

South Brunswick High School

Parents As Partners in Athletics

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www.HighSchoolSports.net to view daily events	
www.bgsportshots.com Athletic Photographs, Team Pictures	

South Brunswick High School

Elaine McGrath – Athletic Director

750 Ridge Road

Monmouth Junction, NJ 08852

Athletic Program

Boys

Fall

Football V, JV, 9
Soccer V, JV, 9
Cross Country V

Winter

Basketball V, JV, 9
Wrestling V, JV, 9
Swimming V
Track V
Bowling V
Ice Hockey V, JV

Spring

Baseball V, JV, 9
Track V
Tennis V, JV
Lacrosse V, JV, 9
Golf V
Volleyball V, JV, 9

Girls

Fall

Soccer V, JV, 9
Cross Country V
Volleyball V, JV, 9
Tennis V, JV
Gymnastics V, JV
Field Hockey V, JV, 9
Cheerleading V, JV, 9

Winter

Basketball V, JV, 9
Swimming V
Track V
Bowling V
Dance V, JV
Cheerleading V, JV, 9

Spring

Softball V, JV, 9
Track V
Lacrosse V, JV, 9
Golf V

- Teams are very competitive. (There are cuts)
- Practices are held on the weekends, vacation days, and holidays.

**South Brunswick High School
Athletic Department Memo**

2009/2010 Starting Dates

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Cheerleading 6/1-6/4	Dance 6/9-6/12	Softball 3/5
Girls Tennis 8/19	Swimming 11/16	Baseball 3/5
Football 8/17	Ice Hockey 11/16	Girls Lacrosse 3/5
Cross Country 8/10	Bowling 11/16	Boys Lacrosse 3/5
Field Hockey 8/17	Basketball 11/27	Track 3/5
Gymnastics 8/17	Wrestling 11/28	Girls Golf 3/5
Boys Soccer 8/19	Cheerleading TBA	Boys Golf 3/5
Girls Soccer 8/17	Track 11/30	Boys Tennis 3/5
Girls Volleyball 8/17		Boys Volleyball 3/5

NOTE:

- The nurse must clear all physicals in advance.
- Physical forms can be downloaded at <http://www.sbschools.org/schools/sbhs/athletics/physicals.php>. They are also available in the training room, nurse's office and front desk.
- Preseason student-athlete meetings will be announced during the morning announcements on VTN and posted around the school.
- All student-athletes must be eligible for participation based on NJSIAA Rules and South Brunswick Board of Education Regulations:

Fall and Winter	27.5 Credits (from previous year)
Spring	13.75 Credits (September to January)
Minimum	GPA C-

ACADEMIC REQUIREMENTS

Candidates for all teams must meet the academic standards established by the Board of Education and the New Jersey State Interscholastic Athletic Association.

Board of Education Policy – Grades 9-12

- A. In order to be eligible to participate in extracurricular (non-credit) activities, students in grades 9-12 must maintain a minimum grade point average (C-) per marking period.
- B. Students in grades 9-12 who do not meet these requirements for one quarter will be warned and permitted to participate on a probationary basis during the next quarter. If they do not meet the requirements by the end of the following quarter, they will be prohibited from participating in all activities. They will be reinstated following the quarter in which they meet the criteria.
- C. Final grades for the year for all students will determine eligibility for the first quarter of the following school year. Deficiencies may be made up in summer school.

N.J.S.I.A.A. Requirements

- A. To be eligible for athletic competition, a student must have passed 27.5 credits during the immediate preceding school year, including summer school, to be eligible for the first semester (fall, winter) and all students must be passing 13.5 credits on January 31, to be eligible for the second semester (spring).
- B. The above paragraph “A” shall not apply to incoming students from elementary or middle school.

South Brunswick High School

Athletic Department Memo

PHOTO RELEASE INFORMATION

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

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

The release applies to:

- Viking Television Network
- South Brunswick Board of Education Web Pages, designed by staff and or students
- Press releases or publications issued or developed by South Brunswick Board of Education or its representatives

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

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

South Brunswick High School

IMPORTANT PHONE NUMBERS

Director of Athletics

Elaine McGrath
(732) 329-4044, Extension 5233
Emcgrath@sbschools.org

Athletic Secretary

Karen Bertucci
(732) 329-4044, Extension 3247
Kbertucci@sbschools.org

The Athletic Daily Bulletin Board – Extension 8178
(All game cancellations will be posted after 1:00 PM)

Athletic Calendar of Events: www.highschoolsports.net
Log on and register to receive e-mail updates

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

South Brunswick High School Principal

Tim Matheney
(732) 329-4044, Extension 5202

Coaches Office

Women’s Office – Extension 2223
Men’s Office – Extension 2217

South Brunswick Nurse’s Office

(732) 329-4044, Extension 3324, 3264

Certified Athletic Trainers

Brian Mikesell
Jennifer Moore
Schinita Melvin

**South Brunswick High School
ATHLETIC CONTRACT
FOR STUDENT-ATHLETE AND PARENT**

I understand that representing South Brunswick High School in athletics is a privilege that carries certain responsibilities. I understand that being part of the athletic program requires following rules set forth by the coach, the athletic department and the school principal.

Student-Athlete:

I agree to:

- Conduct myself in a manner that reflects good sportsmanship *at all times*.
- Refrain from hazing, taunting, or physical confrontations with opponents and teammates.
- Attend all practices and games as scheduled by the coaching staff and Athletic Director.
- Practice hard and work to the best of my ability at all times.
- Refrain from drug, alcohol or tobacco use.
- Treat my coaches, teammates and opponents with respect.
- Follow all team rules and regulations.
- Refrain from actions which would bring discredit to myself, my team, my family and my school.
- Maintain regular and consistent attendance and abide by all requirements of the school attendance policy.
- Maintain my academic eligibility.
- Any form of visible demonstration must be approved in advance by the Athletic Director and/or Principal.
- I understand that failure to uphold this contract may result in failure of your varsity letter status or team status.

Parent/Guardian

I agree to:

- I shall show respect and positive support for coaches and officials, prior, during and after the game.
- I will demonstrate respect and support for all players prior, during and after the game.
- I will be mindful of my role at all times, provide support, not openly instruct during the game or openly interpret the rules.
- I will participate in cheers that support, encourage and uplift the teams involved.
- I understand that school athletics is an extension of the classroom, offering learning experiences for the student-athletes.
- I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the NJSIAA.

You are responsible for all information presented at seasonal parent/student meetings regardless of attendance.

PARENT/COACH RELATIONSHIP

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

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

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

COMMUNICATION COACHES EXPECT FROM PARENTS

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

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

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

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

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

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

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

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

COMPLAINT PROCEDURE

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

South Brunswick High School

ATHLETIC DEPARTMENT MEMO 2009/2010

Events:

5K and One Mile Run	November 1, 2009 www.rwtv5k.com
Fall Varsity Awards Night	December 10, 2009 at 7:00 PM
Winter Varsity Awards Night	March 10, 2010 at 7:00 PM
Spring Varsity Awards Night	June 10, 2010 at 7:00 PM
VAC Senior Banquet	June 1, 2010 at 6:30 PM
VAC Golf Outing	June, 24, 2010

Viking Athletic Club Meetings:

The Viking Athletic Club meets the second Tuesday of the month. The meetings start at 7:30 PM in the Faculty Lounge.

Meeting Dates:

September 8th
October 13th
November 10th
December 8th
January 12th
February 9th
March 9th
April 13th
May 11th
June 8th

All coaches will have a preseason meeting with parents. Parents are responsible for all information presented regardless of attendance.

Expectations and Philosophy

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

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

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

2. The South Brunswick High Schools athletic program has become highly competitive. Due to the size of our school and the limited opportunities, we are not able to place every student on a team who wishes to participate. While this is not our desire, it is reality. The hardest thing our coaches have to do is to tell young people they will not be on a team.

Please be sure when your child tries out for a team, both you and your child understand there is a very real possibility they may not be selected. If selected, both you and your child should be prepared to accept placement at any team level, i.e., 9th grade, junior varsity or varsity. It is disturbing to have students try out for a team and then quit because they were not placed where they think they should be. By doing this, they have taken away someone else's opportunity to be on a team.

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

3. There are many "select teams" or "All Star teams" sponsored by many different organizations in which our student-athletes participate. Participation on one of these teams does not guarantee any player a spot on any high school team. While I believe students can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to guarantee a spot on a high school team.
4. In order to make a varsity team as a senior, a player must be outstanding and also play a position the team needs. Underclass student-athletes possessing these qualities have the same opportunity to make a team as the senior does. South Brunswick's team structure (9th, Junior Varsity, and Varsity) dictates there will always be more underclass players than upper class in the total program. At selection time, it will be the coaches' decision as to what team the student-athlete is placed.
5. A main goal of our competitive athletic program is to put the most talented member of the team in competition to win the contest. Starting positions and playing time are not guaranteed to seniors making the team or anyone else for that matter. Each member of a team is very valuable to the team's overall progress. Some student-athletes may play a great deal of time in a contest, while others may not see any playing time or what a parent would consider "significant" playing time. Each student-athlete should have personal improvement as one of his or her goals.

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

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

Mission Statement

Sportsmanship

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

(Taken from the NJSIAA Sportsmanship booklet.)

COMMUNICATION PROCESS FOR ATHLETIC EVENTS

- Published seasonal schedule
- Televised on VTN weekly
- Published seasonal schedule sent to all local and area newspapers
- Published seasonal schedules distributed throughout the town
- School bulletin boards
- VTN televises seasonal awards nights

Values of Interscholastic Athletes

Athletes...

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

PARENT CODE OF ETHICS

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

Guidelines for Behavior of the Spectators

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

Behavior Standards

As specified by the National Federation and State High School Association

Acceptable Behavior

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

Unacceptable Behavior

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

Guidelines for Behavior of the Student-Athlete

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

South Brunswick High School
Athletics
“A TRADITION OF EXCELLENCE”

Sports Physical Policy Beginning with 2009 Fall Sports Season

<http://www.sbschools.org/schools/sbhs/athletics/physicals.php>

*****Please Note: New Clearance requirements for students who use an EpiPen or Inhaler*****

All Students: The following Sports Forms must be submitted to the Health Office 3 weeks prior to the first day of tryouts.

Form 1: Student Sports Emergency Information [CLICK HERE TO DOWNLOAD](#)

Form 2: NJDOE: Annual Athletic Pre-Participation Physical Examination [CLICK HERE TO DOWNLOAD](#)

Part A - Health History Questionnaire

Part B - Physical Evaluation Form

Form 1 (in TRIPLICATE) and Form 2, Part A - must be completed for each sport season and must be dated within 60 days prior to the first day of tryouts. All spaces must be completed. All questions answered 'Yes' on the Health History must be explained.

Form 2 Part B is valid for one year from date of exam. If your physical expires before the start of tryouts but after the date due to the Health Center, DO NOT SUBMIT and call your nurse's office

Guidelines:

If you need a new Physical Evaluation, or need your doctor to complete Forms prior to the start of the sport:

- Complete Form 1 (in triplicate). Take Form 2 Part A-Health History (completed by student/parent), and Part B-Physical Evaluation to your doctor for review, examination, completion, and stamp. Submit all completed forms to Health Office for processing and clearance by the School Physician.

If your Physical Evaluation is on file in the Health Office and is within one year of the start of the sport:

- Complete Form 1 (in triplicate), and Form 2, Part A Health History (completed by student/parent).
-

If your Physical Evaluation expires during the sport season:

- Take Form 2 Part A-Health History (completed by student/parent), and Part B-Physical Evaluation, to your doctor for review, examination, completion, and stamp. Submit all completed forms to Health Office for processing and clearance by the School Physician.
-

****All Students who use an EpiPen or an Inhaler**** Please complete the appropriate forms and bring to your doctor for review, completion, and stamp:

EpiPen Users: Emergency Health Care Plan and Medication Orders for Life Threatening Allergies; and, Allergy Questionnaire [CLICK HERE TO DOWNLOAD](#)

Inhaler Users: Asthma Treatment Plan; and, Asthma Questionnaire [CLICK HERE TO DOWNLOAD](#)

These forms are valid for the current school year only and must be completed and submitted to the Health Office at the beginning of the school year or when first diagnosed.