

“The ultimate victory  
in competition is  
derived from the  
inner satisfaction  
of knowing that you  
have done your best  
and that you have  
gotten the most out of  
what you had to give.”

Howard Cosell

**GO COUGARS**



**2018-19**  
**Parent-Athlete**  
**Handbook**

**Research indicates that a student involved in co-curricular activities has a greater chance of success during later life.**

**Many of the lessons learned as a result of athletic participation are the same ones that will promote successful adult lives.**

**Our athletic programs are established for the direct and long-lasting development of the total child**

### **Junior Year**

- Meet with your guidance counselor to ensure you are on target with your core academic requirements. Discuss your GPA and class rank.
- Schedule yourself to take the SAT and/or the ACT. Consider using a study aide prior to the exam
- Stay active in your extra-curricular activities. Consider volunteering for a community activity or event.
- Obtain the NCAA Guide for the College Bound Student-Athlete. Read it and understand it
- Review and update your college list. Be sure that you have current names of coaches and recruiters. It will be important to start targeting schools that fit your level of playing ability (DI, DII, DIII and NAIA).
- Update your player profile each semester. Consider your GPA, class rank, test scores, academic honors, your playing stats and honors. Be sure your personal contact information is current.
- Review the NCAA recruiting rules and regulations. Know what the timelines are for college coaches,
- Have an influential person write a letter of recommendation to college coaches on your behalf.
- Mail your updated player profile, each semester, to the colleges on your list. (Evaluate your previous mailing)
- Promptly fill out all college questionnaires that you receive. Update your log of colleges who contact you.
- Update your videotape and have available to send to college coaches upon request.

### **Senior Year**

- Apply for financial aid! Register with the NCAA Clearinghouse early!
- Meet with your guidance counselor to ensure you are on target with your core academic requirements,
- Schedule yourself to re-take the SAT and/or the ACT. Scores should be sent to the NCAA Clearinghouse
- Stay active in your extra-curricular and community service oriented activities.
- Review and update your college list. Be sure that you have current names of coaches and recruiters. By now you should be targeting schools that have expressed interest in your abilities as a college athlete.
- Update your player profile each semester. Consider your GPA, class rank, test scores, academic honors, your playing stats and honors. Be sure your personal contact information is current.
- Review the NCAA recruiting rules and regulations. Become familiar with Letter of Intent dates.
- Prepare yourself to talk with college coaches both via the phone and through on-campus visits. Educate yourself on what the coaches are looking for and know what questions you should ask the coaches and recruiters.
- Mail your updated player profile, each semester, to the colleges on your list. (Evaluate your previous mailing)
- Update your cover letter, update your log and update your video.
- Use a decision matrix to help you weigh the advantages and disadvantages of the schools that interest you.
- Continue your studies and working hard on your athletic abilities. In a large number of cases, college coaches are still looking for qualified student-athletes as late as August after their senior year.

## HOW TO PLAN FOR COLLEGE ATHLETIC RECRUITING

### Freshman Year

- Most importantly, get settled into high school. Concentrate on your high school curriculum and become familiar with your new surroundings. Get off to a great start with your grades and understand that your GPA and class ranking will be important issues when seeking out a college.
- Talk to your guidance counselor to make sure you understand college entrance requirements
- Begin saving information about your scholastic and athletic achievements.
- Consider getting involved in an on-campus club.
- Seek out the advice of a current or former college athlete who is willing to answer some of your questions about what it takes to compete at the collegiate level.
- Seek out advice on the college recruiting process. Understand what college coaches are looking for.
- Put together your initial player profile. This should be done at the conclusion of the season for your particular sport. Plan on updating your profile, at least, every semester throughout your high school career.
- Begin researching colleges that have your sport and your desired academic field. Keep your options open and think about schools from different areas of the country. Make a list of these schools.
- Begin thinking about people or resources that can assist you with contacting colleges on your behalf. Make a list of these people and resources.

### Sophomore Year

- Meet with your guidance counselor to ensure you are on target with your core academic requirements.
- Schedule yourself to take the PSAT. Do not miss this opportunity. Consider using a study aide.
- Stay active in your on-campus community. Consider taking on a leadership role of some sort.
- Research the names of college coaches and recruiters at the schools that are on your list. Be sure you have the exact address for the athletic department, and the name of the coach or recruiter.
- Write a cover letter that you can send to college coaches. It is a good idea to also have an influential person write a letter of introduction on your behalf. The letter will be sent to coaches along with your player profile.
- Secure an e-mail address you can use the remainder of your high school career. Keep your address simple!
- Update your player profile each semester. Consider your GPA, class rank, test scores, academic honors, your playing stats and honors. Be sure your personal contact information is current.
- Do an initial mailing of your profile to the colleges that are on your list. (200-300 for Maximum exposure)
- Review the NCAA recruiting rules and regulations. Know what the timelines are for college coaches.
- Promptly fill out all college questionnaires that you receive. Create a log of colleges who contact you.
- Put together videotape that highlights some of your athletic performance. The video should be available for mailing to college coaches upon request.
- Consider attending a summer camp to enhance your playing abilities.

# *Montgomery Athletics*

“Academic & Athletic Excellence ”

### Philosophy Statement

**The Montgomery School district believes that a dynamic program of student activities is vital to the educational development of the student. Athletic participation is an integral part of the total educational program in the Montgomery Township School District, providing a variety of experiences to aid with development of favorable habits and attitudes in students that will prepare them for adult life.**

### Mission Statement

**The goal of the Montgomery Athletic Program is to provide an environment in which student athletes can learn to compete honestly and successfully in a supportive atmosphere. While it is important that athletes and coaches strive to win, it is far more essential that our players place effort and sportsmanship first among their priorities, understanding that true success cannot be measured by simply looking at the final result of the contest, but by the admirable methods through which it was achieved.**

### Program Goals

**The ultimate goal of the athletic program is to:**

- 1. Realize the value of participation without overemphasizing the importance of winning.**
- 2. Develop and improve positive citizenship, leadership, and sportsmanship.**
- 3. Realize that these young men and women are student athletes, and the athletic and academic program must always be kept in proper balance.**
- 4. Offer students an enjoyable experience.**
- 5. Provide the greatest opportunity possible for athletes to participate in both practice and competitions.**
- 6. Promote personal improvement in skills, physical condition and knowledge of the sport.**
- 7. Promote programs of excellence which will accomplish the above and lead to success on and off the playing field.**

### Academics

The number one priority for your son or daughter at Montgomery High School should be the pursuit of academic excellence. We feel that athletics works toward the same end. Students are encouraged to seek extra help if necessary. Student athletes should take advantage of the extra help that is provided after school. Please see your individual teacher to find out what days they are providing extra help.

Athletics also provides student athletes with the opportunity to develop time management skills. Student athletes should work to budget time so that they can meet both their athletic and academic responsibilities. If they are experiencing difficulties in their areas, they should consult coaches for assistance.

### Eligibility

As a student athlete, eligibility to participate in any sport is dependent upon meeting all criteria of the NJSIAA and the Montgomery Board of Education .

To be eligible for athletic competition during the first semester (September 1 to January 31) of the 10<sup>th</sup> grade or higher, a student athlete must have passed a minimum of 30 credits during the immediately preceding academic year. All incoming 9<sup>th</sup> graders are automatically eligible during the first semester.

To be eligible for athletic competition during the second semester (February 1 to June 30) of the 9<sup>th</sup> grade or higher, a student athlete must be passing 15 credits, which will be determined from the grades of the first and second marking periods as well as any mid-term exams.

Any summer work for failed courses during the previous academic year that have been completed and approved by the school may be used for eligibility purposes. No student shall be eligible for high school athletics after the expiration of eight consecutive semesters following his/her entrance into the 9<sup>th</sup> grade. A student who turns 19 before September 1<sup>st</sup> of any school year shall be ineligible for the remainder of the student's high school career. Any student who has participated at any high school level before entering 9<sup>th</sup> grade will be ineligible at the conclusion of 8 consecutive semesters of such participation.

Any transfer student who has not had a bona fide change of address must complete an NJSIAA Transfer Waiver Form and be cleared by the NJSIAA prior to participation in scrimmages or games.

Any transfer student who was on a varsity team or played in a varsity game and has not had a bona fide change of address will be required to sit out 30 days from the first scheduled game in a season. Any transfer student who has a bona fide change of address does not have to sit out any days regardless of previous varsity status.

## *Parent Code of Conduct*

1. Be sensible and responsible and keep your priorities in order. There is much more at stake than a win/loss record.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize "improved" performance, not winning.
5. Don't relive your own athletic past through your child.
6. Provide a safe environment for training and competition.
7. Control your emotions at games and events.
8. Be a "cheerleader" for your child and other children on the team.
9. Respect your child's coaches. Communicate with them in a positive way.
- 10. BE A POSITIVE ROLE MODEL.**

## Athletic Department/Team Consequence

### **Unexcused Absence:**

1st Unexcused Absence - Coaches Discretion - 1 game suspension maximum  
2nd Unexcused Absence - 1 game suspension and meeting with athlete  
3rd Unexcused Absence - 2 game suspension and meeting with athlete and parent  
4th Unexcused Absence - Suspension from team and meeting with athlete, parent and athletic director.

Consequences for unexcused absences **are not cumulative** from sport to sport or year to year.

### **Out of School Suspension:**

1st Suspension – The athlete returning from suspension will have to practice an equal number of days that they were suspended from school before they can return to play. For example if an athlete was suspended for 5 days, they will not be permitted to play in any games until 5 days of practice have been fulfilled. If a game falls on any of those 5 days, the athlete will be expected to practice on that day to be counted as a practice day.

2nd Suspension - Suspension from team and meeting with athlete, parent and athletic director.

Athletes are not permitted to practice or compete in any contests while under out of school suspension. Athletes are not permitted to attend any athletic contest home or away while under out of school suspension.

Consequences for out of school suspensions **are not cumulative** from sport to sport or year to year.

### **Missing Practice for Vacations (multiple days missed):**

The penalty for missing practice or games during vacations will be at the coaches' discretion. The maximum penalty is one game suspension for each game missed and one game suspended for every two practices missed. This penalty will be in addition to the games and practices missed while on vacation.

Consequences for vacations are **not cumulative** from sport to sport or year to year.

**Any student-athlete who fails to demonstrate good citizenship or observe school rules for pupil conduct may forfeit his/her eligibility for participation in athletic competition.**

## Harassment, Intimidation & Bullying (HIB)

The Montgomery Township School District does not tolerate harassment/bias based on race, religion, ethnicity, sexual orientation, national origin or disability. Reports of such actions and/or written, verbal or social media statements by students will be investigated and appropriate consequences administered. Students who have witnessed or been victimized by harassment/bias statements/actions or bullying should report the incident immediately to a teacher, coach, counselor and/or an administrator. For detailed information regarding district Policy 5512 Harassment Intimidation and Bullying please visit the Montgomery Township School District website or the Montgomery High School website. If you would like to file a formal complaint regarding Harassment Intimidation and Bullying, please contact Montgomery High School Principal Paul Popadiuk at ppopadiuk@mtsd.us

### Hazing

Hazing is any activity involving someone joining or participating in a group that humiliates, degrades, abuses, or risks personal harm, regardless of the individual's willingness to participate. Hazing will not be tolerated by the Montgomery Township School District. Students who have witnessed or been victimized by harassment/bias statements/actions or bullying should report the incident immediately to a teacher, coach, counselor and/or an administrator.

### Risks Involved in Athletics

When you sign the consent form required of all student athletes, you are informed of the risks involved in athletics. Despite all of the precautions taken in regard to preparation, equipment, facilities and training, the risk of injury still exists. The risk of injury is inherent in all sports, and despite the use of protective equipment and proper technique, the risk of injury may be severe, including fractures, brain injuries, paralysis and even death. While the risk of the most severe consequences is small, you must be fully aware that accidents can happen even under the most perfect circumstances.

### Joining an Interscholastic Team

It is important to note that being on an athletic team at Montgomery High School is a **privilege** not a right. All students grades 9-12 who are academically eligible can sign-up for athletic teams. There will be one sign-up week for each of the three seasons (see below). Students will sign-up in the nurses office during that week. The nurse will distribute all paper work necessary for students and parents to fill out at that time. All paperwork is always available in the nurse's office or it can be found on the athletic web site. Publication of the dates for these meetings will be done in the following ways:

- Signs will be put up in the hallways
- Announcements will be made
- The information will be posted on the athletic web site
- Information will also be e-mailed

### Sports sign-up weeks

**Fall season**, is generally at the end of May. **Winter Season** is generally at the end of October and **Spring Season** is generally at the end of January.

## Montgomery High School & Upper Middle School Sports Sign-up & Registration Information

In order for your child to be cleared to participate on a sports team, the 3 step process detailed below must be completed.

### **Step 1 – Sign-up with the Nurse:**

You must sign-up for a sport with the school nurse during the sign-up periods for each sport and season. The school nurse will give your child either the Physical Evaluation Form or the Health History Update Form depending on your child's last sports physical date. All Physical Evaluation Forms must be reviewed by the school physician per NJ state law in order for your child to be cleared to participate.

A new Allergy Action Plan Form is required once per year **ONLY** if your child's physician has prescribed an Epi Pen for your child's allergy. The allergy action plan must be renewed by your physician each school year. Please note that your child will not be allowed to participate in athletics without a completed and updated Allergy Action Plan on file in the nurse's office.

### **Step 2 - Register Online with FamilyID:**

Montgomery Athletic Department uses the FamilyID athletic registration program. You must register for a team each sports season. Failure to register each season with FamilyID will prevent your child from being cleared to participate. The FamilyID program does not include the submission of the Physical Evaluation Form, the Health History Update Form or the Allergy Action Plan. Please visit the athletic home page on the district's website to begin the registration process.

### **Step 3 - ImPACT Baseline Test (MHS Sports only):**

The online ImPACT baseline test is required once a year during your freshman & junior years before the athlete's first sport. If you are going to be in 9<sup>th</sup> or 11<sup>th</sup> grade or you are new to Montgomery High School, you will need to take the baseline test. If you are currently being treated by a doctor for a concussion, do not take the baseline test and see one of the Athletic Trainers ASAP.

### **Physicals**

In order to participate in interscholastic athletics, a student must have a physical examination by their primary care physician. Physicals are only good for one calendar year. All physical must be signed by your doctor and the school districts doctor to be valid. The best time for physicals are June & July. This will cover you for the entire school year.

**Please Note:** All the information listed above can be accessed by going to the athletic departments website at: <http://www.mtsd.k12.nj.us/athletics>

### **Religious Holidays**

We do not schedule games on religious holidays. Some teams will conduct practices during religious holidays. These practices are for skill development and conditioning only. Any student missing a practice because of a religious holiday will be excused and no loss of playing time or status on the team will be administered.

### **Excused/Unexcused Absences**

It is the coach who determines whether an absence from a game or practice is excused or unexcused. No student athlete will be penalized for missed games or practices due to religious reasons, curricular responsibilities, or because of extra academic help. Any after school activities including class trips that are deemed curricular by the administration will be an excused absence. All athletes must be in school for a minimum of four hours to be eligible to participate in after school practices or games, unless excused by the main office.

All excused absences must be cleared with the coaches well in advance if possible. All unexcused absences must be approved by the Athletic Director before the Athletic Department's consequences can be administered.

All detentions that cause an athlete to miss a practice or a game will be considered an unexcused absence and the athletic department rules regarding unexcused absences will be enforced.

Any athlete that is assigned in-school suspension will not be permitted to practice or play in a game on the day/s of the in-school suspension. In-school suspensions will be treated as an unexcused absence and fall under that consequence guide. If this is the athlete's first unexcused absence and the in-school suspension falls on a game day, that will be the completion of the penalty against the athlete.

If a player is disqualified from a contest, the NJSIAA rule will be administered and the athlete will be ineligible to play in the next two games (1 for football) and the penalties will increase with subsequent disqualifications.

If a player receives a game misconduct (not a DQ) and is ejected from the game, the player will be ineligible to play in the next game. The player can practice and be on the sidelines for the next game. If a second offence occurs, the player will be ineligible for the next two games. If a third offence occurs, the athlete will be suspended from the team for the remainder of the season.

## **Athletic Department Attendance Policy**

### **Attendance**

Attendance procedures are developed for the protection of both the athlete and the coach and for the orderly progression and development of the total team. Attendance at all practices, scrimmages and games is expected of all student athletes. Your child's participation in athletics requires commitment by both child and parent. Practices and games are scheduled throughout all school vacations, although the exact schedules vary from sport to sport. At the beginning of the season, coaches will distribute practice and game schedules outlining required days. When your child makes a commitment to an athletic program, he or she also makes a commitment to their teammates. Failure to "live up" to these commitments will result in consequences as outlined by the athletic department and team rules.

### **Practices**

Practices are essential for proper physical conditioning, improvement of techniques, and acquisition of teamwork skills. Teams cannot be developed to their fullest potential when all members are not present. Therefore, athletes are required to attend all scheduled practices and games unless excused by the coach. If a student cannot attend a practice(s), the student must realize that the chances of playing or making the team are greatly reduced. It must be understood that practices for athletic teams is tightly controlled and affected by NJ State Athletic Association regulations, beginning and ending dates for each season, games, religious holidays, weather, and academic requirements.

Practice schedules are set by coaches in a consistent and fair manner and are approved by the Athletic Director before implementation. Coaches will cover the schedule for practice and games/meets at the beginning of the season to avoid any misunderstanding. Communication between coach, parent and athlete is strongly recommended in all cases where a missed practice is anticipated.

### **Vacation Practices**

Maintaining proper physical conditioning dictates the need to practice during the various school vacations that occur throughout the year. Practices and games cannot be arranged around the parents/athletes vacation schedule. Athletes who do not train for an extended period of time could be seriously injured if allowed to participate under highly competitive game or practice conditions.

### **Sunday Practices**

Athletic teams are not permitted to practice on Sundays unless a county, conference, or state tournament game is scheduled on a Monday. If this occurs and the team is requesting a Sunday practice, approval from the principal must be granted.

### **Sunday Games**

There will be some state, county, and conference tournament games scheduled on Sundays for various sports. In addition, due to facility or weather related issues, there may be a need to schedule games on Sundays.

## **Athletic Programs Offered**

### **Fall Season (September – November)**

#### **Girls Sports**

Soccer  
Field Hockey  
Tennis  
Gymnastics  
Cross Country  
Volleyball  
Cheerleading  
Dance

#### **Boys Sports**

Soccer  
Football  
Cross Country

### **Winter Season (December - March)**

#### **Girls Sports**

Basketball  
Track & Field  
Swimming  
Diving  
Fencing  
Cheerleading

#### **Boys Sports**

Basketball  
Track & Field  
Swimming  
Diving  
Fencing  
Wrestling  
Ice Hockey

### **Spring Season (March – June)**

#### **Girls Sports**

Lacrosse  
Softball  
Track & Field  
Golf

#### **Boys Sports**

Lacrosse  
Baseball  
Track & Field  
Golf  
Tennis

### **Athletic Trainer**

Montgomery High School has two full time athletic trainers on staff who are available from the afternoon through the last practice or athletic contest Monday thru Friday and Saturday as needed. Rehabilitation will take place after school and/or after practice depending on the trainers evaluation. Every visit to the training room by an athlete is documented. The trainer can be reached at 609-466-7602 ext. 6556 & 6558 if you have any further questions.

### **ImPACT Testing**

Montgomery High School is currently using an innovative program for our student-athletes. The program is called "ImPACT" (Immediate Post Concussion Assessment and Cognitive Testing). This computer-based program will assist our team physician, athletic trainers, and other medical personnel in evaluating and treating head injuries (e.g., concussion).

The online ImPACT baseline test is required once a year during your freshman & junior years before the athlete's first sport. If you are going to be in 9<sup>th</sup> or 11<sup>th</sup> grade or you are new to Montgomery High School, you will need to take the baseline test. If you are currently being treated by a doctor for a concussion, do not take the baseline test and see one of the Athletic Trainers ASAP.

## Insurance

The student accident insurance provided by the Montgomery Board of Education is on an "EXCESS BASIS". Excess Basis means your personal health insurance, individual or group, must be used first, as the primary carrier to satisfy the claim. The Montgomery Board of Education policy will pick up reasonable and customary medical expenses over and above your coverage subject to an annual \$500 deductible, and subject to the policy restrictions, limitations, exclusions and timely reporting requirements.

## When an injury occurs:

1. A student must inform the coach or athletic trainer immediately of any injury incurred during athletic participation. If injury doesn't surface immediately, the athletic trainer must be informed as soon as possible.
2. The athletic trainer will fill out an injury report, unless the injury takes place at an away game, then it is the coaches responsibility. If it is determined that the injury needs outside medical attention, the athletic trainer will forward the injury report to the nurse.
3. Parents must submit an insurance claim form for all medical expenses to their personal insurance carrier first.
4. The nurse will complete the appropriate section of the school's insurance claim form and mail it to the parents.
5. Claim forms should be submitted to the school's insurance carrier after the parent's personal insurance company has paid the medical expenses to the policy limit.

The responsibility for completion and submission of all claim forms lies with the parent. Filing all claim forms immediately and completely will assist in prompt claims service.

## Doctor Notes:

If an athlete is seen by a physician for an injury or illness, they **MUST** be medically cleared, in writing, before they will be allowed to return to practice or game situations. Clearance notes are to be presented to the athletic trainer for sports and the school nurse for physical education. If your child is going or has gone to a doctor, please let the athletic trainer AND school nurse know ASAP.

## Steroid Testing

Any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances.

All parents/guardians and student athletes must sign a steroid testing consent form before participating in interscholastic athletics. This consent form is part of the FamilyID registration process. Failure to consent renders the student athlete ineligible. A list of banned drug classes and substances is available on the athletic departments website.

## Levels of Competition

### Freshmen Program

This level of interscholastic sports is for ninth grade students only. Sports conducted at this level focus on acquiring basic skills, learning game rules, the fundamentals of team play, appropriate behavior patterns, and healthy competition. An attempt is made to give all team members meaningful contest participation over the course of a season.

We try not to cut students at the freshmen level. However, if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility consideration, reducing team size may be necessary.

### Junior Varsity Program

This level of interscholastic sports is primarily for tenth and eleventh grade students. Occasionally ninth grade students who have satisfied all selective/classification requirements and are placed at this level. Junior varsity programs work towards achieving a balance between continued team and player development. Emphasis is placed on physical conditioning, refinement of fundamental skills, elements of strategies of team play, in addition to social and emotional development. The outcome of each contest is slightly more important than at the freshmen level; however, striving for victory while attempting to give team members adequate playing time during the season is important. Members are expected to exhibit a high level of dedication and commitment with the goal of becoming a varsity athlete.

### Varsity Program

This level of interscholastic sports is the culmination of all other levels. Normally, juniors and seniors combine for the majority of the roster positions, along with any sophomores and freshmen that have developed at an advanced rate. The number of participants at this level is determined by the need to conduct an effective and meaningful practice and to play a contest. A sound attitude coupled with an advanced level of skill is prerequisites for a position on a varsity roster.

The varsity program is the school district's "athletic showcase" and should always represent the best we put forward at anytime. The excellence we seek from our coaches and athletes in the varsity phase of our athletic program is nothing less than the excellence we seek from all students and teachers in the classroom.

### Awards/Letters

Varsity letters will be awarded to students who meet qualifications developed by the coaches & Athletic Department. These qualifications vary by sport. A athlete will be given a chenille letter and a pin for the first varsity letter earned. Each additional varsity letter earned, the athlete will receive a cougar pin and a certificate. Each athlete not earning a varsity letter will receive a certificate of participation. All seniors who have received nine or more varsity letters and/or four varsity letters in one sport will receive additional awards. Any team earning a championship will receive additional awards.

### Practices

The schedule for practice times and days will be determined by individual coaches but will generally occur right after school Monday thru Friday and Saturday mornings. Most practices will start at 3:00pm and generally last around 2 to 2 1/2 hours. Practices will be at various schools throughout the district.

### Games

Games generally start at 4:00pm or 6:00pm Monday thru Friday. Some programs do have night games that will start at 7:00pm. Saturday games are generally in the afternoon between 10:00am and 3:00pm. Some state, county, and conference tournament may be played on Sundays. Games will not be scheduled on religious holidays.

### Home Game Facilities

<u>SPORT</u>	<u>VARSITY</u>	<u>JV</u>	<u>FROSH</u>
Football	Cougar Stadium	Cougar Stadium	Cougar Stadium
Soccer	Cougar Stadium	Lower M.S.	Lower M.S.
Basketball	Montgomery H.S.	Montgomery H.S.	Montgomery H.S.
Baseball	Lower M.S.	Orchard Hill E.S.	Lower M.S.
Lacrosse	Cougar Stadium	Cougar Stadium	Lower M.S.
Field Hockey	Cougar Stadium	Upper M.S.	N/A
Gymnastics	Montgomery HS	Montgomery HS	N/A
Cross Country	Montgomery Park	Montgomery Park	N/A
Tennis	Montgomery H.S.	Montgomery H.S.	N/A
Fencing	Montgomery H.S.	Montgomery H.S.	N/A
Swimming	Montgomery H.S.	Montgomery H.S.	N/A
Diving	Montgomery H.S.		
Ice Hockey	ProSkate	ProSkate	N/A
Wrestling	Montgomery H.S.	Montgomery H.S.	N/A
Softball	Montgomery H.S.	Montgomery H.S.	N/A
Track & Field	Montgomery H.S.	Montgomery H.S.	N/A
Boys Golf	Cherry Valley CC	Mattawang GC	N/A
Girls Golf	Cherry Valley CC	Mattawang GC	N/A
Girls Volleyball	Montgomery H.S.	Montgomery H.S.	

\* Baseball, and softball at times may play night games at McKnight Field or Lubas Field.

### Schedules & Directions

Athletic schedules are available on the athletic web site at [www.mtsd.k12.nj.us/athletics](http://www.mtsd.k12.nj.us/athletics). The schedules on the web site are updated daily and are the most reliable in case of schedule changes and weather postponements. Directions are also available on the athletic web site.

### Parent/Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing communication and understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to our student athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice, and commitment from parents, athletes, and coaches.

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

### Communication coaches expect from parents

1. Concerns expressed directly to the coach
2. Notification of scheduling conflicts well in advance
3. Specific concerns with regards to your son/daughters individual expectations
4. Support for the program

### Communication You Should Expect From Your Child's Coach

1. Coach's and program's philosophy.
2. Individual and team expectations
3. Location and times of all practices and contests.
4. Team requirements, practices, special equipment needed.
5. Off season strength and conditioning programs.
6. Procedures to follow should your child be injured during participation.
7. Team rules, guidelines, and consequences for infractions.
8. Lettering criteria.

Most of this communication takes place at the coaches parent meetings.

While your child is involved in interscholastic athletics, they will experience some of the most rewarding and inspiring moments of their lives. It is also important to understand that there might also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### Appropriate Concerns to discuss with coaches

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

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe is best for the team and all athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those below, should be left to the direction of the coach.

### Issues not appropriate to discuss with coaches

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

### Playing Time

Playing time will be the sole decision of the coaching staff. Some of the factors that determine playing time are skill, athleticism, work ethic, coachability, attitude, player safety. While parents have the best interests of their child in mind, it is the job of the coach to be concerned with what is best for the team and program. **Playing time is a privilege not an entitlement.** At the high school level, there are no guarantees regarding playing time. Coaches will inform student athletes of their roles on the team and how that will affect playing time. Coaches will also provide student athletes with suggestions on how to improve and feedback on where they stand. Any questions or concerns regarding playing time should come from the athlete and be directed to the coach.

### Chain of Command

Any concerns regarding your child and/or his/her athletic experience should follow the procedures listed below.

1. Contact the coach to set up an appointment. If the coach cannot be reached call the Athletic Department and we will set up a meeting.  
**Please do not attempt to confront a coach before or after a contest or practice.** These can be emotional times for both the coach and the parent. Meetings of this nature usually do not promote positive resolutions.

#### **(If step 1 did not provide a satisfactory resolution.)**

2. Contact the Athletic Department for an appointment with the Athletic Director to discuss the situation.

#### **(If step 2 did not provide a satisfactory resolution.)**

3. Contact the High School for an appointment with the Principal to discuss the situation.

#### **(If step 3 did not provide a satisfactory resolution.)**

4. Contact the Central Office for an appointment with the Assistant Superintendent to discuss the situation.

#### **(If step 4 did not provide a satisfactory resolution.)**

5. Contact the Central Office for an appointment with the Superintendent to discuss the situation.

Remember, our coaches are professionals. They make judgment decisions based on what they believe to be in the best interest of the total program. As your children become involved in the athletic programs at Montgomery H.S., they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you and your child wish. At these times, discussion with the coach is encouraged.

### Making Athletic Teams / Squad Reductions

Although the Athletic Department would like to keep as many students involved in athletics as possible, there may be instances when a program, due to excessive numbers will have to make cuts. Carrying too many athletes is counter productive and may result in safety or supervision concerns. The following procedures will be followed if cuts are necessary. The determination of what players make athletic teams will be the sole decision of the coaching staff. Prior to the tryout period, players will be informed of the criteria for making the team. Coaches will use a rubric of their own design for each athlete trying out. Coaches may meet with those athletes that were cut if possible. The athlete may request a meeting to inquire as to why they did not make the team and what they need to improve on for the future.

### Tryouts

Athletes previously enrolled must attend all tryouts. Vacations cannot be used as an excusal from tryouts. The following exceptions will apply regarding excusal from tryouts:

- Any athlete new to the district, new to the district is defined by moving to the district between the day after graduation and the start of the school year, will receive a 2-3 day tryout.
- Any athlete waiting for medical clearance from a doctor after an injury.
- Athletes that transfer into the district after the tryout have been conducted, must notify the coach within 7 days of enrollment as to their intention to go out for the team.
- All tryouts must be completed by the first game of the season

### Team Rules

Each team has its own set of general rules and guidelines specific to that program. All team rules will be cleared through the athletic department. It is the coach who determines whether an absence from a game or practice is excused or unexcused. All suspensions and detentions that cause an athlete to miss a practice or a game will be an unexcused absence and the athletic department rules regarding unexcused absences will be enforced.

### Transportation

It is the policy of the Montgomery Athletic Department that no student will transport themselves or anyone else to any games or practice as long as the school is providing transportation. The Montgomery Athletic Department recommends that all students return to school with the school provided transportation in order to help foster team unity. If a student is to be transported by their parent or guardian, the coach will release the student to the parent or guardian after a visual confirmation has been made. At this point, the parent or guardian of the student will assume all responsibility.

In the event that a student is to be transported by someone other than their parent or guardian, an alternate transportation request form must be completed. The person transporting the student must be an immediate member of the family with a valid driver's license or an adult that is listed on the alternate transportation form. Students are not permitted to transport other students unless they are an immediate family member.