



TRITON REGIONAL HIGH SCHOOL

STUDENT – ATHLETE PARENT HANDBOOK

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Foreword

This booklet has been prepared as a reference guide for our Triton parents and student-athletes regarding the athletic policies, procedures, regulations, existing rules, and information now in effect for Triton Regional High School and the Black Horse Pike Regional School District. It is hoped that this booklet will contribute to a better understanding of our policies and procedures, thereby allowing us to run a harmonious and efficient athletic program.

As a parent or guardian, it is imperative to know, understand, and impress upon your child that they are students first and athletes second. Being a student first is always a commitment to maximum effort in the classroom and with their schoolwork. 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.

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.

Keith Williams
Vice-Principal/Athletics Director

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Tri-County Conference

www.tricountyconferencenj.org

TCC MISSION STATEMENT

The mission of the Tri-County Conference is to provide opportunities for schools to work closely together, while promoting educational experiences for student athletes, which will benefit them throughout their lives. The Conference will foster an educationally sound environment that values good sportsmanship, fair play, and a wholesome relationship among participants, spectators, schools, and communities.

TCC OBJECTIVES

- To equalize athletic opportunities for individuals and member schools.
- To promote uniformity in the arrangement and control of athletic contests.
- To continue to seek methods and means of promoting sportsmanship and academics.
- To continue to enhance the success of members at the individual, team, and Conference levels.



Philosophy of our Athletic Program

The purpose of the interscholastic athletic program at Triton Regional High School is to provide as many opportunities as possible for the student-athletes to allow:

- the development of skills in all areas of growth: physical, intellectual, emotional, and social.
- the development of interests in life-long leisure activities, either as participants or spectators.
- the development of self-discipline, self-motivation, a strong character, and the ideals of sportsmanship.
- the acquisition of special skills in the activities of their choice.
- the development of team-oriented skills that produce successful teams and individuals characterized by loyalty, cooperation, and fair play.
- the competition in interscholastic athletic events.
- the development, setting and achievement of personal, team, and school goals.
- the exploration of various career opportunities.
- the development of values, attitudes, and habits important to good citizenship and participation in an inclusive democratic society.

As an integral part of the school community, the ultimate goal of our athletic program is to develop athletic skills, positive attitudes, and strong character individuals while building school spirit that reaches beyond the athletic fields and into our hallways.

Levels Within Each Athletic Program

At Triton, each of our programs are comprised of up to three levels; each level serves a different function and has its own reasons for existing.

Freshman Team

This level of program provides our 9th grade student-athletes with an opportunity to compete interscholastically against others who are near the same age, size and ability. These programs are designed to accommodate the 9th grade student-athlete whose interest and skills in a particular activity go beyond the intramural level. Student-athletes capable of making these teams should all be given an opportunity to play in every contest, if possible.

Junior Varsity Team

This level of program is designed to bridge the gap between the Freshman Team and the Varsity Team. The JV team accommodates those student-athletes whose interest and skills go beyond the intramural level, yet who are 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, as this is the training ground for future Varsity competition and for honing special skills needed for the Varsity team. This program is primarily designed for 10th and 11th grade student-athletes.

Varsity Team

This level of a program is designed to compete against the best teams, or individual student-athletes, from other schools. It is possible for student-athletes from grades 9 through 12 to compete at this level in a particular

activity. The Varsity program is Triton's athletic showcase and should always represent the best we have to put forward at any time. The excellence we seek from the coaches and athletes at the Varsity Levels of our athletic programs is nothing less than the excellence we seek from students and teachers in the classroom. During interscholastic contests, 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. Each season, a particular program will conduct tryouts in order to select members for the Varsity team. Student-athletes that have participated in the athletic program during previous seasons are not automatically guaranteed a position on the team. Senior student-athletes are not guaranteed a roster spot on the Varsity team and underclassmen (grades 9, 10, and 11) who have previously achieved on the Varsity level are not guaranteed to make the Varsity team in future seasons.

** Depending on the number of student-athletes trying out for one of our teams, it is possible for a student-athlete to not make one of the program's team levels, as roster sizes may be limited.



Communication Policy

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 Chain of Command steps are followed:

STEP 1: The student-athlete communicates their problem, question, or concern with the head or assistant 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.

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.

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.

Athletic Insurance

All students are covered by the school's insurance policy as a secondary coverage. In case of an injury suffered by the student-athlete, the parent or guardian's medical insurance will be used as the primary insurance and any costs beyond the primary carrier's coverage will then be covered by the school's policy. If needed, the parent or guardian must obtain all necessary paperwork, and the Accident Report Form, from the Athletic Trainer's Office. Once completed, they would submit all of the paperwork to the school for coverage to be enacted.



Academics and Eligibility

The number one priority for our student-athletes at Triton Regional High School is the pursuit of academic excellence. A student-athlete's participation in extracurricular activities provides an extension of the classroom and offers them an excellent opportunity to learn about themselves and develop collaborative and cooperative skills.

Student-athletes are encouraged to seek extra academic help if necessary and should arrange times with their teachers and coaches for extra help in their coursework, whether it is before school, during a scheduled study hall, during Mustang Time, or after school prior to practice.

In order to participate in interscholastic athletics, the student-athlete must be enrolled in Triton Regional High School and must meet all the eligibility requirements as established by the NJSIAA, the Black Horse Pike Regional School District and Triton Regional High School. Some of these eligibility requirements are listed below.

Eligibility Requirements (per the NJSIAA)

- The student-athlete is an **amateur-athlete**. An amateur athlete is one who participates in athletics solely for the physical, mental, social and educational benefits derived from such participation. The amateur athlete treats all athletic activities as an avocational endeavor. One who takes or has taken pay, or has accepted the promise of pay, in any form, for participation in athletics or has directly or indirectly used their athletic skill for pay in any form shall not be considered an amateur and will not be eligible.

- In order to be eligible for athletic competition during the first semester (September 1 to January 31), the student-athlete must have passed 30 credits during the preceding academic year.
- In order to be eligible for athletic competition during the second semester (Feb. 1 to June 30), the student-athlete must have passed 15 credits at the close of the preceding semester.
- A student-athlete becomes ineligible for high school athletics if they turn age 19 prior to September 1. However, if they turn 19 on or after September 1, they shall be eligible for the ensuing school year.
- No student-athlete shall be eligible for high school athletics after the expiration of eight consecutive semesters following their entrance into the 9th grade. They would become ineligible for high school athletics when the class in which they were originally enrolled has graduated.
- A student-athlete who transfers from one secondary school to another because of a bona fide change of residence by their parents or guardians, or through assignment by the Board of Education, becomes eligible to represent their new school immediately provided all other eligibility regulations are satisfied.
- A student-athlete who transfers from one secondary school to another, without a bona fide change of residence by that student's parent or guardian, shall be ineligible to participate for a period of 30 calendar days or 1/2 the maximum number of games allowed by NJSIAA rules from the beginning of the regular schedule, whichever is less, in any sport which the student previously participated at the varsity level.

Sports Participation Registration

- The student-athlete must have a current physical completed and approved by the District's doctor. This physical is kept on file in the Triton nurse's office and is good for 365 days (one year).
- The student-athlete's parent or guardian must complete and submit all of the ***Sports Participation Forms***, which are found in the Parent Access of Genesis.
- Every student-athlete must complete the online **ImPACT Test** before they can participate in any athletic practice, scrimmage, or game. The test must be completed every two years, usually in the 9th and 11th grades.
- If the student-athlete has an outstanding fine or obligation, this must be rectified with their Vice-Principal's Office before they may participate in any athletic practice, scrimmage, or game.
- Any student-athlete who accumulates 100 discipline points, or who has been placed on the Principal's Probation List, will be ineligible to participate in any athletic practice, scrimmage, or game until they are removed from the list.
- If a student-athlete has been placed on an Academic Improvement Plan and does not meet the plan's conditions, they will be ineligible to participate in any athletic practice, scrimmage, or game until they have met the stated conditions. These plans are put in place when the student-athlete is failing two or more classes or has a grade below a 50 in one class at the middle or end of a marking period.

The Student-Athlete's Code of Conduct

A student-athlete is a visible representative of Triton Regional High School in the hallways, on the fields and in the community. The student-athlete's attitude and conduct reflect the standards and accepted practices of the Triton community.

Participation in athletics is a privilege that is earned by our student-athletes. As such, they must strive to meet our expectations for scholastic achievement and serve as role models for the rest of the student body by always exhibiting proper actions and behaviors.

If at any time the student-athlete's citizenship, behavior or classroom performance falls below the accepted standards, the privilege of representing Triton on our athletic teams may be denied or rescinded, resulting in the student-athlete being suspended or removed from a team by the administration.

The following are basic elements of the Student-Athlete Code of Conduct:

School Attendance:

(Policy & Regulation 5200 Attendance) Students must be in school by the beginning of the common lunch period if they wish to participate in a practice or game on that day. The Athletic Director or an Administrator must approve any exceptions.

Smoking:

(Policy & Regulation 5530 Smoking) Extensive studies have been made by health agencies indicating that the use of tobacco is hazardous to an individual's health and tobacco products are prohibited on Triton's

campus. Student-athletes found smoking or using tobacco products will be in jeopardy of losing eligibility.

Alcoholic Beverages:

(Policy & Regulation 5530 Substance Abuse) There is no question as to the harmful effects to the physical well-being on an individual consuming alcoholic beverage. The school cannot condone the consumption of alcoholic beverages by any student who wishes to participate in the athletic program. Therefore, a student-athlete who is found to have consumed any alcoholic beverage, regardless of whether on or off school premises, shall be considered in violation of the *Student-Athlete's Code*, thus jeopardizing his/her eligibility.

Drug Policy:

(Policy & Regulation 5530 Substance Abuse) In accordance with the Drug Policy adopted by the Board of Education, any student suspected of the use of drugs, or possession thereof, will be reported to the Administration. Any student found to be in violation of established Board Policy will be in jeopardy of losing eligibility.

Unbecoming Conduct:

(Policy & Regulation 5600 Pupil Discipline/Code of Conduct) A student-athlete is a representative of his/her school and their attitude and conduct reflect the standards of the school. Improper conduct (whether in the classroom or the community), including insubordination to those in authority may, upon evaluation by school authorities, result in disciplinary action which could include the forfeiture of the privilege of representing the school in athletic competition.

Sportsmanship: Code of Conduct

Good sportsmanship is one of the key areas of emphasis for all our teams, coaches, and student-athletes. The NFHS, NJSIAA, and TCC have all stressed the importance of good sportsmanship and set up guidelines for our teams to follow. BHPRSD has taken steps to maintain a safe and healthy atmosphere for our student-athletes and coaches to compete.

It is imperative for all student-athletes, parents, coaches, and other spectators to understand that high school athletic programs act in conjunction with our educational objectives. The field/court/mat/pool serve as an extension of the classroom. With this in mind, 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. Poor sportsmanship will not be tolerated from student-athletes, coaches, or spectators. We must:

- be vigilant and proactive in approaching anyone that is not maintaining good sportsmanship behavior.
- realize ahead of time that not all officials' calls may go our way.
- always turn a negative situation into a positive learning experience.
- always model the appropriate respectful behavior.

Any person failing to display good sportsmanship may be asked to leave the event and prohibited from attending future athletic events.

The Athletic Department will continue to inform and educate our parents, fans, and the public on the importance of good sportsmanship.

Sportsmanship Responsibilities: per the NJSIAA

The Player:

- 1) Treats opponents with respect
- 2) Plays hard, but plays within the rules
- 3) Exercises self-control always, setting the example for others to follow.
- 4) Respects officials and accepts their decisions without gesture or argument.
- 5) Wins without boasting, loses without excuses, and never quits.
- 6) Always remembers that it is a privilege to represent the school and community.

The Spectator:

- 1) Attempts to understand and be informed of the playing rules.
- 2) Appreciates a good play no matter who makes it.
- 3) Cooperates with and responds enthusiastically to cheerleaders.
- 4) Shows compassion for an injured player; applauds positive performances; does not heckle, jeer, or distract players; and avoids the use of profane and obnoxious language and behavior.
- 5) Respects the judgment and strategy of the coach and does not criticize players or coaches for the loss of a game.
- 6) Respects the property of others and the authority of those who administer/supervise the competition.
- 7) Censures those persons whose behavior is unbecoming.

Acceptable and Unacceptable Behavior Standards: per the NFHS

Acceptable Behavior:

- 1) Positive applause during introduction of players, coaches, and officials.
- 2) Players shaking hands with an opponent who fouls out while both sets of fans recognize the player's performance with applause.
- 3) Accepting all decisions of officials.
- 4) Cheerleaders leading fans in positive school cheers in a positive manner.
- 5) Handshakes between players and coaches at the end of a contest, regardless of the outcome.
- 6) Treating the competition as a game, not a war.
- 7) Coaches and players searching out opposing participants to recognize them for outstanding performances or coaching.
- 8) Applause at end of a contest for the performances of all participants.
- 9) Showing concern for an injured player, regardless of their team.
- 10) Encouraging surrounding people to display sportsmanlike conduct.

Unacceptable Behavior:

- 1) Yelling or waving arms during an opponent's free-throw attempt.
- 2) Using disrespectful or derogatory yells, chants, songs, or gestures at any time before, during, or after the game.
- 3) Booing, heckling, or criticizing an official's decision.
- 4) Refusing to shake hands with an opponent or give recognition for good performances.
- 5) Laughing or name-calling to distract an opponent.
- 6) The use of profanity, derogatory terms or displays of anger towards an opponent or official.

ATHLETIC PARTICIPATION AGREEMENT

I understand that a fulfilling educational sport experience requires the exercise of responsibilities on the part of both personnel associated with the athletics program and student-athletes. As a student-athlete, I understand my responsibility to commit to the principles of self-discipline, collaborative effort and team building, and to be an ambassador for the institution.

Behavioral Expectations

I understand that student-athletes are visible representatives of the institution both on campus and off-campus whose behaviors are often closely scrutinized by the media and general public. Student-athlete behavior affects public perception of institutional ethos, athletics department standards, and the character of the student body. Therefore, it is an expectation that student-athletes will demonstrate consistent role model behavior, sportsmanship and self-control. More specifically:

- Student-athletes must be committed to fair play. Acts of unsportsmanlike behavior or cheating will not be tolerated. ***Student-athletes who commit these infractions during competition may be removed from the team temporarily or permanently.***
- When representing their teams during competition, student-athletes will exercise self-control in all ways including, but not limited to, resisting the use of profanity, demonstrating unnecessary aggression or hostility towards others, making inappropriate physical gestures, taunting or excessively celebrating, and disrespecting coaches, officials, teammates, or opponents. ***Any use of racial slurs will result in immediate dismissal from the team.***
- Student-athletes must always refrain from the use of profanity. ***Use of profanity on buses, benches, sidelines, locker rooms, or any other team related activity may result in immediate removal from the competition, or temporary or permanent removal from the team.***
- Student-athletes are prohibited from interacting in any negative way with fans.
- Student-athletes are prohibited from interacting in any negative way with the referees/umpires. It is the coaches job to coach, referees/umpires to call the games, and the student-athlete to play the game.
- Any actions that result in a student-athlete being sanctioned by the referees or NJSIAA may also result in disciplinary consequences from the school.
- Any student-athlete who violates the student code of conduct and receives an **After-School Administrative detention** and/or **Administrative Lunch Detention** will be suspended for one game or competition. This will be issued by the coach or advisor. If a student commits another infraction, they will be suspended from the team, club, or activity. Reinstatement may be discussed in a meeting with the parent, coach, student, and a member of administration.
- Smoking and possession of smoking items is a violation of the general participation policy and will be handled accordingly. This includes e-cigarettes and vapor items. Immediate dismissal may be imposed.
- Any student-athlete who is suspended out of school or assigned days in our RISE program will be suspended from the team, club, or activity. Reinstatement may be discussed in a meeting with the parent, coach, student, and a member of administration.

Student-Athlete Signature: _____

Date: _____

Parent/Guardian Name: _____

Date: _____

Parent/Guardian Signature: _____

College Planning

COLLEGE PLANNING STARTS ON THE FIRST DAY OF YOUR ENTRANCE INTO THE BLACK HORSE PIKE SCHOOL DISTRICT

- Take a challenging academic load. Take courses that will be helpful and prepare you for the college experience.
- Develop a rapport with your guidance counselor and stay in close contact with your counselor, particularly during your junior and senior year.
- Explore information available in guidance concerning college visits, scholarships, and special programs.
- Look for colleges that match your academic and athletic abilities. (Be realistic) Ask your coach to evaluate your ability and provide input into good matches.
- Attend college nights or college fairs.
- Visit colleges that interest you during the summer.
- Gather information about college admission requirements. Look for schools with academic programs that interest you.
- Ask your coach for college recruiting information and the desire to have your name supplied when coaching correspondence is received.
- Investigate financial aid opportunities where applicable.
- Involve your family in your decision.
- Get all college applications out by the fall of your senior year. (This includes getting teacher and coach recommendation letters, so ask early and respectfully remind)
- Take pride in your academic record!! Keep in mind colleges will be evaluating you as a person as well as a student/athlete, so your conduct in and out of school is important!!

Recruiting Tips

(Written by Coach Joseph Susan, longtime college Football coach)

1. Recruiting is not a race, don't worry about the offers someone else has.
2. Do work for yourself: make phone calls, send emails and create videos or video links, it shows coaches responsibility on your part.
3. Your high school or club coach will not get you a scholarship, your talents as a student-athlete will.
4. Your high school coach will be honest with you and with college coaches, they want what is best for you.
5. The more game footage college coaches see, the better they feel about their evaluation of your talent as a student-athlete.
 - a. A highlight film is important, back it up with game footage.
6. Include your academic information on anything you send to a college coach; GPA and test scores are what they need. Be honest about this information as it is critical in the process.
7. Be the best student you can be, challenge yourself with your courses.
8. Take the SAT and or ACT early and repeat it at least two times.
 - a. Don't jump between tests; take one or the other, you will improve by test familiarity.
9. Be sure to sign a transcript release form in the counseling office so college coaches can access your unofficial transcript.
10. Many high schools do not include SAT/ACT info on transcripts, have copies that you can provide.
11. There are specific times during the year when coaches can call you or return a call, be aware of these times.
12. Visit as many schools as you can. Go to games and visit campuses. Be aware of official and unofficial visits.
 - a. Call the schools prior to your visit so they know you are coming

13. Be selective about camps you may attend, one day camps are the best for rising seniors.
14. Go to camps at schools that have shown an interest in you, where there will be coaches from a variety of schools and where you will learn the game, **IN THAT PRIORITY ORDER.**
15. Remember an offer is only an offer if it is in writing.
16. Once an offer is made it does not last forever, you will need to make a choice and at times schools fill up without you knowing it.
17. Remember that the word “commitment” has special meaning, colleges take it seriously, “soft, silent, partial” really do not fit in well with a word as strong as commitment.
18. Use the knowledge and experience of your parents, your siblings, your coaches, and your teachers; they have the advantage of having been there already.
19. Enjoy the process, don’t let it overwhelm you.
20. Pick the school where you will thrive as a student, as a player, and more importantly, **AS A PERSON.**
21. Be thorough in your search, ask questions.
22. Be careful to listen to hear what College Coaches are telling you, sometimes it’s not what you think you hear.
23. Be a good filter when it comes to hearing college recruiters, everyone has their own method of recruiting, you do it once, college coaches do it every year.
24. Be very cautious about recruiting services that tell you they will get you a scholarship, they charge you and have their best interests in mind.
25. When it comes down to it.....**YOU GET YOU RECRUITED.**
26. Enjoy being in High School. It is one of the best experiences in your life.



Follow Triton Athletics on Twitter:
[@MustangAth](https://twitter.com/MustangAth)

Watch Triton Athletics on the NFHS Network:
<https://www.nfhsnetwork.com/schools/triton-regional-high-school-runnemedede-nj>

Information for Triton Athletics can be found on our website:
<https://www.bhprsd.org/TRITON>