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To Parents:

Your child is interested in participating in the athletic program at Lenape, Shawnee, Cherokee or Seneca High School. We are asking you to seriously consider his/her welfare while participating. Occasionally, we have had concerns with the physical and emotional well being of our students during their participation in our athletic program. This concern has often been amplified because of simultaneous participation in other **highly organized out of school athletic activities.**

The athletic programs at Lenape, Shawnee, Cherokee and Seneca are limited to a reasonable amount of competitive activity within a specific period of time. There is concern with the hardships brought about by over participation before allowing your child to participate in either a high school and/or a highly structured outside athletic program. If you feel simultaneous participation in two highly organized programs imposes a hardship on your child, you should decide which program best meets his/her needs, and allow him/her to participate in the one selected.

We know you will give this request your attention. Your decision will be the one that best serves the interest of your child.

To the Student Athlete:

This handbook is for your personal use to assist you in understanding the purpose and expectations of our interscholastic athletic program.

We have endeavored to provide what you should know about the conditions set forth by school and state rules and regulations as well as your responsibility to yourself, your team, and your school.

The purpose of our athletic program is to provide the student-athlete with an opportunity to compete, while also cooperating with coaches and teammates, as well as to provide opportunities to exhibit traits of self-discipline, responsibility, decision-making, social conscience, and sportsmanship. The athletic program provided through your school is solely intended to satisfy your desire to perform in an active, physical manner. It was established to enhance positive social values and provide a wholesome balance to your adolescent life.

The athletic program was not developed to showcase individual talent for the purpose of expecting future financial assistance through athletic scholarships and/or professional contracts. Participation in the program is considered a privilege extended by the Board of Education to students who choose to participate.

Please read this handbook carefully. It will assist you in preparing yourself to meet the responsibilities and challenges you will find in athletics.

2441: Athletic Program

PHILOSOPHY:

Interscholastic sporting events play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents and coaches to encourage young athletes and embrace the values of good sportsmanship. Moreover, the adults involved in, and attending interscholastic sporting events should be models of good sportsmanship and should lead by example demonstrating fairness, respect and self control.

It is for these reasons that the administration of the Lenape Regional High School District created the Athletic committee, comprised of student athletes, parents, coaches and administrators. In a collaborative effort, the Athletic committee created the following Mission Statement and Belief Statements for the Lenape Regional High School District Athletic Program:

The Mission of the Lenape Regional High School District's interscholastic athletic program shall be to develop student athletes who are physically, mentally and emotionally prepared to make a positive contribution to society. This will be accomplished through the cooperative efforts of student athletes, coaches, parents and administrators. It will be implemented through a well designed athletic program involving dedicated coaches and student-athletes, and supportive parents within an atmosphere of safety good sportsmanship and teamwork.

- We believe **students** are our highest priority.
- We believe the athletic program is an **integral** part of the high school experience.
- We believe the **self esteem and pride** of participants should be paramount in all scholastic activities.
- We believe the common goal of competition is the development of the students athletes' **physical, mental and emotional well being that can be applied throughout their lives.**
- We believe high school athletics should be a learning experience that both **challenging and rewarding.**
- We believe a well designed athletic program promotes **sportsmanship, leadership and teamwork.**
- We believe a successful athletic program must have coaches who are **dedicated, approachable, knowledgeable and positive role models.**
- We believe a quality athletic program which enhances student growth must have parents who are **supportive and respectful of the program and have an understanding of the place of athletics in the educational process.**
- We believe the foundation of a successful athletic program must have coaches, parents and student athletes, who **communicate, cooperate and strive for a common goal.**

RESPONSIBILITY TO UPHOLD PHILOSOPHY:

To clearly communicate how each participant shall contribute to the Lenape Regional High School district Athletic Program, the following roles and responsibilities were developed by the Athletic committee:

Coaches need to:

- provide a positive and safe learning environment for student athletes,
- operate within district and state regulations,
- be a positive role model,
- be approachable to students,
- be open to communication with parents,
- be respectful of the student athletes,
- seek professional development in their sport,
- teach the skills inherent to the sport,
- be fair and consistent,
- understand the place of athletics in the educational process,
- support the entire athletic program.

Student athletes need to:

- have fun,
- recognize the importance of academics during the athletic season,
- demonstrate good sportsmanship,
- be cooperative with the coaches,
- be positive role models for peers,
- have respect for competitors as well as the entire student body,
- place team goals above individual goals,
- advocate for themselves by immediately addressing problems with their coaches,
- be properly prepared for participation in athletics (i.e. substance free, nutrition, condition, strength/fitness and well rested).

Parents need to:

- be good role model for the students athletes,
- understand the place of athletics in the educational process
- encourage athletes to be advocates for themselves (i.e. phone calls, questions, expectations, etc.),
- positively encourage all athletes,
- be supportive of the coaching staff,
- encourage proper preparation for participation (i.e. rest, hydrate, breakfast, academics, etc.),
- support the entire athletic programs.

Administrators need to:

- provide fair opportunities for each athletic program,
- make sure the athletic program operates within state, conference, and district rules and regulations,
- constantly evaluate and improve the athletic program,
- provide necessary resources (i.e. equipment, facilities/fields, coaching education, etc.) within budgetary parameters,
- ensure the safety of all athletes,
- use the LRHSD athletic program mission statement and beliefs to monitor and evaluate coaching performance,
- communicate and promote LRHSD athletic program mission statement and beliefs to coaches, athletes and parents,
- ensure that all coaches are qualified in accordance with state and district requirements.

EXPECTATIONS FOR COMMUNICATING BETWEEN PARENTS AND COACHES

All coaches shall be open to communication with parents and shall be approachable to students. The following procedure was created so that concerns within a specific sport can be addressed appropriately. However, the following procedures do not refer to sexual harassment. Any concern relating to sexual harassment, the student athlete or parent should inform an administrator per Lenape Regional High School district Board of Education Policy 5751: Sexual Harassment.

1. Student athletes must address problems with their coach, prior to parental intervention. Every effort should be made for the student and coach to resolve issues or concerns regarding their specific sport.
2. Parents should call the coach to arrange a conference with the player and the coach. Parents are discouraged from approaching a coach with a concern directly before or after a contest as these are emotional times for both the parent and the coach.
3. Concerns not resolved with the individual coach must be submitted in writing to the Athletic Director by the complainant. The letter must contain the following:
 - a. The names of the coach or the specific sport, level of competition, and/or the general athletic concern involved.
 - b. A concise summary of the nature of the concern and the facts surrounding same including the steps taken prior to this resolve the situation.
 - c. The letter must be signed by the complainant.

Note: Because playing time, level or position placement, team strategy and play calling are the sole responsibility of the coach, concerns regarding these items will not be heard beyond the Athletic Director.

4. for concerns not tied to an individual coach, the first contact for concerns about any phase of the athletic program is the Athletic Director. This may be done either verbally or in writing.

5. Concerns regarding an individual coach or program not resolved with the Athletic Director will be referred to the building Principal by the complainant. The Principal shall receive a copy of the written complaint and a written report of the efforts made to resolve the problem. The Complainant shall receive a written response.

Concerns not resolved by the principal may be referred in writing to the Superintendent for study and resolution

CONDUCT AT INTERSCHOLASTIC SPORTING EVENTS:

For the purposes of this policy, the terms “interscholastic sporting event” shall mean a competition, practice or instructional event that takes place on or in Board property/facilities, another school district’s property/facilities, or another organization’s property, and involves one or more interscholastic sports teams.

Pursuant to the provisions of P.L. 2002, Chapter 74 (N.J.S.A.5:17-1 et seq.), the Board may ban the presence of a person at an interscholastic sporting event in accordance with the following guidelines:

1. A coach, parent student athlete/player, participant, official or other event attendee who violates on or more of the provisions contained in the Lenape Athletic Code of conduct for Parents/Guardians may be banned from attending, coaching, officiating or participating in future events and the situation may also be referred to the local law enforcement agency even if that person has signed the Lenape Athletic Code of Conduct for Parents/Guardians, if the person:
 - a. has been issued prior verbal and written warnings for violating one or more of he provisions contained in the Lenape Athletic Code of conduct for Parents/Guardians;
 - b. violates the Lenape Athletic Code of Conduct for Parents/guardians by engaging in verbal or physical threats or abuse aimed at any coach, parent, student athlete/player, participant, official or any other attendee; or
 - c. violates the Lenape Athletic Code of Conduct for Parents/Guardians by initiating a fight or scuffle with any coach, parent, student athlete/player, participant, official or any other attendee.
2. A coach, parent, player, participant, official or other event attendee may be permitted to attend, coach, officiate or participate in an event from which the person has been banned pursuant to the provisions of Section 1 of this Policy only if the person:
 - a. Provides a written request for permission to resume participation or attendance to the Athletic Director;
 - b. Demonstrates the completion, as required by the Board, of an anger management counseling program which satisfies the provisions of Section 4 of this Policy, and
 - c. Satisfies any other requirement set forth by the Board.
3. Any coach, parent, student athlete/player, participant, official or other event attendee who has been banned pursuant to the provisions of Section 1 of this Policy from attending, coaching, officiating or participating in any event(s), and has not complied with the requirements in Section 2 of this Policy for re-admittance/lifting of the ban, may be charged with trespass pursuant to N.J.S.A.2C:18-3 for each event that person attends, or attempts to attend, while the ban/suspension remains in place.

4. a. An anger management counseling program shall, at a minimum, offer services to individuals, singly or in groups, for the purposes of promoting anger control principles and shall be administered by an individual;

i. licensed as a professional counselor pursuant to the provisions of the "Professional Counselor Licensing Act," N.J.S.A. 45:813 33 et seq.; or

ii. licensed as a practicing psychologist pursuant to the provisions of the "Practicing Psychology Licensing Act," N.J.S.A.45:1413 et seq.

b. Nothing contained in this section shall prohibit the Board from requiring a person banned pursuant to the provisions of this Policy to complete an anger management counseling program specified by the District or organization.

5. The Board reserves the right of final decision regarding the lifting of a person's suspension/ban from interscholastic or youth sporting events for a violation or violations of the Lenape Athletic Code of Conduct for Parents/Guardians.

LENAPE REGIONAL HIGH SCHOOL DISTRICT
Athletic Code of Conduct for Parents/Guardians

The following Athletic code of conduct is promulgated in accordance with the provisions of P.L. 2002, Chapter 74(N.J.S.A. 5:17-1 et seq.). This was developed to support Lenape Regional High School District board of Education Policy 2441:Athletic Program.

I pledge to be responsible for my words and actions while attending any interscholastic sporting event and shall conform my behavior to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
3. I will not engage in any behavior which would endanger the health, safety or well being of any coach, parent, player, participant, official or any other attendee.
4. I will not encourage my child, or any other person, to engage in any behavior which would endanger the health, safety or well being of any coach, parent, player, participant, official or any other attendee.
5. I will not use drugs or alcohol while at an interscholastic or youth sporting event, and will not attend, coach, officiate or participate in an interscholastic or youth sporting event while under the influence or drugs or alcohol.
6. I will not permit my child, or encourage any other person, to use drugs or alcohol.
7. I will not engage in use of profanity.
8. I will not encourage my child, or any other person to engage in use of profanity.
9. I will treat my coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
10. I will encourage my child to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
11. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
12. I will not encourage my child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attend.
13. I will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
14. I will not encourage my child, or any other person, to initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee

I hereby agree that if I fail to conform my conduct to the foregoing while attending an interscholastic sporting event I will be subject to disciplinary action, including but not limited to the following in any order or combination:

1. Verbal warning issued by an athletic director or designee.
2. Written warning issued by an athletic director.
3. Suspension or immediate ejection from an interscholastic sporting event issued by an

athletic director or designee. Possible referral to the local law enforcement agency.

4. Suspension from multiple interscholastic sporting events issued by the principal. Possible referral to the local law enforcement agency.

5. Season suspension or multiple season suspension issued by the Superintendent of Schools or designee. Possible referral to the local law enforcement agency.

2429: Athletic and Extracurricular Activity Participation Fee

The Board of Education believes that access to unlimited educational experiences is essential for promoting personal growth. Some experiences are best conducted outside the regular instructional program, in accordance with Policy No. 2430 & 2431. In an effort to maintain the mission of unlimited educational experiences the Board of Education will be assessing an Athletic and Extracurricular Activity Participation Fee. One annual fee of \$200 per student, not to exceed \$400 per family will be administered to all students participating in at least one athletic or extracurricular activity that requires a Board of Education paid advisor or coach. Students that pay one annual fee will have access to ALL athletic and extracurricular activities throughout that school year.

The fee will be assessed once per school-year at a rate established by the Board of Education. Payment of this fee will allow a student to participate in all athletic and extracurricular teams and activities throughout the school year that payment was received. Students will submit the Athletic and Extracurricular Activity Participation Fee payment prior to the fall athletic season or prior to participation in that activity.

This fee is non-refundable unless the student is cut from the athletic/activity roster and did not participate in any other athletic/extracurricular activities for the remainder of the school year. Refunds will be issued in June after all student obligations have been fulfilled. Any outstanding student obligations will be deducted from the refund at that time. Students who voluntarily drop out of an activity will forfeit their fee.

The Athletic and Extracurricular Activity Participation Fee entitles the participant access to athletic or extracurricular activities and does not guarantee position, role or playing time. It does not guarantee the participant or his/her family, parent or guardian control over any conditions, guidelines or policies regarding the team or activities.

It is the intent of the Board of Education that no student is denied the opportunity for an educational experience due to financial hardship. Students who qualify for the Federal Free and Reduced Lunch Program are exempt from paying the Athletic and Extracurricular Activity Participation Fee. Families that do not qualify for Federal Free and Reduced Lunch, but are under financial constraint may submit an Athletic and Extracurricular Activity Participation Fee Waiver to the Principal for consideration. Waiver forms can be found in the office of each high school.

Notice of this policy will be provided through the following: letter to student residence, student handbook, student athlete handbook and District web sites.

TRAINING RULES FOR ATHLETES

Physical and moral training ranks high in our aims and objectives through athletics. Generally, it is the individual's job to abide by the training rules. There are, however, certain basic factors, which should be constant for all teams and participants in the athletic program. Violation of these rules or conditions will result in penalties in proportion to the offense.

1. Conduct on buses, in locker rooms, on the practice field, etc., should be exemplary. You are responsible for you own actions.
2. Smoking, drinking and narcotics - These are a direct violation to the most basic training rules and will be dealt with in accordance to the district substance abuse policy. (see page 12)
3. Personal conduct- The athlete should exemplify an outstanding school citizen from all aspects. Some typical conditions of this nature are as follows:
 - a. Classroom behavior
 - b. General appearance
 - c. Conduct at school functions
 - d. Behavior outside of school
4. Attendance at practice - Practice sessions are important to the success of all our teams. Each athlete has an obligation to his teammates, his school, his coach, and to himself to be at every practice. Any athlete missing practice will be disciplined accordingly

2431.2R DISTRICT ATHLETIC DISCIPLINARY PROCEDURES

- I. A student athlete may be dismissed from an interscholastic athletic program because of conduct which violates Board policy and Regulation relating to attendance and conduct. The Board has certain consequences for the use of alcohol and drugs while participating in the interscholastic athletic program under Policy 5534, which is incorporated herein by reference.

Dismissal from an interscholastic athletic program for the above-referenced violation(s) are permitted for any act occurring on school grounds, which specifically includes, but is not limited to, school sponsored transportation, as well as during school sponsored or supported events, or for any act occurring away from school grounds when such conduct away from school grounds constitutes a reasonable threat to the physical or emotional safety, security, and well-being of that pupil, other pupils, staff or school grounds, and when such conduct materially and substantially interferes with the requirements of appropriate discipline in the operation of the school.

II. DISMISSAL PROCEDURES

If the Board receives information that a student athlete, participating in an interscholastic athletic program has violated Board policy in the manner detailed above, the Building Principal and/or head coach may recommend dismissal of the student from the interscholastic athletic program.

Each building shall have an Athletic Advisory Council which shall consist of the Building Principal and at least three other head coaches other than the head coach of the interscholastic program in which the student is presently involved. This Council shall be responsible for reviewing the dismissal recommendation pursuant to the procedures below. The student athlete shall be suspended from the program pending the review procedures below.

- A. If facing dismissal, a student athlete is entitled to an informal hearing with the Council before dismissal, but may elect to waive such hearing at his/her request.
- B. If the student elects to have the informal hearing, the Council shall meet no later than five school days from the date of the student athlete's suspension from the interscholastic athletic program.
- C. If the student elects to have the informal hearing, the student athlete must be present at the hearing. If he/she wishes, his parents may also be present. In all cases, parents must be informed of the pending meeting and procedures. The hearing shall be informal.
- D. Based on discussion at the informal hearing, the Building Principal has the authority and responsibility to decide the matter at issue. The Principal may suspend the student from participation in an interscholastic program up to five days, for part of a school day, or dismiss the student from further participation. The decisions to dismiss the student from the interscholastic program are discretionary and based on upon the severity of the behavior and any surrounding circumstances.
- E. The Superintendent shall be notified in writing of the action and disposition of any case heard by the Council.

III. ATTENDANCE REGULATIONS

- A. If an athlete is absent because of illness, he/she may not participate in practice or in a game that day.
- B. If an athlete is absent an entire school day, he/she may not participate in practice or a game on that day unless prior arrangements have been made with the coach.
- C. In order to participate in practice or a game, an athlete signing in late must report to his/her individual school building for the last four hours of the school day. This requirement may be waived at the discretion of the Athletic Director when prior arrangements have been made. Head coaches should confer with the AD in such cases.

IV. COACH'S PREROGATIVES IN REGARD TO DISMISSAL AND SUSPENSIONS

- A. The head coach is to establish his own criteria for determining individual abilities and talents
- B. The head coach may establish reasonable rules beyond the general school district regulations to conduct the sport in which he is in charge. Such rules shall be provided to student athletes during the individual sport season. Example: conduct for dress on trips, curfew, practice time, room maintenance, etc.
- C. The head coach may suspend a student athlete from participation in the interscholastic program for violations of Board policies and/or individual coaching regulations proscribed in paragraph IV (B) above; however, the following limits are to be observed:
 - 1. A suspension from the interscholastic athletic program cannot exceed five school days, unless the head coach is seeking or recommending dismissal from the

interscholastic program, in which case the procedures in paragraph II shall be observed.

2. The Council is to be consulted in the suspension of any athlete if it is the student athlete's second suspension.
3. The head coach may recommend dismissal from the interscholastic athletic program, but the Building Principal must make the final decision regarding dismissal from the interscholastic athletic program pursuant to the procedures in paragraph II above.

5534: DRUGS / ALCOHOL – ATHLETICS AND EXTRA-CURRICULAR ACTIVITIES

Participation in athletics and extra-curricular activities is a privilege, not a right. Therefore, pupils who have substance abuse violations either on or off campus as defined by policy 5530, and/or Policy 5500, and regulation 5611R, during the season of the sport or extra-curricular activity they are involved in may be dismissed from the team/activity pursuant to the procedures contained in Regulation 2431.2R. The dismissal procedure is in addition the Lenape regional High School District Guidelines regarding substance abuse, and each offense below applies cumulatively to a student's participation during their entire high school career.

1. First Offense
 - a. Five day suspension from team/activity, referral to SAC advisor, parent conference with Athletic Director
 - b. Participate in post-incident screening program
2. Second Offense
 - a. Suspension from team/activity for the remainder of the season
 - b. Assessment by a district recommended substance abuse and/or rehabilitation program
 - c. Compliance with recommendations as set forth by the substance abuse or rehabilitation program

ELIGIBILITY AWARENESS

Eligibility of an athlete is basic to whether the student athlete may participate in an interscholastic athletic program or event. Considering the vital importance of this facet, we have instituted a procedure that involves the coaches and athletic directors in checking the eligibility of such athlete and creating student awareness of eligibility requirements.

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION ELIGIBILITY REQUIREMENTS

ELIGIBILITY RULES APPLY TO ALL FRESHMAN, SOPHOMORE, JUNIOR VARSITY AND VARSITY PROGRAMS REPRESENTING GRADES 9-12.

ELIGIBLE if a student has not reached the age of 19 prior to September 1.

ELIGIBLE All freshmen are Eligible for athletic competition during the first semester. Students in grades 10, 11, and 12 are eligible for athletic competition during the first semester (September 1 to January 31) if they have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic school year.

ELIGIBLE FOR SECOND SEMESTER –(February 1 to June 30) if a student has passed the equivalent of 12.5% of the credits required by the State of New Jersey for graduation at the close of the preceding semester, i.e. 15 credits. Full year course shall be equated as one-half of the total credits gained for the full year to determine credits passed during the immediately preceding semester.

ELIGIBLE immediately if transfer because of a change of residence to another public secondary school district by parents or as approved by the Executive Committee of the NJSIAA unless the transfer was because of athletic recruitment or was a transfer for athletic advantage and provided all other eligibility regulations are satisfied. In order for a student to be immediately eligible, both the former school and present school must complete a transfer form affirmatively stating that the transfer is a bona fide change of residence and that there was no athletic recruitment or transfer for athletic advantage.

ELIGIBLE after 30 days from beginning of a season for athletes in grades 10,11, and 12 at a present school if student participated in the sport on the varsity level at the previous school and transferred from one school to another when parents have not moved from one public school district to another public school district. A grade nine student who has not participated in a sport at his/her previous school shall be eligible immediately in any sport at the new school. To prevent possible recruitment or transfer for athletic advantage, a transfer form must be executed by the two schools and filed with the NJSIAA before any interscholastic participation.

ELIGIBLE for eight consecutive semesters following a student's enrollment into 9th grade provided that the student has not reached age 19 prior to September 1.

Please check the NJSIAA website at njsiaa.org for the complete listing of the eligibility requirement

PRE-HIGH SCHOOL REGULATIONS

1. 6th, 7th, and 8th grade students not eligible for 9th grade or high school participation or practice in any school unless waiver has been granted because of age.

Students in 6th, 7th, or 8th grades who will reach age nineteen (19) prior to September 1 while properly enrolled in a member school may request a waiver of the Bylaws, Article V, Section 4.1. Pre-High School Students, to have an opportunity to participate in interscholastic athletics for four (4) years prior to becoming ineligible.

2. Classified Students who will reach age nineteen (19) prior to September 1 of a school year may request a waiver to participate in non-contact sports.

JUNIOR HIGH SCHOOL REGULATIONS

1. Eligible for 9th grade participation if student has not reached the age of 16 prior to September 1.

2. Not eligible for 9th grade participation after the completion of 2 semesters following the student's entrance into the 9th grade.

3. 9th grade students in a junior high school are eligible to participate at the high school level provided the junior high school and senior high school principals approve.

NOTE: At the beginning of a student's high school career, students from a sending district are free to choose any secondary school they may legally attend. Thereafter the student is subject to all eligibility rules of the Association.

REGISTRATION FOR A SPORT

Coaches will hold pre-season meetings to review registration for their particular sport. All athletes must complete the following in order to start practicing:

1. *Parent Permission Form* – register online at FamilyID. The link can be found on lrhsd.org web site
2. *Physical form* - available on lrhsd.org website
3. *Physical update form* – available on lrhsd.org website
4. *Participation fee* – this may be paid by check or electronically through efunds. The link is located on lrhsd.org web site.

SPORTS PHYSICALS

All sports physicals examination dates must be within 365 days of the first day of practice. If you had a sports physical the previous year on or after the date of the start of your season, then your physical is valid for that season – provided that it is being submitted on the school forms. Make sure the VISION EXAM is completed on your sports physical form prior to turning it in. *If your vision exam is worse than 20/40, you will be required to be corrected with contacts or glasses to better than 20/40 for athletic clearance.* All sports physical form must be submitted at least two weeks prior to the start of the season to the trainer. Physical exams must be reviewed and approved by the Lenape

District School Physicians prior to an athlete being medically cleared for participation. This process could take up to 3-5 days.

Each season requires the Health History Questionnaire – Part A to be filled out by a parent/guardian before your child is cleared for participation. Part A does NOT need to be signed by a physician.

TRANSPORTATION/SUPERVISION

Students participating in athletic practices and contests off of school grounds must travel to and from the site on a school bus. Coaches are to see that students under their control exhibit behavior that is acceptable and a credit to the school. Students are expected not to yell out the windows. Songs, cheers must have socially acceptable lyrics. Buses are to be left clean and free of trash.

Exceptions to this policy may be made only if the following procedures are met:

1. The parent must make their request to drive the student to and/or from the event(s) in writing to the respective coach prior to the event.
2. The parent must present himself or herself to the coach and be identified properly.
3. The coach must retain all requests in his or her team files.

A parent's request for their child to be transported by another student's parents must be accompanied by a written request from the other child's parent.

Under no circumstances should a student be permitted to drive his/her own vehicle or be transported by another student.

WEIGHT ROOM TRAINING PROGRAM

PURPOSE:

- I. To develop programs through weight-training to suit the needs of students and athletes alike.
- II. To stimulate, improve and develop physical conditioning, explosive power, speed, muscular endurance, flexibility and more confidence in one's self.
- III. To increase the size of muscle attachments (tendons, ligaments) and strengthen them to make them more resistant to injury.
- IV. To help rehabilitate athletes who are injured.

The weight room is always supervised and no student or athlete is permitted the use of this room without supervision. All participants are given programs of instruction and safety procedures before they perform each workout.

The weight room is open to anyone in the student body and faculty alike. Many of our athletic programs take full advantage of our facility both in and out of season including male and female participants.

Beside strengthening our athletes to make them more resistant to injury, our Athletic Trainer uses the weight room equipment as part of individual rehabilitation programs set-up for the injured athlete. Physicals are recommended.

TRAINERS AND ACCIDENT REPORTING

Each school has athletic trainers who work closely with the school medical inspector and other attending physicians. They work with each sport to provide proper training regimens and rehabilitative assistance as prescribed by the physician. The trainers are skilled in first aid and have the final say as to whether a student-athlete may continue participation in a particular game.

The school trainer must be notified whenever a case is referred to a physician or hospital. *Student participation in athletics can only resume upon clearance with a doctor's note.*

Whenever an injured player is to be transported to a hospital, a coach will accompany the player; if this is not possible, a responsible adult may accompany the student (the parents of the injured student may accompany the injured athlete in place of the coach or other responsible school personnel.)

COLLEGE PLANNING

Student-athletes are encouraged to begin college planning as early as possible during their high school programs. Most competitive colleges and universities consider scholastic record, class rank, board scores, recommendations and extra-curricular activities in the admissions process. Early planning is essential to maximize one's academic position.

Colleges that are highly competitive have special admission considerations. Information on the highly competitive colleges should be obtained from guidance counselors early in the high school program. As a general guideline, students and parents should begin actively looking for specific colleges in the spring of the Junior year.

All students considering college after high school graduation should take the Preliminary Scholastic Aptitude Test (PSAT), which is administered during in school during grades 9, 10 and 11.

The guidance department of each school consistently provides information relative to college admission timetables. They print and publicize the various admission application deadlines, dates for the P.S.A.T., ACT, S.A.T. (CEEB), A.C.H., etc. These are announced over the public address system during homeroom period and are also printed for your convenience.

Consult *NCAA.org* for information about requirements for colleges and registration for the NCAA clearing house.

AWARDS

Awards granted for participating in interscholastic athletics and playing on championship teams are restricted by the Board of Education to awards granted solely by the school. The Board accepts the standards established by each school to grant athletic awards. They also agree that all awards are to be symbolic in nature, i.e., letters, sweaters, pins, trophies, jackets and other symbolic type awards.

No student-athlete shall accept an award given by anyone other than the school and/or Board of Education unless prior approval is obtained from the Board of Education and the NJSIAA.

Student-athletes are cautioned about accepting gifts, awards, material remuneration, or promise of such for the display of their athletic ability. Accepting such awards, even in ignorance of stated rules and regulations, could affect your eligibility in high school, your amateur standing, and possible eligibility for college competition. Any member of a NJSIAA team who competes in any adult league or non-school competition (at any time of the year), and accepts prize money or

merchandise as a prize at the end of the season, or at the completion of the event, or who participates in any event, exhibition, or program for pay or accepts any cash or merchandise for any part for a display of his/her athletic ability on a gratis, discount, basis or loan in any sport, shall immediately become ineligible for one year for further participation in any interscholastic sports activity conducted by the NJSIAA, and any games in any sport which he/she has competed are forfeited.

The criteria listed determines the type of award and to whom awards may be granted. There may be slight variations in the criteria amongst the several schools.

1. Awards shall be as follows:

- a. *Freshman* Numerals accompanied by a certificate
- b. *Junior Varsity* J.V. emblem (patch) accompanied by certificate
- c. *Varsity* Varsity letter and pin accompanied by a Varsity certificate

2. A student shall receive only one material award in the form of an emblem or letter. Upon earning additional awards, he/she shall receive the appropriate certificate and service bar.

A student may receive only one award per season. Example: a student may not receive a varsity and J.V. award in football for the same season

VARSDITY AWARD REQUIREMENT: ATHLETES ARE RESPONSIBLE FOR COMPLETING THE SEASON AS REQUIRED BY THE COACH IN ORDER TO BE GRANTED AN AWARD. ALL AWARDS ARE BASED ON PARTICIPATION IN VARSITY EVENTS DURING SEASON SCHEDULE UNLESS NOTED OTHERWISE.

- a. Cross-Country– To earn a varsity award the athlete must participate in two-thirds of the meets.
- b. Football– A player must play in one-half of the quarters
- c. Field Hockey– A player must play in one-half of the halves
- d. Soccer– A player must play in one-half of the halves
- e. Gymnastics– Gymnasts must participate in one-half of the meets
- f. Basketball– A player must play in one-half of the quarters
- g. Bowling– A bowler must bowl in at least one-half of the matches
- h. Swimming– A swimmer must swim in more than one-half of the meets or earn a certain number of points depending upon the number of meets.
- i. Wrestling– A wrestler must wrestle in more than one-half of the meets.
- j. Baseball– A player must participate in one-half of the games. Pitchers must pitch in one-third of the games.
- k. Golf– A player must participate in one-half of the matches.

- l. Lacrosse- A player must participate in one-half of the halves
- m. Softball- A player must participate in one-half of the games. Pitchers must pitch in one-third of the games.
- n. Tennis- A player must participate in at least one-half of the matches.
- o. Track- A participant must earn an average of one point per meet.

- p. Volleyball- A player must participate in one-half of the scheduled games.
- q. Winter Track- Athletes will receive a major letter award upon the recommendation of their coach.
- r. Student Trainer- Athletes will receive a varsity letter award upon the recommendation of the trainer.
- s. Cheerleading- Upon the recommendation of the coach.

3. Championship Awards:

a. *League, Conference, South Jersey*

A jacket, sweater, plaque, trophy or some suitable award may be purchased for a squad or an individual by a Booster Club and/or other similar type school organization.

b. *State Championship*

The Board of Education will contribute to the purchase of an approved award such as a jacket, sweater, etc., for teams or individuals who win a state championship tournament at the highest level of competition offered at the state level.

4. Special Consideration:

- a. Seniors who have not met award requirements, but who have participated for three seasons in a given sport may receive a varsity award.
- b. The head coach may recommend awards in special cases to athletes who have not met the requirements, i.e., illness, injury, etc.
- c. Certificates of participation shall be awarded to all athletes who complete the sports seasons, but have not met the award requirements.
- d. Managers awards shall be as follows:
 - 1. Frosh Team- Frosh Numerals
 - 2. 1 year service in a sport- J.V. Award
 - 3. 2 years service in a sport and recommendation of coach
Varsity Award.

GENERAL CONSIDERATIONS

There are several miscellaneous items, which are placed under general considerations for your information. These are important considerations for you compliance.

- Sports seasons will begin and end in accord with NJSIAA regulations. These basically are as follows:

Fall Sports: to be determined by the NJSIAA

Winter Sports first Monday after Thanksgiving

Spring Sports first Friday of March

- Since there will be overlapping of sports seasons for some student athletes who will participate in more than one activity, the athlete will be allowed to finish the season started before beginning the second sport.
- Athletes must practice six days before competing in a scrimmage unless the athlete is coming out to practice directly from another season.
 - a. It should be clearly understood by students involved that their chances of success in the second sport will not be hurt by discipline action of any sort.
 - b. Students out for one sport will not be able to quit that sport to start practice in another unless all responsibilities are met and each coach agrees on the change.
 - c. Students cannot play 2 sports at same time as per NJSIAA regulations.
- Physical Education Excuses– Athletes are not excused from physical education classes because they play a sport. Option II is available for students that are in an intensive athletic training program. See the web page for more information.
 - a. No athlete with a medical excuse from physical education will be permitted to participate in athletics.
- Security– Students must assume responsibility for the care of equipment, equipment rooms, personal property, and the building. Athletes will be issued a locker. Athletes are responsible for locking up their belongings.
- Punctuality– Be on time. You do a disservice to your team when you are late.
- Equipment – athletes are responsible for prompt return of all issued equipment immediately after the season. Lost or damaged equipment will be charged replacement value. Obligations from previous season must be met before equipment for following seasons will be issued.

MISSION STATEMENT

The Mission of the Lenape Regional High School District, as a leading innovator of student-centered education, shall be to develop students who are and feel academically prepared to succeed, who will be competitive in a changing global economy, and who will humanely and effectively interact socially and politically in a culturally diverse society.

This will be accomplished through leading edge curriculum individualized to the student needs. It will be implemented by teachers with a passion for teaching who utilize innovative teaching methods. It will take place within a safe and substance free environment, in partnership with students, their families, and community.

RESOURCES

Njsiaa.org	state rules for eligibility and sport specific rules
Ncaa.org	clearing house information for college eligibility
Nfhs.org	national sport specific rules
Efunds	participation fee site
FamilyID	parent permission forms
Lrhsd.org	district web site with links for registration