



PARSIPPANY-TROY HILLS PUBLIC SCHOOLS
Parsippany, New Jersey 07054



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 10th 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.

BEGINNING WITH THE CLASS OF 2014

- 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 30 credits required by the State of New Jersey for graduation (120), during the immediately preceding academic year.
- 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 15 credits 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 $\frac{1}{2}$ of the total credits to be gained for the full year to determine credits passed during the immediately preceding 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 and hazing.
- 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

NJSIAA



1161 Route 130, P.O. Box 487, Robbinsville, NJ 08691 609-259-2776 609-259-3047-Fax

NJSIAA 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

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date

NJSIAA Banned-Drug Classes 2011 - 2012

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:

<p>(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 methylenedioxymethamphetamine (MDMA, ecstasy) methylphenidate nikethamide pemoline pentetrazol phendimetrazine phenmetrazine phentermine phenylpropanolamine picrotoxine pipradol prolintane strychnine synephrine (citrus aurantium, zhi shi, bitter orange) and related compounds</p>	<p>(b) Anabolic Agents <u>anabolic steroids</u> androstenediol androstenedione boldenone clostebol dehydrochloromethyl- testosterone dehydroepiandro- sterone (DHEA) dihydrotestosterone (DHT) dromostanolone epitrenbolone fluoxymesterone gestrinone mesterolone methandienone methenolone methyltestosterone nandrolone norandrostenediol norandrostenedione norethandrolone oxandrolone oxymesterone oxymetholone stanozolol testosterone² tetrahydrogestrinone (THG) trenbolone and related compounds <u>other anabolic agents</u></p>	<p>(c) Diuretics acetazolamide bendroflumethiazide benzthiazide bumetanide chlorothiazide chlorthalidone ethacrynic acid flumethiazide furosemide hydrochlorothiazide hydroflumenthiazide methyclothiazide metolazone polythiazide quinethazone spironolactone triamterene trichlormethiazide and related compounds</p>	<p>(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</p>
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(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.

Sports-Related Concussion and Head Injury Fact Sheet and Parent/Guardian Acknowledgement Form

A concussion is a brain injury that can be caused by a blow to the head or body that disrupts normal functioning of the brain. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Centers for Disease Control and Prevention estimates that 300,000 concussions are sustained during sports related activities nationwide, and more than 62,000 concussions are sustained each year in high school contact sports. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to severe impairment and even death of the victim.

Legislation (P.L. 2010, Chapter 94) signed on December 7, 2010, mandated measures to be taken in order to ensure the safety of K-12 student-athletes involved in interscholastic sports in New Jersey. It is imperative that athletes, coaches, and parent/guardians are educated about the nature and treatment of sports related concussions and other head injuries. The legislation states that:

- All Coaches, Athletic Trainers, School Nurses, and School/Team Physicians shall complete an Interscholastic Head Injury Safety Training Program by the 2011-2012 school year.
- All school districts, charter, and non-public schools that participate in interscholastic sports will distribute annually this educational fact to all student athletes and obtain a signed acknowledgement from each parent/guardian and student-athlete.
- Each school district, charter, and non-public school shall develop a written policy describing the prevention and treatment of sports-related concussion and other head injuries sustained by interscholastic student-athletes.
- Any student-athlete who participates in an interscholastic sports program and is suspected of sustaining a concussion will be immediately removed from competition or practice. The student-athlete will not be allowed to return to competition or practice until he/she has written clearance from a physician trained in concussion treatment and has completed his/her district's graduated return-to-play protocol.

Quick Facts

- Most concussions do not involve loss of consciousness
- You can sustain a concussion even if you do not hit your head
- A blow elsewhere on the body can transmit an "impulsive" force to the brain and cause a concussion

Signs of Concussions (Observed by Coach, Athletic Trainer, Parent/Guardian)

- Appears dazed or stunned
- Forgets plays or demonstrates short term memory difficulties (e.g. unsure of game, opponent)
- Exhibits difficulties with balance, coordination, concentration, and attention
- Answers questions slowly or inaccurately
- Demonstrates behavior or personality changes
- Is unable to recall events prior to or after the hit or fall

Symptoms of Concussion (Reported by Student-Athlete)

- Headache
- Nausea/vomiting
- Balance problems or dizziness
- Double vision or changes in vision
- Sensitivity to light/sound
- Feeling of sluggishness or fogginess
- Difficulty with concentration, short term memory, and/or confusion

What Should a Student-Athlete do if they think they have a concussion?

- **Don't hide it.** Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian.
- **Report it.** Don't return to competition or practice with symptoms of a concussion or head injury. The sooner you report it, the sooner you may return-to-play.
- **Take time to recover.** If you have a concussion your brain needs time to heal. While your brain is healing you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

What can happen if a student-athlete continues to play with a concussion or returns to play too soon?

- Continuing to play with the signs and symptoms of a concussion leaves the student-athlete vulnerable to second impact syndrome.
- Second impact syndrome is when a student-athlete sustains a second concussion while still having symptoms from a previous concussion or head injury.
- Second impact syndrome can lead to severe impairment and even death in extreme cases.

Should there be any temporary academic accommodations made for Student-Athletes who have suffered a concussion?

- To recover cognitive rest is just as important as physical rest. Reading, texting, testing-even watching movies can slow down a student-athletes recovery.
- Stay home from school with minimal mental and social stimulation until all symptoms have resolved.
- Students may need to take rest breaks, spend fewer hours at school, be given extra time to complete assignments, as well as being offered other instructional strategies and classroom accommodations.

Student-Athletes who have sustained a concussion should complete a graduated return-to-play before they may resume competition or practice, according to the following protocol:

- **Step 1:** Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.
- **Step 2:** Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.
- **Step 3:** Sport-specific exercise including skating, and/or running; no head impact activities. The objective of this step is to add movement.
- **Step 4:** Non contact training drills (e.g. passing drills). Student-athlete may initiate resistance training.
- **Step 5:** Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.
- **Step 6:** Return to play involving normal exertion or game activity.

For further information on Sports-Related Concussions and other Head Injuries, please visit:

www.cdc.gov/concussion/sports/index.html

www.nfhs.com

www.ncaa.org/health-safety

www.bianj.org

www.atsnj.org

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date

State of New Jersey
Department of Education

Parental/Guardian Consent Form

We are sending you this parental consent form to both inform you and to request permission for your child's photo/image and personally identifiable information to be published on the district and/or school's web site.

As you are aware, there are potential dangers associated with the posting of personally identifiable information on a web site since global access to the Internet does not allow us to control who may access such information. These dangers have always existed; however, we as schools do want to celebrate your child and his/her work. The law requires that we ask for your permission to use information about your child.

Pursuant to law, we will not release any personally identifiable information without prior written consent from you as parent or guardian. Personally identifiable information includes student names, photo or image, residential addresses, e-mail address, phone numbers and locations and times of class trips.

If you, as the parent or guardian, wish to rescind this agreement, you may do so at any time in writing by sending a letter to the principal of your child's school and such rescission will take effect upon receipt by the school.

Check one of the following choices:

- I/We GRANT permission for a photo/image that includes this student without any other personal identifiers to be published on the school and/or district's public Internet site.
- I/We GRANT permission for this student's photo/image and name to be published on the school and/or district's public Internet site.
- I/We GRANT permission for this student's photo/image and all other personal identifiers listed above to be published on the school and/or district's public Internet site.
- I/We DO NOT GRANT permission for photo/image that includes this student to be published on the school and or district's public Internet site.

Student's Name: (please print) _____ Student's Grade: _____

Print name of Parent/Guardian: (print) _____

Signature of Parent/Guardian: (sign) _____

Relation to Student: _____

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

Media Release Permission Statement

I give my permission for my child's name/picture to appear in the newspaper via a Parsippany-Troy Hills Township School's press release, highlighting his/her accomplishment. I also give my permission for the district to recognize him/her on Video-on-the-Go, cable television channel 21 and 77.

Student's Name: _____ Grade: _____

School: _____

Parent/Guardian Signature: _____

Date: _____

PLEASE NOTE:

You must complete both sides of this Media Release Form. This form will remain in effect for your child's entire educational career unless you rescind it in writing to your child's principal.

PLEASE SIGN BOTH SIDES OF THIS FORM

PLEASE RETURN THIS FORM TO: _____