

Winter  
2024

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TIMBER  
CREEK

**ATHLETICS  
PARENT  
MEETING**



# ATHLETIC DEPARTMENT

**Athletic Director – Dina Tomczak**  
**Asst Athletic Director – Karyn Miller**  
**Athletic Secretary – Lisa Casares**  
**Athletic Trainer – Dominic Acchitelli**

**All emails and contact information can be found on school website.**

# ATHLETIC FORMS: SIGNING UP

**ALL INFORMATION CAN BE FOUND ON ATHLETICS WEBSITE**

- **SIGN UP FOR SPORT ON PARENT ACCESS**
- **UPDATED PHYSICAL HANDED TO MRS. COSLOVE  
or MR. ACCHITELLI**
- **PHYSICALS MUST BE CLEARED BY DR. SHARP**
  - **IMPACT TEST FOR 9/11 GRADE**

**12/2 WILL BE THE LAST DAY TO SIGN UP FOR A  
WINTER SPORT**

**ANY QUESTIONS - CALL MRS. CASARES EXT 6048**

# INDIVIDUAL/TEAM PICTURES

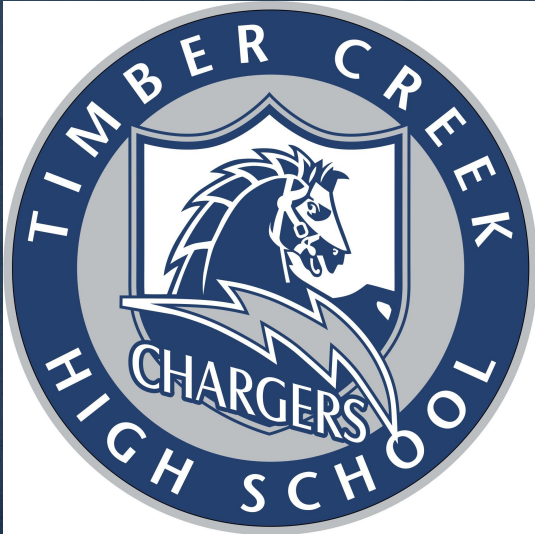


EVERY ATHLETE WILL BE GETTING THEIR PICTURE TAKEN

ORDER FORMS - EMAILS SENT BY MRS. CASARES

SENIOR BANNERS WILL BE HUNG IN G HALLWAY UNTIL  
END OF SEASON (given for team banquets)

# SOCIAL MEDIA



**LET US KNOW:**

**FUNDRAISERS/EVENTS  
APPAREL SALES (DESIGN APPROVAL TO  
MRS TOMCZAK)  
UOF - COACH AND MRS. CASARES**

# ELIGIBILITY

**CREDITS**: Passed 30 credits from previous year  
(Fall/Winter sports) ALL FRESHMAN ARE ELIGIBLE

**DISCIPLINE**: Any athlete with more than 100 points is  
not eligible to participate in a sport.

**MEDICAL FORMS**: Parent Access, Physicals, Health  
History

**TRANSFER FORMS**: If an athlete has transferred from  
another school (district), a transfer form/affidavit needs  
to be completed.

# ELIGIBILITY

**Athletic Office will run “Watch Lists” weekly**

**Athlete will be expected to bring grade up within 2 weeks of watch list notification.**

**If a student is placed on Principal’s Probation or attends RISE - they cannot practice or participate in games**

**Attendance - Student needs to be in school by 10:12 to participate in practice/games that day.**





# EXPECTATIONS OF ATHLETES

**SIGNED BEHAVIOR AGREEMENT  
WITH COACHES** (given by Head Coach)

**GRADES**

**SPORTSMANSHIP**



# EXPECTATIONS OF SPECTATORS

## **TRI-COUNTY CONFERENCE SPECTATOR CODE OF CONDUCT**

## **TIMBER CREEK SPECTATOR CODE OF CONDUCT**

Agreed on when signed up for Sport

Takes effect at any event:  
home or away

# EXPECTATIONS OF ATHLETES

## ATTENDANCE POLICY FOR ALL SPORTS:

### UNEXCUSED ABSENCE:

**1ST OFFENSE - SIT HALF**

**2ND OFFENSE - SIT ONE GAME**

**3RD OFFENSE - REMOVAL FROM TEAM**

**LATENESS - COACH'S DISCRETION**



# PARENT COMMUNICATION

## 24 Hour Rule

Please allow at least 24 hours after a contest to approach a coach with any concerns you may have.

## CHAIN OF COMMAND

1. Student-Athlete communicates with coach
2. Parents communicate with Coach
3. Parents communicate with Athletic Director
4. Issues can be communicated to the Principal



# SUPERVISION

**Coaches should be providing all parents with their practice/game schedule.**

**Coaches cannot leave the Complex until all of their athletes are picked up or walk home.**

**Students cannot be in the building without Adult Supervision**





# TRANSPORTATION

- ★ **All Athletes must travel to and from contests on bus as a team**
- ★ **Travel release form must be filled out and given to coach in advance.**
- ★ **Request for a travel release MUST BE submitted at least 24 hours in advance to Mrs. Tomczak for approval**
  - ★ **Form is available on Athletics Website**

# SENIOR DAYS

SWIM 1/16 4PM

B/G BASKETBALL & CHEERLEADING

1/28 5:30PM

WRESTLING 1/29 5PM

WINTER TRACK 1/31 1PM

# BOOSTER CLUBS



## PAPERWORK:

**All paperwork must be turned in by June for the following year to be approved.**

## FUNDRAISERS/EVENTS:

**All fundraisers and events MUST be submitted to Mrs. Tomczak at least one month in advance for Board Approval**

# ELIMINATION OF HAZING/BULLYING

TEAMS WILL BE MEETING WITH MRS. NICOLE HOHL DURING PRE-SEASON

IF ANY ISSUES ARISE: PARENTS WILL BE NOTIFIED IMMEDIATELY

PLEASE COMMUNICATE WITH YOUR CHILDREN ABOUT IMPORTANCE OF  
ACTING APPROPRIATE

# Designer BAG



## FRIDAY, DECEMBER 13TH

### Timber Creek Regional High School

501 Jarvis Road, Erla, NJ 08081

Auditorium Entrance

Doors open at 5 pm  
First game at 6:30 pm

Early Bird Special:  
\$30 per ticket  
\$225 table of 8

*After 11/15:  
\$35 per ticket or \$265 per table  
\$40 at the door \*No Refunds*

*Ticket price includes 10 bingo games,  
1 raffle entry, dessert, and coffee.*

Purchase  
tickets here:  
[tcbbbc.square.site](http://tcbbbc.square.site)

or cash in person  
at TC Athletics' office



SCAN  
HERE



**DOOR PRIZES | 50/50 | RAFFLE BASKETS | EXTRA BOARDS | BINGO DAUBERS**  
**BYO snacks & drinks | Must be 18 years old to play | Concessions sold**

Presented by:



Questions, text:  
856.718.9919



Hosted by:



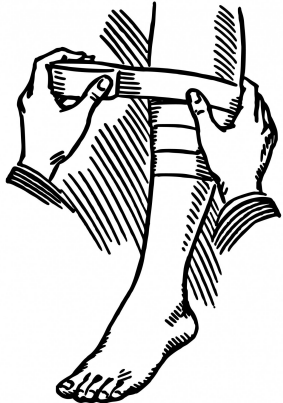


# INJURIES



**Communicate with Mr. Acchitelli  
before going to an urgent care or  
family doctor unless it is an  
emergency.**

**Any note from a parent or Mr. A  
excusing from Phys Ed will also  
excuse athlete from practice.**





# CONCUSSION INFORMATION

**A concussion is a traumatic brain injury  
It temporarily disrupts normal function of  
the brain**

**Caused by:**

**Direct blow to the head**

**Indirect blow to the body**


**Can be mild to severe depending on the  
severity and length of symptoms**

**No matter what:**

**A concussion is an injury to the brain and  
therefore must be taken very seriously.”**

# NJSIAA POLICY

**Any athlete that sustains or is suspected of having sustained a concussion must:**

- **Be removed from all athletic activity**
  - **Be evaluated by a Physician or other health care provider(ATC) trained in concussion management**
  - **Receive written clearance from said physician**
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# NJ STATE LAW:

The only “appropriate health-care professional” who can authorize return-to-play under the rule is a physician trained in the evaluation and management of concussions.

I.E. – Once a concussion is suspected a physician must give written clearance for the athlete to return to any level of activity.



# NFHS STATES:

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional.

Symptoms include (but not limited to):

- **Loss of consciousness**
- **Headache**
- **Dizziness**
- **Confusion**
- **Balance problems**



# TREATMENT


## **Immediately After**

- ▣ **Rest (physical & cognitive)**
- ▣ **Eat (if not nauseous)**
- ▣ **Sleep (if no LOC)**
- ▣ **No loud music, bright lights**
- ▣ **Avoid Cell Phones, TV, video games, and computers**

## **After Symptoms Resolve**

- **Complete Graduated RTP Protocol**
- **Concussions with complications:**
  - **Coordination exercises**
  - **Cognitive exercises**
  - **Balance exercises**

# RETURN TO PLAY PROTOCOL

- **NJSIAA/DOE:**
  - **DAY 1** – One Full Day of School with no learning restrictions (or normal daily activities).
  - **DAY 2** – Light aerobic exercise at  $< 70\%$  THR.
  - **DAY 3** – Sport-specific aerobic and anaerobic exercise.
  - **DAY 4** – Non-contact sport specific drills and resistance training.
  - **DAY 5** – Full Practice.
  - **DAY 6** – Full Return to Game Play or normal participation.
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# BHPRSD POLICY

A baseline ImPACT test is required  
before participation.  
Can be completed online at home and is  
good for two (2) years from the date of  
the test.

Any athlete suspected of  
having a head injury or  
concussion:  
Must be evaluated by the  
Athletic Trainer, School Nurse,  
School Physician, or other  
Physician trained in the  
evaluation and management  
of concussions as soon as  
possible following the injury.

May not be permitted to return  
to participation on the same  
day.  
Is required to complete a  
post-concussion ImPACT test.  
Must follow the Return to Play  
Protocol (outlined earlier) in  
order to return to activity.  
Must still be cleared by the  
School Physician before  
returning to full participation.

# BHPRSD POLICY



**The School Physician, at his discretion, may see it necessary to delay an athlete's return-to-play, refer an athlete for further diagnostic tests, or completely disqualify an athlete from participation following a head injury.**

**Any athlete that suffers MORE THAN ONE concussion may need to be handled on an individual basis.**