

Cumberland Regional High School **Athletic Participation Contract**

We at Cumberland Regional High School work to develop in each individual the skills necessary to reach their full potential, to work hard, play hard building upon our tradition in athletics. To be part of the tradition, certain policies and expectations must be met.

The following contract has been established to provide communication between the coach, the student-athlete, and the family. The intent of the contract is to prevent any misunderstanding about rules and regulations. We ask that both student-athlete and parent sign this agreement, fully realizing the effort and dedication the program demands. This form needs to be returned with your physical. One contract must be on file for every student-athlete for each sport in which he/she is participating.

1. Academic Eligibility

Each student-athlete must work as hard in the classroom as they do in the athletic arena. Tutoring will be available during SERA (please see guidance) and should be utilized by students having difficulties. Remember, you are a student first and an athlete second. To be eligible for fall and winter sports, a student must pass 30 credits from the previous year. To be eligible for the spring season, a student must pass 15 credits from the first semester. Incoming freshmen have no credit requirements for fall or winter sports. All students are subject to credit requirements as per the NJSIAA.

Please contact the Athletic Department if you have any questions about eligibility.

2. Participation Regulations

In addition to the academic requirements above, each student-athlete must also adhere to the following regulations:

Medical Examination – All student-athletes must have a current, completed Athletic Pre-Participation Physical Examination Form (Health History and Physical Evaluation) on file in the nurses' office prior to their first practice. (*N.J.A.C. 6A:16-2.2*).

Practices – A student-athlete shall not be permitted to participate in a scrimmage or game in any strenuous sport until he/she has completed SIX DAYS OF PRACTICE IN THAT SPORT (days of 24 hours, not sessions) (*NJSIAA Rule 2, Section 7*).

3. Attendance

Attendance is mandatory to all practices, meetings, and games. Each student-athlete has an obligation to attend every team session and should expect to be disciplined by the coach when absent from team sessions. There is virtually no reason for missing a team session. Medical and professional appointments should be made at a time when practice is not scheduled. If the student-athlete is not feeling well and is unable to participate in practice, the student-athlete should still attend the practice so he/she may learn what is being taught. If the student-athlete must miss a practice, he/she must notify the coaches in person no later than the previous day. An absence may result in the athlete not being permitted to play in the next game/event. An unexcused absence may result in dismissal from the team. A student athlete may not participate in a game or practice on any day he is absent or tardy to school after the start of 3rd block.

Student-athletes shall not be tardy for team sessions. A good rule is to arrive 30 minutes before scheduled events and be ready to go 15 min. before scheduled events. Chronic tardiness could lead to dismissal from the team.

4. Behavior

Student-athletes should abide by the rules set forth by the school district and team. Deviation from these rules may lead to dismissal from the team. As a representative of Cumberland Regional High School, you will be expected at all times to exemplify good sportsmanship and conduct that does not lend itself to criticism. We expect our student-athletes to have pride in themselves, their teammates and in Cumberland Regional High School.

5. Attitude

Come to practice with a good attitude. Understand that the coaches are there to make you and the team better. Listen to corrections and do not take constructive criticism personally. Coaches and student-athletes are all striving to reach the same goals, and if you work cooperatively, then together you will attain your goals.

Participation in athletics at CRHS will require a lot of your time. You will be responsible for managing your time to meet all of your obligations.

6. Communication

Communication is of utmost importance for a successful program. Student-athletes must display the ability to take direction, to get along with teammates and the coaching staff and to share information and concerns. Communication is a three way street between the athlete, coaches and parents which must remain open. Student-athletes and parents should not hesitate to ask questions and ask for assistance from the coaching staff.

7. Discipline

Discipline is an important part of any organization, including a team. Student-athletes should understand the concept of discipline and the necessity of discipline. Discipline will occur in the structure of goals, objectives, corrections, constructive criticism and praise. Courtesy, politeness and good manners will be stressed on and off the field of competition to decrease selfishness.

8. Coachability

Voluntary cooperation or the ability to say "I'll work together" and "I'll do it" is needed from every student-athlete toward their athletic program. Everything in life is a cooperative venture whether it is on your team, in the home, in work, in your community, in your church, city, state, country, or world. It is vital that you learn to work cooperatively in everything you do.

Student-athletes must put the success of the team above personal success. We like to define coachability and team spirit as an eagerness to sacrifice personal glory for the welfare of the team or to lose oneself in the group for the good of the group. We believe in stressing the idea to each student-athlete that he/she should not compare themselves with others but should make every effort to become the best that he/she is capable of becoming.

Mutual respect is an important aspect of coachability. Respect all players, coaches, managers and trainers; they are all an integral part of the team.

9. Athletic Injuries

If you are injured while participating in a school athletic program, you must notify your coach and the athletic trainer immediately. If you consult a physician for any athletic injury, you are required to have written clearance (doctor's note) before you can participate again. If you are excused from gym for medical reasons, you may not participate in your sport until you are cleared by the treating physician.

The Board of Education provides supplemental insurance coverage for all athletes. This coverage is secondary to your primary health insurance and will cover any charges that your primary insurance does not cover. Please contact the School Nurse if you need insurance forms.

10. Alcohol, Drugs, Anabolic Steroids and Tobacco

Students-athletes shall adhere to CRHS ATOD procedures in the code of conduct/ policy 5530.

1st offense – Refer to CRHS ATOD Policy. Ineligible to participate in sports activities for 30 school days. After a period of 14 school days, a student may apply for reinstatement of eligibility.

2nd Offense – Refer to CRHS ATOD Policy. Ineligible to participate in sports activities for the remainder of the school year.

11. Hazing/Bullying/Horseplay/Fighting

Hazing, Bullying, Horseplay and Fighting are strictly prohibited. The term "hazing" shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Bullying behavior is defined as demeaning or intimidating behaviors that cause fear of personal harm to others. Horseplay is defined as rough, boisterous play.

12. Transportation / Travel Requirements

Travel Requirements - All student-athletes are expected to travel on the team bus. Exceptions may be granted in emergencies and only parents/guardians can drive their own children. The procedure will be to seek permission from the athletic department, with a written request from the parent. If the coach approves the request he/she must seek approval from the athletic director. These requests must be made at least 24 hours in advance, except in extenuating circumstances. **ATHLETES ARE REQUIRED TO WEAR THEIR SEAT BELTS AT ALL TIMES WHEN RIDING THE SCHOOL BUS.**

Transportation After Athletic Events - Student-athletes must be picked up promptly after all practices/games. Failure to do so repeatedly may result in dismissal from the team.

Graduated Drivers License (GDL) - Student-athletes are reminded that they must comply with the guidelines set forth by the New Jersey Motor vehicle Commission which introduces driving privileges in phases with a period of supervised driving before getting a basic drivers license (N.J.S.A. 39:3-10, 39:3-13 through 39:3-13.8). **Student-athletes with a GDL are permitted no more than one (1) passenger in their automobile when driving and have a curfew of 11:00 pm.**