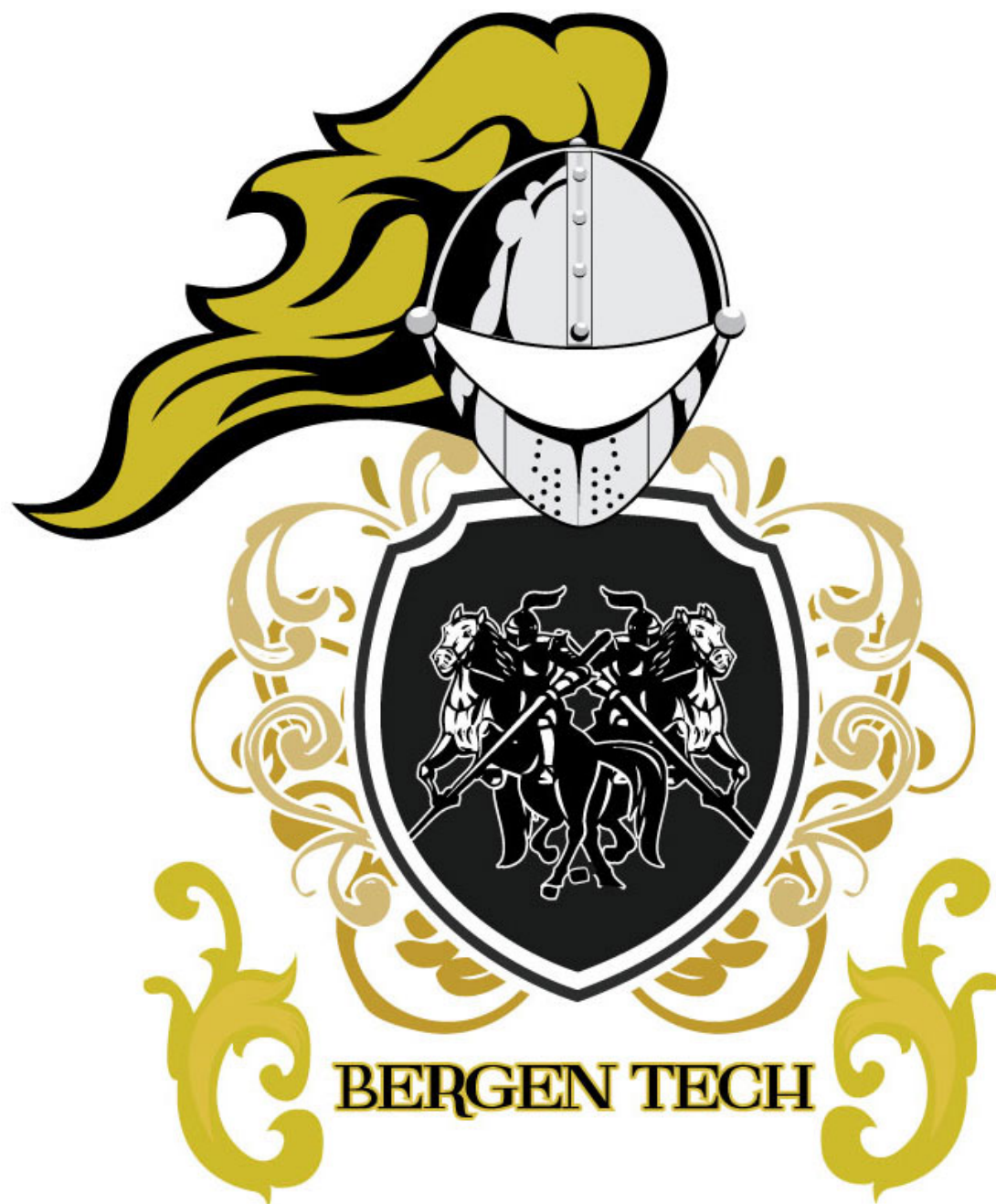


Knights Handbook 2017-2018



BERGEN COUNTY TECHNICAL SCHOOL DISTRICT

Note: This Handbook is an overview of rules and policies and is not meant to be reflective of all NJSIAA, Athletic Department, Team, and School policies, rules and regulations.

BERGEN COUNTY EXECUTIVE

James Tedesco III

BOARD OF EDUCATION

William J. Meisner Ed.D.- President

Raymond Hryczyk – Vice President

Jason Kim

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DISTRICT ADMINISTRATION

Dr. Howard Lerner- Superintendent

Andrea Sheridan– Assistant Superintendent

Richard Panicucci– Assistant Superintendent of Curriculum

John Susino– Business Administrator/Board Secretary

Pat Cosgrove-Anti Bullying Coordinator

ATHLETIC DEPARTMENT PERSONNEL

William Muller – Supervisor of Athletics

Elaine Gaggis- Assistant to the Athletic Director

Yvonne Kruse– Secretary to the Director of Athletics

Jennifer Harmande– Athletic Trainer

TABLE OF CONTENTS

MISSION STATEMENT	4
2017/2018 SPORTS AND PARTICIPATION LIMITATIONS.....	5
SCHEDULES.....	6
PRACTICE AND GAME FACILITIES	7
ATTENDANCE POLICY	7
TRANSPORTATION	8
DRIVING POLICY	8
SUBSTANCE ABUSE	9
BANNED SUBSTANCES	9
BOOSTERS	10
PRE-PARTICIPATION FORMS	10
INSURANCE	10
CONCUSSION GUIDELINES AND DISTRICT POLICY	11
HEAT-ACCLIMATION GUIDELINES	13
ACADEMIC ELIGIBILITY	14
COMMITMENT	14
SPORTSMANSHIP	14
DISQUALIFICATION OF COACHES AND PLAYERS.....	17
ATHLETIC EQUIPMENT	17
LOCKER ROOM PROTOCOL	17
HONORS AND AWARDS	18
DISCIPLINE AND SPORTS	18
DEALING WITH BIAS INCIDENTS.....	18
HARASSMENT, INTIMIDATION OR BULLYING	20
EMERGENCY PROCEDURES	21
LIGHTNING SAFETY	22
COACHES CONTACT INFORMATION	23
ATHLETIC DEPARTMENT INFORMATION	24

Bergen County Technical High School

Athletic Department

MISSION STATEMENT

The athletic program is an integral part of the total educational process at Bergen County Technical High School. Young people learn a great deal through their participation in interscholastic athletics. Determination, perseverance, sportsmanship, communication and teamwork are some of the valuable attributes that can be attained through athletic participation. Athletics plays an important role in helping the individual student develop a positive self-concept as well as a healthy body. Athletic competition fosters school spirit and develops pride in the school and community for participants, students and spectators. Student-Athletes will leave our athletic programs with the readiness to be active participants in today's global community.

Through athletics we seek to provide a wholesome form of physical activity for as many students as possible. We will make every effort to offer our student-athletes the best in equipment, facilities and coaching, in order to provide them with an enjoyable and rewarding athletic experience. While the reputation of our school and community is enhanced whenever its representatives excel, by far the greatest rewards and satisfactions are derived by the number of students who actually participate on our athletic teams.

We believe that the soul of our school can be reflected in what occurs before and after the normal academic day. This extension of the school day, whether it be in athletics, in the arts, or in clubs will set the tone for the school year. If we can keep students involved and concerned beyond the classroom, we are bound to have a more positive effect on them in the classroom. We are aware of the tremendous obligations we have as coaches and administrators to the student-athletes in our care. Parents entrust their children to us and we shall always strive to strengthen that bond.

2017/2018 SPORTS AND PARTICIPATION LIMITATIONS

FALL ACTIVITIES:

<u>Activity</u>	<u>Rules</u>	<u>Practice Start Date</u>	<u>Opening Day</u>
Cross Country	National Federation	August 14 th	September 5 th
Football	National Federation	August 7 th	August 31 st
Soccer	National Federation	August 14 th	September 5 th
Volleyball	National Federation	August 14 th	September 5 th
Tennis	U.S.T.A.	August 14 th	September 5 th or after six days of practice
Football Cheerleading	N/A	N/A	N/A
Competitive Cheerleading	N/A	N/A	N/A

WINTER ACTIVITIES:

<u>Activity</u>	<u>Rules</u>	<u>Tryouts/Practice Start Date</u>	<u>Opening Day</u>
Basketball	National Federation	November 20 th	December 15 th
Bowling	US Bowling Congress Youth Rules	November 15 th	December 1 st
Fencing	US Fencing Association	November 20 th	December 15 th
Winter Track	National Federation	November 20 th	December 15 th

SPRING ACTIVITIES:

<u>Activity</u>	<u>Rules</u>	<u>Practice Start Date</u>	<u>Opening Day</u>
Golf	U.S.G.A.	March 2 nd	March 31 st
Boys Lacrosse	US Lacrosse	March 2 nd	March 28 th
Girls Lacrosse	National Federation	March 2 nd	March 28 th
Baseball	National Federation	March 2 nd	March 31 st
Softball	National Federation	March 2 nd	March 31 st
Tennis	U.S.T.A.	March 2 nd	March 31 st
Track – Outdoor	National Federation	March 2 nd	March 31 st
Volleyball	National Federation	March 2 nd	March 31 st

SCHEDULES

Most of our athletic teams are part of the **Big North Athletic Conference** and participate in the **Liberty Division**. Our opponents in the Liberty Division include: Clifton, Eastside, Kennedy, Passaic County Tech, and Passaic.

- Practices typically begin at 3:30 p.m. and end at 6:00 p.m. Late buses depart from the Hackensack campus Monday through Friday at approximately 6:30 p.m. Late buses are not provided for night games or Saturdays.
- There are three late buses that bring the students back to their sending districts. (North, Central, and South)
- Any student athlete that does not take the late bus must be picked up at the conclusion of practice/game.
- Students from Teterboro, Applied Tech and Paramus get bused to BCA, Hackensack for practices and games. The sport buses leave promptly at 3:05 p.m.
- The Athletic Director will provide team schedules at the start of every season. Any changes will be communicated through the coach and team parents. You can reach the Athletic Director via e-mail at wilmul@bergen.org or call 201-343-6000 ext. 2277. Sports schedules can also be found online on our athletic website <http://schedules.schedulestar.com/Bergen-County-Technical-School-Hackensack-NJ>
- The schedules on our website will be consistently updated.
- Cancellations and daily schedules are updated as needed.

PRACTICE AND GAME FACILITIES

<u>Sport</u>	<u>Levels</u>	<u>Practice</u>	<u>Home Games</u>
Football	V, JV, F	Hackensack (BCA)	Hackensack (BCA)
Boys Soccer	V, JV, F	Overpeck Park, Leonia or New Overpeck Park Ridgefield Park	Hackensack (BCA)
Girls Soccer	V, JV	Hackensack (BCA) or New Overpeck Park Ridgefield Park	Hackensack (BCA)
G/B Cross Country	V, JV	Hackensack (BCA)	Darlington Park/Garret Mountain
G/B Tennis	V, JV	New Overpeck Park, RP	New Overpeck Park, RP
Girls Volleyball	V, JV	Hackensack (BCA)	Hackensack (BCA)
Girls Volleyball	F	Teterboro Campus	Teterboro Campus
Boys Basketball	V, JV, F	Teterboro Campus	Teterboro Campus
Girls Basketball	V, JV, F	Paramus Campus	Paramus Campus
Winter Track	V, JV	Hackensack (BCA)	FDU, Armory
G/B Fencing	V, JV	Hackensack (BCA)	Hackensack (BCA)
G/ B Bowling	V, JV	Bowler City	Bowler City/T Bowl
Boys Lacrosse	V, JV, F	New Overpeck Park Ridgefield Park	Hackensack (BCA)
Girls Lacrosse	V, JV	New Overpeck Park Ridgefield Park	Hackensack (BCA)
G/B Spring Track	V, JV	Hackensack (BCA)	Hackensack (BCA)
Baseball	V, JV	Hackensack (BCA)	Hackensack (BCA)
Baseball	F	Overpeck Park, Leonia	Hackensack (BCA)
Softball	V, JV	Hackensack (BCA)	Hackensack (BCA)
Softball	F	Saddle Brook Park	Hackensack (BCA)
Boys Volleyball	V, JV	Hackensack (BCA)	Hackensack (BCA)
B/G Golf	V, JV	Closter Golf	Bergen County Golf Courses
Cheerleading	V	Hackensack BCA	Hackensack BCA

***Sites are subject to change due to inclement weather**

ATTENDANCE POLICY

Student athletes are expected to attend all practices and games. If a student who is present for the school day needs to miss a game or practice they must notify their coach in advance. An athlete must be marked present to participate and must sign in prior to 10:30 a.m. in order to participate in a game or practice that day. Coaches will develop a team-by-team attendance policy for each of their programs, which must be approved by the athletic director. In general, an unexcused absence from practice is when the athlete is in school and did not communicate the need for the absence with their coach prior to the day of the absence. Communication between coach and athlete is essential.

TRANSPORTATION

The district provides transportation to and from all games and practice sites. Late buses are provided Monday through Friday for practices and leave the Hackensack campus promptly at 6:30 p.m. There are three buses that drop our athletes off at their sending districts. No transportation is available for Saturday practices.

Athletes may be picked up by their parent at any game or practice sites. Coaches must be informed when a parent picks up an athlete at an alternate site. Parents must present themselves to the coach and the coach should acknowledge that the parent is taking his/her child home. Athletes are not permitted to leave with anyone else but their parents without written consent from the athletic director. The teams will always return to the Hackensack Campus at the conclusion of any game/match or practice.

All athletes are expected to remain seated while on the bus and there is no eating or drinking allowed on the bus. Athletes should police their seating area for garbage before exiting the bus. They should be respectful to the driver and each other, keep noise level to a minimum, and uphold all codes of conduct as stipulated in the student handbook. Any disciplinary problem on the bus will be directed to the athletic director and the student's respective campus disciplinarian. Our district has a no tolerance policy when it comes to bus safety and proper behavior. If a problem persists, they can and will be excluded from participating in our sports program. Drivers cannot and will not accept any misbehavior on the buses.

It is important to follow proper procedure when picking up athletes. Please do not block the driveway in the front of the school. Park in the designated parking areas, as buses must be able to enter and exit.

DRIVING POLICY

In an effort to keep our athletes safe and to coordinate with District policy, we are implementing the following rules regarding athletes driving to sporting events:

1. Athletes may only drive to the Teterboro, Paramus or Hackensack campuses for the purpose of participating in a sporting event or to attend a practice session.
2. Athletes are not permitted to transport other students.
3. Athletes may not drive to off-site games or practices.

Please note that violation of this policy will result in a suspension of all driving privileges. A second offense will result in removal from team.

A permission slip for your son/daughter to drive in accordance with the above stated guidelines will be provided for your child, through the Athletic Office. In signing this form, you agree to permit your child to drive to the Hackensack, Teterboro or Paramus campuses. Forms should be returned to the Athletic Office. If you have any questions, please contact Will Muller, Athletic Director at 201-343-6000 ext. 2277.

SUBSTANCE ABUSE

The Board prohibits the use, possession, and/or distribution of an illegal substance within and outside school premises, school property, at any event away from the school premises that is sponsored by this Board, on any transportation vehicle provided by this Board, and at any site at which a student is participating in a work-based learning experience

A student who uses, possesses, or distributes an illegal substance, on or off school premises, will be subject to discipline. Disciplinary action will be graded to the severity of the offense, the nature of the problem and the student's needs. Discipline may result in the suspension or expulsion of the student. The Board may establish consequences for a student not following through on the recommendations of an evaluation for alcohol or other drug abuse and related behaviors. When a student is found to be unlawfully possessed or involved in the distribution of any quantity of illegal substances, drugs, or alcohol, on school grounds or at a school activity, the Superintendent or his or her designee will notify the appropriate law enforcement agency pursuant to N.J.A./C 6A:16-6.3(a).

BANNED SUBSTANCES

If it is determined that the student has been using any banned substances, the student and others, as necessary, shall be interviewed by a SAC, who is certified to assess alcohol and other drug abuse for the purpose of determining, the extent of the student's involvement with substances and the possible need for referral for treatment. In order to make this determination, the staff member may conduct a reasonable investigation, which may include interviews with the student's teachers and school staff. The school staff member may also consult with physicians and such experts in the field of substance abuse as may be appropriate.

No civil action of any kind shall lie against any employee, officer, or agent of the Board because of actions taken under the education statutes on substance abuse, N.J.S.A. 18A:40A-1, et seq., provided the skill and care given is that ordinarily required and exercised by other such employees, officers and agents of the Board.

Any employee, who in good faith, reports a student to the building principal or his or her designee, the school doctor, or the school nurse in an attempt to help such student cure his or her abuse of illegal substances shall not be liable in civil damages as a result of making any such report.

The New Jersey State Interscholastic Athletic Association ("NJSIAA") requires all athletes and their families to consent to a drug test if asked.

Copies of the entire board policy regarding substance abuse are available from the building principal.

BOOSTERS

The purpose of the Bergen Tech Knights Booster Club is to promote the athletic program throughout the Bergen County Technical School district. This organization plays a vital role in aiding our athletic programs and our student athletes. They help recognize the endeavors and achievements of teams, athletes, and cheerleaders. The Boosters promote good sportsmanship, increase community interest, actively support the athletic program, and assist wherever possible. Each program is required to have one parent be part of the Boosters Executive Committee. Any parent interested in joining the Boosters should contact the Athletic Director at (201) 343-6000 ext. 2277 or go to our website and download the application form.

PRE-PARTICIPATION FORMS

All athletes must have a physical prior to the participation in any interscholastic sport. Physicals are good for one calendar year and no athlete can participate without one. Our school physician, Dr. Ronald Rigolosi, provides physical examinations free of charge on certain days prior to each sports season. Athletes may also secure physical clearance from a family physician. All doctors performing Pre-Participation forms must have completed the Cardiac Assessment Professional Development Module. Physical exam dates will be communicated to athletes, in advance, via email and signage throughout our campuses. All paperwork is going to be due two (2) weeks prior to the start of each sports season. If there any issues about obtaining a physical, parents should contact the Athletic Director at (201) 343-6000 ext. 2277.

All players who are injured in a game or practice should inform their coach immediately. The coaching staff will then inform our Athletic Trainer/EMT who will determine the degree of medical attention that is required. Parents will be notified immediately of any injury that requires additional medical attention. An ambulance will also be called when necessary.

INSURANCE

The school provides an umbrella policy for all athletes. In the event of an injury our Athletic Trainer/EMT and coaches will provide emergency care. An accident report will be completed and recommendations will be made. An insurance form is available via the Athletic Director. Parents will be notified by the Athletic Trainer/EMT of all injuries requiring additional medical attention. If a student gets injured he/she must get written consent from their physician before returning to play.

CONCUSSION GUIDELINES AND DISTRICT POLICY

The NJSIAA Concussion Policy mirrors the state law as it pertains to the development of interscholastic athletic head injury safety training program, required measures to protect student athletes with concussions, and the continuing education for athletic trainers.

A concussion is a brain injury that results in a temporary disruption of normal brain function. The brain is suspended in fluid within the skull and can get “shaken” with a sudden force to the head (similar to shaking yolk in a raw eggshell), causing injury. A concussion often results from a blow or jolt to the head, or from the head striking an object such as the ground or another athlete. Although less common, bleeding in the brain can occur with some head injuries. An athlete does not need to lose consciousness (blackout) to suffer a concussion. In fact, less than 10% of concussed athletes lose consciousness. Possible signs and symptoms of a concussion include and are not limited to:

Physical signs:

- Appears dazed and confused about what to do
- Forgets plays or is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (rare)
- Shows behavior or personality changes
- Can’t recall events prior or after the hit
- Clear fluid or bleeding coming from the ears or nose indicates a possible skull fracture.

Symptoms:

- Headache
- Nausea
- Fatigue balance problems or dizziness
- Double or fuzzy vision
- Feeling sluggish or “slowed down”
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion
- Light or noise sensitivity
- Ringing in the ears
- Sleeplessness or excess sleep

Cognitive Testing:

Each year athletes participating in a sport that is susceptible to concussions will take a baseline cognitive test via ImPACT Testing. ImPACT is an assessment tool that will help in evaluating the concussed athlete’s post injury status and track recovery for safe return to play, thus preventing the cumulative effects of concussion. These computerized assessments will be conducted by the District at the District’s expense.

Return-to-play guidelines:

A student-athlete who is suspected of sustaining or who has sustained a concussion and/or has become unconscious during an athletic event shall not return-to-play until he/she meets all of the following criteria:

- Immediate removal from play and no return-to-play that day.
- Medical evaluation to determine the presence/absence of a concussion.
- A student athlete who is diagnosed with a concussion will complete a symptom-free week (7 days), initiated on the first asymptomatic day before initiating a graduated return-to-play exercise protocol.
- If concussion symptoms reoccur during the graduated return-to-play exercise protocol, the student athlete will return to the previous level of activity that causes no symptoms and then advance as tolerated.
- If the student athlete exhibits a re-emergence of any post-concussion sign or symptom, once they return-to-play, they will be removed from the activity and must return to his/her medical physician for reevaluation.

If the student athlete's physician determines that the he/she is not concussed or injured, that physician is required to provide a medical release, without limitations, with a return-to-play date. Physician clearance notes that are inconsistent with this concussion policy may not be accepted by the district and will be referred to the school physician. All medical examinations conducted by the student athlete's physician when he or she is suspected of sustaining a concussion shall be reviewed by the school physician.

HEAT-ACCLIMATION GUIDELINES

Intent:

To provide practice and pre-season heat-acclimation guidelines for student athletes with the purpose of minimizing injury and enhancing the player's health, performance, and well being.

- Athletes should wear lightweight clothing during pre-season practices.
- During hot weather, athletes will have an unlimited access to water.
- The Certified Athletic Trainer will take routine temperature and humidity readings. The ATC will determine and assess any unsafe practice or competition conditions.

Acclimation to heat over one to five days:

All athletes must participate and follow the five day acclimation period. Practice shall consist of no more than three hours of practice time. Practices may be divided into multiple sessions, but total practice time shall not exceed three hours. Warm-up, stretching, conditioning, weight training and "cool-down" periods shall be calculated in practice time.

Days 1-2:

- Three hour time limit
- No protective gear except a helmet allowed
- Activities limited to those where full protective gear is not required.

Days 3-5:

- Three hour time limit
- Full protective gear may be added.

Practices after the five day acclimation period:

Practices shall not exceed five hours. The five hour practice time may be divided into multiple sessions. A five-hour practice day may not be followed by a practice greater than three hours; therefore, practice days may follow a 3-5-3-5 format. A minimum of a three hour recovery period should be provided after any practice session greater than two hours and before a walk-through.

Rest period:

Teams may not practice more than six consecutive days. One 24 hour rest period must be included within a seven day period.

Scrimmage participation:

Student athletes must complete six full days of practice prior to participating in a scrimmage for any sport.

ACADEMIC ELIGIBILITY

A minimum GPA of 2.8 is required for all athletes. Students are ineligible to register, tryout or participate in sports if their GPA falls below the required 2.8 minimum requirement. If a student is failing any of his/her classes during the season, he/she will be placed on academic probation for a period of two weeks. During that period, the student may continue to participate but must also construct a contract with the teacher. The contract will articulate the requirements for satisfactory grade improvement and must be completed to improve their grade. If the terms of that contract are not fulfilled after two weeks, the player will not be able to participate.

COMMITMENT

One of the main goals of the Bergen Tech Athletic Program is to provide student athletes with the opportunity to work together as a team, develop leadership skills, and improve athletic skills. In order for a team to provide students with such an opportunity, it is imperative that they have the commitment of all of their players. Committing to a Bergen Tech team means the student must attend all practices and games. There can be exceptions such as illness, family emergency, religion, or academic necessity. Most Bergen Tech teams practice Monday through Saturday for two to three hours per day. These time commitments require serious dedication while balancing academics. The head coach of each program will construct an attendance policy that will outline any penalties.

All players are expected to attend all practices and games, including those scheduled during the times when school is not in session (i.e. school vacations and breaks). Athletes should notify their coaches as soon as they become aware of any expected absence.

SPORTSMANSHIP

Every Bergen Tech athlete represents our school community and our team. Therefore, it is expected that each athlete uphold the rules of sportsmanlike conduct at all times. Any athlete ejected from any game will receive immediate, as well as, long term consequences. A parent conference will be set up with Campus Administration and the Athletic Director.

Bergen Tech Code of Conduct/Sportsmanship Agreement for Students and Parents:

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when the competition reflects these “six pillars of character”.

Therefore I agree:

I will remember that the game is for the student athletes;

I will learn the rules of the game and the policies of the sport;

I (and my guests) will be a positive support for all players, coaches, officials, and spectators at every game, practice, or other sporting event;

I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures;

I will not encourage any behaviors or practices that would endanger the health or well-being of the athletes;

I will teach my child to play by the rules and resolve conflicts without resorting to hostility or violence;

I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability;

I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game of his/her performance;

I will never ridicule or yell at my child or other participants for making a mistake or losing a competition;

I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win;

I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and;

I will support an environment that is free from drugs, tobacco and alcohol.

The Board of Education requires that all individuals involved in, participating in, or attending the athletic and intramural programs, sponsored by the Board exhibit sportsmanship when representing the school at any athletic event. For purposes of this policy, all students are deemed to represent the school merely by their presence at any such athletic or intramural event whether or not they are actually participating in the athletic event itself.

Participation in the athletic program for the Bergen County Technical Schools is a privilege, which carries with it certain responsibilities. All students must remember that they are students first and that being selected to participate on a team is an honor and a privilege, not a right

guaranteed to them. Participation in a sport and status on a team is directly related to scholastic performance and behavior before, during, and after school.

As a member of the Bergen Tech Athletic Community, by signing this contract I am agreeing to the following expectations and that violating them may result in a suspension or dismissal from the team. I realize that as a scholar athlete I am expected to present myself as a model citizen of the school community.

Therefore I agree:

I will attend and fully participate in all classes and assigned school responsibilities during the school day. Students are not allowed to participate in extracurricular activities unless they attend all classes on the day of the event. Exceptions may be made only with the permission of the principal or grade level advisor. In addition, I will inform my teacher of early dismissals and submit all assignments due;

I will maintain a minimum B- average in all of my classes;

I will keep up to date with all assignments and tests;

I (and my guests) will not engage in any kind of unsportsmanlike conduct such as booing and taunting, refusing to shake hands, or using profane language or gestures;

I will not encourage any behaviors or practices that would endanger the health or well-being of an athlete participating;

I will treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability;

I will never ridicule or yell at other players for making a mistake or losing a competition;

I will respect the officials and their authority during games and will never question, discuss, or confront, coaches at the game field;

I will promptly attend all scheduled practices and games. This includes the required practices during school vacations and breaks. I will give my coaches at least 24 hours' notice on that rare occasion when an emergency prevents me from attending a practice or game;

I will be prepared for both practices and games, including all required equipment and uniforms;

I will conduct myself in a sportsmanlike manner, including abstaining from alcohol, tobacco products and any illegal substances;

I will abide by the rules established by the coach in regards to behavior, appearance and attire, both on and off the field, and while in transit on the athletic bus;

I will recognize the skilled performance of others regardless of affiliation;

I will display respect for all individuals participating in the athletic event;

I will treat opponents in an empathetic and kindly manner, and;

I will congratulate opponents in victory or defeat.

Sportsmanship Summits:

Each season we will hold a sportsmanship summit for all athletes and coaches.

DISQUALIFICATION OF COACHES AND PLAYERS

Any coach or player disqualified before, during, or after an interscholastic event for unsportsmanlike flagrant verbal or physical misconduct will be disqualified from the next two regularly scheduled games/meets, with the exception of football which will carry a one game disqualification, at that level of competition and all other game(s), meet(s) or match(es), in the interim, at any level in addition to any other penalties which the NJSIAA or a league/conference may assess. Such disqualification prevents a coach or player from being present at the site. Once a coach or player has been disqualified, **NO** appeals will be honored from the player, coach, official, or any other party. Bergen Tech administration holds the right to lengthen these suspensions or enforce other sanctions, as they feel fit.

ATHLETIC EQUIPMENT

Most athletic equipment required by the NJSIAA will be provided for the student athlete. The exact type of equipment will vary from sport to sport and can be better explained by each specific coaching staff. All athletes are expected to maintain their equipment to the best of their ability and evaluate it periodically to assure it remains in playable condition. Students will be required to return all such equipment at the conclusion of the season unless other arrangements are made with their coaches for camps or off-season leagues. All items not returned must be paid for. No athlete will receive his/her athletic award(s) until all equipment/ uniforms are returned or paid for.

LOCKER ROOM PROTOCOL

All codes of conduct and related consequences as articulated in the student handbook apply in the locker room area.

Student athletes should bring all of the materials that they need to bring home for the evening to the locker room before a game or practice. Students will not be permitted to go to their regular lockers after a practice or game, unless supervised by a coach.

Although all of our athletes will have a locker to secure personal possessions, it is our recommendation that they refrain from storing valuables in the locker room area.

HONORS AND AWARDS

At the conclusion of each sports season there will be an awards ceremony held at our Hackensack Campus. All levels from each program will meet in the auditorium where each head coach will speak about their programs. Each program will then move to another location in the building to have a sports specific ceremony. After the speeches, each program will break out into specific areas of the school and have a sports specific awards ceremony. The coaches will coordinate with parents about each program's ceremony. An agenda for each awards night will be sent prior to the event.

Sports Award Ceremony dates:

Fall Sports	December 12, 2017
Winter Sports	March 6, 2018
Spring Sports	June 12, 2018

DISCIPLINE AND SPORTS

As a member of the Bergen Tech Athletic Program you represent your team, coaches, and school as a whole. Therefore, it is important that you conduct yourself in a manner that never disgraces the teams and coaches that bring so much enjoyment and fulfillment into your life.

The Athletic Director and Campus Administration reserve the right to suspend a student from the district athletic program for any infraction of school rules, board policy or state law.

It is the policy of Bergen County Technical School District not to discriminate in its educational programs, activities, employment practices, or admission policies and practices on the basis of race, color, national origin, sex, or disability.

DEALING WITH BIAS INCIDENTS

The NJSIAA is amending its Sportsmanship Rule to make it clear that the principles of good sportsmanship are violated by “any person (athletic department, staff member, student athlete, or a fan or spectator associated with a member school) who engages in harassing, verbal, or physical conduct related to race, gender, ethnicity, disability, sexual orientation, or religion at an interscholastic events.”

In addition, the NJSIAA bylaws will require the Executive Director to forward to the New Jersey Division on Civil Rights any reported violation of the Sportsmanship Rule resulting from harassing, verbal, or physical contact relating race, gender, ethnicity, disability, sexual orientation, or religion at an interscholastic event.

It has always been a violation of the Sportsmanship Rule for any person to intentionally incite participants or spectators to violent or abusive action. It has also been a violation of the Sportsmanship Rule for any person to use obscene gestures or profane or unduly provocative language or action toward officials, opponents, or spectators. In addition, sports officials have

always had the power to disqualify a coach or player for unsportsmanlike flagrant, verbal, or physical misconduct.

The NJSIAA states that coaches, players and officials who use provocative language aimed at players.....

The NJSIAA is telling coaches, players, and officials that provocative language aimed at a player's race, ethnicity, religion, gender, disability or sexual orientation, is every bit as unsportsmanlike as obscene or profane language. Race-baiting, ethnic slurs, and taunting will not be tolerated on the playing field; just as it is not tolerated in the classroom.

An official must always use his or her discretion when determining whether to disqualify a coach or player. That discretion is based on the official's training and experience, as well as the game conditions and the overriding importance of maintaining player safety. If an official decides that the unsportsmanlike conduct crosses the line and merits disqualification, no warnings need to be given and the official's decision is final.

The following statement will be read at the beginning of every interscholastic athletic contest by the game official:

"There will be no tolerance for negative statements or actions between opposing players or coaches. This includes taunting, baiting, berating opponents or 'trash talking' or actions which ridicule or cause embarrassment to them. It also includes harassing conduct related to race, gender, ethnicity, disability, sexual orientation, or religion. If such comments are heard, a penalty will be assessed immediately. We have been instructed not to issue warnings. It is your responsibility to remind your team of this policy."

The NJSIAA may investigate the incident itself or refer the incident to the school, league, or conference for investigation. Depending on the seriousness of the incident, additional sanctions can be imposed on the offending school, coach, or player. The NJSIAA will also forward every reported bias incident to the Division on Civil Rights. Schools are responsible for maintaining standards of good sportsmanship by their teams, students, spectators and fans. NJSIAA rules state that a "member school with which an individual is associated may be subject to disciplinary action if it is found that the member school's policies, actions, or failure to act, substantially contributed to the individual's conduct." If a spectator or fan engages in conduct that disrupts a game, the spectator or fan may be removed by host school management. Officials can work with host school management to identify disruptive individuals.

All schools, public and private, must enforce their own codes of conduct. Public schools have additional obligations under the New Jersey Anti-Bullying Bill of Rights Act ("ABR"). That state law prohibits harassment, intimidation, and bullying on school property and at school sponsored functions. Spectators and fans are subject to the school's anti-bullying policies, which are enforced by the schools themselves.

HARASSMENT, INTIMIDATION OR BULLYING

The Knights Athletic Program follows the district's policy for Harassment, Intimidation or Bullying ("HIB") which are; Board Policy 5512.1M on Harassment, Intimidation and Bullying, R5512.1M on Investigative Policies and 5512.2 on Cyber Bullying which may be viewed on the district homepage <http://www.bergen.org/>. Copies of the entire policy and procedures may be obtained from the campus administration.

Complaints alleging violations of this policy should be reported verbally to the Athletic Director, the Building Principal, coach or his or her designee on the same day of occurrence. The Athletic Department takes any violation of this policy seriously. Infractions of this policy will have an impact on the student athlete's ability to participate in our athletic programs. All reported cases will be handled on a case-to-case basis. Athletes represent our district and need to take a leadership role against HIB incidences in our program.

H.I.B. Definition

"Harassment, intimidation, or bullying" means any single gesture, written or verbal statement or physical act, or electronic communication, or any series of gestures, written or verbal statements or physical acts or electronic communications, which may reasonably be perceived as being motivated either by an actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability, or by any other distinguishing characteristic, that takes place on school property, at any school-sponsored function or on a school bus and that:

1. A reasonable person should know, under the circumstances, will have the effect of severely or pervasively causing physical or emotional harm to a student or damaging the student's property, or placing a student in reasonable fear of physical or emotional harm to his person or damage to his property; or
2. Has the effect of insulting or demeaning any student or group of students in such a way as to cause substantial disruption or interference with the orderly operation of the school; or
3. Creates a hostile environment at school for the student; or
4. Interferes with a student's education; or
5. Infringes on the rights of the student at school.

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

Acts of harassment, intimidation, or bullying also may occur when a student exercises power and control over another student, either in isolated incidents (e.g., intimidation or harassment) or multiple events that create patterns of harassing, or intimidating behavior (e.g., bullying).

"Parent," as defined in N.J.A.C. 6A:16-1.3, means the natural parent(s) or adoptive parent(s), legal guardian(s), foster parent(s) or parent surrogate(s) of a student. Where parents are separated or divorced, "parent" means the person or agency which has legal custody of the student, as well

as the natural or adoptive parent(s) of the student, provided such parental rights have not been terminated by a court of appropriate jurisdiction.

“School grounds” means and includes land, portions of land, structures, buildings, and vehicles, when used for the provision of academic or extracurricular programs sponsored by the District or community provider and structures that support these buildings, such as District wastewater treatment facilities, generating facilities, and other central service facilities including, but not limited to kitchens and maintenance shops. It also includes other facilities such as facilities that physically support such structures (see N.J.A.C. 6A:26-1.2), playgrounds, and recreational places owned by local municipalities, private entities or other individuals during those times when the District has exclusive use of a portion of such land.

“School staff” means full- or part-time staff/employees, persons contracted by the District to provide services to students, and volunteers who have significant contact with students.

Location is on school grounds, at any school sponsored function, on a school bus, and off school grounds.

Note: HIB is “one-sided.” Mutually competitive or opposing actions or engagement, including disagreements, arguments and fights are “**conflicts**.” Any incidences (including threats) that do not meet **all** required elements in the definition above must be reported under another appropriately labeled descriptor as per EVVRS.

For a determination of HIB on or off school grounds under the ABR, there must be:

- Substantial disruption or interference with the orderly operation of school or student’s rights;
- An actual or perceived distinguishing characteristic as the motivation factor; and
- One of the following:
 - Physical or emotional harm to a student or his or her property or fear of harm to student or property;
 - Effect of insulting or demeaning a student or group of students; or
 - Creation of “hostile educational environment,” interfering with student’s education

EMERGENCY PROCEDURES

All coaches, athletes, parents, athletic personnel, and spectators should make themselves aware of all emergency exits and procedures in the event of an emergency. If an emergency occurs 9-1-1 will be called to the scene to handle any immediate concerns. Coaches will always notify the athletic director if and when an emergency takes place, who will then notify central administration. All parents of the athletes involved will be notified of the situation.

LIGHTNING SAFETY

The National Weather Service estimates that 100,000 thunderstorms and 25 million lightning strikes occur in the United States each year. As an athletic community we need to be aware of weather conditions and new how to proceed when the weather gets dangerous.

- **Watch for developing thunderstorms:** Thunderstorms are most likely to develop on spring or summer days, but can occur year round. Towering cumulus clouds are often the first sign of a thunderstorm.
- **When to seek safe shelter:** Lightning can strike up to 10 miles from a thunderstorm. If you can hear thunder, you are within striking distance. Do not assume that you are safe because the storm is not overhead or it is not yet raining. Seek a safe shelter immediately.
- **Outdoor activities:** Minimize the risk of being struck. Outdoor activities should be stopped at the first roar of thunder to ensure that everyone has time to get into a large building.
- **Indoor activities:** Inside a building stay off of corded phones, computers, and other electrical equipment that puts you in direct contact with electricity. Stay away from tubs, showers, and other plumbing.
- **Helping a lightning strike victim:** If a person is struck by lightning, call 911 and get medical help immediately. Cardiac arrest and irregularities, burns, and nerve damage are common in cases where people are struck by lightning. You are in no danger helping a lightning victim. The charge that struck the victim will not affect you.
- **At the first indication of lightning (seen or thunder heard):** The threat is immediate and the athletes must be removed from the playing field to a safe shelter.
- **After the suspension of play:** It is recommended to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another count should begin.
- Coaches, athletic trainers, officials, administrators, as well as athletes, should be educated regarding the signs indicating nearby thunderstorm development. Generally speaking, it is felt that any time that lightning can be seen, or thunder heard, risk is already present.

The BCA Campus is now equipped with a lightening detection system that will alert us when there is lightening in the area. The horn will sound once for approximately 5 seconds when lightening is detected in a dangerous proximity to the fields. At this time all players and coaches should enter the building until the all clear alert is heard. The all-clear alert will be three consecutive horn alerts that last a few seconds each.

COACHES CONTACT INFORMATION

<u>SPORT</u>	<u>HEAD COACH</u>	<u>EMAIL</u>
Baseball	Doug Naccara	dounac@bergen.org
Boys Basketball	Michael Mongelli	micmong@bergen.org
Girls Basketball	Jessica Horan	jeshor@bergen.org
Bowling	Henry Kuipers	henkui@bergen.org
Cheerleading	Kara Licastro/Theresa Marquart	BTcheer@bergen.org
Cross Country	Ken Cevoli	kencev@bergen.org
Football	Ryan Lynch	ryalyn@bergen.org
Boys Golf	Keith Robertson	keirob@bergen.org
Girls Golf	Susan Polonsky	suspol@bergen.org
Boys Lacrosse	Gene Walsh	genwal@bergen.org
Girls Lacrosse	Ken Conlon	kencon@bergen.org
Boys Soccer	Nelson Ramirez	nelram@bergen.org
Girls Soccer	Dana Zweben	danzwe@bergen.org
Softball	Frank Mele	framel@bergen.org
Boys Tennis	John Yselonia	johyse@bergen.org
Girls Tennis	John Yselonia	johyse@bergen.org
Boys Track (Spring)	Shawn Hackett	shahac@bergen.org
Girls Track (Spring)	Ken Cevoli	kencev@bergen.org
Winter Track Boys	Shawn Hackett	shahac@bergen.org
Winter Track Girls	Shawn Hackett	shahac@bergen.org
Boys Volleyball	Matthew Kingsley	matkin@bergen.org
Girls Volleyball	Christine Kuzmik	chrtos@bergen.org
Fencing	Arash Safavi	arasaf@bergen.org

ATHLETIC DEPARTMENT INFORMATION

Athletic Office Contact Information

Will Muller
Supervisor of Athletics
200 Hackensack Ave.
Hackensack, NJ 07601
Phone: 201.343.6000 x2277
Fax: 201.518.9232
Email: wilmul@bergen.org

Yvonne Kruse
Secretary to the Athletic Director
Phone: 201.343.6000 x2287
Email: yvokru@bergen.org

Jennifer Harmande
Athletic Trainer
Phone: 201.343.6000 x2362
Email: jenhar@bergen.org