



ATHLETICS HANDBOOK

2026-2027

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Athletics Handbook

1. Academic Board Policy #2430 / Medical Requirements --- Page 3
2. Interscholastic Sports, Team Selection, Guidelines/ Eligibility --- Page 4
3. Coaches Responsibilities --- Page 5
4. Rules of Conduct for Coaches, Players, and Fans --- Page 6
5. Players Responsibilities / Players Contract --- Page 7 & 8

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Academic Policy

Academic Priority: As delineated in Mendham Township Board of Education [Policy #2430R](#), any student who earned two grades below 69.5% (D+) or one F on the first marking period report card (or any marking period thereafter) is ineligible to participate in extra-curricular activities such as interscholastic sports team. A student's eligibility status will be reinstated if a review of the mid-term progress report reveals that he/she has met our academic standards. Please note that if a student elects to participate on an interscholastic team, it must be his/her priority if a conflict arises with a recreation/traveling sports team. A student may be dismissed from an interscholastic team if he/she has two or more unexcused absences from a game. Students must also be in attendance for at least half-day in order to participate in any after-school activities. It is the student athlete / parent responsibility to account for such.

***** It is required that coaches inform students of the above eligibility requirements and expectations at the beginning of each season. Participation in academically related coaching or tutoring takes precedence over scheduled extracurricular activities.**

Fall tryouts for boys' and girls' soccer, boys' and girls' cross country, and girls' field hockey commence in August. Only students who have submitted appropriate health records and a comprehensive 'physical' report will be eligible to try out for an interscholastic athletic team.

Ineligible students are NOT permitted to try out for teams... no exceptions.

Medical Requirements for Participation on School Team (MTMS)

In compliance with the rules and regulations of the N.J. Board of Education, Title 6, Chapter 29, any student interested in participating on a school athletic team is required to have a physical examination annually (every 365 days). If you have questions, please contact the school nurse. Grade 5 students are NOT eligible to participate.

Every athlete must complete an [Athletic Registration](#) and submit all required health forms, prior to tryouts/first practice. In addition to completing the mandated health forms, every athlete must submit a hard copy of an updated physical prior to any participation. Our school nurse will approve the final clearance of all athletes. No athlete should be allowed to participate in any type of activity without final clearance from our nurse.

Interscholastic Sports

Sixth, Seventh, and Eighth grade students who are in *good academic standing* as defined by Board of Education [Policy #2430R](#) are encouraged to try out for interscholastic athletic teams.

The Middle School offers students the opportunity to participate in the following:

Fall Sports Girls' Field Hockey
Boys' Soccer, Girls' Soccer
Boys' and Girls' Cross Country

Winter Sports Boys' Basketball
Girls' Basketball
Boys' and Girls' Volleyball
Cheerleading

Spring Sports Softball
Baseball
Girls' Lacrosse
Boys' Lacrosse

Team Selection

Players who provide the team with the strongest opportunity for success will be selected. When a seventh- or eighth-grade student and a sixth-grade student demonstrate comparable ability, **grade-level seniority will be considered, with the seventh- or eighth-grade student receiving priority in team selection.**

Coaches Responsibilities

Eligibility. Coaches will receive an eligibility list for the first day of tryouts. Take attendance using this list. Students who are not eligible may not practice. You are legally responsible for knowing which students may and may not try out. On subsequent days, an updated eligibility list will be placed in your mailbox. Check the list before each practice. At the beginning of each season, inform students of all eligibility requirements, especially academic requirements, as well as expectations for participation.

Before the first team practice, if one or more athletes have asthma or allergies, as indicated on the eligibility list, schedule a meeting with the school nurse to review any health concerns.

For all sports, submit a team roster as soon as possible to the guidance office, main office, athletic director, and school nurse.

Obtain emergency contact information for all participants from the main office. Keep this information and a first-aid kit with you at all practices and games. Know the locations of all AEDs in the school.

Coaches are expected to hold practices five days per week from 2:50–4:30 p.m.

Notify the athletic director by telephone or email at ad@mendhamtwp.org as soon as possible if there is a conflict or if you will be late to or unable to attend a scheduled practice or game.

The **coach** must report all schedule changes to the main office in the morning before announcements are made.

“Captains’ practices” are not permitted without supervision from a certified staff member.

Coaches should be the first to arrive and the last to leave all practices and games. If you have a conflict and are unable to arrive before your players, contact the building principal, assistant principal, and/or athletic director. You are responsible for your athletes’ safety.

If a student is consistently picked up late, contact the student’s parents or guardians and the assistant principal.

For away games, athletes who plan to go home with another player’s parent or guardian must submit a written note to the main office that morning. The parent or guardian providing transportation must also sign the athlete out.

Complete all required forms for Greater Morris County Coaches Association tournaments and submit them to the athletic director.

End-of-season inventory: Report all lost or damaged uniforms to the athletic director and the main office. Also submit a detailed list of uniforms and equipment needed for the following season.

Liability: You are responsible for the safety of all athletes entrusted to your care. Be aware of your athletes’ medical needs at all times, maintain current emergency contact information, and require appropriate signatures for any athlete who will not return to school on the team bus.

Rules of Conduct-Coaches, Players, and Fans

Coaches, Players, and Fans

1. Be respectful. Represent MTMS with great pride!
2. No profanity.
3. No threatening behavior.
4. No interference (physical or verbal) with play.
5. Clean up your sidelines after games and practices.

Players

1. Demonstrate good sportsmanship, before, during, and after the game.
2. DO NOT make any derogatory comments about other players, coaches, referees, or umpires.
3. Do not argue with the officials or coaching staff.
4. Respect all team members and equipment.

Be prepared to meet with the school administration and the Athletic Director if you do not follow the above rules. Disregarding the rules and/or policies of the program may lead to suspension or immediate dismissal from the team.

Coaches

1. Coach with a positive attitude (you are a role model and have a huge impact on your players).
2. Remember that this is middle school and not the NCAA Finals.
3. Understanding participation in academically related coaching or tutoring takes precedence over scheduled extracurricular activities.
4. Keep your score down when you can easily dominate an opponent.
5. You have the right to question calls but not to make derogatory comments about coaches and officials.
6. **Know the current rules** (NJSIAA) (including any changes) for the sport that you coach.

Players Responsibilities

1. Follow all rules in the player contract.
2. Be in attendance for no less than 4 hours in order to participate on the day of a practice / game.
3. Follow all rules of conduct:
 - Sportsmanship
 - Arguing with officials or coaching staff
 - Controlling temper
 - Use of profanity
 - Respect of team members and equipment
4. Athletic uniforms are not to be worn as physical education clothes.
5. Keep the schedule of games and practices posted at home or in a locker. Game and tournament schedules, as well as directions to schools, are online.
6. Return clean uniforms as soon as the season is complete. All uniforms should be returned to the respective coach within one week. ALL Uniforms must be labeled in a bag (preferably a ziplock bag). It is the coach's responsibility to collect all uniforms.
7. If a uniform was lost or damaged, the coach will collect fines based on the purchase price of the uniform, as determined by the athletic director. (Reminder: the office holds the report card until fines have been paid.)
8. Cleats are not allowed in the gymnasium, locker room, or hallways. They should be cleaned and removed outside.
9. All students should wait to be picked up in front of the school.
10. *Students serving detentions are not permitted to participate in afterschool activities such as athletics / music concerts / play practices / etc... No exceptions.

Mendham Township Middle School Player Contract

1. **FAMILY AND SCHOOL COME FIRST.** Your responsibilities to your family and your academic work take priority over athletics. Complete your homework and study in a timely manner so that school obligations do not interfere with practices or games. By planning ahead and avoiding last-minute work, you can successfully meet both your academic and athletic commitments.

2. **ATTENDANCE AT ALL PRACTICES AND GAMES IS REQUIRED.** Each player must make the MTMS team a priority. Participation on an outside team is permitted; however, players who miss MTMS practices for any reason should expect reduced playing time, regardless of athletic ability. Consistent attendance is essential to individual development, teamwork, and a successful season. When an absence from a practice or game is unavoidable, the player must provide a signed note from a doctor, parent or guardian, or teacher explaining the reason. To be eligible to practice or compete, students must attend school for at least four hours that day.

3. **COMMUNICATE ALL CONFLICTS IN ADVANCE.** Whenever possible, discuss scheduling conflicts with your coach before missing a practice or game. Players who miss a practice for any reason should expect reduced playing time in the following game. Remember, every decision should support the success of the team, not the individual.

4. **CODE OF CONDUCT REMINDER:** Any student removed from a classroom during academic instruction will receive a minimum of two days of after-school detention. Students serving detention may not participate in any after-school activity, including athletic practices or games, concerts, or play rehearsals. No exceptions will be made. Practices and games missed because of detention are considered unexcused absences and WILL result in reduced playing time when the student returns.

Students may be dismissed from the team for the following reasons:

- a. Two or more unexcused absences from games or practices.
- b. Failure to obey the school rules and procedures during games.
- c. Fighting, obscene gestures, profanity or rudeness to coaches or officials will result in immediate suspension or dismissal from the team.
- d. Failure to maintain academic standards required for participation in interscholastic sports as defined by the Board of Education [Policy #2430R](#).
- e. Failure to obey school rules and procedures as determined by the Principal.

5. **TREAT OTHERS WITH RESPECT AND COURTESY.** All players must show respect toward teammates, coaches, opponents, and officials at all times. Profanity, disrespectful conduct, poor sportsmanship, or any behavior demonstrating a lack of self-control will not be tolerated.

6. **PLAYING TIME IS EARNED, NOT GUARANTEED.** Players will be continually evaluated on coachability, effort, hustle, mental and physical toughness, loyalty to the team, unselfishness, and a commitment to improving their skills. Playing time is not guaranteed and may not be equal among players. Students who wish to discuss their playing time should speak directly with the coach at an appropriate time—not during a practice or game.

I, _____, (**Print Name**) agree to abide by the expectations described within this player contract.

Signature of PLAYER: _____ Date _____

My child has shared with me the expectations described on this sheet, and I will give them all the possible help and support needed to meet them successfully.

***I understand that my child will travel to and from all away athletic events on the team's school bus, under the supervision of the coach and or a Principal appointed Mendham Township School District certified teacher. Athletes not going home on the bus MUST be signed out by the parent. Athletes going home with someone else must provide the coach with a copy of the note from the parent (which has been approved by the main office that day) and be signed out.**

Signature of PARENT: _____ Date _____