

PARSIPPANY HILLS ATHLETIC HANDBOOK

2010-2011



“GO VIKINGS”

PARSIPPANY HILLS HIGH SCHOOL

ATHLETIC HANDBOOK

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SPORTSMANSHIP

The Board of Education requires that all individuals involved in or attending the athletic and intramural programs sponsored by the Board exhibit sportsmanship when representing the school at any athletic event. Sportsmanship is defined as abiding by the rules of the contest as defined or accepted by the participating teams and the gracious acceptance of victory or defeat.

Unsportsmanlike behavior as exhibited through verbal abuse, rude gestures, taunts, obscenities, thrown objects, etc., shall not be tolerated in students, staff or any persons in attendance at district athletic competitions. Discipline may include, but not be limited to, eviction from competition and prevention from attending further competitions.

The ideal of sportsmanship permeates virtually every aspect of our culture. The ethic of fair play may be witnessed in all facets of life. However, its origin has been firmly established in sports as conceptually and pragmatically a training ground for good citizenship and high behavioral standards. The NJSIAA and the Iron Hills Conference are committed to fair play, graciousness toward an opponent, and a genuine concern and respect for others.

(Taken from the NJSIAA Sportsmanship booklet.)

NORTHWEST JERSEY ATHLETIC CONFERENCE

ATHLETIC CODE OF BEHAVIOR

1. Noisemakers

a. Outdoor:

- No device may be used to impede or interrupt the officiating, coaching, or the play of the game. ***Note:** Whistles are outlawed.

b. Indoor:

- School or Pep Band with advisor present, otherwise no noisemaking devices.
- No degrading signs or signs mentioning opponent's names or nicknames. A positive sign promoting your school is "Go Giants".
- Spectators must wear shirts indoors at all times.

2. Promote sportsmanship by exercising self-discipline; root for your team in a positive, enthusiastic manner. Unsportsmanlike conduct is prohibited.

3. No cheering when opposing cheerleaders are on the floor.

4. No derogatory comments or cheers at players or officials.

5. Accept the decision of the officials.

6. Do not endanger the safety or comfort of players, coaches, officials, cheerleaders, or other spectators.

7. Any intentional distraction, obscene, threatening abusive or inciting actions are unsportsmanlike.

8. Refrain from actions, which are deemed unsportsmanlike by the officials and/or school administrators.

9. Any person violating this code will be subject to ejection.

PARSIPPANY HILLS HIGH SCHOOL

Richard C. Fonti – Athletic Director

(973) 682-2815 ext. 2407

20 Rita Drive, Box 223

Parsippany, N.J. 07054

ATHLETIC PROGRAM OFFERINGS

Boys

Fall

Football V, JV, FR
Soccer V, JV, FR
Cross Country V, JV

Winter

Basketball V, JV, FR
Wrestling V, JV
Ice Hockey V, JV
Swimming V, JV
Track V, JV

Spring

Baseball V, JV, FR
Track V, JV
Tennis V, JV
Golf V, JV

Girls

Fall

Field Hockey V
Soccer V, JV, FR
Cross Country V, JV
Tennis V, JV
Volleyball V, JV
Cheerleading V, JV

Winter

Basketball V, JV, FR
Swimming V, JV
Track V, JV
Cheerleading V, JV
Ice Hockey V, JV

Spring

Softball V, JV, FR
Track V, JV
Golf V, JV

- ◆ Teams are very competitive. (There may be cuts).
- ◆ Practices will be held on weekends, vacation days, and holidays.

PARSIPPANY HILLS HIGH SCHOOL

2010/2011 STARTING DATES

<u>Fall</u>		<u>Winter</u>		<u>Spring</u>	
Football	(8/17)	Basketball	(11/26)	Baseball	(3/4)
Girls Tennis	(8/13)	Wrestling	(11/26)	Softball	(3/4)
Boys Soccer	(8/23)	Ice Hockey	(11/14)	Boys Track	(3/4)
Girls Soccer	(8/23)	Swimming	(11/14)	Boys Golf	(3/4)
Girls Volleyball	(8/24)	Boys Track	(11/26)	Boys Tennis	(3/4)
Field Hockey	(8/25)	Cheerleading	(11/26)	Girls Golf	(3/4)
Boys Cross Country	(8/25)	Girls Track	(11/26)	Girls Track	(3/4)
Girls Cross Country	(8/25)				
Cheerleading	(8/22)				
Marching Band & Flag Squad					

ACADEMIC REQUIREMENTS

Candidates for all teams must meet the academic standards established by the Parsippany-Troy Hills Board of Education and the New Jersey State Interscholastic Athletic Association (NJSIAA).

BOARD OF EDUCATION POLICY – GRADES 9-12

STUDENT ELIGIBILITY IN ATHLETIC AND CO-CURRICULAR ACTIVITIES

- A. All freshmen are eligible for the fall and winter activities.
- B. Sophomores, juniors, and seniors must have PASSED SIX SUBJECTS during their previous academic year to be eligible for fall and winter activities.
- C. To be eligible for the spring season, all students must have passed six subjects from September to February.
- D. A student who is eligible at the beginning of a sports season may complete that season.
- E. A student who is eligible at the beginning of a co-curricular season shall be permitted to continue in the event until its completion.
- F. Students may attend an accredited summer school to make up credits to be eligible for the fall/winter seasons.
- G. Eligibility for co-curricular activities is governed by the same rules as mandated by the N.J.S.I.A.A. for athletics.

N.J.S.I.A.A. ATHLETIC ELIGIBILITY REQUIREMENTS
(CLASS OF 2011, 2012, & 2013)

- A. To be eligible for athletic competition, a student must have passed 27.5 credits during the immediate preceding school year, including summer school, to be eligible for the first semester (fall, winter).
- B. All students must be passing 13.75 credits on January 31, to be eligible for the second semester (spring).
- C. The above paragraph "A" shall not apply to incoming students from elementary or middle school.
- D. Students must be under 19 years of age in order to participate in school athletics. If a student turns 19 on or after September 1, the student may compete that year.
- E. To be eligible for athletic participation during the first semester grade 10 and above, a student must have passed 25% of the credits required by the State of New Jersey for graduation.
- F. To be eligible for athletic competition during the second semester of the 9th grade or above, a student must have passed the equivalent of 12 ½ % of the credits required by the State of New Jersey for graduation at the close of the preceding semester (January 31). Full year courses shall be equated as one-half of the total credits to be gained for the full year to determine credits passed during the preceding semester.

N.J.S.I.A.A. ATHLETIC ELIGIBILITY REQUIREMENTS
(BEGINNING WITH THE CLASS OF 2014)

- A. To be eligible for athletic competition during the first semester (September 1 to January 31) of the 10th grade or higher, or the second year of attendance in the secondary school or beyond, a pupil must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic year.
- B. To be eligible for athletic competition during the second semester (Feb. 1 to June 30) of the 9th grade or higher, a pupil must have passed the equivalent of 12 ½% of the credits (15) required by the State of New Jersey for graduation (120) at the close of the preceding semester (Jan. 31). Full year courses shall be equated as ½ of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.

2010/2011 SAT Testing Dates

Test Date

October 9, 2010
November 6, 2010
December 4, 2010
January 22, 2011
March 12, 2011
May 7, 2011
June 4, 2011

Registration Closes

September 10 - SAT & Subject Tests
October 8- SAT & Subject Tests
November 5 – SAT & Subject Tests
December 23 – SAT & Subject Tests
February 11 – SAT Only
April 8 – SAT & Subject Tests
May 6 – SAT & Subject Tests

2010/2011 ACT Testing Dates

Test Date

September 11, 2010
October 23, 2010
December 11, 2010
February 12, 2011
April 9, 2011
June 11, 2011

Registration Closes

August 6
September 17
November 5
January 7
March 4
May 6

PARSIPPANY HILLS HIGH SCHOOL

PHOTO RELEASE INFORMATION

Please be advised that several newspapers photograph sporting events throughout the school year.

Your son or daughter's picture may appear in the local section of any high school sports section.

The release applies to:

- Parsippany Hills Board of Education Web Pages, designed by staff and or students
- Press releases or publications issued or developed by Parsippany Hills Board of Education or its representatives

I hereby grant to the Parsippany Hills School District and anyone authorized by that organization the right to copyright, reproduce, publish and otherwise to use live or recorded on tape, film or otherwise, my photograph, likeness, voice, performance, and my name in any and all media.

I further agree on behalf of myself, that my name, photograph, likeness, voice, performance and biography may be used for promotional, noncommercial purposes and other uses.

PARSIPPANY HILLS HIGH SCHOOL

IMPORTANT PHONE NUMBERS

Director of Athletics

Richard C. Fonti
(973) 682-2815 ext. 2407
(973) 418-3261 cell
rfonti@pthsd.k12.nj.us

Athletic Administrative Assistant

Deborah Egidio
(973) 682-2815 ext. 2418

Athletic Calendar of Events: www.highschoolsports.net

Directions to our away games can be found at www.NJSIAA.org
(Scroll down to the center of the home page for “High School directions/maps)

Parsippany Hills High School Principal

Dr. Nancy Gigante
(973) 682-2815 ext. 2401

Parsippany Hills Nurse’s Office

Kathleen Kelly
(973) 682-2815 ext. 2402

Certified Athletic Trainers

Venita Carlo-Prudenti
(973) 682-2815 ext. 2448

PHYSICAL PAPERWORK PROGRESSION

Coach distributes physical packets to student-athletes at annual pre-season meeting. (Student-athletes may pick up additional forms in the nurses office).

Parents will complete the necessary paperwork:

- **Yellow Emergency Card**
 - **Physical Forms**
 - **Code of Conduct Form**
 - **Steroid Form**
 - **Concussion Form**
- (See parent memo for explanation.)**

Completed forms returned to the school nurse.

School nurse collects all required forms and stamps the Yellow Card (which she gives to the athletic trainer). The following forms are returned to the coach:

- **Code of Conduct Form**
- **Steroid Form**
- **Concussion Form**

The athletic trainer verifies that the student-athlete has taken the ImPACT test and returns the Yellow Card to the coach.

Coach checks each student-athlete to ensure all forms are collected and then returns the completed forms to the Athletic Director. (All forms must be submitted and approved before any athlete may participate.)



Interscholastic Athletic Department
**PERMISSION FORM AND PARENT STUDENT-ATHLETE
CONTRACT FOR INTERSCHOLASTIC SPORTS**

Student's Name _____ Grade _____

I hereby apply for the privilege of trying out for the _____ team during the _____ season. I will conduct myself in a manner that will bring honor to my team, school and community.

Rules and regulations governing membership on an interscholastic athletic team:

I. ELIGIBILITY REQUIREMENTS (BOE Policy #542)

Interscholastic Athletics: Grades 9-12

1. **Definition:** All Board approved athletic activities in grades 9-12 sanctioned by New Jersey Interscholastic Athletic Association.
2. **Eligibility:** The board adopts the eligibility requirements of the New Jersey Interscholastic Athletic Association (NJSIAA) without revision and as may be changed from time to time – with the exception that the Board adopts the following additional requirements for participation in interscholastic athletics.

a. Students must adhere to Board rules and regulations regarding conduct and attendance.

b. Academic Requirements:

- To be eligible for athletic competition the first semester (September 1 to January 31) of the 10th grade or higher, students must have passed, during the immediately preceding school year, 25% of the credits (27.50) required by the Board for graduation. (Transfer students enrolling in the 10th grade or higher must have passed, during the immediately preceding school year, 25% of the credits required for graduation by the Board for Education in the school district from which they transferred). This equates to a passing grade in 6 classes in our district.
- To be eligible for athletic competition during the second semester (February 1 to June 30) of the 9th grade or higher, students must have achieved an academic record during the first semester which represents – on an annual basis – successful completion of 25% of the credits (27.50) required by the NJSIAA for graduation. (Transfer students enrolling in the 9th grade or higher must have achieved an academic record during the first semester which represents – on an annual basis – successful completion of 25% of the credits required for graduation by the Board of Education in the school from which they transferred). This equates to a passing grade in 6 classes during the first semester.

EXCEPTION: If students earn more than three-quarters of the credits (82.50) required for graduation by the end of grade 11, they may be eligible in the second semester of the senior year even if they carry less than 25% of the credits required for graduation during their senior year. At the end of the first semester of their senior year, students must fulfill NJSIAA eligibility requirements and must be passing a sufficient number of courses to meet local Board requirements for June graduation.

II. PHYSICAL EXAMINATION REQUIREMENTS:

- All candidates must pass a physical examination conducted by an approved healthcare provider as outlined in N.J.A.C. 6A:16-2.2 (h).
- Students who are disqualified by the school physician from participating in a sport may appeal a disapproval to the Superintendent of Schools.
- Students who have lost an organ, limb or appendage, but who are otherwise qualified, may not be excluded from participating in contact sports. However, such students must appeal to the Superintendent of Schools, providing a statement of approval from the doctor most familiar with their condition and parents/guardians will be required to sign a waiver.

III. ATHLETES' RESPONSIBILITIES:

Any of the following infractions may be cause for disciplinary action, including denial of a letter and/or post-season awards, exclusion from post-season award ceremonies, suspension or dismissal from the team as determined by the principal, supervisor of athletics, coach or activity staff. **ALL RULES ARE IN EFFECT THE ENTIRE CALENDAR YEAR ON OR OFF SCHOOL PROPERTY.**

- A.** Bringing discredit to the team or school, including disruptive behavior during games.
- B.** Suspension from school for serious offenses as per the school discipline policy, including smoking (tobacco use), assaults, fighting or other inappropriate conduct.
- C.** The use of alcoholic beverages and/or illegal drugs (Controlled Dangerous Substances as defined in N.J.S.A.2C:35-2, without a physicians' prescription, referred to as "CDS") is strictly prohibited. Students must depart from such affairs or situations immediately upon discovering that alcohol or CDS are present. Use of alcohol or CDS is cause for dismissal.
- D.** Unauthorized absenteeism from school as per BOE Policy 503.
- E.** Destroying or stealing equipment.
- F.** Failure to maintain academic standards as per BOE Policy #542 as stated under "I. Eligibility Requirements".
- G.** Any falsification of documents.
- H.** Athletes involved in any bias incident or hate crime are subject to dismissal from athletics for one year.

IV. GENERAL REQUIREMENTS:

- A.** Athletes must observe rules of appropriate dress and grooming for school and games.
- B.** An athlete desiring to drop from a sport must notify his/her coach.
- C.** Athletes must get approval from their coach to play on any outside teams during the season.
- D.** Athletes must pay for lost equipment.
- E.** Athletes are expected to display good sportsmanship at all times.

ATHLETES WILL BE HELD ACCOUNTABLE FOR THEIR ACTIONS OR INDISCRETIONS ON AND OFF THE PLAYING FIELD/COURT, ON OR OFF SCHOOL PROPERTY.

PARENTS' RESPONSIBILITIES

- A. Parents and spectators must support our athletes and coaches in a positive manner and be positive role models.
- B. Parents/guardians must follow the proper chain of command – always speak with the coach first.
- C. Parents/guardians must show respect towards school personnel, security, police, coaches, officials, athletes, opponents and other spectators.
- D. Parents/guardians must support the fact that players play, coaches coach and officials officiate, and that good sportsmanship be displayed at all times.
- E. After an injury or illness that has required a physician’s medical care, the athlete must be released by a physician before further sport participation. The athlete must bring a note from the physician to the school nurse indicating his/her permission to practice or play. This requirement also applies to injuries sustained independent of school/athletic activity.”

*** Rude or unruly behavior on the part of athletes, parents, guardians or spectators will not be tolerated and will result in removal from the playing area and could result in a ban from all co-curricular/athletic events.**

PARENT/GUARDIAN PERMISSION

My daughter/son has my permission to participate in the Interscholastic Athletics Program at Parsippany High/Hills High School. Realizing that such activity involves the potential for injury that is inherent in all sports, I/we acknowledge that even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries still may occur. I/we realize that on rare occasions these injuries can be so severe as to result in total disability or even death. I/we acknowledge that I/we have read and understand this warning.

I/we have read this contract with our student athlete and agree to adhere to all rules and regulations stated above.

Signature of Student

Date

Signature of Parent/Guardian

Date

Signature of Coach

Date

Adopted January 2008
SN# 36
Revised 2-20-08

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of others and provide a greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach
- Expectations the coach has for your child as well as the players on the squad
- Locations and times of all practices and contests
- Team requirements
- Procedure should your child be injured during practices or games
- Discipline that results in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and or expectations

As your children become involved in the programs in Parsippany Hills High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

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

It is difficult to accept your child's not playing as much as you may hope. The coaches are professionals. They make decisions based on what they believe is best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as the items listed above must left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

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

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the procedure listed below should be followed to help promote a resolution to the issues of concern.

COMPLAINT PROCEDURE

- Student-athlete and coach should discuss the concern
- Parent should call to set up an appointment with coach
- Parent, student-athlete and coach meet
- Parent, student-athlete, coach and Athletic Director meet
- Parent, student-athlete, coach, Athletic Director and Principal
- Parent contacts the Superintendent for appointment

EXPECTATIONS AND PHILOSOPHY

Please take a few moments to read this. Hopefully, this will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

1. In each program, a coach and/or coaches who are qualified individuals are hired by the school district to be responsible for team selections. The head coach establishes criteria for selection, possibly with input from the entire coaching staff. This may be a highly subjective process. Team selections, practices, and decisions regarding game situations are the responsibility of the coaching staff.

If you have questions regarding the process, please feel free to address these questions directly to the head coach. Please call the coach to make an appointment outside of school time, practice time or game time. If you have further questions the coach has not been able to answer, please contact the Athletic Director.

2. The Parsippany Hills High Schools athletic program has become highly competitive. Due to the size of our school and the limited opportunities, we are not able to place every student on a team who wishes who wishes to participate. While this is not our desire, it is reality. The hardest thing our coaches have to do is to tell young people they will not be on a team. Please be sure when your child tries out for a team, both you and your children understand there is a very real possibility they may not be selected. If selected, both you and your child should be prepared to accept placement at any team level, i.e., 9th grade, junior varsity or varsity. It is disturbing to have students try out for a team and then quit because they were not placed where they think they should be. By doing this, they have taken away someone else's opportunity to be on a team.

Normally, coaches have a very short amount of time to make team selections. They try to do the very best they can in keeping the most talented athletes, filling positions for play and appropriately placing them on the proper team. They are under a good deal of pressure to assemble the most competitive team possible. Anyone of us might select different athletes for the team. I believe it is the coaches' responsibility and right to select the team with whom they will work for the entire season.

3. There are many "select teams" or "All Star teams" sponsored by many different organizations in which our student-athletes participate. Participation on one of these teams does not guarantee any player a spot on any high school team. While I believe students can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to guarantee a spot on a high school team.

4. In order to make a varsity team as a senior, a player must be outstanding and also play a position the team needs. Underclass student-athletes possessing these qualities have the same opportunity to make a team as the senior does. Parsippany Hill's team structure (9th, Junior Varsity, and Varsity) dictates there will always be more underclass players than upper class in the total program. At selection time, it will be the coaches' decision as to what team the student-athlete is placed.

5. A main goal of our competitive athletic program is to put the most talented member of the team in competition to win the contest. Starting positions and playing time are not guaranteed to seniors making the team or anyone else for that matter. Each member of a team is very valuable to the team's overall progress. Some student-athletes may play a great deal of time in a contest, while others may not see any playing time or what a parent would consider "significant" playing time. Each student-athlete should have personal improvement as one of his or her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self control, and being responsible for one's own actions.

I sincerely hope this helps you understand the goals and philosophy of our competitive athletic program in the Parsippany Hills High School. Please feel free to contact me if you have any questions regarding any aspects of the athletic program.

VALUES OF INTERSCHOLASTIC ATHLETICS

Athletes...

- Have better grades than those not involved and athletes in season have better grades than out of season
- Have better attendance than general student population
- Have a much lower drop out rate than their fellow students
- Have a better chance of succeeding in college
- Take more average to above average courses than non-participants
- Tend to focus more on long-term goals than on short-term goals
- Tend to be more self-assured
- Ninety five percent (95%) of Fortune 500 executives participated in school athletics while forty seven percent (47%) were members of the National Honor Society.

PARENT CODE OF ETHICS

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other high school sports events.

- I will place the emotional and physical well being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all high school events.
- I will remember that the game is for the student-athletes not for adults.
- I will do my very best to make the high school athletic experience a positive one.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

GUIDELINES FOR BEHAVIOR OF THE SPECTATORS

- Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition, not to intimidate or ridicule the other team and its fans.
- Remember that interscholastic athletics are a learning experience for students and mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people, just as you would praise a student working in the classroom.
- Remember that a ticket is a privilege to observe the contest; it is not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate and support groups. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of contest officials. Understand that they are doing their best to help promote the student-athlete and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, tobacco, etc.) before, during and after contests, on or near the site of the event (e.g., tailgating).
- Use only those cheers that support and uplift the teams involved.
- Recognize and compliment school and athletic administrators for their efforts in emphasizing the educational benefits of interscholastic athletics and the role of good sportsmanship.
- Be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.

Behavior Standards

As specified by the National Federation and State High School Association

Acceptable Behavior

- Applause during introductions of players, coaches and officials.
- Players shaking hands with opponent who fouls out while both sets of fans recognize player's performance with applause.
- Accept all decisions of officials.
- Cheerleaders lead fans in positive school yells in positive manner.
- Handshakes between participants and coaches at end of contest, regardless of outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at end of contest for performances of all participants.
- Everyone showing concern for injured player regardless of team.
- Encourage surrounding people to display only sportsmanlike conduct.

Unacceptable Behavior

- Yelling or waving arms during opponent's free-throw attempt.
- Disrespectful or derogatory yells, chants, songs or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official call.
- Yells that antagonize opponents.
- Refusing to shake hands or give recognition for good performances.
- Blaming loss of game on officials, coaches or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Doing own yells instead of following lead of cheerleaders.

GUIDELINES FOR BEHAVIOR OF THE STUDENT-ATHLETE

- Accept and understand the seriousness of the responsibility, and the privilege of representing your school and your community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist you in the achievement of a better understanding and appreciation of the sport.
- Treat fellow teammates and opponents the way you would like to be treated, as a guest or friend. Who better can understand all the hard work and team effort that is required of your sport.
- Wishing opponents good luck before the contest. Congratulate them in a sincere manner following either victory or defeat.
- Respect the integrity and judgment of officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will make a positive statement about you and your team.

N.J.S.I.A.A STEROID TESTING POLICY

STEROID TESTING PERMISSION SLIP

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
1161 Route 130, P.O. Box 487
Robbinsville, NJ 08691

To: Athletic Directors
From: Bob Baly, Assistant Director, NJSIAA
Date: May 17, 2006
Re: Steroid Testing Permission Slip

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

1. All parents/guardians and student athletes must sign the enclosed permission form before participating in interscholastic sports. Failure to sign the consent form renders the student athlete ineligible.
2. The list of banned drug classes and substances must be included with the permission form.
3. It shall be considered a violation of the NJSIAA Sportsmanship rule for any student athlete to possess, ingest or otherwise use any of the substances on the list of banned substances, without a written prescription by a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.
4. The permission forms will be signed yearly. Principals shall keep all steroid testing permission forms in a file on school premises for the entire school year.

N.J.S.I.A.A. BANNED-DRUG CLASSES

2010- 2011

The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NJSIAA banned substances. In addition, the U. S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NJSIAA drug test. **The use of supplements is at the student-athlete’s own risk.** Student-athletes should contact their physician or athletic trainer for further information.

The following is a list of banned-drug classes, with examples of banned substances under each class:

(a) Stimulants

amiphenazole
 amphetamine
 bemigrade
 benzphetamine
 bromantan
 caffeine¹ (guarana)
 chlorphentermine
 cocaine
 cropropamide
 crothetamide
 diethylpropion
 dimethylamphetamine
 doxapram
 ephedrine
 (ephedra, ma huang)
 ethamivan
 ethylamphetamine
 fencamfamine
 meclofenoxate
 methamphetamine
 methylenedioxy-
 methamphetamine
 (MDMA, ecstasy)
 methylphenidate
 nikethamide
 pemoline

 pentetrazol
 phendimetrazine
 phenmetrazine
 phentermine
 phenylpropanolamine(ppa)
 picrotoxine
 pipradol
 prolintane
 strychnine
 synephrine
 (citrus aurantium, zhi shi,
 bitter orange)
and related compounds

(b) Anabolic Agents

anabolic steroids
 androstenediol
 androstenedione
 boldenone
 clostebol
 dehydrochlormethyl-
 testosterone
 dehydroepiandro-
 sterone (DHEA)
 dihydrotestosterone (DHT)
 dromostanolone
 epitrenbolone
 fluoxymesterone
 gestrinone
 mesterolone
 methandienone
 methenolone

 methyltestosterone
 nandrolone

 norandrostenediol
 norandrostenedione
 norethandrolone
 oxandrolone

 oxymesterone
 oxymetholone
 pregnelone
 stanozolol
 testosterone²
 tetrahydrogestrinone
 (THG)
 trenbolone
and related compounds
other anabolic agents
 clenbuterol

(c) Diuretics

acetazolamide
 bendroflumethiazide
 benzhiazide
 bumetanide
 chlorothiazide
 chlorthalidone
 ethacrynic acid
 flumethiazide
 furosemide
 hydrochlorothiazide
 hydroflumethiazide
 methyclothiazide
 metolazone
 polythiazide
 quinethazone
 spironolactone
 triamterene
 trichlormethiazide
and related compounds

(d) Peptide Hormones & Analogues:

corticotrophin (ACTH)
 human chorionic gonadotrophin (hCG)
 leutenizing hormone (LH)
 growth hormone (HGH, somatotrophin)
 insulin like growth hormone (IGF-1)

**All the respective releasing factors
 of the above-mentioned substances
 also are banned:**
 erythropoietin (EPO)
 darbypoetin
 sermorelin

(e) Definitions of positive depends on the following:

1 for caffeine – if the concentration in urine exceeds 15 micrograms/ml

 2 for testosterone–if administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine of greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

N.J.S.I.A.A STEROID TESTING POLICY

CONSENT TO RANDOM TESTING

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

Beginning in the Fall, 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances on the attached page, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

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

Signature of student-athlete

Date

Signature of parent/guardian

Date

NEW JERSEY DEPARTMENT OF EDUCATION

**ANNUAL ATHLETIC PRE-PARTICIPATION PHYSICAL
EXAMINATION FORM**

Please use the following link to download the physical form:

<http://www.state.nj.us/education/districts/ppeq.doc>