

PARAMUS



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Paramus High School
Department of Athletics
Parent and Student Handbook

Derek England

Athletic Director

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Athletic Department Information

Athletic Director: Derek England

Athletic Office Phone: 201-261-7800 ext: 3140

Athletic Office Fax: 201-634-0791

Athletic Email: dengland@paramusschools.org

Athletic Administrative Assistant: Christa D'Amore

Athletic Trainer: John Conway

Athletic Trainer Phone: 201-261-7800 ext: 3133

Athletic Trainer Email: jconway@paramusschools.org

School Address: 99 E. Century Road, Paramus, N.J., 07652

Nickname/Mascot: Spartans

Colors: Navy and White

NJSIAA Section: North I Group III

Conference: Big North Conference: Freedom Division

Athletic Department Website: <https://paramusathletics.com/>

Administration

Superintendent: Mr. Sean Adams

Principal: Mr. Raymond J. Kiem

Assistant Principals: Mr. Tom Montouri and Ms. Alicia Angione

Introduction

This handbook has been prepared to enhance communication between parent/guardian, student-athletes, coaches, and school administrators. Parent/guardians and student-athletes are expected to familiarize themselves with the contents of this handbook. Any questions or concerns may be directed to the Athletic Director at 201-261-7800, ext. 3140. Questions regarding specific sports should be directed to the coach of the team that your student is participating on.

Paramus High School has a proud tradition of honor in athletics and expects every student-athlete to carry on that tradition by maintaining high standards of performance, behavior, and leadership. Every athlete representing our school must agree to abide by the rules and regulations that have been developed by our athletic department. These rules and regulations must be read and followed by the student-athlete and his/her parent or guardian. Violations will be dealt with firmly and may result in suspensions and/or removal from the team.

Expectations and Athletic Philosophy

Athletics at Paramus High School help students to become well rounded individuals. Paramus High School is considered one of the top athletic programs in Bergen County. To help the parent and athlete better understand how a competitive athletic program is conducted and what constitutes our expectations, we have outlined several of our philosophies.

1. A coach at Paramus High School is hired based on previous knowledge in that sport. The head coach is responsible for the entire program (freshman - varsity). The head coach is responsible for team selection and strategy. Criteria for selection are established by the head coach with input from his/her assistants. Team selection, practices, and decisions regarding playing time and strategy are the responsibility of the coaching staff.
2. The Paramus High School athletic program is highly competitive. Please understand that when your child signs up for a team, there is a very real possibility that he/she may not be selected if a squad reduction is necessary or

may not be placed where you think he/she should. Coaches match the abilities of the student-athlete with the appropriate level.

3. Club teams or AAU teams do not guarantee that your child will make the level that you may want them to play. Coaches look at talent levels in different ways. Coaches at Paramus High School are hired to judge your child's ability level.
4. Playing time is something that is earned during practice sessions. Coaches must have confidence in a player that he/she will adhere to a game plan, demonstrate athletic competence, and have a high level of conditioning necessary to participate. Starting positions and playing time are not guaranteed to seniors or anyone else. Playing time is at the discretion of the head coach.

Participating on a team at Paramus High School is a **privilege**, not a right. Student athletes should always remember that academics come first. Athletes should constantly check with their teachers for extra help and to remain in good academic standing. Eligibility plays a key role in the student-athlete's ability to be on a team. In addition, students who are reprimanded for disciplinary reasons in school may not be permitted to compete in athletic events.

Tryouts

The Paramus High School Athletic Department encourages all students at Paramus High School to participate in a sport. Individuals have the right to try out for the sport that they desire to play. Every athlete who tries out will not make the team if a squad reduction is necessary. The coaching staff will put your child through various workouts to judge your child's ability level. The Athletic Department understands that this can be a very difficult adjustment for the student-athlete. The Athletic Department recognizes these concerns and is striving to maximize the options available to the student-athlete.

Procedures for tryouts:

Choosing the final number of participants on a team is the responsibility of the coach. Before tryouts begin, the coach will provide information to the student athlete. Such information shall include:

- Length of tryouts

- Objectives and criteria used to select members of the team
- Distribution of practice and game schedules - coaches will explain the commitment necessary to the team
- Clear notification that tryouts are based on performance during the selection process. Tryouts are not based on summer participation or camps that the athletes participated in previous to selections.
- The coach will inform all individuals of his/her status of whether they made the team or not either by posting a list or by individually meeting with each student-athlete. Coaches will be available for individual meetings at the request of the athlete.
- Situations in which an athlete is unable to tryout on the assigned tryout days will be handled on a case-by-case basis and is at the discretion of the Head Coach in consultation with the Athletic Director.

Participation Forms

Before a student goes out for a sport, a parent/guardian prior to each season must fill out and acknowledge the appropriate participation forms. These forms include: Pre-Participation Medical Examination Form (PPE), Health History Questionnaire (for subsequent seasons within 365 days of the PPE), Training Rule Pledge, NJSIAA Parent/Guardian Concussion Policy Acknowledgement Form, NJSIAA Steroid Testing Policy and Consent to Random Testing, Sudden Cardiac Death Pamphlet, Emergency Medical Consent, Health History Update Agreement, Opioid Use and Misuse Educational Fact Sheet, NJSIAA Opioid Policy Acknowledgement, Concussion Awareness Video, and Covid 19 Fact Sheet. The athletic department reserves the right to add additional forms for acknowledgement at any time. All of these forms can be found and signed online through [FamilyID](#).

Athletic Physicals

By law, in order to participate in a sport at Paramus High School the student must first have a physical completed, which includes a medical history and an examination, by a physician, within 365 days of the start of the sport. The physical covers the student for one calendar year. In accordance with, 6.A: 16-2.2, the medical examination must be conducted in the “medical home” of the student. The “medical home” is defined as a

health care provider and that provider's practice site chosen by the parent/guardian for the provision of health care.

Equipment

The equipment issued by the school becomes the responsibility of the athlete during the season. Special care must be taken to lock all equipment in the locker/team room between practices and games. Student-athletes may be provided with lockers but are reminded not to bring large amounts of money to school. Also, expensive jewelry should not be worn to school and left in the locker room unattended. At the conclusion of each season all equipment and uniforms must be returned to coaches immediately. An athlete shall not be permitted to participate in another sport unless all equipment is accounted for from previous sports. Students failing to return equipment/uniforms by the end of the school year will be charged a replacement fee for the missing items.

Game Schedules

Schedules are listed and continually updated on <https://www.paramusathletics.com/>

Transportation

All student-athletes must use the transportation provided by the district to away contests. If an emergency does occur, prior parent/guardian permission must be obtained. Parents/guardians must complete the "Alternate Travel Form" prior to the contest or event. This form can be found on <https://paramusathletics.com/> under the *Athletic Forms* tab. Students are not permitted to transport other students.

Hazing

Paramus High School requires all students, staff and visitors to demonstrate mutual respect in all their interactions. As a result, the high school has a strict policy against hazing or initiations of any kind. Hazing is a form of harassment or bullying. Any interaction among students which is considered hazing will result in suspension from school and interscholastic competition.

*** Should your child ever feel they are being harassed or bullied please reach out to the coach and Athletic Director the same day, or as soon as possible.**

Sportsmanship

Sportsmanship should take precedence above all. Paramus High School prides itself on winning and losing with dignity. Please speak to your child about their conduct during and after contests.

Sportsmanship has three basic angles:

For the Coaches:

1. Make sportsmanship a priority.
2. Keep winning in perspective.
3. Fun should be part of the game.

For the Parents:

1. Cheer for your child, but do not make comments about the other team or officials.
2. Cool off before confronting the coach, adhere to the 24 hour policy.
3. Get to know the coach.

For the Players:

1. Be respectful to your opponents.
2. Be respectful to the officials.
3. Encourage your teammates.

Unsportsmanlike behaviors 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.

Code of Behavior for Athletic Events

Big North Conference



Code of Behavior for Athletic Events

Be a Positive Role Model

Fans, coaches and players are expected to honor and obey all rules and regulations of the NJSIAA and the Big North Conference.

Enthusiastically encourage your own team.

Refrain from negative remarks and booing.

Fans, coaches and players are expected to treat the opponent, the officials, and other fans with respect and courtesy. Their safety and comfort should never be endangered.

Accept all decisions made by the officials.

Remain in the stands while play is in progress.

Follow state regulations that prohibit noisemakers, signs and banners.

Negative behavior will not be tolerated and may lead to ejection from the event.

***REMEMBER THAT IT IS A PRIVILEGE TO ATTEND HIGH SCHOOL
ATHLETIC CONTESTS***

Contest Disqualifications

As per NJSIAA policy, an athlete who displays unsportsmanlike misconduct, physical or verbal, and is ejected from an athletic contest will be disqualified from the next two regularly scheduled games/meets, with the exception of football, which will carry a one game disqualification (the school reserves the right to take further administrative action).

Disqualification is a judgment call by the official and the *decision is final* and may not be appealed. A disqualified player may not be present at any contest in that sport during the period of their suspension (not present in the locker room, on the bus, on the sidelines, or in the bleachers/stands before, during, and after the contest).

Any player disqualified a second time during a 365-day period from the first disqualification will have the penalty doubled. On the third offense, the player will be suspended indefinitely, and must apply, in writing, to the NJSIAA through the office of his/her principal for reinstatement.

Seniors who are disqualified from their last game will serve the penalty in a subsequent sports season. When seniors are disqualified from their last game of their high school careers, the school is required to take proper administrative action to discipline the offending student.

****Any team that accumulates three individual disqualifications over the course of a season automatically forfeits their post-season eligibility.***

Athletic Eligibility

PLEASE NOTE ALL ATHLETIC ELIGIBILITY IS SUBJECTED TO COVID RESTRICTIONS and REGULATIONS by the NJSIAA and the NJDOE.

Only one sports medical examination is required for each school year. This medical examination is valid for 365 days. The New Jersey Department of Education Pre-Participation Physical Evaluation form must be completed by the athlete and his/her parents AS WELL AS the student's physician. A health history form (c), completed by the parent or guardian, is required if the physical exam is completed more than 90 days prior to the first practice and for each subsequent sports season. All physical forms should be given directly to the school nurse or athletic trainer. **All pages of the Pre-Participation Physical Evaluation form must be provided as a single document. Individual pages are not accepted. Also, paperwork not completed in full by the physician will not be accepted and will be returned to the student.** Finally, it is advised that all athletes keep a copy of the completed paperwork for his/her records. For convenience, all required forms can be found on the PHS Athletic website.

To be eligible to participate in extracurricular activities, including interscholastic and intramural athletics, a student must be in good disciplinary and academic standing. Regarding good disciplinary standing, a pupil is NOT eligible to participate in an extracurricular activity while serving detention or suspension of any kind. Also, pupils who demonstrate consistent and willful negative behaviors will be subject to Admin. review in regard to participation in any / all extracurricular activities.

To be in good academic standing and to be eligible for athletic competition during the first semester (September through January) of the 10th grade and for each subsequent year, a pupil must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic year, with a minimum grade point average of "C." To be eligible for athletic competition during the second semester (February to June) of the 9th grade or higher, a pupil must have passed the equivalent of 12.5% of the credits (15) required by New Jersey for graduation (120) at the close of the preceding semester (Jan. 31). Full-year courses shall be equated as one-half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.

It is the student's responsibility to ensure that program changes (including class "drops") do not cause the student to fall below the necessary credit requirements set by the state.

For students planning on entering a Division I institution directly after graduating high

school, students must present evidence of graduation from high school. All student-athletes who are interested in participating in Division I athletics at the university level are encouraged to check with the athletic director, their coach or their School Counselor for the most up-to-date NCAA requirements

Athletes who are listed as absent from school will NOT be eligible to participate in practice sessions or athletic contests on that day. Any exceptions to this rule will be made by the Athletic Director or by the Principal.

An athlete can not participate in interscholastic athletics if he or she has reached the age of nineteen prior to September 1st of any year. An athlete can not participate in more than eight consecutive semesters.

Injuries and Return to Play

Athletic related injuries are common in high school athletics. If a student-athlete is injured during a PHS sanctioned practice or competition they should be seen by the PHS Athletic Trainer immediately. If a parent suspects that an injury has occurred and believes that it happened at a practice or game, parents must notify the Athletic Trainer (John Conway) via email at jconway@paramusschools.org within 24 hours so the injury can be documented and an accident report generated. After reporting the injury, the Athletic Trainer will follow up with further direction.

All injuries must be cleared by a Medical Doctor. Athletes that wish to return to play must provide a clearance note to the Athletic Trainer or school nurse. Only notes from a Medical Doctor will be accepted.

The Athletic Trainer has the right to challenge a return-to-play note from a physician if he feels the individual is not ready to return to athletic activities. Under such circumstances the case will be brought to the attention of the Paramus High School Physician for review.

Sports Related Concussion and Head Injury

A concussion is a traumatic brain injury (TBI) caused by a direct or indirect blow to the head or body.

Requirements

- A. A student who participates in interscholastic athletics, which for the purpose of this policy includes cheerleading, and who sustains or is suspected of sustaining a

concussion or other head injury shall be immediately removed from the competition or practice. The student athlete or cheerleader may not return to play until they obtain medical clearance in compliance with the district return-to-play policy;

B. All coaches, school nurses, school/team physicians and certified athletic trainers must complete an interscholastic head injury training program such as the National Federation of State High School Associations online “Concussion in Sports” training program or a comparable program that meets mandated criteria;

C. The district shall monitor school district employees in the completion of an interscholastic head injury training program;

D. The athletic head injury training program must include:

1. The recognition of the symptoms of head and neck injuries, concussions, and injuries related to second impact syndrome; and
2. Describe the appropriate time to delay the return to sports competition or practice of a student-athlete who has sustained a head injury or other head injury, but if no additional time is specified for a particular age-group or sport, the student-athlete may return when written medical clearance is given the student-athlete stating that he/she is asymptomatic, and the student-athlete has completed an appropriate graduated individualized return-to-play protocol.

E. Distribution of New Jersey Department of Education, *Concussion and Head Injury Fact Sheet* to every student athlete who participates in interscholastic sports. The chief school administrator shall ensure that a signed acknowledgement of the receipt of the fact sheet is completed by the student-athlete’s parent/guardian and is kept on file for future reference.

Required Concussion Protocol

A. A student-athlete who is suspected of sustaining a sports related concussion or other head injury during competition or practice shall be immediately removed from play and may not return to play that day;

B. Possible signs (could be observed by coaches, athletic trainer, school/team

physician, school nurse):

1. Appears dazed, stunned, or disoriented;
2. Loses consciousness;
3. Answers questions slowly or inaccurately;
4. Exhibits difficulties with balance or coordination;
5. Forgets plays, or demonstrates short term memory difficulty;

C. Possible symptoms (reported by the student-athlete to coaches, athletic trainer, school/team physician, school nurse, parent/guardian):

1. Headache;
2. Nausea/vomiting;
3. Balance problems or dizziness;
4. Double vision or changes in vision;
5. Sensitivity to light or sound/noise;
6. Feeling sluggish or foggy;
7. Difficulty with concentration and short term memory;
8. Sleep disturbance.

D. To return to competition and practice the student-athlete must follow the protocol:

1. Immediate removal from competition or practice;
2. School personnel (athletic trainer, school nurse, coach, etc.) should make contact with the student-athlete's parent/guardian and inform them of the suspected sports related concussion or head injury;
3. School personnel (athletic trainer, school nurse, coach, etc.) shall provide the student-athlete with approved information/medical checklist to provide to their parent/guardian and physician or other licensed healthcare professional;
4. The student-athlete must receive written clearance from their physician that the student is asymptomatic and may begin the graduated return-to-play protocol. School personnel (athletic trainer, school nurse, coach, etc.) may consult with the school/team physician after medical clearance is given from the student-athlete's physician.

Graduated Return to Competition and Practice Protocol

A. After written medical clearance is given stating that the student-athlete is asymptomatic, the student-athlete may begin a graduated individualized

return-to-play protocol:

Step 1: No activity, complete physical and cognitive rest. The objective of this step is recovery;

Step 2: Light aerobic exercise, which includes walking, swimming, or stationary cycling, keeping the intensity less than 70% maximum percentage heart rate: no resistance training. The objective of this step is increased heart rate;

Step 3: Sport-specific exercise including skating, and/or running; no head impact activities. The objective of this step is to add movement;

Step 4: Non-contact training drills (e.g. passing drills). The student-athlete may initiate progressive resistance training;

Step 5: Following medical clearance (consultation between school personnel and students athletes physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by the coaching staff;

Step 6: Return to play involving normal exertion or game activity.

B. Symptom checklists, baseline testing and balance testing may be utilized;

C. If the student-athlete exhibits a re-emergence of any post concussion signs or symptoms once he or she returns-to-play, they will be removed from exertional activities and returned to their school/team physician or primary care physician;

D. If concussion symptoms reoccur during the graduated return-to-play protocol, the student-athlete will return to the previous level of activity that caused no symptoms.

Temporary Accommodations for Student Athlete with Sports Related Head Injuries

A. Consideration of the cognitive effects in returning to the classroom is also an important part of the treatment of sports related concussions and head injuries;

B. Mental exertion increases the symptoms from concussions, and affects recovery;

C. To recover, cognitive rest is just as important as physical rest. Reading, studying, testing, texting -- even watching movies if a student is sensitive to light -- can slow down a student's recovery;

D. In accordance with the Centers for Disease Control and Prevention toolkit on

managing concussions, the board of education may look to address the students' cognitive needs in the following ways;

E. Students who return to school after a concussion may need to:

1. Take rest breaks as needed, including physical education;
2. Spend fewer hours at school;
3. Be given more time to take tests or complete assignments;
4. Receive help with schoolwork;
5. Reduce time spent on the computer, reading, and writing;
6. Be granted early dismissal from classes to avoid crowded hallways.

Parent-Coach Relationship

At Paramus High School we welcome the relationship between the parent and the coach. An open line of communication should always exist between the two. As a parent, you have the right to understand the expectations of the coach as they pertain to your child. Any discussions regarding playing time should begin with a discussion between the student-athlete and the coach.

The parent should **always approach the coach first** with any questions or concerns before going to the Athletic Director, Principal, or Superintendent. Parents have the right to understand what expectations are placed on their child.

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach for the program.
2. Expectations and goals the coach has for your child as well as the team.
3. Locations and times of practices.
4. Team rules, guidelines, and consequences for infractions.
5. Procedures should your child be injured during a game or practice.

Communication Coaches Expect from Athletes and Parents

1. Concerns expressed directly to the coach.
2. Notifications of any scheduling conflicts in advance.
3. Specific concerns with regard to the coach's philosophy and/or expectations.

The Paramus High School Athletic Department has a 24-hour waiting period following athletic contests when we kindly request parents refrain from contacting a coach. In addition, Paramus High School coaches are instructed to wait to respond to any inquiries that parents might have that relate to any contest that falls within the 24 hour post competition period.

As your child becomes involved in the programs at Paramus 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 you or your child wishes. At these times discussion with the student and coach is encouraged. If the student-athlete has concerns they should meet with the coach prior to parents feeling the need to become involved.

Appropriate Concerns to Discuss with Coaches

1. Treatment of your child.
2. Ways to help your child improve.
3. Concern about your child's attitude.
4. Academic support and potential collegiate opportunities.

As your child progresses through the Paramus High School athletic programs, there may be times that you disagree with the amount of playing time he/she is receiving. Paramus High School coaches are professionals who make judgment decisions based on what they believe to be the best interest for all students involved in the program. They would love to have every child on the roster play the same amount of time. There is a distinct difference between recreational, club, and interscholastic athletics. Game situations may not dictate that players will participate in every game. Other items, such as those following must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches

1. Playing time.
2. Other students.
3. Team strategy.

During or after a game or practice, it is never appropriate to confront a coach. Please

make an appointment to set up a meeting at a convenient time. Meetings in the heat of the moment are usually emotionally charged and rarely productive.

Chain of Communication

The Paramus High School Athletic Department follows the same chain of communication as is outlined for appropriate student to teacher communication if a concern is to arise:

1. The student-athlete should initiate a meeting and formally discuss any questions or concerns they may have with the head coach of their particular level.
2. If a resolution or mutual understanding cannot be reached, the student and parent(s) should contact the coach to discuss matters further.
3. If a consensus cannot be reached the parent should contact the Athletic Director to arrange a meeting.

Parent Code of Conduct

1. I will encourage good sportsmanship by being a positive role model.
2. I will try my best to make athletics a positive experience for everyone involved.
3. I will insist my athlete treat other players, coaches, officials, and fans with respect.
4. I will reinforce the school's drug and alcohol free policies.
5. I will do my best to understand and appreciate the rules of the contest.
6. I will show appreciation for outstanding plays by either team.
7. I will help my child(ren) learn that success is measured by the development of skills, relationships, and character, not winning and losing.
8. If I have a concern, I will talk to the coach at the appropriate time and place; never directly before or after an athletic event.
9. I will do my best to remember that my ticket to a school athletic event provides me with the privilege of observing the contest, not berating officials, coaches, or players.

College Planning

A strong academic background is a must for college admission. Student athletes aspiring to attend a Division I/II college athletic program must meet eligibility requirements dictated by the NCAA (National Collegiate Athletic Association). High School athletes are responsible for meeting these requirements, registering with the NCAA Eligibility Clearinghouse, requesting a high school transcript be sent to the Clearinghouse. Students must become familiar with rules and regulations pertaining to college Division I/II athletics: www.ncaa.org and www.ncaaclearinghouse.net

The high school coaching staff and the high school School Counseling Team can assist the student athlete by reviewing eligibility requirements and by providing requested information. It is **the responsibility of the athlete** to satisfy NCAA established criteria and to communicate frequently with the high school coach and the high school counselor regarding college plans.

Parents and students must understand that scholarships are not awarded by high school coaches. College athletic programs are the only ones who can provide the athlete with a scholarship. High school coaches can assist in the process by providing college coaches with information and recommendations. High school coaches are aware of the rigor of college athletic programs. Therefore, students and parents should seek advice from the coach in making realistic college choices. A standout athlete at PHS may be ready for very competitive college athletics; on the other hand, he/she may not be a good candidate. Realistic input from the coach is very important.

All student athletes aspiring to attend a Division I/II collegiate athletic program **MUST** inform their school counselor and must be sure to enroll in NCAA approved academic courses in high school.

Program Offerings by Season

Fall Season

- Football (Boys and Girls)
- Cross Country (Boys and Girls)
- Boys Soccer
- Girls Soccer
- Girls Tennis
- Girls Volleyball

Winter Season

- Boys Basketball
- Girls Basketball
- Wrestling (Boys and Girls)
- Bowling (Boys and Girls)
- Ice Hockey (Boys and Girls)
- Swimming (Boys and Girls)
- Winter Track (Boys and Girls)

Spring Season

- Baseball (Boys)
- Softball (Girls)
- Boys Tennis
- Boys Track
- Girls Track
- Boys Golf
- Girls Golf
- Boys Lacrosse
- Girls Lacrosse