

REGULATION

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R2431 ATHLETIC COMPETITION

- I. The following procedures **MUST** be met in order to be cleared for participation in a sport, prior to the first try-out date.
1. Students must have had a physical exam within the last 365 days. In the event that the exam was performed 60 or more days prior to the first tryout date, then an updated *Health History Form* must be completed. Physicals are good for one year only, from the date that the physical was performed, **NOT** the date the doctor completed the form.
 2. If you choose to use your own physician, the physical must be documented on the *NJ Department of Education Annual Athletic Pre-Participation Examination Form*. Physical forms must be submitted to the School Nurse by the due date prior to the first try-out.
 3. The School Physician will be available prior to the first tryout for each season if you would like him/her to conduct the student's physical. Parents will be notified of this date in advance.
 4. All physical forms performed by your own physician, will be reviewed by the School Physician and School Nurse.
 5. A *Parent Permission Form* **MUST** be signed and submitted to the School Nurse by the due date and prior to the first tryout. Please make sure you provide up-to-date emergency contact information for the time during which practice and games occur.
 6. The *Head Injury and concussion Parent Notification Form* must be signed and returned to the School Nurse by the due date and prior to the first tryout.
 7. The *Parent/Athletic Guidebook Signature Form* must be returned to the coach.
 8. The *Transportation Form* must be signed and returned to the coach prior to the first day of tryouts.
 9. The district has adopted a Pay-to-Play Policy, and the sports fee **MUST** be submitted to the coach prior to the first day of practice after added to the team roster. Checks should not be submitted at the field or on the court during tryouts. In the event of financial hardship, please speak with the Principal for financial assistance. Please note, the fees for participation include basic uniforms, practice time and coaching instruction. Pay-to-Play fee and check will be returned if student does not make the team.



II. Tryouts and player selection

- As part of tryouts, the coach should announce the following:
 - a) The number of players planned to form the team
 - b) The team rules of conduct
 - c) Expectations concerning attendance at games and practices
 - d) The plan of activities for the upcoming season (practices, games, etc.)
 - e) Any other information that you feel is necessary and appropriate
- Selections are based upon skill and data is collected in a rubric. Upon completion of the tryouts, a copy of the rubric must be submitted to the Athletic Coordinator.
- There is no “grandfathering” for grade 7 or 8 students. This means if you are on the team one year, you don’t automatically make it on the team for the next year.
- Track is the only “no-cut” sport for grades 6, 7, and 8 students.
- The maximum number of players per coach is 25.
- The fees for participation include basic uniforms, practice time and coaching instruction.

III. Practices and games

- Coaches, parents, and student athletes are reminded of the importance of staying hydrated during games and practices. Students must bring water to practices and games for frequent hydration breaks. Even if the student athlete is not feeling thirsty, it is still important to drink fluids. Coaches should establish a hydration schedule for all practices. Please see the excerpt below from an article entitled, “Nutrition and Hydration for Young Athletes,” published by the Sports Medicine Department at Children’s Hospital in Boston.

Bodies need plenty of water when we exercise. This is particularly true in young athletes, as children do not produce sweat as efficiently as adults do, and are thereby, more susceptible to heat cramps, heat exhaustion, and heat stroke. Young athletes are encouraged to drink a glass or two of water five to ten minutes before exercise and to drink one to two glasses every twenty minutes during exercise. Sports drinks are not necessarily for young athletes, unless they are engaged in an extremely strenuous activity.

- Game schedules will be established prior to the start of each season, and should be distributed to players at the start of the practice season.
- If a student is absent from school for an unexcused reason, he/she may NOT participate in practice or a game scheduled for that day. If a student misses a practice the day before a game, for an unexcused reason, the coach will not permit the student to start the game the next day.



- If a student serves an in-school or out-of-school suspension, he/she is NOT permitted to attend practice or a game scheduled for that day.
- If a student is assigned a detention that conflicts with practice or a game scheduled for the same day as the detention, then the student MUST attend the detention.
- All students' personal equipment (balls, bats, shoes, etc.) should be labeled with the students name for identification.
- Students should not leave equipment bags in the locker rooms overnight or unattended on the field/court.
- Players must wear appropriate safety equipment at all times.
- If the field condition is dangerous to players due to excessive rain, thunder or lightning, practices and games should be cancelled immediately.

IV. Safety, Injuries, & Emergencies

The emotional and physical wellbeing of the players is the coach's most significant responsibility. For more information about Sports Related Injuries, please refer to the appendix entitled, "Childhood Sports Injuries."

- All coaches must be CPR and AED (Automated External Defibrillator) certified.
- In the event that a player is injured during practice or a game, the coach will assess the injuries, and administer first aid as appropriate.
 - If injury is not serious, the coach will first contact the parent and ask the parent to pick up the student. The coach will explain to the parent the nature of the injury and complete an accident report to submit to the School Nurse and Principal.
 - If the injury is serious, the coach will contact 9-1-1 and the parent and administer first aid and/or CPR as necessary until emergency personnel arrive. If a parent cannot meet the emergency personnel at the location of the injury, then the coach will remain with the team, and the emergency personnel will escort the student to the hospital. The coach will complete an accident report to submit to the School Nurse and Principal.
 - If the injury appears to be a head injury, the coach will call the parent and complete the Concussion Checklist found in the appendix entitled, "Head Injuries & Concussions," and share results with the parents. With head injuries, students are immediately removed from the playing scenario and cannot re-enter a game or continue practicing. It is always best to err on the side of caution with head injuries and seek medical attention.



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- If a student is injured during a practice or game and is treated by a physician, he/she may NOT participate in the sport (including practice or game) until the treating physician signs a release. The release will be submitted and reviewed by the School Nurse.
- If a student is not feeling well, or is injured, he/she MUST immediately notify the coach, allow the coach to assess the situation, and accept how the coach plans to proceed, including calling parents, or not allowing the students to participate until further assessment can be completed.
- Strength conditioning and stretching should be mandatory.

V. Academic & Disciplinary Responsibility

Being a part of a team teaches leadership, responsibility, time management, teamwork, and many other skills for life. In order to be an active participant in all aspects of the team, students must maintain the following academic standards.

- A student athlete must maintain a 74 or higher average in all courses for the marking period preceding the first day of tryouts (as denoted by report card grades).
 - In the event that the student does not have a 74 or higher in a subject or multiple subjects, then the coach will ask the teacher(s) to submit a grade to date for the new marking period. Should that average prove to be a 74 or
 - Higher, then the student will try out and start the season without restrictions. Should the student still have an average below a 74 in the same subject(s),
 - Then he/she will be eligible to try out; however, be placed on Academic Probation from day one of the season.
- If report cards are issued during the season, the coach will review student grades. If a student has an average below a 74 in any course, then the player will be placed on Academic Probation.
- Interim Notices (sent at mid-marking period as progress reports) will be reviewed by coaches, and students with any comments related to a need for improvement and/or an average recorded as below a 74, will be warned about Academic Probation. The student will be encouraged to seek extra help, confer with the teacher, and complete assignments in a timely fashion.

Academic Probation is defined as a period of time, as determined by the Administration, during which the student is permitted to practice, dress for games, but not participate in games. The student's focus should be on improving marks in the course(s) for which he/she has an average below a 74. After the determined period of time has concluded, the student's grade to date will be reviewed and if a 74 or higher is achieved, Academic Probation will be lifted. If the grade to date has not shown improvement



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to a 74 or higher, then the student will remain on Academic Probation for a period of time determined by the Administration and the process of reviewing averages will be repeated as described.

Good disciplinary standing.

1. When a pupil already participating in an athletic activity is reported for an infraction of the rules for the code of conduct, (Policy 5600) inclusive of HIB Policy 5512, the Principal shall consider whether the pupil shall be removed from any or all athletic activities.
2. If a pupil was not in good disciplinary standing due to an infraction of the rules for the code of conduct (Policy 5600) inclusive of violations of HIB Policy 5512 the previous season the Principal shall determine whether the pupil shall be permitted to participate during the current or future season.
3. A student who has been suspended from participation in school sponsored athletic activities for reason of disciplinary standing will be offered an opportunity to establish performance goals in the area of the code of conduct in which he/she is performing below expectation. The performance goals should include concrete objectives and timelines for improvement. When the student meets the agreed upon performance goals, he/she may be reinstated to participation in co-curricular activities.

VI. Communication

- Communicate changes in practice schedules or other important information to the Athletic Coordinator before 12:00 P.M.
- The Athletic Hotline will be updated each day around 12:00 P.M. by the Athletic Coordinator. It is essential to communicate changes in practices and games to parents.

VII. General Information

- Coaches will hold an interest meeting prior to the first tryout date. Tryout dates, times and locations will be announced at the interest meeting by the coach.
- Forrestdale School offers the following sports, by season, for grades 6, 7, and 8 students:

Fall	Winter	Spring
Boys' Soccer	Basketball	Baseball
		Softball
Field Hockey		Track
Cross Country		Tennis



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- All sports listed above are “cut” sports, other than Spring Boys’ and Girls’ Track.
- The selection for a team is a difficult process and one that is based upon skill and ability. There is no “grandfathering” of players. This means that if you are on the team as a sixth or seventh grader, you are automatically on the team the next year. Coaches will utilize a rubric to assess skill and ability. Players may meet with a coach to discuss areas of growth for the future.
- The tryout and practice locations for the teams are denoted here, other than in the event that the coach notifies players and parents in advance of a change. For example, a coach may hold indoor practice in the Forrestdale Gym in the event of inclement weather.

Sport	Location
Soccer	Meadowridge Field
Field Hockey	Forrestdale Field
Cross Country	Meadowridge Track
Basketball	Forrestdale Gym
Baseball	Meadowridge Field
Softball	Forrestdale Field
Track	Meadowridge Track
Tennis	RFH Courts

- Upon selection of a team, coaches will provide a practice schedule with dates and times and a game schedule. These are both subject to change based upon weather and other circumstances.

VIII. Sportsmanship

Players and parents are expected to show good sportsmanship. This includes, but is not limited to:

- Respect the decisions of the coach. If you would like to discuss your child, please contact the coach to set up an appointment.
- Respect the judgment of the officials and their interpretation of the rules.
- Act as a role model for others on the field as players and off the field as parents and spectators.
- Exercise self-control at all times, setting an example for others.
- Accept winning graciously and defeat with dignity.
- Cooperate with other coaches and schools.
- Applaud positive performances; handle lesser performances fairly and privately.
- Parents, remember that the game is for children, not adults.
- ZERO tolerance for improper behavior of coaches and parents. If coaches and parents do not behave according to our specific guidelines, they will be banned from coaching or allowed to watch the children play. Parents and coaches should set a proper example for the children.

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