



**Athletic Department
Guidelines and Procedures**

Triton Athletic Department

VP/Athletic Director: Mr. Keith Williams

Asst. Athletic Director: Mrs. Holly O'Donnell

Athletic Secretary: Mrs. Jeannine Esposito

Athletic Trainer: Ms. Rachel Pantaleo

Highland Athletic Department

VP/Athletic Director: Mrs. Adrienne Dalessio

Asst. Athletic Director: Ms. Lisa Steele

Athletic Secretary: Ms. Sarah Miller

Athletic Trainer: Mrs. Athena DeAngelis-Killelea

Timber Creek Athletic Department

VP/Athletic Director: Mrs. Dina Tomczak

Asst. Athletic Director: Mr. Brian Wright

Athletic Secretary: Mrs. Sandy DiMeo-Moretti

Athletic Trainer: Mr. Dominic Acchitelli

Agenda

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Affiliations



Tri-County Conference



South Jersey Independent Lacrosse League



West Jersey Football League



New Jersey State Interscholastic Athletic Association



National Federation of State High School Associations

Dept. Philosophy: A Shared Responsibility

As an Athletic Department, it is our duty and obligation to positively contribute in the development of the entire student-athlete, as we believe that athletics can play a tremendous role in the social and emotional development of each of our student athletes.

Dept. Philosophy: A Shared Responsibility

As a parent it is imperative to know, understand, and impress upon your child that they are students first and athletes second. Being a student first is a commitment to maximum effort in the classroom and with their schoolwork at all times. The educational and athletic achievements attained by our student-athletes will be reflected in positive memories, experiences and successes created both on the field and in the classroom.

Department Philosophy: Levels

● Freshman Team

- This level of a program provides 9th grade student-athletes with an opportunity to compete against others who are near the same age, size and ability.
- Student-athletes capable of making these teams should all be given an opportunity to play in every contest, if possible.

● Junior Varsity Team

- This program is primarily for the 10th and 11th grade student-athlete who is not yet ready to compete at the varsity level.
- Student-athletes capable of making these teams should all be given ample opportunity to play in as many contests as possible

● Varsity Team

- This level of a program is designed to compete against the best teams, or individual student-athletes, from other schools.
- The amount of playing opportunities are determined by the coach and a position on any team is not guaranteed from game to game, not to mention year to year.

Department Philosophy: Communication

During the course of a season, there may be issues or concerns that arise for the student-athlete. These may include a variety of topics including, but not limited to, playing time or level of team the student-athlete is placed on. If something should occur during the season, we ask the following Communication Steps are followed:

STEP 1: The student-athlete communicates their problem, question, or concern with the head coach during a scheduled meeting. This meeting must be scheduled at a convenient time for both parties and **should not occur immediately following a game. (student-athlete and coach)**

STEP 2: In the instance that the scheduled meeting from Step 1 does not satisfy both parties, then the parent, student-athlete and head coach shall schedule a meeting to discuss the problem, question or concern. The parent **should not confront a coach or demand a meeting immediately following a game or contest.** This meeting should be scheduled at a convenient time for all parties and must include the parent, student-athlete and the coach. **(student-athlete, parent and coach)**

Department Philosophy: Communication

STEP 3: In the instance that the scheduled meeting from Step 2 does not satisfy all parties, then the Athletic Director shall schedule a meeting to discuss the problem, question or concern. This meeting will include the **parent, student-athlete, coach and Athletic Director.**

STEP 4: If the meeting from Step 3 does not satisfy all parties, then the issue shall be taken to the Principal and a plan of action will be put into place at the Principal's discretion.

We firmly believe that in order for our student-athletes to learn the importance of self-confidence, further develop strong communication skills, demonstrate maturity and strengthen conflict resolution skills that they must be sure to fulfill Step 1 prior to any other course of action. We have found that in many instances an honest, open and respectful discussion and exchange of ideas between a coach and student-athlete can provide an agreeable resolution to most issues.

Seasons - as defined by NJSIAA for 2022-23

Season	Sports	Registration Paperwork Due	Practice Start Date	Other Information
Fall	Football, Cheerleading Girls Tennis Cross Country, Field Hockey, Soccer, Girls Volleyball	August 3 August 10 August 9	August 10 August 17 August 22	Transfers ineligible for postseason if transfer is after: September 1 - Football September 6 - Girls Tennis September 8 - all other sports
Winter	Swimming Basketball*, Winter Track*, Wrestling ^{§*} , Cheerleading	November 14 November 14	November 21 November 28	Transfers ineligible for postseason if transfer is after: December 8 - Swimming December 15 - all other sports * Tryouts may be held Nov. 21-23 § Triton & Highland Co-op team
Spring	Boys Tennis, Baseball*, Softball* Golf, Lacrosse, Winter Track, Boys Volleyball	March 6 March 9	March 13 March 16	Transfers ineligible for postseason if transfer is after: March 23 - golf April 3 - all other sports * Pitchers & catchers only -

Registration: Found on the Athletic website

In order to participate in a sport in the Black Horse Pike School District, you must complete all of the items in the following checklist, in its entirety, and the physical packet must be reviewed by the school physician and/or school nurse.

- 1. Sports Participation forms:** Please log into your Parent Access account on Genesis.
- 2. The ImPACT Test** is a computerized baseline concussion test. Completed every two years.
- 3. The Physical Evaluation History Form** is part of the Physical Packet and is two pages in length. This form should be completed by the parent or guardian. * **May require additional documentation.**
- 4. The Physical Examination Form** is also part of the Physical Packet, is two pages in length and must be completed by the student-athlete's family physician.
- 5. The Medication Dispensing Form** is part of the Physical Packet and should be completed if the student-athlete is prescribed an inhaler or epi-pen and must be completed by the parent/guardian and the family physician.
- 6.** Once completed, all physical forms should be turned into the school nurse or the main office.

The student-athlete may not participate in any sport related activity until the school physician or nurse has approved all of the student-athlete's paperwork.

This is NOT an immediate approval, please plan to have all paperwork in a minimum of one week prior to the start date. Failure to meet the due date may result in missed practices and/or tryouts.

Student-Athlete Eligibility

In order to participate in interscholastic athletics, the student-athlete must meet all the eligibility requirements as established by the NJSIAA, Black Horse Pike Regional School District and each school. Some of these are as follows:

1. For the first semester: The student must have passed 30 credits from the preceding school year;
2. For the second semester: The student must have passed 15 credits at the close of the first semester in order to be eligible for athletic competition during the second semester (Feb. 1 to June 30);
3. All transfer students (change of high school) must be cleared by the NJSIAA;
4. All Sports Participation Forms, Physical packets and other materials are completed and approved;
5. Any outstanding fines or obligations must be rectified with the Vice-Principal's Office;
6. Any student-athlete who is on the Principal's Probation List will be ineligible until removed from list;
7. Student-athletes must be present, in school, in order to participate that day;
8. Any student-athlete with an Academic Improvement Plan (AIP) who does not meet the plan's conditions, will be ineligible to participate in any athletic practice, scrimmage or game until they have met the stated conditions. (completed mid-marking period and end of marking period by the VPs)
9. Any student-athlete who receives an Administrative or Lunch Detention will be suspended from games and/or practices.

Spectator Policies: Sportsmanship

Good sportsmanship is one of the key areas of emphasis for all our teams and student-athletes. We wish to maintain a safe and healthy atmosphere for our student-athletes and coaches to compete.

As a co-curricular activity, the field or court serves as an extension of the classroom, so it is expected that all behavior surrounding our athletic classrooms reflect the same atmosphere that we demand in our academic classrooms. Spectators should remain positive and not allow their emotions to interfere with the competition in any manner.

SPECTATOR DOs:	SPECTATOR DON'Ts:
1. Respect a good play, no matter who makes it	1. Disrespectful yelling, taunts or gestures
2. Respect the judgement and strategy of the coach	2. Booing, heckling or criticizing an official's decision
3. Accept all decisions of the officials	3. Any use of profanity or displays of anger
4. Encourage those around you to be positive	4. Confronting a coach or game administrator
5. Respect those around you and their property	5. Coaching student-athletes from the sidelines

Spectator Policies: Live-Streaming

We are pleased to offer our BHPRSD community, area sports fans and our visiting team's fans live streaming video coverage of our athletic events held in the main gym or in the stadium. Watch the action "live" or "on-demand" later.

Currently, all of our home regular season athletic events, and other school events, held in the main gym or on the football field are being streamed on the NFHS Network. A subscription is required, but it allows you to view any event on the network.

Away regular season and/or postseason events may require a paid subscription, depending upon the school, venue or streaming service used.

Parental Transportation Forms

Due to transportation issues, the district is allowing parents or guardians to drive their student-athletes to and/or from away games and meets.

- In order to transport their student-athlete, the parent or guardian must complete the **Parental Transportation Form** and submit the completed form to the respective Athletic Office at least 24 hours prior to the game or event.
- The form may be completed for an individual game or for the entire season, however specific dates **MUST** be listed on the form
- Student-athletes are not permitted to drive to away games on their own under any circumstances.
- No exceptions will be made to the 24-hour rule, coaches cannot allow a parent or guardian to take the student home from a game without prior approval.

Updates

- Triton, Highland or Timber Creek Athletics Website
- For schedules updates, use Rschool
 - “Notify Me”: through the website
 - Download the rSchooltoday app
- For news, scores, updates and cancellations, you can follow each school on Twitter
 - **@MustangAth** (Triton)
 - **@HighlandTartans** (Highland)
 - **@tcreeksports** (Timber Creek)



CONCUSSIONS



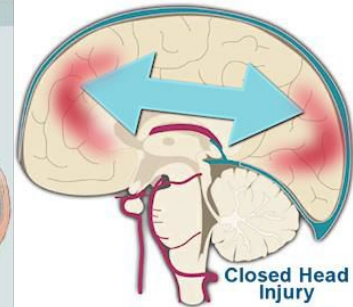
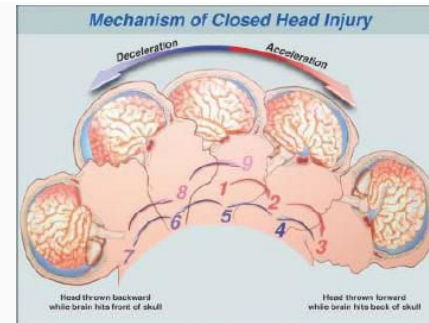
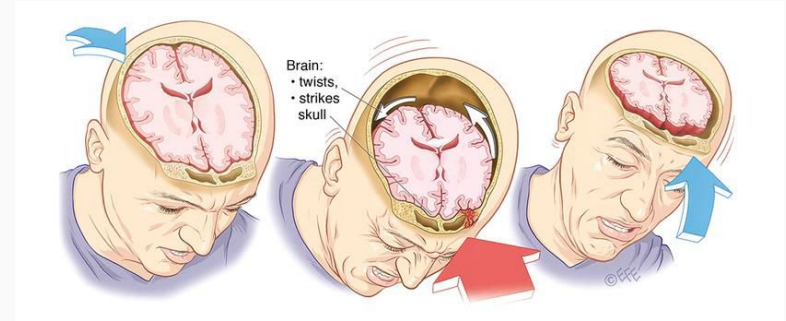
Information from the Trainer: Concussions

How does a concussion happen?

Contact

vs

Inertia

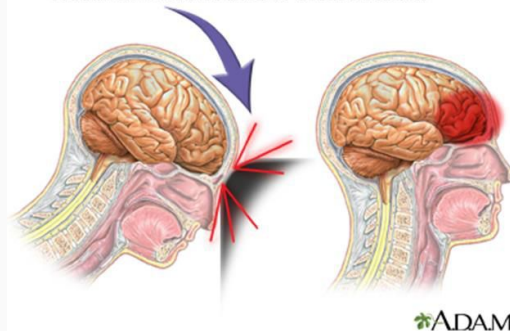


Information from the Trainer: Concussions

What happens?

- Neurons that communicate the messages sent in your brain are damaged.
- They struggle to communicate properly.
- They are extremely vulnerable in this state.
- If a **second impact** were to occur while the neuron is in this state, the cell can become permanently damaged or die.

A concussion is a violent jarring or shaking that results in a disturbance of brain function



Information from the Trainer: Concussions

Second Impact Syndrome

- Second Impact Syndrome can happen minutes, days, or weeks after the initial concussion occurs.
- When a concussion has not fully healed, the athlete is susceptible to SIS.
- The brain experiences swelling that further damages the neurons.
- SIS leads to permanent brain damage and can be fatal.

**** This is the reason we take concussions so seriously****

Information from the Trainer: Concussions

Signs of a Concussion

- Loss of consciousness
- Vomiting
- Appears off balance or clumsy
- Appears slowed down
- Personality changes
- Sluggish or uneven pupils
- Eye movement patterns twitching
- Struggles to answer questions
- Struggled speech
- Does not respond to commands



"I don't think it's a concussion ... although the smoke has me a little concerned."

Information from the Trainer: Concussions

Symptoms of a Concussion

- Headache
- Nausea
- Dizziness
- Loss of balance
- Tired
- Blurry or double vision
- Ringing in the ears
- Sensitivity to light or sound
- Forgetfulness
- Mental fogginess or confusion
- Difficulty sleeping, or sleeping more than usual
- Depression
- Increased anxiety
- Short tempered



Information from the Trainer: Concussions

When to go to the hospital?

- Vomiting
- Loss of consciousness
- Symptoms are worsening over time
 - Either in severity or number of displayed symptoms



Information from the Trainer: Concussions

Initial Care - The Do Not's

- **Remove from play immediately!**
 - No physical activity until cleared
- **No Screen Time!**
 - No electronic devices with screens - including phones
- **No Cocooning!**
 - Don't put them in a dark room and force them to sleep for hours.
- **No Headache Medication!**
 - Medications may dull the symptoms and cause a misdiagnosis.
 - NSAIDs and other pain relieving medications can prolong the healing process.

Information from the Trainer: Concussions

Initial Care - The Do's

- **Keep track of the signs and symptoms displayed**
- **Let them eat!**
 - Increasing the calories during healing can help recovery.
 - Regular doses of Vitamins B, D, E and Fish Oil are shown to help in the healing process.
- **Make sure they are drinking water!**
 - Dehydration can cause complications.
- **Let them sleep!**
 - You do not need to wake them up in the middle of the night to check on them unless instructed to by a doctor.

Information from the Trainer: Concussions

Diagnosis

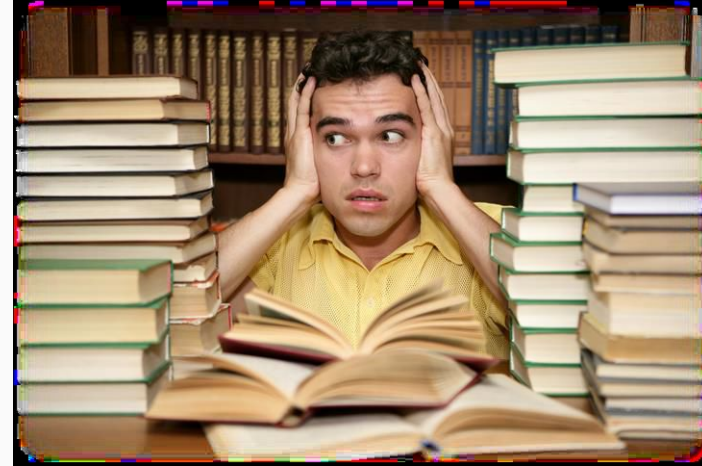
- ATC determines possible concussion
 - 48 hour rule
- No symptoms
- Still symptomatic
 - Go to your Primary Care Physician
- No concussion
- Concussion
 - Follow the school's Return to Play Protocol



Information from the Trainer: Concussions

Return to Learn

- Academic restrictions, only if requested by the doctor.
- RTL is monitored regularly by the student's counselor.
- Counselors make updates on a case by case basis.
- Once the student completes a full day of school (no PE) without restrictions and experiences no symptoms for 24 hours without the use of medication, they may move on to the “Return to Play” protocol.



Information from the Trainer: Concussions

Return to Play

- Doctor's note: clearing RTP
- Day 1: Light Aerobic Activity
 - Stationary bike: 15-20 minutes
- Day 2: Sport Specific Exercise
 - Jogging only drills: 15-20 minutes
- Day 3: Non-Contact Training
 - No contact practice with sport specific drills, sprinting and resistance training
- Day 4: Contact Practice
 - Full practice
- Day 5: Return to Competition
 - Games, game scenarios, or full practice



Information from the Trainer: Concussions

ImPACT Testing

- All athletes must take a baseline ImPACT test before the season.
- The link to the test and more information is on our website.
- It is good for two years: students take it their freshman and junior years.

- After a concussion: retake the test with the ATC
 - DO NOT have them take this at home
 - Helps to show how the brain is affected.

More Information

- See the “Concussion” tab on the District Athletics website
 - Contains videos and links to more information
 - School Policy
 - Impact Test instructions
 - Concussion Protocol Packet