

**Montville
Township High
School**

**“COMMITMENT AND CHARACTER
WINS CHAMPIONSHIPS”**

**ATHLETIC
HANDBOOK
2018-2019**

Montville Township High School Athletic Department



"Home of the Mustangs"

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HEAD COACHES

FALL	
Cheerleading	Ms. Kelsey Hannan
Cross Country (Boys)	Mr. John Larkin
Cross Country (Girls)	Mr. John Larkin
Field Hockey	Ms. Aimee Vizzuso
Football	Mr. Rick DeBonta
Soccer (Boys)	Mr. Kevin Brown
Soccer (Girls)	Ms. Dana Bertoli
Tennis (Girls)	Mr. Ken Sachs
Volleyball (Girls)	Ms. Angelica Piccolo
WINTER	
Basketball (Boys)	Mr. Bill Medina
Basketball (Girls)	Mr. Derek Lynn
Bowling	Mr. Rick Crescente
Ice Hockey	Mr. Alex Beatrice
Cheerleading	Ms. Kelsey Hanan
Swimming (Boys)	Mr. Kevin Brown
Swimming (Girls)	Ms. Angelica Piccolo
Winter Track (Boys/Girls)	Mr. Keith Runne
Wrestling	Mr. John Krip
SPRING	
Baseball	Mr. Joseph Cardinale
Golf	Mr. Andrew Cecala
Lacrosse (Boys)	Mr. Rick DeBonta
Lacrosse (Girls)	Ms. Julia Happe
Softball	Mr. John Immediato
Track and Field	Mr. Keith Runne

GENERAL INFORMATION

Montville High School is a member of the Northwest Jersey Athletic Conference and is designated as a Group III, North Jersey, Section I high school. Divisional alignments within the conference vary from sport to sport. Montville High School teams also face schools in other NJAC divisions and selected schools in other conferences.

These rules and regulations are a supplement to the school's student planner and imply full compliance with the rules set forth in it. The rules apply equally to members of the boys and girls teams.

Policy matters not defined in this handbook will be handled at the discretion of the administration.

Additions to and/or changes in the athletic policy announced orally or in writing by the administration at any time during the school year will be considered a part of the Handbook with which the student athlete and parents must comply.

Please contact Wayne Guarino (Athletic Director) or Theresa Pizzo, the assistant to the athletic director at (973) 331-7100 Ex. 2631 for any questions about the athletic program.

ATHLETIC CODE OF CONDUCT

The primary objective of the athletic program at Montville High School is the development of self-discipline, a spirit of cooperation, good character, and respect for rules and authority. We seek to instill in our students principles of justice, fair play, cooperation, and good sportsmanship.

A. SPORTSMANSHIP

Athletics should foster good sportsmanship at all times. It is the responsibility of each individual associated with athletics to model good sportsmanship through his/her actions. Failure to comply with the following will result in disciplinary action:

- Visiting teams are guests of Montville High School and are to be treated with respect and courtesy at all times.
- The rules of the game are to be observed by all participants. Unsportsmanlike conduct will not be tolerated at any time. Athletes ejected from a game are subject to the disciplinary action of the NJSIAA and possible further disciplinary action by the principal of the school, including possible expulsion from the team for the remainder of the season.
- Fighting at an athletic event, regardless of the circumstances and the people involved, will never be tolerated. Violators will be subject to extreme disciplinary action.

B. STUDENT ATHLETE RESPONSIBILITIES

- The athlete must realize that he/she represents a tradition of fair play and good sportsmanship.
- The athlete is to exhibit self-control by avoiding poor sportsmanship, loss of temper, fighting, abusive language, and obscene gestures.
- The athlete is to learn that performing to the best of one's ability is far more important than winning or losing.

C. DRUGS AND ALCOHOL

- All athletes are expected to be alcohol-free, tobacco-free, and drug-free 24 hours a day, seven days a week throughout the season. Violations may be subject to discipline pursuant to N.J.A.C. 6A:16-7.6 and the student code of conduct.

D. STUDENT/PARENT/SPECTATOR RESPONSIBILITIES

The purchase of a ticket to an athletic event or attending an athletic event means that the spectator has assumed a responsibility for proper representation of Montville High School, just as the athlete does. These rules will apply to all spectators, parents and students alike.

- Spectators are to demonstrate appreciation and give proper recognition to the good of others.
- Spectators are expected to cheer positively. They must avoid booing, abusive language and vulgarity. Spectators are not permitted to engage in any kind of intentional display of rude behavior such as turning their backs on members of the opposing team, cheerleaders, or band.
- Spectators are to respect and obey property regulations established by each school.
- Spectators are to give officials the utmost respect and understand the fact that their decisions are final.

These rules are in effect at both home and away games for Montville High School athletes, student spectators, and parents, even when not observed by opposing teams and fans. Failure to meet these standards will result in disciplinary action. Situations will be reported to the principal by the athletic director, who will meet with athletes, students, or parents who fail to comply with these rules.

E. SPECIFIC SPECTATOR BEHAVIOR

The following policies have been adopted by the Northwest Jersey Conference and will be enforced at all athletic events.

- Possession or consumption of alcoholic beverages is prohibited.
- Possession or use of drugs is prohibited.
- Smoking on school grounds is prohibited.
- No food or beverages are allowed in the gymnasium.
- Radios are not permitted in the gymnasium.
- Posters, banners, and noisemakers are not permitted.
- Cheers will be positive in nature.
- Spectators should remain in stands whenever possible.
- Spectators are not permitted on the gym floor.

PHILOSOPHY OF ATHLETICS

Montville High School believes that an interscholastic program should provide opportunities for student-athletes to develop their talents in a well-organized system under the guidance of competent coaches. The athletic program offers more than just a varsity level team in most sports, providing the opportunity for a large number of students to participate in athletics while developing skills useful in future endeavors.

The high interest of spectators in the outcome of athletic contests provides an opportunity for athletics to demonstrate the educational philosophy of the Montville High School community and beyond. The following goals are set forth to ensure the positive outcome of the athletic program:

- To recognize and support the role of athletics in serving as an example of good citizenship and character.
- To give public witness to our school's belief in the development of the whole person, spirit, mind, and body, by competing with full positive effort, self-control, and exemplary conduct.
- To supplement the academic program by providing for the development of physical skills and personal character.
- To provide the opportunity for students to learn the value of hard work, discipline, self-sacrifice and teamwork.
- To conduct an athletic program in accordance with the letter and the spirit of the rules and regulations of our school, the Northwest Jersey Athletic Conference, and the NJSIAA.

To achieve these goals, the student athlete, coaches, and administration will work together to abide by the regulations of the sports program. The adherence to high ethical standards will maintain the best possible climate for personal growth, spirited competition, and loyal community support.

PARENT AND COACH COMMUNICATION GUIDELINES

Although both the parents and coaches have positive goals and expectations for the student athlete, they may be originating from different viewpoints. To best support our student's athletic participation, we need to foster an open, positive communication process. This process begins with clear communication about expectations from both parties.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- The coach's philosophy and teaching methods.
- Expectations and objectives of the program.
- The nature of the sport and its potential risks.
- Team rules, regulations, and procedures.
- Procedures the coach must follow should your child be injured during participation.
- Discipline that results in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

- Express your concerns directly to the coach.
- Notification of any schedule conflicts well in advance of a practice or event.
- Specific concerns regarding the coach's philosophy and expectations.

Sports programs provide some of the most rewarding experiences and moments in a young person's life. It is also a time when your child may experience extreme disappointment. It is at these times that we encourage discussion with the coach.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The mistreatment of your child, either mentally or physically.
- How to help your child improve.
- Concerns about your child's behavior.

A lack of playing time is often very difficult for both you and your child to accept. Most coaches are professionals trained to make sound judgments and decisions. Concerns like those above are legitimate issues to discuss with your child's coach. Coaching decisions and playing time should most often be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent. It is important that both parties have a clear understanding of each other's viewpoint. If you feel a conference is necessary, the following procedures should be followed to help promote a fast resolution to the issue of concern:

IF YOU HAVE A CONCERN WITH A COACH

- Call to set up an appointment.
- Try to reach the coach at school and not at home.
- If the coach cannot be reached, call the Athletic Director at 331-7100, Ext. 2631. He will set up an appointment for you.
- Please do not attempt to confront a coach immediately before, during or after a contest/practice. These can be emotional times both for the parent and the coach, and meetings like this do not promote resolution.

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

- Call and set up an appointment with the Athletic Director.
- The appropriate next step can be determined at this meeting.

Research indicates that a student involved in sports has a greater chance for success during adulthood. Many of the character traits required to be a successful athlete are the same traits that will help your child become a productive and successful member of society. We hope this information will help make your child's and your experience with the high school athletic program less stressful and more enjoyable.

TRYOUTS

The dates, times, and format for team tryouts will be announced by the respective coaches. Prospective athletes must follow the tryout procedures set forth by the coaches. Absences from tryouts for any reason may hinder a student's chances of making the team. Discuss matters of this type with the coach and Athletic Director. Tryouts are held regardless of holidays or vacations, and candidates are expected to be present for all sessions.

- Tryouts will be held over a minimum of three days. At the conclusion of the third day, those not progressing will be notified by the coach.
- Trying out for a second, same season sport after being cut from another sport will be at the discretion of the coaches and the Athletic Director.
- If you leave a team for another sport, you cannot switch back (NJSIAA regulation). If you are considering switching sports, you should meet with the Athletic Director for guidance.
- There will be overlapping of sports seasons for students who participate in more than one sport. Students who are participating in a previous season's sport should not quit that sport to practice in another. Students, unless released by coach, must complete the first sport season before beginning another. There will be no penalty or disadvantage in the second sport because of this rule.
- Students must have attended six full days in order to participate in a scrimmage or game. According to the NJSIAA, students involved in an extended season due to the NJSIAA tournament, are not bound to the "six days of practice before scrimmaging" rule in the next sport.

STUDENTS WHO ARE INJURED SHOULD FOLLOW THESE PROCEDURES:

- If a candidate is injured prior to tryouts, a written note from a physician detailing the injury, giving specific limitations on activity and estimated date of return to full activity is mandatory and must be given to the athletic trainer in advance of the tryout period. The candidate will be further evaluated by the school trainer.
- If a candidate is injured during tryouts, the same requirements will be in effect.
- A prospective candidate or his/her parents cannot withdraw a player from tryouts. The candidate should report to tryouts to observe until his/her status is determined. The school trainer, Athletic Director, coach, and school physician will review each individual case.
- If a prospective candidate is given status as medically exempt from trying out, there is no guarantee that a tryout will be given when medically cleared to play.

CHEERLEADING

Cheerleaders enjoy the same privileges as members of interscholastic teams and are subject to the same rules and regulations. Cheerleaders should be the epitome of good sportsmanship, school citizenship, and school spirit.

Cheerleader coaches have the same responsibilities as other athletic coaches. They are required to schedule and supervise all practice sessions and attend all games to which the squad is assigned. Coaches must also attend any competitions in which the squad is entered.

Varsity cheerleaders must cheer at both home and away football games, all varsity home basketball games, and all tournament games. Junior Varsity squads cheer at home events only.

CHEERLEADING TRYOUTS

- All candidates must try out for the cheerleading squad.
- All candidates will be chosen by the coaches.
- Coaches may opt to use outside judges to assist them in the selection of the squad.

LEAVING/QUITTING A TEAM

A student-athlete occasionally considers leaving a team or not finishing the season. This is obviously an important decision and one that should not be decided while under emotional distress. Feelings of this nature should first be discussed privately with your coach. Athletes are strongly advised to also see the Athletic Director before making a final decision.

TRAINING/PRACTICE GUIDELINES

It must be understood by student-athletes and parents that participation in interscholastic sports require a full commitment to be successful. The administration believes that those student-athletes who consistently demonstrate commitment to their coach and team deserve the first opportunity to play in games. With this philosophy in mind, the following policies will be established.

- The only acceptable reasons for missing practice will be illness and family bereavement. Doctor and dental appointments should be scheduled at other times.
- Athletes must be present at the last practice before a scheduled contest to participate in that game. For example: To participate in a Wednesday game, you must be present at practice on Tuesday.
- Family vacations should be scheduled during the off-season whenever possible. If a family feels it is absolutely necessary to take their child away on vacation, the athlete will be required to sit out the number of games he/she missed while on vacation. For example: If an athlete misses three games while on vacation, he/she will be required to sit out three additional games upon his/her return. This rewards those athletes who have been at practice. Athletes will be given equal opportunity to compete for playing time after sitting out the required number of games.
- Injured athletes must participate in one full practice session before playing in a game. All injured athletes must be cleared by the athletic trainer to resume activity. Some injuries will require extended rehabilitation time.
- Three unaccounted for absences will result in dismissal from the team.
- Since the coaches are required to remain on site until all team members have vacated the premises, it is necessary for athletes and their parents to make transportation arrangements in advance. Habitual failure to be picked up on time may result in dismissal from the team. Parents are to be on time for pick-up after practices and games.
- For safety reasons, athletes should not wear necklaces, rings, earrings, or watches while practicing or participating in games.
- Please bring appropriate clothing for workouts in various weather conditions and dry items for after practice. Members of outdoor teams should bring sneakers in case practice is moved indoors.
- Practice gear should adhere to the school dress code. T-shirts should have sleeves and cover the midriff.
- Coaches and our strength & conditioning staff will provide pre-season conditioning workouts to prepare athletes for the coming season. Athletes not participating in a sport are strongly encouraged to participate in the school's strength & conditioning program. It is the athlete's responsibility to maintain the best possible physical and mental condition. The athlete owes it to him/herself, his/her coach, and his/her teammates to strive for peak effectiveness.

- Our coaches understand that many of our athletes use personal trainers and instructors, and we encourage our athletes to become the best players they can be. However, it is important for athletes and families to understand that private coaches should not undermine the program established by the head coach and not communicate with athletes while under the auspices of the Montville coaching staff.

ACADEMIC RESPONSIBILITY

The first responsibility of every student-athlete is to his/her studies. Athletes must give priority to make-up tests and extra help. Athletes may not use practice as an excuse to miss a make-up test or avoid an academic responsibility. It is an athlete's responsibility to notify his/her coach if he/she will be late to practice because of an academic responsibility.

Participation in practices or late ending games will not be accepted by the faculty as a reason to postpone taking a test or turning in an assignment.

SCHOOL ATTENDANCE

Students who are absent may not participate in practices or games that day unless otherwise provided by the student's IEP or 504 plan.

NOTE: Students must be in school by 10:30 a.m. to be considered "present."

Students who are absent due to a foreseeable reason (i.e., appointment, funeral, college interview), may participate in practices or games provided that prior written notice is given and approved by the Principal or Athletic Director.

Students who are suspended from school for disciplinary reasons cannot participate in team activities.

ILLNESS/FATIGUE DURING SCHOOL

Students who spend extended time in the nurse's room may be deemed too ill to participate in a practice or game.

DETENTION

Athletes will not be excused from a school or teacher assigned detention in order to attend practice. No exceptions will be granted. It is an athlete's responsibility to notify his/her coach that he/she will be late for practice. If a school detention falls on a game day, detention may be reassigned at the discretion of the teacher and the administration. Please discuss this with the teacher in advance.

PHYSICAL EDUCATION CLASS

Athletes are required to participate in physical education classes every day. An athlete who does not change and participate in physical education forfeits his/her right to participate in after school activities.

TEAM CONDUCT

Student athletes are bound by the athletic code of conduct as stated in this handbook. Coaches may establish additional regulations, which athletes are expected to follow.

A player who is ejected from a game must meet with the Athletic Director and Principal on the next school day. In an effort to eliminate player ejections, Montville Township High School will double the penalty assessed by the NJSIAA. Further disciplinary action may be taken, including dismissal from the team. It is important for athletes to understand that they represent the total school community. Their personal conduct, appearance, classroom behavior, and general attitude in activities should always exemplify the best deportment possible.

A. LOCKER ROOM

It is important that athletes secure all their belongings in a locker. **USE A LOCK!** Coaches will lock the locker rooms while they are at practice areas. Please do not expect to get a key to go back and retrieve forgotten items. Report any missing items to the coach and the Assistant Principal as soon as possible. Athletes should not leave items anywhere in the locker room, gym, or field areas. **NO FOOD OR DRINKS ARE PERMITTED IN THE LOCKER ROOMS.**

B. TEAM BUSES

Athletes should be on time and ready for the bus and be appropriately dressed. Student-athlete behavior must be beyond reproach. Appropriate demeanor and reasonable volume must be maintained at all times. No spikes are permitted on buses. Athletes must obey all instructions given by the bus driver. Food and beverages should be restricted to reasonable amounts. All garbage should be removed by athletes when they leave the bus.

C. AWAY GAMES

Athletes are a guest of the host school while participating in an away game. All MTHS school rules apply. Athletes should bring a lock to secure personal belongings and follow the directions of the home team about storage of items and where to meet the bus. Jewelry or other expensive items should not be brought to an away game.

TRANSPORTATION

The school will provide bus transportation for away games and scrimmages. Team members, managers, and statisticians must ride the bus to the game and return to Montville on the team bus. This policy will be strictly enforced for liability purposes.

Students may be released to their own parents with parental notification of the coach. Parents may take only their own child. This should be done only when absolutely necessary.

A parent must make a written request 24 hours in advance to release their child to a specifically designated adult. An adult is a person who has reached the age of 21.

This request must be submitted in writing to the coach using the athletic department's travel release form. The designated adult must present himself/herself to the coach and if requested, provide identification.

Please do not expect the school administration to deviate from this policy. The lack of pre-planning does not constitute an emergency, merely an inconvenience.

AWARDS/LETTERS

A. GENERAL ELIGIBILITY REQUIREMENTS

- The Athletic Director or Principal will have the right to veto any determination of the eligibility of a student for athletic awards.
- As a member of the New Jersey State Interscholastic Association, Montville High School will comply with the regulations of that association as to eligibility for participation in athletic programs, and no award will be given to a student not eligible for participation.
- In order for Montville High School to maintain its high academic standards, no student will be permitted to participate in any interscholastic sports program unless his/her academic status is judged satisfactory. Therefore, any student who does not complete the sport season due to eligibility or disciplinary reasons will not receive a varsity letter even if it was otherwise earned. Awards on the junior varsity or freshman level will also be withheld. Students must recognize their responsibility to maintain passing grades and to conform to both school and coach's expectations.
- A student who does not complete the scheduled season in a given sport is ineligible for an award without the approval of the Athletic Director and the coach involved.
- A student who does not complete the scheduled season due to sickness or injury may be eligible for an award if recommended by the coach and Athletic Director.
- The Athletic Director and coach may award a varsity letter to senior who has not played the required number of quarters/time to be eligible.

B. TYPES OF AWARDS

- Members of the freshman and junior varsity teams who meet the general eligibility requirements will receive a certificate for each sport they participate in.
- Members of a varsity team who meet the general and specific eligibility requirements will receive a plaque, name plate, team plate, chenille letter, and team sports pin for their first Varsity letter.
- Second, third, and fourth year varsity letter winners will receive a team plate for their plaque and a sports pin.

C. SPECIFIC VARSITY LETTER REQUIREMENTS

- The eligibility of a student to receive a varsity letter will be subject to the general eligibility requirements and shall be determined by agreement between the Athletic Director and the head coach of the sport.
- **VARSITY LETTERS FOR ALL SPORTS MUST BE EARNED DURING THE REGULAR SEASON.** NJSIAA playoffs and championship games/ matches will not count, regardless of when played, since the actual number of these games cannot be predicted ahead of time.

D. FALL SPORTS

- **Cheerleading**
Letters will be awarded on the basis of participation in 80% of the games, attendance at 90% of the practices or upon the recommendation of the head coach.
- **Cross Country**
A runner must have had a “top seven” time amongst Montville runners for 50% of the meets or upon the recommendation of the head coach.
- **Field Hockey**
Letters will be awarded on the basis of minimum participation of 50% of the varsity games or upon recommendation of the head coach.
- **Football**
Letters will be awarded on the basis of minimum participation in 50% of the possible quarters or upon recommendation of the head coach.
- **Soccer**
Letters will be awarded on the basis of minimum participation of 50% of the varsity regular season games or upon the recommendation of the head coach.

- **Girls Tennis**
Letters will be awarded upon the basis of minimum participation in 50% of the possible matches or upon the recommendation of the head coach.
- **Girls Volleyball**
Letters will be awarded upon the basis of minimum participation in 50% of the possible matches or upon the recommendation of the head coach.

WINTER SPORTS

- **Basketball**
Letters will be awarded upon the basis of minimum participation in 50% of the possible quarters or upon the recommendation of the head coach.
- **Cheerleading**
Letters will be awarded on the basis of minimum participation in 80% of the games, attendance at 90% of the practices or upon the recommendation of the head coach.
- **Swimming**
Letters will be awarded on the basis minimum participation in 50% of the dual meets or upon the recommendation of the head coach
- **Wrestling**
Letters will be awarded on the basis of minimum participation in 50% of the dual meet competitions or upon the recommendation of the head coach.
- **Winter Track**
Letters will be awarded upon the basis of minimum performance standards and scoring requirements in meets as issued and established by the head coach or upon the recommendation of the head coach.
- **Bowling**
Letters will be awarded upon the basis of minimum participation in 2/3 of the matches, or upon the recommendation of the head coach.

SPRING SPORTS

- **Baseball/Softball**
Letters will be awarded upon the basis of minimum participation of 50% of the total innings played as a non-pitcher or having served as a pitcher in at least 5 games or upon the recommendation of the head coach.
- **Golf**
Letters will be awarded on the basis of minimum participation in 50% of the varsity matches or upon the recommendation of the head coach.
- **Lacrosse**
Letters will be awarded on the basis of minimum participation in 50% of the varsity

matches or upon the recommendation of the head coach.

- **Boys Tennis**

Letters will be awarded on the basis of minimum participation in 50% of the varsity matches or upon the recommendation of the head coach.

- **Track**

Letters will be awarded upon the basis of minimum performance standards and scoring requirements in meets as issued and established by the head coach or upon the recommendation of the head coach.

G. REQUIREMENTS FOR MANAGERS AND STATISTICIANS

- **Managers/Statisticians**

In order for a varsity manager or statistician to receive a letter, he or she must be present at 90% of all varsity games and be recommended by the head coach.

OTHER AWARDS

Victory with Award – The head coach of each sport will select one athlete who represents the highest level of character, leadership, and sportsmanship.

NJSIAA GUIDELINES

A. BASIC ELIGIBILITY RULES

It is the student's responsibility to know the eligibility requirements. Athletes must not jeopardize their own eligibility or cause their team to forfeit games by ignoring these rules. Please contact the Athletic Director if you have any questions concerning these rules.

- A student may not reach the age of 19 before September 1.
- Students in grades 10, 11, and 12 must pass a minimum of 25% of the total number of credits required by the Montville Township Board of Education (35 credits) and maintain a cumulative GPA of 1.75 from the previous year for the Fall and Winter seasons.
- Incoming freshman are automatically eligible for the Fall and Winter seasons.
- To be eligible for the Spring Season, all students in grades 9-12 must pass a minimum of 12 ½ percent of the total number of credits required by the Montville Township Board of Education (17.5 credits) and maintain a cumulative GPA of 1.75.
- A student transferring into Montville High School from another high school must complete a transfer waiver form. Students who earned a varsity letter at their previous school without a change of address are ineligible for 30 days from the start of the season.
- A student may not receive money as compensation for instruction and may not endorse or imply endorsement of any commercial product.
- Players who are ejected from a game are ineligible for two to four games and are subject to the sanctions listed in the athletic code of conduct.
- Freshman who compete in more than two varsity contests in any sport are not eligible to play on the freshman team. The use of freshman on junior varsity teams does not affect freshman eligibility
- The school reserves the right to set more stringent requirements for our own athletic program.

SUMMARY OF NJSIAA/MONTVILLE ATHLETIC ELIGIBILITY STANDARDS

	FALL & *WINTER SEASONS FIRST SEMESTER (September 1 to January 31)	SPRING SEASON SECOND SEMESTER February 1 to June 30)
Grade	10-12 All freshman are eligible in for the Fall & Winter Seasons	9 - 12
NJSIAA Credit Requirement	Pass 25% of 120 Credits or 30 Credits in the immediately preceding year *Ineligible Winter Sport Athletes can become eligible on February 1 st by successfully completing the second semester requirements	Pass the Equivalent of 12 ½ % of 120 Credits or 15 credits at the close of the preceding semester (Jan. 31)
NJSIAA Cumulative GPA	No Requirement	No Requirement
NJSIAA Age Requirement	Students cannot turn 19 prior to September 1 to participate.	SAME
NJSIAA Semester Rule	No student shall be eligible for high school athletics after the expiration of eight consecutive semesters following his/her entrance into the 9 th grade	SAME
Montville Credit Requirement	Pass 25% of 140 Credits or 35 credits in the immediately preceding year	Pass the equivalent 12 ½ % of 140 credits or 17.5 credits at the close of the preceding semester (Jan. 31)
Montville Cumulative GPA (Weighted) Requirement	1.75	1.75
Montville Attendance Requirement	Demonstrated satisfactory attendance by maintaining a record of 90% attendance in the semester preceding the commencement of the activity.	Demonstrated satisfactory attendance by maintaining a record of 90% attendance in the semester preceding the commencement of the activity.

B. SPORTS SEASONS

Sports	*Practice Starting Date	Athletic Participation Packet Due
FALL SPORTS: Football, B/G Soccer, Field Hockey, Cross Country, Cheerleading, Girls Tennis, Girls Volleyball	August 15 th Football Start Date is 8/10.	June 30 th
WINTER SPORTS B/G Basketball, Wrestling, Winter Track, Cheerleading Ice Hockey, Swimming, Bowling	Monday prior to Thanksgiving. (No practices will occur over Thanksgiving Break.) Bowling, 11/15 Swimming, Ice Hockey – 11/7	October 15 th
SPRING SPORTS: (Baseball, Softball, Track & Field, B/G Lacrosse, B. Tennis)	First Friday in March	February 1st

C. OUT OF SEASON (NJSIAA Rule 1, Sections 2-8)

The official end of a particular sports season marks the beginning of the OUT OF SEASON period and is governed by strict out of season rules. Out of season practice is not permitted under the direction of a coach, instructor, or student leader. There shall be absolutely no practice during the out of season period for a particular sport. The NJSIAA guidelines state that weight training and running programs that promote conditioning during the out of season period are permissible when not limited to student athletes and when the program is not designed or administered to prepare participants for a specific sport. The penalties for out of season violations could include probation of at least one year, no championship recognition, or no participation in the state tournament.

Students are not under any obligation to participate in any out of season activities as a condition to maintain or achieve team status. Students are not permitted to form teams exclusively of Montville athletes to participate in “outside leagues.” The use of the school name, nickname or any derivative may not be used for any outside of school team.

The NJSIAA formulated the out of season guidelines to protect young athletes from burnout and the pressure to play one sport exclusively year round. Please report immediately any attempt by any coach to pressure an athlete to participate in out of season or pre-season programs. Report any attempts to dissuade an athlete from participating in one sport in order to prepare for another or to specialize in one sport.

D. SUMMER RECESS

- From the last day of interscholastic competition to the first day of the next school term, all restrictions are rescinded for practice for all sports. Schools may issue any and all equipment for practices during the summer recess. Athletes will not be penalized for non-attendance at summer activities. Conditioning and weight training are encouraged and the weight room will have posted hours of operation.
- Interscholastic competition is not permitted outside of the in-season guidelines. The school may not sponsor a team/individual, pay entry fees, provide transportation, or in any way have a team/individual represent their school outside of the seasonal datelines. A coach/team or student-athlete may not be sponsored by a school or school-related group (example: Booster Club) when team or individual competition takes place as part of the activity in camps, clinics, or recreation programs.

SUMMER SPORTS CAMPS

Students who attend summer sports camps do so at their own choosing. The school does not endorse these camps or provide chaperones. Coaches may suggest attending camps/clinics for skill development, however, future team participation is not dependent upon attendance.

ACCIDENTS/INJURIES

The coaching staff will endeavor to reduce the risk of injury by maintaining professional standards. However, as a condition of participating in sports, the athlete and his/her parent(s) must sign-off on the warning statement of the participation form. Participation in athletics may result in serious injury and choosing to participate acknowledges these risks. The medical history/physicians exam form must be on file in the nurse's office before participating in athletics. The athletic office will generate a medically cleared to play list.

We have two fully certified trainers to provide first aid and injury assessment. The selection of a physician for follow up treatment is a personal choice. However, we strongly suggest you speak with the athletic trainer before scheduling doctor's appointments to ensure proper care and avoid unnecessary expenses.

The trainer will not be available for Sunday practices and when our teams travel to away games. The availability of a trainer depends on the policy of the host school.

A physician will be present for all home football games.

If an athlete receives an injury that prevents full/customary participation in practices or games, he/she must be cleared by the trainer to resume full activity.

INSURANCE COVERAGE

The combination of parental and school insurance is very effective in covering the reasonable and customary costs of medical expenses. All students are covered by the school's insurance policy. However, parents must use their own insurance coverage first. Occasionally there are expenses incurred through injuries that are not completely covered by the student's parents, or Montville's plan since the insurance companies cannot set the fees of physicians. The payment of such excess charges, when they do occur, is the responsibility of the student/athlete and his/her family. The school insurance plan will provide primary coverage within the limits of the policy when no other policy covers the injured athlete. Off season injuries are not covered under the policy.

INSURANCE COVERAGE - CLAIM PROCEDURE

- All medical bills for your student athletes incurred as the result of an injury in the interscholastic sports program will be sent directly to that student's parents.
- Parents are to submit the bills incurred to their family insurance plan first. They will do one of two things:
 1. Honor the claim and pay all or a portion of the bills incurred.
 2. Send the parents a letter of denial.
- A school insurance claim form will be sent home with the student athletes by the school nurse or athletic trainer.
- If there remains a balance after the family plan has contributed towards the claim, parents should send the school insurance claim form to the school carrier whose address is listed on the top of the form. The claim form must be submitted within 90 days of the injury. Parents should NOT submit any claim forms or bills to the school nurse or athletic trainer.

USE OF GYM / ATHLETIC FACILITIES

- No one may use any school athletic facility at any time unless under the direct supervision of the coaching staff. No one should enter the building unless a coach is present.
- The coach's office and trainer's room are off limits to students without supervision and an invitation from a coach.
- Student athletes who are unscheduled the last period should not enter the gymnasium or any other athletic facility until school is officially over for the day.
- Students are prohibited from using the weight room without supervision.

COLLEGE PLANNING

College admission is no different for the student athlete than for any other student. However, the lack of free time makes it especially important for an athlete to work closely with his/her guidance counselor in planning SAT testing, processing applications, and setting up interviews. College visits during your sports season affect the team and should be discussed with the athlete's coach and scheduled for the off season if possible.

The athlete should become familiar with the NCAA regulations concerning recruitment if his/her athletic abilities have brought him/her to the attention of college recruiters. It is important to know the rules to protect both your high school and college eligibility. A good reference is the NCAA Guide for the College Bound Student Athlete, which is available on the NCAA website. (www.ncaa.org/eligibility/cbsa)

NCAA regulations require any athlete who desires to play college athletics to complete a special release form which permits guidance to forward academic school records to the NCAA Clearinghouse for an academic evaluation for college athletic eligibility. These forms and explanatory booklets are available in the guidance office. The student's SAT scores must also be sent directly to the NCAA Clearinghouse by indicating this on the SAT registration form.

A college coach who wishes to meet with a student for recruiting purposes on the Montville High School campus will be required to have an adult present. The adult may be a parent, coach, or administrator. If no adult is available, we will not allow conversation with the recruiter to take place for the student's protection.

The SAT is offered several times a year and the dates/registration deadlines are published several

months in advance. Therefore, there should not be a conflict between SAT testing and athletic events if the student plans ahead.

COLLEGE ATHLETIC SCHOLARSHIPS

Athletic scholarships from various colleges and universities are offered to student athletes based on the evaluation of athletes' abilities and potential by the coaching staff of the college offering financial assistance.

The Montville High School coaching staff can assist by providing requested information and recommendations based upon their personal knowledge of the athlete. It is important to understand that high school coaches do not "get" scholarships for their athletes. The athlete must satisfy criteria established for such grants established by the college or university. It must be clearly understood that the philosophical intent of the high school athletic program is not to guarantee athletic scholarships to its participants. There are too many variables that cannot be controlled by the high school coach. The coaching staff is very excited for those who receive scholarship money and will make every effort to assist students in securing financial aid.

Student athletes are especially reminded that a strong college preparatory background is an important factor for acceptance to an institute of higher learning. In most instances, gifted athletic ability and outstanding athletic accomplishment is not sufficient for acceptance to reputable colleges.

SPORTS PHYSICALS

1. N. J. Law requires that each family declare a “medical home” (family physician).
2. Each family must complete a form, which is available in the athletic office and on the athletic website.
3. Families who do not have a medical home may declare the school physician as the medical home.
4. All physicals must be cleared by the school physician or before participation is allowed.
5. All physicals must be completed using school-issued forms (available in the athletic office or on the Montville High School website at www.montville.net).
6. All physicals are valid for 365 days.
7. A medical history form must be completed once per year and a health history update for each season thereafter.
8. All athletic forms should be returned to the athletic office, not to the athletic coach or school nurse at least 60 days prior to the start of the season.
9. Athletes also must register on-line prior to each season. There is a registration tab on the athletic website.

TRAINING AND SAFETY POLICY

The following training and safety policy has been developed to help students become the “best they can be.” As an athlete representing Montville High School, it is important to respect the training and safety policy. It is important for athletes to represent their school and community well. This policy is developed in conjunction with the school district’s drug and alcohol policy.

Any senior athlete removed from a team for a violation of this policy will be prohibited from attending the senior athletic banquet at the end of the year. Any athlete violating this policy “out of season” may forfeit the right to represent the school in any athletic activity (all-star games, award ceremonies, banquets, etc.).

Use, possession, or distribution of a controlled dangerous substance including alcohol and steroids.

1st OFFENSE:

- Five days out-of-school-suspension.
- Loss of co-curricular, athletic, and parking privileges for 10 days

2nd OFFENSE

- Ten days out-of-school suspension.
- Loss of co-curricular, athletic, and parking privileges for 45 days.

3rd OFFENSE

- Out-of-school suspension pending Superintendent’s review.
- Conference with Superintendent.
- Loss of co-curricular, athletic, and parking privileges for 90 days.

Use and/or possession of tobacco products and/or violation of the student athletic contract regarding attendance at a party.

1st OFFENSE

- Suspension from the team for five days.
- One game suspension from football, cross country, track, wrestling, or swimming.
- Two game suspension from soccer, field hockey, basketball, ice hockey, baseball softball, lacrosse, and golf.

2nd OFFENSE

- Dismissal from the team for the remainder of the season
- Forfeit the rights to receive any awards or school related scholarships for that sport.

3rd OFFENSE

- Dismissal from the team and any other sports for the remainder of the school year.
- Forfeit the rights to receive any awards or school related scholarships in those sports