

**Eastern Regional High School**

**“Home of the Vikings”**



**Athlete and Parent Athletic Handbook  
2016-2017**

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Vice Principal of Athletics

## **Eastern Athletics Philosophy**

Athletics are an important part of the overall educational program at the Eastern Regional High School. Participation in athletics is a privilege available to all eligible students. While physical skill and demonstrated ability are primary considerations in determining participation in competitions, we believe that all aspects of secondary school athletics are subordinate to the essential purpose for which schools exist and must be controlled by educational considerations.

This privilege carries with it serious personal responsibilities to the school and the community that the athlete represents. Student-athletes will understand that an emphasis on academic achievement is of primary importance and that athletic achievement is secondary to this responsibility.

Interscholastic athletics provide another dimension of education. The program strives to develop in student's positive values and habits so that personal growth and development occurs. Preparing students to succeed as adults is a primary priority of the athletic program. Sound athletic programs teach young people values and lifelong skills such as, accountability, sportsmanship, confidence, leadership skills, organizational skills, persistence, work ethic, self-discipline, social skills, teamwork, performing under pressure, the ability to take instruction and striving for excellence. All levels of each sport program are designed with the development of these qualities in mind.

Successful competitive performance in combination with educational consideration provides the cornerstone for our athletics program. At the Varsity level in particular, full efforts are made to win the various competitions. Within this framework, however, all athletes are given ample opportunity to demonstrate their skill levels in order to earn starting positions on the various teams. Within their roles as team members, athletes accept the following:

- long hours may be spent in practice with no guarantee of participation in games
- self-discipline and cooperation with others are integral parts of competition.

The program of athletics plays a unique role in joining the school and community. Civic pride and identification with Eastern are results of athletic participation that can last a lifetime. The athletic department aspires to provide these self-fulfilling opportunities for all of those students who choose to participate.

## **Statement of Purpose**

To provide opportunities that will allow the program to be viewed as a learning laboratory where students may experience problems and situations similar to those that may be encountered in adult life. The laboratory should provide adequate and natural opportunities for students to grow as follows:

1. Develop physically, mentally, emotionally, and socially.
2. Develop such concepts as loyalty, cooperation, fair play, dedication, and self-discipline through team play.

3. Develop special skills appropriate for each sport and the student's physical ability.
4. Develop self-motivation, excellence, responsibility, and academic development.
5. Develop worthy use of leisure time in later life, either as a participant or spectator.
6. Develop wholesome attitudes toward competition and sportsmanship
7. Develop the ability to make the best choices with their time and energy.

In addition, the athletic program should accomplish the following:

1. Generate community and school pride.
2. Achieve initial goals as outlined in the philosophy.
3. Provide guidance to student/athletes to enable these individuals to make appropriate educational or career choices.

## Sponsored Sports

Eastern Regional High School sponsors Varsity, Junior Varsity, and Freshman interscholastic teams.

	Boys			Girls		
	Varsity	JV	Frosh	Varsity	JV	Frosh
Baseball	x	x	x			
Basketball	x	x	x	x	x	x
Cheerleading	x	x		x	x	
Cross Country	x	x		x	x	
Field Hockey				x	x	x
Football	x	x	x			
Golf (coed)	x	x		x	x	
Lacrosse	x	x	x	x	x	x
Soccer	x	x	x	x	x	x
Softball				x	x	x
Swimming/Diving	x	x		x	x	
Tennis	x	x		x	x	
Track	x	x		x	x	
Volleyball	x	x	x	x	x	x
Winter Track	x	x		x	x	
Wrestling	x	x				

## League Membership

Eastern Regional High School is a member of the Olympic Conference. The football team is in the West Jersey Football League and the swim team is a member of the SJISL. In addition ERHS is a member of the New Jersey State Interscholastic Athletic Association (NJSIAA) and competes in Group IV competitions. The football and wrestling team competed in Group V.

## Goals

The Eastern Camden County Regional School District Board of Education is interested in expressing the goals they wish to achieve through participation of administrators, faculty, athletes, the student body and the community at large in the district's interscholastic programs.

The Eastern Camden County Regional School District Board of Education believes that the interscholastic athletic program should be as extensive as the facilities, staff and finances can adequately support. The program must be well organized and administered by professionally certified personnel. The program goals and objectives should be consistent with and comparable to those of the school district and the individual school.

The interscholastic athletic program should be an integral part of the total educational program and all students should have equal opportunity to become involved. No student should be deprived of the right to participate because of financial deprivation, nationality, race, religious belief or gender. It is further believed that:

1. Athletes should be required to maintain the same academic standards as other students.
2. Participants must learn to abide by the rules, regulations and decisions of officials, just as they must understand the head coach has the responsibility to determine the athlete's ability and talent; who shall make the team, as well as the coaching techniques and system of play that will be employed.
3. There must be mutual respect for all who are involved in the competition – teammates, opponents, coaches and officials.
4. Participation helps develop character, social competence, cooperation and moral and ethical values that are an everyday part of our society.
5. Participation leads to a better understanding of our democratic ideals, social and economic well-being and the spirit of fair play.
6. Participation teaches a student that discipline and self-sacrifices are necessary ingredients of team work.
7. Through participation, the individual will develop a healthy body, a sound mind and a better understanding of individual differences.
8. Valuable lessons are learned in the course of competition – that losing as well as winning, reflect team effort.
9. Competition helps develop the fundamental processes that lead to emotional maturity and self-control.
10. Members of the athletic staff shall abide by the rules and regulations and officials decisions that govern each sport, maintain the highest standards of ethics, recognize each participant as an individual, conduct themselves in a manner befitting their responsibilities and develop the kind of rapport with the total school community that will improve the total educational program.
11. Citizens must fully recognize their responsibility for such understanding, self-restraint, exemplary conduct, financial and moral support and the image that they project.
12. The school administration must provide adequate control and safety measures for the participants, officials and spectators in order to ensure the proper atmosphere for interscholastic events.
13. The school administration will administer the interscholastic program to provide the best possible climate, conditions and competition for our students, guests and the community.

14. The superintendent of schools and the board of education pledge to do everything within their power and the resources available to promote the athletic program and create an atmosphere of learning that is in the best interest of the students and the community.

## **Procedures and Policies**

### **PRE-SEASON**

#### **Participation Information, Registration & Forms**

Please note the following must be complete before your student may participate an Eastern Athletic program.

- ✓ Online Registration is completed
- ✓ Athletic Participation Fee is paid
- ✓ ImPACT Online Testing is complete
- ✓ Health History and Physical Forms (4 pages) are on file with the school nurse dated within 365 days prior the first practice
- ✓ Any Extra Forms that are need are completed and on file with the school nurse
- ✓ The student is academically eligible for participation.

#### **REGISTRATION for 2016-17**

Registration for all athletic participation is now completed online! Registration will begin 60 days prior to the start of practice and will close one day following the first scheduled practice.

#### **Concussion Information for Parents and Athletes**

All student athletes are required to take the ImPACT Concussion Baseline Test prior to their initial participation (for most athletes this will be during their freshman year). This test is available online. Please supervise your son/daughter while he/she is taking the test and ensure a quiet environment with no distractions.

If you do not have access to the internet at home, you can contact the Athletic Trainer to arrange a testing time at school.

**Note:** Please do not take the test until you and a parent/guardian have reviewed the test taking instructions. Due to the nature of the test, it is required to use an external mouse and not a track-pad for test accuracy. Those who have already taken the online baseline Impact test during a previous school year at Eastern do not need to take it again. Invalid or low scores may require a re-take prior to participation.

**Requirement:** For the test to operate, please turn off pop-up blockers.

- ImPACT Online Test - Customer ID Code: 7F5674A960

## **Health History and Physical Forms**

Due to State regulations, physicals must be conducted at the medical home of the student and a report sent to the school on our district form. The physical must have been completed within one year of the start of practice. Please check the calendar for the start of practice for the sport your child wishes to participate and make sure the physical has taken place within the past year. If your child uses an inhaler, you and the doctor must complete the Self Administration of Medication Form and the Asthma Action Plan before the first practice.

**Note:** Any student who does not have a medical home, please contact the Athletic Office.

Please complete and submit the Health History and Physical Forms to the school nurse (during the school year) and the Athletic Office (during the summer) **as soon as possible**. All physicals must be complete 365 days prior to the first practice. **All physical exams must include the Physician's Stamp. The physician must sign that they have complete the Cardiac Module.**

## **Eligibility/Academic Requirements**

To be eligible for membership on any athletic team, a student must fulfill the conditions of the regulations established by NJSIAA as approved by the Board of Education. The conditions and procedures for eligibility are listed below.

### **First Semester – Fall and Winter Sports**

To be eligible for athletic competition during the first semester (September 1 to January 31) of the 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> grade a pupil must have passed 25% of the credits (30 credits) required by the State of New Jersey for graduation (120 credits) during the immediately preceding academic year.

All Freshman are eligible for participation during the first semester.

### **Second Semester – Spring Sports**

To be eligible for athletic competition during the second semester (Feb. 1 to June 30) of the 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> grade, a pupil must have passed the equivalent of 12 1/2% of the credits (15 credits) required by New Jersey for graduation (120 credits) at the close of the preceding semester (Jan. 31). Full-year courses shall be equated as one-half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.

**NOTE:** This requires a student to pass at least six courses.

**YOU ARE RESPONSIBLE FOR YOUR OWN ELIGIBILITY!!!!!!**

## **Age Requirements**

1. Students who reach the age of 19 prior to September 1<sup>st</sup> of the school year will be ineligible for interscholastic competition.
2. A student who by age is eligible at the beginning of the school year shall be allowed to finish that year unless declared ineligible for academic or administrative reasons.
3. Eighth graders who by age will be older than 16 for their freshman year and older than 19 before September 1<sup>st</sup> of their senior year; may participate in sports in the eighth grade but will be ineligible because of age in their senior year.

## **Other Requirements**

1. Athletes must be amateurs according to the definition of the NCAA that is on file in the athletic, and guidance offices.
2. No student shall be eligible for high school athletics after the expiration of eight consecutive semesters following his entrance into ninth grade.

## **IN-SEASON**

### **Behavior:**

Student-athletes must abide by the rules set forth during school, as outlined in the Student Handbook

### **Attitude:**

Student-athletes must come to practice with a good attitude and understand that the coaches are there to make them and the team better. They should listen to corrections and not take constructive criticism personally. Coaches and athletes are all striving to reach the same goals, and if they work together, they will attain their goals.

### **Communication:**

*Student–Athlete and Coach* - Communication is of utmost importance for a successful program. Student-athletes must display the ability to take direction, to get along with teammates and the coaching staff and to share information and concerns.

*Parent and Coach* - Communication is a three- way street between the athlete, coaches and parent that must remain open. Parents should not hesitate to ask questions and ask for assistance from the coaching staff.

### **Student/Parent Expectation Sheet:**

Each coach will distribute a Student/Parent Expectation sheet to be signed by both the student-athlete and the parent. This form must be returned to the head coach before participating.

## **Attendance Requirements:**

**Every athlete is expected to attend school each day. Any student who is absent from school or who arrives in school after 10:00 a. m. may not practice or participate in any athletic activity that day.** If you are absent (unexcused) from practice the day before a game, you may not play in that game. The coach in conjunction with the administration will handle emergency situations.

*Attendance at practice* – Practice sessions are important to the success of all our teams. Each athlete has an obligation to his/her teammates, school, coach and him/herself to be at every practice. Any athlete missing practice will be disciplined accordingly. Chronic absence will lead to dismissal from the team.

Athletes are encouraged to schedule medical appointments, college visits and other appointments so that there are no conflicts with practice or games.

Athletes are not to be excused from practice or games to go to work. This is positively inexcusable and unfair to the rest of the team.

## **Transportation/Travel Release Forms:**

Student-athletes are not allowed to transport themselves and/or other student-athletes to high school sponsored games/matches/meets. Parents/guardians will be able to transport student-athletes to games/matches/meets by completing a **Travel Release Form to be given to the athletic coach 24 hours in advance.** Students should be encouraged to ride the bus to and from all athletic contests. A Travel Release Form blanketing the entire season is also permissible with the permission of the athletic coach and Vice Principal of Athletics. Without a completed, approved Travel Release Form, student athletes are required to ride the school bus to and from athletic contests. If the Travel Release Form is seeking to give another adult responsibility in transporting your child, a note from that adult stating that they are assuming responsibility for your child must be attached to the travel release form.

Conduct on busses should be exemplary.

## **Dismissal and Suspensions:**

Coaches may establish reasonable rule beyond general school district regulations to conduct the sport in which he/she is in charge.

*Example:* conduct for dress on trips, curfew, practice times, locker room maintenance, etc.

The coach may suspend a student athlete for breach of rules.

A coach cannot make any rules that are contrary to existing school policy or those rule established by the NJSIAA or NFHS.

## **Forgeries:**

If an athlete is found to have forged his/her permission slip or physical forms, the athlete will receive a two game suspension (one game for football, plus a referral for further administrative action). Any additional offenses would be cause for immediate dismissal.



## **Accident Reporting/Insurance Coverage:**

Coaches are to complete accident reports whenever a student athlete is injured. The accident report works as a memo to the school's insurance company that an injury occurred at school. The school's insurance policy works as a secondary coverage that picks up those bills not covered by your insurance up to the "limits" in the policy.

## **Cut Policy:**

1. The denial of a student's right to participate in a school activity is a most serious decision that a coach can administer. As such it must be implemented in a fair and impartial manner.
2. Students may not be cut from athletic teams until they have participated in six (6) practices and one (1) intersquad scrimmage. Subsequent cuts will be after one (1) interscholastic scrimmage.
3. A three-year player who has earned a varsity letter will be retained on the team in their senior year.
4. Prior to try outs, the coach will provide the following information to all candidates for the team:
  - A. Extent of try out period
  - B. Criteria used to select the team
  - C. Number to be selected
  - D. Team rules
  - E. Practice commitment if they make the team
  - F. Game commitments if they are to make the team.

## **CRITERIA FOR AWARDING STATUS:**

1. Varsity awards shall be presented to athletes who complete the season in good standing and meet the following criteria:
  - a. Football – play in half of the quarters.
  - b. Soccer – play in half of the quarters.
  - c. Cross Country – score in half of the meets.
  - d. Wrestling – compete in half of the matches.
  - e. Basketball – play in half of the quarters.
  - f. Winter Track – compete in half of the season meets and place in the top half of the competitors in one event per meet.
  - g. Golf – play in half of the matches.
  - h. Tennis – play in half of the matches.
  - i. Spring Track – score twelve points.
  - j. Field Hockey – play in half of the games.
  - k. Softball – play in half of the innings.
  - l. Lacrosse – play in half of the halves.
  - m. Baseball – play in half of the innings.
  - n. Volleyball – play in half of the games.
  - o. Bowling – play in half of the games.
  - p. Swimming – swim in half of the meets and meet the attendance standards established by the coach.
  - q. Managers - Any manager recommended by the coach shall be eligible for a varsity letter.
  - r. Seniors - any senior who does not meet the participation requirement but has

participated three or more years in an athletic program and is a member of the squad in his/her senior year, upon recommendation of the coach, may be awarded a letter.

## 2. General Criteria

- a) If a player becomes injured and the coach determines he/she would have met the participation requirements, the player will be awarded varsity status.
- b) All members of junior varsity squads who successfully complete an athletic season will be awarded JV status.
- c) All members of freshmen squads who successfully complete an athletic season will be awarded freshman status.

## **Retired Jerseys**

In an effort to acknowledge the highest level of athletic achievement in a given sport, the Board shall retire the jersey of any athlete who meets all of the following criteria:

- a. Establishes a new school record in the sport.
- b. Is selected to first team all state as determined by Newark Star Ledger or AP

The retirement of the shirt shall take place in the student's senior year or within the following year. Recognition will include a framed jersey and picture plaque listing accomplishments to be placed in the Intermediate High School foyer or hallway. Presentation will be made at a Board of Education meeting.

## **POST SEASON AWARDS:**

- 1) Most Valuable Player
- 2) Sportsmanship & Dedication
- 3) Unsung Hero
- 4) Scholar Athlete
- 5) Most Spirited (V & JV Cheerleading Only)

Selection of individuals to receive these awards must be based upon measurable criteria. Further, the Scholar Athlete Award is given to the varsity letter winner (not just senior) with the highest GPA and should be selected with the help of the guidance supervisor.

## **SENIOR NIGHT:**

Coaches who choose to select a home contest to honor seniors and/or their parents should understand that their seniors must receive playing time in the contest.

If the coach has chosen to have a Senior Night they need to find playing time for the seniors. It makes no sense to invite parents and to honor their children if the senior athlete is not going to play.

## **EASTERN VIKING AWARD – male and female**

The Eastern Viking award is an outstanding athletic career award given to a graduating senior athlete.

### **CRITERIA**

- 1) A member of the graduating class.
- 2) Must have participated in two (2) or more sports on the varsity level and earned a varsity level in at least one sport.
- 3) Exhibits efforts for the betterment of the school's athletic programs as evidenced by his/her physical achievements in sports.
- 4) Exhibits qualities of character, loyalty. Leadership and respect for team, coaches and school.
- 5) Is a responsible representative of the school.

### **NOMINATIONS**

- 1) Nominations will be made by all coaches (head and assistant), keeping in mind that all nominees must satisfy the above criteria.
- 2) Ballots will be collected and tabulated by the Vice Principal of Athletics and the Principal.
- 3) In the case of a tie, the two finalists will receive a revote, with each head coach submitting a new ballot using 2 and 1 ranking system, where 2 is excellent and 1 is less than excellent.

### **VOTING PROCEDURE**

- 1) After nomination of candidates, all coaches will submit only three names with voting values of 5, 3 and 1 affixed to the names where 5 = excellent; 3 = good; 1 = average.
- 2) Only one ballot per sport will be submitted

The above criteria and procedure were reviewed and established at two meetings where all assistant and head coaches were requested to attend.

## **SCHOLAR ATHLETE AWARD – male and female:**

- 1) A member of the graduating class.
- 2) Must have participated in one or more sports on the varsity level and earned a Varsity letter in at least one sport.
- 3) The student athlete exemplifies the high academic standing in his/her class while having achieved this status while participating in at least one varsity sport.

## **Athletic Trainer Information**

Eastern High School's athletic trainers offer on-field care, athletic injury evaluation, treatment and rehabilitation services for student-athletes who participate in any of our interscholastic athletic programs. The athletic training facility is equipped with treatment modalities (whirlpool, hot packs, electrical stimulation, and ultrasound) and rehabilitation equipment to help our injured athletes get back to participation.

### **Injuries, Doctor Visits and Return to Play**

Any student-athlete who sustains a sports injury should notify their coach and see the athletic trainer(s) for evaluation. Injured athletes who see a physician must have written physician clearance to return to sports. We use a Physician Evaluation Form for this purpose, which allows the doctor to indicate any treatment or rehabilitation that can be provided at school, and return to play status. If you are taking your son or daughter to see a doctor for an injury or illness, please notify the athletic trainers, and take this form (available in our office or on the Eastern website) to your appointment. Minor injuries that have been evaluated by the athletic training staff that do not require further physician evaluation need only to be cleared by one of the school athletic trainers to return to play.

### **Concussions**

Eastern follows a concussion policy based on state law and the latest published guidelines. Please note if a student-athlete suffers a blow to the head or body and displays one or more signs or symptoms of a concussion, the athlete must see one of the athletic trainers, a physician (MD or DO only), and follow our return to play protocol unless directed otherwise by our school physician.

### **School Insurance**

Eastern provides secondary insurance coverage for injuries sustained while participating in school athletics. Your son or daughter must report the injury immediately to the athletic trainers and coach so an internal accident report can be generated. Once the accident form is completed, you will receive a claim form in the mail from the school nurse. Submit all bills to your personal insurance company first. Submit any unpaid bills (with the claim form received from the school) to the school's insurance company. Please note failure to report an injury in a timely manner may affect coverage.

### **About the Athletic Training Staff**

Mr. Christy attended Glassboro State College (now Rowan University) and began working as Eastern's head athletic trainer in 1994. Mr. Lowery attended Temple University and the California University of Pennsylvania, and has been Eastern's assistant athletic trainer since 2013. Eastern also participates in the clinical supervision of students enrolled in the athletic training education program at Rowan University and serves as an affiliated clinical site. Rowan students are assigned to complete a portion of their clinical experience under Eastern's athletic trainers each semester.

### **Additional Information and Questions**

For more information about our athletic training services, please go to [www.eccrsd.us](http://www.eccrsd.us), click on "athletics," then "athletic trainer." If you have any questions, please contact Mr. Christy ([cchristy@eccrsd.us](mailto:cchristy@eccrsd.us)), Mr. Lowery ([clowery@eccrsd.us](mailto:clowery@eccrsd.us)), or by phone (856) 784-4441 x1277.

**PLEASE VISIT OUR WEBSITE AT**  
**<http://www.eccrsd.us/activities/athletics/>**

**FOR**  
**ATHLETIC FORMS, REGISTRATION, SCHEDULES AND OTHER ATHLETIC**  
**INFORMATION**