

# **GLEN ROCK MIDDLE SCHOOL**

## **ATHLETICS**

**General Information for Student-Athletes and Parents**

**2020-2021**

*Superintendent*

**Dr. Brett Charleston**

*Middle School Principal*

**Dr. Michael Parent**

*Middle School Assistant Principal*

**Mr. Brian Pepe**

*Athletic Director*

**Mr. Frank Violante**

Dear Glen Rock Middle School Family Members:

Welcome to the Glen Rock Interscholastic Athletic program as we prepare for another exciting year of Panther Athletics. This pamphlet has been prepared to help our middle school parents/guardians become familiar with the general components of our middle school athletic program.

The Glen Rock Middle School Athletic Program is consistent with the philosophy of the middle school. It provides a positive learning environment for the physical, social, emotional, and educational development of our student-athletes. The middle school sports program will offer sixth, seventh, and eighth grade student-athletes the opportunity to develop skills, learn responsibility through teamwork, and to understand the importance of good sportsmanship.

At the middle school level, it is important that ALL students involved have a meaningful and productive experience. In addition, it is important that ALL students have a reasonable opportunity to test learned skills in a competitive situation and that such competition be as equitable as possible. Coaches will attempt to play everyone while maintaining the integrity and competitiveness of the contest.

Once again, welcome and please strive to make SPORTSMANSHIP an integral part of your experience. Please feel free to contact me (201) 445-7700 ext.8963 if you have any questions or concerns regarding the middle school program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide.

Sincerely,

Frank Violante  
Athletic Director

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
<b>Practice Begins September 5</b>	<b>Practice Begins December 11</b>	<b>Practice begins On/about March 18</b>
Girls Soccer	Girls Basketball	Boys Baseball
Boys Soccer	Boys Basketball	Girls Softball
Girls Volleyball		Boys Track & Field
Girls Cross-Country		Girls Track & Field
Boys Cross-Country		

Schedules and directions are available at [njicathletics.org](http://njicathletics.org)

### **MIDDLE SCHOOL PHILOSOPHY**

This program of competitive sports focuses on the fundamentals of the game, team play rules, training and basic skill development. This program is designed to offer students the opportunity to engage in a more highly organized, competitive experience than what is found in recreation programs. At the middle school level, exclusion of students from our athletic teams is not our preferred policy. However, if the number of students trying out for a team creates a situation that is difficult to manage, or poses a safety problem, reducing team size may be necessary. When cuts are required, the size of the squad in any sport will be determined by each coach with input from the Varsity Head Coach and Athletic Director. The exact number of participants for each sport will depend on what is suitable and manageable for that particular sport. Also, once the team is selected, an attempt will be made to give all team members meaningful game participation over the course of the season.

### **FREQUENTLY ANSWERED QUESTIONS**

- When necessary, if there are large numbers of students who show an interest to participate in a particular sport, selections are made on ability and commitment to the team.
- Parents must realize that children grow and develop at different rates. Safety and quality of instruction are paramount, as well as giving students an opportunity to play.
- Playing time is decided by the coach.

- Coaches will expect participation in the Glen Rock athletic program to take priority over outside teams. Attendance at practices and games is a priority for all team members. If athletes/parents are not willing to make that commitment, students should not join the team.
- Practices are Monday – Friday with no practices or games on weekends or during vacations.
- Our middle school teams have fewer games and shorter seasons than our high school teams.
- In the absence of a note from a doctor or a parent/guardian, the school nurse and/or Athletic Trainer will make the final decision as to whether a student may participate in athletics on the day of an illness.
- If a student arrives at school after the beginning of period five (11:06 am), they may not practice or participate in any after-school activities that day unless the lateness was for a legal reason.
- To participate in athletic competition, an athlete must be in school a minimum of four hours on the day of competition.
- Members of a team must participate in Physical Education in order to be able to practice or play in a game.
- All of the coaches must maintain the same certification criteria as the high school coaches.
- Intramurals are not part of the scholastic program, however, sports physicals are still required to participate.

### **GOALS OF THE ATHLETIC PROGRAM**

- A. To develop good sportsmanship in winning and losing;
- B. To abide by the rules of the game;
- C. To play to win and to accept defeat;
- D. To develop confidence;
- E. To provide a rewarding athletic experience for students;
- F. To develop the total student-athlete with emphasis on building character, leadership, self-discipline, self-motivation, a strong work ethic, and high academic achievement;
- G. To develop acceptable social skills;
- H. To develop each student's self-esteem;
- I. To develop respect for others coupled with an understanding of spirit and cooperation;  
and
- J. To develop athletic skills to one's maximum potential in both an individual and a team setting.

## THE ROLE OF THE PARENT/GUARDIAN IN SCHOOL SPORTS

A very important goal of middle school athletics should be to make the athletic experience a positive one for the athletes and parents/guardians. To achieve that goal, we all must work together to support the following ideals:

- As a parent/guardian, I recognize that it is vital that I support the efforts and decisions of the coaching staff.
- As a parent/guardian, I recognize the importance of being a supportive role model.
- Therefore, I agree to conduct myself in a manner consistent with the dictates of good sportsmanship at all home and away contests. I will cheer in a positive manner for our Glen Rock athletes and refrain from criticizing the efforts of officials, the players, and the decisions made by coaches.
- I will insist that my child respect team and school rules, game officials, and demonstrate sportsmanship at all times. Self-respect begins with self-control.
- Attendance at practices is a priority for all team members. As a parent/guardian of a team member, I will make every attempt to assure that my child will be able to attend all practices and contests.
- I will support all of the rules, policies, and procedures discussed in this pamphlet.

In the event that there is a question concerning your child's role, first encourage your child to communicate honestly, politely, and openly with the coach in a private setting. Parents/guardians who want to voice their concerns should communicate with the coach in a respectful, timely, and private setting, but never immediately after a game when emotions are high. If the meeting with the coach does not provide a satisfactory resolution, then the parent/guardian should call and set up an appointment with the Athletic Director.

## TRANSPORTATION

Standard procedure is for team members to travel to and from away contests on the school provided transportation in order to participate in the game. Parents/guardians may request permission to transport their child to an away athletic contest provided they submit a request in writing to the Athletic Director or Principal in a timely manner. Decisions will be made on a case-by-case basis. Also, if a situation arises where parents/guardians must take their child home after an away contest, they may do so by completing the *Request for Release from School-sponsored Transportation Form* and handing it to the coach.

## RISK FACTOR IN SPORTS

Participation in athletics involves a certain degree of risk for injury. Before going out for a team, we would like the athlete to be aware of these risks allowing the athlete to reduce their chance of injury. Pre-season conditioning, learning the rules, safety factors, and the skills and techniques of a specific sport will improve their chance of having a healthy season.

## SPORT PARTICIPATION AND ATHLETIC FORMS

Students wishing to participate in athletics must submit to an annual pre-participation physical evaluation and complete the online athletic packet. The online athletic packet must be completed for each season a student wishes to participate in. The forms included in the online athletic packet are the supplemental health form, the health history update questionnaire (if applicable), the athletic permission form, the concussion acknowledgement forms, the sudden cardiac death in young athletes brochure, the opioid use and misuse educational fact sheet, the opioid video, the sports related eye injuries flyer, the parent-student handbook, the transportation permission slip, the student's emergency information and athletic release, and the athletic fee.

- A. Students will not be allowed to practice until the online athletic packet has been completed, the confirmation slip or health history update questionnaire (from the online athletic packet) has been submitted to the Athletic Trainer, and proof of a physical within 365 days prior to the first official starting day of that particular sport season is on file in the nurse's office and has been reviewed and cleared by the school physician.
- B. The pre-participation physical evaluation form must be filled out completely.  
**Incomplete forms will not be accepted.**
- C. If a student has a physical on file in the nurse's office and it is within 365 days of that particular sport season's first official starting day, then ONLY the health history update questionnaire from the online athletic packet will need to be submitted to the Athletic Trainer for medical clearance.
- D. If a student has an allergy, asthma, or diabetes, the proper documentation must be submitted with the pre-participation physical evaluation form in order to be eligible for medical clearance. These forms can be found on the athletics' website or the student health services' website.
- E. **All athletic forms must be handed in to the Athletic Trainer no later than the specified collection dates or the student may not be cleared to start on time.**
- F. Students who have sustained a concussion, injury, or serious illness will be required to provide medical documentation from their physician to the Athletic Trainer or school nurse for medical clearance.

- G. Students must practice six days before being eligible to compete interscholastically.

### INJURIES

Athletes injured at practice or a game will immediately notify the coach, the Athletic Trainer, and the school nurse. The Athletic Trainer will evaluate the injury and provide the appropriate treatment. If further medical treatment is required, the Athletic Trainer will contact the athlete's parents/guardians and notify them of the injury. If an athlete visits with a physician for an injury, the athlete must provide medical documentation to the Athletic Trainer or school nurse; this documentation shall include the diagnosis, limitations and/or recommendations, and when the athlete can return to play. If an athlete is injured outside of Glen Rock Middle School, they will need to provide documentation to the Athletic Trainer or school nurse. **An athlete will not be cleared to return to athletics until medical documentation has been received.** A referral form can be found on the athletics' website or in the group Glen Rock Athletic Training on Schoology. Athletes returning from an illness or injury are required to participate in one practice before competing interscholastically.

If an athlete sustains a concussion, they will need to visit with a physician who has been trained in the evaluation and management of concussions. A concussion clearance form is required to be completed and returned to the Athletic Trainer. This form can be found on the athletics' website or in the group Glen Rock Athletic Training on Schoology. Athletes who have been diagnosed with a concussion must check-in with the Athletic Trainer on a daily basis to fill out the post-concussion signs and symptoms check-list. Athletes must be asymptomatic for seven consecutive days before completing the return to play protocol. The concussion regulation, policy, exhibit forms, and protocol can be found on the athletics' website and the Athletic Trainer's Schoology page.

### INSURANCE COVERAGE

- A. The coach and the Athletic Trainer will complete an accident report within 48 hours of the injury. This report will be filed in the nurse's office.
- B. Interscholastic sports insurance covers all athletes; this is a rider policy. All bills are first sent to the athlete's insurance carrier and any remaining costs are then submitted to the interscholastic sports insurance.
- C. The Athletic Trainer issues the athletic insurance claim form only upon the parent/guardian's request.
- D. If an athlete is not covered by any insurance company, the interscholastic sports insurance will be considered the primary carrier.

### ACTIVITY FEE

There is a fee of \$100 for each of the first two sports a student participates in per school year. There is no charge if a student wishes to participate in a third sport within a school year. The fee is submitted when the online athletic packet is completed. If the fee is not paid, students may be withheld from participating.

## CODE OF CONDUCT

**“Hazing” activities are prohibited.** “Hazing” includes any action or situation, which recklessly or intentionally causes embarrassment to an athlete, endangers the athlete’s mental or physical health, or involves forcing an athlete to do something as an initiation. Hazing is a serious problem and will not be tolerated. Athletes participating in hazing activities will be subject to discipline appropriate to the offense. Penalties may range from suspension to expulsion from the team.

Student-athletes who participate in the interscholastic program have a responsibility to their parents, team, coaches, and to themselves. Members of Glen Rock athletic teams are required to conduct themselves as good citizens, gentlemen, and ladies both in school and out. Unbecoming conduct will result in disciplinary action. If a student accepts the privilege of being a member of a Glen Rock athletic team, they must adhere to certain rules and regulations as outlined below.

Participation in team athletics and other extracurricular activities is a privilege and not a right, and such privilege may be temporarily suspended or permanently revoked based upon inappropriate student conduct both on and off school grounds. For suspension or revocation of participation based on student conduct occurring away from school grounds/events, no consequences shall be imposed upon a student unless the administrator, coaching personnel, or other staff member having authority over the student determines that:

- The imposition of such consequence(s) is reasonably necessary for the student’s physical or emotional safety, security and well-being, or for reasons relating to the safety, security and well-being of other students, staff, or school grounds; and
- The conduct, which is the subject of the proposed consequences, materially and substantially interferes with the requirements of appropriate discipline in the operation of the school.

## TITLE IX COMPLIANCE

No pupil enrolled in the Glen Rock Public Schools shall be excluded from participation in, denied the benefits of, or be subjected to discrimination in any educational program or activity of this district on the basis of race, color, creed, religion, sexual orientation, national origin, place of residence in the district, social or economic condition, non-applicable disability or because of genetic information or refusal to submit to, or make available, the results of a genetic test.

## SPORT FORM COLLECTION

Please check the athletics’ website for information and the latest updates. Any questions should be directed to our Athletic Trainer.



**CONTACT INFORMATION**

Athletic Director – Frank Violante  
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