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# **East Orange Campus Jaguar Student/Parent Athletic Handbook 2024-2025**



**" Excellence is the gradual result of always striving to do better."  
Pat Riley**

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## **VISION**

**The Jaguar Athletic Department endeavors to become the leading voice at the intersection of athletics and academics** by utilizing highly qualified coaches, dedicated support staff and administrative personnel to provide a stimulating student-centered environment, multi-disciplinary skills will be developed through practice, competition and collaborative team efforts. As a result, Ferris State University Athletics will: \*Provide an athletic program that is a source of pride and is a connective rallying point for the student body, faculty and staff, alumni, local and regional community, future students and diverse educational partners.

## **MISSION STATEMENT**

**The mission of the Jaguar Athletic Department** is to encourage student athletes to achieve academic success and to keep athletics in proper perspective. To develop good citizenship and respect for rules and authority. To provide opportunities to exemplify and observe good sportsmanship. To increase knowledge of various sports.

## **INTRODUCTION**

### **To The Parent**

Your son/daughter has made a decision to participate in Interscholastic Athletics; and you have given him/her permission to compete. Your family interest in this phase of our school program is gratifying. Participation in sports provides a wealth of opportunity and experience, which contribute to personal growth. The educational development of our young men and women through a properly-controlled and well-organized sports program can meet a student's needs for self-expression, while enhancing social, emotional, intellectual, and physical growth.

The contents of this Student-Athlete Handbook pertain to those students involved in one or more of the following athletic programs:

**Fall Season:** Football, Cheerleading, Cross Country, Boys' Soccer, Girls' Soccer Girls' Volleyball Girls' Tennis

**Winter Season:** Boys' Basketball, Girls' Basketball, Cheerleading, Wrestling, Boys' and Girls' indoor track

**Spring Season:** Baseball, Softball, Boys' Volleyball Boys' and Girls' Outdoor track and field.

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High school athletic participation is a privilege with accompanying responsibilities, rather than a right. A student who chooses to participate in athletics makes a choice that requires self-discipline and appropriate conduct. Our student-athletes are high profile individuals in the School, Community, and State. We emphasize good training habits and adherence to the Athletic Code of Conduct. Failure to comply with the rules of training could affect a player's performance, thereby affecting the entire team. A student-athlete who violates School policy, Athletic Department Policy, and/or Team Rules during the season could be jeopardizing the privilege of participation. A student is considered a student-athlete at all times between the first practice and the last competition in a given sport season whether he/she is in school or out of school. Student-Athlete Handbook for **East Orange Campus High School** specifies responsibilities and obligations necessary for a well-organized and effective athletic program. The Athletic Department enforces the Handbook Policies.

We ask that parents review the Handbook with their sons and daughters and support the school in enforcing all student-athlete rules. When parents and students sign off on these documents, we trust that student-athletes are abiding by the rules. In turn, the high school staff is responsible for providing appropriate equipment and facilities, well-trained staff, and equal levels of competition with skilled officials.

#### **To the Student-Athlete:**

As a member of a team, you have the opportunity to enjoy competitive sports, the camaraderie of team participation, and personal satisfaction of achievement. With the benefits, come required responsibilities.

#### **Responsibilities to Yourself:**

The most important of these responsibilities is for you to develop strength of character by broadening your experience with successes and failures. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies and your participation in extracurricular activities will help prepare you for your life as an adult.

#### **Responsibilities to Your School:**

By participating in athletics to the best of your ability, you are contributing to the reputation of your school. You assume a leadership role by virtue of membership on an interscholastic athletic squad. The student body and citizens of the Community know you. You are on stage in the spotlight. Our school is judged by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and Community pride.

#### **Study Hall for athletes:**

As a member of any EOCHS athletic program, student athletes are required to attend and participate in mandatory study halls run and organized by the head coach and their assistant. Study halls are designed to assist student-athletes in maintaining grades and manages classroom expectations

#### **Responsibilities to Others:**

As a team member, you also have a responsibility to your family. You are a representative of your family and your community and should conduct yourself in an admirable and respectable manner. You are a role model to the younger students in the Wallingford school system. Set good examples for them.

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## **PHILOSOPHY**

The East Orange Campus High School Athletic Program provides a variety of experiences to aid in the development of skills and attitudes that will prepare student-athletes for adult life. The interscholastic athletic program shall be conducted in accordance with existing policies, rules, and regulations established by the the East Orange Board of Education, the New Jersey State Interscholastic Athletic Association, the Super Essex County Conference, the S.T.E.M High Schools, and Cicely Tyson High school of Performing and Fine Arts. While our schools take great pride in winning, they do not condone “winning at any cost.” They encourage sportsmanship, character, integrity, and good mental health, while striving for excellence through work ethic and dedication. The athletic program is designed as an educational activity.

### **Athletic Program Objectives:**

1. The program provides learning opportunities for student-athletes to experience:
  - Learning the game: The student-athlete learns skills, strategies, and rules.
  - Teamwork: A student-athlete must develop self-discipline, work ethic, self-sacrifice, interpersonal skills, and respect for authority and all associated with the game. The team and its objectives must be placed higher than personal desires.
  - Competition: Although we cannot always win, we can strive for excellence.
  - Courage: Students experience facing challenging situations.
  - Sportsmanship/citizenship: Students are expected to accept the outcome of every contest in a sportsmanlike manner; to act as Community ambassadors; and to exhibit strength of character, win or lose.
  - Resilience: Student-athletes learn from losses as well as from successes.
  - Desirable personal health habits: A student-athlete can gain a high degree of physical fitness through exercise and good health habits, fostering the desire to develop a lifetime habit of physical fitness.
  - Enjoyment of athletics: Athletic participation includes personal satisfaction and fun, as well as personal achievement.

## **“REQUIREMENTS FOR PARTICIPATION”**

### **Scholastic Eligibility**

In order to participate on an interscholastic athletic team, an athlete must have satisfied all of the scholastic eligibility requirements prior to participation. The completion of 30 credits prior to the start of the season and a G.P.A of 2.0

### **Parental Permission**

Prior to participating in interscholastic athletics, a student must have a signed parental permission form on file.

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### **Physical Examination**

A yearly physical examination is required for interscholastic participation. The physical form must be completed by a physician and submitted to the Director of Athletics prior to participation. The form will be kept on file in the nurse's office.

### **Emergency Medical Authorization**

Each athlete's parent/guardian shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent/guardian is not available. This form will be kept in the medical kit for availability at all practices and contests.

### **Athlete and Parent Acknowledgment of Athletic Policies**

At the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary information for participating in athletics. Each parent/guardian will be provided with a copy of the Student Athlete Handbook and an Athletic Responsibility Acknowledgment Form, which a student must sign.

This signature indicates that the student-athlete handbook has been received. This signed Athletic Responsibility Acknowledgment Form will be filed in the Athletic Director's office.

### **Insurance**

The school district does carry insurance to cover student-athletes who are injured during interscholastic athletics. All Wallingford interscholastic high school athletes are covered by an EXCESS INSURANCE POLICY. This means the student-athlete will be billed and personal insurance will be applied first. BILLS NOT COVERED by one's own insurance will be paid through the school district's insurance.

### **Uniform/Equipment**

All athletes are responsible for the proper care and security of equipment issued to them. Uniform/ School furnished equipment should be worn only for contests and practice. Student-athletes who do not return equipment in good condition at the end of the season will be subject to a financial penalty.

### **Risk**

An athlete and parent/guardian must realize the risk of serious injury which may be a result of athletic participation. The Athletic Department will use the following safeguards to make every effort to eliminate injury:

- (1) Require all coaches to conduct a parent/athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.
- (2) Maintain a continuing educational program for coaches to learn up-to-date techniques and skills to be taught in their sport.
- (3) Require all coaches to instruct all athletes about possible injury as a result of participation in the particular sport.
- (4) Require all coaches to maintain a current knowledge of First Aid/CPR and the treatment of athletic injuries.

### **ATHLETIC CODE OF CONDUCT**

A firm and fair policy of enforcement of the Athletic Code of Conduct is necessary to uphold the regulations and standards of the athletic department. The community, school administration and the coaching staff feel that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is a major consideration and supersedes any other consideration.

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All athletes shall abide by a code of conduct which will earn them the honor and respect that participation and competition in the interscholastic program affords.

Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Any student who is found guilty of a felonious violation of the law may be suspended or excluded from all extracurricular activities.

A student may request a waiver of this exclusion by petitioning the principal. If the principal grants the waiver, it will not become effective until it is reviewed and allowed to stand by the superintendent of schools and by the Board of Education. Any off-campus conduct that violates a publicized policy will be subject to penalties as further outlined in this section. A student is considered a “student-athlete” at all times between the first practice and the last competition in a given sports season, whether he/she is in school or out of school.

Any off-campus conduct that violates a publicized policy will be subject to penalties as further outlined in this section.

**A student is considered a “student-athlete” at all times between the first practice and the last competition in a given sports season, whether he/she is in school or out of school.**

### **Training Rules and Regulations**

Medical research clearly substantiates the fact that use of tobacco, alcohol or illegal drugs produces harmful effects. The Community of East Orange is concerned with the health habits of all students and prohibits the use of tobacco, alcohol, illegal drugs, and performance enhancing substances. It is, therefore, necessary that student-athletes do not compromise their involvement in interscholastic athletics with substance abuse. Any use of tobacco (smoking or chewing), alcohol, illegal drugs, and performance enhancing substances is prohibited.

Participation in high school athletics is a privilege and not a right. Policies and Procedures apply to all CIAC controlled activities sponsored by the school. Each coach is required to meet with students and parents to educate them on these training rules and to reinforce training rules during the season. Each athlete and parent must sign off on a statement that they have read the student handbook and will comply with all requirements.

### **Penalties for Violations Smoking**

Smoking includes the act of lighting, discarding, or holding a lit or unlit cigarette or the use of smokeless tobacco.

#### **On-Campus Violations:**

First offense. The penalty is a three-day out-of-school suspension

Second offense. The penalty is a five-day out-of-school suspension. This could be reduced to a three-day out-of-school suspension if the student-athlete provides verification of enrollment in a legitimate “smoke-enders” program.

Third and subsequent offenses. The penalty is a five-day out –of-school suspension.



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## **Off-Campus Violations:**

First offense. The penalty is suspension from 2 subsequent practices and 1 contest. The student athlete must attend practices and games, but will not be allowed to actively participate. Not attending will be interpreted as resignation from the team.

Second offense. The penalty is suspension from 2 subsequent contests. The athlete must attend the games, but will not be allowed to actively participate. Not attending will be interpreted as resigning from the team.

Third offense. The penalty is suspension from any athletic participation for the remainder of the season.

## **Chemical Health Policy and Regulation:**

### **Included is:**

- (1) possession of alcohol, Controlled Drugs (including but not limited to marijuana, heroin, and cocaine), or Drug Paraphernalia;
- (2) possession of anabolic steroids, hormones and analogues, diuretics, and other performance enhancing substances.
- (3) documented demonstration of symptoms of being under the influence of the same. The student-athlete must be referred to an appropriate agency, regardless of other appropriate actions taken.

### **On-campus violations**

**First offense.** The penalty is a 10-day out-of-school suspension. The principal will notify the Superintendent of Schools as to the name of the student-athlete against whom the action was taken and the reason for the suspension. If the student-athlete agrees voluntarily to be evaluated by a certified drug counselor/agency and completes the program prescribed by the agency in coordination with the school's student assistance or support team, five days of the suspension will be waived. Completion of the program involves written verification, signed by the treatment agency submitted to the building Principal or his/her designee. The student-athlete will not be allowed to hold any leadership positions such as, but not limited to team captain on any athletic team during his/her tenure in the school district.

**Second offense.** The penalty is a 10-day out-of-school suspension. The principal will notify the Superintendent of Schools as to the name of the student-athlete against whom the action was taken and the reason for the suspension. The principal will recommend to the Superintendent that the student-athlete be expelled from school unless the following procedure is followed:

- (1) A meeting is held with the school's student assistance team, school administrator, student-athlete, and parents(s)/guardian(s) to discuss the school's drug policy and possible recovery program.
- (2) The student-athlete agrees to be evaluated and treated by a certified drug counselor or agency.
- (3) The student-athlete provides written verification of program completion signed by the treatment agency.
- (4) After written verification of program completion, the student-athlete may be allowed to participate in interscholastic athletics.

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**Third offense.** The penalty is a ten (10) day out-of-school suspension. The principal will notify the Superintendent of Schools as to the name of the student-athlete against whom the action was taken and the reason for the suspension. The principal will recommend to the Superintendent that the student be expelled from school.

**Off-Campus Violations in Season:** The penalties for off-campus violations will encompass the student's four year eligibility period.

**First offense.** The student-athlete will be suspended from the team for one week from the date the alleged violation was verified. The student-athlete must also enroll in and complete an approved substance abuse program. If the student-athlete fails to complete an approved program, the student-athlete will be suspended from the team for the remainder of the season.

**Second offense.** The student-athlete will be suspended from the team for the remainder of the season. The student-athlete must also enroll in and complete an approved substance abuse program. If the student fails to complete an approved substance abuse program, the student will be suspended from any further participation in the school's athletic program.

**Third offense.** The student will be suspended from any further participation in the school's athletic program.

**NJSIAA Sanctions:** For in or out-of-season use of androgenic/anabolic steroids or other performance enhancing substances, the student-athlete shall be declared ineligible for 180 school days for each occurrence.

**Additional Sanctions:** The NJSIAA may impose sanctions beyond those applied by the East Orange School District as an additional consequence.

#### **Individual Coach's Rules**

Penalties for violation of team rules will also be in writing and kept on file in the Athletic Office. Team rules will be enforced by the coach. A coach cannot have a team rule that supersedes or contradicts this handbook.

#### **Ejection Policy**

If a player is ejected from a varsity or junior varsity league or non-league contest, he/she will be suspended for a period of one contest at that level of play and all contests at any other level played in the interim.

#### **NJSIAA ELIGIBILITY RULES**

##### **Attention Athletes:**

You are not eligible:

- (1) If during the first semester (September 1 to January 31) you have not passed 25% of the credits or (30) required by the State Of New Jersey
- (2) If during the second semester (February 1 to June 30) you have passed the equivalent of 12 ½ % or (15) credits required by New Jersey.
- (3) If you don't have or and maintain a GPA Grade Point Average of 2.0 or higher
- (4) If you have reached your nineteenth (19) birthday, prior to September 1<sup>st</sup>
- (5) If you are not properly/officially enrolled in school
- (6) If you have exceeded the 8 Semester rule (8 consecutive or four (4) consecutive years of the sport

“ Please review the NJSIAA website for additional Rules and Regulations <http://www.njsiaa.org> “

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## **ATHLETIC DEPARTMENT POLICIES**

### **Participation:**

An athlete may participate in only one sport per season. During any one sport season a student may not transfer team membership after the date of the first contest in that sport season. Equipment: School equipment checked out by the student-athlete is his/her responsibility. The athlete is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

### **Missing Practice:**

An athlete should always call his/her coach before missing practice.

### **Travel:**

All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents for exceptional situations.

- (1) Athletes will remain with their squad and under the supervision of the coach when attending away contests.
- (2) Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- (3) All regular school bus rules will be followed.
- (4) Student-athletes are asked to dress appropriately for away contests.

### **College recruitment policy:**

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the Athletic Department. Coaches should be informed of such contact as soon as possible. College recruitment information is available in the athletic office and our athletic website.

### **NCAA Clearinghouse Requirements:**

NCAA Clearinghouse standards are available in the Athletic Office/Guidance Office for any student athlete/parent who wishes to be informed about academic standards required for college participation in sports. Check online at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

### **Conflicts in extracurricular activities:**

Student-athletes are encouraged to participate in extracurricular activities, but may find themselves in a position of conflict. When a conflict arises, the sponsors/coaches and student-athlete should effect a workable solution. If a solution cannot be found, the Athletic Director or Principal will make the decision. Once the decision has been made and the student-athlete has followed that decision, he/she will not be penalized in any way by faculty, sponsor or coach.

### **Attendance:**

Students must be in school by **8:30 a.m.** in order to play in a contest or practice on that date. Final authority for exceptions to this rule rests with the principal or his designee. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is an excused absence in the eyes of the principal or his/her designee. Students who are dismissed from school will not be eligible to participate in practice or a contest unless the dismissal was for a doctor's appointment and the student has a doctor's note or the dismissal is authorized by an administrator.

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#### **Release from class:**

It is the responsibility of student-athletes to see their teacher the day before the classes they miss because of an athletic contest. All work shall be made up at a convenient time.

#### **Grooming and dress policy:**

A member of an athletic team is expected to be well-groomed. The following grooming and dress rules will be adhered to by team members:

- (1) A student-athlete shall dress appropriately especially on trips or at assemblies or banquets.
- (2) Only uniforms issued by the department of athletics will be permitted to be worn for contests.

#### **Vacation policy:**

Vacations by athletic team members during sport season are discouraged. In the event of an absence due to a vacation that is unavoidable, a student-athlete must:

- (1) Contact the head coach prior to vacation.
- (2) Be willing to assume the consequences related to absences from practices and contests.

#### **Squad selection:**

In accordance with our philosophy of athletics and our desire to see as many high school student athletes as possible participate in the athletic program, we encourage coaches to keep as many students as they can without compromising the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. Selection of an athletic squad is the sole responsibility of the coach. The Coach will inform all candidates for the team of the selection process before the try-out period.

- (1) Extent of try-out period.
- (2) Criteria used in the selection process.
- (3) Number to be selected.
- (4) Practice commitment if they make the team.
- (5) Game commitments.

When a squad becomes a necessity, the cutting process will include three important elements. Each candidate shall have:

- (1) Completed in a maximum of three practice sessions.
- (2) Been personally informed of the cut by the coach, including the reason for the action. Coaches will discuss alternative possibilities in the sport or other areas in the activities program.

#### **Reporting of injury:**

All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed within 24 hours. Once athletes are treated by a physician, the athletes must obtain the doctor's permission to return to the activity.

#### **Locker room regulations**

- (1) Rough-housing is not allowed in the locker room. Hazing players is not allowed.
- (2) No one except coaches and assigned players are allowed in the locker room.
- (3) No glass containers are permitted in the locker room.
- (4) All spiked or cleated shoes must be put on and taken off outside of the school building. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.

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### Weight room regulations:

- (1) Any student who uses the weight room must have a signed parental permission form and a physical examination form on file in the nurse's office.
- (2) Appropriate shirts and sneakers are required at all times.
- (3) No athlete is allowed in the weight room unsupervised
- (4) All students must be under the supervision of the instructor/coach assigned.
- (5) Lifters must work with a partner.
- (6) Replace all weights on racks immediately following use.
- (7) Know your limits! Work with the instructor in determining your limits.
- (8) Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- (9) Warm-up with proper stretching exercises.
- (10) No chewing gum or eating candy while lifting.
- (11) No food or drink inside weight rooms.
- (12) No horseplay or profanity.
- (13) No abuse of equipment. Any equipment that is broken must be reported immediately.
- (14) Remember strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

### Hazing

Hazing of any kind will not be tolerated. This includes physical or verbal abuse or having a student wear or do anything that is embarrassing.

## **Fall Sports**

Football  
Soccer Boys  
Soccer Girls  
Volleyball Girls  
Cheerleading  
Track Cross Country Boys  
Track Cross Country Girls  
Tennis Girls

## **Winter Sports**

Basketball Boys  
Basketball Girls  
Indoor Track Boys  
Indoor Track Girls  
Wrestling  
Cheerleading

## **Spring Sports**

Baseball Boys  
Softball Girls  
Outdoor Track Boys  
Outdoor Track Girls  
Boys Volleyball  
Girls Flag Football (Tentative)

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