

## **PHILOSOPHY**

Interscholastic athletic programs are considered an integral component of the total educational program at Steinert High School.

Competition, the desire to succeed, cooperation, and the willingness to get along with teammates, coaches, officials, and the opposition, and the desire to succeed are of paramount importance during the experience of athletic contests. Wholesome athletic programs contribute to the emotional well-being and the health of the athletes through improved physical skills, social competencies, and moral values.

## **N.J.S.I.A.A./COLONIAL VALLEY CONFERENCE**

Steinert High School is a member of the New Jersey Interscholastic Athletic Association (N.J.S.I.A.A.) and the Colonial Valley Conference, thus subscribing to their philosophy and the intent of their by-laws. These pertain to age, academic eligibility, awards, attendance, health, transfers and residence, participation, representation, and seasonal rules. Each coach is responsible to know the rules, inform team members and parents of the rules, and to enforce them.

Student athletes who participate in the interscholastic program have a responsibility to their parents, school team, coaches, and to themselves. If that student accepts the PRIVILEGE of being a member of a Steinert High School athletic team, he or she MUST accept the responsibility of adhering to certain rules and regulations as outlined below.

## **PHYSICAL EXAMINATION**

Each students' medical examination shall be conducted at the medical home of the student, and a full report sent to the school. If a student does not have a medical home, the district shall provide this examination at the school physician's office or other appropriately equipped facility. Parental permission for participation in the sport and a medical history must be provided to the school prior to the medical examination.

- A. An examination of each candidate for a school athletic squad or team shall be conducted within 365 days prior to the first practice session. Students participating in more than one sport season must be checked and cleared by the school nurse for each season. Only one comprehensive physical exam is required for each school year.
- B. The school physician has the absolute authority to determine the physical capability of a pupil to participate in a sport.
- C. To participate on a school athletic squad or team, each candidate whose medical examination was completed more than 60 days prior to the first practice session shall provide a health history update of medical problems experienced since the last medical examination. This shall be completed and signed by the parent.
- D. The Athletic Medical Examination-Notification form must be signed by a parent (after medical examination by school physician or private family physician) and returned.
- E. Each district shall provide written notification signed by the district school physician to the parent or legal guardian stating approval of the student's participation in athletics based upon the medical examination.



## **ELIGIBILITY**

### *ACADEMIC*

To be eligible for participation in the Interscholastic Athletic Programs at Steinert High School a student must be enrolled in the school and meet all the eligibility requirements established by the New Jersey State Interscholastic Athletic Association (N.J.S.I.A.A.).

### *AGE AND TRANSFER REQUIREMENT*

1. A student becomes ineligible if he/she reaches age (19) before September 1, or completes eight (8) semesters of school.
2. A student may play athletics only for the four years following the date that student initially enters ninth grade.
3. A student who moves from one district to another with his/her parents is eligible immediately upon entrance if he/she has met the criteria set by the NJSIAA.
4. A student transferring from one school to another without a change of address shall be eligible after the expiration of thirty calendar days from the start of each sport he/she has attained varsity status. Non-varsity athletes are immediately eligible if they meet the criteria set by the NJSIAA, and the student is properly registered for and has attended classes in his/her new school. It is also necessary that principals and athletic directors of both schools sign an appropriate transfer waiver form indicating that there has been no recruitment or transfer for athletic advantage.

### *ACADEMIC REQUIREMENT*

The following are the academic requirements for athletic eligibility:

1. To be eligible for fall and winter sports seasons, a student must have earned a minimum of 27 ½ credits from the previous year.
2. To be eligible for the spring sports season, a student must have earned a minimum of 13 ¾ credits from the first semester of that year.

## **SPORTSMANSHIP**

Student athletes at Steinert High School must keep in mind that they are always in the public eye and that their personal conduct will always be subject to the scrutiny of their fellow students, fans, opponents, and the media. They, therefore, have an obligation to serve as positive role models by subscribing to the following:

1. Showing respect for authority and property;
2. Maintaining academic eligibility and training rules;
3. Emphasizing the ideals of sportsmanship, loyalty, ethical conduct, and fair play.
4. Understanding that striving to perform to one's best as an individual or as a team is important to success in athletics just as in every facet of life.

Any display of unsportsmanlike behavior toward an opponent, official, or spectator during the season will result in counseling by the Athletic Director and coaching staff and possible suspension from the team.

### **SCHOOL ATTENDANCE**

A student must be present in school in order to participate in an athletic contest/practice that day. An exception will be made for medical reasons accompanied by a physician's note, or because of extenuating circumstances, which must be verified by a note from a parent or guardian and approved by the school administration prior to the contest.

### **PRACTICES AND CONTESTS**

Each member of any athletic team is required to make a commitment to that sport during the season. Part of that commitment involves attending all practices and games throughout the season unless excused by the coach and/or school officials.

1. It is the responsibility of the athlete to notify the coach in advance if he/she cannot attend a practice, game, etc.
2. If a student is detained for academic reasons or school related activities, he/she must bring a signed note, for coach's verification, from the teacher stating the time of release.
3. A student who has been injured and has had medical treatment cannot participate again until medical clearance has been granted and notification given to the athletic trainer or school nurse and/or coach. If you have gone to a doctor, you must present a clearance from the doctor to practice/play. All must be coordinated between a trainer and coach.
4. Any athlete on an Out-of-School Suspension may not participate in any practice or athletic contest during the day(s) of suspension. If a suspension occurs on a Friday and continues into the next week, all athletic participation will be prohibited during the weekend of the suspension. An athlete who completes an assigned detention may participate in a practice or game that same day.



## **ATHLETIC INJURIES**

It is the athlete's responsibility to report any and all athletic injuries to the coach and trainer as soon as possible. All insurance paperwork will be completed by the athletic trainer and mailed to the parents/ guardians. A letter with instructions for submission of claims will be included. The forms need to be submitted by the parents/guardians directly TO THE INSURANCE COMPANY within 90 days of the accident. The initial medical treatment must commence within 30 days of the date of the accident.

### ***SPORTS INSURANCE COVERAGE DESCRIPTION***

The board of education has purchased an interscholastic sports policy. The policy provides medical expense benefits for accidental injury occurring during the play or practice of interscholastic sports and for injury sustained while traveling to and from such activity. The policy is **SECONDARY** to your own medical insurance policy.

If there is any balance due after payment has been made by your other carrier, you would then submit all receipts of payments made by the other carrier and all the medical bills incurred on the claims for consideration of payment of the balance due under this athletic policy to our insurance company (contact Board of Education office for insurance carrier). All charges must be submitted to your basic and major medical carriers first.

**If your medical coverage is under an HMO or similar plan, you must follow their rules for obtaining benefits.**

### ***FAMILY VACATION/SCHOOL TRIP***

1. In some instances, teams practice/play during school vacations and weekends. Athletes who choose to attend school trips/family vacations, thus missing practice/games, may return to the team but are not guaranteed the same playing status as held before the trip/vacation.
2. If tryouts for a team are missed, the athlete will be given a three (3) day minimum try-out period.

## **NO-SUNDAY-ATHLETIC-PRACTICES EXCEPTIONS**

1. When any tournament game is scheduled to be played on a Monday date.
2. In some instances, teams may be required to practice on Sunday to satisfy the six (6) day practice requirement of the N.J.S.I.A.A. before teams may legally schedule their first official interscholastic scrimmage contest.\*

*\*This will most often only happen prior to the start of the Fall Sports season.*

3. Special situations: In certain unforeseeable cases, exceptions to the Sunday ruling must be approved by the building Principal and/or the Athletic Director.

#### *HOLIDAY and VACATION PRACTICES*

1. All Sunday practices are excluded over vacations or holidays except in above cases.
2. Teams are required to practice during all school vacations other than exceptions below.
3. No teams are permitted to practice during the following holidays: Christmas Day, New Year's Day, Easter and after 12:00 p.m. on Christmas Eve and New Year's Eve.

#### **MARCHING BAND/ATHLETICS**

1. Students involved in both band and a sport need to attend the practice/rehearsal immediately preceding a game/performance. If there is a conflict where a performance or an athletic game is scheduled at the same time of a practice or a band rehearsal the band performance or athletic game takes precedence.
2. Band students will not be penalized if they do not attend a rehearsal due to the sports practice or game (as in item 1). Students involved in band/athletics who are able to attend both practices (separate times the same day) are expected to be at both practices.
3. The same band/athletic agreement (above) is in effect for winter and spring sports as well.

#### **TRAVEL**

Athletes are required to travel to and from an away athletic contest on the school bus or transportation provided by the school district.\* The only exceptions are:

1. Prior arrangement made in writing between the participant's parent/guardian and the coach for the student to ride with the parent/guardian. This exception may be granted at the discretion of the coach and with administrative approval.
2. Injury to participant, which would require alternate transportation.
3. When school transportation is not provided and alternate means are available.

*\*NO transportation of students by coaches without prior administrative approval.*



## EQUIPMENT AND UNIFORMS

Students are to respect the equipment, facilities, and property of Steinert High School and that of the opposing school. Students are responsible for all equipment and uniforms issued to them, and they are expected to return items in the condition in which they were issued. Team equipment, uniforms, etc. should only be used in school practices and games. Issued items are not permitted to be used in physical education classes.

If any of the equipment is lost or not returned at the conclusion of the season, an obligation will be issued to the student for the fair cost of replacing it. **Students will not receive any athletic awards at the conclusion of the season until all issued sport/training equipment is returned or paid for.**

Any athlete found to be in unauthorized possession of Steinert High School or opponent's property, or willfully damages Steinert High School and/or fellow student athletes' property, or opponents' property, will be subject to suspension from the team, possible arrest and/or legal action and restitution.

## SUBSTANCE ABUSE

The use and/or possession of alcohol or drugs (including steroids) on school property, or within the community, is a violation of school rules and a violation of the law.\*

*\*See misconduct section and student handbook for specific penalties.*

## GENERAL REGULATIONS

1. Student athletes should leave all valuables at home or with coaches, not in the locker room.
2. Student athletes should be neatly groomed and properly dressed when traveling to any contest.
3. Any civil law infraction or conduct by a student athlete that occurs during a sport season that is determined by the administration to be detrimental to the athletic program or the school district, could result in possible suspension/dismissal from the team.
4. Any player who joins an athletic team is expected to remain a member of that team until the season is completed.
5. Any player may at any time be removed from the squad for disciplinary reasons at the discretion of the coach.
6. Each coach shall establish a cut-off date at the start of their season. A player may, after informing the coach, drop from the team during this try-out period and go out for another sport during that same

season. A note from a parent/guardian allowing the athlete to change sports must be sent to the Athletic Director before participation.

7. After the cut-off date, if an athlete is dismissed from or drops from the team, they are ineligible for any other team for the remainder of that season. An athlete may appeal this rule in writing to the Athletic Director.
8. A player who leaves the squad prior to the end of the season will not be entitled to any certificate, letter, or award of any type.

### **MISCONDUCT**

1. Any red card or removal from a contest by an official will result in a meeting, the next school day, with the Athletic Director and coach to review the incident.\*

*\*Red cards carry an automatic game(s) suspension according to N.J.S.I.A.A. rules.*

2. Any action by an athlete deemed misconduct, not covered by N.J.S.I.A.A. penalties will result in a review by the Athletic Director and Principal and may result in suspension ranging from one practice/game up to an entire sport season (see Penalty Phase).

#### *Infractions*

- a. using profanity/insulting or vulgar language or gestures; this includes expressing disrespect toward members of either coaching staff or the officiating crew;
- b. any flagrant and/or intentional unsportsmanlike conduct which warrants disqualification from an athletic contest;
- c. any physical contact/fighting in an unsportsmanlike manner;
- d. verbal abuse to a coach, teacher, official, and/or school administrator;
- e. purposeful destruction of school property, equipment, and contracted transportation; this includes incidents that may occur at Steinert High School or opponent schools;
- f. any act of theft which may occur at Steinert High School or opponent schools;
- g. any incident of smoking or use of tobacco in school or at school events;
- h. drinking or any evidence of consumption of alcoholic beverages in school or school events;
- i. use or possession of/or the distribution of illegal drugs in school or at school events;



- j. distribution of illegal drugs in school or at school events;
- k. any other incidences of misconduct which affect the athlete, team or school;
- l. any repeated violation of any incidences of misconduct will result in a stiffer penalty.

*Penalty*

- a. game suspension means a student will not be able to attend an athletic contest home or away as a participant or spectator. A game suspension is not necessarily only for those actions observed by a coach or official; observation by parents, administrators, and others may warrant review and punishment.
- b. a letter will be sent to the parents, school administrators, and other appropriate personnel regarding the incident and actions taken by the Administration. Penalty for “g” and “h”:

N.J.S.I.A.A. / School policy supersedes any of the areas outlined above. The school administration has the prerogative of exceeding any of the aforementioned steps depending upon the seriousness of the situation\*

*\*The coach’s individual team rules may be more severe.*

**ATHLETIC AWARDS**

*Freshman Level*

Frosh Letter

*Junior Varsity Level*

J. V. Letter

*Varsity Level*

- 1<sup>st</sup> year letter
- 2<sup>nd</sup> year certificate
- 3<sup>rd</sup> year plaque (Silver)
- 4<sup>th</sup> year plaque (Gold)

*Spartan of the Year Award*

Male & Female varsity participant; nominated and voted on by the coaching staff.

*Scholar Athlete*

Male & Female varsity participant.

*Ed the Fan Award (In memory of Ed Hogentogler)*

Male or Female varsity participant; nominated and voted on by the coaching staff.

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STUDENTS WILL NOT RECEIVE ANY ATHLETIC AWARDS AT THE CONCLUSION OF THE SEASON UNTIL ALL ISSUED SPORT/TRAINING EQUIPMENT HAS BEEN RETURNED OR PAID FOR.

**ATHLETIC TEAMS OFFERED AT STEINERT**

**FALL**

CROSS COUNTRY  
FIELD HOCKEY  
FOOTBALL  
GIRLS SOCCER  
GIRLS TENNIS  
BOYS SOCCER  
CHEERLEADING

**WINTER**

BOYS BASKETBALL  
GIRLS BASKETBALL  
CHEERLEADING  
ICE HOCKEY  
BOYS SWIMMING  
GIRLS SWIMMING  
WINTER TRACK  
WRESTLING

**SPRING**

BASEBALL  
GOLF  
BOYS TENNIS  
BOYS TRACK  
GIRLS TRACK  
SOFTBALL