

CHERRY HILL PUBLIC SCHOOLS

2016-17

PARENT/STUDENT-ATHLETE HANDBOOK



Cherry Hill High School West



Cherry Hill High School East

**"Excellence Through Athletics"
Integrity – Discipline - Sportsmanship**

CHERRY HILL PUBLIC SCHOOL INFORMATION

***Cherry Hill East
1750 Kresson Rd.
Cherry Hill, N.J. 08003
(856) 424-2222***

***Cherry Hill West
2101 Chapel Ave.
Cherry Hill, N.J. 08002
(856) 663-8006***

SUPERINTENDENT:

Dr. Joseph Meloche
Malberg Administration Bldg.
45 Ranoldo Terrace
Cherry Hill, N.J. 08034
(856) 429-5600

ASSISTANT PRINCIPALS FOR ATHLETICS:

TBD
(856) 424-2222 ext. ###

Mr. Louis Papa
(856) 663-8006 ext. 1732

ATHLETIC TRAINERS:

Mr. Scott Hatch
(856) 424-2222 ext. 2616

Mr. John Laird
(856) 663-8006 ext.1707

ATHLETIC SECRETARIES:

Ms. Dawn Hoffman
(856) 424-5589 ext. 2530

Mrs. Antoinette Princiotta
(856) 663-8006 ext. 1732

SCHOOL WEBSITES:

<http://east.cherryhill.k12.nj.us/>

<http://west.cherryhill.nj.us/>

**THE FOLLOWING ARE OUR SEASONAL
SPORTS AND HEAD COACHES:
2016-2017**

CHERRY HILL WEST

ASSISTANT PRINCIPALS FOR ATHLETICS:

**Mr. Louis Papa
(856) 663-8006 ext. 1732**

CHERRY HILL EAST

**TBD
(856) 424-2222 ext.2530**

FALL SEASON:

**CHEERLEADING
BOYS CROSS COUNTRY
GIRLS CROSS COUNTRY
FOOTBALL
FIELD HOCKEY
BOYS SOCCER
GIRLS SOCCER
GIRLS TENNIS
GIRLS VOLLEYBALL**

West High School

**Ms. Caitlin Cantanella
James Cox
Mrs. Maggie Strimel
Mr. Brian Wright
Mrs. Bridgette Schaeffer
Mr. Dan Butler
Mrs. Kate Bower
Mr. Dan McMaster
Miss. Kelly Smith**

East High School

**Ms. Jen DiStefano
Mr. Matt Cieslik
Mr. Anthony Maniscalco
Mr. Tom Coen
Ms. Elizabeth Scharff
Mr. Dennis Stein
Ms. Katie Boyle
Mrs. Mary Jewett
Mr. Scott Mooney**

WINTER SEASON:

**BOYS BASKETBALL
GIRLS BASKETBALL
BOWLING
CHEERLEADING
BOYS SWIMMING
GIRLS SWIMMING
INDOOR TRACK
WRESTLING**

**Mr. Hamisi Tarrant
Mr. Dan Butler
Mr. Irv Wolf
Ms. Caitlin Cantanella
Mrs. Christi Robertson
Mr. Dan Rogers
Miss. Brittany Gibbs
Mr. Zack Semar**

**Mr. David Allen
Mr. Kevin Owens
Mr. Ken Smith
Ms. Jen DiStefano
Mr. Joe Cucinotti
Ms. Anita Bowser
Mr. Matt Cieslik
Mr. Michael Brown**

SPRING SEASON:

**BASEBALL
GOLF
GIRLS LACROSSE
GIRLS SOFTBALL
BOYS TENNIS
BOYS TRACK
GIRLS TRACK
BOYS VOLLEYBALL
BOYS LACROSSE**

**Mr. Dan McMaster
Mr. Craig O'Connell
Miss. Melissa Venturi
Mrs. Melissa Franzosi
Mr. Dan Butler
Mr. Christopher Halladay
Miss. Brittany Gibbs
Ms. Julie Schneider
Mr. Brian Wright**

**Mr. Erik Radbill
Mr. Ryan James
Ms. Katie Boyle
Miss Stephanie Digneo
Mr. Gregory DeWolf
Mr. Anthony Maniscalco
Mr. Lee Troutman
Mr. Brian Zaun
Mr. Anthony Peruso**

ATHLETICS IN CHERRY HILL: **A MESSAGE FROM THE ATHLETIC DEPARTMENTS**

On behalf of the Cherry Hill Public Schools athletic staff and family, we would like to welcome you to the other half of education- ATHLETICS!

We consider athletics to be an essential and dynamic aspect of the overall education process. Participation in athletics is a PRIVILEGE that all students have. Each athlete will be expected to accept training rules and regulations that are specific for each sport. Student-Athletes are to conduct themselves as ladies and gentlemen at all times. Their actions are not only reflective of their coaches at school, but of their parents and guardians as well.

ELIGIBILITY

We are a member the New Jersey Interscholastic Athletic Association. As part of the NJSIAA requirements, an athlete becomes ineligible for high school athletics if he/she attains the age of 19 prior to September 1st.

As an incoming athlete from the 8th grade, there are no credit requirements for the fall and winter seasons. However, to be eligible for the spring season, a student must be passing at least 15 credits for the first semester (mid-year average).

Students in grades 10, 11, and 12 are eligible for athletic participation during the fall and winter seasons if they passed 30 credits during the preceding academic year. To be eligible for the spring season, a student must be passing 15 credits at the conclusion of the 1st semester (with a secondary opportunity to gain eligibility on May 1st).

GENERAL RULES

1. All student athletes are required to have a comprehensive physical exam prior to the start of a sports season. One Exam will be sufficient for the year unless an athlete suffers an injury in a previous sport.
2. A signed parent permission form/Health History Update must be completed by all athletes and their parents/guardians prior to **EACH** sports season. This is available on the On-Line registration. Found on each school Athletic web page
3. Student athletes are expected to ride the bus to and from all away contests and practices.
4. Illegal drug/alcohol use may result in suspension or expulsion from the team.
5. Tobacco products are banned from an athlete's use and will be dealt with by suspension or expulsion from the team.
6. Players are responsible to return all of the equipment issued. Lost or stolen equipment will be paid for by the athlete. Failure to do so will effect participation in further activities.

CHERRY HILL PUBLIC SCHOOLS

Cherry Hill, New Jersey

POLICY 6142.3: PHILOSOPHY AND GOALS - ATHLETIC PROGRAM

PHILOSOPHY:

Participation in a variety of athletic activities is a valuable and vital part of public education. We believe that athletic experiences should develop our student/athletes physically, mentally, socially, and emotionally; they provide an opportunity for individual participants to develop responsibility, self-reliance, self-esteem, and heightened cultural and emotional awareness. The success of our athletic teams is measured not only by how well-coaches student/athletes performing up to their potential, but also by the realization of sportsmanship and leadership goals. The Board of Education takes pride in the supporting of an athletic program which continuously reinforces the values of good sportsmanship and good mental health, as well as, self-discipline, personal commitment, team pride, enthusiasm, loyalty, and school spirit.

We believe that coaching of the highest quality is integral to the success of the program. The coach's primary role is that of teacher who is knowledgeable of the sport, who develops and inspired loyalty in the student/athletes, who treats the student/athletes with intelligence and sensitivity and who is a role model for these student/athletes. The athletic program as a whole should be conducted in accordance with Board of Education goals and policies.

The Cherry Hill Board of Education also believes that participation in athletics involves responsibility as well as reward for all those in the program: athletes, parents, coaches, and administrators. Participation in the athletic program carries with it responsibilities to the school, to the sport, to the student body, to the community, and to the student /athletes themselves. The athletic program provides student athletes with experience and training that develops a lifetime set of values.

Definition: For the purposes of this policy, "unsportsmanlike behavior" shall refer to any person attending a Cherry Hill School District sports event who

1. initiates or engages in a verbal or physical threat or abuse aimed at any student, coach, official, or parent or,
2. initiates or engages in a fight or scuffle with any students, coach, official, parent or other person,

if the conduct occurs at or in connection with a school sponsored sports event.

Definition: For the purpose of this policy, "school sponsored athletic event" shall refer to any athletic event, including home, away or neutral site, in which a Cherry Hill School participates in interscholastic competition.

The Cherry Hill Board of Education recognizes that as a spectator, it is a privilege to attend and observe a contest and to demonstrate support for one's team and youth athletics in general. The District encourages members of the community to support school sponsored competitive activities in a safe and orderly environment. It is expected that all spectators shall behave in a respectful manner that reflects positively on the school community. The District will provide an environment free from unsportsmanlike behaviors (e.g. verbal or physical harassment) and will not tolerate such conduct from anyone in attendance.

The Superintendent shall develop procedures for those individuals, as determined by district administrators or their designees, found to be in violation of this policy.

GOALS:

The Cherry Hill Public Schools Athletic Program establishes the following goals:

1. To enhance self-esteem in student athletes.
2. To develop a sense of pride in student athletes towards self, team, school, and community.
3. To enhance the student athletes' opportunities for attending an institution of higher learning when combined with their academic success.
4. To provide an opportunity to develop self-reliance skills and teach student athletes how the skills learned in athletics can be applied to life long experiences.
5. To develop a sense of values in student athletes that will promote sportsmanship, respect, commitment, responsibility, and cooperation.
6. To develop in student athletes - an awareness, respect, and understanding of the uniqueness and blending of human differences.
7. To provide student athletes with an opportunity to participate in various levels of competition.
8. To provide experiences that will develop student athletes mentally, physically, socially, and emotionally.
9. To provide the opportunity for student/athletes to develop leadership qualities, as well as becoming contributing team members.
10. To provide student/athletes with the best possible instruction and guidance by hiring coaches that are knowledgeable, sensitive, and positive role models.

11. To provide student athletes with the opportunity to develop skills, learn strategies, and become knowledgeable about a particular sport.
12. To encourage wholesome relationships among participants, spectators, schools, and communities.

SPORTSMANSHIP STATEMENT

1. Role models are more important than ever in today's society. You can serve as a role model for others the next time you display good sportsmanship at a high school athletic event. Good sports are winners, so the next time you attend a sporting event, remember to be a good sport and act in a proper manner. Everyone appreciates the good values portrayed by acts of good sportsmanship.
2. In our society, winning has come to mean everything. However, if winning comes at the expense of good sportsmanship, everyone is a loser. Nothing is gained in the long run. Good sportsmanship is the result of a disciplined effort to respect yourself, your opponents, and game officials. Remember, good sports are winners, so be a sport and practice good sportsmanship.
3. Winning – the No. 1 syndrome – is the number one problem in interscholastic athletics. High school athletic programs are truly educational by nature, and among the values learned are those associated with good sportsmanship. Being number 1 in sportsmanship is educationally more important than being number 1 on the playing field. Take pride in your team by displaying good sportsmanship.
4. The score of any athletic event is generally forgotten over time, but the actions of players, coaches, and spectators are remembered. The next time you attend a high school game, think of how history will remember you. Choose the side of good sportsmanship the next time you attend a game.
5. An educational environment is critical to the success of high school athletics. An important part of that environment is planning for good sportsmanship. Without good sportsmanship, the lessons learned lose their values. Remember, the next time you attend a high school game; you are really inside a classroom where good sports receive the highest grade.
6. Yelling or waving arms during an opponent's free throw attempt, as well as booing or heckling and official's decision, are examples of unacceptable behavior at a high school sporting event. Good sports respect the opponents and officials at all times. The next time you attend a game, remember to applaud for the performance of all participants.

7. It is a privilege to observe a contest and support high school athletics, not a license to verbally assault others. There is no place in interscholastic athletics for name-calling to distract an opponent or the use of profanity from the stands. Sportsmanship is the number 1 priority at the high school level, so be a sport the next time you watch a game.
8. A coach once wrote: "When we lose without excuses and we acknowledge the better team, we place winning and losing in their proper perspective. That's when we find out if we can be good sports." Sportsmanship is a goal to strive for at all times, in athletics and in our daily lives.
9. Good sportsmanship is learned, practiced, and executed. Respect for the opponent, spectators, coaches, and officials are a must at all levels of athletics. At interscholastic contests, behavior on the part of everyone should be characterized by generosity and genuine concern for others. Display good sportsmanship the next time you attend a high school event.

DEALING WITH BIAS INCIDENTS

Frequently Asked Questions

On June 5, 2013, the NJSIAA entered an agreement with the New Jersey Office of the Attorney General. The agreement called for the NJSIAA and the Attorney General's Office to join forces to help eliminate unsportsmanlike bias incidents from high school sports. These FAQs explain the new rules being adopted by the NJSIAA to accomplish this goal.

1. What are the new rules relating to bias incidents at high school sports?

The NJSIAA is amending its Sportsmanship Rule to make it clear that the principles of good sportsmanship are violated by "any person (athletic department, staff member, student-athlete, or a fan or spectator associated with a member school) who engages in harassing, verbal, or physical conduct related to race, gender, ethnicity, disability, sexual orientation, or religion at an interscholastic events."

In addition, the NJSIAA Bylaws will require the Executive Director to forward to the New Jersey Division on Civil Rights any reported violation of the Sportsmanship Rule resulting from harassing, verbal, or physical contact relating race, gender, ethnicity, disability, sexual orientation, or religion at an interscholastic event.

2. How did these new rules come about?

In the fall of 2012, the NJSIAA and the New Jersey Division on Civil Rights both received complaints describing alleged bias incidents at football games. NJSIAA staff met on several occasions with representatives from the Division on Civil Rights and agreed on a plan to combat this problem.

3. How do these new rules change the existing rules?

It has always been a violation of the Sportsmanship Rule for any person to intentionally incite participants or spectators to violent or abusive action. It has also been a violation of the Sportsmanship Rule for any person to use obscene gestures or profane or unduly provocative language or action toward officials, opponents, or spectators. In addition, sports officials have always had the power to disqualify a coach or player for unsportsmanlike flagrant, verbal, or physical misconduct.

What is new is that the NJSIAA is telling coaches, players, and officials that provocative language aimed at a player's race, ethnicity, religion, gender, disability or sexual orientation, is every bit as unsportsmanlike as obscene or profane language. Race-baiting, ethnic slurs, and taunting crosses the line and will not be tolerated on the playing field just as it is not tolerated in the classroom.

4. *Some commentators have said the NJSIAA is trying to eliminate trash talking in sports. Is this true?*

The NJSIAA realizes that it cannot eliminate trash talking. But there is a point at which trash talking crosses the line and becomes blatantly unsportsmanlike. Our new rules make that line clear.

5. *Is an official required to disqualify a player whenever he hears bias language?*

An official must always use his or her discretion when determining whether to disqualify a player or a coach. That discretion is based on the official's training and experience, as well as the game conditions and the overriding importance of maintaining player safety. If an official decides that the unsportsmanlike conduct crosses the line and merits disqualification, no warnings need to be given and the official's decision is final.

At the beginning of every interscholastic athletic contest the game official will read a statement to the team captain(s) that says:

"There will be no tolerance for negative statements or actions between opposing players or coaches. This includes taunting, baiting, berating opponents or 'trash talking' or actions which ridicule or cause embarrassment to them. It also includes harassing conduct related to race, gender, ethnicity, disability, sexual orientation, or religion. If such comments are heard, a penalty will be assessed immediately. We have been instructed not to issue warnings. It is your responsibility to remind your team of this policy."

6. *What happens when a bias incident is reported to the NJSIAA?*

The NJSIAA may investigate the incident itself or refer the incident to the school, league, or conference for investigation. Depending on the seriousness of the incident, additional sanctions can be imposed on the offending school, coach, or player. The NJSIAA will also forward every reported bias incident to the Division on Civil Rights.

7. *How does the new rule affect the conduct of fans and spectators?*

Schools are responsible for maintaining standards of good sportsmanship by their teams, students, spectators and fans. NJSIAA rules state that a "member school with which an individual is associated may be subject to disciplinary action if it is found that the member school's policies, actions, or failure to act, substantially contributed to the individual's conduct."

If a spectator or fan engages in conduct that disrupts a game, the spectator or fan may be removed by host school management. Officials can work with host school management to identify disruptive individuals.

All schools, public and private, must enforce their own codes of conduct. Public schools have additional obligations under the New Jersey Anti-Bullying Bill of Rights Act. That state law prohibits harassment, intimidation, and bullying on school property and at school sponsored functions. Spectators and fans are subject to the school's anti-bullying policies, which are enforced by the schools themselves.

8. Is this new rule a New Jersey State Law?

No. The NJSIAA is an association of approximately 437 public and non-public high schools that regulates high school sports in New Jersey. The NJSIAA is not a state agency. The new rules have been agreed upon by the governing body of the NJSIAA and will be formally adopted at the NJSIAA executive committee meetings in September and October 2013.

MEDICAL PROCEDURES FOR ATHLETIC INJURIES

A. ATHLETIC INJURIES

1. A report is to be made by the responsible coach or athletic trainer, of any injury, however slight, incurred by any student participating in athletics.
2. The Accident Report Form (A-1) is to be prepared and forwarded within 35 hours of the injury. Forward one copy to the following: Principal, School Nurse, Business Office, and Director of Health services.
3. Procedures to be utilized for an injury:
 - a. If, in the judgment of the coach or athletic trainer, immediate medical attention is necessary:
 1. Notify parents/guardians.
 2. If moving the injured student is not hazardous, parent/guardian may pick up student and take him/her to a physician or a hospital for treatment.
 3. If parents/guardians are unable to pick up student, transportation to his/her physician or a hospital should be arranged. Call ambulance squad, if necessary.
 - b. If, in the judgment of the coach or athletic trainer, the injury is of a nature requiring attention beyond primary first aid, such as an obvious fracture, profuse bleeding, etc.:
 1. Notify parents/guardians.

2. Call for an ambulance and have student removed to a hospital; (see form for hospital preference) in this case, make certain that the student is accompanied by either the coach or assistant coach, and parents/guardians, if they arrive.
- c. Exercise every precaution in properly providing for the injured student. Do not risk moving, if injury appears to be of a nature requiring attention beyond primary first aid.

B. MEDICAL TREATMENT FOR ATHLETIC INJURIES

1. An accident report for (A-1) must be completed by the coach or athletic trainer if a student indicates an injury, the next day or on a Monday after a weekend game or practice. Forward one copy to each of the following: Principal, School Nurse, Business Office, and Director of health Services.
2. Under no circumstances is a student to be sent by a coach or a trainer to a physician for treatment. (This does not refer to the action taken by coaches at the time of an emergency injury as described under "Athletic injuries", but refers to treatment required following the initial physician contact at the time of the injury. No specific physician is to be recommended by school personnel. This is the responsibility of the parents/guardians.
3. A student may not dress for, or participate in either practice or a game while undergoing treatment, unless written orders are received from the examining physician by the School Nurse, Coach, or Athletic Trainer, signed by the attending physician. When written approval is received from the attending physician by the School Nurse, Coach, or Athletic Trainer, this clearance must be retained, and included as part of the student's medical health records. Health records are maintained in the School Nurses' office.
4. In cases where a student sustained an injury that did not require medical treatment, the Athletic Trainer, or School Nurse must provide written permission to the coach, before there can be further participation by the student.
5. In cases where there may be questions regarding the condition of an athlete's ability to participate in practice or a game, the school physician will make the final determination, in writing. The written orders will be maintained in the student's health records.

C. INSURANCE REQUIREMENTS FOR STUDENT ATHLETES

The Cherry Hill Board of education has purchased Full Excess Accident Insurance Coverage for all interscholastic sports.

Full Excess means that the insurance company shall not include that portion of medical expense resulting from any injury that is reimbursable by other valid and collectible insurance.

SPORTS RELATED CONCUSSION AND HEAD INJURY (Policy 5141.8)

Legislation (P.L. 2010, Chapter 94) (*N.J.S.A.* 18A:40-41.3) enacted on December 7th, 2010 requires each school district, charter, and non-public school that participates in interscholastic athletics to adopt by September 1, 2011, a policy concerning the prevention and treatment of sports-related concussions and other head injuries among student-athletes. The Center for Disease Control estimates that 300,000 concussions are sustained during sports-related activity in the United States. A concussion is a traumatic brain injury (TBI) caused by a direct or indirect blow to the head or body. In order to ensure the safety of student-athletes, it is imperative that athletes, coaches, and parents/guardians are educated about the nature and treatment of sports-related concussions and head injuries. Allowing a student-athlete to return to play before recovering from a concussion increases the chance of a more serious brain injury that can result in severe disability and/or death.

To that end the Cherry Hill Board of Education is supportive of the care and treatment of a student-athlete who is suspected of sustaining a sports-related concussion or head injury.

The following components are in the policy:

- N.J.S.A.18A:40-41.4- Removal of student-athlete from competition, practice; return.

A student who participates in interscholastic athletics and who sustains or is suspected of sustaining a concussion or other head injury shall be immediately removed from practice or competition. The student-athlete may not return to play until he/she has obtained medical clearance in compliance with local school district return-to-play policy.

- All Coaches, School Nurses, School/ Team Physicians and Licensed Athletic Trainers must complete an Interscholastic Head Injury Training Program.
- The Athletic Head Injury training program must include, but not be limited to:
 1. The recognition of the symptoms of head and neck injuries, concussions, risk of secondary injury, including the risk of second impact syndrome; and
 2. Description of the appropriate criteria to delay the return to sports competition or practice of a student –athlete who has sustained a concussion or other head injury.
- An Athletic Head Injury Training program such as the National Federation of State High Schools Association online “Concussion in Sports” training program or a

comparable program that meets mandated criteria shall be completed by the above named staff or others named by local district/school policy. Additional head injury training programs that meet the mandated criteria may be completed by professionals of different levels of medical knowledge and training. Guidance for these additional training programs will be provided by the NJDOE.

- Distribution of NJ Department of Education Concussion and Head Injury fact sheet (See Appendix C of Policy 5141.8, 3 pages) to every student-athlete who participates in interscholastic sports. Every student that participates in interscholastic sports shall obtain a signed acknowledgement of the receipt of the fact sheet (See appendix A of the Policy) by the student-athlete's parent/ guardian and such acknowledgement will be kept in the school's files for future reference.

Model Concussion Protocol for the Prevention and Treatment of Sports-Related Concussions and Head Injuries

Prevention

1. Pre-season baseline testing.
 2. Review of educational information for student-athletes on prevention of concussions.
 3. Reinforcement of the importance of early identification and treatment of concussions to improve recovery.
- Student-athletes who are exhibiting the signs or symptoms of a sports-related concussion or other head injuries during practice or competition shall be immediately removed from play and may not return to play that day.

Possible Signs of Concussion:

(Could be observed by Coaches, Licensed Athletic Trainer, School/Team Physician, School Nurse)

1. Appears dazed, stunned, or disoriented.
2. Forgets plays, or demonstrates short term memory difficulty.
3. Exhibits difficulties with balance or coordination.
4. Answers questions slowly or inaccurately.
5. Loses consciousness.

Possible Symptoms of Concussion

(Reported by the student athlete to Coaches, Licensed Athletic Trainer, School/ Team Physician, School Nurse, Parent/ Guardian)

1. Headache
 2. Nausea/Vomiting
 3. Balance problems or dizziness.
 4. Double vision or changes in vision.
 5. Sensitivity to light or sound/noise.
 6. Feeling sluggish or foggy.
 7. Difficulty with concentration and short term memory.
 8. Sleep disturbance.
 9. Irritability
- Student-Athletes must be evaluated by a physician or licensed health care provider trained in the evaluation and management of concussion to determine the presence or absence of a sports-related concussion or head injuries.
 - To return to practice and competition the student-athlete must follow the protocol:
 1. Immediate removal from competition or practice. 911 should be called if there is a deterioration of symptoms, loss of consciousness, or direct neck pain associated with the injury.
 2. When available the student-athlete should be evaluated by the school's licensed healthcare provider who is trained in the evaluation and management of concussions.
 3. School personnel (Athletic Director/Building Administrator, Licensed Athletic Trainer, School Nurse, Coach, etc.) should make contact with the student-athlete's parent/guardian and inform him/her of the suspected sports-related concussion or head injury.
 4. School personnel (Athletic Director/ Building Administrator, Licensed Athletic Trainer, School Nurse, Coach, etc.) shall provide the student-athlete with district board of education approved suggestions for management/ medical checklist to provide their parent/guardian and physician or other licensed healthcare professional trained in the evaluation and management of sports related concussions and other head injuries (See attachment sections at end of model policy for examples CDC, NCAA, etc.)
 5. The student-athlete must receive written clearance from a physician, trained in the evaluation and management of concussions that states the student-athlete is asymptomatic at rest and may begin the local districts' graduated return-to-play protocol. Medical clearance that is inconsistent with district, charter, and non-public school policy may not be accepted and such matters will be referred to the school/team physician.

Graduated Return to Competition and Practice Protocol

- Complete physical, cognitive, emotional, and social rest is advised while the student-athlete is experiencing symptoms and signs of a sports-related concussion or other head injury. (Minimize mental exertion, limiting overstimulation, multi-tasking etc.)
- After written medical clearance is given by a physician trained in the evaluation and management of concussions stating that the student-athlete is asymptomatic at rest, the student-athlete may begin a graduated individualized return-to-play protocol supervised by a licensed athletic trainer, school/team physician or in cases where the afore mentioned are not available a physician or licensed health care provider trained in the evaluation and management of sports-related concussions. The following steps should be followed:
 1. Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without re-emergence of any signs or symptoms. If no return of symptoms, next day advance to:
 2. Light aerobic exercise, which includes walking, swimming, or stationary cycling, keeping the intensity to less than 70% maximum percentage heart rate: no resistance training. The objective of this step is increased heart rate. If no return of symptoms, next day advance to:
 3. Sport-specific exercise including skating, and/or running; no head impact activities. The objective of this step is to add movement and continue to increase heart rate. If no return of symptoms, next day advance to:
 4. Non-contact training drills (e.g., passing drills). The student-athlete may initiate progressive resistance training. If no return of symptoms, next day advance to:
 5. Following medical clearance (consultation between school health care personnel, i.e., Licensed Athletic Trainer, School/Team Physician, School Nurse and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and to assess functional skills by the coaching staff. If no return of symptoms, next day advance to:
 6. Return to play involving normal exertion or game activity.
- In the absence of daily testing by knowledgeable school district staff (i.e. Licensed Athletic Trainer, School/Team Physician) to clear a student-athlete to begin the graduated return-to-play protocol a student – athlete should observe a 7 day rest/recovery period before commencing the protocol. Younger students (grades 6-8) should observe the 7 day rest/recovery period (after they are symptom free at rest) prior to initiating the graduated-return-to play protocol. A physician trained in the evaluation and management of concussion as well as the parents/guardians of the student-athlete shall monitor the student-athlete in the absence of knowledgeable school district staff (i.e., Athletic Trainer, School/Team Physician). School Nurses may serve as an advocate for student-athletes in communicating signs and symptoms to physicians and parents/guardians.
- Utilization of available tools such as symptom checklists, baseline and balance testing are suggested.

- If the student athlete exhibits a re-emergence of any concussion signs or symptoms once they return to physical activity, he/she will be removed from further exertional activities and returned to his/her school/team physician or primary care physician.
- If concussion symptoms reoccur during the graduated return-to-play protocol, the student-athlete will return to the previous level of activity that caused no symptoms.

Temporary Accommodations for Student-Athletes with Sports-Related Head Injuries

- Rest is the best “medicine” for healing concussions or other head injuries. The concussed brain is affected in many functional aspects as a result of the injury. Memory, attention span, concentration and speed of processing significantly impacts learning. Further, exposing the concussed student-athlete to the stimulating school environment may delay the resolution of symptoms needed for recovery.
- Accordingly, consideration of the cognitive effects in returning to the classroom is also an important part of the treatment of sports-related concussions and head injuries.
- Mental exertion increases the symptoms from concussions and affects recovery. To recover, cognitive rest is just as important as physical rest. Reading, studying, computer usage, testing, texting – even watching movies if a student is sensitive to light/sound – can slow a student's recovery. In accordance with the Centers for Disease Control's toolkit on managing concussions boards of education may look to address the student's cognitive needs in the following ways.
 1. Students who return to school after a concussion may need to: 1. Take rest breaks as needed.
 2. Spend fewer hours at school.
 3. Be given more time to take tests or complete assignments. (All courses should be considered)
 4. Receive help with schoolwork.
 5. Reduce time spent on the computer, reading, and writing.
 6. Be granted early dismissal to avoid crowded hallways.

Return to Play Guidelines

At any time during a practice or game that a student athlete experiences any sign(s)/symptom(s) of a concussion he/she will not be allowed to return to play/practice that day.

First time concussed athletes with no loss of consciousness and signs/symptoms lasting less than 7 days may return to play when he/she meets the following criteria:

1. Asymptomatic (with no use of medications to mask headache or other symptoms).
2. After written medical clearance is given by a physician trained in the evaluation and management of concussions stating that the student-athlete is asymptomatic at rest, the student-athlete may begin a graduated individualized

return-to-play protocol supervised by a licensed athletic trainer, school/team physician or in cases where the afore mentioned are not available a physician or licensed health care provider trained in the evaluation and management of sports-related concussions.

3. Completion of the Zurich Activity Progression (see below). This may begin once the athlete is asymptomatic for a minimum of 24 hours and medically cleared to do so.
4. ImpACT scores return to within normal limits of baseline (if applicable).

Any loss of consciousness, signs/symptoms lasting 7 days or longer or repeat concussions will require a minimum 7 day asymptomatic period and medical clearance before beginning the Zurich Activity Progression and will be managed on an individualized basis as approved by the school physician. The asymptomatic period for any concussion may be extended at the discretion of the Cherry Hill School District physicians and/or athletic trainer. Physician clearance notes inconsistent with the concussion policy may not be accepted and such matters will be referred to our school physician.

Zurich Return to Activity Progression

We follow a stepwise activity progression based on recommendations in the Zurich Consensus Statement from the 3rd International Congress on Concussion in Sport¹ as follows: After a symptom free day of normal cognitive activities:

Step 1: Light aerobic exercise (i.e. stationary bike, elliptical machine)

Step 2: Moderate aerobic exercises (begin running program)

Step 3: Functional exercises (increase running intensity; begin agilities, non-contact sport-specific drills)

Step 4: Non-contact practice activities

Step 5: Full contact practice activities

Step 6: Full game play

Each step is separated by 24 hours if any symptoms occur, the athlete will drop back to the previous level and try to progress again after 24 hours of rest has passed.

EMERGENCY PHONE NUMBERS

CHERRY HILL AMBULANCE	911
CHERRY HILL POLICE	911 OR 665-1200
Cherry Hill Cab - TAXI	665-1300
CAMDEN COUNTY HEALTH DEPARTMENT	757-8800
CAMDEN COUNTY ALCOHOL ABUSE PROGRAM	757-4415
CAMDEN COUNTY DRUG TREATMENT PROGRAM	228-4200

POISON CONTROL CENTERS

NEW JERSEY	(800) 962-1253
VIRTUA HOSPITAL	963-8830
PHILADELPHIA	(215) 922-5524

HOSPITALS

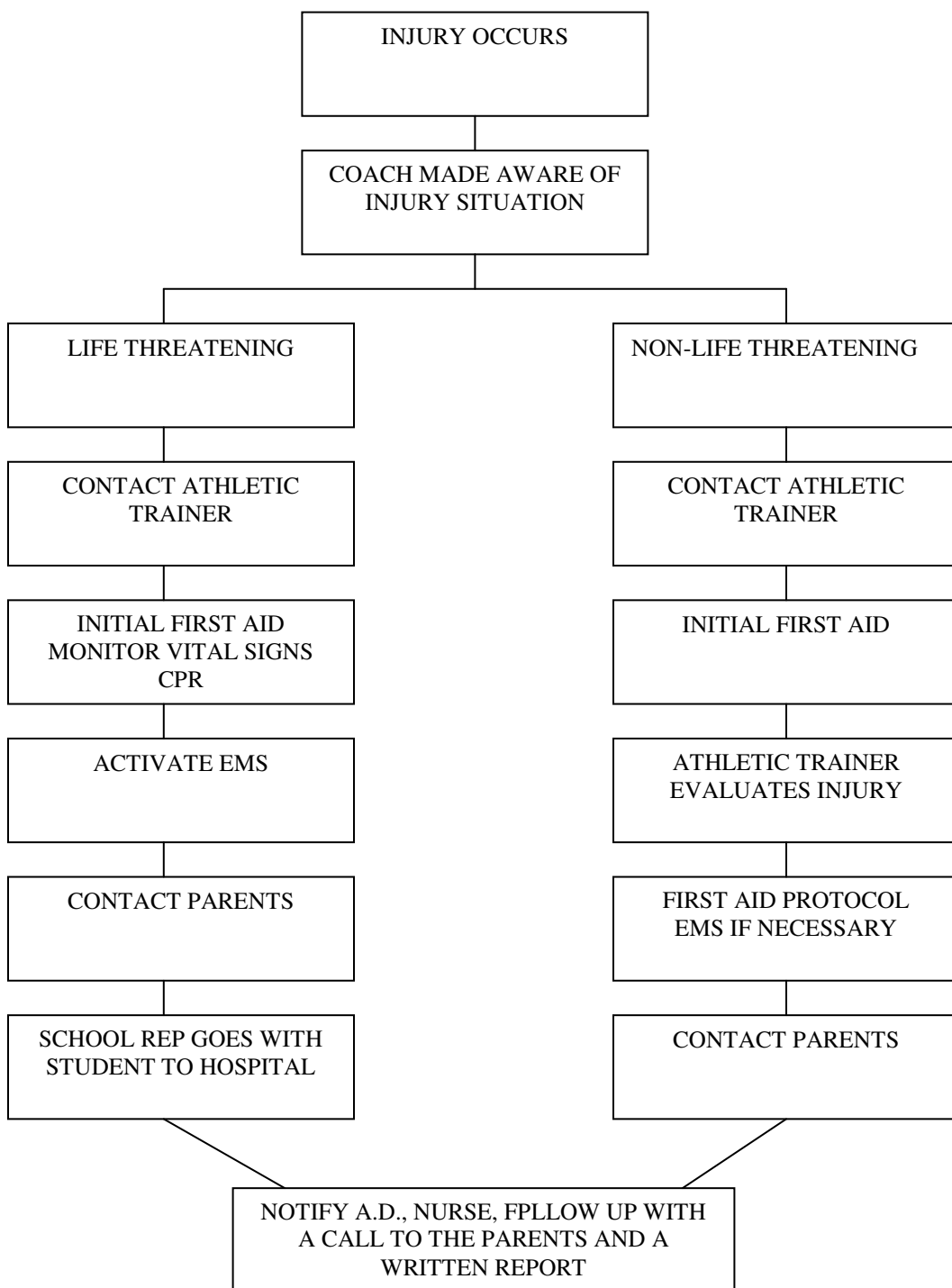
Kennedy-Jefferson – CHERRY HILL EMERGENCY ROOM	488-6500
COOPER HOSPITAL EMERGENCY ROOM	342-2000 342-2345
OUR LADY OF LOURDES EMERGENCY ROOM	757-3500
VIRTUA(VOORHEES)	847-3000
VIRTUA(MARLTON)	355-6000

OTHER PHONE NUMBERS

CENTRAL ADMINISTRATION	429-5600
CHERRY HILL EAST	424-2222
CHERRY HILL WEST	663-8006

CHERRY HILL PUBLIC SCHOOLS

ATHLETIC INJURY PROCEDURE



CHERRY HILL BOARD OF EDUCATION

NOTICE REGARDING ATHLETIC INJURIES

The Board pays for "Full Excess" accident insurance for injuries to students that occur during interscholastic sports, intramural sports, gym class, and non-athletic co-curricular activities such as school sponsored theatrical productions. This coverage is for accidents, not medical conditions.

This "Full Excess" insurance means that the policy will make payments on balances that are **not covered by other medical insurance** a student may have.

Therefore a claim should be submitted to the student's own insurance first. An itemized bill and an Explanation of Benefits(EOB) should then be submitted to our insurance company along with a claim form. All eligible payments will be made on a usual and customary basis up to the policy limits.

If there is no other insurance available, this plan **will then** become the "Primary" insurance, and again all eligible payments will be made on a usual and customary basis up to the policy limits.

Initial treatment must be rendered within 90 days of the accident and benefits are limited to treatment within 5 years of the date of the accident.

All claims must be submitted within 90 days from the date of the accident. Claim forms are available from the school nurse and sent directly to the address on the claim form.

GENERAL TEAM PROCEDURES AND GUIDELINES

A. ATHLETIC PRACTICE/EVENTS

1. Coaches will determine the starting and ending time of practice.
2. Practices should begin on time and end in sufficient time to allow participants to use the late bus, or be picked up by parents/guardians.
3. Coaches are to be present before students arrive and remain until all of the students have departed.
4. No practice permitted on Sundays, without the prior approval of the Assistant Principal of Athletics, and in cases where permission is granted, not before 12 noon.
5. No student, regardless of religion, will be penalized as a result of missing practice or a game as a result of his/her religious observances.
6. At times, competitions are scheduled beyond the control of the school district. In these cases, Cherry Hill teams may participate. Any student, because of his/her religious observances, can elect not to participate, without penalty.
7. Senior students will not be penalized for attending major senior activities, to include the class trip and the senior prom. Students are to provide adequate notice to their respective coaches.

B. CUTTING FROM TEAMS

1. Students may not be cut from an athletic team until they have participated in the number of practices listed in Cherry Hill Administrative Procedure A-19. The minimum number of practices needed before a cut can take place is six. An exception would be for those students who come out for teams once school has started in September, and the practices for the teams started prior to the beginning of school. You must discuss this problem with the Coach and Athletic Director at the respective school.
2. Seniors who have been members of a team for the previous 3 years, are not to be cut, but are to be permitted to remain with the team their senior year. The Coach will attempt to include the senior in the total program, so as to encourage a positive self-concept for this athlete.

C. ATHLETIC PARTICIPATION FORM AND RELEASE

This form must be completed and on file prior to any student being issued equipment and beginning practice.

1. This form:
 - a. Signifies a sport.
 - b. Gives student's name, address, and phone number.
 - c. Grants parental permission.
 - d. Gives student's birth date.
 - e. Signifies insurance coverage.
 - f. Names family physician, address, and phone number.
 - g. Denotes hospital preference.
 - h. Shows date and physician conducting medical examination.
 - i. Contains signature of student athlete and parent/guardian.
 - j. Contains necessary medical information on the student athlete.

2. Procedures
 - a. Form will be given to student prior to the day of the school issued physical examination.
 - b. Upon reporting for the physical examination, the student must show that the parent/guardian has supplied the requested information and has affixed his/her signature. If the form is not completed properly, the student will not be permitted to be examined by the physician.
 - c. Students whose forms are completed properly will be examined by the physician. Upon completion of the physical examination, the physician will sign the form in the proper space.
 - d. The Athletic Participation Form and Release will be kept on file in the athletic office.

3. Wrestling Weight Certificates- Each student participating in wrestling will complete this form as part of the Athletic participation and release procedure.

D. DISCIPLINE (Suspensions and Game ejections)

1. Student suspensions
 - a. The denial of a student's right to participate in a school activity is the most serious sanction that a coach can administer. As such, it must be done in a fair and impartial manner.

- b. Student suspensions for major disciplinary reasons, by a coach, will be done in consultation with the Athletic Director. This procedure is not intended to diminish the authority of the coach to discipline his/her players, but is intended to ensure that discipline sanctions are fair between teams.
- c. Whenever a student athlete is suspended, the coach will notify the student's parent/guardian, indicating the reason(s) for the suspension and the length of the suspension.

2. Game ejection

- a. Cherry Hill Public Schools Administrative Procedure A-16 governs the procedures used when a student or coach is ejected from an athletic event in addition to required forms from the NJSIAA.
- b. If a student is ejected from an athletic contest, a report shall be written describing the incident and what measures have been taken to preclude its recurrence. This report will be completed by the coach, with a cover letter from the principal, concurring or non-concurring with the actions of the coach and providing the principal's assessment of the incident.

NJSIAA DISQUALIFICATION RULE

The Cardinal Rule is:

Officials officiate the game.

Coaches coach the game.

Players play the game.

Fans cheer positively for both teams at the game.

Concentrate on your area of the game.

CL 1 Officials are reminded that prudent information should be utilized prior to any disqualification. An official may not have a "change of mind" after the disqualification has been enforced; there is no such condition as "the act was not serious enough for the player/coach to be disqualified from additional game(s)." All disqualification for flagrant, unsportsmanlike conduct, will always carry the additional game(s) penalty; flagrant, unsportsmanlike conduct is not a "playing rule" violation. The determination of disqualification must be made at the time of the violation

CL 2 Flagrant is a glaring action by a player or coach which is excessive physical play or unacceptable conduct as adjudged by the game/meet official(s).

CL 3 Regular season, **rescheduled** or tournament games which are in place prior to the disqualification, will be used to satisfy the penalty; any games arranged by the school after the disqualification to be played during the disqualification period, will be added to the penalty. The competition must begin in order to fulfill the requirements of the disqualification rule.

CL 4 "Not being present at the site" means the disqualified player or coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during, or after the game or meet. Anyone in violation of this rule will cause forfeiture of those games during the period of disqualification.

CL 5 Ejection or removal of a player for a specific sport rule will carry the disqualification penalty only when it includes a flagrant unsportsmanlike act.

CL 6 Seniors who are disqualified from their last game will serve the penalty in a subsequent sports season. When seniors are disqualified from their last game of their high school careers, member schools are required to take proper administrative action to discipline the offending student.

CL 7 Seniors who quit a sport and have not fulfilled their penalty in that sport, must serve it in the new sport before beginning playing in that sport.

CL 8 Any player/coach disqualified **in single or multiple sports** for a second time will have the penalty doubled(i.e., football – disqualified for two(2) games; all other sports - four(4) games). Disqualifications will count for **365 days** from the date of the first disqualification.

CL 9 Any player with two or more disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament. A second disqualification for an individual in any game/meet/match supersedes NFHS rules in this regard.

CL 10 Any varsity team accumulating three or more player or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of a tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.

CL 11 Single/multiple sports- on the third offense; players disqualified will be suspended indefinitely, and must apply, in writing, to the NJSIAA through the office of their Principal for reinstatement. Disqualifications will count for 365 days from the date of the first disqualification.

TRYOUTS

The dates, times and format for team tryouts will be announced by the respective coaches. Perspective athletes must follow the tryout procedure set 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.

- In order to tryout/practice a prospective candidate must have a completed and signed Permission Form. Students must also be Medically Cleared to Play by the School Nurse.
- Tryouts will be held over a six-day period. There may be double sessions; weather conditions may necessitate an indoor format. After the sixth day, those not progressing will be notified personally by the coach. Any additional cuts will follow the same format for notification.
- Trying out for a second, same season sport after being cut from another one will be at the discretion of the coaches and the Athletic Director.
- Once you leave a team for another sport, you can not switch back (NJSIAA regulation). If you are considering switching sports, you should meet with the Athletic Director for guidance.
- There will be some 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. Unless otherwise released by a coach, students must complete the first sport season before beginning another. There will be no penalty/ disadvantage in the second sport because of this rule.
- Students must have attended six full days of practice in order to participate in a scrimmage or game. According to the NJSIAA, students who are involved in an extended season due to NJSIAA playoffs, are not bound to "the six (6) days of practice before scrimmaging" rule in the next season sport.

NOTE: Students progressing from one sport to another are still responsible for turning in completed and signed Permission and Release Form for the new sport. Permission and Release Forms must be completed and signed before the student may begin to practice. Although a second physical/ exam is not technically required, parents are bound to notify the School Nurse, the Trainer, the Athletic Director and the coach of any change in physical condition. The medical information section of the Permission and Release Form must be completed for each sport played.

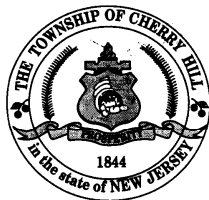
Students who are injured should follow these procedures.

- If a candidate is **injured prior** to tryouts, a written note from the attending physician detailing the injury, giving specific limitations on activity and estimated date of return to full activity is mandatory and must be given directly to the Athletic Director and coach 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 are in forced. The candidate will be directed to the trainer for an evaluation.

The candidate should still report to tryouts to observe until status is officially determined. After review of the individual case by the Trainer, Athletic Director and Coach, the candidate will be advised of their status.

LEAVING/QUITTING A TEAM

Occasionally a student-athlete considers leaving a team or not finishing the season. Obviously this is an important decision and one that should not be finalized while under emotional stress. Feelings of this nature should first be discussed privately with your coach. Athletes are strongly advised to also see the Athletic Director about such a matter before making a final decision. Any athlete who quits a team without seeing the Athletic Director about the matter will be called in for a private conference.



August 2016

Dear Parent or Guardian:

The physical safety of you student athlete is the East and West Athletic Department's highest priority! Emotional well being is a very close second.

There may be a time during the season when you or your athlete will have a concern or issue with a coach, a behavior or activity. Please review and utilize the Issue Resolution Procedures. Your cooperation will help create a better environment for all of the East and West Athletes.

The exceptions in our Issue Resolution Procedures merits an explanation.

1. Our coaches decide which players will play, who will start, and what positions they will play. Step 2 is the appropriate procedure for a concern of this nature. The student athlete should ask the coach what skills he/she must improve to play in a contest or play a particular position. There will not be a Step 3(conference) to discuss playing time, positions, or strategies. An athlete who is promoted because of effort needs to know his/her promotion is pure and not the result of an assertive parent. It is important for our athletes to know they are on a fair playing field and not one biased by parental influence or assertion. **NO PARENT CONFERENCES FOR PLAYING TIME!**
2. Hazing- Communication must be immediate! The student athlete should see the coach or the athletic director or tell his/her parents and they in turn call the coach or athletic director at school.

Thank you for your cooperation.

Sincerely,

Louis Papa
TBD
Athletic Directors

STUDENT ISSUE RESOLUTION PROCEDURES

Step 1 the student athlete should communicate his/her concern to the team captain. Our captains are leaders and the liaisons between the team and the coaching staff. The team captain should be able to resolve a minor issue. "Ignore the situation until it goes away" is not an appropriate resolution.

No resolution – go to step 2

Step 2 The student athlete should approach the coach and relay his/her concern in a private conference.

No resolution – go to step 3

Step 3 the parent/guardian should schedule a conference by calling the athletic department between 7:30 am and 3:30 pm. The athlete, parent, coach and athletic director will meet to discuss the concern. All parties must be present.

- please do not call the coaches at home or initiate an impromptu conference in the parking lot after a game or practice.

Exceptions

1. Hazing- communication must be immediate. Call the coach or athletic director at school, home, or parking lot.
2. Playing time- No parent involvement! Student athlete must talk to coach (step 2) only!
3. Positions- same as playing time.
4. Game strategies- Same as playing time.

PARENT BEHAVIOR EXPECTATIONS – DO's and DON'ts

- I. The first and most important thing to made aware of id that participating in a Sport is a *Privilege*, not a Right. Privileges can be taken away for various reasons including violation of the Code of Conduct, poor academic performance or poor sportsmanship.
- II. Understanding the roles of individuals in High School Athletics
 - Athletic Director- Evaluates Programs
 - Coach – Sport Specific Professionals that run the Program

- Athlete – Participants, Focus of Program
- Officials – Professionals who administer contests.
- Parents – Fans & Supporters of Athletes and the Program.

Conflict occurs when one tries to accomplish the other's role.

III. Parent Communication of issues

Appropriate For Discussion

- Treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Inappropriate for Discussion:

- Playing Time
- Team Strategy
- Play Calling
- Talking about other Student-Athletes
- Speaking for "other" adults.

Parents are NEVER to approach a coach before, during or after a practice or game. Please contact the coach by phone or email to set up an appointment. If you have an issue that you wish to discuss please follow the procedure below.

Step 1 Communicate your concern to the coach by requesting a meeting at a mutually convenient time for both you and the coaching staff.

No resolution – go to step 2

Step 2 The parent/guardian should schedule a conference by calling the athletic department between 7:30 am and 3:30 pm. The athlete, parent, coach and athletic director will meet to discuss the concern. All parties must be present

ATHLETIC CODE OF CONDUCT

The athletic program in Cherry Hill has the primary objectives of the development of self discipline, a spirit of cooperation, good citizenship and respect for rules and authority. We seek to instill in our students, principles of justice, fair play and good sportsmanship. In order to accomplish these objectives, it is necessary to develop and maintain a team and school spirit that is based on principles, discipline and uniformity of goals. Certain regulations are necessary to prevent the disruption of team spirit.

A. ATHLETIC COURTESY

Athletics should foster sportsmanship at all times. It is the privilege of each one of us associated with athletics to manifest our principles in our own actions. Failure to comply with these rules will result in expulsion from the team as well as further disciplinary action.

- Visiting teams are guests of Cherry Hill and are to be treated with respect and courtesy at all times.
- The rules of the game are to be observed by all. Absolutely no unsportsmanlike conduct will be tolerated. Athletes ejected from a game by a referee are subject to further disciplinary action by the Athletic Director 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

It is the primary responsibility of each athlete to do everything in his/her power to promote good sportsmanship and a healthy spirit.

- The athlete must realize that he/she represents a tradition of fairness and compassion in competition.
- The athlete is to develop the self control necessary to perform one's best in competition and prepare for the future; avoiding poor sportsmanship, loss of temper, fighting, abusive language and/or gestures.
- The athlete is to learn that performing to the best of one's ability is far more important than winning or losing.

C. STUDENT/PARENT SPECTATOR RESPONSIBILITIES

Purchasing a ticket to an athletic event and/or attending an athletic event means that the spectator has assumed a responsibility for proper representation of Cherry Hill, just as the athlete does. These rules apply to all spectators; students and parents alike.

- Spectators are to cheer positively and are to totally avoid "booing" and 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 and cheerleaders).
- Spectators are to respect and obey property regulations established by each school.

- Spectators are always to regard the decision of an official as final.

These rules are in effect at both home and away games for Cherry Hill 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 via the Athletic Director. Any students or adults involved will meet with the Athletic Director.

D. SPECIFIC SPECTATOR BEHAVIOR

The following policy has been adopted by the Olympic Conference. As a member school, we have adopted this policy for ALL athletic contests.

- No possession or consumption of alcoholic beverages.
- No possession or use of drugs.
- No smoking on school property.
- No beverages or food in the gymnasium.
- No radios.
- No posters, banners or noise makers of any kind.
- Cheers should be positive in nature.
- Whenever possible all spectators should remain in the stands.
- Anyone who leaves the building will not be allowed back inside.

Failure to comply with any portion of the above policy may mean removal from the contest and forfeiture of attendance at future contests.

SCHOOL ATTENDANCE

Students who are absent from school may not participate in practices or games that day. Students must be in school for at least ½ of the day to be considered "Present." Students who are absent due to a specific foreseeable reason (i.e., appointment, funeral, college interview), may participate in practices or games provided that prior written notice is given to the coach. Obviously students who are suspended from school for disciplinary reasons are not "Present" and therefore can not 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 practice or a game.

DETENTION

Athletes will not be excused from a school or teacher assigned discipline in order to attend practice. Do not expect exceptions; they will not be granted. It is your responsibility to notify the coach that you will not be at practice. Do not expect or ask your coach or parent to get you out of a discipline. If a school discipline falls on the game day as a regularly scheduled game, detention may be reassigned at the discretion of the teacher or Assistant Principal. Please discuss this in advance.

NOTE: Participation in a game is a privilege not a right. Reassignment should not be assumed.

TEAM CONDUCT

Student athletes are bound by the Athletic Code of Conduct as stated in the Student/Parent Handbook and reprinted in this Handbook. Coaches may establish additional regulations which you are expected to follow. If an athlete is ejected from a game the athlete and a parent/Guardian must meet with the Athletic Director on the next available school day. Further disciplinary measures may be taken including expulsion from the team. Athletes represent the school community. Therefore, there is a responsibility to reflect your best image in exchange for the privilege of wearing a team uniform.

BLOOD DRIVES

For safety reasons, athletes who are in season are not permitted to give blood. We encourage you to give blood in your off season either here at school or in your community.

ACADEMIC RESPONSIBILITY

Your first responsibility is to your studies; therefore, you must give priority to make-up tests, tutoring sessions, reviews, etc. You may not use practice as an excuse to miss a makeup test or avoid an academic responsibility. Your coaches have been advised of this policy. It is your responsibility to advise them if you will be late to practice due to the priority of academics. Participation in practices or late ending games will not be accepted by the faculty as a reason to postpone taking a test or handing in a project.

TRAINING / PRACTICE GUIDELINES

Your coach will provide you with pre-season conditioning workouts to prepare yourself for the coming season. You are on your own to follow the suggested steps to get into shape. It is your responsibility to maintain the best possible physical and mental condition. You owe it to yourself, your coach and your teammates to reach peak effectiveness. *Smoking or the use of chewing tobacco, alcohol, drugs or steroids is a direct violation of training and school rules.* Infractions will be dealt with by both the Athletic Department and the Principal. Practice times will be scheduled and announced. Since practices are important to the success of the team and personal development, you are expected to be in attendance. Plan appointments around the scheduled times. Sunday practices will start after 12 noon.

- 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 games and practices. Please review the transportation policy.
- You should not wear any jewelry including necklaces, rings, earrings, watches while training, practicing or participating in games for safety reasons. You may be ejected from athletic events resulting from wearing jewelry. 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.

COLLEGE PLANNING

College admission is no different for the student athlete than for any other student. However, the lack of much free time makes it especially important for an athlete to work closely with his guidance counselor in planning SAT testing, processing applications and setting up interviews. College visits during your sport season affect your team; they should be discussed with your coach first and scheduled for the off season if possible. You should become familiar with the NCAA regulations concerning recruitment if your athletic reputation has brought you to the attention of college scouts. It is important to know the rules to protect both your high school and college eligibility. NCAA information booklets on this subject are available in Guidance. According to new NCAA regulations, any athlete who wants to play for a Division I or Division II school must complete an NCAA Clearinghouse form for an academic evaluation for college athletic eligibility. These forms and explanatory booklets are available online via the NCAA website. Your SAT scores must also be sent directly to this NCAA Clearinghouse by indicating this on your SAT registration form. If a college coach wishes to meet with a student for recruiting purposes at Cherry Hill, a coach must be present.

NOTE: The SAT is offered several times a year and the dates/ registration deadlines are published several months (even a year) in advance. Therefore, there should not be a conflict between SAT testing and athletic events if the student plans ahead. If a date conflict should arise, the senior athlete should try to select a test site at or near the game site.

COLLEGE ATHLETIC SCHOLARSHIP

Athletic scholarships from various colleges and universities are offered to student athletes whose talents and future athletic potential to the college program are judged solely by the coaching staff of the college that is offering such assistance. The Cherry Hill coaching staff can assist by providing requested information and recommendations based upon their personal knowledge of the athlete. High school coaches do not "GET" scholarships for their athletes. The athlete must satisfy criteria established for such grants by the college coach. It must be clearly understood that the philosophical intent of the high school athletic program is not to guarantee college athletic scholarships to its participants. There are too many variables that cannot be controlled by the high school coach. Of course, we are very happy for any student who receives financial assistance to attend college and as in all cases we will make every effort to assist students in receiving such financial aid. You are especially reminded that a strong college preparatory academic background is the determining factor for acceptance to an institute of higher learning. In most instances, gifted athletic talent and outstanding athletic accomplishment is not sufficient for acceptance to reputable colleges, if the academic background is poor and/or does not indicate predictability of successful academic matriculation. In our opinion, too many students are placed under great pressure to succeed as athletes for the sole purpose of receiving a very rare college athletic scholarship. They often fail to realize this goal and at the same time miss out on fully achieving the many positive outcomes cited in our philosophy and goals of the interscholastic athletic program.

NJSIAA RULES AND REGULATIONS

(Corresponding articles and rules are referenced)

A. REQUIRED DOCUMENTS

(Rule 2, Section 3)

Before you can begin tryouts, practice, scrimmage or play you must have the following official school documents completed, signed and turned in to your Athletic Office or School Nurse as designated.

1. Permission and Release Form/Health History Update
2. Medical History Questionnaire *
3. Physician's Examination Form *

* These documents are printed together in one document and must be on file with the School Nurse by the date specified for each season.

A complete explanation of the State Rules regarding the medical/ physician form is posted on the school nurse website. The medical forms must be completed within the legal time frame as explained by the Nurses. Once a valid medical form is on file, it is good for all subsequent sport seasons (365 days). Parents must also complete the medical update section on the Permission and Release/Health History Update form.

Please Note: A Permission and Release Form/Health History Update is required for every different sport in which a student participates.

Do not delay in returning these forms; you cannot participate in any sports activity unless they are complete and signed. Permission and Release Forms may be turned in to the Athletic Office not earlier than 3 weeks before the opening day of the season.

B. BASIC ELIGIBILITY RULES

(Article V)

It is the student's responsibility to know these rules. Do not jeopardize your own eligibility or cause the team to forfeit games by ignoring these rules. Contact the Athletic Director if you have any questions about these rules.

- A student may not reach the age of 19 before September 1.
- A student must have passed 30 credits the preceding year, 15 credits in the preceding semester. If you fail a course in the 1st semester, you may be ineligible for the entire 2nd semester.
- A student transferring into Cherry Hill must complete a Transfer Waiver Form if applicable.
- A student may not accept money or any merchandise as prizes for contests or displays of athletic ability. This is of special concern to bowlers in adult leagues and golfers who participate in tournaments.
- 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 the next two games and are subject to the sanctions listed in the Athletic Code of Conduct.
- Freshmen who compete in more than two varsity contests in any sport are not eligible to play on the freshmen team. Use of freshmen on junior varsity teams does not affect freshmen team eligibility.

- The school reserves the right to set more stringent requirements for our own athletic program.

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

The out-of-season period shall be from the end of the season as defined in Rule 2, Section 10 until the next official starting practice date for that sport, excluding the Summer Recess, that period from the last scheduled date for NJSIAA championships in the Spring Sport Season until September 1st.

Remember: Students are under no obligation to participate in any out of season activities as a condition to maintain or achieve team status. The use of the school name, nickname or any derivative may not be used for any outside of school team. These teams are not sanctioned.

Parents: 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 attempt to dissuade an athlete from participating in one sport in order to prepare for another or to specialize in one sport.

D. SUMMER RECESS

The summer recess is from the last day of the NJSIAA Spring Season until September 1st. This time frame is not subject to the out of season guidelines. However, there are school guidelines regarding coaches putting pressure on players (see above). Athletes are not penalized for non-attendance at summer activities. Conditioning and weight training are encouraged; the weight room is open during the summer for the times posted by various sports. After September 1st, the in-season dates and out-of-season rules are in effect until the last day of school.