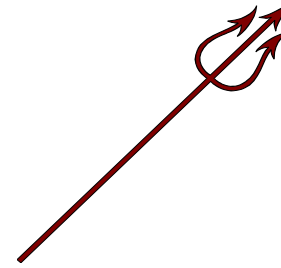


RIDGE



RED DEVILS

**ATHLETICS
AT
RIDGE HIGH SCHOOL**

A GUIDE FOR PARENTS AND STUDENT-ATHLETES

Ridge High School
Bernards Township Board of Education
268 South Finley Ave.
Basking Ridge, New Jersey 07920
www.bernardsboe.com

View schedules at www.skylandconferencenj.org
Sports Hotline (908) 204-2585 x3
Twitter: @Ridgegameday

INTRODUCTION

This handbook has been written to enhance communication among parents, student-athletes, coaches and school administrators. Parents and athletes are asked to familiarize themselves with the contents of this booklet. Any concerns or questions should be directed to Richard Shello, Director of Athletics at 204-2585 x140 or by email at rshello@bernardsboe.com.

The purpose of our athletic program is to permit the student-athlete an opportunity to compete, in cooperation with teammates and coaches, and to provide opportunities to exhibit traits of self-discipline, responsibility, decision making and social and intellectual growth. The program is solely intended to satisfy the student's desire to perform in an active physical manner and enhance positive social values through a worthwhile experience. The development of useful citizenship is at the forefront of our program goals.

By design, athletic participation is filled with many challenges. It provides a highly charged emotional setting in which student-athletes and coaches must perform under what is at times intense pressure. Winning is everyone's goal but striving to win is the most important value instilled in athletics. The process is truly more important in the long run than the outcome. "Winning is for a day, sportsmanship ethics are for a lifetime" is a significant philosophy in the development of the student-athlete. Parents can make a big difference in the success of the athletic program by encouraging their student-athletes, and by supporting the coaches and officials.

Ridge High School is held in high esteem throughout the state as a school that is successful in athletics and academics while promoting the values of sportsmanship. Athletes are expected to uphold the tradition by exhibiting the highest level of competition and sportsmanship.

We welcome you to the Ridge Athletic family.

**BERNARDS TOWNSHIP SCHOOL DISTRICT
RIDGE HIGH SCHOOL**

ATHLETIC PROGRAM GOALS

The Bernards Township School District Board of Education endorses these goals to be achieved through the participation in the district's interscholastic athletic programs.

The Ridge High School Athletic Program should be an integral part of the total educational program, and all students should have an equal opportunity to become involved. Our program should be as extensive as the facilities, staff and finances can adequately support.

We believe:

1. Athletes should be required to maintain academic standards consistent with our eligibility policy.
2. Participation in interscholastic athletics is a privilege and not a right.
3. Athletes must learn to abide by rules, regulations, and decisions associated with their particular sport. The coach has the responsibility to determine an athlete's ability and talent, who shall make the team, and the coaching techniques and strategies that will be employed.
4. There must be mutual respect for all who are involved in the competition – teammates, opponents, coaches, and officials.
5. Participation helps develop character, resolve, poise, cooperation, and moral and ethical values that lead to useful citizenship.
6. Participation teaches a student that discipline and self-sacrifice are necessary ingredients of teamwork.
7. Through participation, the student-athlete will develop a healthy body, sound mind, and an appreciation of individual differences.

Head Girls' Lacrosse	TBA
Head Softball	Jackie Spina
Head Boys' Tennis	Chad Griffiths
Head Boys' Track and Field	Nicole Gilhuley
Head Girls' Track and Field	Tim Mooney
Head Boys' Volleyball	Mike Levy
Athletic Trainers	Scott Hoagland Aimee Mitchell
Athletic Secretary Director of Athletics	Judee Schroeder Richard Shello

RIDGE BOOSTER CLUB

The Ridge Booster Club is an organization that supports every student-athlete. The club offers scholarships, awards, and support to every athletic program in the school. Recent equipment purchases include scoreboards in the gymnasium, equipment for the fitness center, student-athlete awards, and walkie-talkies to assist the athletic trainer. Your support of this organization is greatly needed and appreciated. Various memberships are available as follows:

Level 1	\$125.00
Level 2	\$75.00
Level 3	\$50.00

For more information concerning the Booster Club contact the athletic office.

RIDGE SPORTS FOUNDATION

The Ridge Sports Foundation is also an organization that supports every student-athlete. The foundation provides scholarships and focuses on large expense items to support the athletic program. Notable projects have been the original installation of the synthetic playing surface at Lee Field and construction of the fitness center. Volunteers are more than welcome to join the foundation.

8. Participation leads to a better understanding of ethics, sportsmanship, integrity, and fair play.
9. Valuable life lessons are learned in the course of competition, both winning and losing and in preparing for competition. These help student-athletes to mature and to prepare for a healthy life.
10. The Board of Education, administration, faculty, members of the athletic staff, student-athletes, and parents should work collaboratively to promote the athletic program and to create an atmosphere of learning that is in the best interest of the students and the community.

THE VALUES OF ATHLETICS

Research of secondary schools in the United States has indicated the following attributes among student-athletes:

- Athletes have better grades than those not involved and athletes in season have better grades than out of season.
- Athletes have better attendance than the general student population.
- Athletes have a much lower drop out rate than their fellow students.
- Athletes have a better chance of succeeding in college.
- Athletes take more average to above average courses than non-participants.
- Athletes tend to focus more on long-term goals than on short-term goals.
- Athletes tend to be more self-assured.
- Ninety five percent (95%) of Fortune 500 executives participated in school athletics while forty seven percent were members of the National Honor Society.

THE RESPONSIBILITY OF SPORTSMANSHIP

Our athletic program is an integral part of the education of many of our students. Although the students and their coaches are the major focus of an athletic program, the officials, spectators, contest workers, visiting opponents, and

**RIDGE HIGH SCHOOL
HEAD COACHING STAFF
2014-15**

POSITION	FALL	COACH
Head Spirit Cheerleading		Vivian Scaturro
Head Competition Cheerleading		Dominic Vignali
Head Girls' Cross Country		Tim Mooney
Head Boys's Cross Country		Nicole Gilhuley
Head Field Hockey		Kimberly Clark
Head Football		Bill Tracy
Head Gymnastics		Jen DiGuiseppe
Head Boys' Soccer		Ken Cherry
Head Girls' Soccer		Katie Donahue
Head Girls' Tennis		Chad Griffiths
Head Girls' Volleyball		Joanne Milot
WINTER		
Head Boys' Basketball		Brian Feath
Head Girls' Basketball		Eric Schroeder
Head Cheerleading		Vivian Scaturro
Head Boys Fencing		TBA
Head Girls Fencing		TBA
Head Ice Hockey		Tim Mullin
Head Ski Racing		John Fico
Head Boys and Girls Swimming		Melanie DuPuis
Head Boys Winter Track		Nicole Gilhuley
Head Girls' Winter Track		Mooney
Head Wrestling		Steve Hendershot
SPRING		
Head Baseball		Tom Blackwell
Head Boys Golf		Greg Zande
Head Girls Golf		Siobhan Devlin
Head Boys' Lacrosse		Ken Marsh

GIRLS TENNIS	X	X
GIRLS VOLLEYBALL	X	X

WINTER

COMPETITIVE CHEER	X		
BOYS BASKETBALL	X	X	X
GIRLS BASKETBALL	X	X	X
CHEERLEADING	X	X	
BOYS FENCING	X		
GIRLS FENCING	X		
ICE HOCKEY	X	X	
BOYS SKI RACING	X	X	
GIRLS SKI RACING	X	X	
BOYS SWIMMING	X		
GIRLS SWIMMING	X		
BOYS WINTER TRACK	X		
GIRLS WINTERTRACK	X		
WRESTLING	X	X	

SPRING

	<u>VARSIITY</u>	<u>JV</u>	<u>FRESHMEN</u>
BASEBALL	X	X	X
BOYS GOLF	X	X	
GIRLS GOLF	X	X	
BOYS LACROSSE	X	X	X
GIRLS LACROSSE	X	X	X
SOFTBALL	X	X	X
BOYS TENNIS	X	X	
BOYS TRACK	X		
GIRLS TRACK	X		

**Football also has a sophomore team
In cross country, winter track, fencing and spring track, novice or sub-varsity meets are held**

parents all contribute in maintaining high standards. It is the responsibility of all involved to promote good sportsmanship under all conditions. Be mindful that athletics are designed to be a pleasurable educational experience. Behavior at sporting events is a reflection on Ridge High School and the community of Bernards Township.

- Be courteous to the teams, officials, and other spectators.
- Be enthusiastic – by rooting for your team – not booing opponents or officials.
- Be fair – have confidence in the integrity and honesty of the officials. They are neutral and are not concerned with who wins. You are partisan.
- Be cooperative - don't walk on the court or field; stay back from the sidelines.
- Be supportive – don't criticize players, coaches, or officials.
- Enjoy the game – it's about the kids, not the adults.

Examples of poor conduct at sporting events include the following:

- The use of vulgar or inappropriate language.
- Taunting or trash talking of opponents, their cheerleaders, or their fans.
- Making noise to distract an opposing player during a foul shot, serve, or similar act.
- Yelling or chanting derogatorily at players or coaches.
- Displaying anger in reaction to an officials call.

A LETTER TO PARENTS

Being a parent is often very challenging. This effort and responsibility is frequently complicated by being the parent of an athlete. In your role as a parent, you obviously care about your child and are concerned for his or her welfare. You enjoy the successes of your child immensely and suffer with each faltering along the way. These successes and falterings are all part of the process of growing up. Athletics

provides an opportunity for your child to experience these emotional ups and downs, to learn from them and to grow.

The player-coach relationship is a very critical one in athletics. You as a parent can have a pronounced effect on this relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child. If you express a negative opinion to or in front of your child, you need to remember that he or she will return to practice the next day and may carry along your convictions. Your child will then have to interact with this coach in a relationship based on trust. You, as the parent, can greatly affect this delicate trust.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions or games. No matter how strong your background is in your child's sport you are not the coach. It is better to learn the systems and techniques that are being employed and to reinforce them at home. Refrain from coaching your son or daughter before, during, and after contests as well as during halftime. Your child is part of the team and should remain in all warm ups, discussions, and activities with the team that are associated with the contest until all players have been dismissed. Many coaches will debrief with the team after a game whether it be a win or loss. Athletes should not pause to speak to parents or friends immediately after games. These meetings are essential to the learning process involved in athletics.

Being positive and supportive of your child's participation in athletics is extremely important. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure, expectations, or anger can alter this most fundamental reason for playing.

When you speak with your child after a contest, don't dwell on his or her play, how many points they scored or if they started. Instead, first ask how the team did. Did you son or daughter play hard and have a good experience? Reinforce the value of being a team member and not an individual part of the team.

payment plans. They are often available through banks and the colleges themselves.

Work study programs vary from college to college. In many cases they are financed by the federal government and are part of a financial award.

To obtain most of the above funds, it is necessary to file the FAFSA (Free Application for Federal Student Aid) form. These forms arrive in the schools in December.

COLLEGE OR UNIVERSITY SELECTION

The final selection of what school to attend will ultimately fall upon the student-athlete and his or her family. Factors that affect the selection include academic rigor, selection of major, size of school, location of school, demographics of school, student interests, expense, and athletic program. The decision should not be based solely on the athletic program. College provides the student with an opportunity to prepare him or her self for life as an adult. It is not an end in itself. Very few high school athletes make it in sports at the professional level. Therefore, the academic portion of the college selection process is extremely important.

RIDGE HIGH SCHOOL ATHLETIC PROGRAM 2017-2018

The following athletic programs are offered at Ridge High School as indicated.

<u>SPORT</u>	<u>FALL</u>		
	<u>VARSITY</u>	<u>JV</u>	<u>FRESHMEN</u>
CHEERLEADING	X	X	X
COMPETITIVE CHEER	X		
BOYS CROSS COUNTRY	X	X	
GIRLS CROSS COUNTRY	X	X	
FIELD HOCKEY	X	X	X
FOOTBALL	X	X	X
GYMNASTICS	X	X	
BOYS SOCCER	X	X	X
GIRLS SOCCER	X	X	X

level. Other athletes that wish to play a sport in college must often initiate the process themselves or have it initiated by the coach. Students are encouraged to put together a resume that will include contact persons, height, weight, sport specific data, unofficial transcripts, and playing experience to include with a letter of interest to a college coach when making contact. Once contact has been made with the college coaching staff the college coaches will review the student's academic and athletic abilities. The college will then perform an intense evaluation by viewing game films provided by the coach or parents, onsite evaluation of games, practices, camps, or club teams, and references from trustworthy personnel.

If the athlete is still a candidate, visits are usually arranged by the college coach and the family. A student is allowed a total of five official visits to colleges that are paid by the college and an unlimited number of unofficial visits or those paid by the student.

If the athlete is to be offered a scholarship it is usually done during a visit in the presence of a head coach of the college. The prospective player then signs a letter of intent and accepts the athletic scholarship.

SCHOLARSHIPS, GRANTS, LOANS, AND WORK STUDY

A scholarship is money given by the college or university that does not have to be repaid. Scholarships may be full or partial and can cover the cost of books, tuition, room, and board. At the Division IA, IAA, and II levels, scholarships may be renewed on a yearly basis. Multi year scholarships are not issued. However, if a student-athlete remains in good standing within the program the scholarship is generally renewed.

Grants, like scholarships, do not have to be repaid. Often the two terms are used interchangeably. Grants are not awarded for athletics, however, they may be issued to athletes who meet other criteria.

Loans, another form of financial aid, require a variety of re-

GOVERNANCE OF ATHLETICS

Ridge High School is a member of the New Jersey Interscholastic Athletic Association (NJSIAA), the governing body of athletics in New Jersey under the auspices of the New Jersey Commissioner of Education. We are classified as a Group IV school by population in the North Jersey Section 2 portion of the state, one of four state sections.

Ridge High School is also a member of the Somerset County Interscholastic Athletic Association and competes for county championships in the following sports: boys' soccer, girls' soccer, field hockey, girls' tennis, boys' cross country, girls' cross country, boys' basketball, girls' basketball, wrestling, swimming, boys' winter track, girls' winter track, ice hockey, baseball, softball, girls' track, boys' track, golf, boys' tennis, gymnastics, girls' volleyball, boys' lacrosse, and girls' lacrosse.

Ridge High School is also a member of the Skyland Conference which consists of 22 schools in Somerset, Hunterdon, and Warren Counties. Schools are in a divisional structure based on size, strength of program and the number of schools that offer a specific sport.

Some sports also compete in sport specific leagues or conferences. These currently are:

Ski Racing	New Jersey Ski Racing Association—Western League
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In all, Ridge High School offers 31 Varsity sports, 18 Junior Varsity sports, and 10 Freshmen sports. Approximately 50 percent of recent graduates have earned a Varsity letter before graduating and approximately 60 percent of Ridge students will play at least one interscholastic sport in a given year.

ACADEMIC ELIGIBILITY

In order to be eligible to participate in interscholastic athlet-

ics, a student must meet all criteria as described below. Regulations for eligibility are determined by the New Jersey Interscholastic Athletic Association and the Bernards Township Board of Education

1. A student must not have reached the age of 19 prior to September 1 of the school year.
2. A student must have passed one quarter of their graduation requirements (30 credits) during the previous school year in order to be eligible during the **Fall and Winter** seasons. Freshmen are automatically eligible during these seasons.
3. A student must have passed the equivalent of 12.5 percent of their graduation requirements (15 credits) during the Fall semester in order to be eligible for the **Spring** season.
4. No student is eligible after the completion of 8 semesters following entrance into 9th grade.
5. Transfer students are eligible immediately if the transfer is due to a change of residence by the parents provided a transfer waiver form has been completed.
6. A student who transfers from another school and has participated at the varsity level in a given sport with no change of address is ineligible to compete at any level (freshmen, JV, Varsity) for a period of 30 days from the first game or one half of the maximum allowable games. A transfer waiver form must be completed.

SIGN UP REGISTRATION

Coaches conduct pre-season meetings to explain procedures, policies and to inform prospects of important dates. These meetings are announced in school and are generally held late in the preceding season.

START OF PRACTICES

Fall Season	Mid-August
Winter Season	Monday before Thanksgiving November 9 for swimming and ice hockey
Spring Season	First Friday after March 1

Since some sports may overlap, students may not begin a

not provide a productive forum for discussion. Parents are encouraged to call and speak to the coach or to ask for an appointment to meet with the coach at a specific time.

There are situations that may require a conference with a coach, athletic director, and the parent. If a parent has met with the coach and feels that the situation needs further resolution then the parent may meet just with the athletic director. Such meetings are encouraged. It is important that all parties involved have a clear understanding of the other's position.

ATHLETICS IN COLLEGE

College athletic programs are governed by the NCAA (National Collegiate Athletic Association) or the NAIA (National Association for Intercollegiate Athletics). Most programs fall under the auspices of the NCAA which has established rules on eligibility, recruiting, and financial aid. Students interested in playing a sport in college should request a copy of the NCAA Guide for the College Bound Student-Athlete from their web-site www.ncaa.org.

The NCAA has developed three membership divisions – Division I, Division II, and Division III. Membership to a division is based on the size and scope of the athletic program and whether the school approves athletic scholarships or not.

Any student wishing to play a sport in college at the Division I or II level must be certified by the NCAA Eligibility Center. This is done through the Guidance Office during the junior year of high school. The Center will analyze the student's academic information and determine if he or she meets the initial eligibility requirements.

More information is available from guidance counselors or the athletic office.

THE RECRUITMENT PROCESS

Recruitment of the "blue chip" or highly rated athlete is often initiated by the college or universities at the Division I or II

AWARDS

The following awards are presented to team members at the conclusion of each season.

Freshmen	Certificate
Junior Varsity	Certificate
Varsity First Year	Certificate and Chenille Letter "R"
Varsity Second Year	Certificate and Pin
Varsity Third Year	Certificate and Pin
Varsity Fourth Year	Certificate and Pin

PARENTAL COMMUNICATION WITH THE COACH

If you have a question or concern for the coach, you are encouraged to call him or her during the day. Coaches who are employed as teachers by the Bernards Township Board of Education have a voice mail box extension at their base school. Out of district coaches should provide you with a day time phone number where they can be reached.

Experience in athletics can be the most rewarding of any experience a student receives while in high school. It is also important to understand that there also may be times when things do not go as your son or daughter wishes. At these times discussion with the coach is encouraged. Appropriate subjects include the treatment of your child, ways to help your child improve, concerns about your child's behavior, and the future of your child beyond high school. Discussion of the amount of playing time of your child should only include an explanation of your child's role on the team, not a demand for increased time. Parents are encouraged to have their son or daughter first speak to the coach in a mature and calm manner on the subject of playing time.

Subjects such as team strategy, play calling, or other student athletes are not appropriate subjects to discuss with the coach.

Before or after a game or contest is not the time to approach a coach with a concern regarding the program or your son or daughter. This is often an emotionally charged time that will

second season until their original season has been completed.

PRACTICE

Practice sessions are held in most sports every day after school or in the evening for 1-3 hours depending on the sport and present circumstances. Most sports will have practices and games on Saturdays and occasional practices may be held on Sundays. Fall pre-season practices begin prior to the start of school. During this time, multiple practices are often held each day.

Practices may be held on religious holidays. It is understood that students may have a responsibility to their religious commitment. When an athlete does not attend a practice for religious observance it is understood that their status on the team will not be affected and there will be no repercussions for the missed session. It does remain the responsibility of the athlete to inform the coach ahead of time.

VACATION

Games and practices are held during school vacations. Since schools in our leagues have varying vacation schedules there is no way to avoid this. Student-athletes are expected to attend all practices and games held during vacation. Should a student miss time for vacation, a general guideline that coaches employ is that the athlete will not participate in one scheduled contest for each practice or game missed.

BOARD OF EDUCATION EXTRACURRICULAR ATTENDANCE PROCEDURES

Attendance shall be required of all students enrolled in extracurricular athletic activities. No student whose absence or excuse has been approved by the principal or designated staff member shall be deprived of an award or eligibility to compete for an award due to his/her absence.

The Board shall require from the parent or guardian of each child or from an adult-emancipated student who has been absent from scheduled activity sessions for any reason, a written statement of cause for such absence or tardiness. The Board, through the school

administration, reserves the right to verify such statements and to investigate the cause of each absence of more than three days' duration or repeated unexplained absence or tardiness.

For mutual guidance of parents, pupils, and school officials, the Board lists the following reasons as acceptable for excused absence or tardiness.

1. Exclusion from school of all persons with uncovered weeping lesions-whether or not the person has been screened for HIV.
2. The pupil's illness.
3. A death or critical illness in the pupil's immediate family.
4. Quarantine.
5. Observation of the pupil's religion on a day approved for that purpose by the State Board of Education.
6. The pupil's required attendance in court.
7. Interviews with a prospective employer or with an admissions officer or an institution of higher education required and restricted by it to a specific date.
8. Examination for a driver's license.
9. Necessary and unavoidable medical or dental appointments that cannot be scheduled at a time other than the school day.

The Board of Education recognizes the importance of visitation to post-secondary institutions of learning and employment interviews. The Board regards these as excused absences when advanced written notice is provided to the assistant principal and coach/advisor at least one week prior to the absence. The Board, through the school administration, reserves the right to reject requests where a pattern of excessive previous requests or unexcused absences exists. The Board, through the administration also reserves the right to reject requests for student absences on competition and performance days and on critical meeting, rehearsal, and practice days. These critical days are to be limited and announced in writing to the pupils prior to the beginning of a season.

No other reasons for student absence are deemed to be appropriate by the Board of Education. Where extreme circumstances create the necessity for a student absence due to any other reason, a written request must be submitted at least one week in advance to the school's assistant principal and coach/advisor. This request must delineate the special circumstances which support the need for an excused absence other than the aforementioned Board-recognized reasons.

MEDICAL EXAMINATIONS

Again, it is the duty of the coaching staff to decide who will or will not play at any one time. Sometimes it may not be clear to the observer as to why some playing time decisions are made. However, parents and students are encouraged to respect the decisions of the coach.

DISQUALIFICATION

An athlete who displays unsportsmanlike and flagrant physical or verbal misconduct will be removed from the game by the official. This type of ejection carries a two game suspension following the ejection in all sports except football, which carries a one game suspension.

Disqualification is a judgment call by the official; it is final and cannot be appealed.

A disqualified player may not be present at any contest in that sport during the period of disqualification (not to be present in the locker room, on the bus, on the sidelines, or in the stands before, during or after the game). Failure to comply with this regulation can result in forfeiture of the contest.

Any player disqualified a second time during a 365 day period from the first disqualification may face sanctions from the NJSIAA.

HAZING/INTIMIDATION/BULLYING

Hazing/Intimidation/Bullying (HIB) activities of any type are inconsistent with the school's philosophy and mission and are prohibited at all times.

Hazing is considered to be any activity that intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in or affiliation with any school activity related organization. Students involved in any hazing activities will face serious disciplinary action.

cisions regarding who makes the team. Parents and students are asked to respect the decision of the coach. It would be virtually impossible for an athletic program to function if a coach were unable to make decisions regarding who makes the team.

PLAYING TIME

It is the immediate goal of all teams to win each game as it is played. Players will compete in practice for playing positions on each team under the continual observation of the coaching staff. Coaches will make the decision as to who will play at a given time and who will not. Things such as talent, injury, attendance at practice, attitude, and effort are all involved in the decisions for playing time. As they should, all players want to play in games. At the same time every coach and player wants to win. However, it is impossible for a coach to play each player in every game equally and still strive to win. The coach has a responsibility to the team to make sure that they are given the best chance at success. When the opportunity presents itself, coaches are encouraged to use as many players as possible in games to reward them for their efforts in practice.

At times, players may be required to play a position that they do not feel is their best. However, these decisions are made by coaches in the best interest of the team and there are times where a player must sacrifice his or her self for the team. Such ideas as where a player might play in college do not come in to play in deciding where a student is to play in high school. These decisions are based only on what is best for the team.

The emphasis on winning is certainly stronger at the Varsity level than the JV and Freshmen levels. However, the immediate goal at any level is to win the game. The sub-varsity levels also serve to develop players and teams for the future. Coaches at the sub-varsity levels are encouraged to utilize more players than a varsity squad might, however, they are still striving to win. Players will play at the sub varsity levels that give the squad the best chance for victory. When opportunities to play others are presented, coaches will strive to utilize as many players as possible in a game.

No student will be permitted to try out for a team, practice, or compete without having turned in a Pre-Participation Physical Form completed by a physician. A Medical History Questionnaire, SA two page acknowledgement and parent permission form is also part of the packet. The consent and acknowledgement forms may be completed on line at www.FormReleaf.com. The physical must be completed on the New Jersey form and may not have been done more than 365 days prior to the start of practice. In cases where a physical examination has been done less than 365 days before the start of practice but more than 90 days before, an updated Medical History Questionnaire form must be completed by the parents before a student may begin practice. The physical examination is required by law and is done to determine the athlete's general fitness for participation in athletics. It should not be viewed as a comprehensive medical evaluation for determination of the presence of illness or disease.

The school physician may conduct physical examinations at the school at the expense of the family of the student. Dates for the in-house physical examinations will be announced.

ACCIDENT/INJURY

There is a certain amount of risk in all athletics. Injuries are an unavoidable part of most sports. School personnel shall attempt to prevent the unavoidable injuries through alert supervision and safety procedures. When a student-athlete is injured, he/she should report the injury to their coach as well as the athletic trainer. The athletic trainer is highly qualified in the treatment of sports injuries and can treat injuries, determine if further medical attention is necessary and provide a rehabilitative program. Whenever possible the injured player should consult with the trainer before seeking medical services from a physician. However, if there is any doubt as to the severity of the injury, exercise caution and seek medical attention.

The RICE principle is recommended in order to promote healing of an injury.

- R Rest the injured area.
- I Ice the injured area to reduce swelling.

- C Compress the injured areas with an elastic wrap.
- E Elevate the injured areas

INSURANCE

Ridge High School provides limited insurance coverage for all students participating in athletics. **This insurance is secondary to the parents' insurance coverage.** Bills are to be submitted to the parent's insurance company first. When the parent's insurance has reached the limit for coverage or there is no insurance coverage the parent should contact the school nurse to initiate the school policy.

UNIFORMS AND EQUIPMENT

The school will provide uniforms and equipment for game competition. Shoes, personal items, and practice clothing are usually the responsibility of the athlete. The care and security of issued equipment is the responsibility of the athlete during the season. If equipment is lost or stolen, the athlete is responsible for paying the cost to replace the equipment. All equipment will be collected at the end of each season by the coaches.

SECURITY

While every attempt is made to provide proper security in the locker room area, it is impossible to reduce all thefts. The athletes are urged to lock up all belongings at all times and are discouraged from bringing valuable items into the locker room.

PARTICIPATION

Once an athlete has begun participation in official practice sessions for a team, he/she has committed to being a member of that team. Any athlete who quits the team or is dismissed from the team for disciplinary reason may not participate in another sport during that season. Any student who is cut from a team may try out for another team with consent of the coach of the second team. In certain situations, this rule may be waived with the consent of all the coaches involved.

TRANSPORTATION

Transportation to and from all away contests is provided. Students must ride the bus provided for all away contests unless prior authorization has been obtained.

The following procedure is to be followed for authorization of alternate transportation.

1. The parents must make advance request in writing for the release of their child to themselves or other parents. Students will not be allowed to travel with other students.
2. The note is to be received by the athletic director or coach one day prior to the trip whenever possible.

ATTENDANCE AND SUSPENSION FROM SCHOOL

A student who is absent from school may not practice or compete in any contests on that day. When practices or games are held on a non school day, the student must be in school on the previous school day in order to participate. In cases where students arrive late to school or are issued an early dismissal, the student must be present in school for a total of four (4) hours.

Students who are suspended from school will not be allowed to practice or play on the day of a suspension. In instances where a suspension is served and ends on a Friday or the day before a non-school day, the student may not practice or compete on the next day (Saturday).

MAKING THE TEAM

The number of participants in some athletic programs is limited. This means that some prospective participants must be eliminated from the squad following a try out period based upon the determination of the head coach and or the coaching staff. It is an unfortunate part of athletics and one that no coach enjoys. However, coaches make every effort to evaluate all players who try out and often must make difficult de-