

PLEASE PRINT CLEARLY
(Please Return to Coach)

PEMBERTON TOWNSHIP HIGH SCHOOL
ATHLETIC DEPARTMENT

Participation Form

As a NJSIAA and BCSL member school, our sports teams can only compete against other schools who sponsor an organized team. All student participants on the athletic teams will be required to participate in after school or weekend practice sessions with the interscholastic contest to be played after school, evenings or weekends. Proper equipment and supervision will be provided for all boys and girls participating on the various teams.

MEDICAL REQUIREMENTS

Our school rules require that all students must pass a licensed physician's or licensed nurse practitioners (SP) physical examination prior to participation in any sport. **The school physical is the only form acceptable.**

I/We hereby request that _____ be permitted to participate in _____
(Student's full name, please no nicknames)

and request that he/she may attend practice sessions, make all trips scheduled for the teams, and agree to be responsible for all school equipment made available for his/her use. I/We acknowledge the possible physical hazards that may occur in any activity and the possibility of injury or death. I/We acknowledge that I/we have read and understood this warning.

Date Parents/Guardians Signature

Parents/Guardians Name _____ Home Telephone Number _____

Emergency Telephone Number _____ Contact Person _____

PARENTS PLEASE NOTE:

Accidents and/or Injury Procedure: All accidents/injuries are to be reported to the Coach, Nurse, or Athletic Trainer immediately. A Notification of Injury Form can be obtained from the Nurse or Athletic Trainer.

In order to get maximal coverage for any accident/injury, you must follow the rules of your primary health insurance carrier. The school insurance is a secondary coverage carrier and takes over after primary expires. If you have military insurance (Tricare) or have no insurance, the school insurance is primary. Read the information in the student/athlete handbook or contact the athletic trainer for any and all questions.

Eligibility Procedure: 1. NJSIAA rules and regulations are enforced at all times.
2. Safety precautions are always stressed.
3. The Athletic Supervisor will answer questions regarding your eligibility.

Busing Procedure: Attached is the Activity Bus Schedule and all information concerning transportation.

Athletes please fill out: Date of Birth _____ Grade/Homeroom _____

Date entered 9th Grade: _____ **Date of most recent Physical:** _____

Eligibility Credits Earned end of last school year: _____; Need 15.00 credits for Fall & Winter/Season Eligibility

Eligibility Credits Earned end of 1st Semester: _____; Need 30.00 credits for Spring Season Eligibility

List the sport(s) in which you have earned a letter.

1. _____ 3. _____ 5. _____

2. _____ 4. _____ 6. _____

Supervisor of Athletics/HPE

NEW JERSEY INTERSCHOLASTIC ATHLETIC ASSOCIATION

Enclosed are a "steroid testing permission slip" and a list of NJSIAA banned drug classes and Substances. Please remember:

All parents/guardians and student athletes must sign the enclosed permission form before participating in interscholastic sports. Failure to sign the consent form renders the student athlete ineligible.

The list of banned drug classes and substances must be included with the permission form.

It shall be considered a violation of the NJSIAA Sportsmanship rule for any student athlete to possess, ingest or otherwise use any of the substances on the list of banned substances, without a written prescription by a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.



Banned Substances 2026-2027

The NJSIAA bans the following drug classes:

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

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

Substances and Methods Subject to Restrictions:

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

NJSIAA Nutritional/Dietary Supplements:

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

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

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

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

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

1. Stimulants

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

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

Exceptions: Phenylephrine and Pseudoephedrine are not banned.

2. Anabolic Agents

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

3. Beta Blockers

Atenolol	Pindolol
Metoprolol	Propranolol
Nadolol	Timolol

4. Diuretics and Masking Agents

Bumetanide	Hydrochlorothiazide
Canrenone (Spironolactone)	Probenecid
Chlorothiazide	Triamterene
Furosemide	Trichlormethiazide

Exceptions: Finasteride is not banned

5. Narcotics

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

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

7. Hormone and Metabolic Modulators

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

8. Beta-2 Agonists

Albuterol Formoterol Higenamine (Norcoclaurine)	Salbutamol Salmeterol Vilanterol
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1161 Route 130 North | Robbinsville, NJ 08691
609.259.2776 | www.njsiaa.org

NJSIAA STEROID TESTING POLICY

In accordance with Executive Order 72, issued by the Governor of the State of New Jersey, Richard J. Codey, on December 20, 2005, the NJSIAA will test a random selection of student athletes, who have qualified, as individuals or as members of a team, for state championship competition.

1. List of banned substances: A list of banned substances shall be prepared annually by the Medical Advisory Committee and approved by the Executive Committee.
2. Consent form: Before participating in interscholastic sports, the student-athlete and the student-athlete's parent or guardian shall consent, in writing, to random testing in accordance with this policy. Failure to sign the consent form renders the student-athlete ineligible.
3. Selection of athletes to be tested: Tested athletes will be selected randomly from all of those athletes participating in championship competition. **Testing may occur at any state championship site or at the school whose athletes have qualified for championship competition.**
4. Administration of tests: Tests shall be administered by a certified laboratory, selected by the Executive Director, and approved by the Executive Committee.
5. Testing methodology: The methodology for taking and handling samples shall be in accordance with current legal standards.
6. Sufficiency of results: No test shall be considered a positive result unless the approved laboratory reports a positive result, and the NJSIAA's medical review officer confirms that there was no medical reason for the positive result.
7. Appeal process: If the certified laboratory reports that a student-athlete's sample has tested positive, and the medical review officer confirms that there is no medical reason for a positive result, a penalty shall be imposed unless the student-athlete proves, by a preponderance of the evidence, that he or she bears no fault or negligence for the violation. Appeals shall be heard by a NJSIAA committee consisting of two members of the Executive Committee, the Executive Director/designee, a trainer and a physician. Appeal of a decision of the Committee shall be to the Commissioner of Education, for public school athletes, and to the superior court, for non-public athletes. Hearings shall be held in accordance with NJSIAA By-Laws, Article XIII, "Hearing Procedure."
8. Penalties: Any person who tests positively in an NJSIAA administered test, or any person who refuses to provide a testing sample, or any person who reports his or her own violation, shall immediately forfeit his or her eligibility to participate in NJSIAA competition for a period of one year from the date the sample was collected. Any such person shall also forfeit any individual honor earned while in violation. No person who tests positive, refuses to provide a test sample, or who reports his or her own violation shall resume eligibility until he or she has undergone counseling and produced a negative test result.
9. Confidentiality: Results of all tests shall be considered confidential and shall only be disclosed to the individual, his or her parents and his or her school.
10. Compilation of results: The Executive Committee shall annually compile and report the results of the testing program.
11. Yearly renewal of the steroid policy: The Executive Committee shall annually determine whether this policy shall be renewed or discontinued.



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NJSIAA STEROID TESTING POLICY

CONSENT TO RANDOM TESTING

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

Beginning in the Fall 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances on the attached page, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition.

Athlete may submit supplement and medication to Drug Free Sport AXIS™ to receive information regarding banned substances or safety issue. Athlete or parents may login to the NJSIAA account at axis.drugfreesport.com using the password **njsports**.

The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents and his or her school. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

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

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date

Sports-Related Concussion and Head Injury Fact Sheet and Parent/Guardian Acknowledgement Form

A concussion is a brain injury that can be caused by a blow to the head or body that disrupts normal functioning of the brain. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Centers for Disease Control and Prevention estimates that 300,000 concussions are sustained during sports related activities nationwide, and more than 62,000 concussions are sustained each year in high school contact sports. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to severe impairment and even death of the victim.

Legislation (P.L. 2010, Chapter 94) signed on December 7, 2010, mandated measures to be taken in order to ensure the safety of K-12 student-athletes involved in interscholastic sports in New Jersey. It is imperative that athletes, coaches, and parent/guardians are educated about the nature and treatment of sports related concussions and other head injuries. The legislation states that:

- All Coaches, Athletic Trainers, School Nurses, and School/Team Physicians shall complete an Interscholastic Head Injury Safety Training Program by the 2011-2012 school year.
- All school districts, charter, and non-public schools that participate in interscholastic sports will distribute annually this educational fact to all student athletes and obtain a signed acknowledgement from each parent/guardian and student-athlete.
- Each school district, charter, and non-public school shall develop a written policy describing the prevention and treatment of sports-related concussion and other head injuries sustained by interscholastic student-athletes.
- Any student-athlete who participates in an interscholastic sports program and is suspected of sustaining a concussion will be immediately removed from competition or practice. The student-athlete will not be allowed to return to competition or practice until he/she has written clearance from a physician trained in concussion treatment and has completed his/her district's graduated return-to-play protocol.

Quick Facts

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

Signs of Concussions (Observed by Coach, Athletic Trainer, Parent/Guardian)

- Appears dazed or stunned
- Forgets plays or demonstrates short term memory difficulties (e.g. unsure of game, opponent)
- Exhibits difficulties with balance, coordination, concentration, and attention
- Answers questions slowly or inaccurately
- Demonstrates behavior or personality changes
- Is unable to recall events prior to or after the hit or fall

Symptoms of Concussion (Reported by Student-Athlete)

- | | |
|--------------------------------------|---|
| • Headache | • Sensitivity to light/sound |
| • Nausea/vomiting | • Feeling of sluggishness or foggiess |
| • Balance problems or dizziness | • Difficulty with concentration, short term |
| • Double vision or changes in vision | memory, and/or confusion |

What Should a Student-Athlete do if they think they have a concussion?

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

What can happen if a student-athlete continues to play with a concussion or returns to play too soon?

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

Should there be any temporary academic accommodations made for Student-Athletes who have suffered a concussion?

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

Student-Athletes who have sustained a concussion should complete a graduated return-to-play before they may resume competition or practice, according to the following protocol:

- **Step 1:** Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.
- **Step 2:** Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.
- **Step 3:** Sport-specific exercise including skating, and/or running; no head impact activities. The objective of this step is to add movement.
- **Step 4:** Non contact training drills (e.g. passing drills). Student-athlete may initiate resistance training.
- **Step 5:** Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.
- **Step 6:** Return to play involving normal exertion or game activity.

For further information on Sports-Related Concussions and other Head Injuries, please visit:

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

www.nfhs.com

www.ncaa.org/health-safety

www.bianj.org

www.atsnj.org

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date

**PEMBERTON TOWNSHIP HIGH SCHOOL
PEMBERTON, NEW JERSEY**

ATHLETIC CODE FOR PEMBERTON TOWNSHIP HIGH SCHOOL

SPORT: _____ **NAME:** _____

GRADE: _____

As a candidate for the above sport activity, I agree to faithfully abide by the standards and understandings listed below. I understand that my participation in the activity shown above is a privilege that may be revoked at such time standards are not maintained.

1. I will maintain a standard of behavior and dress, on and off the field that will reflect credit on my school.
2. I will endeavor to reach my maximum potential in scholastic achievement.
3. I will comply with all training regulations, keeping physically fit and mentally alert.
4. I will maintain a high standard of citizenship in school and out of school.
5. I will be responsible for any/all equipment issued to me, returning it or paying for its replacement at the season's end.
6. I realize busing is a privilege and my conduct will be that which is expected.
7. I will attempt to be a leader of my peers both on and off the field.
8. I will be responsible for locking and/or securing my valuables at all times.
9. Smoking, alcohol, drugs, and/or other substance use are in direct violation of the most basic training rules and may result in the termination of my participation in the activity.

Signature of Parent

Signature of Athlete

Date

Date

PEMBERTON TOWNSHIP HIGH SCHOOL
Pemberton, New Jersey 08068

ATHLETIC DEPARTMENT

HORNETS

ACTIVITY TRANSPORTATION RELEASE

The school is not authorized to allow students to be transported, at any time or by any other means, other than the school bus, or by parents or guardians in their own vehicle.

If parents or guardians chose to allow their child to be transported by a vehicle not provided by school, they must assume full responsibility for their safety. The school prefers that students be transported by the school bus, when one is available.

Please list the names of any person (s) with whom your child is permitted to ride and sign the form in the space provided. You hereby will assume full responsibility for the safety and care of your child.

1. _____

2. _____

3. _____

4. _____

Date

Name: Parent/Guardian

NOTE: Students who are eighteen (18) or older may sign this release for themselves.

Date

Name: Student Over Eighteen