

HADDON HEIGHTS JR/SR HIGH SCHOOL

ATHLETIC HANDBOOK

HIGH SCHOOL ADMINISTRATION

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INTRODUCTION

This booklet has been prepared to enhance communication between parents, student/athletes, coaches and school administrators. Parents and athletes are encouraged to familiarize themselves with its contents. Any concerns or questions may be directed to **Mr. Joe Cramp**, Director of Athletics, at **547-1920, Ext. 5510**.

By design, athletic participation is filled with a great many challenges. Winning is not the most important thing, but trying is. Parents can make a big difference in the success of the athletic program by encouraging their student/athletes and by supporting the coaches and official's decisions.

It is also important to mention that our athletic department feels strongly that individuals should finish what they start. We realize that some circumstances are so compelling that concluding a particular season is not possible. To leave a team because a player is unhappy with playing time, the team's success, or dislike of the coach goes against the type of life lessons we hope to teach through athletic competition. Perseverance, tenacity, and the will to continue through difficult times are beneficial tools that can serve an individual throughout life.

In "Garnet Country" we are proud that "Tradition meets Progress" and athletes, parents, and coaches who involve themselves in our programs are expected to uphold these traditions by exhibiting the highest level of competition and sportsmanship.

Haddon Heights High School Athletics

Sport a Winning Attitude

SPORTSMANSHIP

ETHICS

INTEGRITY

PHILOSOPHY & OBJECTIVES of HEIGHTS ATHLETICS

It is the intent of the Haddon Heights Athletic Department to provide in the junior and senior high schools a comprehensive program of interscholastic athletics for girls and boys. The program shall be managed and teams coached in a manner to achieve the following objective:

- Promote individual and team desire for excellence while emphasizing that interscholastic sports are kept in perspective and that the first priority for all students is intellectual and emotional growth.
- Encourage enjoyment of competition, a desire to win and a healthy perspective toward winning and losing.
- Develop the self-confidence and self-respect of each team member.
- Develop the specialized talents, skills and physical fitness of each participant.
- Develop attitudes and skills, which foster teamwork, cooperation, loyalty and spirit.
- Develop the highest degree of sportsmanship, sense of fair play, and respect for coaches, game officials, and especially fellow athletes, both teammates and opponents.

Our goals are to produce young men and women who have the capacity to be successful citizens in our highly competitive society. We are committed to achieve this goal. We also want student/athletes to leave Haddon Heights High School and be able to say that they were proud to have been part of Heights Athletics. The lessons learned on our playing fields, courts, mats and pools are an important part of the overall development of the youth we serve. There will be no toleration of a “win at all costs mentality” in our athletes, coaches or spectators.

BASIC RULES & REGULATIONS for ATHLETIC PARTICIPATION

Participation in athletics and activities in the Haddon Heights School District is a **privilege**, which carries with it certain responsibilities. A student/athlete is a representative of the school and the entire community. There are certain basic standards expected of the participants in athletics at Haddon Heights.

1. All students who represent Haddon Heights on a team are expected to conduct themselves in such a manner as to reflect credit upon Haddon Heights High School.
 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, it may carry a higher level of accountability of being a good citizen in the face of peer pressure to become involved in some action, which might violate school rules. Our athletes are expected to set examples of good school citizenship and cooperation, which will reflect upon them as individuals and upon all our athletes in general.
 4. Students afforded these privileges must assume the responsibilities, which accompany them at all times.
- Student/athletes must be counted present prior to 10:00 AM. and remain present in school in order to be eligible to participate in practice or games. The only exceptions are:
 1. Previous arrangement with school administration
 2. Approved college visitation or school sponsored field trip.
 3. Approved legal and/or religious dates.
 4. Medical Condition (note required)
 - Repeated lateness on contest dates may result in denial or participation privileges.

ACTIVITY FEE

Co-curricular activities such as athletics are essential components of a well-rounded school experience. These activities carry costs that go beyond the academic program that remains a top priority for the Haddon Heights School District. Costs include coaching stipends, transportation, equipment, officials, security and entrance fees. While our community and School Board continue to support the wide array of sports offerings available to our students, the realities of our school budget necessitate the creation of the Haddon Heights Public School Student Activity Fee. This fee will allow us to maintain many of the programs you have come to expect and enjoy within our school.

1. All participants in athletics will be assessed an annual fee due prior to the **first scrimmage**. This fee covers sports, clubs, and co-curricular activities for the entire school year. There will be a fee of **\$125.00** for the first student in a family. For families with two or more participating children in the Jr./Sr. High School, there will be a **\$250.00 maximum** family fee. Payment allows the student(s) to participate in all co-curricular activities offered that school year.
2. The user-fee for clubs, athletics and extra-curricular activities is non-refundable. Any participant who leaves a team voluntarily or who is dropped for disciplinary reasons is not eligible for a refund.
3. If a student is not selected for a sport, the activity fee will be refunded if it is the only activity in which the student plans to participate during the school year. The parent/guardian must request the refund in writing to the Athletic Director.
4. All payments should be made by check or money order payable to the Haddon Heights Board of Education. You can also submit activity fee payments on-line through the "School Payments" option in the PowerSchool Parent portal. Once you log into PowerSchool, there is a link on the left-hand side called "School Payments". Once in the payment interface you can click on "Items/Fees" at the top to take you to the Activity Fee payment screen. Students who are eligible for free or reduced lunch may be approved for a fee waiver after verification by the Athletic Department.
5. Parents and students should understand that this fee entitles the participant to a place in an activity. It does not guarantee participation time in games, roles, positions, etc. These decisions will be made by the coaches. Fees collected are designed to help defray the cost of operating these activities. If a student is cut from an activity before participation begins, the payment will be returned assuming that this is the only activity in which the student participated.

GROUNDS FOR SUSPENSION and/or REMOVAL FROM TEAM

1. Violation of coach-established team rules.
 - a. First offense –consequences determined by the coach.
 - b. Second offense – Athletic Director notified by the coach, phone call home to the parents/guardians by the coach to make them aware that the next step is removal from the team. Consequences determined by the coach. (suspension from athletic contest(s) may be issued)
 - c. Third offense – removal from the team.
2. Disrespect toward a teacher/coach.
 - a. First offense –consequences determined by the coach.
 - b. Second offense – Athletic Director notified by the coach, phone call home to the parents/guardians by the coach to make them aware that the next step is removal from the team. Consequences determined by the coach. (suspension from athletic contest(s) may be issued)
 - c. Third offense – removal from the team.
3. Involvement in theft while school and/or athletics is/are in session as defined in the school discipline policy.
 - a. First offense – 3-5 days out-of-school suspension; possible police intervention.
 - b. Second offense – 5-10 days out-of-school suspension; possible police intervention.
 - c. Third offense – possible Board of Education hearing recommended. Three strike rule implemented and removed from team.
4. Hazing (initiations) of any type of other students while school and/or athletics is/are in session or school related activities such as team dinners etc. is prohibited and will not be tolerated.
 - a. First offense – automatic one to two week suspension at the discretion of the Director of Athletics or other administrators. (Removal from the team may be warranted here).
 - b. Second offense – removal from the team.
5. Unexcused lateness to practice.
 - a. 1-3 latenesses – consequences determined by the coach. (Suspension from athletic contest(s) may be issued).
 - b. 4th lateness – Athletic Director notified by the coach, phone call home to the parents/guardians by the coach. Consequences determined by the coach. (Suspension from athletic contest(s) may be issued).
 - c. 5th offense – removal from the team.
6. Unexcused absences from practice.
 - a. First offense –consequences determined by the coach. (Suspension from athletic contest(s) may be issued).
 - b. Second offense – Athletic Director notified by the coach, phone call home to the parents/guardians by the coach. Consequences determined by the coach. (suspension from athletic contest(s) may be issued)
 - c. Third offense – removal from the team.

Discipline Continued

The following acts of poor decision making may call for suspension and/or removal from the team.

1. Any athlete while school or school related functions and/or athletics is/are in session is in violation of the schools substance abuse policy.
 2. Smoking or other uses of tobacco that is observed by the coach or another member of the staff while school and/or athletics is/are in session.
 3. Any attitude or behavior which is considered by the disciplining administration to be detrimental to the ethical principles of the group or reflects poorly on the Haddon Heights School District.
 4. Any athlete that uses social media in an unsportsman like manner may call for suspension and/or removal from the team. This may be toward another player, coach or opposing school.
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- Day(s) in which a student/athlete is on suspension, he/she **will not** be permitted to participate in any activity or event that day or night during the duration of the suspension. **NOTE: If a student's suspension ends on a Friday, they are eligible to participate Saturday. If the suspension carries over to Monday, the student is ineligible to participate Saturday.**
 - A student may only carry **2** Saturdays. Once they accumulate the 3rd Saturday, the student is automatically suspended from all co-curricular activities, including sports. (a Saturday constitutes more than 15 absences or an accumulation of latenesses that would equal an absence)
 - Any other discipline situation, which the Director of Athletics feels, should warrant disciplinary action may be suspended and/or removed from their team.

* **NOTE:** Suspensions may be anywhere from 1 to 5 events. Also, coaches reserve the right to add to these rules.

ELIGIBILITY REQUIREMENTS

N.J.S.I.A.A. Requirements:

- A. A student must have earned **30.0 credits** during the preceding school year, including Summer School, to be eligible for the first semester (fall and winter sports), and all students must be passing **15.00** credits on January 31 to be eligible for the second semester (spring Sports). To remain eligible during your sports season, a student may not be failing more than 1 course or have below a 70 cumulative average. This will be checked approximately at the mid-way point of each season.
1. It is recognized that students may accelerate their academic programs during their first three years of secondary schooling. Consequently, such students may be eligible in the 2nd semester of their senior year even when they carry less than the 12 1/2% of the state minimum (15.00 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.
- B. Students must not turn 19 prior to September 1st in order to participate in Varsity or JV sports. Students must not turn 16 prior to September 1st in order to participate in Freshman sports.
- C. Students must not have more than eight consecutive semesters in attendance. (You only have four years of eligibility. If you start as a freshman and miss a year, for any reason, you are no longer eligible after the class you started with graduates.)

It is important to stress that the Haddon Heights High School Athletic Department views academics as the first priority of all student/athletes. If you are having difficulty in one or more subjects you should:

1. Talk to your subject area teacher and attempt to receive extra help.
2. Inform your coach of the situation so he/she will understand if you will need to miss any practice time. Your coach may also be able to help you with your problem.

NCAA Division I Initial-Eligibility Standards

The initial-eligibility standards for NCAA Division I college-bound student-athletes are changing. College-bound student-athletes first entering a Division I college or University on or after August 1, 2016, will need to meet the new academic rules in order to receive athletic aid (scholarship). Practice or compete during their first year.

First , here are three terms you need to know:

Full Qualifier: A college-bound student-athlete may receive athletics aid (scholarship), practice and compete in the first year of enrollment at the Division I college or university.

Academic Redshirt: A college-bound student-athlete may receive athletics aid (scholarship) in the first year of enrollment and may practice in the first regular academics term but may NOT compete in the first year of enrollment. After the first term is complete, the college-bound student-athlete must be academically successful at his/her college or university to continue to practice for the rest of the year.

Nonqualifier: A college-bound student-athlete cannot receive athletics aid (scholarship), cannot practice and cannot compete in the first year of enrollment.

Here are the requirements:

Full Qualifier must:

1. Complete 16 core courses
 - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
 - Seven of the 10 core courses must be English, math or science.
2. Have a minimum core-course GPA of 2.300.
 - Grades earned in the 10 required courses required before the senior year are “locked in” for purposes of GPA calculation.
 - A repeat of one of the “locked in” courses will not be used to improve the GPA if taken after the seventh semester begins.
3. Meet the competition sliding scale requirement of GPA and ACT/SAT score (this is a new scale with increased GPA/test score requirements)
4. Graduate from High School.

Academic Redshirt must:

1. Complete 16 core course
2. Have a minimum core-course GPA of 2.000
3. Meet the academic redshirt sliding scale requirement of GPA and ACT/SAT score
4. Graduate from High School

Nonqualifier is a college-bound student-athlete who fails to meet the standards for a qualifier for an academic redshirt.

NCAA REQUIREMENTS

REQUIREMENTS FOR NCAA DIVISION I & II ATHLETICS

Attached is a list of courses at Haddon Heights High School approved by the NCAA, that may be used to count towards your sixteen core courses minimum G.P.A. requirements for NCAA Division I & II athletics. Beginning August 1, 2016, NCAA Division I will require 10 core course to be completed prior to the 7th semester (Senior Year) of high school.

16 Core Courses for Division I athletics include:

- 4 years of English
- 3 years of mathematics (Algebra 1 or higher)
- 2 years of natural/physical science (1 year of Lab if offered by high school)
- 1 year of additional English, math or natural/physical science
- 2 years of social science
- 4 years of additional courses (from any area above or foreign language or comparative religion/philosophy)

16 core courses for Division II athletics include:

- 3 years of English
- 2 years of mathematics (Algebra 1 or higher)
- 2 years of natural/physical science (1 year of Lab if offered by high school)
- 3 year of additional English, math or natural/physical science
- 2 years of social science
- 4 years of additional courses (from any area above or foreign language or comparative religion/philosophy)

English

Title

- = English 1/Literacy
- = English 2/Literacy
- = English 3/Literacy
- = English 4/Literacy
- AP ENGLISH COMPOSITION
- AP ENGLISH LITERATURE
- CREATIVE WRITING WORKSHOP
- ENGLISH 1
- ENGLISH 1/H
- ENGLISH 2
- ENGLISH 2/H
- ENGLISH 3
- ENGLISH 3/H
- ENGLISH 3A
- ENGLISH 3B
- ENGLISH 4
- ENGLISH 4/H
- ENGLISH 4A
- ENGLISH 4B
- JOURNALISM
- PHILOSOPHY IN LIT 1
- PHILOSOPHY IN LIT 2
- PUBLIC SPEAKING
- SCIENCE FICTION

Social Science**Title**

=US HISTORY I M
=US HISTORY II M
=WORLD HISTORY M
ABNORMAL PSYCHOLOGY
AMERICAN WARS
AP EUROPEAN HISTORY
CONSPIRACY THEORIES IN AMERICAN HISTORY
CONTEMPORARY ISSUES
CONTEMPORARY ISSUES II
MINORITIES IN AMERICA
POLITICAL SCIENCE
RECENT WORLD AND US HISTORY
SOCIAL JUSTICE
SOCIOLOGY
US HISTORY 1
US HISTORY AP
US HISTORY 1/A
US HISTORY 1/B
US HISTORY 2
US HISTORY 2 AP
US HISTORY 2/A
US HISTORY 2/B
US HISTORY 2/H
US HISTORY I/H
WORLD HISTORY
WORLD HISTORY B
WORLD HISTORY/A
WORLD HISTORY/CULTURES
WORLD HISTORY/CULTURES/A
WORLD HISTORY/CULTURES/B
WORLD HISTORY/CULTURES/H

Mathematics**Title**

= ALGEBRA I M
=ALGEBRA II M
=GEOMETRY M
ALGEBRA 1
ALGEBRA 1/H
ALGEBRA 2
ALGEBRA 2/TRIG
ALGEBRA 2/TRIG/H
ALGEBRA I PART 1 (.5 MAX UNITS/YR)
ALGEBRA I PART 2 (.5 MAX UNITS/YR)
CALCULUS
CALCULUS/AP
CALCULUS/INTRO
GEOMETRY
GEOMETRY/H
INTERACTIVE ALGEBRA 2
INTERACTIVE ALGEBRA 1
INTERACTIVE GEOMETRY
PRE-CALCULUS
PRE-CALC/H
SENIOR ALGEBRA WITH TRIG.
STATISTICS
STATISTICS HONORS
STATISTICS/AP
TRIGONOMETRY

Natural/Physical Science	Title	Lab
	= BIOLOGY M	X
	= PHYSICAL SCIENCE M	
	AP PHYSICS 1	X
	AP PHYSICS 2	X
	ASTRONOMY	X
	BIOCHEMISTRY	X
	BIOLOGY	X
	BIOLOGY/A	X
	BIOLOGY/AP	X
	BIOLOGY/B	X
	BIOLOGY/H	X
	CHEMISTRY	X
	CHEMISTRY/AP	X
	CHEMISTRY/H	X
	CHEMISTRY CONCEPTS	X
	EARTH SCIENCE	
	ENVIRONMENTAL SCIENCE	X
	FORENSIC SCIENCE	X
	GENERAL SCIENCE	
	GENETICS	X
	HUMAN ANATOMY I	X
	HUMAN ANATOMY II	X
	INTEGRATED SCIENCE	X
	ISSP	X
	MARINE BIOLOGY	X
	MICROBIOLOGY	X
	PHYSICAL SCI/H	X
	PHYSICAL SCIENCE	X
	PHYSICS	X
	PHYSICS/H	X
	PHYSICS/AP	X
	SPACE SCIENCE	X
	STEAM THE PHYSICS OF ART WITH ALL PHYSICS	X
	STUDIES IN PHYSICAL SCIENCE	
	ZOOLOGY	X

Additional Core Courses	Title
	= SPANISH LANGUAGE AND CULTURES
	FRENCH 1
	FRENCH 2
	FRENCH 3
	FRENCH 4
	HONORS FRENCH 3
	HONORS FRENCH 4
	HONORS SPANISH 3
	HONORS SPANISH 4
	ITALIAN 1
	ITALIAN 2
	ITALIAN 3
	ITALIAN 4
	SPANISH 1
	SPANISH 2
	SPANISH 3
	SPANISH 4
	SPANISH/AP

Athletic Training Procedures

Schedule

Regular school day

- From arrival until the conclusion of the athletic contest/practice session. Arrival time may vary depending on the season. It is the responsibility of the student athlete to touch base with the athletic trainer for a treatment time.

Weekend / Holiday / Irregular school days

- These times will vary throughout the school year; it is the student athlete's responsibility to check with the athletic trainer for availability.

Duties

The athletic trainer works under the direction of the school physician. The daily tasks consist of but are not limited to:

- Evaluating new/old injuries.
- Providing treatment procedures appropriate for the student athlete's injury.
- Documenting all procedures and injuries.
- Taping/bracing injured athletes for practice/games.
- Providing first aid for athletic injuries.
- Referring injured athletes to a physician.
- Maintaining an athletic training facility and medical supplies.
- Educating student athletes and coaches regarding the injury.
- Preventing injuries: educating athletes and coaches, proper hydration/nutrition, proper equipment, safe playing fields.
- Communicating with the athlete's parents, coaches, and doctors to assure all are informed on the status/prognosis of an injury.

Required Athletic Forms to Participate

Athletes must have the following forms filled out before they are able to participate in any sport.

1. Sports Physical – All athletes must have a physical examination done within **365 days** of the first day of practice to participate. The physical examination should be completed at his/her medical home. If a student does not have a medical home, the school nurse will arrange for the school doctor to perform the physical. The physical exam must be recorded on the state mandated form and must be reviewed and approved by the Haddon Heights School District physician prior to an athlete being medically cleared for participation. This process could take 3-5 days.
2. Register online at www.familyid.com . On this website you will complete the following:
 - a. Medical History Update Questionnaire
 - b. Review Policies
 - c. Student/Parent Risk Agreement
 - d. Parent Consent to Participate
 - e. Athletic Participant Contract
 - f. Health History Questionnaire Agreement
3. Activity Fee form filled out and returned by the set date listed on the form.

4. Doctor's Notes

Any time the student athlete is under a doctor's care for: illness, school related injury, non-school related injury, it should be brought to the attention of the athletic trainer and the school nurse.

A note from the doctor needs to consist of:

- Diagnosis
- Recommended treatment / rehabilitation
- Physical education / athletic restrictions (if any)
- Date of next appointment (if any)
- Date of clearance (if any)

This will be required before the athlete will be permitted to return to participation.

Insurance

Haddon Heights School District will provide primary or secondary insurance for a student athlete who is injured while participating in an athletic activity. Haddon Heights School District will provide secondary coverage for a student athlete who currently has primary insurance coverage. In the event that the student athlete does not have primary insurance, the Haddon Heights School District will provide primary coverage for such an individual. It is the responsibility of the athlete to be evaluated by the athletic trainer in order to facilitate this process. Upon evaluation and referral by the athletic trainer, a form will be initiated by the athletic trainer and mailed for completion to the athlete's residence. This form must be completed and returned to the school board office within 60 days of the initial injury or the athlete will not be covered by Haddon Heights School District insurance.

Equipment

Medical kits will be distributed to each coach for all sports and levels. In the event that your supplies run low the athletic trainer will stock the kits upon request. Please do not allow the student athlete's to stock the medical kits; many times the supplies do not reach the proper destination. At the conclusion of the season please return the medical kits to the athletic training room.

All equipment issued to an athlete from the training room is the responsibility of that athlete. When an athlete is no longer in need of the equipment, it should be returned to the athletic trainer immediately. Any athlete who does not return his/her equipment will be required to pay to have it replaced.

OTHER USEFUL INFORMATION

EQUIPMENT / UNIFORMS

- All equipment/uniforms issued to you are **your** responsibility. If lost or stolen, you are responsible to pay for items. Notify your coach immediately if something is missing.
- No athlete will be permitted to participate in a second sport until he/she has met all equipment requirements of a previous sport. Upon completion of the athletic season the athlete must return all school issued athletic equipment/uniforms within five (5) school days unless the coach sets predetermined date. Failure to comply will result in the holding of all permanent records.

TRANSPORTATION

All student/athletes must use the transportation provided by the district to all away contests. If an emergency does occur, prior parent/guardian permission **must** be obtained. The procedure for this is as follows:

Parent/guardians must make advance request in writing or by email for the release of their son/daughter. This request must be brought to the coach.

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 children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communications you should expect from your child's coach:

1. Philosophy of the coach
2. Expectations the coach has for his/her players on the team.
3. Location and times of all practices and games.
4. Team requirements: i.e. special equipment, off-season conditioning.
5. Discipline that results in the denial of your child's participation.

Communications coaches expect from parents:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to a coach's expectations.

Appropriate concerns to discuss with coaches:

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

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

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategies
3. Play calling
4. Other student athletes

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH – THE PROCEDURE YOU SHOULD FOLLOW IS:

1. Call to set up an appointment
2. The Haddon Heights High School telephone number is **547-1920**.
3. If the coach is not in the building or cannot be reached, call the Director of Athletics, Mr. Joe Cramp. He will set up the meeting for you.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolutions.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Director of Athletics to discuss the situation. The phone number is **547-1920, Ext. 5510**.
2. At this meeting the appropriate next step can be determined.

HADDON HEIGHTS JR./SR. HIGH SCHOOL

SPORTS OFFERINGS

FALL	Varsity	J.V.	Frosh	Jr. High
Girls Field Hockey	X	X		X
Football	X	X		
Girls Soccer	X	X		X
Boys Soccer	X	X		X
Cross Country - Boys	X			X
Cross Country – Girls	X			X
Girls Tennis	X	X		
Cheerleading	X			

WINTER				
Girls Basketball	X	X		X
Boys Basketball	X	X	X	X
Wrestling	X	X		X
Indoor Track	X			
Swimming*	X			
Cheerleading	X			

SPRING				
Softball	X	X	X	
Baseball	X	X	X	
Boys Tennis	X	X		
Girls Track & Field	X			X
Boys Track & Field	X			X
Golf*	X			
Girls Lacrosse	X	X		

* Indicates Co-ed Activities

ATHLETIC AWARD POLICIES

Individual letters are awarded to those participants who meet the requirements of the individual sports.

Certificates are awarded to all squad members who participated.

Special awards (trophies, plaques, etc.) **may be awarded** to individuals at the awards program.

The athlete **must** complete the season to receive any award.

For an athlete with a season ending injury, he/she **must** attend each practice and game to be eligible to receive their award. It is the responsibility of the athlete to communicate with the coach their injury status. If your son/daughter cannot make a practice or game due to a Dr's appointment, therapy, etc., the athlete must let the coach know. Otherwise it will be an unexcused absence.

GENERAL PROVISIONS CONCERNING AWARDS:

Requirements for Varsity letter awards:

Football	1/2 of all quarters played
Field Hockey	1/2 of all games played
Soccer	1/2 of all games played
Tennis	1/2 of all matches
X-Country	Participate in two-thirds of the meets
Basketball	1/2 of total quarters played
Wrestling	1/2 matches per year in dual meets
Swimming	Swim in 3/4 of all meets & average six points per meet
Baseball	1/2 of all games played
Softball	1/2 of all games played
Lacrosse	1/2 of all games played
Golf	Played in 3/4 of all matches
Track	(1) Score 1 point in an individual meet, (2) on a relay team which won a medal in a championship meet, or (3) averaged one point per meet in dual or triangular meet.

AWARDS GUIDE

LETTERS, CERTIFICATES and PINS

The following list includes the guide for awards won at Haddon Heights High School.

1. First Varsity letter in any letter activity:
 1. Varsity Letter
 2. Varsity Certificate
 3. Pin for that sport
2. Second etc. Varsity letter in same activity:
 1. Pin for that sport
 2. Varsity Certificate
3. Varsity Letter in different sport after receiving initial letter:
 1. Pin for that sport
 2. Varsity Certificate
4. All freshmen and JV participants will receive a certificate.

The Garnet Varsity Award: An award presented to an athlete who has received a total of nine (9) varsity letters in three different sports. This award will be presented at Graduation.

The Scholar/Athlete Award: A plaque is awarded to the varsity player of each team who has accumulated the highest grade point average during their particular season. (Freshman are ineligible for this award due to the lack of grades)

WEIGHT ROOM RULES

- 1. MUST be supervised at all times!**
- 2. No one is permitted to use FREE WEIGHTS without a spotter!**
- 3. Clean up after finished using equipment.**
 - Wipe down machines.**
 - Put weights on racks.**
- 4. Must be dressed properly – Shorts, T-shirt and sneakers.**
- 5. Absolutely NO FOOD or DRINKS permitted.**
- 6. No Horseplay – The supervisor has the right to remove you.**
- 9. Please ask questions if you are not sure what to do!**

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 the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

A good sport, student or parent, is a true leader in the community. As a parent of a student at Haddon Heights High School, your sportsmanship goals should include:

- To realize that athletics are part of the of educational experience, and the benefits of involvement go beyond the final score of a game;
- To encourage our students to perform their best, just as you urge them on their class work;
- To participate in positive cheers that encourage your child and to discourage any cheers that would redirect that focus.
- To learn and understand the rules of the game and to respect officials who administer;
- To respect the task our coaches face as teachers, and to support them as they strive to educate our youth;
- To respect our opponents and knowledge their efforts; and
- To develop a sense of dignity under all circumstances.
- **To be a fan ... not a fanatic!**

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

We look forward to serving you in the year ahead, and appreciate your continued support. You can follow Garnets Athletics on Twitter @HHGarnets.

GO GARNETS!!

