



**WOODSTOWN HIGH SCHOOL
ATHLETIC DEPARTMENT**



**STUDENT-ATHLETE & PARENT
HANDBOOK**

Summer 2024

Table of Contents



Woodstown High School Administration/Support Staff	1
Athletic Office Contact & Social Media	1
WHS Athletic Website	1
Important Links	1
WHS Athletic Department Mission Statement	2
Membership	2
Woodstown High School Athletic Dept. Directory	2
Registration	2
Student Athlete Eligibility	3
Locker Room Rules and Regulations	5
Equipment	5
Athletic Practices	6
Transportation	7
Athletic Awards	8
Sportsmanship	9
Athletic Events Code of Conduct	11
Student-Athlete, Parent, and Coaches Communication Guidelines	12
Accidents and Injuries	14
Hazing/HIB	15
Sexual Harassment	16
Student Athlete Discipline	16
NJSIAA Steroid Policy	22
NJSIAA Student Transfer Policy	22



Woodstown High School Administration/ Athletic Dept. Support Staff	
Principal	Mr. Richard Senior
Assistant Principal	Ms. Samantha Trapp
Athletic Director	Mr. Joseph L. Ursino
School Nurse	Mrs. Christina Salvatore
Athletic Trainer	Mr. Daniel Evens
Athletic Dept. Administrative Assistant	Mrs. Kimberly Bokash

Athletic Office Contact & Social Media	
Phone	856-769-0144 ext: 55270
Athletic Director Email	Ursino.j@woodstown.org
Athletic Dept. Administrative Assistant	Bokash.k@woodstown.org
X (formerly Twitter)	@WHS_AthleticDir
Facebook	https://www.facebook.com/WoodstownWolverines

WHS Athletic Websites
Woodstown HS Athletic Page
Woodstown HS Athletic Registration Directions
Woodstown HS Athletic Registration Page

Important Links
NJSIAA
NCAA Eligibility Center
National Federation of High School Sports
Tri-County Conference Schedules
NJ.com High School Sports Coverage
WHS NFHS Network Page (Live Stream)



Woodstown High School Athletic Department Mission Statement

The Woodstown High School Athletic Department is consistently dedicated to creating an environment that provides opportunities for academic, social, emotional, and physical skill development. Student-athletes will be encouraged to perform at their fullest potential both academically and athletically. Our coaches will be dedicated to not only success on the field. Our student-athletes will be given opportunities to serve as leaders and develop the characteristics to be productive members of our school and community. Our department is committed to providing coaching, facilities, and resources at the highest level possible to allow our student-athletes to reach their fullest potential.

Membership

Woodstown High School is a member of the Tri-County Conference, West Jersey Football League, and South Jersey Interscholastic Lacrosse League. In addition, Woodstown HS is a member of the New Jersey Interscholastic Athletic Association (NJSIAA) and competes in the Group I playoff tournaments.

Woodstown High School Athletic Department Directory

[Athletic Department Directory](#)

Registration

Prospective student/athletes must complete the two-part registration process before the predetermined date for each season.

To Access the online registration, follow the steps below:

1. Go to <https://woodstownhs-ar.rschooldtoday.com/>
2. Click Athletic Registration tab.
3. Follow the directions provided to create an account. DO NOT create a separate account if you previously created a family account.

The following documents are provided to the parent and student athlete as part of the registration process. Some of these documents require an acknowledgement with an electronic signature.

1. Tri-County Conference Spectator Policy
2. Concussion Consent Form
3. NJSIAA Steroid Testing Policy 2024-2024



4. Opioid Use and Misuse Educational Fact Sheet
5. NJSIAA Opioid Policy Acknowledgement
6. Sports Related Eye Injury Fact Sheet
7. Student Scholastic Safety Act
8. Sudden Cardiac Death in Young Athletes
9. Causes For Elimination From Woodstown High School Athletics

Mandatory Hard Copy Submissions

As of July 1, 2024, only the Medical Eligibility Form is required to be turned in. Your child's physician will retain the physical evaluation form. If your child's physical was within 365 days of starting a sport they are only required to complete and submit the health history update form.

Student Athlete Eligibility

Attendance Eligibility

- Any student absent from school for illness or unexcused absence on the day of a game, a scrimmage, or a practice is not permitted to participate that day. The athlete should not be on school grounds if they are not in school for illness or an unexcused absence.
- If a student-athlete receives an excused absence from school on the day of a game, a scrimmage, or practice then he or she is permitted to participate that day.
- If a student-athlete receives administrative permission for an early dismissal for reasons other than illness, he or she is permitted to participate that day.
- If a student-athlete is absent from school the day before an athletic contest, either for illness or an excused absence, he or she is permitted to participate the next school day provided that the administration has not placed restrictions on that participation (i.e. suspensions).
 - Students who have an unexcused absence on Friday cannot participate until the next school day.
- Students may not participate in practices or athletic contests on any given day if they arrive at MHS after 8:30Am.
- Students who have appointments during the school day are asked to sign-out and sign back into school in the attendance office.
- If a student-athlete is present in school and leave school due to illness, a student-athlete is not permitted to participate that day.

Age Eligibility



- An athlete becomes ineligible for high school athletics if he/she attains the age of nineteen prior to September 1. However, any athlete attaining age nineteen (19) on or after September 1 shall be eligible for the ensuing school year (NJSIAA Constitution, Art. 5, Sec. 3C)
- 9th Grade regulations provide that a student becomes ineligible for 9th grade athletics if they reach age sixteen (16) prior to September 1 of that school year. (NJSIAA Constitution, Art. 5, Sec. 3c)
- Students below the 9th grade are not permitted to practice with students of grade nine (9) through twelve (12). Students in grade eight (8) may begin to practice, participate and compete in summer workouts and leagues with students in grade nine (9) through (12) after the completion and graduation of 8th grade.

Academic Eligibility

- To be eligible for athletic competition during the first semester a pupil must have passed 25% of the credits (30) required by the State of New Jersey for graduation, during the immediately preceding academic year.
- To be eligible for athletic competition during the second semester, a pupil must have passed the equivalent of 12 1/2% of the credits (15) required by New Jersey for graduation at the close of the preceding semester.
- Students may be eligible in the second semester of their senior year even when they carry less than 15 credits during the first semester provided they are meeting their school district's graduation requirements and are passing all courses in which they are enrolled at the start of the first semester.
- No student shall be eligible for high school athletics after the expiration of eight consecutive semesters following his/her entrance into the 9th grade. A student becomes ineligible for high school athletics when the class in which he/she was originally enrolled has graduated.

Physical Eligibility

- All pupils participating in interscholastic athletics must be given a physical examination within 365 days prior to the first practice session. Physicals must be given by the individual's primary health physician. If you do not have a family physician or health insurance, please notify the athletic trainer so arrangements can be made.
- The physical must be completed on the form approved state preparticipation physical evaluation form.
- If the physical is still valid, students are only required to complete and submit the approved health history update form.



- All physical paperwork must be handed to the Nurse by the predetermined date for each season. Failure to turn in the paperwork on-time may result in student/athlete not being cleared by the start of the first practice session
- REMEMBER it may take a minimum of 4-5 business days to process medical paperwork once it is handed in by the athlete.

Multiple Sport Eligibility

- No student is permitted to participate in another sport unless until he/she has met all requirements in the previous sport.
- A student-athlete may not transfer from one athletic team to another during the same season unless permission is granted by the Head Coaches of each sport and the Director of Athletics.
- Athletes are considered members of a team when they have completed one team practice

Locker Room Rules and Regulations

The following rules and regulations shall be in effect for all student-athletes when utilizing the locker room:

- Athletes should not be in the locker room without the supervision of a coach or school official.
- Athletes are not permitted in the coach's office, physical education office, or training room without the supervision of a coach or school official.
- All athletic teams and student-athletes have a responsibility to help maintain a clean locker room.

Equipment

Student-athletes are responsible for the equipment and supplies, which have been issued as part of the tools of each sport. All equipment must be carefully and safely used. All uniforms and team items must be returned in good condition for the future use by other athletes.

- Coaches will be responsible for issuing and collecting athletic equipment.
- Any athlete who quits the team must bring his/her equipment immediately to the coach to be cleared
- At the conclusion of the season, athletes will turn all equipment to their coach.
- All equipment in lockers will be collected by the head coach on designated collection days.



- No equipment is to be taken from the school grounds by students except for use in a contest or for laundering purposes.
- No athletic equipment issued to squad members may be worn in gym class or worn outside of practice or game situations. Coaches must instruct their squad members of this regulation.
- Coaches will alert the athletic department of missing equipment at the conclusion of their season.
- It is the student's responsibility to care for this equipment. Woodstown is not responsible for damaged items.
- If equipment is lost or stolen during the season, the athlete must report the incident to the Head Coach immediately. This equipment is still the responsibility of the student athlete.
- If the school issued equipment is not returned at the end of the season, the coach will make a reasonable attempt to collect the missing items, including but not limited to calling the athlete's parent/guardian. If the equipment is still not returned, the student athlete will be placed on the restricted list until the equipment is returned or paid for to be replaced.
- No student will be permitted to participate with school issued equipment in a second sport until he/she has met all equipment requirements in the previous sport.
- As a matter of safety and facility maintenance, athletes may not wear spikes or cleats in the building

Athletic Practices

- All aspects of practices and games, including transportation to and from the event, is supervised by Board of Education appointed personnel.
- The scheduling of practice locations is to be approved by the Athletic Director. Decisions regarding field usage will be determined by the Athletic Director and the Building Principal with input from the Head Coach.
- Practices on Sundays or religious holidays may be approved under special circumstances with the recommendation of the building Principal and the approval of the Superintendent of Schools.
- The length of an athletic practice depends on many variables, with the most important factor being the well-being of the athletes. Athletic practice sessions generally last 2-2.5 hours.
- "Captains' Practices" are not sanctioned by the school district. All school-sanctioned practices are supervised by a WPRSD Board of Education approved coach.



- Any absence where a student-athlete who chooses to miss an in-season high school event to participate in a sport outside of the high school will result in an unexcused absence and fall under that team's attendance policy

Transportation

- It is the responsibility of the coach to have members of his/her squad ready to board the bus at the designated time
- At least one coach will be present in all vehicles carrying team members. This includes to and from events.
- Bus discipline is important, not only for team control, but for safety. All should remain seated during the trip. Yelling, reaching out the windows, and other forms of misbehavior are not permitted. General bus cleanliness is encouraged after a trip.
- Students are not permitted to leave or enter the rear emergency door except by permission of the bus driver
- No athletic teams or cheerleaders will be transported in private cars for any reason unless it is an emergency. The athletic director and principal will give approval.
- Students who are members of an athletic team should travel to contests on the provide bus and should return on the bus. It is the responsibility of the coach or advisor to see that this regulation is carried out.
- An athlete may be transported home from a team competition by a parent/guardian. The request must be made in writing and approved by the coach and the Director of Athletics in advance.
- Transportation of a student to or from an athletic event by a student's parent/guardian or an adult other than the parent/guardian requires the completion of the Transportation Waiver Request Form.
- It is also important that parents are available to pick up their son/daughter within fifteen minutes after a practice, home game or away game (upon the return of the team bus). It is unfair to the coach to have to wait more than fifteen minutes.



Athletic Awards

The coach should acquaint his/her players at the beginning of the season with the details pertaining to awards. All participants must have completed the respective season as per schedule which includes any playoff games/matches in which that team is involved. He/She must keep records of each player's participation during the season, to enable an accurate list of award winners to be prepared. This list must be given to the director of athletics at the conclusion of a team's season.

It shall be the policy of the Board of Education of the Woodstown-Pilesgrove Regional School District to set the value of athletic awards. Qualifications required for earning athletic awards are based upon standards as set forth in the Coaches Handbook:

1. Participating Awards:

- (a) A chenille "W" with the appropriate sport symbol will be awarded to an individual who has earned a varsity letter in an interscholastic sport. A certificate of award will be given for any subsequent letter earned in the same sport along with a bar pin.
- (b) Any varsity letters individuals earn in additional interscholastic sports will entitle the participant to a chenille letter the first year and a certificate of award for each subsequent year of varsity competition in the same activity along with a bar pin.
- (c) Captain shall receive a star pin.
- (d) All junior varsity players will be awarded a certificate for the first activity in which they have lettered as a junior varsity player.

2. Awards for Additional Accomplishment:

Individual awards for recognition of team accomplishment (league championship, Tri-County championship or higher) shall be given. Only those players who earned "varsity awards" shall be eligible in addition to coaches and managers of the team as approved by the Board. The award shall be a plaque with a team picture and appropriate inscription.

Those athletes who win an individual championship (e.g. district, region, state) will receive a plaque with appropriate inscription.

BASIS FOR AWARDS

In all sports, the athlete must:

- a. Be recommended by the coach.
- b. Keep all training rules.
- c. Attend practice regularly.
- d. Maintain scholastic requirements.
- e. Demonstrate good sportsmanship.
- f. Approval of director of athletics.

2. Additional requirement for the specific sports are:

- Baseball - must play in one quarter of the total games.
- Basketball (Girls & Boys) - must play in one quarter of the total games.



- Cheerleaders - by coaches and director of athletics.
- Cross Country - score eight (8) points in conference, sectional, state meets, or place in a county meet or a meet of higher prominence.
- Field Hockey – must play in one quarter of the total games.
- Football – must play in one quarter of the total games.
- Golf - must play in one quarter of the total matches.
- Lacrosse (Girls & Boys) - must play in one quarter of the total games.
- Managers - serve one year as an assistant.
- Soccer (Girls & Boys) - must play in one quarter of the total games.
- Softball - must play in one quarter of the total games.
- Swimming - score eight (8) points in conference, sectional, state meets, or place in a county meet or a meet of higher prominence.
- Tennis (Girls & Boys) – must play in the one fourth of total matches (play entire sets).
- Track & Field Winter & Spring) - score eight (8) points or score in Tri-County or state meets, or place in a county meet or a meet of higher prominence.
- Wrestling – must participate in one fourth of total matches or place in a county meet or a meet of higher prominence.

In unusual situations (i.e., a long-term injury) special consideration may be given to present an award to an athlete who does not meet the requirements in a specific sport.

Sportsmanship

Good Sportsmanship:

Good sportsmanship should be one of the primary goals of athletic endeavors.

It is especially important that the athletic director and coaches accept the responsibility for encouraging young athletes to handle themselves in a sportsmanlike way and be models of self-control and dignity for players and spectators. Coaches shall include discussions on courtesy and sportsmanlike behavior as part of pre-game activities.

Student fans shall be reminded that their conduct reflects on the schools of this district and that poor sportsmanship will be disciplined.

Parents/guardians and other adult spectators shall also be encouraged to act as models for young people by demonstrating self-control and dignity at all athletic events.

Unsportsmanlike behavior as exhibited through verbal abuse, rude gestures, taunts, obscenities, thrown objects, etc. shall not be tolerated in students, staff or any persons in attendance at district athletic competitions. Discipline may include, but not be limited to, eviction from the competition and prevention from attending further competitions.

The Fundamentals of Sportsmanship

Gain an understanding and appreciation for the rules of the contest.

- To be well informed is essential. All involved must know the rules. Uninformed individuals should refrain from expressing opinions on officials, coaches, and



administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conforming both to the letter and intent of the rule.

Always exercise representative behavior.

- A prerequisite to GOOD SPORTSMANSHIP requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. An individual's behavior influences others whether or not that person is aware of it.

Recognize and appreciate skilled performances regardless of affiliation.

- Applause for an opponent's good performance displays generosity. It is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but also reflects a true awareness of the game by recognizing and acknowledging quality.

Exhibit respect for the officials.

- The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Players should not rationalize their own unsuccessful performances by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is accepting and abiding by the decision made.

Openly always display a respect for the opponent.

- Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Each person needs to be a positive representative for his/her team, school, and family. This is the Golden Rule in action.

Display pride in your actions at every opportunity.

- Each individual must never allow his/her ego to interfere with good judgment and his/her responsibility as a school representative. This value is paramount since it suggests that the person cares about him/herself and how others perceive him/her.

NJSIAA Policies Regarding Sportsmanship

Article IX of the NJSIAA Constitution deals specifically with sportsmanship. The following are excerpts for the NJSIAA Constitution:

Section 1 – Statement of Administrative Responsibility:

- Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship in keeping with the objectives we have set for ourselves. Everyone involved has the obligation to clearly see his/her influence and act accordingly

Section 3 - Association Responsibility

- It shall be the responsibility of every member school to insure that all individuals employed by or directly associated with the athletic program, including student-



athletes and spectators comport themselves in a sportsmanlike manner when representing their school, especially at interscholastic events.

- Unsportsmanlike conduct shall subject the individual to disciplinary action. The member school with which the individual is associated may also be subject to disciplinary action if it is found that the member school's policies, actions, or failure to act, substantially contributed to the individual's conduct.
- Unsportsmanlike conduct shall include but not be limited to the following:
 - Any person (athletic department, staff member, Student-Athlete or a fan or spectator associated with a member school) who strikes or physically abuses an official, opposing coach, player, or spectator.
 - Any person (athletic department, staff member, Student-Athlete or a fan or spectator associated with a member school) who intentionally incites participants or spectators to violent or abusive action.
 - Any person (athletic department, staff member, Student-Athlete or a fan or spectator associated with a member school) who uses obscene gestures or profane or unduly provocative language or action towards officials, opponents, or spectators.
 - Any person (athletic department, staff member, Student Athlete, or a fan or spectator associated with a member school) who engages in harassing verbal or physical conduct related to race, gender, ethnicity, disability, sexual orientation or religion at an interscholastic event.
 - Any school or athletic staff member who is publicly critical of a game official, opponents and/or opposing coaches/players.
 - The administration of a member school will be responsible for the unsportsmanlike conduct of that school's fans or spectators.

Athletic Events Code of Conduct

Tri County Conference Spectator Code of Conduct

Under the Tri County Conference Sportsmanship Policy, unsportsmanlike conduct of **any fan or spectator**, directed towards officials, coaches, players, other spectators, school staff or security, at any/all athletic events including but is not limited to the actions listed below will be subjected to the disciplinary actions listed below:

- Strikes or physically abuses an official, coach, player, or spectator
- Intentionally incites participants or spectators to violent or abusive action
- Uses obscene gestures or profane or unduly provocative language or action towards officials, opponents, or spectators
- Engages in harassing verbal or physical conduct related to race, gender, ethnicity, disability, sexual orientation or religion at an interscholastic event.



- Use of profanity, threatening comments, or biased language before, during, or after an interscholastic event.
- Verbally harasses an official or opponent participant (i.e., coaches or players from any participating school) by using names or uniform numbers.
- Entering the field of play – before, during, or after an interscholastic event.
- Physical altercation with an official, coach, player, school staff, school security, or spectator – before, during, or after an interscholastic event.
- Use of artificial noisemakers or other instruments intended to disrupt the interscholastic event or distract the participants during an interscholastic event.

Violations of the Code of Conduct include:

- Immediate removal from the event and school premises.
- Suspension from the next interscholastic event for a first offense.
- Longer suspensions from interscholastic events for multiple violations in a defined period of time (season, school year, calendar year, etc.).
- Completion of required educational component(s) before attendance at future interscholastic event. The Tri County Conference recommends the following educational components, from the National Federation’s “NFHS Learn” website (www.nfhslearn.com):
 - Positive Parenting within School Programs
 - Sportsmanship
 - Teaching and Modeling Behavior
 - The Parent Seat

Student-Athlete, Parent, and Coach Communication Guidelines

Parent/Coach Relationship Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to student-athletes. As parents, when your children become involved in our Athletic Program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach and your child’s program.

COMMUNICATIONS PARENTS CAN EXPECT FROM OUR COACHES

- Philosophy of the Coach.
- Expectations our coaches have for your child as well as the squad.
- Location and time of all practices and contests.
- Team Requirements, i.e., special equipment, summer/off-season workouts, fundraisers.
- Procedures should your child be injured during participation.
- Disciplinary procedures that result in the denial of your child’s participation.



COMMUNICATION OUR COACHES CAN EXPECT FROM OUR PARENTS

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern regarding a coach's philosophy and/or expectations.

As your children become involved in the Woodstown Athletic Department at Woodstown High School, they experience some of the most rewarding moments in their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged.

APPROPRIATE MATTERS TO DISCUSS WITH COACHES

- The treatment of your child mentally and physically.
- Notification of any schedule conflicts well in advance.
- Specific concern about a coach's philosophy and/or expectations.

As your children become involved in the programs at their high school, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way your child wishes. At these times an appointment should be arranged with the coach. The Athletic Director should be notified, if the problem continues.

ISSUES NOT APPROPRIATE TO DISCUSS WITH OUR COACHES

- Playing Time
- Team Strategy
- Play Calling
- Another Student-Athlete

It is very difficult to accept your child is not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

24-HOUR RULE:

Please do not confront a coach before or after a contest or practice. Meetings of the nature usually do not promote resolution and can be very embarrassing for all parties. A 24-hour period before and/or after a contest is requested unless the immediate safety of the student-athlete is in question.

STEPS TO REQUEST A MEETING



There are situations that deem a conference between the coach and parent. It is important that both parties have a clear understanding of the other's position. The following procedures should be followed to help promote a resolution to the issue of concern. The following order of communication allows for the best interest of the athlete in mind and affords all parties involved a fair voice in the lines of communication.

1. A first-hand message can be left for any coach who teaches at the school.
2. Go to the district website and email the coach.
3. If the coach does not work at the school, call the athletic office, 856-769-0144, extension 55294 and leave a message for the coach to contact you.
4. Please do not confront a coach before or after a contest or practice. At these times, emotions run high, and resolution is not promoted.

The Woodstown High School Athletic Department follows the chain of command listed below. We ask that you observe it if you elect to pursue any concern you may have regarding a specific athletic program. The athletic department can assist parents in scheduling an appropriate appointment with a coach.

1. Assistant Coach, if applicable
2. Head Coach
3. Director of Athletics
4. Principal
5. Superintendent

WHAT STEPS CAN A PARENT TAKE IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

Call the athletic office and make an appointment to discuss the situation with the Director of Athletics. At this meeting, further appropriate steps can be determined.

****Please note that oftentimes, the Director of Athletics will not meet with a parent if a situation has not been discussed at length with the appropriate coaching staff.****

Accidents/Injury

There is a certain amount of risk in all athletics. We will always have unavoidable injuries in sports. We should be careful to eliminate all unavoidable injuries, especially those due to lack of supervision.

1. Coaches may never leave athletes unsupervised during practices or games
2. No equipment should be on the field unless a paid coach is present.
3. No horseplay.



**All injuries, whether they occurred during practice, at a home game, or away game, must be reported to the athletic trainer within twenty-four hours. **

Return to Practice/Competition:

- The determination if athletes can return to practice or an athlete's contest (at the time of injury) will be made in the following order: (school) physician, athletic trainer.
- Once the athlete has been seen by a physician, the trainer will stop all treatment and evaluation unless written permission is given by the treating physician or administer rehabilitation.
- In order for the athlete to return to practice, he/she must be cleared by the treating physician (written notice must be produced).
- Once the athlete is cleared by the attending physician he/she must pass functional tests supervised by the athletic trainer. The athletic trainer at discretion can then limit activity and determine the best course of action for safe return to play, this includes but not limited to determining the length, types of activity, and intensity of practice or game time participation.
- Once cleared to play the athletes should be monitored by the athletic trainer and the coach for signs of regression. The coach must notify the athletic trainer in the event the existing injury becomes abnormally limiting, painful, and prevents athletic performance reasonable to expect given the nature and/or newness of the injury.

Insurance:

For more information, please see WPRBOE Policy 8760-Student Accident Insurance.

- The trainer will fill out any necessary information and insurance forms at the time of the injury or when seeing the athlete after having been treated for the injury.

Hazing/HIB

[WPRBOE District Policy 5541-Anti-Hazing](#)

[WPRBOE District Policy 5512-Harassment, Intimidation, and Bullying](#)

The Woodstown High School Athletic Department has a zero-tolerance hazing policy. The athletic department defines hazing as the performance of any act or the coercion of another to perform any act of initiation into any class, team or organization that causes or creates a substantial risk of causing mental or physical harm. Permission, consent, or



assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy. (Board of Education Policy 5541).

According to the National Federation of State High School Associations, the three types of hazing are social, psychological, and physical. Some of the most common hazing methods are deprivation, humiliation, psychological degradation, calisthenics, alcohol consumption, binge drinking, physical abuse, unlawful restraint, confinement, and exposure.

The entire Athletic Department, including the coaches, players, parents, and administration, need to take an active role in discussing the definition, examples, and adverse effects of hazing with our student-athletes. It is everybody's responsibility to teach our student-athletes and children that no one has the right to embarrass, inflict pain, or humiliate them. We must also instill a culture where our student-athletes and children know they do not have the right to do those others too.

Parents, continue to talk to your children about appropriate and positive team building activities that can help bring a team together and make the newcomers feel welcome and part of the program

Sexual Harassment (WPRBOE Policy 5751)

[WPRBOE Policy 5751-Sexual Harassment of Students](#)

Student Athlete Discipline

Participating in athletic sports and all school activities at Woodstown High School 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 and activities programs at Woodstown High School.

- All students who represent Woodstown High School in an activity or team are expected to conduct themselves in an appropriate and positive manner.
- All students must remember they are students of the school first and participants second. Participation in athletics and activities is a privilege granted to a student, not a right guaranteed to them.
- Being a member of an activity or team does not entitle any student to any special privileges in the school. Rather, it may carry a burden of being a good citizen in the face of peer pressure to become involved in some action which might violate school rules. Our athletes and participants are expected to set examples of good citizenship and cooperation which will reflect upon them as individuals and upon all our athletes and participants in general.



- Students afforded these privileges must assume the responsibilities which always accompany them.

Attendance at Practice

- All athletes are expected to attend all practices and games. Families are reminded that most teams have practices and games scheduled during school holidays and on Saturdays during the school year. It is the responsibility of all athletes to attend these events.
- Students traveling with families on vacation will not be dismissed from the team. However, vacations are not considered excused absences. These situations should be discussed with the individual coach in advance.
 - Sports season will begin and end in accordance with the regulations of the NJSIAA. The starting dates of the athletic seasons are:
 - [Fall Sports Start Dates 2022-2025](#)
 - [WINTER Sports Start Dates 2022-2025](#)
 - [SPRING Sports Start Dates 2022-2025](#)
- No mandatory practices are scheduled for religious holidays.
- Practice sessions are important to the success of all our teams. Each athlete has an obligation to his/her teammates, his/her school, and coach and to himself/herself to be at every practice. Athletes who are absent for unexcused reasons will be disciplined in accordance with the programs attendance policy and chronic unexcused absenteeism may lead to dismissal from the team.
- If the absence from the school has been approved by the building principal or designee, the student may be declared eligible to participate in the practice or game.
- Each team is directed to create an unexcused attendance policy and share it with the players and parents at the start of the season.

Disqualification from Competition

- If a student-athlete is disqualified by an official from an athletic contest, he/she will be suspended from play for two games (one game for football). He/She is not permitted on the premises (home or away) if on suspension.
 - The Athletic Director/Administration reserve the right assign additional discipline following a disqualification.
- Any player/coach disqualified a second time in single or multiple sports will have the penalty doubled (i.e., in football - disqualified for (2) games: all other sports -- four (4) games). Disqualifications will count for 365 days from the date of the first disqualification.



- On the third offense, players disqualified will be suspended indefinitely. Disqualifications will count for 365 days from the date of the first disqualification.
- Should a coach/player be disqualified from the final game/meet of the season, said disqualification will carry over to the next year in that sport.
- The determination to disqualify by an official cannot be appealed. It is fruitless to call the coach, Principal, or Athletic Director to complain. All disqualifications are filed at the NJSIAA office in Robbinsville and will not be reviewed.
- The penalty for subsequent disqualification in the same sport in the same season becomes more severe. Three disqualifications for flagrant unsportsmanlike conduct in a season by team member(s) or coach will automatically eliminate the team from postseason play.
- Seniors who are disqualified from their last game or next to last game will serve the penalty in a subsequent sports season according to the penalty provision of that subsequent sport. When seniors are disqualified from their last game of their high school careers, and are unable to fulfill the penalty, member schools are required to take proper administrative action to discipline the offending student. Seniors who quit a sport and have not fulfilled their penalty in that sport, must serve it in the new sport before beginning playing in the new sport.
- Any coach or athlete disqualified from a contest will meet with the Athletic Director and restorative practices may be implemented.

Discipline/Suspension Procedure

- Coaches are responsible for team discipline. Coaches must inform team members of all team rules prior to the start of their season. Athletes cannot be expected to conform to team rules they do not know about. Team Rules handouts are of value and should be posted.
- Standard disciplinary procedures available to a coach include:
 1. Benching a player for a contest
 2. Not dressing a player for a contest
 3. Demotion of player's status on squad
 4. Suspension from the squad
- Coaches will involve the entire coaching staff of a particular sport in disciplinary action, rather than have one coach arbitrarily dictate discipline "in the heat of a tense moment". It is, however, the head coach's responsibility to make the final determination. Assistant coaches should confer with the head coach whenever possible before taking any disciplinary action. The Athletic Director needs to be informed of any discipline action.



- Students must be given due process and parents contacted by head coach
- All meetings and phone calls should be copied to the Athletic Director.
- Any major violation such as smoking, drinking, drugs, theft or destruction of property will be dealt with by the Coach, A.D. and Principal.
- A student-athlete may not participate on a high school athletic team if that athlete has been suspended or dismissed from another athletic team during the same season.

School Suspension Regulations

Student-athletes represent the total school community. There is a corresponding responsibility to reflect the best possible image for the privilege of such representation. Personal conduct, classroom behavior, as well as general conduct at all activities, in the arena of athletes and at social functions, should always exemplify the highest standard of deportment and citizenship.

- A student who receives an in-school or out-of-school suspension is not eligible to attend or participate in any after school activity and/or event on the day of that suspension. The student is eligible to participate at the conclusion of the suspension

Expulsion from Team

A coach, in coordination with the Athletic Director, has the right and responsibility to suspend team members for disciplinary reasons when the case merits strong action. Expulsion from a team is severe punishment. While expulsion may be appropriate in some cases, expulsion should not become final until the case involved has been discussed and finalized jointly by the coach involved, the head coach of the sport involved, and the Athletic Director.

NJSIAA Steroid Policy

[NJSIAA Steroid Policy](#)

[WPRBOE Policy 2435-NJSIAA Random Testing For Interscholastic Athletics](#)

[NJSIAA Banned Substances 2024-2025](#)

NJSIAA Student Transfer Policy

[NJSIAA Student Transfer Policy](#)