

# Ramapo Indian Hills Regional High School District

## Athletics Handbook



## **Introduction**

This booklet is designed to assist parents and student-athletes to gain an understanding of the components of the Ramapo or Indian Hills athletic program. Any questions/concerns regarding any phase of athletics may be directed to the athletic directors from each building: Mr. Ron Anello or Mr. Lorenzo Baratta.

## **Philosophy/General Information**

The Ramapo Indian Hills School District believes that a program of student activities is vital to the educational development of the student. The RIH athletic departments provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will help to prepare them for adult life.

RIH student-athletes are expected to commit themselves to both academic and athletic excellence. In keeping with the minimal standards established by the New Jersey Interscholastic Athletic Association (NJSIAA) all student-athletes are required to maintain satisfactory progress toward the high school diploma throughout the academic year.

The athletic program conforms to the objectives of our District. The athletic administration is in line with all of the policies of the RIH School District. The athletic program is conducted in accordance with existing BOE policies and regulations and adheres to all of the rules and regulations of the Big North Conference, of which we are members. Every effort is made to supply the athletic program with the best facilities, equipment, and staff available. Coaches teach the general and specific skills necessary for sports success, and also provide guidance in the development of good sportsmanship, cooperation, leadership, honoring commitment, and the importance of practice and fortitude.

While winning each contest is a definite objective of each team, it is not realistic to expect each team to have a winning record every season. Since winning and losing are both inevitable, athletes must learn how to handle both of these outcomes. Coaches will field teams comprised of athletes who they believe will help each team work toward the objective of success.

High school athletics represents a significant change from recreation and junior programs. Part of the expectation is that student-athletes will take the responsibility to enter their sport season prepared both physically and mentally to participate in that sport. Practices are held on a daily basis and many squads practice on weekends and over vacation periods.

Many of our sports schedule contests over vacation periods. To remain a member of a team in good standing, athletes are expected to be available during such periods. Being fully committed to your team is essential to the team's success.

PLAYING TIME IS NOT GUARANTEED IN HIGH SCHOOL ATHLETICS. Sub-varsity coaches are aware of the importance of developing skilled athletes while balancing the need for maximum participation. Sub-varsity coaches will make every effort to include as many players as possible in contests, but minimum playing times are not an entitlement, nor is time guaranteed. The objective for all levels is the same: to be competitive and successful while keeping student-athletes safe.

High school eligibility lasts for FOUR (4) years. Once a student starts to play interscholastically they are eligible for eight consecutive semesters – no exceptions. If you transferred to RIH from a state that allows students below the ninth grade to compete on high school teams, please notify the athletic director immediately. All student athletes must adhere to the student policies outlined in the student handbook. Penalties that may include suspension or expulsion from the team will be the result of violations to the student code of conduct.

If an athlete sustains an injury during a (Ramapo or Indian Hills) practice or athletic contest, it is imperative that he/she notify the athletic trainer immediately. The school nurse will provide the necessary paperwork and insurance papers should the need arise. After an injury, a student-athlete must be cleared to return to full participation.

### **Athletic Physical Procedure**

There are three sport seasons. Any student planning to play a sport needs to have a valid physical on file with the school prior to being cleared by our school physician for practice. It is incumbent upon the athlete and his/her parents to complete the physical paperwork well in advance of the first practice date to avoid missing any practices. This physical process needs to be completed only once during each school year. Students trying out for a second or third sport during the year will complete the health history update in order to be cleared for practice.

The steps are as follows:

Complete the ATHLETIC PARTICIPATION page.

Complete the PHYSICAL PACKET, include the doctor's report. Be certain that your family doctor has signed off on the CLEARANCE portion of the form. Students and parents must also sign where indicated on this packet. Additionally, a copy of the cardiac certificate must be included.

Fill out the EMERGENCY CARD. Please make sure this is legible.

Read and sign the NJSIAA STERIOD POLICY CONSENT, SUDDEN CARDIAC DEATH IN YOUNG ATHLETES, and CONCUSSION AND HEAD INJURY forms.

Forms can be downloaded at <https://rih.org> under ATHLETICS.

### **Starting Dates for Seasons**

**FALL SEASON:** begins mid-August, however, please refer to the pre-season training schedule for each individual sport. Dates may vary slightly.

**WINTER SEASON:** begins November 15 (Bowling, Ice Hockey, Swimming) and the Monday after Thanksgiving (Basketball, Track, Wrestling). Check with coach for exact starting date and time.

**SPRING SEASON:** begins March 7.

Please note that an athlete must be cleared medically by the school doctor prior to the first day of practice for each season in order to participate. Please have the forms in by the following dates in order to guarantee timely clearance:

**FALL SEASON:** July 26

**WINTER SEASON:** November 1

**SPRING SEASON:** February 15

Paperwork that arrives after the above deadlines jeopardizes the individual athlete's start date. Be reminded that athletes must have 6 practices before competing in a game or scrimmage.

### **FALL SEASON**

**BOYS:** FOOTBALL, SOCCER

**GIRLS:** SOCCER, VOLLEYBALL, TENNIS, GYMNASTICS

**CO-ED:** CROSS COUNTRY, CHEERLEADING

### **WINTER SEASON**

**BOYS:** BASKETBALL, BOWLING, SWIMMING, WRESTLING

**GIRLS:** BASKETBALL, BOWLING SWIMMING

**CO-ED:** INDOOR TRACK, CHEERLEADING, ICE HOCKEY

### **SPRING SEASON**

**BOYS:** BASEBALL, TENNIS, GOLF, LACROSSE, VOLLEYBALL

GIRLS: SOFTBALL, LACROSSE

COED: GOLF, TRACK

### **Sportsmanship**

Displaying good sportsmanship is one of our goals for all athletes. The quality of fair play is of the utmost importance and must be given the highest priority by our teams and individual athletes. RIH athletes, coaches, students, and parents are expected to display the qualities of good sportsmanship at all times.

Enthusiastically encourage your own team and teammates.

Recognize outstanding performances, play, and effort on the part of players from both sides.

Encourage surrounding people to display sportsmanlike conduct before, during, and after contests.

Remember that players play, officials officiate, coaches coach, spectators cheer.

#### Code of Behavior for Athletic Events

Fans, coaches, and players are expected to honor and obey all rules and regulations of the NJSIAA and the Big North conference.

Enthusiastically encourage your own team.

Refrain from negative remarks and booing.

Fans, coaches, and players are expected to treat the opponent, the officials, and other fans with respect and courtesy. Their safety and comfort should never be endangered.

Accept all decision made by the officials.

Remain in the stands while play is in progress.

Follow State regulations that prohibit noisemakers, signs, and banners.

Negative behavior will not be tolerated and may lead to ejection from the event.

**REMEMBER THAT IT IS A PRIVILEGE TO ATTEND HIGH SCHOOL ATHLETIC CONTESTS.**

Spectators can help promote good sportsmanship by observing the rules of fair play. Any verbal, written, or physical conduct related to race, gender, ethnicity, disability, sexual orientation, or religion shall not be tolerated, could subject the violator to

ejection, and may result in penalties being assessed against your team. Each one is requested to take personal responsibility for keeping this competition at a high level of good sportsmanship.

### **Eligibility**

Student-athletes are required by the NJSIAA to meet certain academic standards to maintain athletic eligibility. To be eligible for competition during the Fall & Winter season all upper-class students need to have achieved 30 credits in the previous academic year. Incoming freshman are automatically eligible for the Fall and Winter seasons. To participate in Spring Sports students need to have passed 15 credits during the 1st semester; the number of credits represents 12.5% of credits needed for graduation. See <http://www.njsiaa.org/resources/eligibility>.

Student athletes considering dropping a course should consult with their guidance counselor and/or the athletic director before doing so to avoid any eligibility difficulties. Also, any student repeating a course to improve a grade but not for credit must keep in mind the number of credits required for eligibility.

Students intending to participate in college athletics will be invited to signing day activities. All student-athletes must have participated in the sport for which they are signing at Ramapo or Indian Hills for minimally their senior year.

If a student-athlete is planning on pursuing college level athletics, it is important that you visit [NCAA.org](http://NCAA.org) and register for the eligibility center.

### **Equipment**

Each student athlete is responsible for the proper care and safe return of all athletic equipment issued. Athletes should never trade equipment/uniforms during the season. Special care must be taken to lock all equipment in the locker that will be provided. Equipment/uniforms are to be worn only for practices/contests. Any equipment not returned will result in a fine totaling the replacement cost. Access to genesis can be blocked if equipment/fines are outstanding.

### **Transportation**

The school provides transportation for all athletic events. Student-athletes are expected to travel to and from contests on the arranged mode of transportation. Athletes are expected to travel as a team. This practice helps build camaraderie and team unity, an essential component in high school athletics. Only in an emergency should student-athletes request permission to ride home with their parent. Under no circumstances are student-athletes permitted to drive themselves to contests. However, if a situation arises which necessitates a student being driven to or from a contest by a parent, permission may be granted in advance by the Athletic Director. Requests are to be made in writing in advance of the contest and must be approved.

## **School Attendance**

Student-athletes must be in attendance in school between periods 4-9 on the day of a contest. Exceptions to this attendance policy will be considered when the need arises. This approval will be granted by the Athletic Director; excellence in academics and athletics can only be achieved through consistent attendance both in the classroom and on the practice field/court.

## **Parents' Role**

Parents should strive to maintain a positive influence and be supportive of athletes and coaches. Take time to discuss with your son/daughter games and practices his/her role as a member of a team. Avoid criticizing coaches, team members, and officials especially during games/contests. Modeling good sportsmanship will create the kind of positive atmosphere high school athletics should embody. Matters of concern throughout the course of a season may occur. Approaching coaches following a practice to arrange such a meeting or calling the athletic office to request a meeting is appropriate. Please adhere to the "24 hour rule" where you refrain from addressing coaches with questions or concerns until 24 hours after the conclusion of a contest.

There is an appropriate chain of command which should be followed when a concern arises. It is as follows:

1. Student athlete meets with coach to discuss question or concern,
2. If he/she does not get satisfaction, parent contacts coach,
3. If he/she does not get satisfaction, parent contacts Athletic Director,
4. If he/she does not get satisfaction, contact building Principal,
5. If he/ she does not get satisfaction, contact the Superintendent.
- 6.

Please follow this chain of command with any concerns or questions.

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