



SPRING LAKE HEIGHTS SCHOOL DISTRICT
Spring Lake Heights, New Jersey

Student Athlete Handbook
2019 – 2020 School Year

This handbook was reviewed by
Administration, School Nurse and Coaches in August 2019 and
approved by the Board of Education on
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PHILOSOPHY

In accordance with the educational goal of the Spring Lake Heights School District to help each individual develop to his/her full potential as a member of society, the interscholastic athletic program is a vital and integral component of the total educational curriculum. Its purpose is to provide educational experiences to supplement the academic curriculum. An informed and knowledgeable citizenry is necessary for the survival of our democratic system, thus the athletic program will develop learning outcomes in the areas of knowledge, skills, and emotional health that will contribute to the development of better citizens. Emphasis shall be placed upon **teaching valuable life skills through athletics** in addition to teaching the technical skills of athletics.

The interscholastic athletic program shall exist for the benefit of the students who, directly or indirectly, participate. The activities and contests involved shall be psychologically and physiologically sound by being tailored to the physical, mental and emotional needs of the youths participating. The benefits that a student can derive from participating in athletics may very well influence the rest of his/her life. We must always strive to make the experience of athletics a positive experience. The athletic staff shall stress personal attributes such as self-discipline, teamwork, self-worth, commitment, and responsibility.

CURRENT SPORTS AND REQUIREMENTS

SLH Middle School offers the following sports to all students in 6th, 7th and 8th grade:

BOYS: Soccer, Basketball, Baseball, Tennis

GIRLS: Soccer, Basketball, Softball, Cheerleading and Tennis

BOYS/GIRLS: Junior Varsity Basketball is available to 5th and 6th graders

BOYS/GIRLS: Cross Country and Spring Track are available to 4th through 8th graders

REQUIREMENTS:

1. Athletics are a vital part of our school program and all athletes shall comply both academically and socially with the standards of the school:
2. Any athlete who is absent from school will not be allowed to practice or play in a game that day.
3. Athletes must maintain a “C” average or higher in order to continue to participate in a sport. Coaches will communicate regularly with teachers to confirm eligibility during the season. Any student who is found in danger of failing will not be allowed to play in a game until grades have improved.
4. Any athlete may be placed on probationary status or may be eliminated from the team of which he or she is a member because of academic and /or disciplinary problems at the discretion of the coach and administration.
5. No athlete may participate in any way in the athletic program the same day he or she is serving an in school or out of school suspension.
6. Any athlete may be detained after school by teachers or administration, which may result in a missed game, practice or meeting.
7. In order to participate in any sport, the athlete must obtain his or her parent's/guardian's consent and the required physical examination.

FALL, WINTER AND SPRING SPORTS PHYSICALS

SPORTS PACKET INFORMATION

All students planning to participate in a sport must have one comprehensive sports physical performed each school year. For their safety they may not participate in sports until the school nurse has received all appropriate forms.

According to the N.J.A.C. 6A:16-2.2 et. seq., each candidate for a school athletic team must have a medical examination within 365 days prior to the first practice session/try out. The school physician must also sign off on the completed examination.

PACKET INSTRUCTIONS

- A. The Spring Lake Heights physical examination form **MUST** be used. This is State mandated. No substitutes may be accepted. Physical evaluations must be completed by a physician licensed to practice medicine or a Nurse Practitioner working with such a physician. The packet includes 3 parts:
1. **Physical Exam:** Parent to fill out History Form only. If not filled out it will be returned to you. Physician completes the remainder. This must be handed in **once** every 365 days.
 2. **Sports Application:** Page 1 completed in full and signed by student **and** parent/guardian. This must be handed in **EVERY** time a student tries out for a sport.
 3. **Health History (Update Questionnaire):** Completed and signed by parent/guardian. This must be handed in **EVERY** time a student tries out for a sport.
 4. **Concussion Policy Form:** Coach will provide at time of try-outs.
- B. Forms are available on the school web site; www.slheights.org. Select “Athletics” from the Quick Links section of the home page then select “Sports Application Packet.” These forms must be used and returned on the first day of school.
- C. If a student sustains an injury during the year, they must have a doctor’s note clearing them to play before participating.

HEAD COACH RESPONSIBILITIES

1. Must meet with interested students at the beginning of the season to provide information relative to practice schedules, policies governing absence, selection of team members, attitude and training rules, conditioning, game philosophy and rules, eligibility and grading policy, and other team items deemed necessary by the coach.
2. Must provide administration as well as the League Athletic director a copy of the student roster and any other paper work as required by the M.C.A.L. (Monmouth County Athletic League), of which Spring Lake Heights is a member.
3. Assumes responsibility for the distribution as well as the collection of all uniforms and other equipment.
4. Must ensure that athletes meet the requirements for physicals by working with the School nurse to determine those requirements.
5. Provide for each practice/game the appropriate first aid equipment and report any accidents to school nurse, on district form, within a 24 hr. period.
6. Communicate regularly with teachers to determine academic eligibility of all team members.

COACHES' CODE OF ETHICS

IN THE SPRING LAKE HEIGHTS SCHOOL DISTRICT,
ALL COACHES SHALL:

1. Have a fair, unprejudiced relationship with all players.
2. Teach athletes to be successful through legitimate and safe means only.
3. Create an atmosphere of respect towards self, teammates, coaches and opponents.
4. Control his/her emotions and restrain from overt displays of displeasure.
5. Discourage profanity and obscene language and actions at all times.
6. Conduct him/herself in a professional manner with students, parents and officials.
7. Be knowledgeable about all MCAL and State regulations and report any infractions to proper authorities.

ATHLETES' CODE OF CONDUCT

All athletes and managers are representatives of the Spring Lake Heights School. Their conduct must be beyond reproach at all times. Athletics are a vital part of our school program. All athletes shall comply both academically and socially with the standards of the school:

1. Any athlete who is absent from school will not be allowed to practice or play in a game that day.
2. Athletes must maintain a grade of "C" or better in order to continue to participate in a sport.
3. Any athlete may be placed on probationary status or may be eliminated from the team of which he/she is a member because of academic or disciplinary problems at the discretion of the coach and administration.
4. An athlete may not participate in any way in the athletic program while he/she is under suspension.
5. Any athlete may be detained after school by teachers or administration that may result in a missed game, practice or meeting.
6. In order to participate in any sport, the athlete must obtain his/her parents' or guardians' consent and the required physical examination.
7. In order to participate in any sport, the athlete must agree to and sign this Code of Conduct and obtain a parent's signature.

STUDENT ATHLETES SHALL:

- Treat coaches, players, officials and fans with respect.
- Display good sportsmanship at all times.
- Control his/her emotions and restrain from overt displays of displeasure.
- Refrain from the use of profanity and/or illegal tactics.
- Arrive at all practices and games on time and with the proper equipment.

PLEASE RETURN TO YOUR COACH BEFORE THE FIRST GAME. THANK YOU.

As an athlete representing Spring Lake Heights School, I agree to comply academically, behaviorally and socially with the Athletes' Code of Conduct:

As a parent of an athlete representing Spring Lake Heights School, I agree to comply with the Parent/Guardian Code of Conduct:

Athlete's signature: _____

Grade: _____

Parent's signature: _____

Date: _____

PARENT/GUARDIAN CODE OF CONDUCT

We feel that parents play a vital role in the development of our student athletes. Therefore, we believe that parents should:

1. Support the players, coaches, officials in a positive manner.
2. Be a positive role model through your actions to make sure your child has the best athletic experience possible.
3. Be a "team" fan by supporting every member of the team.
4. Praise the student-athletes in their attempt to improve themselves as students, as athletes and as people.
5. Gain an understanding and appreciation for the rules of the contest.
6. Help our children learn that success is oriented in the development of a skill.
7. Treat the referees with respect, regardless of their decisions.
8. Never make negative remarks about players, referees, coaches or other spectators.
9. Stay a safe distance away from the endline on their side of the field.
10. Not enter the field of play without the permission of the referee – even for an injury.
11. Not coach or instruct players from the sideline.
12. Not use offensive, profane, or vulgar language at games.
13. Make sure that their children show respect for all other players, coaches, officials and spectators.
14. Respect the opponent and avoid any confrontation with opposing players, spectators, coaches or officials.
15. At the proper time, talk with coaches in an appropriate manner regarding your questions, child's performance.

**Games may be suspended due to poor spectator behavior until the spectator leaves the area.

CONTACT FLOWCHART

Where Do You Go With a Question or Concern?

