate criteria at the beginning of the season. Athletes must remain in good standing and return all issued equipment.

COLLEGE PLANNING & RECRUITING

Choose the place where you will thrive.

Academics Drive Opportunities

- Take challenging courses and protect your GPA from the first day of ninth grade.
- Build a relationship with your school counselor.
- Understand NCAA core-course and eligibility requirements.
- Register with the NCAA Eligibility Center when appropriate.
- Keep accurate transcripts, test information, schedules, and contact information.

Recruiting Responsibilities

- Be honest about academic and athletic information.
- Create a concise athletic résumé and updated highlight video.
- Include full-game footage when requested.
- Communicate personally with college coaches by email or phone.
- Research academic programs, campus culture, cost, location, roster needs, and coaching stability.
- Be cautious with paid recruiting services that guarantee scholarships or offers.
- An offer is meaningful only when it is clear, current, and confirmed by the institution.

Questions to Ask

- Does the school offer my intended academic program?
- What is the time commitment in and out of season?
- What happens if I am injured or no longer compete?
- What financial aid is guaranteed, renewable, or conditional?
- What support exists for academics, mental health, nutrition, and career planning?

REMEMBER *Pick the school where you will thrive as a student, an athlete, and a person. Recruiting is not a race, and another student's timeline is not your timeline.*

CONTACTS & QUICK RESOURCES

Know where to go for accurate information.

Timber Creek Athletic Department

Vice Principal / Athletic Director	Dina Tomczak - Dtomczak@bhprsd.org
Assistant Athletic Director	Karyn Miller - Kamiller@bhprsd.org
Athletic Secretary	Lisa Casares - Lcasares@bhprsd.org
Athletic Trainer	Dominic Acchitelli - Dacchitelli@bhprsd.org
Main Office	856-232-9703

Head Coaches & Team Communication

Sport	Head Coach	Email	Team Code
Esports	Vadim Golembo	vgolembo@bhprsd.org	@tcespor
Football	Brian Wright	bwright@bhprsd.org	@24creekfb
Field Hockey	MollyAnne Light	mlight@bhprsd.org	@tcfockey23
Boys Soccer	Sean Ortzman	sortzman@bhprsd.org	@tcsoccer
Girls Soccer	Amanda Rambo	arambo@bhprsd.org	@48c74b
Cheerleading	Gianna Moyer	gmoyer@bhprsd.org	@creekcf26
Girls Tennis	Suzanne Nordone	snordone@bhprsd.org	@8f2hb4e
Boys Cross Country	Kevin Cuneo	kcuneo@bhprsd.org	@tcdista
Girls Cross Country	Jessica Monroe	jemonroe@bhprsd.org	@tcdista
Girls Volleyball	Chuck Newsom	cnewsom@bhprsd.org	@creekgvb
Winter Track and Field	Joel Deanley	jdeanley@bhprsd.org	@e7g7gf
Wrestling	Dave Ritz	dritz@bhprsd.org	@creekwres

Swimming	Makenzie Martorano	mmartorano@bhprsd.org	@tcreekswim
Boys Basketball	Rich Bolds	rbolds@bhprsd.org	@tchoo
Girls Basketball	Rahmod Noel	rnoel@bhprsd.org	@tcgball
Boys Spring Track and Field	Kevin Cuneo	kcuneo@bhprsd.org	@tcstf
Girls Spring Track & Field	Jessica Monroe	jemonroe@bhprsd.org	@tcstf
Boys Lacrosse	Colin Savacool	csavacool@bhprsd.org	TBA
Girls Lacrosse	MollyAnne Light	mlight@bhprsd.org	@774gcf
Boys Volleyball	Rich Bolds	rbolds@bhprsd.org	@c742h2e
Baseball	Myles Taylor	mtaylor@bhprsd.org	@creekbas
Softball	Chelsea Dwyer	cdwyer@bhprsd.org	@tc-softbll
Boys Tennis	Jean DeMarco	jdemarco@bhprsd.org	Google Classroom Code: k3pvcbgz
Golf	Joe DeVecchis	jdevecchis@bhprsd.org	@tcgolf2026

Coach assignments and communication codes may change. Use official Timber Creek Athletics communications for current information.

Quick Resources

- Timber Creek school website and Athletics page.
- Genesis Parent Access for forms, grades, attendance, and discipline information.
- Bound for schedules, locations, and updates.
- NFHS Network for available livestreams.
- NCAA Eligibility Center for prospective college athletes.
- NFHS Learn sportsmanship and parent education courses.

PARTICIPATION AGREEMENT

Sign the standard. Live the standard.

By signing below, the student-athlete and parent/guardian acknowledge that they have reviewed this playbook and understand that participation in Timber Creek Athletics is a privilege. They agree to follow school, district, team, conference, and NJSIAA expectations and to communicate concerns through the established chain of command.

Student-Athlete Commitments

- I will place academics first and respond to Academic Watch List concerns.
- I will attend school, practices, meetings, and contests consistently.
- I will report injuries and symptoms honestly.
- I will demonstrate sportsmanship, self-control, and respectful language.
- I will serve school discipline before attending athletic activities and will not participate on OSS, or R.I.S.E. days.
- I will care for uniforms, equipment, facilities, and transportation.
- I will communicate directly and respectfully with coaches.

Parent/Guardian Commitments

- I will support the student-athlete's growth and academic success.
- I will follow the 24-hour rule and chain of command.
- I will model positive spectator behavior and comply with the Tri-County Conference Code of Conduct.
- I will support transportation, equipment-return, medical, attendance, and communication procedures.
- I understand that playing time, positions, roster level, and strategy are coaching decisions.

Student-Athlete Name (print):

_____

Student-Athlete Signature / Date:

_____

Parent/Guardian Name (print):

_____

Parent/Guardian Signature / Date:

_____

Sport(s): _____

KEEP CALM AND CHARGE ON! Thank you for helping create a positive, safe, and successful experience for every Timber Creek student-athlete.