

Foreword

This booklet has been prepared as a reference guide concerning athletic policies, procedures, regulations, existing rules and information now in effect for Clearview Regional High School and Middle School. It is hoped that this booklet will contribute to a better understanding of policies and procedures thereby conferring a harmonious and efficient athletic program.

As a parent it is imperative to know, understand, and impress upon your son(s) and/or daughter(s) that they are students first and athletes second. Being a student first is a year long commitment. The achievements attained by our teams will be reflected in positive memories, experiences and successes created by the students both on the field and in the classroom. It is our duty and obligation to positively contribute in the development of a well-rounded and experienced student. As we all know, athletics can play a tremendous role throughout this development of your student athlete(s).

Certainly, from time to time, our policies and regulations may change. Any ideas or suggestions that will improve our athletic program are appreciated at all times. Please feel free and encouraged to contact any administrator or myself with any questions or concerns. I wish you the best of luck and success throughout the year.

Michael J. Vicente
Director of Student Activities/Athletics
856-223-2722

Purpose of the Interscholastic Athletic Program

The opportunities provided by the interscholastic athletic program will enable students to:

- Develop skills in all areas of growth: physical, intellectual, emotional and social.
- Develop interest in life-long leisure activities, either as participants or spectators.
- Develop self-discipline; self-motivation; good, strong character; and the ideals of good sportsmanship.
- Acquire special skills in the activities of their choice.
- Participate in team play and develop team-oriented skills that produce successful teams characterized by loyalty, cooperation, and fair play.
- Compete in interscholastic athletic events.
- Achieve personal, team, and school goals.
- Explore various career opportunities.
- Develop values, attitudes, and habits important for citizenship and participation in a democratic society.

Member of the Tri-County Conference

www.tricountyconferencenj.org

TCC MISSION STATEMENT

The mission of the Tri-County Conference is to provide opportunities for schools to work closely together, while promoting educational experiences for student athletes, which will benefit them throughout their lives. The Conference will foster an educationally sound environment that values good sportsmanship, fair play, and a wholesome relationship among participants, spectators, schools, and communities.

TCC OBJECTIVES

- To equalize athletic opportunities for individuals and member schools.
- To promote uniformity in the arrangement and control of athletic contests.
- To continue to seek methods and means of promoting sportsmanship and academics.
- To continue to enhance the success of members at the individual, team, and Conference levels.

Statement of Philosophy

Athletics is an integral part of the school program and, as such, is a vital facet in the life of the school. The purpose of the athletic program is to offer as many opportunities as possible to develop athletic skills, good attitudes, strong character, and school spirit, which reach beyond the athletic fields.

The various levels of our program have different functions and reasons for existing:

7/8th Grade

This level of our program provides the middle school student with his/her earliest opportunity at interscholastic athletic competition against students of other middle schools. These programs are designed to introduce the basic elements of the sport and to accommodate athletes who want to continue on to the freshmen level. Students capable of making these teams should all be given an opportunity to play in every contest if possible.

Freshman Athletics

This level of our program provides freshmen students with an opportunity to compete against other schools and against students who are near the same age, size and ability. These programs are designed to accommodate 9th grade athletes whose interest and skills in a particular activity go beyond the intramural level. Students capable of making these teams should all be given an opportunity to play in every contest if possible.

Junior Varsity

This program is an interscholastic level and is designed to bridge the gap between the freshman team and the varsity team. This program accommodates athletes whose interest and skills go beyond the intramural level, yet who are not ready to compete at the varsity level. Students capable of making these teams should all be given ample opportunity to play in as many contests as possible, as this is the training ground for future varsity competition and for honing special skills needed for the varsity team. This program is not designed for the senior student-athlete.

Varsity

This is the program designed to compete against the best teams from other schools. It is possible for students from grades 9 through 12 to compete at this level in a particular activity. The varsity program is the school's athletic showcase and should always represent the best we have to put forward at any time. The excellence we seek from coaches and athletes in the varsity phase of our athletic program is not less than the excellence we seek from students and teachers in the classroom. Opportunities to play in contests are determined by the coach. Positions on any team or squad are not guaranteed from year to year. Students must try out every year. Seniors that have participated in the athletic program for the previous three years are not automatically guaranteed a position. Also, underclassmen (9th, 10th, 11th) who have achieved the varsity level are not guaranteed to make the varsity squad in subsequent seasons. They must try out for available positions and cuts are possible.

Basis of Rules and Regulations Governing Interscholastic Athletics

1. Education law and case law as interpreted by the New Jersey Commissioner of Education and by the New Jersey State Board of Education.
2. National Federation of State High School Associations (NFHS) - develops rules on sport/game standards for all member athletic associations and/or schools.
3. New Jersey State Interscholastic Athletic Association (NJSIAA) – develops and interprets rules on game standards and eligibility standards for all athletic programs in the State of New Jersey.
4. Tri-County Conference (TCC), Olympic Conference, and West Jersey Football League - develops rules and regulations governing our school's participation in specific athletic programs that carry League or Conference status.
5. The Clearview Board of Education - develops local policy, authorizes our membership in NJSIAA, and our participation in the Tri-County Conference, Olympic Conference, and West Jersey Football League. In addition, the Board of Education has approved this Parent Student-Athlete handbook. Board policies can be found on the Clearview web site (www.clearviewregional.edu)

Line of Authority

Line of authority in athletics is as follows:



In the absence of the Director of Student Activities, the Principal or a designee will assume the duties of the Director.

Academics

The number one priority for your son or daughter at Clearview Regional High School District should be the pursuit of academic excellence. Athletics is an extension of the classroom and offers an excellent opportunity to learn about one's self and working with others. Students are encouraged to seek extra academic help if necessary. Student-athletes should arrange with their teachers and coaches to make an appointment for extra help before school, during any scheduled study halls, during lunch hours, or after school prior to practice.

Athletic Insurance

All students are covered by the school's insurance policy as secondary coverage. This means that the parent's/guardian's medical insurance will be used first as the primary insurance and any costs beyond the primary carrier's coverage will then be covered by the school's policy. Parent's/Guardian's must submit the proper paperwork to the school for coverage to be enacted. This paperwork, along with the accident report form, can be picked up from the athletic trainer's office.

Athletic Teams

Sport	Boys				Girls				Coed
	Varsity	JV	Frosh	7/8	Varsity	JV	Frosh	7/8	
Fall									
Cheerleading					X	X	X		X
Cross Country	X	X		X	X	X		X	
Field Hockey					X	X	X	X	
Football	X	X	X						
Soccer	X	X	X		X	X	X		
Tennis					X	X			
Volleyball					X	X			
Winter									
Basketball	X	X	X	X	X	X	X	X	
Cheerleading					X	X			X
Swimming	X	X			X	X			
Winter Track	X	X			X	X			X
Wrestling	X	X		X					
Spring									
Baseball	X	X	X						
Golf	X	X			X	X			
Lacrosse	X	X			X	X			
Softball					X	X	X		
Tennis	X	X							
Track and Field	X	X		X	X	X		X	
Volleyball	X	X							

Boy/Girl Competition

The NJSIAA has established the following guidelines concerning boy/girl competition:

1. Males shall be excluded from female teams although there are no teams for boys in the same sport.

2. Based on the directives of the New Jersey Commissioner of Education, girls shall be allowed to participate in any boys' sports teams, on an equal basis with boys, provided that the same sports team is not available to girls at that school.
3. Female athletes are not entitled to participate on boys' teams where there are girls' teams in the same sport. However, if particular events are not provided to girls' teams in the same sport, then girls must be allowed to try out for those events not offered to the female team.

Sign-ups and Try-outs for Athletic Teams: Athletic registration for all sports is done online; visit our website at www.clearviewregional.edu, go to the athletics page and click on Athletic Registration. This will open a new page where you will create an online family account to register for your sport. Once you open an account, you will return here for subsequent seasons where your information will be prefilled. The only paper documents that will be required to turn in to the nurse's office is the physical and health history update. All other documents require electronic signatures by student and parent/guardian.

High School	Online Registration	Try-outs Start
Fall	June 5-Aug. 1	Aug. 7 football, cheer Aug. 16 girls' tennis. Aug. 21 all other fall sports
Winter	October 1-31	Nov. 20, 2023
Spring	January 29-February 26	Boys' Tennis-March 11, 2024 March 14, 2024-all other spring sports
Middle School		
Fall	June 5-Sept. 1	Sept. 11
Winter	October 1-31	2 nd /3 rd week in November
Spring	January 29-Feb. 26	3 rd week of March

Athletic Training Room

The Athletic Training Room was designed to better serve our student-athletes and teams. Please see that all general rules and guidelines are followed when you are utilizing these services.

1. All injuries, no matter how minor, need to be reported immediately to the coach and to the athletic trainer for proper examination.
2. No student or athlete is permitted to be in the training room for any reason without direct supervision by the athletic trainer.
3. All athletes are required to sign-in no matter how insignificant the visit.
4. The use of any therapeutic modality (whirlpool, moist heat) and all supplies must be under constant supervision of the Athletic Trainer or designate. Pupils are not permitted to use any therapeutic modality unless the athletic trainer or a designate is present.
5. Nothing is to be removed from the training room without advising the director or athletic trainer.
6. Any student athlete needing a physician's evaluation must have the physician complete the Clearview Home Physician Form. Participation may be delayed without submitting this form to the Athletic Trainers. (Form is included at the end of this packet. It will also be available on the athletic registration page under "Other Forms" or a obtain a hard copy in the Athletic Training room).

Attendance Regulations

1. No student shall be permitted to begin practice or engage in any competitive sport without a physical examination, signed drug test consent forms (Clearview and NJSIAA forms), a signed parent permission

form, and a signed Parent Student-Athlete Handbook form being submitted to the school via the athletic registration portal. Other sign-offs that are required are the Sudden Cardiac Arrest in Young Athletes, Use and Misuse of Opioid Drugs Fact Sheet and Sports Related Eye Injury Fact Sheet & the concussion video. The school must be in possession of the records via the athletic registration portal.

2. Students are expected to attend all scheduled practices and competitions. Each sport team will provide a schedule before the season gets underway.
3. If an athlete is absent from school, he/she is not permitted to practice or participate in a scheduled event on that day. The exceptions are prearranged appointments as approved by the director or principal.
4. Attendance at Practice/Game:
 - A. A student must meet the school's "legal attendance" requirement in order to practice or play in a game. This means the student must sign in by 9:30 a.m. and remain in school until the 2:18 p.m. dismissal. The only exceptions are prearranged appointments as approved by the director or principal.
 - B. Each head coach will verify daily the legal attendance in school of his or her athletes. Those found to be illegally absent and appear for practice or a game will not be allowed to participate.
5. Any athlete who is suspended shall not be allowed to participate in any athletic event during the period of suspension. Interpretation: If a student is serving a suspension on a Friday, he/she is not eligible for participation over the weekend.
6. Students will be provided with ample time to shower and catch busses.
7. Students should wait for rides outside or inside the lobby during inclement weather. A coach will be present until the last student-athlete has left the school premises.
8. Transportation from practice to home will be provided at prearranged departure times, which is determined in advance, for each of the three sports seasons (see Transportation section).
9. A study hall supervisor will be arranged for student-athletes when practices/games are scheduled during teacher in-service hours (1/2 days) for those students that cannot get a return ride back to school. Student-athletes staying for the study hall session will be expected to report to the HS gymnasium immediately upon the end of the school day.
10. When Clearview Regional Schools are closed due to inclement weather, there shall be no activities conducted. Exceptions will have the prior approval of the principal and superintendent.
11. Practices or games are not scheduled on Sundays. Some circumstances may require a special practice or game situation. Thereby, the Superintendent must give approval for this practice/game.
12. Once a competition gets underway, all decisions regarding play are within the jurisdiction of the game/meet official(s). Refusal to play could result in probation, suspension of championship opportunities and/or fines (NJSIAA rules and regulations).
13. Students who are not in compliance with the attendance policy (over 10 attendance points) will not be permitted to attend or participate in any school functions such as dances (Jr./Sr. Prom), trips (Senior Trip), sports teams (all levels), after school clubs, field trips, and graduation.

Awards

At the end of every sport season, each coach sponsors his or her own end of season gathering. At this time, all awards earned throughout the season will be handed out. (Please refer to Board Policy #5126 – Student Awards for further details)

Specific eligibility requirements for awarding athletic letters in individual sports are as follows:

Athletics:

A. General criteria for awarding athletic letters are:

1. All candidates for awards must:

- a. Attend all practices, unless excused by the instructor.
- b. Exhibit a cooperative attitude towards coaches and team members.
- c. Exhibit sportsmanlike conduct at all times

2. Players who have been excluded from the team for breaking training rules, or quitting, shall be ineligible for any award in that sport for that year.
 3. In the event of unique circumstances, such as an injury or illness, the individual coach may make recommendations for awards he deems appropriate, with final approval based on a review by the athletic director, and the principal's approval.
 4. Seniors who have been official members of a team for three consecutive years, and have not otherwise qualified, shall be awarded a varsity letter.
 5. Any recognition of a championship team must be consistent and uniform for all sports.
 6. Any awards presented by an organization not affiliated with the school system must have the sanction of the Board of Education.
- B. Based on the aforementioned criteria, the standard athletic awards are Varsity letters and certificates, Junior Varsity letters and certificates, and Freshman letters.
1. A seven inch letter "C" will be awarded to qualifying varsity team members. (only one letter per sport)
 - a. A leatherette certificate for a second varsity letter in that sport.
 - b. A silvertex certificate for a third varsity letter in that sport.
 - c. A seven inch by nine inch plaque for a fourth varsity letter in that sport.
 2. A five inch letter "C" will be awarded to qualifying junior varsity team members.
 - a. A parchtex certificate for subsequent letters.
 3. A five inch letter will be awarded to qualifying freshman team members.
- C. Specific eligibility requirements for awarding athletic letters in individual sports are as follows:
1. Football: Playing in two-thirds of the total quarters per season. Specialists may be eligible for a varsity award, regardless of time participated, in accordance with criteria developed by the athletic director, and approval by the principal. Normally, one specialist will receive an award in a given year.
 2. Basketball: Playing one-half of the total quarters of the season
 3. Track and Field:
 - a. Varsity and Junior Varsity: Any one of the following:
 - Averaging one and one-half points per track meet during the season.
 - Placing in an invitational meet.
 - Placing in the Tri-County Conference All Star Meet.
 - b. Freshman: Attend all practices, unless excused by the coach.
 4. Baseball: Playing in one-half the total innings in all games. Pitchers are eligible if they have participated in one-third the total innings.
 5. Cross Country: A team member who places among the first seven in accumulated point total, and/or scores in one-half the regular season meets. Also, any participant who places in the Tri-County Conference Meet or Gloucester County Meet, or any invitational or State meet.
 6. Softball: Requirements are the same as those listed for baseball.
 7. Hockey: Playing in one-half of the total number of games in the schedule.
 8. Winter Track:
 - a. Earning a medal in either a Varsity relay or a Varsity individual event
 - b. Placing 8th or better in a relay event at the S.J.T.C.A sponsored Varsity indoor relay meets or at the N.J.S.I.A.A Varsity Indoor Relay Championships.
 - c. Placing 10th or better in an individual event at the S.J.T.C.A sponsored Varsity indoor meets or at the N.J.S.I.A.A Varsity Indoor Individual Championships.
 - d. Any senior who has been on the Winter Track Team for 4 years and who has never received a Varsity Letter in Winter Track.
 9. Wrestling: Participating in one-half of the total matches for the season.
 10. Golf: Playing in one-half of the regularly scheduled matches.
 11. Tennis: Playing in one-half of the regularly scheduled matches.
 12. Soccer: Playing in one-half of the total number of periods in regularly scheduled games.

13. Swimming:

- a. Averaging one and one half points per swim meet during the season.
- b. Placing in the South Jersey Swim League Meet, or any State sponsored or invitational meet.

14. Managers who serve for two years will receive a Varsity letter, and those who serve one year will receive a Junior Varsity Letter.

15. Cheerleaders- Fall and Winter: All members who have no unexcused absences from practice or games are eligible for a letter. Varsity and Junior Varsity requirements are the same.

16. Volleyball- Playing in one half of the total number of games in the schedule.

17. Lacrosse- Playing in one half of the total number of game in the schedule.

Note: Students who do not qualify for a Varsity letter will receive a Junior Varsity letter.

Cancellation of Athletic Activities

1. When Clearview Regional Schools are closed due to inclement weather, there shall be no activities conducted. During days of such closings, students and/or teams shall not participate in any athletic activity scheduled outside of our school. Exceptions must have the approval of the principal and the superintendent.
2. In the event of an emergency closing where the safety of the student body is involved, no activities are to be scheduled for the remainder of the day. In the event of a closing due to partial heat failure, etc., PM activities may continue with approval of the building principal.
3. Cancellation of school athletic activities on non-school days (holidays and weekends) shall be the responsibility of the director. The director shall consult with the principal or superintendent if and when this should happen. Coaches shall stay in close contact with the director on such days. Therefore, students shall hear about cancellations from their coaches or they can check the athletic schedule page from the website for an update of events.
4. Cancellation of school athletic activities on school days due to inclement weather shall be the responsibility of the director. The director will consult with the grounds department, coaches, and other administrators before making a decision.

Coaching Objectives

The following objectives govern the conduct of the athletic program at all levels.

1. To ensure student safety and welfare. This takes precedence over any other objective.
2. To teach, develop, and refine the skills directly related to the sport and position in each student-athlete.
3. To invoke positive student attitudes which is developed by cultivating good sportsmanship and good habits.
4. To provide students with an opportunity to develop positive leadership skills.
5. To encourage students to improve their academic performance.
6. To conduct activities under the district's philosophy and objectives while keeping with the level of assignment.
7. To maintain the personal relationship of coaching as that of a teacher to a pupil.
8. To conduct one's self as a professional at all times in speech and action both on and off the field.

Communication

Good, open, two-way communication is the key behind any success a student-athlete will experience and one that he/she can utilize to further his or her endeavors. The student-athlete and parent carry the same responsibility as the coach to maintain open lines of communication. If, at any time throughout the year, a student-athlete or parent has a concern regarding anything related to the program, they must first try and

communicate with the coach. If the concern cannot be resolved through open dialogue with the coach, then the student-athlete/parent should follow the chain of command until their concern can be satisfactorily resolved.

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations for your child and all players on the squad.
3. Locations and times of practices and contests.
4. Team requirements, i.e., fees, special equipment, off-season conditioning.
5. Procedures should your child be injured during participation.
6. Discipline that may result in denial of your child's participation.

Communication Coaches Expect From Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

Appropriate Matters to Discuss With Coaches

1. The treatment of your child both mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Issues Not Appropriate To Discuss With Coaches

1. Team strategy.
2. Play calling.
3. Other student-athletes.

Procedure To Follow If You Have A Matter To Discuss With The Coach

1. You may email the coach directly. A directory can be found on the athletics webpage.
2. Please do not confront a coach before or after a contest or practice. At these times emotions run high and resolution is not promoted.
3. Contact the athletic director and make an appointment to discuss the situation if a satisfactory resolution was not reached.

Meet The Coaches

At the beginning of each sport season, the head coach will sponsor a meeting to allow parents to introduce the coaching staff. This is a great opportunity to come out, ask questions and learn about the coach's expectations and philosophy. Parents are highly encouraged to attend this meeting. Coaches will send home correspondence through your son or daughter stating the date and time of the event.

Concussion Education/Compliance Policy and Concussion Management Protocol

In compliance with the requirements of the NJSIAA Concussion Policy, CRHS has established the following Concussion Education/Compliance Policy and Concussion Management Protocol.

Concussion Education/Compliance Policy

Parents/Guardians:

- Beginning July 1, 2010, the parents/guardians of all student-athletes are to review, on an annual basis, the concussion information found in the Parent Student-Athlete Handbook. They will be required to submit an electronic signature for verification acknowledging that they have read this information. Students will not be permitted to participate without verification on file in the Athletic Office.

Students:

- Beginning July 1, 2010, the student-athletes are to review, on an annual basis, the concussion information found in the Parent Student-Athlete Handbook. They will be required to submit an electronic signature for verification acknowledging that they have read this information. Students will not be permitted to participate without verification on file in the Athletic Office.
- Students will also be required to participate in a concussion awareness program at the start of each season conducted by the Athletic Department.

Athletic Department Personnel:

- Beginning July 1, 2010, ALL Athletic Department personnel (athletic director, athletic trainer, coaches, and school nurse), and all subsequent appointments, shall be required to complete the NFHS Course "Concussion in Sports - What You Need To Know". A copy of the course completion certificate will be kept on file in the Athletic Office.
- For each subsequent year of appointment, Athletic Department personnel will be required to participate in a "Concussion Review Session" conducted by the Athletic Department.

CONCUSSION MANAGEMENT PROTOCOL

Emergency Action Plan When a Concussion is suspected:

1. Once a CRHS student-athlete is suspected to have suffered a concussion he/she will be removed from play immediately and will be evaluated by an appropriate health care professional.
2. The coach or athletic trainer will notify the parents/guardians about the possible concussion and give them information on concussions.
3. The student-athlete will be kept out of play the day of the injury and until a health care professional, trained in the evaluation and management of concussions, says he/she is symptom free and gives clearance to return to activity.
4. The Zurich Guidelines for Return-to-Play after a concussion will be implemented. A return-to-sports clearance that is inconsistent with our concussion guidelines will not be accepted and the matter will be referred to our school physician.

At the direction of our school physician, Dr. Gregory Herman, and adopted by the Clearview Regional High School District Board of Education, Clearview High School District follows the concussion guidelines set forth by the Zurich Concussion Consensus Statement¹ and the NJSIAA² as described below:

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 < 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 (K-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.

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:

Step 1: Light aerobic exercise (ie: 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.

ImPACT Testing

In the sports of football, soccer, field hockey, wrestling, basketball, diving and lacrosse we require pre-season baseline and post-concussion neurocognitive testing using the ImPACT® (Immediate Post Concussion Assessment and Cognitive Testing) software program to assist in the management of head injuries. The 20-minute program is set up in a “video-game” format. It tracks neurocognitive information such as memory, reaction time, brain processing speed and concentration. We conduct a post-concussive test when the athlete is asymptomatic and continue to test the athlete until their scores return to normal. Please note that this program is used only as a tool in making return to play decisions. Additional information about ImPACT® can be found at www.impacttest.com.

NJSIAA Concussion Policy

In order to help protect the student athletes of New Jersey, the NJSIAA has mandated that all athletes, parents/guardians, and coaches follow the NJSIAA Concussion Policy.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If you child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

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

What can happen if my child/player keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators coaches, parents and students is the key to student-athlete's safety.

If you think your child/player has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athletes should continue for several hours.

An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from practice/competition at that time and may not return to play until the athlete is evaluated by a medical doctor or doctor of Osteopathy, trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

You should also inform your child's Coach, Athletic Trainer (ATC), and/or Athletic Director, if you think that your child/player may have a concussion. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: www.cdc.gov/ConcussionInYouthSports and/or www.nfhslearn.com

Cut Policy

Due to the growth of our community, the large number of participants trying out for our athletic squads, and the highly competitive nature of sports at the high school level, it may be necessary for coaches to institute cutting procedures to help determine members of a team. Roster limitations, safety issues, and teacher-pupil ratio are some of the reasons cut policies are put in place.

The determination of what players "make" athletic teams will be the sole decision of the coach(s). Before the season starts, coaches create an objective list of determining factors and skills needed to succeed on his or her team. Student-athletes and parents should receive a copy of these expectations prior to any evaluation of talent (usually on the first day of practice). Every student interested in trying out for any squad will be given fair and equal treatment in regards for a position on the team regardless of previous determinant factors. Attendance at tryouts and practices may be used as criteria for making or not making the team. If you are unclear about any procedures or expectations, then please contact the coach first.

Positions on any team or squad are not guaranteed from year to year. Students must try out every year. Seniors that have participated in the athletic program for the previous three years are not automatically guaranteed a

position. Also, underclassmen (9th, 10th, 11th) who have achieved the varsity level are not guaranteed to make the varsity squad in subsequent seasons. They must try out for available positions and cuts are possible.

Directions

You can visit the opposing school's website or TCC website (tricityconference.org) for directions and to review each school's game provisions and regulations. On the TCC website, click on Clearview and the daily athletic schedule will appear with the opponent's location. Clicking on the opponent's hyperlink will load a Google Map to each away location.

Discipline

Please refer to the Board Policy - Athletic Conduct Code, # 5131.82

All coaches are to address discipline and consequences of certain actions in the specific team's rules and regulations. Keep in mind that the Board's policy pertaining to student's rights will supersede all rules. Parent's must read and sign off on a form declaring that they have read the team rules, understand them, and will accept the consequences of any infractions as stated in the rules. This must be done before participation is granted to their son or daughter. The key to good discipline is creating an open line of communication and leading by example. Keep in mind that a student may be dismissed from the team for any conduct that brings the person, the team, the school, and/or the community into negative light. Of course, the athletic director and principal will make these decisions after careful review of each situation.

Disqualification

Students that are disqualified from a game by an official must be removed from the immediate area. If a student-athlete is disqualified from play they must not be present at any games while they are under suspension. If they show up for a home or away game, your team may have to forfeit that contest.

Drug Testing

The School Board and the NJSIAA have established Co-curricular/Student-Athlete Drug Testing Policies that the department implements. All students that want to partake in any Clearview athletic program or co-curricular activity must conform to the policies standards in order to be eligible and participate.

Students/Parents/Guardians must read the policies found on the school's athletic registration website (<https://clearviewregional-ar.rschooltoday.com>). They will electronically sign the drug testing policy consent forms prior to testing. A drug test will not be allowed without the signed consent forms.

Students are not allowed to practice, compete in any scrimmages or competition until the online athletic registration has been completed and then cleared by the nurse and athletic trainers. The school and/or the NJSIAA cover the cost of the drug screening as long as it is taken with their contracted companies. Tests will be randomly taken throughout the school year. All co-curricular students are subject to the school's testing policy and all student-athletes are subject to both the school and NJSIAA policies. All co-curricular students and athletes will be beholden to the tests and policies in place all year long.

Eligibility

Eligibility rules shall apply to all Varsity, Junior Varsity, and Freshmen teams involved in interscholastic athletic competition. All participants will comply with Clearview Regional High School Board of Education Policy, Tri-County Conference/West Jersey Football League Policies, SJILL policies, NJSIAA Rules and Regulations, and NFHS rules.

Academic Requirements for Participation in Co-curricular Activities

Definition: "Co-Curricular Activities" means athletics, club programs, drama programs, competition band, Student Council, cheerleading, and similar activities. It does not include dances, attendance at athletic events or shows, or other activities of a similar nature. The high school principal will make the determination of whether a specific activity is co-curricular. In order to be eligible to participate in co-curricular activities at the start of the first semester of each school year, a student must have earned a total of thirty or more credits the prior school year (through regular class or accredited summer school work). Students will be notified by school personnel a week prior to the start of the Fall Season if he or she is ineligible. In order to be eligible to participate in co-curricular activities at the start of the second semester, in grades nine through twelve, a student must have earned passing grades for the first semester in courses with a value equivalent to thirty or more credits. Credits for full year courses shall be equated at one half their total value to determine credits earned during the first semester (15 credits). Students will be notified by school personnel a week prior to the start of the Spring Season if he or she is ineligible. Newly placed ninth grade students are automatically eligible during the first semester. Continued eligibility is based on the provisions of this policy. A student becomes ineligible for athletics after the completion of eight (8) semesters following a student's entrance into the 9th grade. A student eligible to represent his/her school in winter sports on December 1, may continue to do so until the end of that season.

As per NJSIAA rules and regulations, seniors who earn less than the state minimum of credits (15) during the 1st semester must meet the school district's graduation requirements **AND** must be passing all courses in which he/she was enrolled in at the start of the 1st semester in order to be eligible for the spring season.

Physical Requirements for Participation in Athletics

New Jersey School Law requires an annual medical examination of all competitive sport candidates. Medical examinations are good for one calendar year. Students whose annual medical exam expires are ineligible to participate. For each subsequent sport within the same school year, the candidate must submit a new permission form and health history update to be reviewed by the athletic trainer. At the discretion of the athletic trainer, any athlete who has sustained a serious illness or injury since the initial exam may be asked to be re-examined by his/her physician or the school physician.

IMPORTANT: As per NJ state law, all new physicals must ALSO have the doctor's signature and date verifying that they have completed the Cardiac Assessment Professional Development Module (on the last page of the physical). Any physical form not having this signature will be invalid, thus prohibiting your child from participating in athletics.

1. All students must receive a complete physical examination at the "medical home" of the student (the student's physician, nurse practitioner, physician assistant, or clinical nurse specialist). These physicals must be documented on the proper paperwork as provided by the school. The forms can be found on the

District's website or in the athletic director, athletic trainer, and/or the nurse's offices. Once completed, the forms are to be returned to the nurse's office. The school physician will then review each form.

2. The health history form must be turned in and approved before any participation may occur. The remainder of the required forms are completed online in the athletic registration on the website.
3. Following the approval of the exam, the parent permission card will be sent to the coach to be kept in the medicine kit for possible emergency use.
4. Parents/Guardians will be notified via their Power School account as to the status of their son/daughter's athletic participation based upon the school doctor's evaluation.

Note: No student shall participate in any game or interscholastic scrimmage until he/she has practiced six (6) days (not sessions) regardless of the time of the year or season (NJSIAA regulation).

Other Requirements for Participation in Athletics

1. Obligations to other coaches – uniforms and/or equipment not handed in (see Equipment section)
2. Age restrictions (ineligible if born before 9-1-04 for the 23-24 school year):
 - A) Students in 7th or 8th grades who will reach age nineteen (19) prior to September 1 may request a waiver of the Bylaws, Article V, Section 4.1, Pre-High School Student, to have an opportunity to participate in interscholastic athletics for four (4) years prior to becoming eligible.
 - B) Classified students who will reach age nineteen (19) prior to September 1 of a school year may request a waiver to participate in non-contact sports.
3. Drug screening
5. Transfer rules
6. Recruitment rules
7. Maintain amateur status
8. A signed Parent Student-Athlete Handbook form: these can be found on the last page of the Parent Student/Athlete Handbook.

Protect Your Eligibility - NJSIAA

1. Accept only awards of trophies, pins, jackets, i.e., approved by the Board of Education- Do not accept any merchandise or cash.
2. You may caddy or work in a golf or tennis shop- but do not give instruction for compensation on a per lesson basis.
3. You may bowl in an adult league- but you may not accept or have anyone accept for you any merchandise or cash. Same must remain with sponsoring committee.
4. You may not accept, gratis, on loan or on a discount basis, any equipment or merchandise for personal use under any circumstances whatsoever.
5. Consult your athletic director if you are in doubt.
6. Make sure you understand the rules governing collegiate eligibility.
7. Participate only for physical, mental, social and educational benefits.

Equipment

Distribution, Care and Collection of Athletic Equipment

1. No athletic equipment is to be issued for out-of-season use.
2. Equipment responsibility for the athlete:
 - A. Each athlete is responsible for the equipment issued to him/her.
 - B. Do not leave equipment in unattended or in unlocked lockers. Locks must be used for safety; no valuable items should be left unlocked. Leave valuable items with the coach.

- C. Stow away gear before taking a shower.
- D. No equipment is to be taken from school grounds by athletes except for use in a contest or for laundering purposes.
- E. No athletic equipment is to be worn as a part of the school attire or during gym class.
- F. If equipment is lost, stolen, misused, mishandled, or improperly cared for the athlete will have to pay the designated replacement costs.
 - 1. Equipment will not be re-issued to the athlete unless first paid for.
 - 2. Equipment or uniform will be paid for at the end of the season.
 - 3. If equipment or uniforms are later recovered or returned, a full refund will be made to the athlete.
 - 4. Seniors are not permitted to keep his/her uniform. Graduation tickets will be withheld until uniforms/equipment are returned.
- G. No athlete shall be permitted to participate in a second sport until he/she has met all equipment requirements in a previous sport.
- H. All equipment used or loaned to a player must be returned or paid for prior to awarding of letters/awards.

Game Provisions

The following game provisions and procedures were devised for athletic events at the Clearview Regional High School District. These provisions and procedures are in accordance with the New Jersey State Interscholastic Athletic Association (NJSIAA) the Tri-County Conference (TCC), Olympic Conference, and West Jersey Football League recommendations. They are designed for the safety and enjoyment of your visit.

High School Events

Admission: Tickets will go on sale for all football, basketball and wrestling competitions forty-five (45) minutes before the scheduled start of the contest. Ticket sales will continue until the start of the fourth quarter in football, the fourth quarter in basketball and until three-quarters of the weight classes have competed in wrestling or once a sellout is declared. Anyone who leaves the stadium or building will not be readmitted unless they purchase a new ticket.

Adults: **\$4.00 (football)**, \$3.00 all other events
 Students: \$2.00 (all events)
 Senior Citizens: \$2.00 (all events)

Visitors' Parking: Stadium parking for visiting school spectators can be found at the middle school in the faculty parking lot adjacent to the school. The visitor's gate entrance is behind the middle school.

Parking for all other visitors and high school athletic contests can be found at the high school in the student parking lot adjacent to the gymnasium entranceway, the new auditorium, or the parking lot off Jefferson Road. Stadium entrance gate for home team spectators is at the field house. For indoor events, please enter the school through the new auditorium entrance. At the conclusion of the event, spectators are to exit the stadium and or gymnasium through the nearest exit ways.

Security: Harrison Township Police Officers will be on duty throughout the stadium/gymnasium facilities. As well, Clearview school security personnel will be on duty for all events that charge admission.

- Medical Attention:** Our school Athletic Trainer will be on duty for home events. In the case of an emergency, one of the Township's Ambulance squads will be called.
- Cheerleaders:** One role of the Cheerleaders is to help promote good sportsmanship throughout the game. With this in mind, squads will keep their cheers positive and dissuade any negative cheers from the spectators.
- Sideline Personnel:** Only official team personnel are permitted to sit with the team.
- Refreshments:** A concession stand can be found at the field house and by the new auditorium for indoor events. No food or drinks are to be brought into the gymnasium. Please ensure that all trash is placed in the receptacles found throughout the stadium/hallway.
- Lavatory Facilities:** Lavatory facilities can be found in Pioneer Hallway or at the stadium field house; some port-o-pots are available near our athletic fields.
- Emergency Procedures:** Upon the need to evacuate the stadium, gymnasium or building due to an emergency, please remain calm and exit the nearest gate/doorway to your seating area or follow the special directives announced. Police officers and/or security personnel will help escort you to the designated area.
- Thunder/Lightning:** Upon the sight of lightning, we ask that all guests and visitors safely exit the stadium or field of play and take cover in their cars. If the storm threat is serious, then the visiting side fans are welcome to take cover in the middle school gymnasium while home side fans and guests are asked to take cover in the high school gymnasium. A security guard will escort each party to their respective places. The officials will decide if and when the game will resume.
- Signs, Noisemakers:** Signs, banners, noisemakers (i.e. thundersticks), radios, or boom boxes are not permitted in the gymnasium or school facility. These items will be confiscated and given back at the end of the event. Please turn off all cell phones while in attendance.
- Sportsmanship:** It is expected that all guests act in a positive and supportive manner to all athletes, coaches, officials, game personnel and other guests. Unruly guests will be given one warning. If the behavior persists, the police and/or school security will escort the guest(s) out of the facilities.
- Senior Recognition:** Head coaches may decide to recognize their seniors at an event or at the end of season awards gathering. If the coach decides to recognize seniors and/or parents at a competition, please keep in mind that the senior status or recognition has no bearing on who plays in the competition. Only the coach decides who plays and when each person will play.
- No Smoking:** There is no smoking permitted anywhere on school property. Thank you for not smoking.
- Other:** No guests are permitted on the field of play, gym floor or mat area throughout the event. Only those athletes directly involved in the game/match are permitted in the competition area. No guests are permitted to stand in the bleachers or other areas of the gymnasium.

All NJSIAA and TCC/SJILL Conferences/West Jersey Football League Rules and Regulations will be in effect throughout the event. Please visit our opponents websites prior to attending events to familiarize yourself with their game provisions/procedures, rules and regulations.

If you have any questions or concerns during your visit to our facilities, please feel free to ask one of our staff members or administrators for assistance. Thank you for your cooperation.

General Information

How to Best Help Your Student-Athlete

The best way to help your student-athlete is to provide encouragement and to be positive, both at home and in the stands. Know that you are the most important person in your son/daughter's life and that your son/daughter wants you to be proud of him/her.

1. Be interested: Make certain that your son/daughter knows that his academic progress is important to you. If possible, attend all open houses and parent conferences.
2. Make sure your son/daughter's courses are appropriate for him/her: If your son/daughter plans on attending a Division I or Division II college, ask his/her counselor or the athletic office for information on NCAA guidelines and make sure he/she is taking the courses needed to be eligible. Please refer to the ncaaclearinghouse.net website for pertinent academic information and visit the ncaastudent.org website as well.
3. Discuss classes and set goals: set realistic academic goals at the beginning of each marking period. Setting goals gives your son/daughter something to work for, and it also makes him/her aware of exactly what your expectations are.
4. Discuss time management: attending school and playing a sport requires a substantial time commitment. Help your son or daughter by encouraging them to use their time given in school to complete assignments, study or do homework. Help them create a study plan and identify anything that may sabotage the plan (watching television, playing on the computer, etc.)
5. Offer to help: offer to assist with studying or homework.
6. Make your son/daughter accountable: it is human nature to be tempted to "slack off" when we are not held accountable. Your son/daughter needs to know that you are monitoring his/her academic progress. He/she needs to know that successes will be recognized and that poor performance will be noticed. Go over every progress report and report card with him/her and contact the teacher if your son/daughter has a low grade in a class.
7. Work with the school: Teachers, counselors, coaches and principals are there to help your son/daughter get the best education possible. A divorce, health problem or death in the family can affect your child's attitude and performance. If such a circumstance should arise, call the school, teacher, coach or counselor and tell them what is going on.

Proper Nutrition

It is important for all athletes to eat properly. Be sure your son/daughter eats a healthy breakfast before coming to school and has lunch daily. A healthy diet includes foods from the four major food groups (meat, dairy, grain, and fruits/vegetables). A diet consisting of fruits, vegetables, and foods that are high in complex carbohydrates (e.g. pasta, potatoes, grains, etc.) is best for athletes. The meal the night before a competition is especially important for strength and endurance; it should be a nutritious meal high in complex carbohydrates.

It is extremely important for your son/daughter to drink plenty of healthy fluids (i.e., water), especially during the warm/hot parts of the season. Be sure to provide your son/daughter with a water bottle that has his/her name on it. Do not share water bottles or drinking cups with anyone else.

Injury Prevention

Prevention of injuries should be of utmost importance to everyone. Athletes can avoid injury by: 1) being in good condition when the season starts, 2) having the right equipment, 3) stretching properly before all practices and competitions, 4) drinking enough water, 5) getting proper rest and nutrition, and 6) working closely with the coach and Athletic Trainer. **Report any injuries or concerns to your coach and the Athletic Trainer.**

It is imperative that each student-athlete protects himself or herself from the sun. Avoid sunburn and the risk of sun skin cancer by using an appropriate sunscreen or sun block daily.

Weight Training

All athletes should follow a conditioning program that combines weight training and aerobic exercise (running, biking, etc.) during the off season. Conditioning is important not only for performance enhancement, but also for injury prevention. Your son/daughter should work with his/her coach and athletic trainer in order to develop a program that is appropriate.

Hazing

Please refer to the Board Policies – Hazing - # 5512 and Harassment, Intimidation, and Bullying - #5512.01.

It is the right of every student in the district to be free from the humiliation and danger of hazing while involved in or attending any school program or activity. This extends to activities/behaviors that occur on or off of school property and during or after regular school hours.

"Hazing" is defined as any willful act done by a student whether individually or in concert with others to another student for the purpose of subjecting that student to humiliation, intimidation, physical abuse or threats of abuse, social or other ostracism, shame or disgrace for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any school district sponsored organization whose members are or include other students. The term may include, but is not limited to:

Using a reasonable person standard; any activity that intimidates or threatens the student with ostracism that subjects the student to shame, humiliation or extreme mental stress, or that adversely affects the mental health or dignity of the student or discourages the student from entering into or remaining registered in a district co-curricular opportunity.

Any type of physical brutality.

Any type of physical activity (such as but not limited to sleep deprivation, exposure to the elements, confinement in a small space, calisthenics unrelated to approved training, or sexualized acts), or other activity whether or not the activity subjects the student to an unreasonable risk or harm or in using the reasonable person standard that adversely affects the mental or physical health or safety of the student.

Any consumption activity involving ingestion of a food, liquid, or other substance that subjects the student to an unreasonable risk or harm; or the ingestion of an alcoholic beverage, liquor or drug; or in using the reasonable person standard that adversely affects the mental or physical health or safety of the student.

Reporting Procedures

1. Any person who believes he or she has been the victim of hazing or any person with knowledge or evidence of conduct, which may constitute hazing, shall report the alleged acts immediately to a school administrator or the superintendent.

All incidents of hazing will be dealt with in the manner prescribed by the Board's policy.

Infectious Disease and Blood Borne Pathogens

Please be aware that during the activity of any sport the possibility of injury may result. The Clearview Athletic Department follows the guidelines proposed by the NJSIAA in order to minimize the transmission of any infectious disease during any athletic contest or practice.

Contest officials, the athletic trainer, coach, and/or student-athlete are to monitor situations in which injury occurs that results in blood being present. Please be aware that a contest will be stopped to aid the injured person and to clean the playing area. Practice good hygiene by taking a shower after practice/competition, cover open wounds, and do not share towels, cups and water bottles.

Further information can be attained regarding infectious disease and blood borne pathogens by contacting the athletic trainer, school nurse or Athletic Department.

Parking

Students that have permission to drive to school have been assigned parking spots. Please maintain these spots throughout the day. **Do not park behind the school.** This area is reserved for faculty/coaches. Parking behind the school could interfere with the cross-country course and bus traffic patterns.

Do not park in fire lanes, the yellow lined areas around the school. The Harrison Township Police will be ticketing anyone that parks in this area. Please do not park in any reserved parking areas anytime or faculty parking areas during the school day up to 3:00 PM.

Playing Time

While parents have the best interest of their child in mind, it is the job of the coach to be concerned with what is best for the team and program. At the high school level, there are no guarantees regarding playing time. Coaches will inform student-athletes of their roles on the team and how that will affect playing time. Coaches will also provide student-athletes with suggestions on how to improve and feedback on where they stand. Any questions regarding playing time should come from the player and should be directed to his/her coach.

Risks Involved in Athletics

When you sign the Parent Permission form required of all student-athletes, you are informed of the risks involved in athletics. Despite all of the precautions taken in regards to preparation, equipment, facilities, and training, the risk of injury still exists. The risk of injury is inherent in all sports. And, despite the use of protective equipment and proper technique, the risk of injury may be severe, including the risk of fractures, brain injuries, paralysis, and even death. While the risk of the most severe consequences is small, you must be fully aware that accidents can happen even under the most perfect of circumstances.

Schedules

Athletic schedules are sent home with each student-athlete for their particular sport. The athletic schedule is also available on the Internet at www.tricountyconferencenj.org. Follow the directions once you log onto the site. Extra schedules are also available in the athletic office.

Scholarship Opportunities

The key to any athletic scholarship opportunity is based upon four main themes: grades (GPA and SAT scores), work ethic, coach ability, and talent. A positive attitude and team player mentality are two other attributes college coaches look for in potential scholar-athletes. Parents should keep in mind that a student-athlete has a much greater chance of attaining an academic scholarship than receiving an athletic scholarship. Clearview coaches will encourage and assist our student-athletes in gathering college information, share opportunities for scholarships, and help pursue the best programs for our student-athletes to continue their education.

Additional information can be found in the Guidance office or through developing relationships with interested colleges/universities/organizations. Parents should also familiarize themselves with the NCAA College Recruiting Guidelines. This information can be found in the guidance office or go to www.ncaaclearinghouse.net. Further information about colleges can be found at www.collegiatedirectories.com and through the Princeton Review at www.Review.com.

Sportsmanship – Code of Conduct

Good sportsmanship is one of the key areas of emphasis for all our teams and student-athletes. The NFHS, NJSIAA, and the TCC/SJILL Conferences/West Jersey Football League have all stressed the importance of good sportsmanship and have set up guidelines for our teams to follow. Clearview has taken steps in order to maintain a safe and healthy atmosphere for our student-athletes and coaches to compete.

It is imperative for all student-athletes, parents, coaches and other spectators to understand that high school athletic programs are in continuum with the educational institution's objectives first. The field/court/mat/pool is just an extension of the classroom. With this in mind, it is expected that all behavior surrounding our athletic classrooms reflect the same atmosphere that we demand in all academic classrooms. Spectators should remain positive and not allow their emotions to interfere with the competition in any manner.

Unsportsmanship like conduct will not be tolerated from students, coaches, or spectators. Please be vigilant and proactive in approaching anyone that is not maintaining good sportsmanship behavior. Realize ahead of time that not all officials' calls may go our way. Always turn a negative situation into a positive learning experience. Always model the appropriate respectful behavior. Any person failing to comply with this code or the spirit of these rules may be prohibited from attending further athletic events.

The Athletic Department will continue to inform and educate our parents, fans and the public on the importance of good sportsmanship. If you have any input on developing ideas about sportsmanship please see the director.

Sportsmanship Responsibilities - NJSIAA

The Player:

- 1) Treats opponents with respect
- 2) Plays hard, but plays within the rules
- 3) Exercises self-control at all times, setting the example for others to follow.
- 4) Respects officials and accepts their decisions without gesture or argument.
- 5) Wins without boasting, loses without excuses, and never quits.
- 6) Always remembers that it is a privilege to represent the school and community.

The Spectator:

- 1) Attempts to understand and be informed of the playing rules.
- 2) Appreciates a good play no matter who makes it.
- 3) Cooperates with and responds enthusiastically to cheerleaders.
- 4) Shows compassion for an injured player; applauds positive performances; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior.
- 5) Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of game.
- 6) Respects property of others and authority of those who administer the competition.
- 7) Censures those whose behavior is unbecoming.

Acceptable and Unacceptable Behavior Standards – TCC and NFHS

Acceptable Behavior:

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

Unacceptable Behavior:

1. Referencing an opponent's name or number.
2. Disrespectful or derogatory yelling, chants, songs, or gestures at any time before/during/after game.
3. Booing or heckling an official's decision.
4. Criticizing officials in any way; displays of temper with an official's call.
5. Yells that antagonize opponents.
6. Refusing to shake hands or give recognition for good performances.
7. Blaming loss of game on officials, coaches or participants.
8. Laughing or name-calling to distract an opponent.
9. Use of profanity or displays of anger that draw attention away from the game.
10. Doing own yells instead of following lead of cheerleaders.

Clearview Sportsmanship Pledge:

Please review the pledge and abide by the standards set.

As a spectator of high school sports and activities, I will respect the judgment and decisions made by coaches, advisors, and officials. I will not heckle, jeer, boo, or show disrespect towards opponents or performers, and I will censure behavior that is unbecoming. Most of all, I will be a positive role model exemplifying and demonstrating good moral judgment.

Summer Camps

Clearview started sponsoring summer sport camps in 2002. Various sports team's head and/or assistant coaches have created an opportunity to develop young athletes through a unique sports camp program. This endeavor helps spotlight the great things all our programs are seeking to accomplish by providing a much-needed service to our youth and community as well as affecting a well rehearsed feeder program.

Summer camps are available for ages eight (8) through fourteen (14) in various sports. Look for summer camp information on our website and through emails from the elementary schools. Summer camp information can also be found in the front office of each elementary school in Harrison and Mantua Township and Clearview's Middle and High school offices starting at the end of March. As well, you may contact 223-2722 for more camp information.

Transportation

Clearview Regional High School District will provide transportation to and from all Board approved athletic events. Pick up and drop off from these events will take place by the theater entrance of the high school and at the front entrance of the middle school. At no time are students allowed to drive themselves to and from athletic contests.

It is required that all student-athletes travel both to and from all games and scrimmages with the team on the bus provided. Parents seeking permission to drive their son or daughter home from an event for special circumstances will be permitted to do so only upon signed written notification to the athletic director and coach the day prior to the event taking place. This note must first be signed by the director or designated personnel before it is given to the coach. Students will not be allowed to drive home with anyone else other than their parents, unless the parents give written notice through the proper channels.

Late buses are scheduled for transportation home at designated times Monday through Friday throughout each season. Bus times will be set at the start of the season so as to maximize rider-ship. Students will be verbally advised from their coaches of the late runs and if there are any changes to the late bus schedule. In special circumstances, athletes are permitted to ride on the 3:30 after school activities bus. Student-athletes going on this bus run must have a bus pass completed and signed by their coach. Outside of any late bus runs, it will be necessary for parents to provide transportation for their sons/daughters.

Weight Room

All Clearview high school students have accessibility to the weight room throughout the year. A student-athlete in season must gain approval to use the weight room with his or her head coach. Student-athletes out of season and throughout the summer may use the weight room during designated hours. The weight room is generally open throughout the from 2:30 PM to 4:30 PM. Times and days are subject to change.

The following weight room rules and regulations must be followed to maintain access to the facilities.

1. No student may participate in weight room activities until first submitting a permission form. Forms may be obtained through the coach/weight room supervisor. Submit these forms back to your coach/supervisor. Athletes in season will not have to submit a permission form.
2. Participants must have a current physical on file.
3. No one may use the room without a coach/monitor present. Only those directly involved in lifting and/or exercising may be in the room.
4. No food or drinks are permitted in the weight room.

5. Anyone lifting and/or exercising must be appropriately dressed (i.e., shorts, tee shirt and/or sweats; no half tees, no tank tops).
6. Treadmills are for walking only; no running due to safety measures.
7. Each student must have a towel and wipe down pads/benches after using. Sterile wipes are also available in the weight room (please use the wipes after exercising on each piece of equipment).
8. It is the user's responsibility to keep the free weights/dumbbells up off the floor and keep the room tidy before leaving.
9. Report any damage to equipment or machinery so it can be repaired and/or replaced.
10. Safety is always the top priority in the weight room. Safety can be assured if all people using the room act responsibly, be accountable, and take pride in the maintenance and care of it.
11. If you are unsure how to use certain machinery, please ask the athletic trainer or weight room supervisor before using something. If not, you risk damaging the equipment or worse, injuring yourself or others.
12. Do not slam or drop the weights or machinery. Please ride the stationary bikes properly.
13. Make sure you sign the ledger when you enter the room and when you exit, documenting the times.
14. Remember that weight training builds strength as well as augments competitiveness, reduces injuries and increases self-confidence.

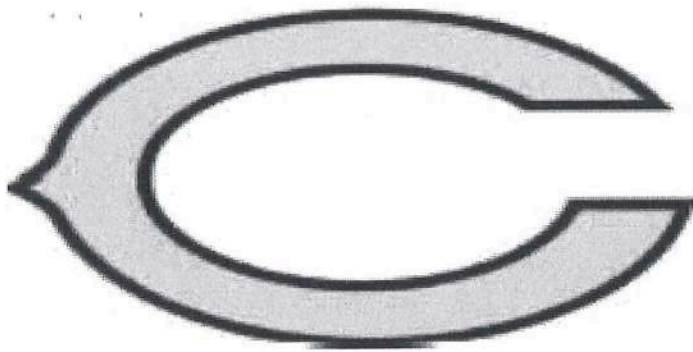
Please understand that failure to abide by these rules/regulations may result in loss of your privilege to use the weight room.

Resources

- 1) Boonton High School Athletic Handbook
- 2) DAANJ – contact affiliated school AD
- 3) Haddonfield Memorial High School Athletic Handbook
- 4) NCAA Publishing, P.O. Box 781046, Indianapolis, Indiana 46278-8046; 888-388-9748; www.ncaa.org.
- 5) NFHS, P. O. Box 690, Indianapolis, IN 46206, 317-972-6900; www.nfhs.org.
- 6) NJSIAA, P. O. Box 487, Robbinsville, NJ 08691; 609-259-2776; www.njsiaa.org.
- 7) Olympic Conference – contact affiliated school AD
- 8) Recruiting Realities, Jack Renkins, 6400 East Thompson Road, Suite 2052, Scottsdale, AZ 85251; 1-800-242-0165; www.recruitingrealities.com.
- 9) The Sport Source, 1-800-862-3092; www.sportsource.com.
- 10) Tri-County Conference – contact affiliated school AD
- 11) West Jersey Football League – contact affiliated school AD
- 12) Woodburn Press, Wrestling Information for Parents and Fans, P. O. Box 153, Dayton, OH 45409; www.woodburnpress.com.

Revised 6/2/23

Clearview Regional High School



CLEARVIEW REGIONAL HIGH SCHOOL DISTRICT
Guy D. Midure – Assessing Certified Athletic Trainer PHONE # 856-223-2778
Katie Skinner – Assessing Certified Athletic Trainer PHONE # 856-223-2798
625 BREAKNECK ROAD
MULLICA HILL, NJ 08062
Fax # 856-223-2749

Home/Physician Note

To Parent/Guardian of: _____

Referred By: _____ Guy Midure, ATC _____ Katie Skinner

Date of Injury: _____ Date Reported: _____ Date Referred: _____

Impression of Injury: _____

AT THIS TIME IT IS RECOMMENDED: (SEE INSTRUCTIONS BELOW)

REST, ICE (15-20 MINUTES, EVERY 1-2 HOURS)

REFERRAL TO PHYSICIAN - PLEASE TAKE THIS NOTE TO PHYSICIAN

RETURN TO ATHLETIC TRAINER FOR RE-ASSESSMENT TOMORROW

CONTACT THE ATHLETIC TRAINER AT YOUR EARLIEST CONVENIENCE

OTHER: _____

FOR THE PHYSICIAN (MD, DO, PA, NP) - PHYSICIAN PLEASE RECORD THE INFORMATION BELOW OR INCLUDE THIS INFORMATION ON YOUR NOTE:

DIAGNOSIS: _____

PLAN OF TREATMENT: _____

RESTRICTIONS: (IF APPLICABLE) _____

DATE OF RETURN TO ATHLETICS: _____

PHYSICIAN'S NAME _____

PHYSICIAN'S SIGNATURE and DATE _____

THE ABOVE INFORMATION IS REQUIRED FOR YOUR ATHLETE TO RETURN TO ACTIVITY AND FOR IN SCHOOL TREATMENTS