

PLAINFIELD ATHLETICS

STUDENT ATHLETE

HANDBOOK

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PLAINFIELD SCHOOL DISTRICT ATHLETICS

*"The most important thing in sports is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." —
Olympic Creed*

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ATHLETIC PHILOSOPHY

The Plainfield School District believes that a dynamic program of student activities is vital to the educational development of the student.

Athletics play an important part in the life of Plainfield High School and Middle School. Young people learn a great deal from participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are integral parts of our athletic program. Athletic participation also plays an important part in helping students develop a healthy self-concept as well as a healthy body. Athletic competition also improves school spirit and helps students develop pride in their school.

The major objective of the athletic program is to provide wholesome opportunities for students to develop positive leadership habits and attitudes of social and group interaction.

Coaching leadership should be of the highest quality and should provide athletes with examples of exemplary behavior. Measurement of leadership success should not be measured in terms of the tangible evidence of the victories and defeats. Instead character, courage and integrity will be major objectives of the athletic program.

The athletic program will always be consistent with the general objectives of the school. The athletic administration should be oriented to general policies of the institution. At no time will the program place the total educational curriculum secondary in emphasis; program leaders will constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.

OBJECTIVES OF ATHLETIC PARTICIPATION

- **To provide a positive image** of school athletics Plainfield High School.
- **To strive always** for playing excellence that will produce winning teams within the bounds of good sportsmanship while enhancing the mental and physical health of student athletes.
- **To ensure growth** and development that will increase the participants; that will give impetus to increased contest attendance; that will enhance a program of maintenance and improvement of athletic facilities.
- **To provide opportunities** that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
 - 1) Physical, mental and emotional growth and development.
 - 2) Acquisition and development of special skills in activities of each student's choice.
 - 3) Development of commitments such as loyalty, cooperation, fair play and other desirable social traits.
 - 4) Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
 - 5) A focus of interests on activity programs for student body, faculty and community that will generate a feeling of unity.
 - 6) Achievement of initial goals as set by the school in general and the student as a individual.
 - 7) Provisions for worthy use of leisure time in later life, either as a participant or spectator.
 - 8) Participation by the most skilled that will enable these individuals to expand possibilities for future vocational pursuits.
- **To provide a superior program** of student activities that includes appropriate activities for every participant.
- **To provide an opportunity** for students to experience success in the activities he/she selects.
- **To provide sufficient** activities to respond to a wide variety of students interests and abilities.
- **To provide student activities** which offer the greatest benefits for the greatest number of students.
- **To create a desire** to succeed and excel.
- **To provide for the students'** worthy use of leisure time now and in the future.
- **To develop high ideals** of fairness in all human relationships.
- **To practice self-discipline** and emotional maturity in learning to make decisions under pressure.
- **To be socially competent** and operate within a set of rules, thus gaining a respect for the rights of others.
- **To develop an understanding** of the value of activities in a balanced educational process.

ACADEMIC ELIGIBILITY

- All student-athletes should be familiar with the eligibility rules required by the NJSIAA. Copies of all regulations are available in the Athletic Director's office.
- Standard NJSIAA eligibility forms and rosters will be completed by the Athletic Department secretary, checked and verified by the head coach of each sport, signed and authorized by the Athletic Director and Principal and submitted to the state before the first scheduled contest of each sport. Copies of the forms remain on file in the athletic office. Accuracy is of primary importance with these documents to avoid the embarrassment of a possible forfeit/consequence administered by the NJSIAA.
- Academic eligibility is an integral part of the entire eligibility process and a student-athlete must meet the standards set forth by the NJSIAA before participation is granted. The regulations are contained within the NJSIAA handbook in the athletic office and must be verified for each student-athlete by the Guidance Department each season (Below is a summary of the requirements):

Fall and Winter Seasons: Must be passing a minimum of 27.50 credits from the previous year.

Spring Season: Must be passing a minimum of 13.75 credits from the first (1st) semester of the current school year.

- Student-athletes should know their academic standing as it applies to participation in athletics. When academic eligibility for a sport is in doubt the athlete should contact the athletic office and/or the guidance department. This should be done well in advance of the start date for the sport.
- Student-athletes should contact their coaches when they are having difficulties during the season and may need academic assistance. Coaches have been advised to keep close contact with members of their respective teams with regard to their academic standing. Each coach has the responsibility and obligation to help guide every student on his/her squad academically, morally, and socially, especially those who may have difficulty maintaining eligibility.

Rules of Conduct for Athletes

“Character Counts! Website (www.charactercounts.org)”

TRUSTWORTHINESS

- Be completely honest. Tell the whole truth. Do not be sneaky.
- Do not do anything you think is wrong. Stand up for you beliefs. Show commitment and courage. Keep your promises.
- Do the right thing even when the cost is high.

RESPECT

- Treat opponents, teammates, referees and others with respect and courtesy. Do not use insults, negative cheers or name-calling.
- Do not use violence to settle disputes. Do not hit, shove or threaten to hurt anyone.

RESPONSIBILITY

- Think before you act. Think about consequences, how your actions today can affect you and others in the future.
- Take responsibility for the consequences of your choices.
- Do not blame others for what you did or take credit that doesn't belong to you.
- Always control yourself. Do not lose you temper.
- Do not throw things, scream, hit others or use bad language.

FAIRNESS

- Play fair and with honor. Play by the rules. Never cheat.
- Give everyone a fair chance. Help your team and community.
- Adhere to both the letter and spirit of the rules.

CARING

- Treat others the way you would want to be treated.
- Never intentionally injure any player or engage in reckless behavior

CITIZENSHIP

- Obey laws and rules. Remember it is unfair for some people to play by the rules while others do not.
- Listen to your coaches, referees and your parents. Respect authority.

ATTENDANCE/DISCIPLINE RULES FOR ATHLETES

The major objective of the Plainfield High School Interscholastic Athletic Program is to provide wholesome opportunities for students to develop positive leadership habits and attitudes of social and group interaction (see Athletic Philosophy and Objectives of Participation). Remember that participation in interscholastic athletics at Plainfield High School is a privilege granted by the Board of Education and along with this privilege and its benefits come certain responsibilities, which every athlete must accept:

- The athlete must recognize that the primary reason for attending school is to become a responsible citizen and educated person.
- The athletes must conduct themselves in the community in a manner, which will bring credit to their team, sport and school.
- The athlete must adhere to all rules set forth in the Student and Student-Athlete Handbooks.
- The athlete must strive to reach the upper limits of his/her individual athletic potential.

The student-athlete contract and parent permission form are included as part of our physical form and must be signed by both parties. Failure to provide these signatures will prohibit participation in the sport by the athlete.

It is expected that all athletes will participate in all practices and games, adhere to all rules set forth by the school, the Athletic Department as well as their individual coaches, and conduct themselves in an exemplary manner at all times. Those who do not will be subject to appropriate discipline. The following are basic guidelines for offenses and consequences:

UNEXCUSED ABSENCE FROM PRACTICE

- First Violation - Coach record violation and the penalty is up to the discretion of the coach.
- Second Violation - The athlete will not participate in the next game or contest.

UNEXCUSED ABSENCE FROM A CONTEST

- First Violation - The athlete will not participate in the next comparable contest (i.e. if an athlete is absent from a contest, they sit a contest; if they are absent for a festival/county/state/tournament contest(s) they may sit more than one contest or a similar contest at the coaches' discretion.
- Second Violation - The athlete will be suspended from the team for a period of time determined by the head coach and Athletic Director. Whenever a student-athlete is prohibited from playing due to a rules infraction the Athletic Director must be notified.

ATTENDANCE DURING SCHOOL VACATIONS

- Varsity players are expected at all practices and games, including those scheduled during the times when school is not in session.
- Junior Varsity and Freshmen are also expected at all practices, but may be excused by their coaches in the event of a family commitment during vacation times. Athletes should notify their coaches at

least one week prior to the expected absence. It is expected, however, that no athlete will be absent from games or contests.

ATHLETIC DEPARTMENT DISCIPLINE PROCEDURES

- A student that is suspended from school will be ineligible for contests or practices during that time (Out of School Suspension - OSS).
- A student must be in attendance for at least a half day (11:00 a.m.), if they are to practice or participate in a contest. Friday will declare the eligibility for Saturday contests.
- Fighting during a contest is strictly forbidden. Since athletic contests are a school function a student-athlete involved in a fight during an athletic activity is subject to the same discipline as if they were in school or on a field trip. After an investigation of a fighting incident, consequences will be determined by the coach, Athletic Director and Vice Principal and may include suspension from the team. If a second offense occurs during the same season or a subsequent season during the same school year the athlete will be removed from the team, forfeit all awards and the athlete may no longer participate in any sport for the remainder of the school year.
- For other offenses see the 24 Hour Training Policy

In general, if the student brings discredit to the school or team, he/she will be subject to disciplinary action and may lose the privilege of participating in the Plainfield athletics program.

ATHLETIC TRAINING ROOM POLICIES AND PROCEDURES FOR THE STUDENT-ATHLETE

1. The athletic training room staff is here to serve the student-athlete. We will treat the student-athlete in a professional manner and expect the same in return.
2. All injured or ill athletes must report to the Athletic Trainer immediately. If you do not show up for treatment, you will be treated as if you missed practice. The Athletic Trainer reserves the right to refuse treatment if a student-athlete is late or misses pre-practice treatment.
3. Athletes who are still participating but need treatment are expected to be in the athletic training room by 3pm on regular practice days.
4. The athletic training room operates on a first-come, first-serve basis. Sign in as soon as you enter the training room, and then please wait your turn. Not everyone can be helped at the same time. If you have an appointment for rehab, please show up on time.
5. You are responsible for getting your taping or treatments done in a time for all meetings and practices. Remember, you are never late for practice because you were detaining in the athletic training room – you simply did not get there early enough.
6. Any athlete on a rehabilitation program will take an active part in keeping track of their rehab.
7. Injured players are expected to report to each practice session. There is no excuse for missing a meeting or practice unless it is an emergency just as there is no excuse for missing a treatment unless there is an emergency.
8. Appropriate treatment for any and all musculoskeletal injuries will be decided upon by the Athletic Trainer. When necessary, the team physician or your own personal physician will be involved. If you see a physician, you WILL NOT be cleared until the physician deems proper (i.e. a note must be given to me in order to get back to your sport).
9. Continue all treatment until your Athletic Trainer releases you. Do not stop treatment because you feel better. **IF YOU MISS A TREATMENT, YOU WILL BE ASSUMED TO BE HEALED.**
10. The training room is a co-ed facility. Proper dress is required for treatment. Please wear shorts and a T-shirt at all times. Come to the athletic training room dressed and ready. Leave all personal items (**THIS INCLUDES A CELL PHONE**) and equipment in your locker. Please shower before receiving post-practice treatment.
11. No headgear of any kind (male or female), cleats, equipment or dirty gear is to be worn in the athletic training room.
12. You are not to touch or operate any equipment in the athletic training room.
13. Do not remove supplies from the athletic training room without permission.
14. Injuries not sustained during team functions are not the responsibility of the Athletic Department or the Athletic Trainer.
15. The athletic training room is **NOT** a lounge.

Furthermore, by affixing my signature to this packet, I agree to follow these policies and procedures and understand that failure to adhere to the rules and regulations may result in my being barred from the PHS Athletic Training facilities.

PHYSICAL EXAMINATION REGULATIONS

(Revised: 7/07)

The New Jersey State Interscholastic Athletic Association (NJSIAA), which is the governing body for high school athletics, has recommended, “*Each student medical examination shall be conducted at the medical home of the student*”, pursuant to NJAC 6A: 16-2.2. Due to this regulation student-athletes will need to obtain individual sports team physicals from their own private physicians (“medical home”) unless the parent/guardian chooses to allow the school doctor to provide the physical. Our physical dates will be announced in advance on our Jefferson Twp. web site.

We recommend you schedule medical appointments well in advance of the season. The **Plainfield Athletic Department Athletic Pre-Participation Physical Examination Packet** is available in our main office, nurse’s office, Athletic Director’s office, as well as the Plainfield District. web page. Please be sure to utilize our school forms when obtaining a physical for your student-athlete (all information required by our school district and the state is included on these forms) and understand that only licensed physicians are permitted to perform these examinations.

No student-athletes will be allowed to participate on any athletic team until proper medical examinations have been reviewed by the School Nurse and athletic department and approved by the School Physician. Athletic Physicals are valid for 365 days from the date of the original physical. However, ***Medical Updates*** (Part A of physical packet) are required, if the original physical was conducted more than 60 days before the first official practice date. This is to ensure that there has been no change in the student-athlete’s condition. It is important that all timelines be met - athletes may not participate until paperwork is submitted, recorded and processed. Late submissions may result in the athlete missing practices and/or games.

Summary of Physical Examination Information

- If a student-athlete has valid documentation of a physical (within 365 days and verified by the nurse) he/she only needs to complete the Health History Questionnaire - Part A, Emergency Card, Steroid Consent Form, Parent/Athlete Signature Form, and the Student-Athlete Contract. These forms are submitted to the school nurse prior to the deadline date announced before each season.
- If a student-athlete needs a new physical, he/she should complete the entire Athletic Participation Physical Packet and bring the forms with them to their own doctor or submit to the nurse for an appointment with the school doctor.
- Coaches should note any physical problems of their athletes. The doctor will often emphasize any problems or concerns or special circumstances.
- Previously known injuries should be brought to the physician's attention for more careful examination.
- A school nurse/athletic trainer will be present at all physical examinations given at the school.
- Original physical examination forms will be filed in the School Nurse’s office. The Athletic Director’s office will keep a copy of the emergency card and contract. Coaches will be issued a copy of all emergency cards for student-athletes who are cleared to play.

TRANSPORTATION

Student-athlete bus behavior must be beyond reproach. Appropriate demeanor and reasonable volume must be maintained at all times. No abuse, distasteful or obscene language or unsafe actions will be permitted. **All athletes are expected to arrive and return to the school as part of the team.**

A coach may allow a student-athlete to return home from an away event only after a parental release form is submitted to the coach. At this point, the parent of that child will assume all responsibility. At no time are students allowed to drive themselves to or from athletic contests. Any other arrangement must be made prior to the beginning of the day through the office of the Athletic Director or the building Principal. These requests must include written parental permission, a detailed rationale for exemption, and the names(s) of assigned driver(s) who will be responsible for the child's safety. We encourage all team members, whenever possible, to use the assigned school transportation. This promotes team unity, ensures proper supervision and allows for greater safety of our students.

There are several types of passes for various transportation issues (available from the Coach or found in the AD Office):

- a) Any athlete who requires transportation from an away contest by a parent should have the parent sign the appropriate form on site with the coach.
- b) Any athlete who requires transportation from an away contest by someone other than a parent must complete the appropriate form and get prior approval from the Athletic Director before leaving for the contest.
- c) Players being excused from academic classes are responsible for any assignment or work missed in that particular class.
- d) A coach may transport student-athletes in special circumstances if the numbers are too low to warrant the scheduling of a bus. However, the student-athlete must have a note from a parent approved by the Athletic Director.
- e) Students may **only** drive in emergency circumstances as determined by the Athletic Director and student-athletes are discouraged from driving to and/or from practice or game sessions at any time.
- f) Cleats are not permitted to be worn on the bus and athletes are not to leave or enter via the rear emergency door.

The Vice Principal of Athletics and members of the coaching staff strongly encourage all student-athletes to ride district transportation when provided for safety reasons as well as team chemistry and camaraderie.

INSURANCE

All student-athletes are covered by the Plainfield Board of Education insurance policy. In short, this policy is an “In excess” policy and requires parents to submit any claims to their own private insurance company prior to submitting a claim to our Board of Education. If the parental claim qualifies, the parents would be reimbursed that which was not covered by their private insurance. Questions regarding this policy and to pick up forms can be accomplished through the School Nurse.

ACCIDENT/INCIDENT REPORT

Any student-athlete injured during a practice, game or any activity affiliated with a sport must report the accident/incident to his/her coach and the Athletic Trainer at the time of the injury. The coach and/or the Athletic Trainer will then process a *Student Incident Report Form* that will be reviewed and authorized by the Athletic Director and filed with the School Nurse. Failure to report an injury at the time of the incident may result in the forfeiture of health insurance coverage.

ATHLETIC EQUIPMENT

- All equipment and uniform items distributed by coaches is marked by name/number for the purpose of maintaining accurate records. Any equipment or uniforms issued to athletes will be recorded on an inventory distribution form to be used by coaches for collection purposes at the conclusion of the season.
- Athletes will be held accountable for any lost, stolen, or damaged merchandise and must pay the ***replacement*** charge for that item(s).
- School-issued equipment should be secured at all times (this includes before taking a shower). Do not leave game gear in unlocked lockers. Again, lost, stolen or damaged equipment is the responsibility of the student-athlete and he/she will be charged the replacement cost.
- Uniforms should not be worn as regular school clothing (exception: Pep Rallies). In addition, school issued uniforms and/or equipment may not be used for participation on outside athletic (i.e. recreation, traveling) teams.
- Issuing of equipment for out-of-season or summer use is prohibited unless specifically approved by the Athletic Director. This may only occur in cases involving “special expensive” equipment that athletes are not required to provide on their own (e.g. field hockey goalie equipment). This equipment may only be used for attendance at a camp.

STUDENT-ATHLETE ATTIRE

It is the responsibility of the coach to see that student-athletes are properly dressed when visiting other schools or facilities. I encourage coaches to require their teams to “dress-up” in school on game days. Non-playing student-athletes should dress appropriately when attending and remaining on the sidelines at a contest. In situations when a team is traveling to an away contest dressed for the game (i.e. soccer, baseball, etc.) the athletes should be wearing their uniforms upon exiting the bus to the field.

PHYSICAL EDUCATION EXCUSES

Athletes are not excused from Physical Education classes for any reason including the day of games. Athletes, after presenting the situation to the instructor, may be excused from strenuous activity (i.e. prolonged running) at the discretion of the instructor.

CAPTAINS

Team Captains - Coaches may use various methods for selecting captains for their team. Be sure the individual(s) selected exemplify the qualities you desire in a captain and leader.

TRAINING RULES

Training rules - All coaches should have established policies regarding proper training habits for their student-athletes. Although sports differ, coaches should have a common stand on the following general rules for all Plainfield athletes (*See 24 – Hour Training Policy for more information regarding violations and consequences*):

- a) No smoking
- b) No substance use/abuse (including alcohol, drugs, “club drugs”, prescriptions, OTC, steroids, etc.)
- c) Regular sleep
- d) Good eating habits (supplements are never encouraged and are prohibited on campus)
- e) No gambling
- f) Championship living

Athletes are reminded to avoid parties where drinking is taking place. Guilt by association is quite often the result. Remember that your coaches, parents and the administration expect you to be good citizens in the community, in school, and as an athlete representing Plainfield High School.

VALUABLES/SECURITY

Team members should be made aware of the responsibility for securing valuables. Since many teams dress away from home coaches must establish security procedures to prevent loss of valuables. Student-athletes should not bring anything of value to away contests or leave valuables in the school locker room unattended.

INSEASON FAMILY AND/OR NON-TEAM COMMITMENTS

An athletic season is defined as the first permitted practice date as established by the NJSIAA Rules and Regulations to the last scheduled contest and/or league, county, state or national tournament contest. In order to be eligible for a varsity letter, an athlete must be on the team in good standing at the end of the season.

It is the goal of the athletic department to encourage regular and forthright communication between and among student-athletes, coaches and parents. With this in mind, athletes and parents are to communicate any family and/or club athletic commitments that may occur during said season to the head coach prior to the beginning of each season.

Participation on teams sponsored by non-school organizations during a season when the student is a team member representing PHS is not recommended. If a student-athlete chooses to participate on teams by non-school organizations, it will only be permitted upon the written request prior to the beginning of each season and with the approval of the head coach. This is to assure team loyalty and to prevent over-extension, which can possibly result in injury and poor academic achievement. If an athlete chooses to miss any contest or competition during an athletic season to fulfill a non-school organization commitment, the athlete may forfeit the right to a varsity letter at the discretion of the coach and the athletic director.

Be advised that the approximate start dates for the fall season is August 17, Winter Season Nov 15, Spring Season March 1.

24-HOUR TRAINING AND SAFETY POLICY

The following 24 Hour Training and Safety Policy has been developed to help you become the "best you can be". As an athlete representing Plainfield High School it is important to represent the integrity and dignity of our district. It is equally important to train and avoid those distractions, which will affect performance and safety in your sport. This policy is enforced in conjunction with the school district's Drug and Alcohol Policy which has an impact on student-athletes both in and out of season.

Any senior athlete removed from a team for a violation of this policy is not eligible to attend the end of year Senior Athletic Awards Ceremony. Any athlete violating this policy "out of season" may forfeit the right to represent the school in any athletic activity (All Star games, award ceremonies, banquets, etc.). Any appeals related to the enforcement of this policy may be presented to an appointed Athletic Review Committee consisting of the Athletic Director and two other administrators (preferably Vice Principals), and the Head Coach who will be included as a non-voting member.

I. Use, Possession, and/or Distribution of a Controlled Dangerous Substance including Alcohol and Steroids

This provision is in accordance with the School and District Policy and/or any report received from the police (See **NOTE** below).

1st offense – dismissal from the team for the remainder of the season and forfeit the rights to receive any awards or any school awarded scholarships in that sport.

2nd offense – dismissal from the team and any other athletic teams for the remainder of the school year and forfeit the rights to receive any awards or school awarded scholarships in those sports.

NOTE: Any reported verifiable violation received from sources other than the police may result in suspension/dismissal from a team.

II. Use and/or Possession of Tobacco/Tobacco Products and/or Violation of the Student Athlete Contract regarding attendance at a party

In accordance with the school policy or when witnessed or reported by any staff member in or out of school or a report received from the police.

1st offense – 3 days suspension from team and 3 days of conditioning and practice before returning to full team status.

2nd offense – dismissal from the team for the remainder of the season and forfeit the rights to receive any awards or school related scholarships in that sport.

3rd offense – dismissal from the team and any other teams for the remainder of the school year and forfeit the rights to receive any awards or school related scholarships in those sports.

III. Suspensions

Out of School Suspension (OSS) – upon a player's return from OSS the number of days suspended from school is the number of days of full team/squad practices (covering all aspects of training) the player must complete before returning to full team/squad status (up to a maximum of 5 days). For example, if a player is suspended for 1 day, the student must complete 1 day of full team/squad practice upon his/her return to school.

In-School Suspension (ISS) – individual cases will be reviewed by the coach and administration. An ISS may warrant temporary suspension from the team. If after review, a coach deems it appropriate, a student-athlete may be permitted to practice and/or play during the term of the suspension after approval from the Athletic Director.

IV. Theft

Theft is considered any act of stealing when visiting other schools or if it is determined that property was stolen from our school or from members of a team.

1st offense – removal from the team for the remainder of the season and forfeit the rights to receive any awards or school related scholarships in that sport.

2nd offense – dismissal from the team and any other teams for the remainder of the school year and forfeit the rights to receive any awards or school related scholarships in those sports.

CONTEST DISQUALIFICATION PROCEDURES

Disqualifications are a major concern of the NJSIAA and the Plainfield Athletic Department. All disqualifications will be addressed with a “no tolerance” posture and additional penalties will be assessed for major contest infractions. For many years we were disqualification free. We have created and will enforce preventative measures to help assure contest disqualifications do not happen to our sports programs at any level. When a disqualification is reported to the Athletic Director, the consequences for the infraction will be imposed immediately. Any disqualification behavior will not be tolerated and in all cases the penalties will follow the state mandated game suspension regulations of one (1) game football and two (2) games for other sports.

After the principal receives an official/referee/umpire NJSIAA disqualification report the procedures below will be followed:

1. Contact by the Athletic Director to the parent explaining the violation and the “no site” rule during the suspension.
2. Student and coach meeting with the Principal and Athletic Director.
3. Plainfield school rules will apply and discipline administered as if the offense occurred during school session. This will occur in fighting and/or flagrant verbal abuse or foul language cases at the discretion of the Athletic Director and Principal.
4. **Minimum** suspensions will include 2 games for one-rotation sports (i.e. football) and 4 games for two-rotation sports (i.e. soccer). A second disqualification will not be tolerated and will result in permanent removal from the team. A future offense during a subsequent season may result in immediate dismissal from the team.
5. If there are several disqualifications of individual students within a particular program or level, the coach will be addressed.

The important sportsmanship objectives of every sports program in Plainfield Schools are to instill Good Sportsmanship in our student-athletes, make it a priority for everyone, and our coaches must lead by example.

ATHLETIC AWARDS

It is important that student-athletes be recognized for their hard work and efforts when participating in the Plainfield Athletic Program. At the conclusion of every season, coaches will conduct end of season ceremonies/banquets for the purpose of recognizing these student-athletes in the presence of their families and friends. The Athletic Department has established awards that are distributed to qualifying athletes. The criteria for the disbursement of these awards are different from sport to sport and are listed in this section. Our purpose is to recognize as many athletes as possible with the highest accolades as possible.

Awards Procedure

Any athletic recognition for a student-athlete will be awarded if in the opinion of the awarding coach, the student-athlete's performance has met the established criteria and therefore merits recognition. Each Varsity Coach must establish award criteria for their sport. A copy of the criteria will be kept on file in the athletic office.

Awards

Freshmen:

- a) Certificates of Participation - All
- b) Most Valuable Player Certificate – Optional at coaches' discretion
- c) Special Certificates – Optional at coaches' discretion

Junior Varsity:

- a) Certificates of Participation - All
- b) Most Valuable Player Certificate – Optional at coaches' discretion
- c) Special Certificates – Optional at coaches' discretion

Varsity:

- a) First Year: Certificate of Participation, Letter*, Pin**
- b) Second Year: Certificate of Participation,
- c) Third Year: Certificate of Participation,
- d) Fourth Year: Certificate of Participation, Four Year Plaque
- e) Most Valuable Player Plaque – Coaches' discretion
- f) Most Improved Player Plaque - Coaches' discretion
- g) Coaches' Award - Coaches' discretion
- h) Sportsmanship Award - Coaches' discretion

* Only one letter is issued per athlete. For example, if an athlete receives a varsity letter in a Fall sport and achieves varsity status in a Winter sport, he/she will not receive another letter.

** An athlete will only receive a pin designating the sport of participation for the first year of varsity status only. Replacement cost for a lost pin will be \$1.00.

Special Considerations

Seniors who have not met the established criteria for a varsity letter but have participated for three seasons in the sport may receive a varsity letter. A Head Coach may recommend awards in special cases to athletes who have not met the established criteria after consultation with the Athletic Director.

Senior Awards

At the conclusion of each school year a Senior Awards Banquet is conducted for the purpose of recognizing all the senior student-athletes who have completed their careers for Plainfield High School (every senior receives a senior blanket). Awards will be voted on by Head Coaches only. These are senior awards for the graduating class; other years of participation will not affect the outcome. The student must be a member of the Varsity Club in good standing and be a person of good character. Quitting or being dismissed from a club or a team for disciplinary reasons will affect award eligibility, including attendance at the dinner. Although the Team and Individual Sport Awards are sport specific, all coaches will vote for these recipients.

* **Team Award** (soccer, field hockey, football, basketball, softball, baseball, lacrosse, ice hockey, volleyball, cheerleading) – represents the most outstanding athlete of a team sport.

* **Individual Sport Award** (x-country, wrestling, indoor track, track, golf, swimming, skiing, bowling) - represents the most outstanding athlete of an individual sport.

* **Coaches Award** – presented to the athletes that display excellent character and best exemplify the principles, standards and ideals of the coaching staff.

* **Sportsmanship Award** – presented to the athletes that best exemplify the characteristics of sportsmanship.

* A male and female recipient is chosen for the awards indicated above.

Distinguished Service Award – Awarded annually to any nominated contributor (excluding staff members) who devotes their time and energy to the student-athletes and/or athletic programs of PHS.

Statisticians and Managers

- Certificate of Participation each year of qualification
- Statistician or Manager Pin first year only
- Varsity letter senior year with at least two years varsity experience

Individual and Team Academic Awards

Listed below are several local, county and state scholar athlete awards. The Principal and Athletic Director select the recipients for the awards sponsored by outside organizations based on athletic ability, academic standing, community service and character. Every effort will be made to select several students for these awards with one exception – the Watchung Conference Scholar Athlete recipient automatically qualifies as one of the two Union County recipients.

Watchung Conference Scholar Athlete Award – Selected by the Principal and Athletic Director, this award is given to one male **or** female senior athlete that best exemplifies the term “Scholar Athlete” and is chosen on the basis of high academic scholarship, outstanding athleticism and community service.

NJSIAA Scholar Athlete Awards - Selected by the Principal and Athletic Director, these awards (one from the NJSIAA and the other from the NJSIAA/ETS) are given to one male **or** female senior athlete that best exemplifies the term “Scholar Athlete” and is chosen on the basis of high academic scholarship and outstanding athleticism.

Union County Scholar Athlete Award - Selected by the Principal and Athletic Director, this award is given to one male **and** female senior athlete that best exemplifies the term “Scholar Athlete” and is chosen on the basis of high academic scholarship and outstanding athleticism.

Plainfield All-Honors Team - Top 5 Male and Top 5 Female athletes from the Cardinal Academic Team who have earned at least one varsity letter during the school year. (Certificate, Medal and Pin)

Plainfield Academic Cup - This recognition salutes the Varsity teams (Boy, Girl, Coed) with the highest composite GPA for the year. The team name will be engraved on a plaque to be displayed in the athletic showcase.

Other Award Regulations

- All awards (letters and pins) should be worn on appropriate clothing only.
- Only award recipients should wear any award received.
- Coaches should avoid discussion of awards unless specific questions arise regarding the established written criteria.
- Award lists must be submitted in advance (7 working days) of any ceremony and must be approved by the Athletic Director.
- Coaches are responsible for accurate award request lists and must gather all awards located in the athletic office.

INDIVIDUAL ATHLETIC AWARD CRITERIA

BASEBALL

- Players who have demonstrated commitment and dedication to the level/team they are assigned will be awarded the recognition established for that level/team regardless of appearances or innings at the discretion of the coach.

BASKETBALL - BOYS AND GIRLS

- Must have played in at least 50% or more of the games.
- Players who have demonstrated commitment and dedication to the level/team they are assigned will be awarded the recognition established for that level/team at the discretion of the coach.

BOWLING

- Must have participated in at least 50% of all matches (8 of 16).
- Must have made a significant contribution to the team during the course of the season.

CHEERLEADING

- Cheerleaders who have demonstrated commitment and dedication to the level/team they are assigned will be awarded the recognition established for that level/team.
- In all cases the athlete must be a member in good standing at the time of the awards presentation.

CROSS COUNTRY - BOYS AND GIRLS

- Run varsity in all dual/tri meets and more than 50% of invitational meets.
- In all cases the athlete must be a member in good standing at the time of the awards presentation.
- Frequent unexcused absences may prevent the awarding of a letter.

FOOTBALL

- Any athlete with at least 20 quarters of varsity playing time during the varsity season.
- Any athlete that starts and remains on a special teams unit for 80% of the season.

GOLF BOYS AND GIRLS

- Must play in 8 out of 18 matches to get a varsity letter or be a senior in good standing and attend all practices.

INDOOR TRACK BOYS AND GIRLS

- After computing the results of the previous Outdoor Track season and determining the average equivalent standard for an event that would qualify for one point an athlete in good standing would need to achieve that standard during the Indoor Track season to qualify for a letter.
- For the two events during the Indoor Track season that are not conducted during the Outdoor Track season the coach will make the necessary adjustments to determine the qualifying standards needed to earn a varsity letter.

SOCCER - BOYS AND GIRLS

- Must have played in at least 50% or more of the total number of games during the season.
- Players who have demonstrated commitment and dedication to the level/team they are assigned may be awarded the recognition established for that level/team at the discretion of the coach.

SOFTBALL

- Players who have demonstrated commitment and dedication to the level/team they are assigned will be awarded the recognition established for that level/team regardless of appearances or innings at the discretion of the coach.

SWIMMING BOYS AND GIRLS

A varsity letter may be earned by accomplishing any ONE of the following criteria listed below. NOTE: Accomplishing one of the criteria does not guarantee earning a varsity letter - Practice attendance, behavior, attitude, dedication, and commitment to the team will be considered.

- Swimmer cuts "2" of the Varsity Cut times from above
- Swimmer earns 15 total points during dual meets for the entire season (relay points = 1/4 for each swimmer)
- Coach's discretion

TRACK (OUTDOOR) - BOYS AND GIRLS

- You will earn a varsity letter by scoring a minimum total of nine (9) points throughout the season or placing in a varsity championship meet.
- In all cases the athlete must be a member in good standing at the time of the awards presentation.

VOLLEYBALL

- Must have played in at least 50% or more of the total number of games during the season.
- Players who have demonstrated commitment and dedication to the level/team they are assigned may be awarded the recognition established for that level/team at the discretion of the coach.

WRESTLING

- Any wrestler in good standing who wrestles (not weighs-in) in at least one third (7 to 8) varsity matches achieves varsity designation.