

WALDWICK HIGH SCHOOL *ATHLETICS*

Athlete's Code of Conduct



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STUDENT-ATHLETE CONTRACT

INTERSCHOLASTIC ATHLETICS

The Athletic Department of Waldwick High School encourages all students to participate in the sports program. As a student-athlete, your performance and conduct are a direct reflection of you, your team, your family, school and community. The following contract is an agreement that the student-athlete will adhere in his/her participation in our program.

Sportsmanship

The New Jersey State Interscholastic Athletic Association (NJSIAA) defines sportsmanship as follows:

"Sportsmanship is the ability to accept graciously, winning and losing. It is the ability to know that life is made up of both successes and failures and to know that we must be able to deal with both.

Sportsmanship is that attitude which projects the opponent as an equal not an enemy. Your rival is worthy of your respect and admiration.

Sportsmanship is the ability to recognize the talents and abilities of others, even when it means accepting the fact that someone else is more proficient than ourselves.

Sportsmanship is the courage it takes to play the game within the rules. It is the ability to accept the decision of the officials and the coach without demonstrating inappropriate behavior.

Sportsmanship allows the individual to be able to offer his/her hand in victory in order to console the opponent and to offer his/her hand in defeat in order to congratulate the opponent.

Take your responsibility to be a good sport in a very serious manner."

Student-athletes and parents/guardians of student-athletes must understand that it is a privilege to represent Waldwick High School. The student-athlete is representing not only Waldwick High School, but also the town of Waldwick and its residents.

Any student-athlete or parent that is disqualified or removed from an athletic event because of unsportsmanlike behavior will be suspended for the next two athletic contests home or away and any further incidents of unsportsmanlike behavior could result in removal from the team or a season long ban from attending athletic events.

Our goal at Waldwick High School is to be recognized annually for good sportsmanship by being placed on the NJSIAA "disqualification free" list. The good sportsmanship of our entire school community – administrators, athletic director, coaches, fans, and players – is necessary to receive this statewide recognition.

School Memberships

Waldwick High School is a member of the North Jersey Interscholastic Conference (NJIC) and the New Jersey State Interscholastic Athletic Association (NJSIAA). As a member, Waldwick is bound by the rules and regulations of these groups. Every student-athlete and coach who participates for Waldwick High School, as well as their parents/guardians and fans, are also bound by these rules and regulations.

Athletic Activities

Waldwick High School participates in the following athletic activities:

FALL

Boys Soccer
Cheerleading
Cross Country
Football
Girls Soccer
Girls Tennis
Girls Volleyball

WINTER

Boys Basketball
Cheerleading
Girls Basketball
Winter Track
Wrestling
Hockey
Swimming

SPRING

Baseball
Golf
Boys Lacrosse
Girls Lacrosse
Softball
Spring Track
Boys Tennis

WALDWICK COACHING PHILOSOPHY

- Athletic achievement requires a sincere commitment from all athletes, parents, coaches and administrators.
- The school administration and athletic department believe strongly in being accessible to parents and supporting our coaching staff to deliver an educationally sound experience for all student-athletes.
- The athletic department continually strives to improve communication with students and parents. For our sports to be successful, it is necessary for everyone to understand the focus and direction of our program.
- The athletic department believes strongly in good sportsmanship by its athletes as demonstrated through ethical and fair play and treating our opponents with respect and courtesy as we represent our school and community.

RULES & REGULATIONS

Attendance/Extra Curricular Conflicts:

- Attendance at all practices and games is mandatory. If circumstances arise that you cannot attend a practice or game, the coach must be notified prior to the missed practice by personal contact, a phone call or a written note from a parent/guardian.
- Unexcused absences may result in a) reduced playing time, b) suspension from the team or c) dismissal from the team
- Practice officially begins at 3:30pm. Many sports will begin early for a variety of reasons. Students who have other extracurricular commitments or need extra-help should meet those commitments and notify their coach that they will be at practice at 3:30pm. This does not apply to game or scrimmage days.
- Students who leave school from the health office due to illness are not permitted to return for practices or games.
- Students who arrive late to school must be in attendance as per the student handbook or they will be ineligible to participate in practices or games. (10 am each day)
- Unexcused absences or lates (after 10am) on a Friday means the athlete is ineligible to compete on Friday, Saturday, or Sunday that weekend.
- An athlete that does not participate in Physical Education classes for a medical excuse or injury, cannot participate in practices or games that day.
- Juniors and seniors are asked to arrange your college visitations around the practice/game schedule.
- Athletes who miss practices/games for an extended period of time due to family vacations, class trips, illness/injury or other related activities will not participate in a game situation until they are physically prepared to compete. This will be determined at the coach and/or trainer's discretion.
- Athletes, who are non-transfers or uninformed incoming freshmen, who do not express interest in playing a sport within the first 14 days of the first official practice will not be allowed to participate for that season.
- NOTE: Certain sports will have additional rules that are pertinent to their particular situation
- An individual who attempts to participate in many extracurricular activities will, undoubtedly, be in a position of conflicting obligations. The athletic department recognizes that each student should have the opportunity to engage in a broad variety of extracurricular activities. However, students have a responsibility to do everything they can to avoid continuous conflicts. Athletes who miss extended time during a season may risk individual qualification for NJSIAA Tournaments or recognition in post-season awards.

Cut Policy:

There is a no-cut policy at Waldwick High School. All students have an opportunity to join a team. This policy does not guarantee playing time.

Jobs:

Athletes should not obligate themselves to a job that in any way interferes with practice or game times.

Behavior:

- Students suspended from school may not participate in practices or games.
- Detention will be considered an unexcused absence.
- Athletes will display good sportsmanship, which equates to being modest in winning and gracious in losing.
- Student-athletes are asked to set a positive standard of behavior for others to follow both in and outside of the classroom. Treat all teachers, staff members and fellow students with courtesy and respect.

Eligibility:

To be eligible for athletics, a student must comply with the following NJSIAA requirements:

- For fall and winter sports during the first semester (September 1 to March 1), a student must have received passing grades in courses equaling 30 credits from the preceding year's report card, including summer school courses.
- For spring sports during the second semester (March 1 to June 30), a student must have received a passing grade in courses equaling 15 credits at the end of the first semester. (5 credit course equals 2.5 credits at mid-year)
- All freshmen are eligible for fall and winter sports during the first semester.

Equipment:

All athletic equipment issued to the student is the property of Waldwick High School and is loaned to the student on a temporary basis. Upon completion of the season, all issued equipment must be returned to the athletic department in a timely fashion.

- Equipment that is lost or stolen is the student's responsibility and they will be charged accordingly.
- Students who fail to return their equipment will not be issued uniforms for the next season.
- Seniors who fail to return or pay for lost equipment will not receive their cap and gown.

Sport Change:

Students who wish to change sports in a particular season must inform both coaches, must be done at least one week before the scheduled games for that season, and have approval from the athletic director. If equipment has been issued, there will be no participation in a second sport until the equipment is returned. Students must practice six days in a new sport in order to be eligible to play.

Transportation Policy:

Athletes must travel to and from contests in transportation provided by the Athletic Department.

- Parents wishing to take a student home from an athletic event must request permission in writing to the athletic director in advance. [Transportation Release Form](#)
- Athletes may not leave away games with another student or parent. Only the parents/guardians of an athlete may transport their son/daughter.
- Both the athlete and his/her parent should inform the coach before leaving a contest.
- Students may not drive to any away contest. (The only exception will be extenuating circumstances, which are approved by the Principal and Athletic Director).

Summer Practice

- Participation in off-season training is encouraged to all student-athletes at Waldwick High School.
- Summer Practices are considered voluntary workouts for all of our programs
- Participation in sports camps and training sessions are excellent opportunities to improve ability and skills, but they are not mandatory
- Student-Athletes will not be penalized if they choose not to participate in summer workouts or choose to attend a specific camp.
- Evaluations of all participants will begin with the first official practice of the season that is set by the NJSIAA and will no way be tied to off-season conditioning programs and/or camps.

Substance Abuse

The administration and Athletic Department of Waldwick High School recognize that drugs, alcohol, tobacco, and steroids are harmful to the health of our students. These substances have a negative effect on behavior, learning, and skill development. The misuse of these substances can adversely affect family, classmates, and teammates. These substances do not have a place in the athletic program or the school community. The administration and Athletic Department also recognize that student-athletes possess leadership potential and that their good example will help deter the use of illegal substances in the school community.

The legal drinking age in the State of New Jersey is twenty-one (21). Anyone consuming alcohol under the age of 21 is breaking the law!

The NJSIAA Handbook: Constitution, Bylaws, and Rules & Regulations states:

"Players and coaches involved with alcoholic beverages/illegal substances during or after the game at the game site or on school property, including chartered buses, shall be suspended from NJSIAA tournament play for one year and be denied any championship rights."

The following policy pertains to all athletic team candidates, members, and cheerleaders. In this policy, the term "substance" refers to all illegal drugs, alcohol, tobacco, and steroids. Any student-athlete charged with possession and/or consumption of a substance will first have a meeting with the principal. Following a hearing with the principal, the student-athlete may:

- For the first offense, be immediately suspended for two weeks of athletic contests. During the time of suspension, the student-athlete will not be permitted to attend any of these contests, regardless of the sport, and must meet with the student assistance counselor. The student-athlete may attend all practice sessions to maintain good physical condition and continue skill development.
- For the second offense, after consultation with the student assistance counselor, be suspended from the sport for the remainder of the season.
- For the third offense, be suspended from all sports for the remainder of the school year.

NJSIAA STEROID POLICY

In accordance with Executive Order 72, issued by the Governor of the State of New Jersey, Richard J. Codey, on December 20, 2005, the NJSIAA will test a random selection of student athletes, who have qualified, as individuals or as members of a team, for state championship competition.

1. General prohibition against performance enhancing drugs:

A. It shall be considered a violation of the NJSIAA's sportsmanship rule for any student-athlete to possess, ingest, or otherwise use any substance on the list of banned substances, without written prescription by a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

B. Violations found as a result of NJSIAA's testing shall be penalized in accordance with this policy.

C. Violations found as a result of member school testing shall be penalized in accordance with the school's policy.

2. List of banned substances:

A list of banned substances shall be prepared annually by the Medical Advisory Committee, and approved by the Executive Committee. (List is available at the NJSIAA web site and the school nurse)

3. Consent form:

Before participating in interscholastic sports, the student-athlete and the student-athlete's parent or guardian shall consent, in writing, to random testing in accordance with this policy. Failure to sign the consent form renders the student-athlete ineligible.

4. Selection of athletes to be tested:

A. Tested athletes will be selected randomly from all of those athletes participating in championship competition.

B. Sixty percent of all tests shall be from football, wrestling, track & field, swimming, lacrosse and baseball. The remaining forty percent of all tests shall be from all other NJSIAA sports.

5. Administration of tests:

Tests shall be administered by a certified laboratory, selected by the Executive Director and approved by the Executive Committee.

6. Testing methodology:

The methodology for taking and handling samples shall be in accordance with current legal standards.

7. Sufficiency of results:

No test shall be considered a positive result unless the approved laboratory reports a positive result, and the NJSIAA's medical review officer confirms that there was no medical reason for the positive result. A "B" sample shall be available in the event of an appeal.

8. Appeal process:

If the certified laboratory reports that a student-athlete's sample has tested positive, and the medical review officer confirms that there is no medical reason for a positive result, a penalty shall be imposed unless the student-athlete proves, by a preponderance of the evidence, that he or she bears no fault or negligence for the violation. Appeals shall be heard by a NJSIAA committee consisting of two members of the Executive Committee, the Executive Director/designee, a trainer and a physician. Appeal of a decision of the Committee shall be to the Commissioner of Education, for public school athletes, and to the superior court, for non-public athletes. Hearings shall be held in accordance with NJSIAA By-Laws, Article XIII, "Hearing Procedure."

9. Penalties

Any person who tests positively in an NJSIAA administered test, or any person who refuses to provide a testing sample, or any person who reports his or her own violation, shall immediately forfeit his or her eligibility to participate in NJSIAA competition for a period of one year from the date of the test. Any such person shall also forfeit any individual honor earned while in violation. No person who tests positive, refuses to provide a test sample, or who reports his or her own violation shall resume eligibility until he or she has undergone counseling and produced a negative test result.

10. Confidentiality:

Results of all tests shall be considered confidential and shall only be disclosed to the individual, his or her parents and his or her school.

11. Compilation of results:

The Executive Committee shall annually compile and report the results of the testing program.

12. Yearly renewal of the steroid policy:

The Executive Committee shall annually determine whether this policy shall be renewed or discontinued.

Hazing

“Hazing” means the performance of any act or the coercion of another to perform any act of initiation onto a team that causes or creates a substantial risk of causing mental or physical harm. The Board of education believes that hazing activities of any type are inconsistent with the educational process and prohibits all such practices at any time. Any student that is involved in any type of hazing will be automatically removed from the team, suspended from school and police notification.

Varsity Letter Criteria:

- A varsity letter award is composed of an eight-inch full block "W" chenille emblem and a special certificate of achievement. Varsity letters will be awarded only to those student-athletes participating on varsity teams and meeting the athletic participation requirements. Only one emblem will be awarded to a student-athlete during his or her career. Repeat letter winners will be awarded a special certificate of achievement.
- In order to receive a varsity award, the participant must finish the season in good standing.
- Team member must be in compliance with all school and team regulations to be eligible for a varsity letter.
- The athlete must make an appearance on the field of play in four or more varsity games/meets/competitions/matches during the regular season.
- Seniors who are on the team all season regardless of playing time will receive a varsity letter.
- Any manager/statistician that attends over 75% of the games played and completes their duties will receive a varsity letter.
- The Head Coach and Athletic Director may review any special circumstances regarding the awarding of letters.

Parents Expectations of the Coaching Staff

It is reasonable that we inform you:

- When and where practices and games are scheduled and changes that may occur.
- About each particular sports coaching philosophy and requirements (via a meeting and/or letter)
- About the expectations for your son and/or daughter in regards to the team, as well as, the individual student-athlete.
- Of what is required of the student-athlete to be part of the team, such as in and out of season training, special equipment needs, etc.
- About injuries and the services available through our certified athletic trainer.

Coaches Expectations of Parents

It is inappropriate to discuss with a coach:

- Playing time
- Team strategy or play calling
- Other student athletes

Coaches often need parents to:

- Informally tell them about any specific health problems and/or concerns at a mutually convenient time
- Notify coaches of any student-athlete schedule conflicts well in advance
- Share strategies that have worked successfully when dealing with your athlete
- Participate in the Booster Club to help support the program

Procedure to follow if you have a concern to discuss with a coach:

- Make an appointment with the coach. Please do not attempt to confront a coach before, during, or following a contest or practice. (These can be emotional times for both the parent and the coach. This time frame does not promote an objective analysis of the situation and can cause an embarrassing moment for the student-athlete). A 24 hour wait period is recommended before speaking to the coach.
- If a coach cannot be reached, call the Athletic Office and the coach will be given the information and return a call as soon as possible.
- If a meeting with the coach does not result in a resolution to the problem, you are encouraged to call the Athletic Director to set up an appointment to discuss the situation.
- Parents are asked to put concerns in writing and submit to the Athletic Director.
- CHAIN OF COMMAND: 1. Coach 2. Athletic Director 3. Principal 4. Superintendent

Athletic Schedules

For the latest athletic schedule information, please visit the district website at <https://www.waldwickschools.org/> and click on "Athletic Schedule" or proceed directly to www.northjerseyic.org where you may access the Waldwick schedule and the schedules of all area high schools.