

GLEN ROCK HIGH SCHOOL

Handbook for Student-Athletes & Parents



*“Winning is for a day,
Sportsmanship and Ethics are for a Lifetime”*

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Dear Parents and Student-Athletes,

Welcome to the Glen Rock Interscholastic Athletic Program as we prepare for another exciting year of Panther Athletics. This handbook has been prepared as a reference for our student-athletes and their parents in an effort to define responsibilities as they pertain to the rules and regulations as well as the policies and procedures for participation in our interscholastic athletic program.

I am pleased that you have shown an interest in this phase of our school program. It is our belief that participation in athletics is a privilege and an honor that provides an opportunity for developing life-long skills not always available in the academic classroom. Nationwide studies have shown that students involved in extracurricular activities such as sports, achieve better grades, manage their time more effectively, and have fewer discipline problems. With this privilege comes the responsibility of making a commitment to all rules and regulations. Our goal at Glen Rock is to provide a “first class” experience that promotes team and individual growth in a safe and healthy environment, both on and off the athletic fields. While we always strive to win, the purpose of our athletic program is to help our athletes become better people, and better athletes – win or lose.

When a student chooses to take part in our athletic program, we believe that there is a great deal of responsibility and commitment attached to participation in interscholastic athletics on the part of the student-athlete and his/her family. This handbook will acquaint you with some of the specific policies, rules, and obligations that are necessary for a well-organized and successful program.

Glen Rock High School is a member of the New Jersey State Interscholastic Athletic Association (NJSIAA), and the North Jersey Interscholastic Conference (NJIC), and therefore, adheres to the rules and regulations of these governing bodies.

Once again, welcome and please strive to make SPORTSMANSHIP an integral part of your experience, and feel free to contact me at (201) 445-7700 ext. 8963 if you have any questions or concerns regarding the Glen Rock Athletic program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide.

Sincerely,

Frank Violante
Athletic Director

MISSION STATEMENT

The athletic program of the Glen Rock Schools is an integral part of the overall educational experience. We are committed to providing all participating students a comprehensive and rewarding experience. Interscholastic competition provides students with the opportunity to improve their personal fitness, self-discipline and teamwork skills. Athletic competition offered at Glen Rock will be performed in an environment of integrity, good sportsmanship, and education. Participation in the athletic program is a privilege granted to students who maintain scholarship and citizenship within district rules and regulations. All athletes should demonstrate pride in representing Glen Rock.

A great deal of responsibility and commitment is attached to participation in interscholastic athletics on the part of the athlete and their family. Athletes are expected to work hard, sacrifice and develop their ability in order to compete at the highest possible level. It is the nature of athletic competition to strive for victory. However, the number of victories is only one way of determining success. Developing the will to win and attaining maximum potential are the ultimate goals. It is expected that our athletes will make their best personal contribution to a team at all times.

Sportsmanship is vital to the success of any athletic program. Good sportsmanship is expected of Glen Rock coaches, athletes, and fans at all times. We will be considerate of our opponents, and respect the decisions of officials.

Play hard, play smart, play fair, and play your best. It is important to remember that an athletic contest is only a game – winning is for a day, sportsmanship and ethics are for a lifetime.

INTERSCHOLASTIC ATHLETICS

One facet of the physical education program is the interscholastic athletic program. We believe our athletic program is for the talented student-athlete, and consider it a sound educational practice to give the advanced student an opportunity to progress fully to their ability.

The following rules and regulations have been established by the athletic department and are supported by the Glen Rock Administration and Board of Education. The purpose of these athletic department rules is to help an interscholastic athletic participant become a better citizen by seeking to demonstrate proper behavior and a good attitude at all times. These rules are designed to instill pride, discipline, and team spirit in all individuals who participate.

Being a member of a Glen Rock athletic team is a privilege and honor. Students who participate in the interscholastic program must understand that there are certain traditions and responsibilities that go along with being a member of a Glen Rock team.

GOALS OF THE ATHLETIC PROGRAM

- A. To develop good sportsmanship in winning and losing;
- B. To abide by the rules of the game;
- C. To play to win and to accept defeat;
- D. To develop confidence;
- E. To provide a rewarding athletic experience for students;
- F. To develop the total student-athlete with emphasis on building character, leadership, self-discipline, self-motivation, a strong work ethic, and high academic achievement;
- G. To develop acceptable social skills;
- H. To develop each student's self-esteem;
- I. To develop respect for others coupled with an understanding of spirit and cooperation;
- J. To develop athletic skills to one's maximum potential in both an individual and a team setting.

RESPONSIBILITIES OF A GLEN ROCK ATHLETE

Being a member of a Glen Rock athletic team is a privilege and honor. For many athletes, it is the fulfillment of an early ambition. The accomplishment of this goal carries with it certain traditions and responsibilities that must be attained. A solid athletic tradition has been developed by the hard work of many people over the years. As a member of an athletic team at Glen Rock, you have inherited this great tradition. Your actions will reflect not only on those you are associated with now, but those who have contributed so much to our school in the past.

Many of our student-athletes have achieved league, county, and state honors. Also, quite a few have gone on to participate at the collegiate level. Because of this fine tradition, a challenge is set for you to work hard and make sure that your actions reflect the standards that are set up by the athletic department. For the privilege of participating in athletics, all student-athletes must realize that more is expected of

them than other students in our school. As an athlete at Glen Rock, you will be expected to make sacrifices that will benefit yourself, your team, and your school. Members of Glen Rock athletic teams are required to conduct themselves as good citizens, both in school and out. In addition, the Glen Rock school district reserves the right to revoke the privilege of participation if the participant does not comply with the rules, regulations, and expectations in this handbook.

CODE OF ETHICS FOR COACHES

The function of our Glen Rock coaches is to teach attitude, knowledge, skills, and strategies as well as to provide a positive role model for our youth. The students' welfare must be the focus of each coach at all times. The coach should be aware that, in many ways, they could have a tremendous influence on an athlete. The coach is expected to always act in an appropriate manner as an example for our students. The coach must not use profanity at any time in their capacity as a coach. The coach shall support rules that prevent the use of alcohol, drugs, and tobacco. The coach must never place winning above the value of instilling the highest ideals of character.

It is the responsibility of all our coaches to convey the expectation that all players will display appropriate behavior on the field or court, with teammates, with the student body, and traveling to and from games. It is important for each coach to be aware that they are responsible for their own conduct and the conduct of their players at all times.

SPORTSMANSHIP

Responsibilities of the Coach

The coach bears the greatest burden of responsibility for sportsmanship. The coach's influence upon the attitudes and behavior of the players, the student body, and the community are unequalled. In order for good sportsmanship to become a reality, it is essential that the coach subscribe to the values of sportsmanship and teach its principles through words and actions.

- Always set a good example for others to follow;
- Teach the values of honest effort in conforming to the spirit as well as the letter of the rules;
- Instruct the players of their sportsmanship responsibilities;
- Discipline all students who display unsportsmanlike behavior; if necessary forfeit their privilege of representing Glen Rock High School;
- Be a perfect host to opponents; treat them as guests;
- Respect the officials' judgment and interpretation of the rules;
- Public protests can only lead to similar behavior by the players and the spectators; and
- Remind students of the responsibility and privilege of representing Glen Rock High School and the community.

Responsibilities of the Players

- The actions of players often influence the behavior of the spectators. We expect our athletes to display sportsmanship and respect for others at all times;
- Treat all opponents with respect regardless of the score or the outcome of the contest;
- Exercise self-control at all times, accepting decisions and abiding by them;
- Respect the official's judgment and interpretation of the rules;
- Never argue or make gestures indicating a dislike for a decision;
- Only the captain should communicate with the officials regarding the clarification of a ruling;
- Accept both victory and defeat with pride and compassion, never being boastful or bitter;
- Congratulate the opponents in a sincere manner following either victory or defeat;
- Cooperate with your coach and fellow players in trying to provide good sportsmanship, and
- An ejection or removal from a game, for any reason, by an official, coach, or school administrator will result in a suspension from competition for a minimum of one athletic contest.

THE ROLE OF THE PARENT/GUARDIAN IN SCHOOL SPORTS

A very important goal of high school athletics should be to make the athletic experience a positive one for the athletes and parents/guardians. To achieve that goal we must all work together to support the following ideals:

- As a parent/guardian, I recognize that it is vital that I support the efforts and decisions of the coaching staff;
- As a parent/guardian, I also recognize the importance of being a positive role model. Therefore, I agree to conduct myself in a manner consistent with the dictates of good sportsmanship at all home and away contests. I will cheer in a positive manner for our Glen Rock athletes and refrain from criticizing the efforts of officials, players, and the decisions made by coaches;
- I will insist that my child respect team and school rules, game officials, and demonstrate sportsmanship at all times. Self-respect begins with self-control;
- Attendance at practices is a priority for all team members. As a parent/guardian of a team member, I will make every attempt to assure that my child will be able to attend all practices and contests;
- I will support all the rules, policies, and procedures discussed in this handbook; and
- In the event that there is a question concerning your child's role, first encourage your child to communicate honestly, politely and openly with the coach in a private setting. Parents/guardians who want to voice their concerns should communicate with the coach in a respectful, timely, and private setting, but never immediately after a game or a practice when emotions are high. If the meeting with the coach does not provide a satisfactory resolution then the parent/guardian should call and set up an appointment with the Athletic Director.

PUPIL ELIGIBILITY

The NJSIAA constitution sets the following standard for eligibility:

Article V.

Section 1. To be eligible for participation in the interscholastic athletic program of a member school, a student must be enrolled in that school and must meet all the eligibility requirements of the Constitution, Bylaws, and Rules and Regulations, of the NJSIAA.

Section 4. Eligibility rules herewith stated shall apply to all freshman, sophomore, junior varsity, and varsity teams involved in interscholastic athletic competition.

Section 4. B. Eligibility Responsibility - The Principal of a school is responsible for the observance of the eligibility rules contained in this Article and for the entire program of their member school.

Section 4. C. Age – An athlete becomes ineligible for high school athletics if they attain the age of nineteen prior to September 1. However, any athlete attaining age nineteen on or after September 1 shall be eligible for the ensuing school year.

Section 4. E. Credits

1. To be eligible for athletic competition during the first semester (September 1 to January 31), a pupil must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic year.
2. To be eligible for athletic competition during the second semester (February 1 to June 30), a pupil must have passed the equivalent of 12 1/2% of the credits (15) required by New Jersey for graduation (120) at the close of the preceding semester (Jan. 31).

Full year courses shall be equated as one-half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.

PHYSICAL EXAMINATION AND PARENT PERMISSION

Students wishing to participate in athletics must complete the online registration program through Arbiter. Once the student has completed the registration process which includes submitting a valid physical on the Preparticipation Evaluation Form through Arbiter, our school physician will approve the physical and medically clear the student to participate in athletics.

The Preparticipation Evaluation form must be filled out completely including all yes answers explained in the history section and signed by the student and the parent/guardian, all vitals on the physical examination form filled out, and both be stamped and signed by the physician. If corrections are required or a form is missing, an email will be sent to the account email notifying the parent/guardian of what correction needs to be made.

Students will not be allowed to practice until a completed Arbiter Registration has been submitted and approved and medically cleared by the school physician

To view if a participant is *Medically Cleared*, select the Registrations tab and click on Summary. You will see “Memo from Glen Rock Athletics” and it will indicate if the student has been approved and medically cleared to participate. Students will not be allowed to practice until a completed Arbiter Registration has been submitted and approved and the student is medically cleared by the school physician.

If a student has an allergy that requires an EpiPen or asthma, the student must upload their forms to the designated section when completing their Arbiter registration. These forms can be found on the landing page on the right side and can also be found in the registration for that specific season.

Students who have sustained a concussion, injury, or serious illness will be required to provide medical documentation from their physician to the Athletic Trainer or school nurse for medical clearance.

No student will be allowed to participate in a sport until their Guidance Counselor, Principal and/or the Athletic Director insure that they meet the requirements as set forth by the NJSIAA.

Students must practice six days before being eligible to compete in a game or scrimmage.

PHYSICAL EDUCATION REQUIREMENT

Athletics is an outgrowth of the Physical Education Program. Students demonstrating outstanding skill, attitude, and effort are encouraged to participate in athletics. The wide range of activities in physical education gives students an excellent background in physical fitness, lifetime sports, and team sports. Because of the importance of physical education, all athletes will be required to dress appropriately and actively participate in physical education throughout the year. Athletes who are illegally absent or do not participate in physical education classes will not be permitted to attend practices or games on the day of the absence/offense. If a student is absent on a Friday, they will not be allowed to participate in a weekend contest.

SCHOOL ATTENDANCE, ILLNESS, AND PARTICIPATION

In the absence of a note from a doctor or parent/guardian, the school nurse and/or Athletic Trainer will make the final decision as to whether a student may participate in athletics on the day of an illness. The school nurse and/or Athletic Trainer may decide:

- A. That a student should not participate in a practice or a game on the day of an illness and that the student may only observe.
- B. That a student should go home immediately and therefore miss a practice or a game.

If a student arrives at school after 11:00 AM, they may not practice or participate in any after school activities that day unless the lateness was for an approved **excused** reason (see Glen Rock attendance policy for definition of an approved **excused** absence/tardy reasons). Also, if a student should leave the building during the day for illness, they may not return to school that same day to participate in any practice or game.

PRACTICES, GAMES, TEAM GUIDELINES

Athletes must attend all practices, games, and team affairs unless excused by coaches or legally absent from school. To participate in athletic competition, an athlete must be in school for a minimum of four hours on the day of competition. For weekend and holiday games, athletes are required to be in school the last school day preceding the event unless the student has an approved excused reason (see Glen Rock attendance policy for definition of an approved **excused** absence/tardy reason). Parents/guardians will be advised by the coach of exceptions.

- A. It is the responsibility of the athlete to notify the coach if they are in school and are unable to make a practice or game.
- B. Athletes are not to be penalized in any way for missing practices or games because of observance of religious holidays, attendance at religious retreats, or when students attend school-related trips (see Glen Rock attendance policy for definition of an approved **excused** absence/tardy reason).
- C. If an athlete is detained for academic reasons, a note, signed by the teacher, showing the date and time of the meeting, must be obtained and submitted to the coach or their designee.
- D. Athletes make a commitment to a team, and parents/guardians and athletes should understand the time requirement for games and practices. (Some games and practices are held during vacation days.)
- E. Glen Rock is known not only for intensity of competition, but also for fair play. We expect all athletes to be well-behaved and exhibit outstanding sportsmanship at all times.

- F. Athletes involved in out-of-school athletics must inform their Glen Rock High School coach about the out-of-school team in a given season. If there is a conflict, the athletes are expected to commit themselves to the Glen Rock High School team.
- G. All coaches will keep attendance.
- H. No one is allowed to try out for a team after the sixth practice day. Exceptions: overlapping seasons or transfer students
- I. If a student leaves school during the day due to sickness or is sent home from the nurse, they are not eligible to participate in sports that afternoon.

LEAVING THE SQUAD

Players who join athletic teams are expected to remain on the team until the season is completed.

- A. Athletes wishing to leave a team must notify the coach of the particular team.
- B. Students cut from a team may try out for another team during the same season. In this case, permission from the Director of Athletics is necessary if the tryout would occur after the team's sixth practice day. The Athletic Trainer must also be made aware of a student-athlete switching sports within the same season.
- C. Students who quit a team, or are removed for discipline reasons, will not be eligible for a letter at the conclusion of the season.

TRANSPORTATION

Standard procedure is for team members to travel to and from away contests on the school provided transportation in order to participate in the game or scrimmage. Parents/guardians may request permission to transport their child to an away athletic contest provided they submit a request in writing to the Athletic Director or the Principal in a timely manner. Decisions will be based on a case-by-case basis. Also, if a situation arises where parents/guardians must take their child home after an away contest, they may do so by completing the *Request for Release from School-Sponsored Transportation Form* and handing it to the coach.

EQUIPMENT AND UNIFORMS

Athletes are to respect Glen Rock High School uniforms, equipment, and facilities. Athletes are responsible for all equipment issued to them and should return these items in the best possible condition.

- A. Uniforms are to be used only for competition;

- B. The cost of uniforms and equipment not returned to the school will be charged to the athlete. Athletes will not be allowed to try out for a new season until the uniform obligation has been satisfied;
- C. An athlete with a uniform obligation will not receive any athletic awards;
- D. Athletes are to use only the uniforms provided and authorized by the school. There shall be no exceptions; and
- E. If an athlete in their senior year wants to buy their uniform, they must pay the replacement cost if it is possible to order a replacement.

ACTIVITY FEE

There is a fee of \$150 for each of the first two sports a student participates in per school year. There is no charge if a student wishes to participate in a third sport within a school year. The fee is submitted when the online athletic packet is completed. If the fee is not paid, students may be withheld from participating.

RISK FACTOR IN SPORTS

Participation in athletics involves a certain degree of risk for injury. Before going out for a team, the athlete should be aware of these risks allowing the athlete to reduce their chance of injury. Pre-season conditioning, learning the rules, safety factors, and the skills and techniques of a specific sport will improve their chances of having a healthy season.

INJURIES

Athletes injured at practice or a game will immediately notify the coach, the Athletic Trainer, and the school nurse. The Athletic Trainer will evaluate the injury and provide the appropriate treatment. If further medical treatment is required, the Athletic Trainer will contact the athlete's parents/guardians and notify them of the injury. If an athlete visits with a physician for an injury, the athlete must provide medical documentation to the Athletic Trainer or school nurse; this documentation shall include the diagnosis, limitations and/or recommendations, and when the athlete can return to play. If an athlete is injured outside of Glen Rock High School, they will need to provide documentation to the Athletic Trainer or school nurse. **An athlete will not be cleared to return to athletics until medical documentation has been received.** A referral form can be found on the athletics' website or in the group Glen Rock Athletic Training on Schoology. Athletes returning from an illness or injury are required to participate in one practice before competing in a game or scrimmage.

If an athlete sustains a concussion, they will need to visit with a physician who has been trained in the evaluation and management of concussions. A concussion clearance form is required to be completed and returned to the Athletic Trainer. This form can be found on the athletics' website or in the group Glen Rock Athletic Training on Schoology. Athletes who have been diagnosed with a concussion must check-in with the Athletic Trainer on a daily basis to fill out the post-concussion signs and symptoms check-list. Athletes must be asymptomatic for seven consecutive days before commencing the return to

play protocol. The concussion regulation, policy, exhibit forms, and protocol can be found on the athletics' website and the Athletic Trainer's Schoology page.

INSURANCE COVERAGE

- A. The coach and the Athletic Trainer will complete an accident report within 48 hours of the injury. This report will be filed in the nurse's office.
- B. Interscholastic sports insurance covers all athletes; this is a rider policy. All bills are first sent to the athlete's insurance carrier and any remaining costs are then submitted to the interscholastic sports insurance.
- C. The Athletic Trainer issues the athletic insurance claim form only upon the parent/guardian's request.
- D. If an athlete is not covered by any insurance company, the interscholastic sports insurance will be considered the primary carrier.

SPECIALIZATION

It is the philosophy of the Glen Rock Athletic Program to encourage student participation in a number of sports. Student specialization in one sport year round goes against the Glen Rock School District philosophy of developing well-rounded individuals.

VACATION PRACTICE / CONTEST POLICY

When athletes commit to a varsity, junior varsity, or freshman team they should assume that practices and/or contests are usually scheduled during school vacations. It is up to the athlete to decide if they are willing to make the commitment and sacrifice vacation periods, however, in recognition of the athlete's need to be with family during a vacation period, the coaches will try to provide a schedule of activities so that time for family activities is provided. **Athletes are expected to be present for athletic practices and games during vacations. If athletes must be absent and miss a game, they must sit out a game when they return.**

In addition, for every two practices missed, athletes will miss a game. This policy will also apply to athletes who have been suspended from school, and, therefore, missed practices and/or games. To ensure safety, upon return from such an absence, a coach may require the athlete to spend **three days conditioning** before returning to practices or games.

Any absences from practices or games that are associated with other school activities must be related to curriculum. Athletes who attend co-curricular activities which are school sponsored cannot be penalized from participation in their athletic sport when they return. As stated before, to ensure safety, upon return from such an absence, a coach may require the student athlete to spend **three days conditioning** before returning to practices or games.

It should be understood that students must make choices about extra-curricular and co-curricular involvement, particularly when they require major commitments of time and attendance. Unresolved questions related to athletic participation shall be taken to the Principal or their designee.

CODE OF CONDUCT & HIB

“Hazing” activities are prohibited. “Hazing” includes any action or situation, which recklessly or intentionally causes embarrassment to an athlete, endangers the athlete’s mental or physical health, or involves forcing an athlete to do something as an initiation. Hazing is a serious problem and will not be tolerated. Athletes participating in hazing activities will be subject to discipline appropriate to the offense. Penalties may range from suspension to expulsion from the team.

Student-athletes who participate in the interscholastic program have a responsibility to their parents/guardians, team, coaches, and to themselves. Members of Glen Rock athletic teams are required to conduct themselves as good citizens, both in school and out. Unbecoming conduct will result in disciplinary action. If a student accepts the privilege of being a member of a Glen Rock athletic team, they must adhere to certain rules and regulations as outlined below.

Participation in team athletics and other extracurricular activities is a privilege and not a right, and such privilege may be temporarily suspended or permanently revoked based upon inappropriate student conduct both on and off school grounds. For suspension or revocation of participation based on student conduct occurring away from school grounds/events, no consequences shall be imposed upon a student unless the administrator, coaching personnel, or other staff member having authority over the student determines that:

- The imposition of such consequence(s) is reasonably necessary for the student’s physical or emotional safety, security and well-being, or for reasons relating to the safety, security and well-being of other students, staff, or school grounds; and
- The conduct, which is the subject of the proposed consequences, materially and substantially interferes with the requirements of appropriate discipline in the operation of the school.

HARASSMENT, INTIMIDATION, AND BULLYING

HARASSMENT, INTIMIDATION AND BULLYING

The Board of Education prohibits acts of harassment, intimidation, or bullying of a student. A safe and civil environment in school is necessary for students to learn and achieve high academic standards. Harassment, intimidation, or bullying, like other disruptive or violent behaviors, is conduct that disrupts both a student’s ability to learn and a school’s ability to educate its students in a safe and disciplined environment. Harassment, intimidation, or bullying is unwanted, aggressive behavior that may involve a real or perceived power imbalance. Since students learn by example, school administrators, faculty, staff and volunteers should be commended for demonstrating appropriate behavior, treating others with civility and respect, and refusing to tolerate harassment, intimidation, or bullying.

For the purposes of this Policy, the term "parent," pursuant to N.J.A.C. 6A:16-1.3, means the natural parent(s); adoptive parent(s); legal guardian(s); foster parent(s); or parent surrogate(s) of a student. When parents are separated or divorced, "parent" means the person or agency which has legal custody of the student, as well as the natural or adoptive parent(s) of the student, provided parental rights have not been terminated by a court of appropriate jurisdiction.

Harassment, Intimidation, and Bullying Definition

“Harassment, intimidation, or bullying” means any gesture, any written, verbal or physical act, or any electronic communication, as defined in N.J.S.A. 18A:37-14, whether it be a single incident or a series of incidents that:

Is reasonably perceived as being motivated by either any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability, or by any other distinguishing characteristic;

Takes place on school property, at any school-sponsored function, on a school bus, or off school grounds, as provided for in N.J.S.A. 18A:37-15.3;

Substantially disrupts or interferes with the orderly operation of the school or the rights of other students; and that

A reasonable person should know, under the circumstances, that the act(s) will have the effect of physically or emotionally harming a student or damaging the student’s property, or placing a student in reasonable fear of physical or emotional harm to their person or damage to their property; or

Has the effect of insulting or demeaning any student or group of students; or

Creates a hostile educational environment for the student by interfering with a student’s education or by severely or pervasively causing physical or emotional harm to the student.

Schools are required to address harassment, intimidation, and bullying occurring off school grounds, when there is a nexus between the harassment, intimidation, and bullying and the school (e.g., the harassment, intimidation, or bullying substantially disrupts or interferes with the orderly operation of the school or the rights of other students).

“Electronic communication” means a communication transmitted by means of an electronic device, including, but not limited to: a telephone, cellular phone, computer, or pager.

Harassment, Intimidation, and Bullying Reporting Procedure

2023-2024 High School Anti-Bullying Specialist: Ms. Marina Majbour (MajbourM@glenrocknj.org)

The Board of Education requires the Principal at each school to be responsible for receiving complaints alleging violations of this Policy. All Board members, school employees, and volunteers and contracted service providers who have contact with students are required to verbally report alleged violations of this Policy to the Principal or the Principal’s designee on the same day when the individual witnessed or received reliable information regarding any such incident. All Board members, school employees, and volunteers and contracted service providers who have contact with students, also shall

submit a report in writing to the Principal within two school days of the verbal report. The written report shall be on a numbered form developed by the New Jersey Department of Education in accordance with N.J.S.A. 18A:37-15.b.(5). A copy of the form shall be submitted promptly by the Principal to the Superintendent.

[Harassment, Intimidation, and Bullying \(BOE Policy 5512\)](#)

[HIB Reporting Form For Families](#)

[Glen Rock Middle & High School Incident Reporting Form](#)

TRAINING RULES

- A. Athletes are not to use, be under the influence, or in possession of alcoholic beverages, illegal substances, or tobacco products since these are considered health hazards and harmful to an athlete's physical and mental well-being. It is recognized that the use of certain substances is detrimental to the health and performance of athletes. It is important that students and parents/guardians understand the significance of this statement.
- B. Athletes and their parents/guardians are required to sign a NJSIAA "Consent to Random Steroid Testing" permission slip before participating in interscholastic athletics. Failure to sign the consent form renders the student-athlete ineligible.
- C. Athletes are expected to abide by the training rules provided by the coach. Since school disciplinary problems result in missed practice or playing time, athletes should know that poor deportment might result in athletic suspension or dismissal from the team. Disciplinary action will be taken following due process.

Level – 1: Penalty may include suspension for seven or more days or dismissal from the team at the discretion of the school administration. If suspension is more than seven days an athlete may return to practice on the eighth day but may not play in games until the suspension is over.

- Conduct that can be considered dangerous to themselves and/or others;
- Conduct unbecoming an athlete;
- Unexcused absence from practice or game;
- Disobeying coaching rules; and
- The school administration has the prerogative of exceeding any of the previous steps depending on the seriousness of the situation. Any offensive conduct by the athlete at the end of the season will continue into the next season.

Level – 2: Students who use or possess alcohol, drugs, or tobacco; or damage the property of any Glen Rock school or the property of the opposing team; or damage the property of a Glen Rock student or the property of a student from the opposing team; will be suspended from competition and/or practice for a

period of time from two weeks to the end of the season. Removal will become permanent (for drugs and alcohol) unless the pupil seeks reinstatement by following all the provisions below:

- Arrange for a conference between coach, Athletic Director, student, parents/guardians, and administration.
- Participate in a plan for treating the problem for review by administration, Athletic Director, and student assistance counselor.
- Subsequent Violations: Students will be removed from the activity for any subsequent violations. The school administration has the prerogative of exceeding any of the previous steps depending on the seriousness of the situation. Any offensive conduct by the athlete at the end of the season will continue into the next season.

Level – 3: Suspension for a year.

- Physical abuse of a coach or a coach’s property.

Note: The Police Department and the GRBOE share information through a *Memo of Agreement*. Off-campus issues have resulted in consequences listed above.

SCHOOL SUSPENSION

Any athlete on in-school or out-of-school suspension may not participate in any phase of interscholastic activities during the term of the suspension.

INTERSCHOLASTIC ATHLETIC OFFERINGS

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Football	Boys Basketball	Baseball
Boys Soccer	Girls Basketball	Softball
Girls Soccer	Wrestling	Boys Track & Field
Boys Cross Country	Ice Hockey	Girls Track & Field
Girls Cross Country	Boys Track	Boys Tennis
Girls Volleyball	Girls Track	Boys Golf
Girls Tennis	Bowling	Girls Golf
Cheerleading	Cheerleading - Basketball	Boys Lacrosse
	Cheerleading - Competition	Girls Lacrosse

Schedules and directions are available at njicathletics.org

TITLE IX COMPLIANCE

No pupil enrolled in the Glen Rock Public Schools shall be excluded from participation in, denied the benefits of, or be subjected to discrimination in any educational program or activity of this district on the basis of race, color, creed, religion, sexual orientation, national origin, place of residence in the district, social or economic condition, non-applicable disability or because of genetic information or refusal to submit to, or make available, the results of a genetic test.

CONTACT INFORMATION

Athletic Director – Frank Violante

violantef@glenrocknj.org

(201) 445-7700 ext. 8963

Athletic Administrative Assistant – Mary Wolos

wolosm@glenrocknj.org

(201) 445-7700 ext. 8963

Athletic Trainer – Susan Antinori

antinoris@glenrocknj.org

(201) 445-7700 ext. 8891

Athletic Trainer – Eric Hernandez

hernandeze@glenrocknj.org

(201) 445-7700 ext. 8891

School Nurse – Robin Leone

leoner@glenrocknj.org

(201) 445-7700 ext. 8920

**GLEN ROCK HIGH SCHOOL
ATHLETIC REGULATIONS AGREEMENT**

2023 - 2024

Name of Sport

Athlete's Name

Grade

Athlete's Signature

Date

Parent/Guardian's Signature

Date