



STUDENT-ATHLETE AND PARENT HANDBOOK

2025-2026

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ATHLETIC DEPARTMENT'S PHILOSOPHY

North Brunswick Township High School believes that a dynamic program of student activities is vital to the educational development of the students.

The objective of the program is to provide a wholesale opportunity for students to develop favorable habits and attitudes of social and group living while functioning as an integral part of the total curriculum: to serve the institution, to assist in the development of fellowship and good will, to promote self-realization and all-around growth, and to encourage learning the qualities of good citizenship.

The North Brunswick Township High School Athletic Program should offer a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

Young people learn a great deal from their participation in interscholastic athletics—lessons in sportsmanship, teamwork, and competition are a crucial part of each team in our athletic program; such participation adds to our school spirit and helps all students, spectators, and participants develop pride in their school. Athletics also aids the student in developing a healthy self-concept and a healthy body.

Leadership should be of the highest quality so as to exemplify to the participants the desired type of behavior. Measurement of leadership success should not be in terms of tangible evidence (as in the overall athletic record), but rather in the intangible personality development factors that are an outgrowth of the major objectives of the athletic program.

The athletic program should always be in conformity with the general objectives of the school, and the athletic administration should be in line with the general policies of the institution. At no time should the program place the total educational curriculum secondary in emphasis; the program should constantly strive for the development of well-rounded individuals and capable members of modern society.

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.

North Brunswick Township High School activities are considered a supplement to the school's program of education, which strives to provide experiences that will help to develop boys and girls physically, mentally, socially, and emotionally.

The interscholastic athletic program shall be considered in accordance with the Board of Education policies, rules, and regulations. While the Board of Education takes great pride in winning, it does not condone *winning at any cost* and discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational activity.

A balanced and comprehensive activities program is an essential complement to the basic program of instruction; the activities program should provide opportunities for youth to further develop interests and talents in sports, debate/speech, dance, drama, journalism, music, student government, and academic-related areas. Participation in these activities should provide many students with a lifetime basis for personal values, for work, and for leisure activities.

The activities program should be available to all students who qualify and who demonstrate an interest in participation regardless of their individual abilities. .

Every effort should be made to support the activities program including facilities, equipment, and qualified staff. Knowledge and skills gained in classes should be applied and developed further through participation in the activities program. Coaches, directors, and sponsors should also teach the specific skills necessary for development of self-realization, good sportsmanship, cooperation, leadership, ethical behavior, artistic sensitivity, and an appreciation for the importance of practice.

The ultimate goals of the activities program should be to:

Realize the value of participation without overemphasizing the importance of winning or excelling.

Develop and improve positive citizenship traits the program's participation.

ATHLETIC OVERVIEW

I. In each program, qualified coaches are hired by the school district and are responsible for team selection. The head coach establishes criteria for selection, possibly with input from the entire coaching staff. This may be a highly subjective process, as there are many factors for consideration in the realm of athletics . Team selection, practices, and decisions regarding game situations are the responsibility of the coaching staff.

Any concerns regarding your son/daughter and/or his/her athletic experience must be first brought to his/her immediate coach (freshman, jv, varsity). A 24 hour sit period is required.* The next step is to discuss, in person, the issue with the coach/head coach. Responses through email do not constitute a meeting. (If the

concern is regarding a sub varsity player, the concerned party should meet first with the relevant JV/frosh coach and then with the head coach.) If the problem still remains unresolved, the Athletic Director should be consulted. Following an unsuccessful meeting with the Athletic Director, parents should contact the building principal.

**Sit period: Coaches are strongly discouraged from meeting/discussing concerns with parents/guardians until a period of 24 hours or greater has elapsed.*

II. The North Brunswick Township HS Athletic Program should be highly competitive. Due to the size of our school and the limited opportunities, we are not able to place every student who wishes to participate on a team. One of the hardest things 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 they 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 frustrating 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. It is the coaches' responsibility and right to select the team with whom they will work for the entire season.

III. There are many select teams, club 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 we 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.

IV. 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 a senior does. North Brunswick's team structure (F, JV & V) 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.

V. A main goal of our competitive athletic program is to put the most talented members 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.

AFFILIATIONS

North Brunswick Township High School is a member of the Greater Middlesex Conference (GMC). All schools competing in the Greater Middlesex Conference are members of the N.J.S.I.A.A. and must abide by the constitution and by-laws of that organization. The Greater Middlesex Conference may adopt no rule and/or regulations which are in conflict with the Constitution and by-laws of the N.J.S.I.A.A. or those of the individual Board of Education. The Greater Middlesex Conference is composed of divisions as outlined in their Constitution.

NORTH BRUNSWICK TOWNSHIP HIGH SCHOOL

ATHLETIC DEPARTMENT OBJECTIVES

- I. To provide a positive image of school athletics at North Brunswick Township High School.
- II. To strive always for playing excellence that will produce winning teams within the bounds of good sportsmanship and mental health of the student athlete.
- III. To ensure growth and development in an effort to: raise the number of individual participants, increase attendance at each contest, enable a program of continuing upkeep and improvement of facilities.
- IV. To provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
 - a. Physical, mental, and emotional growth and development.
 - b. Acquisition and development of special skills in activities of each student's choice.
 - c. Team play with the development of such commitments as loyalty, cooperation, fair play and other desirable social traits.

- d. Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
 - e. A focus of interests on activity programs for student-body, faculty, and community that will generate a feeling of unity.
 - f. Achievement of initial goals as set by the school in general and the student as an individual.
 - g. Provisions for worthy use of leisure time in later life, either as a participant or spectator.
 - h. Participation by the most skilled that will enable these individuals to expand possibilities for future vocational pursuits.
- V. To provide a superior program of student activities that include appropriate activities for every boy and girl.
- VI. To provide opportunity for a student to experience success in an activity he or she selects.
- VII. To provide sufficient activities to have an outlet for a wide variety of students.
- VIII. To create a desire to succeed and excel.
- IX. To provide worthy use of leisure time now and in the future.
- X. To develop high ideals of fairness in all human relationships.
- XI. To practice self-discipline and emotional maturity in learning to make decisions under pressure.
- XII. To be socially competent and operate within a set of rules, thus gaining a respect for the rights of others.
- XIII. To develop an understanding of the value of activities in a balanced, educational process.

ACADEMICS

All participants must meet NJSIAA eligibility requirements. The number one priority for the students at North Brunswick Township High School should be the pursuit of academic excellence. We feel that athletics works toward this same end. Students are encouraged to seek extra help if necessary. Practices will begin promptly each day and students are encouraged to meet with teachers after school, as needed.

Student-athletes should also make appointments with faculty members during lunch if additional help is needed.

One of the things athletics provides to student-athletes is the opportunity to develop time management skills. Student-athletes should work to budget time so that they can meet both their athletic and academic responsibilities. If they are experiencing difficulties with this, they should consult coaches for assistance.

ATTENDANCE

Attendance at all practices, scrimmages, and games is expected of all student-athletes, including those injured. Participation in athletics requires commitment by both the student and parent/guardian. Practices and games are scheduled throughout nearly ALL school vacations, although the exact schedules vary from sport to sport. At the beginning of the season, coaches will distribute practice and game schedules outlining all required days. However, these schedules may change and the expectation remains that an athlete is to be present at all practices and events, including those that occur on prom dates or other school functions.

When the student makes the commitment to athletics, he or she also makes a commitment to his or her teammates. Failure to live up to these commitments will result in consequences as outlined by the coach(es). It may not be possible/permissible for a student-athlete to be a member of a school club while in season. Athletes may not miss any team time to participate in a school club.

No student-athlete will be penalized for missed games or practices due to religious reasons. Excused absences must be cleared with the coach(es) in advance.

A student who arrives at school after homeroom has begun but before period 3 begins is considered tardy. If a student has not signed in before period 4 (on a regular school day), he/she is considered absent and therefore is not eligible to participate or practice in athletic events for that day. In cases where the event is scheduled on a Saturday, school attendance on Friday is mandatory in order for a student to participate in that event. Students can not practice or play in games if they are absent from school or have In/Out of School suspension on that day.

Coaches reserve the right to remove an athlete from a team (and withhold a varsity letter) due to an athlete missing practices and/or events- this includes all NJSIAA sanctioned events throughout the end of the formal season.

CAPTAINS

Captains can be crucial to team management and success. Captains need not be seniors or the most talented team athlete. They may not be the ones who lift the most

weight on the bench press or yell the loudest at drills, but most often earn the most respect and show the most dependability. This athlete arrives early for practice ready to learn and often stays afterward to master a technique. He/she never complains and is excited about competing. Both the coach and the team can count on this person. Captains will be selected at the discretion of the coach, through a process determined by him/her.

CAPTAINS' RESPONSIBILITIES

A coach may seek out captains in the preseason to discuss potential responsibilities and team goals. Keep in mind that these must be meaningful responsibilities. The coaching staff must be prepared to share leadership of the team with the captain(s) who should have opportunities to address teammates ("Captain's Talks") either before or after practices.

OTHER RESPONSIBILITIES FOR TEAM LEADERS (CAPTAINS) INCLUDE:

- Lead the warm-up before practice and matches.
- Help maintain discipline in the locker room.
- Lead by example.
- Eliminate and report any hazing of athletes.
- Help determine strategy for the next opponent.
- Recruit more athletes for the sport.
- Communicate effectively with both teammates and the coaching staff at all times.

CHARACTERISTICS OF EFFECTIVE CAPTAINS

The most effective captains are characterized by having a take-charge, positive attitude and a high level of commitment. They want to be leaders. One might offer leadership status to an individual on a temporary basis and decide together afterward if both are satisfied. Be sure to work cooperatively with team leaders.

SPORTSMANSHIP

NJSIAA MISSION STATEMENT

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 its member schools are committed to fair play, graciousness toward an opponent, and a genuine concern and respect for others.

WHAT IS SPORTSMANSHIP?

Oxford Languages (2022) defines sportsmanship as “fair and generous behavior or treatment of others, especially in a sports contest.” The New Jersey State Interscholastic Athletic Association (NJSIAA) defines sportsmanship as “those qualities that are characterized by generosity and genuine concern for others.”

In recent years, the ideal of sportsmanship has often been relegated to a secondary role. A need exists to again make this role primary and to restore placement of interscholastic athletics in an educational perspective. The modes of behavior contained in this manual explicitly define what is expected and willful compliance by all is necessary to achieve the goals of sportsmanship.

THE FUNDAMENTALS OF SPORTSMANSHIP

Spectators should gain an understanding and appreciation for the rules of the contest- to be well informed is essential. All involved must know the specific sport rules. Uninformed individuals should refrain from expressing opinions on officials, coaches, and administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conforming both to the letter and to the intent of the rule.

One should exercise representative behavior at all times. A prerequisite to GOOD SPORTSMANSHIP requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. An individual's behavior influences others whether or not that person is aware of it.

Recognize and appreciate skilled performances regardless of affiliation. Applause for an opponent's good performance displays generosity. It is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but also reflects a true awareness of the game by recognizing and acknowledging quality.

Exhibit respect for the officials. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability.

NORTH BRUNSWICK TOWNSHIP HIGH SCHOOL

EARNING A VARSITY LETTER

Football	An athlete must play in half of the quarters of the season schedule.*
Soccer	An athlete must play in half of the halves of the season schedule.
Cross Country	A runner must score in half of the meets or qualify as a member of the team that runs in the state sectional meet.
Tennis	An athlete must play in at least two varsity matches and be with the team for major varsity matches, including the state finals.
Volleyball	An athlete must play in half of the scheduled games.
Wrestling	An athlete must wrestle in half of the matches of the season schedule.
Basketball	An athlete must play in half of the quarters of the season schedule.
Swimming	<p>You must swim in at least half of all meets and must earn a total of 20 points in either one or combined categories as outlined below:</p> <p>A. One point for each point earned in individual events in dual meets (Example 6pts-1st, 4pts-2nd, 3pts-3rd, 2pts-4th, and 1pts-5th)</p> <p>B. ¼ point for each point earned on a relay in dual meets (Example: 1st place relay earns 8 points so you earn 2 pts), etc.</p> <p>C. 5 total points for attending all mandatory practices during the season</p> <p>D. 5 total points for scoring in an individual event or relay at GMC</p>
Cheer	As outlined in the team contract.
Bowling	An athlete must bowl in half of the scheduled varsity matches.
Indoor Track	An athlete must participate in half of the meets and achieve minimum qualification standards in their specific event.
Baseball	An athlete must play in half of the scheduled games.
Softball	An athlete must play in half of the scheduled games.
Track	An athlete must score an average of one point per meet or score in half of the meets.
Golf	An athlete must play in half of the scheduled matches or score in at least two matches. To score, the athlete must win two matches, if match play is used or be one of the top four players, if medal play is used.
Lacrosse	An athlete must play in half of the halves of the season schedule.

The schedule is defined as all games to the end of the season including tournaments and playoffs but not preseason scrimmages

**Coaches reserve the right to remove an athlete from a team (and withhold a varsity letter) due to an athlete missing practices and/or events- this includes all NJSIAA sanctioned events throughout the end of the formal season. If an athlete chooses to leave the team prior to the end of season/NJSIAA Tournament included, he/she shall not earn a varsity letter.*

** Varsity letters will only be provided to NBTHS athletes who participate in a sport offered at NBTHS. Letters will not be given to students participating in outside teams or for sports not sanctioned by the NJSIAA.*

**Bowling 300 Club Banner: In order for a bowler to be added to the 300 Club Banner, he/she must bowl a perfect game as a member of the high school team during an NJSIAA approved event.*

TRYOUTS/CUTS /MAKING ATHLETIC TEAMS

All students must be registered and medically cleared prior to any participation. Teams/Coaches are not expected to accept late registrations. Students not registered/medically cleared **by the third tryout date/session (Cheer by the first day; Swimming by the second day)** will not be guaranteed a tryout. *(Those cleared by day/session 1 of tryouts will receive 3 days/sessions of tryouts; those cleared by day/session 2 of tryouts will receive 2 days/sessions of tryouts; those cleared by day/session 3 of tryouts will receive 1 day/session of tryouts.)* All students are required to be present at each day/session of tryouts, regardless of cleared/approved status. Attendance is mandatory. Coaches are not required to provide extra tryout days/sessions to any student. Attendance at tryouts may be used as criteria for making or not making the team- such decisions are at the coach's discretion. NBTHS cannot guarantee the clearance of medical paperwork, especially when submitted after the posted deadline. Coaches are not expected to extend tryouts or hold a spot on a team for those who are not registered/cleared/present for participation by the official start date. Roster size is determined by the coach and may vary year to year. *(*Swimming will hold a 1 day tryout and day 2 will be a call back date. Students may not be granted a 2nd or 3rd day of tryouts.)*

The determination of which players make athletic teams will be the sole decision of the coach(es). Senior athletes may not participate on a sub-varsity team. Being a member of a program in years past does not guarantee a spot in the program during the present season. Prior to the tryout period, players may be informed of the criteria for making the team. Coaches will personally counsel those student-athletes who are cut, as needed/upon request; if cut, student-athletes should be encouraged to inquire as to why they did not make the team.

Cheerleading Tryouts:

- Those not cleared by day 1 of tryouts may be excluded from all tryout dates.
- Students with an unexcused absence from school on a tryout date may not attend the tryout, including as a spectator.
- All candidates must be present, on-site, for tryouts; coaches/judges will not utilize any of the following as a tryout method: live-streams, reviewing/scoring of a tryout video, past scoring sheets, etc.
- Coaches will not extend tryout dates for any student who was not cleared for or was not present at a tryout day.

PRACTICES

All indoor and outdoor practices are closed to the public.

CHAIN OF COMMAND

Please note: The Director of Athletics will not meet with, nor discuss, playing time with parents.

Any concerns regarding your son/daughter and/or his/her athletic experience must be first brought to his/her immediate coach (freshman, jv, varsity). A 24 hour sit period is required.* The next step is to discuss, in person, the issue with the coach/head coach. Responses through email do not constitute a meeting. (If the concern is regarding a sub varsity player, the concerned party should meet first with the relevant jv/frosh coach and then with the head coach.) Two formal meetings with the coach are required before meeting with the Athletic Director. If the problem still remains unresolved, the Athletic Director should be consulted. Following an unsuccessful meeting with the Athletic Director, parents should contact the building principal.

Coaches should not be approached before or after a game to discuss individual concerns. Any such conversation does not constitute a formal meeting with the coach. Please email the coach to request time for a meeting.

**Sit period: Coaches are strongly discouraged from meeting/discussing concerns with parents/guardians until a period of 24 hours or greater has elapsed.*

EQUIPMENT/UNIFORMS/ATTIRE/FINES

Equipment and uniforms will be distributed to all student-athletes. Anything issued

by the coach(es) or athletic trainer is the responsibility of the student-athlete. Student-athletes are responsible for returning all equipment/uniforms. If they are lost or stolen or not returned, a replacement cost will be charged. Any student-athlete who has outstanding obligations will be ineligible for the following athletic season. Please note that any team fundraiser money/items not returned or submitted may be added to the fines list as well. Seniors with outstanding obligations will not be permitted to participate in graduation ceremonies. All student-athletes are expected to wear uniforms and school attire in good taste; therefore, shirts should remain on at all times, this includes at/after events as well as before, during, and after practices. Unless part of NJSIAA sport regulations, no athlete is to utilize any microphone, recording devices, or live streaming applications during practice and/or games; doing so may result in suspension and/or removal from the team.

HAZING

Hazing of any type is strictly prohibited. Coaches will inform students of this policy and its consequences. It is the obligation of any North Brunswick Township High School student-athlete to report any incidents of hazing to the Director of Athletics immediately. If you, as a parent, know of or suspect any acts of hazing, you are encouraged to report it to the Director of Athletics.

RECOGNITION

Any team who earns a championship will be recognized as follows:

- *Division Championship*: Recognition on Public Address announcement and marquee, if available.
- *Conference Championship*: Recognition by the North Brunswick Township Board of Education at a regular meeting. Possible apparel purchase by the Athletics Department.
- *State Sectional/Group Championship*: Recognition by the North Brunswick Township Board of Education at a regular meeting. Sweatshirt purchased by the Board of Education, the Raider Club, and/or specific Parent/ Booster Club. Certificate awarded to each athlete by the NJSIAA.

*Athletes selected all-conference/division/and academic will be awarded a certificate by the Greater Middlesex Conference.

INSURANCE

The school provides student insurance coverage on an excess basis over usual and customary fees only. This means that only those medical expenses approved as usual and customary that are NOT covered by the parents' personal insurance carrier will

be eligible for payment. The school's policy will only pay for services provided within 104 weeks of the date of initial accident.

When an accident occurs: 1) the student must inform the coach or athletic trainer immediately of any injury incurred during athletic participation. If injury does not surface immediately, the athletic trainer must be informed as soon as possible. 2) the parent must immediately submit a claim for all medical expenses to their personal insurance carrier. 3) the school nurse should be contacted to request a school insurance claim form. The nurse will complete the appropriate section. The responsibility for completion and submission of claim form lies with the parent. 4) the claim forms should be submitted to the school insurance carrier after the parents' personal insurance company has paid the medical expenses up to their policy limit. The parent should attach any unpaid itemized bills to the completed student claim form and submit it, along with copies of insurance determinations from their personal carrier showing payments that were made.

PHYSICALS

In order to participate in interscholastic athletics, a student must have a physical each calendar year. You may have a physical done by your private physician or the school physician will provide a general health screening at the school, if the individual does not have insurance. If one does not have insurance, the parent must contact the nurse directly.

The NBTHS Athletic Examination form must be used by your family physician. All areas must be completed. If the physical is not complete, you will have to return to your doctor to have the missing areas filled in. All forms can be found upon registration on the [FamilyID System](#).

The above paperwork must be submitted directly to the nurses. Once we receive your completed forms, our school physicians will have to review the physical before your student is allowed to practice. Once the doctor has finished the review, the student will receive notice from the nurses or athletic trainers giving clearance/non-clearance to practice. **It is important that the nurse or trainer receive the required forms at the cutoff date, otherwise eligibility will be compromised.**

No student will receive a physical without a parent/guardian signature on the medical history form. If a problem is found during this physical, your child will need to be examined by a doctor of your choice for follow up and clearance.

PLAYING TIME

Playing time will be at the sole decision of the coach(es). 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. The Director of Athletics will not discuss playing time with parents/guardians.

Due to the competitive nature of HS athletics, it is imperative that student athletes be fully committed to the sport season. Coaches may require an athlete to be present during school breaks and may penalize athletes for missing practice time or events. A coach may also decide to remove a player due to commitment concerns. It may not be possible/permissible for a student-athlete to be a member of a school club while in season. Athletes may not miss any team time to participate in a school club.

GAMES

NBTHS Athletics only permits the following *special event* games: Senior Day/Recognition, Cancer and/or Autism Awareness, or other *special event* games that have been part of past practice. Sporting events will not be utilized to promote organizations, groups, school groups, or political/cultural ideologies. The athletic department will not take pictures during Senior Day events- parent organizations/teams will be responsible for such.

Seniors

For athletic purposes a Senior will be defined as a student who is in either his/her 7th or 8th semester of eligibility, as defined by the NJSIAA. This definition will not apply to any student who began his/her first semester of eligibility prior to 9th grade. A Senior trying out for a sports team must qualify in the same manner as underclassmen.

RISKS INVOLVED IN ATHLETICS

When you sign the Athletic/Activity Emergency Card and/or Permission Slip 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. This 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.

TRANSPORTATION

Transportation for athletic contests is provided for all student-athletes.

Student-athletes are required to travel both to and from all games/scrimmages with the team on the bus provided. While on the bus, student-athletes must wear his/her seatbelt and sit in the assigned seat, as directed by the coach(es). Under certain, unusual circumstances, it may be necessary for a student-athlete to utilize alternate transportation. Prior approval must be granted for any student-athlete in cases such as these. A parent request must be provided at least 24 hours in advance. Please note that such requests may be denied. No student will be allowed to leave a contest with another parent.

NLI Signing Days/College Recognition Ceremonies

NBTHS signing day/college recognition events are reserved for current NBTHS varsity athletes only; in order to participate, the following criteria must be met:

- the student must attend NBTHS and must be actively participating (the current school year) on the specific NBTHS athletic team/sport for which he/she is committed at the next level.
- the student must be/have been in good standing with the team during the current school year; athletes who were removed from the team by the coach/school administration or who left the team due to a parent/student decision will not be eligible.
- the student must be a current varsity athlete participating in the sport for which he/she is committed at the next level: any student who has elected not to play on the current varsity team for any reason (including to participate on another NBTHS team) will not be able to participate in the event. An athlete's prior varsity participation and/or present status as a member of a separate NBTHS sport team does not entitle him/her to attend.

The athletic department reserves the right to require that winter/spring sport athletes meeting the criteria attend the signing ceremony scheduled at the end of spring season to ensure full completion of the winter/spring varsity sport.

If an athlete receives a Div. I or Div. II commitment letter from a sport not offered at the district high school, he/she will still be recognized. A transfer student may be recognized if he/she has not already been recognized at his/her previous school district and if he/she has played for NBTHS for at least one season in the sport for which they are being recognized. Only those student-athletes who present a NLI or commitment letter from a Div. I or Div. II university may be honored. The school may recognize, in some way, Div. III athletes if a letter of commitment/interest is provided; however, the school is not required to recognize Div. III athletes at a formalized signing event. The athletic department will not add/reschedule a signing event because an athlete/athlete and/or his/her family members are unable to attend a previously scheduled event.

The Athletic Department will hold two signing events during the year and will honor all the eligible athletes during those two events. There will be no individual athlete signing days organized by the athletic department or any coach or team.

Overnight Athletic Trips

All overnight trips are subject to board approval. Parents/guardians must sign a permission slip outlining rules/policies for such trips. The district will not cover costs for any out-of-state events that require an overnight stay; if approved, such trips are at the expense of the program's parent organization. The district may cover the entrance fees for NJSIAA sanctioned events that occur out of state. Overnight stays that are required as part of NJSIAA tournaments will be covered by the district according to the GSA.gov rates; only those coaches deemed necessary and the specific athletes participating in the event will be permitted to attend and will have costs covered. Parents/families, other non-participant team members, managers, etc are not permitted to travel on a bus or remain overnight in a district-sponsored room. Such individuals will not be board approved.

Summer Camps/Clinics

Summer camps/clinics offered by any coaches are not necessarily connected or associated with North Brunswick High School and/or the school district, as they are not school-sponsored events.

Summer Strength and Conditioning

Some coaches may offer summer strength and conditioning workouts for high school athletes (incoming 9th grade as well). Students who participate in these activities must be registered and must have a cleared sports physical. Students who do not meet these requirements are not to participate in any way.

Social Media:

In keeping with the NBTHS school code of conduct technology use guidelines, as well as with the NJSIAA's policy, any verbal, written, or physical conduct related to race, gender, ethnicity, disability, sexual orientation or religion shall not be tolerated. Such behavior may result in removal from the athletic team(s) and/or school behavioral consequences. The appropriate use of social media should be reviewed and reinforced by parents/guardians.

Weight/Fitness Room Use/Aquatics Training

Students who participate in seasonal weight/fitness rooms activities must be registered and must have a cleared sports physical. Students who do not meet these requirements are not to participate in any way.

PURPOSE:

1. To develop programs through weight-training/aquatics to suit the needs of the student and athlete alike.
2. To stimulate, improve and develop physical conditioning, explosive power, speed, muscular endurance, flexibility and more confidence in oneself.
3. To increase the size of muscle attachments (tendons, ligaments) and strengthen them to make them more resistant to injury.
4. To help rehabilitate athletes who are injured.

All students participating in the weight-training/aquatics program are required to be drug-free. Athletes who use and/or are in possession of those items are subject to disciplinary action as outlined by the Board of Education Policy and may be subject to suspension and/or expulsion from their team. In addition, as recommended by the athletic trainer, physicians and coaches, performance-enhancing supplements are strongly discouraged.

The weight room/pool is always supervised and no student or athlete is permitted the use of this room without supervision. All participants are given programs of instruction and safety procedures before their performances each workout.

The weight room is open to anyone in the student body and faculty alike. Many of our athletic programs take full advantage of our facility both in and out of season, including male and female participants. Students who participate in seasonal weight/fitness rooms activities must be registered and must have a cleared sports physical. Students who do not meet these requirements are not to participate in any way.

Besides strengthening our athletes to make them more resistant to injury, our athletic trainer uses the weight room equipment as part of individual rehabilitation programs set-up for the injured athlete.

In conclusion, we believe that the weight training and conditioning we do is an integral part of our athletic programs and the health and fitness of our student body.

NORTH BRUNSWICK TOWNSHIP HIGH SCHOOL

SPECTATOR CODE OF CONDUCT

The following behaviors are encouraged at ALL North Brunswick Township High School athletic events:

1. Enjoy yourself and promote enjoyment for others.

2. Respect the decisions of the officials.
3. Treat opponents as guests to our school -be courteous and respectful.
4. Applause during introduction of players, coaches and officials.
5. Acknowledge excellence regardless of team/school affiliation.
6. Be positive.
7. Show concern for an injured player, regardless of team/school affiliation.
8. Treat competition as a game, not a war.
9. Encourage others around you to display only sportsmanlike conduct.

In keeping with the Mission of North Brunswick Township High School Athletics, the following behaviors are unacceptable AT ALL TIMES during ALL SPORTING EVENTS

1. Yelling or chanting at any student-athletes or any coaches.
2. Derogatory chants, songs, or gestures.
3. Foul or abusive language.
4. Booing or heckling an official's decision.
5. Criticizing officials in any way; displays of temper with an official's call.
6. Use of profanity or display of anger that draws attention away from the contest.
7. Intentionally inciting spectators or participants to violent or abusive action.
8. Intentionally distracting opponents using words or deeds.

***FAILURE TO COMPLY WITH THE ABOVE CODE OF CONDUCT MAY RESULT IN REMOVAL FROM THE EVENT AND/OR BANNING FROM ALL FUTURE EVENTS.**

ATHLETIC INJURY CARE AND PREVENTION PROGRAM

The Certified Athletic Trainer at NBTHS is the sports medicine specialist responsible for prevention, care, and treatment of athletic injuries. Should an athlete sustain an athletic injury or health condition during the athletic season it should be reported immediately to him/her. When an injury occurs during practice or competition, the coach will send the athlete to the athletic trainer or will summon the athletic trainer to the field when necessary. He/She is available for almost all practices and contests.

When a referral to a physician or other health care provider is needed the athletic trainer will notify parents/guardians and instruct the athlete to also inform his/her parents. When an athlete is under the care of a physician, they are required to bring a written note to the athletic trainer from the physician indicating the diagnosis and level of participation recommended. No athlete will be permitted to return to participation until written clearance from the physician is given to the athletic trainer. This also includes any injury or condition that occurs during the athletic season outside of athletic participation. Communication is very important. Injury recovery time is decreased when an injury or condition is brought to the attention of the athletic trainer sooner rather than later.

ATHLETIC TRAINING ROOM PROCEDURES

1. After school all treatments and taping will be done first so we can get all athletes to practice and contests on time.
2. Athletes are not excused from class to see the athletic trainer.
3. Any athlete seen by a physician for any injury or condition whether sports related or not must provide a note from that physician clearing the athlete for sports participation.
4. Any athlete who sustains an injury during sports participation must report the injury to the athletic trainer. If the athlete is seen by a physician for the injury, a physician's note must be given to the athletic trainer regarding the diagnosis, treatment, and level of participation.
5. The State Law regarding head injuries/concussions can be found [HERE](#).