



ATHLETIC RULES & REGULATIONS

This information has been written to enhance communication between parents, student-athletes, coaches and school administrators to familiarize themselves with the contents of the following information. Any concerns or questions should be directed to Malcolm Smith, Supervisor of P.E. & M.S. Athletics at, 597-9481, ext. 4415.

The purpose of our athletic program is to permit the student athlete an opportunity to compete, while cooperating 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 students 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. Winning is everyone's goal but striving to win is the most important goal. 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 theme in teaching our student-athletes. Parents can make a big difference in the success of the athletic program by encouraging their student-athletes, and by supporting the decisions of the coaches and officials.

Southern Regional Middle School's athletic program is held in high regard. Athletes are expected to uphold the tradition by exhibiting the highest level of competition and sportsmanship. Southern athletes traditionally are noted for dedication to their sport, intense competitiveness, and respect for teammates, opponents, and officials. We welcome you to the Southern Regional Athletic family.

OCEAN COUNTY INTERMEDIATE ATHLETIC LEAGUE

MEMBER SCHOOLS INCLUDE

Goetz
Southern Regional
Toms River East
Toms River North
Toms River South
Veterans Memorial Middle School (Brick)

Central Regional
Lacey
Lake Riveria
Lakewood
McAuliffe

Barnegat
Manchester
Pinelands
Point Pleasant Boro
Saint Joseph's

COACHING STAFF

Season	Position	Coach	Season	Position	Coach	Season	Position	Coach
Fall			Winter			Spring		
Football	Head Coach	Jason Lister	Boys Basketball	Head Coach	Joe Tomczuk	Baseball	Head Coach	Doug Keil
Football	Asst. Coach	Mike Concilio	Girls Basketball	Head Coach	Elizabeth Calderwood	Softball	Head Coach	Nicole Astegher
Girls Soccer	Head Coach	Tom Merchant	Wrestling	Head Coach	Mike Bivona	Boys Track	Head Coach	Joe Tomczuk
Boys Soccer	Head Coach	Ed Costa	Cheerleading	Head Coach	Michelle Chrzanowski	Boys Track	Asst. Coach	Matt Abbato
Field Hockey	Head Coach	Sarah Evert				Girls Track	Asst. Coach	Chris Tomelden
Boys X Country	Head Coach	Joe Tomczuk				Boys Track	Head Coach	Ross Reynolds
Girls X Country	Head Coach	Adele Berardi				Girls Track	Asst. Coach	Eileen Cosentino
Cheerleading	Head Coach	Michelle Chrzanowski				Girls Track	Asst. Coach	Don Whiteman

MIDDLE SCHOOL SPORTS OFFERINGS

FALL

Cheerleading
Boys Cross Country
Girls Cross Country
Field Hockey
Football
Boys Soccer
Girls Soccer

WINTER

Boys Basketball
Girls Basketball
Cheerleading
Wrestling

SPRING

Baseball
Softball
Boys Track & Field
Girls Track & Field

STUDENT ATHLETE & ACTIVITIES DISCIPLINE PROCEDURE

Participation in athletic sports in the Southern Regional School District is a privilege which carries with it certain responsibilities. A student is a representative of the school and the entire community. There are certain basic standards expected of the participants in sports at Southern Regional.

1. All students who represent Southern Regional on a team are expected to conduct themselves in such a manner as to reflect credit upon Southern Regional.
2. All students must remember they are students of the school first and participants second. Participation in athletics is a privilege granted to a student, not a right guaranteed to them.
3. Being a member of a team does not entitle any student to any special privileges in the school, rather may carry a burden of being a good school citizen in the face of peer pressure to become involved in some action
4. Students afforded these privileges must assume the responsibilities which accompany them at all times.

Procedures and regulations are enacted in concert with normal school rules. In any case in which inconsistencies seem to be apparent, school rules will govern. Of course, enforcement and application of procedures, regulations and rules may be modified by school authorities when reasonable and mitigating circumstances dictate.

- A. Any student participant in interscholastic sports who is found to be under the influence of alcohol/drugs or is suspected of selling, transferring, or possessing same, at any time - -whether during a school related or non-school related activity - - shall be subject to the following:

First Violation

After confirmation of the first violation, the student shall lose eligibility for four (4) weeks for all interscholastic activities. This includes sports practices, scrimmages, and interscholastic competitions. (This may run concurrently with suspension if invoked by regular school policy.)

Second Violation

After confirmation of the second violation, the student shall lose eligibility for the remainder of the school year for all interscholastic activities.

Subsequent Violations

If there is a subsequent violation, the student will be permanently suspended from all interscholastic activity.

- B. A Discipline Review Board shall meet to consider requests for reinstatement to athletic teams in certain instances. Any student deemed guilty of alcohol or drug use by school or community authorities, must submit a written request to the Athletic Director's office for review by the Discipline Review Board before resuming participation in athletic contests or guilty of egregious displays of poor sportsmanship must also have a hearing before the Discipline Review Board.
 1. The purpose of the Review Board is to meet and determine if continuance in a sport is in the best interest of the student and the activity. The Board may deny participation, grant immediate participation, or permit participation with some conditions.
 2. In the Middle School, the Assistant Principal will pick the members of the committee. When possible, the student's guidance counselor will be present to serve as a resource person for the committee.
 3. This board will deal with all requests for reinstatement within 5 school days of the student's request. The requests for reinstatement shall not be made until the student returns from suspension. When possible, parents of the student will be given advance notice of the hearing.
 4. The Review Board hearing will consist of a history of the situation, and testimony from the student about the incident and expectations regarding his or her conduct in the future.
 5. The Committee will convene privately and decide on reinstatement. The student will be told immediately of the decision and written notification will be sent to both the student and his or her parents.
 6. A written record of the hearing will be made and kept on file.
- C. Once an athlete has begun participation in official practice sessions for a team, he has committed himself/herself as a member of that team. Any athlete who quits the team or is dismissed from the team for disciplinary reasons before the conclusion of the season, may not participate in any of the activities of any other sport until the season of his original team is over. In certain situations, this rule may be waived with the consent of all the coaches involved.
- D. When an athlete or student is issued equipment during the course of a season, it is his/her responsibility to return all of that equipment at the end of the activity. Any student who has not fulfilled all of his/her responsibilities in this area may not participate in any other sports or activity at Southern Regional until all prior obligations are satisfied. The Directors of Athletics will notify coaches of athletes who have financial obligations outstanding.
- E. All students are expected to maintain good habits of attendance and punctuality to school. Coaches will take steps to insure this of their athletes. An athlete must be in school a full day (a minimum of four hours) to participate in practice, games, or activities on that day unless permission has been secured from the Principal or his representative. In the event of an athletic contest on a non-school day, attendance in school on the day immediately prior to the event is required.
- F. All students are expected to maintain good grades. Coaches should monitor grades throughout the year. Students should be encouraged to attend extra help sessions on the appropriate days.
- G. The coach of each team may establish additional rules and procedures distinctive to that sport that team members are to follow. The coach or advisor may also establish disciplinary action for a breach in these rules and procedures.
 1. Copies of these rules will be on file in the office of the Director of Athletics.
 2. All participants will receive a copy of these rules before beginning practice.
- H. **DRUG AND ALCOHOL PROCEDURE**
 1. At the beginning of each activity, students will receive a copy of the drug and alcohol guidelines and procedures parents will be required to sign a statement that they understand the guidelines prior to the student's participating.
 2. After the first violation, the student will be seen by the Substance Awareness Coordinator and will be placed in a mandatory five session education/early intervention group that will address the effects of abuse of mind-altering chemicals and their personal use patterns. The student and parents will have at least one (1) mandatory meeting with the Substance Awareness Coordinator and an assigned professional staff member prior to the student's resuming any interscholastic activity. Following the four (4) week suspension from all activities, the student must apply to the Discipline Review Board for reinstatement.

3. After the second violation, the student will be referred to a community agency for assessment of substance abuse. Furthermore, before the student is readmitted to activities, he/she shall show evidence in writing that he/she has gone for assessment, is receiving counseling, and is physically and mentally fit to return to participation by a certified physician.
4. The rules and regulations in this policy shall apply to any violators, on and off school premises, during the season of participation.
 1. **APPEAL TO THE SUPERINTENDENT AND THE BOARD OF EDUCATION**
Recognizing that all students are entitled to "due process" and mitigating factors may be involved, any student has the prerogative of requesting an appeal.
 2. Pursuant to any unfavorable decision by the Discipline Committee, the student may request, in writing, his case be reviewed by the Superintendent of School and responded to within 5 school days.
 3. Pursuant to an unfavorable decision by the Superintendent of Schools, the student may request, in writing, a review by the Board of Education and responded to within 5 school days of the regularly scheduled meeting when the case was reviewed.
 4. Pursuant to an unfavorable decision by the Board of Education, the student may request, in writing, to have his or her case heard before the New Jersey State Commissioner of Education within 10 days.

Adopted by Board 12/11/91

- J. 1. Students who do not participate in Physical Education class are ineligible to participate in athletic activities that day.

MIDDLE SCHOOL ELIGIBILITY REQUIREMENTS

1. Middle School students (grade 7 & 8) must pass a minimum of the equivalent of six (6) full year courses in order to be eligible for participation in co-curricular activity.
2. Middle School students are eligible for a period of two successive years from the day they enter the 7th grade. Students who are retained and spend 3 or more years as a middle school student (grade 7 & 8) are eligible during the first two years only.

GRADE 7	1ST SEMESTER	ALL STUDENTS ELIGIBLE
	2ND SEMESTER	MUST PASS EQUIVALENT TO 6 FULL YEAR COURSES

GRADE 8	1ST SEMESTER	MUST PASS 6 FULL YEAR COURSES THE YEAR PRIOR
	2ND SEMESTER	MUST PASS EQUIVALENT TO 6 FULL YEAR COURSES

GENERAL INFORMATION

1. Practice
 - a.) There are practice sessions everyday after school beginning 2:15/3:00 and ending 5:15 for the majority of our sports. Some sports will practice and/or have games on Saturdays. In addition, many sports will have practices and/or games during school vacation.
 - b.) A student-athlete shall not be permitted to participate in a scrimmage or a game in any strenuous sport until he/she has completed **six days of practice in that sport.**
 - c.) Middle School Start of Practice:
To be determined- --Football
September 1---Fall Sports
November 1-- Winter Sports
March 1----- Spring Sports
2. 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 procedure listed below must be followed.
 - a.) Parents must make advance request in writing for the release of their children to themselves or other parents.
 - b.) This note must be received by the athletic director, one day prior to the event whenever possible.
3. Participation Forms
Parents should be sure to sign an athletic permit form for each sports his/her son/daughter will be participating in. student/athletes will be afforded a physical by our school doctor during specific physical dates as established by the Athletic Director. If the student misses the scheduled school physical, one may be secured from a family physician, but the cost is the responsibility of the student. Students always have the prerogative of having a physical done by their own physician at their cost. **PHYSICAL FORMS MUST BE COMPLETED IN FULL AND RETURNED TO THE COACH PRIOR TO PARTICIPATION.**
4. Accident/Injury
 - a.) There is a certain amount of risk in all athletics. We will always have unavoidable injuries in sports. School personnel shall attempt to prevent the avoidable injuries by alert supervision and safety procedures.

5. Insurance
Student-athletes are covered by our Student Accident Insurance for injuries from sports. **Student-athletes must submit their claim to their own insurance first.**
Our insurance may cover the excess that wasn't paid by the student athlete's primary policy.
6. Uniforms
As a rule, the school district will provide the equipment and uniforms for game competition. Shoes and practice clothing are usually the responsibility of the athletes. Athletes and parents should communicate with coaches to be sure all athletes are attired appropriately. All uniforms and equipment must be returned at the end of the sports season.
7. Security
While every attempt is made to provide 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 valuables into the locker room.

VIEW ATHLETIC EVENTS ON THE WEB

Go to the web and type in the address in all **CAPS:** HIGHSCHOOLSPORTSNET (HIT ENTER)

1. SELECT STATE---NEW JERSEY
2. SELECT SCHOOL-(make sure you select Middle not HS) SOUTHERN REGIONAL MIDDLE SCHOOL
3. SELECT VIEW SCHEDULE

LETTER TO PARENTS

The role of the parent in the education of a youngster is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school in the classroom and through co-curricular activities.

A student's involvement in the classroom and other activities contributes to the development of a value system which has been established in the home. Integrity, fairness and respect are lifetime values taught through athletics. These are principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

You can have major influence on your student's attitude about academics and athletics. The leadership role you assume in sportsmanship will influence your child for years to come.

