

Maple Shade High School
Student Athletic and Activity Handbook
2017 - 2018



18 Teams ~ 1 School

We're All Wildcats

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Maple Shade High School Athletics and Activities



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To the parents of athletes at Maple Shade High School:

Your son/daughter has indicated a desire to participate in our school's interscholastic athletic program. We welcome the chance to offer to him/her a competitive opportunity and we would like to highlight a few facts about the program so you will be informed on procedures and services provided and to acquaint you with some of the important rules they will be expected to adhere. The athletic program is an integral part of the total educational offerings at this school. While the name of the school is enhanced whenever its representatives excel, by far the greatest rewards and satisfactions are derived by those who actually participate on our teams.

We play schools with similar academic and athletic philosophies from our conference and the region. If reservations about such competition exist, then a decision must be made before teammates become dependent upon him/her as an integral part of the team. The head coach in each sport has the prerogative of setting most training rules and standards of behavior and discipline for the squad. This entails a clear understanding of what is to be expected by the player and the coach in terms of appearance and conduct. The administration fully intends to support the coach in carrying out the policies governing the sport as long as they do not conflict with school policy. A student's participation in the athletic program is voluntary and a privilege, not a right. In addition to the rules and regulations governing all students, we also assume that students willingly undertake certain obligations of self-discipline and team discipline that transcend those of the ordinary student. Only the individual can weigh the merits of the benefits as opposed to the added responsibilities. It should be an early choice and one by which the athlete is willing to abide.

We wish to excel in athletics just as we wish to excel in all activities conducted in the name of the school. To the best of our ability, we are determined to field aggressive well-coached teams composed of young men and women who will, in turn, represent our school with pride, enthusiasm, and loyalty. We hope that their academic and athletic experiences will yield satisfaction and rewards that will continue to enrich their life after they have left our school.

Bruce Diamond
Athletic Director

Maple Shade High School Athletics and Activities

*"The most important thing in sports is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." —
Olympic Creed*

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Bruce Diamond – Director of Athletics
Michelle Hutchinson – Athletic/Activity Secretary
Liza Sylvia – Athletic Trainer

School Colors – Royal Blue and Gold
Mascot – Wildcats

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Extra Curricular Activities Section

Section 1 Extracurricular Activity Philosophy

Extracurricular activity programs enrich the curriculum of the school by making available a wide variety of activities from which a student can participate. Extracurricular activity programs are considered an integral part of the school's program of education that provides experiences that will help students physically, mentally and emotionally.

The element of competition and winning, though it exists, is controlled to the point it does not determine the nature or success of the program. This is considered to be educationally and psychologically sound because of the training it offers for living in a competitive society. Students are stimulated to want to win and excel, but the principles of good sportsmanship prevail at all times to enhance the educational values of contests.

Participation in activities, both as a competitor and as a student spectator, is an integral part of the students' educational experiences. Such participation is a privilege that carries with it responsibilities to the school, team, student body, community and the students themselves. In their play and their conduct, students are representing all of these groups. Such experiences contribute to the knowledge; skill and emotional patterns that they possess, thereby making them better individuals and citizens.

Safety

The District's philosophy is to maintain an activities program, which recognizes the importance of the safety of the participants. To ensure safety, participants are required to become fully familiar with the dangers and safety measures established for the activity in which they participate, to adhere to all safety instructions for the activity in which they participate, to inform their coach or sponsor when they are injured or have health problems that require their activities be restricted, and to exercise common-sense.

Warning for Participants and Parents

The purpose of this warning is to bring your attention to the existence of potential dangers associated with athletic injuries. Participation in any intramural or athletic activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis or death. Even with appropriate coaching, appropriate safety instruction, appropriate protective equipment and strict observance of the rules, injuries are still a possibility.

Section 2 Extracurricular Activity Code of Conduct

Purpose of the Code of Conduct:

It shall be the right of Maple Shade Public Schools to establish rules of conduct for participation in activities. Students who participate in extracurricular activities shall be held to a higher Maple Shade Public Schools to impose sanctions for violations of those standards if the administration determines to its satisfaction that a violation has occurred.

Participation in school-sponsored activities is a privilege and not a right. Students participating in Maple Shade High School Activities must be in “good standing” with school regulations, including grades, attendance, and discipline and will be held responsible for knowing and abiding by all activity regulations which are listed in this handbook.

The student participants’ performance and devotion to high ideals and values make their school and community proud. Consequently, participation is dependent upon adherence to this Code of Conduct and the school district’s policies, procedures and rules.

Scope of the Code of Conduct:

Activities Subject to the Code of Conduct:

The Code of Conduct applies to all extracurricular activities. Extracurricular activities means student activities or organizations which are supervised or administered by the school district which do not count toward graduation or grade advancement and in which participation is not otherwise required by the school.

Extracurricular activities include but are not limited to: All Sports, Yearbook, Art Club, Marching Band, Student Council, Theatre Productions, International Club, Spanish Club, French Club, Drama Club, Science Club, Chess Club, History Club, DECA, Health Careers Club, GSA, Tri-M Music Society, National Honor Society, National Junior Honor Society, National Art Honor Society, Junior High Technology Club, Senior High Technology Club, Human Relations Club

The Code of Conduct also applies to participation in school-sponsored activities such as school dances and royalty for such activities. A participant means a student who participates in, has participated in, or will participate in an extracurricular activity.

When:

The Code of Conduct rules apply to conduct which occurs at any time, whether school is in session or not. Extracurricular activity participants are held to a higher standard of conduct at all times during their high school career.

Where:

The Code of Conduct rules apply regardless of whether the conduct occurs on and/or off school grounds. If the conduct occurs on school grounds, at a school function or event, or in a school vehicle, the student may also be subject to further discipline under the general student code of conduct. A student who is suspended from school shall not be permitted to participate in activities during the period of the suspension and may also receive an extended activity suspension.

Grounds for Extracurricular Activity Discipline:

Students who participate in extracurricular activities are expected to demonstrate cooperation, patience, pride, character, self-respect, self-discipline, teamwork, sportsmanship, and respect for authority.

Such conduct constitutes grounds for suspension from participation in extracurricular activities and grounds for other restrictions or disciplinary measures related to extracurricular activity participation:

1. Acts that result in either In-School (ISS) or Out-of-School Suspension (OSS).
2. Use of violence, force, coercion, threat, intimidation, bullying, harassment or similar conduct in a manner that constitutes a substantial interference with school or extracurricular activity purposes or making any communication that a reasonable person would interpret as a serious expression of an intent to harm or cause injury to another.
3. Willfully causing or attempting to cause substantial damage to property, stealing or attempting to steal property, fraud, repeated damage or theft involving property or setting or attempting to set a fire of any magnitude. Causing or attempting to cause personal injury to any person.
4. Threatening or intimidating any student for the purpose of, or with the intent of, obtaining money or anything of value from a student or making a threat which causes or may be expected to cause a disruption to school operations.
5. Engaging in any activity forbidden by law, which constitutes a danger to other students, interferes with school purposes or an extracurricular activity, or reflects a lack of high ideals.
6. Repeated violation of any of the school rules.
7. Willfully violating the behavioral expectations for those students riding Maple Shade Township Public Schools buses or vehicles used for activity purposes.
8. Failure to participate in the full day of classes on the day of an activity. An unexcused absence on the Friday prior to Saturday participation may result in the student not participating in the activity. Also, failure to report on time for classes on the day following an activity. Extenuating circumstances must be approved by administration.
9. Failure to attend scheduled practices and meetings. If circumstances arise to prevent the participant's attendance, the validity of the reason will be determined by the coach or advisor. Every reasonable effort should be made to notify the coach or advisor prior to any missed practice or meeting.
10. All other reasonable rules or regulations adopted by the coach or advisor of an extracurricular activity shall be followed.
11. Hazing, defined as "an abusive, often humiliating form of initiation into or affiliation with a group, including; any willful action taken or situation created which recklessly or intentionally endangers the mental or physical health of another." **(MSHS Student Handbook)**
12. **Students involved in Extra-curricular activities at Maple Shade High School are also subject to the same social media policy as the athletes.**

Extra-curricular Activity Eligibility Requirements:

1. To be eligible for Activities at Maple Shade High School a student must have passed 30 credits during the immediate preceding school year, including summer school, to be eligible for the first semester (fall, winter).
2. All students must be passing 15 credits on January 31, to be eligible for the second semester (spring).
3. The above paragraph "A" shall not apply to incoming students from elementary or middle school.
4. Marching Band members have the following additional requirements:
 - a. A current physical and/or health history questionnaire on file.
 - b. Have registered to participate in Marching Band
 - c. Current ImpACT Baseline test

Maple Shade High School Athletics Section

Statement of Philosophy

The Maple Shade High School athletic department provides the privilege of interscholastic athletic opportunities that complement the mission of the Maple Shade School District. Through its commitment to athletics, the school district supports its belief that there are many important and lifetime lessons to be learned from involvement in school sports. These lessons include:

- Learn to set and achieve goals.
- Strive to win and attain success.
- Compete with pride and honor.
- Maintain dignity under adversity.
- Respect coaches, teammates, opponents and officials.
- Win and lose gracefully.
- Participate and compete with honesty and within the limits of the rules.
- Make sacrifices and fulfill commitments.
- Develop self-discipline and a sense of obligation and responsibility to others.

Maple Shade High School does not encourage specialization in one sport to the exclusion of most others and other equally valuable activities. Students should be encouraged to experience participation in several areas of interest. The high school years should be a time for growing and broadening, not a time for specialization and narrowing of interests.

Program Core Values

Participation in athletics is an opportunity for the student-athlete to display his/her character. Three significant components provide this opportunity.

- **Academics:** Academics are the reason extracurricular activities exist within our school system. Participation in athletics is never an excuse for poor performance in the classroom. Coaches are encouraged to set up weekly study sessions for athletes. Athletics are secondary to academics and coaches are encouraged to be aware of all athletes' academic progress.
- **Team Commitment:** Learning and demonstrating commitment to a team is a significant development in the character of a student-athlete. Team commitment requires sacrifices on behalf of the

student-athlete such as attending all practices and competitions (even when unable to participate due to injury), postponing vacations and holiday breaks, and remaining drug, alcohol and tobacco free.

• **Community:** The community provides student-athletes the opportunity to participate in athletics through funding and the use of recreational facilities. Student-athletes must acknowledge this privilege by being role models for many of the youth and citizens of the school system and local towns. Student-athletes should always conduct themselves in a responsible manner and one that reflects positively on their community.

Athletic Participation is a Privilege

Student-athletes and parents should realize that participation in Maple Shade High School athletic programs is not a right, but rather a privilege. This privilege is afforded to those individuals who possess the ability, attitude, disposition, cooperative spirit and desire to represent the student body and school community in a manner that reflects favorably on the reputation of Maple Shade High School. It is essential that student-athletes and parents be thoroughly familiar with the rules and regulations governing athletic participation. Furthermore, it is important to remember the school reserves the right to revoke the privilege of athletic participation if the participant does not behave in an acceptable manner.

Maple Shade High School takes great pride in its athletic programs and their success. Student-athletes are expected to make many sacrifices and have a high degree of commitment. The payoff for these sacrifices is multifaceted and long term. If the rules are too demanding or personal rights become an obstacle in meeting the requirements of the athletic program, a student should not participate in Maple Shade High School athletics until he/she is willing to meet all commitments.

BOE & NJSIAA Sportsmanship Ideals

The Board of Education requires that all individuals involved in or attending the athletic and intramural programs sponsored by the Board exhibit sportsmanship when representing the school at any athletic event. Sportsmanship is defined as abiding by the rules of the contest as defined or accepted by the participating teams and the gracious acceptance of victory or defeat.

Unsportsmanlike behavior as exhibited through verbal abuse, rude gestures, taunts, obscenities, thrown objects, etc., shall not be tolerated in students, staff or any persons in attendance at district athletic competitions. Discipline may include, but not be limited to, eviction from competition and prevention from attending further competitions.

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 the Burlington County Scholastic League are committed to fair play, graciousness toward an opponent, and a genuine concern and respect for others. (Taken from the NJSIAA Sportsmanship booklet.)

BCSL Sportsmanship 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 had been firmly established in sports as conceptually and pragmatically a training ground for good citizenship and high behavioral standards. The BCSL is committed to fair play, graciousness toward an opponent, and a genuine concern and respect for others. In light of this mission, the BCSL has adopted the **TEAM** approach to accomplishing our ultimate goals of **T**eaching, **E**ducating, **A**dvocating, and **M**odeling all of the aims and ideals of good Sportsmanship.

Athletic Programs by Season

Fall Teams

Boys Cross Country (MS, JV, V)
Girls Cross Country (MS, JV, V)
Football (JV, V)
Fall Cheerleading (JV, V)
Boys Soccer (JV, V)
Girls Soccer (JV, V)
Field Hockey (MS, JV, V)

Winter Teams

Boys Basketball (MS, JV, V)
Girls Basketball (MS, JV, V)
Winter Cheerleading (JV, V)
Wrestling (MS, JV, V)
G/B Bowling (JV, V)

Spring Teams

Baseball (JV, V)
Lacrosse (MS, JV, V)
Softball (JV, V)
Boys Track & Field (MS, JV, V)
Girls Track & Field (MS, JV, V)

Description of Athletic Programs:

All students, even those without prior experience and training, are encouraged to participate in co-curricular sports programs at Maple Shade High School. However, participants and parents should be aware that in some programs, student-athletes with previous experience and training will have a distinct advantage.

Fall Sports:

The season runs from mid-August through early-November. Practice and games are scheduled during all holidays and vacation days. Football and cheerleading require participation on Thanksgiving Day.

Winter Sports:

The season runs the Monday after Thanksgiving through early-March. Practice and games are scheduled during the December break and all holidays.

Spring Sports:

The season runs from the beginning of March through May. Practice and games are scheduled during spring break and all holidays.

Season Limitations

The NJSIAA defines the beginning and end of the fall, winter and spring sports season. All administrators, coaches, and student-athletes are expected to adhere to these limitations. Failure to do so can result in monetary fines for the school, team forfeits, and the ineligibility of student-athletes and teams to compete in regular and post-season play. Coaches conducting practices or scrimmages outside of these limits set forth by the NJSIAA are subject to removal from the Maple Shade High School athletic program.

Expectations For Each Program

The philosophy for an athletic program, just as for any educational program, must take into consideration the age and developmental level of the students participating in the program. The expectations for training routines, practices, and commitment to a sport for a 17 or 18 year old young adult playing a varsity sport would obviously not be appropriate for a young adolescent participating in a middle school program. Athletics when viewed primarily as an educational endeavor provide an environment that matches expectation levels with the developmental needs of the student-athletes.

Expectations for Middle School Athletics:

- Exploration of participation in numerous sports is encouraged.
- Students are taught the fundamentals of the sport including skills, fitness, and knowledge of the game.
- Focus is on building interest in athletic participation.
- Success is promoted but in the general sense of the word and not defined as “winning.”
- Students are encouraged to feel part of the Maple Shade athletic program.
- Middle school coaches communicate with high school coaches and teach students skills and knowledge consistent with the high school program using age appropriate strategies.
- Students are supported as they develop pride in their individual progress and in the progress of their teams.
- All students who wish to participate should be given the opportunity and “cuts” should only be made when it is not feasible to keep all students interested in participating.
- Intramural programs should be considered as a means to accommodate students who were not selected for teams or who wish to enjoy athletics in a non-competitive environment.
- Students should have fun!

Expectations for Junior Varsity Athletics:

- Junior varsity athletes should be made to feel important and valued by the program.
- Junior varsity athletes should be offered opportunities for playing time and, if able, varsity game experience.
- Junior varsity coaches should work closely with the head varsity coach and communicate on player and team development.
- Varsity coaches should attend as many junior varsity games as possible.
- Summer programs for junior varsity teams should be offered to interested J.V. players.

Expectations for Varsity Athletics:

- Varsity athletes and coaches expect pride in their performance and exhibit positive attitudes.
- Varsity athletes and coaches expect to be successful.
- Varsity athletes and coaches serve as role models for students in middle school junior varsity programs and exhibit the highest standards of sportsmanship and character.
- Fundamentals are reinforced and advanced techniques and strategies are learned.
- Varsity coaches build leadership skills in varsity athletes.
- Coaches and athletes “live” the concept of team.
- Playing time is predicated on ability and adherence to team policies and rules – playing time is not guaranteed.
- Varsity athletes and coaches instill pride and spirit in Maple Shade High School.
- Varsity athletes and coaches are committed to the Maple Shade program over outside teams and programs.

Varsity athletes and coaches are active supporters of the middle school, freshmen, and junior varsity teams. Varsity coaches are responsible for overseeing the lower level programs and insure that the skills, strategies, and terminology are being taught in a manner consistent with the varsity program.

- Off season programs are offered to all interested students.

- Winning is one, but not the only, measure of success.

VALUES OF INTERSCHOLASTIC ATHLETICS

Athletes...

- Have better grades than those not involved and athletes in season have better grades than out of season
- Have better attendance than general student population
- Have a much lower dropout rate than their fellow students
- Have a better chance of succeeding in college
- Take more average to above average courses than non-participants
- Tend to focus more on long-term goals than on short-term goals
- Tend to be more self-assured
- Ninety five percent (95%) of Fortune 500 executives participated in school athletics while forty seven percent (47%) were members of the National Honor Society.
- Regarding social networking sites; athletes must refrain from posting negative comments that are detrimental to the athletic program and from posting any media that implicates themselves or others in participating in illegal activity.

PARENT CODE OF ETHICS...

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other high school sports events.
- I will place the emotional and physical well being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all high school events.
- I will remember that the game is for the student-athletes not for adults.

- I will do my very best to make the high school athletic experience a positive one.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

GUIDELINES FOR BEHAVIOR OF THE STUDENT-ATHLETE

- Accept and understand the seriousness of the responsibility, and the privilege of representing your school and your community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist you in the achievement of a better understanding and appreciation of the sport.
- Treat fellow teammates and opponents the way you would like to be treated, as a guest or friend. Who better can understand all the hard work and team effort that is required of your sport?
- Wishing opponents good luck before the contest. Congratulate them in a sincere manner following either victory or defeat.
- Respect the integrity and judgment of officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will make a positive statement about you and your team.

GUIDELINES FOR BEHAVIOR OF THE SPECTATORS

- Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition, not to intimidate or ridicule the other team and its fans.
- Remember that interscholastic athletics are a learning experience for students and mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people, just as you would praise a student working in the classroom.
- Remember that a ticket is a privilege to observe the contest; it is not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate and support groups. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of contest officials. Understand that they are doing their best to help promote the student-athlete and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, tobacco, etc.) before, during and after contests, on or near the site of the event (e.g., tailgating).
- Use only those cheers that support and uplift the teams involved.
- Recognize and compliment school and athletic administrators for their efforts in emphasizing the educational benefits of interscholastic athletics and the role of good sportsmanship.
- Be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.

Behavior Standards

As specified by the National Federation and State High School Association

Acceptable Behavior

- Applause during introductions of players, coaches and officials.
- Players shaking hands with opponent who fouls out while both sets of fans recognize player's performance with applause.
- Accept all decisions of officials.
- Cheerleaders lead fans in positive school yells in positive manner.
- Handshakes between participants and coaches at end of contest, regardless of outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at end of contest for performances of all participants.
- Everyone showing concern for injured player regardless of team.
- Encourage surrounding people to display only sportsmanlike conduct.

Unacceptable Behavior

- Yelling or waving arms during opponent's free-throw attempt.
- Disrespectful or derogatory yells, chants, songs or gestures.
- Booming or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official call.
- Yells that antagonize opponents.

- Refusing to shake hands or give recognition for good performances.
- Blaming loss of game on officials, coaches or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Doing own yells instead of following lead of cheerleaders.

Academic Eligibility

Maple Shade High School is a member of the New Jersey State Interscholastic Athletic Association (NJSIAA) and all participants must meet NJSIAA and Maple Shade Board of Education eligibility requirements prior to participation.

- All student-athletes should be familiar with the eligibility rules required by the NJSIAA. Copies of all regulations are available in the Athletic Director's office.
- Standard NJSIAA eligibility forms and rosters will be completed by the Athletic Department secretary, checked and verified by the head coach of each sport, signed and authorized by the Athletic Director and Principal and submitted to the state before the first scheduled contest of each sport. Copies of the forms remain on file in the athletic office. Accuracy is of primary importance with these documents to avoid the embarrassment of a possible forfeit/consequence administered by the NJSIAA.
- Academic eligibility is an integral part of the entire eligibility process and a student-athlete must meet the standards set forth by the NJSIAA before participation is granted. The regulations are contained within the NJSIAA handbook in the athletic office and must be verified for each student-athlete by the Guidance Department each season (Below is a summary of the requirements):
- Student-athletes should know their academic standing as it applies to participation in athletics. When academic eligibility for a sport is in doubt the athlete should contact the athletic office and/or the guidance department. This should be done well in advance of the start date for the sport.
- Student-athletes should contact their coaches when they are having difficulties during the season and may need academic assistance. Coaches have been advised to keep close contact with members of their respective teams with regard to their academic standing. Each coach has the responsibility and obligation to help guide every student on his/her squad academically, morally, and socially, especially those who may have difficulty maintaining eligibility.

N.J.S.I.A.A. ATHLETIC ELIGIBILITY REQUIREMENTS

- A. To be eligible for athletic competition, a student must have passed 30 credits during the immediate preceding school year, including summer school, to be eligible for the first semester (fall, winter).
- B. All students must be passing 15 credits on January 31, to be eligible for the second semester (spring).
- C. The above paragraph "A" shall not apply to incoming students from elementary or middle school.
- D. Students must be under 19 years of age in order to participate in school athletics. If a student turns 19 on or after September 1, the student may compete that year.

Maple Shade High School Additional Requirements

In addition to the NJSIAA requirements, Maple Shade High School is phasing in GPA requirements for MSHS 9-12 athletic participation. The purpose is to set our students up to meet the NCAA Academic GPA Requirement of a 2.3. The new requirements will be phased in over a four year period beginning with the class of 2020. For students in grades 9 & 10, athletes will be placed on probation if their grade is below a 70 (no longer a 60). GPAs will be calculated at the end of the first semester and second semester each year. Athletes must maintain a minimum of a 2.0 GPA to be eligible.

Grades will be reviewed on a monthly basis using each athlete's current gradebook grade. If grades in gradebook fall below a 60 for the current marking period, the athlete will be placed on two week academic probation. If the grade is above a 60 at the end of the two weeks, not before, then the probation status will be removed. However, if the grade remains below a 60, the athlete will be suspended from all team activities until the grade is above 60. During the probation period, the athlete should be receiving extra help for his/her teacher(s). They will not be penalized for arriving to practice late as a result of getting extra help.

Students in grade 7-8 must maintain a minimum grade of a 60. If the grade falls below a 60 at anytime, the student will meet with the AD and Junior High Counselor to discuss grades and will be placed on two week probation. If grades are not brought back up to the 60, they can be removed from the team.

If a student athlete is placed on probation for a third time during the school year, the Administration may remove the athlete from his/her team for the remainder of the season and impose additional consequences if necessary for future seasons.

Any student suspended from school (in-school or out-of-school suspension) is ineligible to participate in any activity until the conclusion of the suspension. As stated previously, participation in co-curricular activities is a privilege, not a right. Students granted the privilege of participation must assume the responsibility of good conduct and citizenship. Therefore:

- Students who experience serious and /or repetitive disciplinary infractions are subject to ineligibility and/or removal from any and all school athletics.
- Students who violate codes of honor and/or ethics (i.e. lying, cheating, stealing, etc.) are subject to ineligibility and/or removal from any and all school athletics and/or leadership positions therein.

All other eligibility standards required of the NJSIAA, BCSL member schools, and Maple Shade Board of Education are adopted as the standard for student participation in school athletics. Any student transferring to Maple Shade High School and wishing to participate in athletics should consult with the Director of Athletics for eligibility upon enrollment

All necessary paperwork, outlined in Procedures for Participation in Athletics, must also be submitted to the Director of Athletics or his/her designee to be eligible for participation in school athletics. The Department of Athletics will forward the medical forms to the school sports physician for approval.

Athletic Registration Process:

All students wishing to play sports at Maple Shade High School must first register for each season they are participating. To register please go www.mshsathletics.org. The process is simple and mandatory. While registering you will be required to acknowledge that you have read and understood several important documents. The following document are available at www.mshsathletics.org:

1. NJSIAA PARENT/GUARDIAN CONCUSSION POLICY ACKNOWLEDGMENT FORM
2. NJSIAA SUDDEN CARDIAC DEATH IN YOUNG ATHLETES ACKNOWLEDGEMENT
3. NJSIAA STEROID TESTING POLICY CONSENT TO RANDOM TESTING
4. Maple Shade Athletic Permit Form

Forms needed to participate in MSHS Athletic Programs

To participate in an athletic program, a student must complete the following steps before attending a practice within the season:

- ImPACT Baseline Testing (every two years) for all grades
- Current Physical (good for 365 days)
- Health History Update Questionnaire – only if physical is still current. Due for each season.

Physical Examination Regulations

(Revised: 7/07)

The New Jersey State Interscholastic Athletic Association (NJSIAA), which is the governing body for high school athletics, has recommended, “*Each student medical examination shall be conducted at the medical home of the student*”, pursuant to NJAC 6A: 16-2.2. Due to this regulation student-athletes will need to obtain individual sports team physicals from their own private physicians (“medical home”) unless the parent/guardian

chooses to allow the school doctor to provide the physical. Our physical dates will be announced in advance on our Maple Shade web site.

We recommend you schedule medical appointments well in advance of the season. The **Maple Shade Athletic Department Athletic Pre-Participation Physical Examination Packet** is available online at www.mshsathletics.org. Please be sure to utilize our school forms when obtaining a physical for your student-athlete (all information required by our school district and the state is included on these forms) and understand that only licensed physicians are permitted to perform these examinations.

No student-athletes will be allowed to participate on any athletic team until proper medical examinations have been reviewed by the School Nurse and athletic department and approved by the School Physician. Athletic Physicals are valid for 365 days from the date of the original physical. However, Health History Update Questionnaires are required, if the original physical was conducted more than 60 days before the first official practice date. This is to ensure that there has been no change in the student-athlete's condition. It is important that all timelines be met - athletes may not participate until paperwork is submitted, recorded and processed. Late submissions may result in the athlete missing practices and/or games.

Summary of Physical Examination Information

- If a student-athlete has valid documentation of a physical (within 365 days and verified by the nurse) he/she only needs to complete the Health History Update Questionnaire and must register.
- If a student-athlete needs a new physical, he/she should complete the entire Athletic Participation Physical Packet and bring the forms with them to their own doctor.
- Coaches should note any physical problems of their athletes. The doctor will often emphasize any problems or concerns or special circumstances.
- Previously known injuries should be brought to the physician's attention for more careful examination.

Athletic Programs and Letters

Description of Varsity and Junior Varsity Programs

Varsity Athletics

The varsity athletics programs at Maple Shade High School are highly competitive. Participation is based upon those student-athletes that compete for positions who are judged to have the talent and the potential to help the teams achieve their goals. The teams compete against conference and non-conference opponents that support

programs of equally talented student-athletes. The goal of varsity athletics is to refine the skills and performance of the team and the student-athlete in an attempt to achieve peak performance and to provide Maple Shade High School with the best possible opportunity for success in the competitive arena. Playing time is determined by the coaching staff and there is no guaranteed playing time for any student-athlete on the varsity level.

Junior Varsity Athletics

The purpose of junior varsity athletics at Maple Shade High school is to provide a developmental and competitive environment for those student-athletes not selected exclusively for the varsity squad. Junior varsity athletics provide the student-athlete the opportunity to gain valuable experience, knowledge and skill required for varsity competition. At times junior varsity student-athletes may be asked to participate in a varsity contest by the head coach. An invitation to play in a varsity contest should not be construed as a permanent move to the varsity squad. Seniors are not eligible to compete on teams at this level except under extraordinary circumstances. Approval for this must be granted by the Director of Athletics. Playing time is determined by the coaching staff for maximum participation of all athletes, but there is no guaranteed playing time for any student-athlete on the junior varsity level.

Earning a Varsity Letter

General Criteria

- Student-athletes must be in compliance with all eligibility requirements.
- Student-athletes must meet the specific criteria designated for each sport.
- Student-athletes must display good sportsmanship and have regular attendance at all practices and games.
- Senior student-athletes that have been with a program for 3 or more consecutive years and are unable to meet the criteria for their sport listed below are eligible.
- Student-athletes that are injured during the season and are unable to participate because of this injury may be eligible if the coach determines that they would meet the criteria for their sport as listed.
- Student-athletes that encountered team disciplinary problems during the season may not be eligible and may forfeit the privilege of receiving a varsity letter or any other award. This applies even when all other criteria have been met.
- Team managers/statisticians will receive a manager’s pin and certificate. Team managers with three or more years of service in a sport are eligible to receive a letter; however, said letter will not count towards the overall varsity letter count that is awarded at the Varsity Banquet.
- Certificates of participation will be awarded to all who complete the sports season, but have not met the specific athletic program criteria.

Athletic Program Criteria for Letters (All Criteria Must Be Met Within a Season)

Baseball	A player must participate in one –half of the total innings. Pitchers must pitch one-third of the total games
Basketball	A player must play in one-half of the total game quarters
Cheerleading	Based on recommendation of the coach.
Cross Country	A player must earn a total of 15 team points
Field Hockey	A player must play in one half of the total halves

Football	A player must play in one half of the total quarters
Lacrosse	player must play in one half of the total halves
Soccer	A player must play in one half of the total halves
Softball	A player must participate in one –half of the total innings. Pitchers must pitch one-third of the total games
Track	A player must earn a total of 15 team points
Wrestling	A wrestler must wrestle in one-half of the total matches
Bowling	A bowler must bowl in one-half of the total matches

Junior Varsity Awards

- Student-athletes must be in compliance with all eligibility requirements.
- Student-athletes must meet the specific criteria designated for each sport.
- Student-athletes must display good sportsmanship and have regular attendance at all practices and games.
- Senior student-athletes that have been with a program for 3 or more consecutive years and are unable to meet the criteria for their sport listed below are eligible.
- Student-athletes that are injured during the season and are unable to participate because of this injury may be eligible if the coach determines that they would meet the criteria for their sport as listed.
- Student-athletes that encountered team disciplinary problems during the season may not be eligible and may forfeit the privilege of receiving a varsity letter or any other award. This applies even when all other criteria have been met.
- Team managers/statisticians will receive a manager’s pin and certificate. Team managers with three or more years of service in a sport are eligible to receive a letter; however, said letter will not count towards the overall varsity letter count that is awarded at the Varsity Banquet.
- Certificates of participation will be awarded to all who complete the sports season, but have not met the specific athletic program criteria.

Athletes will receive a six-inch chenille letter and a certificate. All subsequent letters will receive a chenille star and certificate.

Other Honor and Awards

Honors and awards are given to student-athletes at the conference, county, group and state levels. Conference honors are determined by all coaches from participating schools within the conference division for that particular sport. County, group and state recognition is determined by local and state newspapers. The media tracks individual student-athletes statistics and accomplishments throughout the season. This information, along with coaches’ input (the student-athlete’s coach, as well as other area coaches), is used to determine county, group and state honors.

Criteria for Wildcat Scholar Athlete Award

Awarded at the annual Varsity Banquet, athletes that have participated in two sports (V and/or JV) and maintained a 3.5 GPA or better for the first three marking periods of the school year will be awarded a certificate for earning the Wildcat Scholar Athlete Award. The top two sport athlete in each grade will receive a medal at the annual Varsity Banquet.

The Role of the Coach

Athletics at Maple Shade High School are governed by the New Jersey State Interscholastic Athletic Association (NJSIAA), Burlington County Scholastic League and the Maple Shade Board of Education. Coaches will comply with the rules, regulations and procedures of those organizations. Additionally, coaches will comply with any and all regulations regarding safety training described by any of the above named organizations or by any legitimately authorized agency or group.

Coaches will exhibit a commitment to the safety, performance and behavior of the player during practice and competitive events. When making decisions about the player, the coach will consider the factors of safety, health, performance and behavior. When appropriate, the coach will provide personal or professional guidance for the student-athlete. Coaches will seek appropriate professional guidance or make an appropriate referral for the student as necessary consistent with existing high school procedures. Coaches should not be viewed by students or parents as trained medical or psychological professionals.

Team Selection

Coaches are the sole judge in the selection of the varsity and junior varsity squads. In addition to attitude, disposition, cooperative spirit, and the desire to represent the school body and community in a favorable manner, the coach must evaluate ability. This evaluation takes place during the preseason, regularly scheduled practices, and scrimmages.

Selection of Captains

The head coach determines the number and selects the captain(s) of the team. The Head coach determines the process used for determining captains. Being a captain is an honor and a privilege that can be revoked by the coach or administration at any time.

Other Commitments While “In-Season”

In-season student-athletes are strongly discouraged from playing other outside organized sports during the high school athletic season. The demands placed upon a student-athlete, both in the classroom and in the playing arena, are more than enough for an adolescent to handle successfully. Student-athletes are required to attend all practices, team meetings, and games. Student-athletes are advised to establish their priorities and make a choice in advance of the athletic season.

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child’s program.

Communications You Should Expect From Your Child’s Coach

1. Philosophy of the coach.
2. Expectations and goals the coach has for your child as well as for the team/season.

3. Location and times of all practices and contests.
4. Team requirements; special equipment, strength and conditioning programs.
5. Procedure should your child be injured during participation.
6. Team rules and guidelines and consequences for infractions.
7. Lettering criteria.

Communication Coaches Expect From Athletes/Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

As your children become involved in the programs at Maple Shade High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

Appropriate Concerns To Discuss With Coaches

1. The treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches

1. Playing Time.
2. Team Strategy.
3. Play Calling.
4. Other Student-Athletes.

There are situations that may require a conference between the coach and player, or coach and parent. These are to be encouraged. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote resolution to the issue of concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH THE PROCEDURE YOU SHOULD FOLLOW

1. Call the coach to set up an appointment.
2. The Maple Shade High School telephone number is (856) 779.2880.
3. If the coach cannot be reached, call the Director of Athletics, Mr. Bruce Diamond. He will set up the meeting for you. His telephone number is (856) 779.2880 x1209.

4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.
5. If a resolution is not found, please contact the Director of Athletics for a second meeting.
6. Due process allows for you to meet with the Principal/or his designee and then the Superintendent if necessary.

Student Athlete Attendance

A student must be in school prior to 8:00 a.m. and must remain in school until dismissal to participate in extra-curricular activities that day. Student-athletes who are absent from school are not permitted to participate in or attend interscholastic competitions, athletic practices or team meetings on the same day of the absence. Extraordinary circumstances (i.e. driving tests, doctor appointments) that prohibit meeting this requirement can be approved by the Director of Athletics.

Student-athletes may be dismissed from classes or portions of a class when the team needs to depart early from school. In this case, the head coach notifies the school office and principal, who then notifies all appropriate teachers prior to the start of the school day.

Practices:

The coach will determine practice starting and ending times with guidance from the Athletic Director. Many factors may influence practice times such as availability of the coaching staff, availability of the practice venue, transportation time, etc.

Practices will not begin before 2:20 p.m. on school days. Usually, practices will be held Mondays through Saturdays and are structured to allow an off-day for student-athletes every seventh day. On occasions, practices and/or contests may be held on a Sunday.

Student-athletes must be on time for practice. However, no student-athlete will be penalized for lateness due to extra-help within school or for a visit with the athletic trainer provided advanced notice was given to the coach.

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Most athletic teams will have practices during vacation days, vacation breaks and school holidays. Families are encouraged to support their student-athletes by scheduling vacations outside of the sport season. If there is a conflict, the athlete will not be dismissed by the team. However, the coach may put reasonable conditions on the return of the student-athlete. If an athlete is to miss a practice or game because of such a conflict, the coach must be informed at least two weeks in advance.

Attendance is required at all practices unless excused by the coach. Attendance will be taken. Please recognize that an absence may lead to the student-athlete not participating in the next one or more scheduled contests.

Scrimmages:

Scrimmages, where and when appropriate, will be provided for athletic programs. The number of scrimmages will be determined and set by the head coach and the Director of Athletics. All scrimmages will be played after the official NJSIAA start date, but before the official playing season

Removal from Team:

Dropping out of a sport without a valid reason or being removed from a team for disciplinary action is always considered a serious matter. If an athlete wants to quit any sport, he/she should notify the coach and return all equipment. If an athlete does quit a sport, he/she will not be permitted to try out for another team or use school facilities to work out for another sport until the conclusion of that sports season, unless he/she has the written approval of the head coaches of both sports and the athletic director.

Team Bench and Playing Area

The team bench, playing area, locker rooms are for authorized athletic personnel, student-athletes, coaches, training staff and officials. At no time during a practice or contest are parents, family or friends allowed to enter these areas. Parents must understand that during practices and contests their children's focus and commitment must be to the athletic endeavor at hand and to the coaching staff. At Soccer and Field Hockey games, parents and fans are to be on the opposite side of the players and not behind goal mouths.

Treatment of Facilities

Care must be demonstrated for all facilities, both at Maple Shade High School and at all other sites. Repairs to and replacement of facilities require expenditures of money, which might otherwise be applied to the athletic, or other school programs. Student-athletes must avoid accidental or unintentional damage to facilities by concentrating on what they are doing and by using sound judgment. Athletes will be required to pay for damage, even though unintentional to facilities. Vandalism (willful or malicious destruction or defacement of all equipment and facilities) is intolerable. Any athlete who engages in vandalism will be required to pay for all damages

Care and Collection of Equipment

All student athletes are responsible for the care and maintenance of their equipment from the time it is issued until the time that it is collected. Check with your coach regarding the proper care and maintenance of your uniforms and equipment when they are issued. The following guidelines should be used when caring for your equipment:

- When equipment is issued, check the equipment for any damage and notify the coach immediately if any damage exists.
- Athletic equipment and uniforms should be worn during practices, scrimmages, and games only.
- Student athletes should not leave equipment, personal belongings or uniforms unattended in the locker room. Check to see that all equipment, uniforms, and personal belonging are put away before leaving the locker room and check to make sure that your locker is locked. This will greatly reduce the possibility of theft.
- When a student athlete leaves a team, he or she should inform the Head Coach and turn in all equipment immediately.
- At the conclusion of the season, student athletes should turn in all equipment and uniforms to the Head Coach immediately after the last athletic contest or on an announced date by the Head Coach.

Athletic Equipment

- All equipment and uniform items distributed by coaches is marked by name/number for the purpose of maintaining accurate records. Any equipment or uniforms issued to athletes will be recorded on an inventory distribution form to be used by coaches for collection purposes at the conclusion of the season.

Note: Student athletes are responsible for all equipment and uniforms that have been issued to them.

Athletic Fines

If equipment is lost or not returned to the Head Coach at the conclusion of the season, fine slips will be issued. It is the student athlete's responsibility to hand in all equipment and fine obligations to the Head Coach.

In the event that a student athlete does not meet his/her fine obligation, the following will be enforced:

- The student athlete will not be allowed to participate on another athletic team until the obligation has been met.
- The athlete will not be allowed to participate in co-curricular school activities, including graduation, until the obligations are met.
- The student athlete's report card and diploma (seniors) will be withheld until all obligations are met.

Locker Assignments

At the beginning of the school year, student-athletes will be assigned an athletic locker through their head coach (Fall Season only or the Physical Education Department for Winter and Spring Seasons) and must purchase a school lock for their locker. Upon receiving a locker, the student-athlete should inspect the locker for any damage and notify the physical education teacher or their coach if damage exists. Only school locks issued by the Physical Education Department, or coach, may be used on athletic lockers. **All other locks will be removed and confiscated.**

All Student-Athletes will have permanent lockers for the duration of school year. Those that receive extra large lockers in addition to their regular physical education locker will have 4 days after the conclusion of their season to remove the locks and items from their lockers. If they play another sport, they may be reissued an extra large locker prior to that season.

All student-athletes are responsible for the care and maintenance of their athletic locker and will be held financially responsible for any damage. Any damage of an athletic locker should be reported **immediately** to a physical education teacher, coach or Athletic Director.

All athletic lockers should be locked when unattended and all athletic equipment and valuables should be put away and locked prior to leaving the locker room to avoid the possibility of theft. **Any lost or stolen athletic equipment, personal belongings or valuables should be reported immediately to a physical education teacher, coach or Athletic Director.**

Lost or Stolen Equipment

If equipment is lost or stolen during the season, the athlete must report the incident to the Head Coach immediately. This equipment is still the responsibility of the student athlete.

Insurance

All student-athletes are covered by the Maple Shade Board of Education insurance policy. In short, this policy is an "In excess" policy and requires parents to submit any claims to their own private insurance

company prior to submitting a claim to our Board of Education. If the parental claim qualifies, the parents would be reimbursed that which was not covered by their private insurance. Questions regarding this policy and to pick up forms can be accomplished through the School Nurse.

Accident/Incident report

Any student-athlete injured during a practice, game or any activity affiliated with a sport must report the accident/incident to his/her coach and the Athletic Trainer at the time of the injury. The coach and/or the Athletic Trainer will then process a *Student Incident Report Form* that will be reviewed and authorized by the Athletic Director and filed with the School Nurse. Failure to report an injury at the time of the incident may result in the forfeiture of health insurance coverage.

- Athletes will be held accountable for any lost, stolen, or damaged merchandise and must pay the ***replacement*** charge for that item(s).
- School-issued equipment should be secured at all times (this includes before taking a shower). Do not leave game gear in unlocked lockers. Again, lost, stolen or damaged equipment is the responsibility of the student-athlete and he/she will be charged the replacement cost.
- Uniforms should not be worn as regular school clothing (exception: Pep Rallies). In addition, school issued uniforms and/or equipment may not be used for participation on outside athletic (i.e. recreation, traveling) teams.
- Issuing of equipment for out-of-season or summer use is prohibited unless specifically approved by the Athletic Director. This may only occur in cases involving “special expensive” equipment that athletes are not required to provide on their own (e.g. field hockey goalie equipment). This equipment may only be used for attendance at a camp.

Weight Room

- The following guidelines should be observed when using the Weight Room:
 - Students must have a current physical to be able to use the weight room.
 - Students may ***not*** use the weight room unless supervised.
 - Spotters (when necessary for safety reasons) and weight training safety procedures should be followed at all times. If you are unsure as to how to do an exercise or utilize a machine, ask for help from the coach or staff member in charge.
 - All free weights must be put away after their use. Do not leave free weights or dumbbells out in anticipation that someone else will use them.
 - All weight plates should be returned properly after their use to a weight tree. All free weights should be grouped according to weight when being put away.
 - All student athletes using the weight room should be properly dressed in workout clothing to insure safety.
 - The Athletic Trainer does not supervise activity in the weight room.
 - In -Season Athletes and Teams have priority of the weight room at all times.
- **Weight room use is restricted to High School Students ONLY. Junior High students are not permitted in the weight room with High School students at anytime. This goes with the school philosophy that the two levels don't mix on the athletic field or in class.**

NOTE: The weight room is not a place for a social gathering. Any student athlete or student using the facility or equipment in an improper manner or just “hanging out” will be asked to leave. Students caught in the weight room without supervision, will be suspended from weight room privileges for a minimum of one week as determined by the Athletic Director.

Physical Education Excuse

Athletes are not excused from Physical Education classes for any reason including the day of games. Athletes, after presenting the situation to the instructor, may be excused from strenuous activity (i.e. prolonged running) at the discretion of the instructor.

Transportation

Student-athlete bus behavior must be beyond reproach. Appropriate demeanor and reasonable volume must be maintained at all times. No abuse, distasteful or obscene language or unsafe actions will be permitted. **All athletes are expected to arrive and return to the school as part of the team.**

A coach may allow a student-athlete to return home from an away event only after a parental release form is submitted to the coach. At this point, the parent of that child will assume all responsibility. At no time are students allowed to drive themselves to or from athletic contests. Any other arrangement must be made prior to the beginning of the day through the office of the Athletic Director or the building Principal. These requests must include written parental permission, a detailed rationale for exemption, and the names(s) of assigned driver(s) who will be responsible for the child's safety. We encourage all team members, whenever possible, to use the assigned school transportation. This promotes team unity, ensures proper supervision and allows for greater safety of our students.

There are several types of passes for various transportation issues (available from the Coach or found in the AD Office):

- Any athlete who requires transportation from an away contest by a parent should have the parent sign the appropriate form on site with the coach.
- Any athlete who requires transportation from an away contest by someone other than a parent must complete the appropriate form and get prior approval from the Athletic Director before leaving for the contest. This must be done 1 week before the date they must leave.
- Players being excused from academic classes are responsible for any assignment or work missed in that particular class.
- A coach may transport student-athletes in special circumstances if the numbers are too low to warrant the scheduling of a bus. However, the student-athlete must have a note from a parent approved by the Athletic Director.
- Students may **only** drive in emergency circumstances as determined by the Athletic Director and student-athletes are discouraged from driving to and/or from practice or game sessions at any time.

- Cleats are not permitted to be worn on the bus and athletes are not to leave or enter via the rear emergency door.
- **TRANSPORTATION POLICIES**
- Athletes are required to ride buses to and from all athletic events. Under certain circumstances or exceptional situations where it creates an inconvenience to the family, athletes may be excused from riding to or from an athletic event on school authorized transportation. This privilege is to be kept at a minimum since our philosophy continues to be that an athlete is part of a team in all phases of team activity.
- **In no case will an athlete be allowed to ride home with another student.**

Sports Booster Clubs

Sports booster clubs should exist to support teams and the entire athletic program. Booster clubs at Maple Shade High School should have three primary goals: 1) to increase school spirit, 2) to encourage and promote good sportsmanship, and 3) to help raise funds to assist the athletic teams.

The Sports booster clubs are not a vehicle to hire or remove coaches, advance special interests or to alter Athletic Department policy. They are a service and support organization for the athletic program.

Schedules

Coaches will give out tentative schedules during the first week of practice. Many things effect schedules and many times they are out of the control of the Athletic Department. Schedules are available at the following sites:

www.mshsathletics.org

www.burlingtoncountyscholasticleague.org

Role of Athletic Trainer

Maple Shade High School is fortunate to have a certified athletic trainer. The Athletic Trainer has been given the authority to interpret and administer to any injury that occurs at our facilities. Once the athlete has been evaluated initially, it becomes the choice of the family as to where the child will receive further medical care if necessary. The rehabilitation process should be coordinated between the family and the Athletic Trainer.

Athletic Code of Conduct Discipline Guidelines

The major objective of the Maple Shade High School Interscholastic Athletic Program is to provide wholesome opportunities for students to develop positive leadership habits and attitudes of social and group interaction

Remember that participation in interscholastic athletics at Maple Shade High School is a privilege granted by the Board of Education and along with this privilege and its benefits come certain responsibilities, which every athlete must accept: Athletes not only represent themselves and their team, they represent their parents/guardians, school, and community. The Athletic Code of Conduct is a document that defines additional consequences for violations of the Maple Shade Public Schools Code of Conduct.

The Athletic Director reserves the right to establish such rules, conditions, and penalties to respond effectively to unanticipated or unique circumstances related to athletics. The Athletic Director will render a decision and enforcement will be made on a case-by-case basis. The handbook is set up to be a living document where administration has the final decision making power on any situation.

- The athlete must recognize that the primary reason for attending school is to become a responsible citizen and educated person.
- *Regarding social networking sites; athletes must refrain from posting negative comments that cause a substantial disruption or interference to any aspect of the school community or athletic program, and from posting any media that implicates themselves or others in participating in illegal activity.*
- The athletes must conduct themselves in the community in a manner, which will bring credit to their team, sport and school.
- The athlete must adhere to all rules set forth in the Student and Student-Athlete Handbooks.

Athletic Participation related to School Code of Conduct Referrals:

- **Any athlete suspended three (3) times, either in-school or out, will be immediately removed from their current athletic team, if applicable, and will not be permitted to participate in any athletic program for a period of 365 days.**
- **Any athlete receiving five (5) conduct referrals will be placed on probation for a period of 30 days. Any violation or the addition of more referrals during the probation will result in the athlete sitting two (2) games. When an athlete reaches eight (8) conduct referrals, they will be removed from the current athletic team and will be denied the opportunity to participate during the next athletic season.**

The student-athlete contract and parent permission form are included as part of our physical form and must be signed by both parties. Failure to provide these signatures will prohibit participation in the sport by the athlete.

It is expected that all athletes will participate in all practices and games, adhere to all rules set forth by the school, the Athletic Department as well as their individual coaches, and conduct themselves in an exemplary manner at all times. Those who do not will be subject to appropriate discipline. The following are basic guidelines for offenses and consequences:

CONTEST DISQUALIFICATION PROCEDURES

Disqualifications are a major concern of the NJSIAA and the Maple Shade School District. All disqualifications will be addressed with a “no tolerance” posture and additional penalties will be assessed for major contest infractions. For many years we were disqualification free. We have created and will enforce preventative measures to help assure contest disqualifications do not happen to our sports programs at any level. When a disqualification is reported to the Athletic Director, the consequences for the infraction will be imposed immediately. Any disqualification behavior will not be tolerated and in all cases the penalties will be more severe (doubled) than the state mandated game suspension regulations of one (1) game football and two (2) games for other sports (2 and 4 game suspensions for Maple Shade athletes).

After the principal receives an official/referee/umpire NJSIAA disqualification report the procedures below will be followed:

1. Contact by the Athletic Director to the parent explaining the violation and the “no site” rule during the suspension.
2. Student and coach meeting with the Principal and Athletic Director.
3. Maple Shade school rules will apply and discipline administered as if the offense occurred during school session. This will occur in fighting and/or flagrant verbal abuse or foul language cases at the discretion of the Athletic Director and Principal.
4. **Minimum** suspensions will include 2 games for one-rotation sports (i.e. football) and 4 games for two-rotation sports (i.e. soccer). A second disqualification will not be tolerated and will result in permanent removal from the team. A future offense during a subsequent season may result in immediate dismissal from the team.
5. If there are several disqualifications within a particular program or level, the coach will be addressed.

The important sportsmanship objectives of every sports program in Maple Shade Schools are to instill Good Sportsmanship in our student-athletes, make it a priority for everyone, and our coaches must lead by example.

ATHLETIC PENALTIES

Individual Penalties

- Students who experience serious and /or repetitive disciplinary infractions in the Maple Shade Public School Code of Conduct, Athletic Department Code of Conduct, or the individual Team Code of conduct are subject to ineligibility and/or removal from any and all school athletics.
- Students who violate codes of honor and/or ethics (i.e. lying, cheating, stealing, etc.) are subject to ineligibility and/or removal from any and all school athletics and/or leadership positions therein.
- Penalties enforced at the end of one season shall continue into the next athletic season, in which the athlete participates, until served.
- Penalties will not be considered served unless the athlete fully completes the season. This includes, but is not limited to such events as extended NJSIAA tournament competitions and team banquets.
- Athlete suspended for Code of Conduct violation shall attend all scheduled practices and contests unless excused by the coach. A student, who is serving an out-of-school/in-school suspension, shall not be on school grounds or at school events, including athletic practices or contests for the duration of the suspension.
- An athlete may not join a sport for the purpose of serving an athletic penalty, if that sport has practiced or competed one or more times.
- Inappropriate behavior or involvement in any violations of the law will be dealt with on an individual basis by the athletic director. This may result in suspension, termination of participation, or a behavioral contract in the athletic program.
- Consideration for lesser penalties will be given to a student athlete who self-discloses.

Team Rules and Penalties

- In addition to the aforementioned rules, individual coaches may set and publish team rules and penalties, which will be distributed to athletes and parents/guardians. Team rules and penalties must be approved by the athletic director and will be presented to the athletes in writing at the beginning of the season.
- Team rules will be on file in the athletic office.
- The coach may suspend an athlete from competition for violation of rules and will report such incidents, in writing, to the athletic director or school administration on the next school day.

Suspensions

In School/ Out of School Suspension (OSS) – upon a player's return from OSS the number of days suspended from school is the number of days of conditioning/practice the player must complete before returning to full team status. (Example: if a player is suspended for 3 days, the student must complete 3 days of practice and conditioning upon his/her return to school)

Hazing

It is the right of every student in the district to be free from the humiliation and danger of hazing while involved in or attending any school program or activity. This extends to activities/behaviors that occur on or off of school property and during or after regular school hours. Hazing can pose a very serious problem for our student-athletes and coaches. Thereby, it is the intent of this department to forewarn all coaches and athletes that any incidents of hazing will not be tolerated, whether it is with or without the student's consent. It is suggested that all coaches and athletes become familiar with the definition of hazing and the policy in whole. All coaches need to develop a means of addressing the issue of hazing with your teams. All team rules and regulations need to include a section on hazing and the consequences that may result from such incidents.

"Hazing" is defined as any willful act done by a student whether individually or in concert with others to another student for the purpose of subjecting that student to humiliation, intimidation, physical abuse or threats of abuse, social or other ostracism, shame or disgrace for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any school district sponsored organization whose members are or include other students. The term may include, but is not limited to:

Using a reasonable person standard; any activity that intimidates or threatens the student with ostracism that subjects the student to shame, humiliation or extreme mental stress, or that adversely affects the mental health or dignity of the student or discourages the student from entering into or remaining registered in a district co-curricular opportunity.

Any type of physical activity (such as but not limited to sleep deprivation, exposure to the elements, confinement in a small space, calisthenics unrelated to approved training, or sexualized acts), or other activity whether or not the activity subjects the student to an unreasonable risk or harm or in using the reasonable person standard that adversely affects the mental or physical health or safety of the student.

Any consumption activity involving ingestion of a food, liquid, or other substance that subjects the student to an unreasonable risk or harm; or the ingestion of an alcoholic beverage, liquor or drug; or in using the reasonable person standard that adversely affects the mental or physical health or safety of the student.

1st offense – 30 calendar day suspension from team and the loss of any leadership position (ex: Captain) upon return to the team.

2nd offense – loss of athletic privilege for the remainder of the school year.

Theft

Theft is considered any act of stealing when visiting other schools or if it is determined that property was stolen from our school or from members of a team.

1st offense – removal from the team for the remainder of the season and forfeit the rights to receive any awards or school related scholarships in that sport.

2nd offense – dismissal from the team and any other teams for the remainder of the school year and forfeit the rights to receive any awards or school related scholarships in those sports.

24/7 Policy

As an athlete representing Maple Shade High School it is important to represent the integrity and dignity of our district. It is equally important to train and avoid those distractions that disrupt our school's learning environment or safety. The 24/7 policy below will be enforced in circumstances when an athlete's behavior substantially disrupts or interferes with the school environment – in the classroom and/or on our athletic fields/gyms. The following 24/7 Policy has been developed to help you become the "best you can be".

Use, Possession, and/or Distribution of a Controlled Dangerous Substance including Alcohol and Steroids

This provision is in accordance with the School and District Policy and/or any report received from the police. Any appeals regarding the police report may be presented to an appointed Athletic Ethics Committee (Principal, Vice Principal, Athletic Director, and Coach).

1st offense – 30 calendar day suspension from team and the loss of any leadership position (ex: Captain) upon return to the team.

2nd offense – loss of athletic privilege for the remainder of the school year.

Use and/or Possession of Tobacco/Tobacco Products

In accordance with the school policy or when witnessed or reported by any staff member in or out of school.

1st offense – 3 days suspension from team and 3 days of conditioning and practice before returning to full team status.

2nd offense – dismissal from the team for the remainder of the season and forfeit the rights to receive any awards or school related scholarships in that sport. If the occurrence happens while the student is not in season, they will lose the privilege to join the following season in which they are eligible for.

3rd offense – dismissal from the team and any other teams for the remainder of the school year and forfeit the rights to receive any awards or school related scholarships in those sports.

Social Networking Sites/Internet

Athletes must refrain from posting negative comments that are detrimental to any aspect of the school community or athletic program, and from posting any media that implicates themselves or others in participating in illegal activity.

1st offense – 30 calendar day suspension from team and the loss of any leadership position (ex: Captain) upon return to the team.

2nd offense – loss of athletic privilege for the remainder of the school year.

Anonymous reports of any kind of student misconduct will not be addressed.