

# RIVER DELL HIGH SCHOOL



**Department of Athletics**

## ***Parent & Student Athlete Handbook***

**Denis Nelson  
Athletic Director**

**201-599-7212  
[denis.nelson@riverdell.org](mailto:denis.nelson@riverdell.org)  
[www.riverdell.org](http://www.riverdell.org)**



# **RIVER DELL HIGH SCHOOL**

## **Athletic Department**

### **MISSION STATEMENT & PHILOSOPHY**

Athletics at River Dell are an outgrowth of the educational process. We take great pride in the efforts of our athletes, the leadership of our coaches and the support of our fans. Our philosophy is to involve as many students as possible in our interscholastic athletic programs. As the students become involved in the athletic program at River Dell, we will attempt to ensure that their experiences are among the most rewarding and positive that they have during their high school years.

# **Athletic Department Information**

Athletic Office Phone: 201-599-7212

Athletic Event Hotline: 201-599-6600

Athletic Office Fax: 201-261-2974

Athletic Office email: [denis.nelson@riverdell.org](mailto:denis.nelson@riverdell.org)

School Phone: 201-599-7200

Location: Oradell, New Jersey

Address: 55 Pyle Street, Oradell, NJ 07649

Opened: September 1956

First graduating class: 1959

Superintendent: Mr. Patrick Fletcher

Principal: Ms. Lorraine Brooks

Athletic Director: Denis Nelson

AthleticTrainer: Angela Sterzer, 201-599-7273

Strength & Conditioning Coach: Mike Urso • Michele Carcich

Athletic Secretary: Melinda Russo, 201-599-7210

Athletics Site Manager: Mike Hirsch

Nickname/Mascot: Hawks

Colors: Black & Gold

NJSIAA Section: North I, Group II & Group III

Aflliations: River Dell is a member of the NJSIAA, BCCA, BCWCA and Big North Conference.

Media Information: The following cover River Dell sports; The Record, Star-Ledger, The Town News, [northjerseysports.com](http://northjerseysports.com)

## Dear Parent & Student-Athlete

Athletics at River Dell are an outgrowth of the educational process. It is a place where students with athletic skills can enhance them. This letter will outline some of our philosophies and goals of the athletic program. Hopefully this will help you gain a better understanding of how a competitive interscholastic program is conducted and what comprises our expectations. If you have any questions, please do not hesitate to call or email me.

1. In each program, a coach and/or coaches are hired to be responsible for that program. Part of this responsibility is team selection. Criteria for selection are established by the head coach with input from their assistants. This may be a highly subjective process. Team selection, practices, and decisions regarding game situations and playing time are the responsibility of the coaching staff.
2. The River Dell High School athletic program is highly competitive. Please understand that when your child signs up for a team, there is a very real possibility they may not be selected if a squad reduction is necessary, or they may not be placed where you or they think they should; ie. JV or varsity. Coaches try to do the very best they can in keeping the most talented athletes, filling positions for play, and placing the athlete on the proper team. Our coaches are under a good deal of pressure to assemble the most competitive team possible. Any one of us might select different athletes for our teams. I believe it is the coach's responsibility and right to select the team with whom they will work the entire season.
3. The "select team" or "club team" syndrome. Each coach looks for something different in their players. Participation on a "select or club team" does not guarantee any player a spot on another "select or club team" or on any high school team either. While players can gain valuable experience playing outside the school athletic program, neither parents nor students should count on this type of participation to "guarantee" a spot on a high school team.

4. Playing time is something that is earned during practice. A coach must have confidence that a player they put into a game can function at that level of competition. This means the player must have demonstrated athletic competence, an understanding of the “game plan”, and the required level of conditioning necessary to perform. It is the coaches right to make these decisions. Our program structure (freshmen, JV, and varsity) allows for growth of the student, and the opportunity to demonstrate that they have earned the privilege to play. Starting positions and playing time are not guaranteed to seniors or anyone else. This is also up to the coaches discretion. Each team member is valuable to the team’s overall progress. Some members may play a great deal, while others may not. Each athlete should have personal improvement as one of their goals.

Being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciation of others abilities, teamwork, responsibility, commitment, loyalty, placing team above oneself, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self control, and being responsible for one’s own actions.

If you have any questions, please feel free to contact me.

Denis Nelson  
Athletic Director

\*Adapted from an article in Interscholastic Athletic Administration, summer 2001.

## **TRYOUT PHILOSOPHY**

The high school athletic department is sensitive to the needs of the athletes during the tryout period. It is the school's desire to see that as many student athletes as possible are involved in the program during the athletic season.

Unfortunately, due to facility space, time constraints, numbers of equipment, and additional factors, limitations are placed on sizes of teams for each individual sport.

The athletic department recognizes these concerns and is striving to maximize the options available for student athletes in the athletic arena as participants or supporters of the program.

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## **TRYOUT PROCEDURES**

Choosing the members of the various athletic teams is the responsibility of the coach.

Before tryouts begin, coaches will provide team information to all candidates of the team at a pre-season meeting. Such information shall include:

Length of tryout period – minimum of 3 days.

Objectives used to select the members of the team.

Number of team members that will be selected and criteria involved in selection – positions needed etc.

Distribution of practice and competition schedule. The coach will explain the commitment necessary to join the team.

Clear notifications that tryouts are based on performance during the selection period. Tryouts are not based on summer participation or coaching camps the athletes participated in previous to selections.

Sub-varsity coaches will follow the criteria for selection that has been established for the particular sport. Head coaches will be involved in these selections to aid the coaches in the sub-varsity levels.

## **Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children who are student/athletes. As parents, when your children become involved in our programs, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coaches.

## **Communications You Should Expect From Your Child's Coach**

1. Philosophy of the coach.
2. Expectations and goals the coach has for your child as well as for the team/season.
3. Location and times of all practices and contests.
4. Team requirements; special equipment, strength and conditioning programs, etc.
5. Procedure should your child be injured during participation.
6. Team rules, guidelines and consequences for infractions.

## **Communication Coaches Expect From Athletes & Parents**

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

As your child becomes involved in the athletic program at River Dell, they will experience some of the most rewarding moments of their high school experience. It is important that they and you understand that there also may be times when things do not go the way you or your child wish. At these times discussion with the coach is encouraged.

## **Appropriate Concerns to Discuss with Coaches**

1. The treatment of your child.
2. Ways to help your child improve.
3. Concern about your child's attitude.
4. Academic support and college opportunities.

It is very difficult to accept your child's not playing as much or where you may hope. The coaches at River Dell are professionals. They make judgments based on what they believe to be best for all students involved and for the good of the team. At River Dell our philosophy is to involve as many students as possible in our extra curricular programs. We also recognize that athletics is a competitive environment in which playing time is earned by performance not only in games, but in practice. There is a distinct difference between recreation level athletics and interscholastic varsity sports. Game situations may not allow all players to participate in every game.

## **Issues NOT Appropriate to Discuss with Coaches**

1. Playing time
2. Team strategy
3. Other student athletes

Please do not attempt to confront a coach before or after a contest or practice. Meetings of this nature usually do not promote positive resolution. Call to set up an appointment.

## **River Dell High School**

We take great pride in the efforts of our athletes, the leadership of our coaches and the support of our fans.

Enjoy the game...

...SPORTSMANSHIP ...begins with you!

## **FAN EXPECTATIONS**

**Cheer** enthusiastically for your teams. Let your cheers be positive and encouraging.

**Accept** the decisions of officials. They are working to ensure the game is played fairly. Shouting disagreements or booing calls are not endorsed.

**Respect** your opponents. Taunting, finger pointing, or yelling offensive comments at players or coaches on opposing teams will not be tolerated.

**Perspective** it is a game involving high school athletes attempting to do their best, always keep that in mind.

**Enjoy** the efforts of all the athletes.



## **How to establish rapport with your athletic child.**

### ***Here are some golden rules.***

1. Make sure your child knows win or lose, scared or heroic that you love them, appreciate their efforts and are not disappointed in them.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't "coach" on the way to the track, diamond or court ... on the way back ... at breakfast ... and so on.
4. Teach them to enjoy the thrill of competition, trying, working, improving their skills, and attitudes ... taking the physical bumps and coming back for more. Don't say "winning doesn't count" because it does. Instead, help them develop the feel for competing, trying hard and having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure. Remember, you fumbled too, you lost as well as won, were frightened, backed off at times, and were not always heroic. Don't pressure them because of your pride.
6. Don't compete with the coach. The young athlete often comes home and chatters on about "coach says this, coach says that." This, I realize, is often hard to take, especially for a father or a mother who has had some sports experience.
7. Don't compare the skill, courage or attitudes of your child with that of other members of the squad or team, at least not in front of them. And if your child shows a tendency to resent the treatment they get from the coach, or the approval other team members get, be careful to talk over the facts quietly and try to provide fair and honest counsel. If you play the role of the overly protective parent who is blinded to the relative merits of your youngster and their actual status as an athlete and individual, you will merely perpetuate the problem. Your youngster could become a problem athlete.
8. You should get to know the coach so that you can be assured that his or her philosophy, attitudes, ethics and knowledge are such that you are happy to expose your child to them. The coach has a tremendous potential influence.

9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reactions to the tales of woe or heroics they bring home. Don't cut your youngster down if you feel they are exaggerating - just take a look at the situation and gradually try to develop an even level.
10. Make a point of understanding courage, and the fact that it is relative. There are different kinds of courage. Some of us can climb mountains, but are frightened to get into a fight, others can fight without fear but turn to jelly if a bee approaches. Everyone is frightened in certain areas - nobody escapes fear and that is just as well since it often helps us avoid disaster. Explain to your youngster that courage does not mean an absence of fear but rather means doing something in spite of fear or discomfort.
11. Do NOT address other team's players. The other team's players are off limits. Yelling at another player is a shameful practice for an adult at a sporting event. How would you like it if someone were yelling at your child?

As a parent, be involved in a positive way. Attend the games as often as you can. Cheer for all the kids on the team. If you are able, help with fund raising, team events, and especially being there when your child needs you. If you are not sure how to help, ask the coach.

There are probably a hundred ways to be a good parent. When the larger definition of team is working well, the experience can be wonderful for you and your athlete.

“Sit back and enjoy the ride. Many parents would love to be in your shoes.”

## LETTER TO PARENTS

The role of the parent in the education of a youngster is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school in the classroom and through co-curricular activities.

A student's involvement in the classroom and other activities contributes to the development of a value system which has been established in the home. Integrity, fairness and respect are lifetime values taught through athletics. These are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

A good sport-student or parent-is a true leader in the community. As a parent of a student at our school, your sportsmanship goals should include:

- To realize that athletics are part of the educational experience and the benefits of involvement go beyond the final score of a game;
- To encourage our students to perform their best, just as you would urge them on with their classwork;
- To participate in positive cheers that encourage your student and to discourage any cheers that would redirect that focus - including those that taunt and intimidate opponents, their fans and officials;
- To learn and, understand the rules of the game, and to respect the officials who administer;
- To respect the task our coaches face as teachers, and to support them as they strive to educate our youth;
- To respect our opponents and acknowledge their efforts; and
- To develop a sense of dignity under all circumstances
- To be a fan ... not a fanatic!

You can have major influence on your student's attitude about academics and athletics. The leadership role you assume in sportsmanship will influence your child for years to come.

We look forward to serving you in the year ahead, and appreciate your continued support.

# **NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION**

## **THE RESPONSIBILITIES OF SPORTSMANSHIP**

### **THE BOARD OF EDUCATION ...**

- (1) Must develop and adopt sportsmanship policies which establish the guidelines as to the expectations from participants and spectators.
- (2) Must delineate the chain of responsibility in regard to sportsmanship at interscholastic contests.
- (3) Must define their expectations and clearly communicate them to administrators who are to implement policies developed to produce a wholesome athletic program.
- (4) Must hire coaches who will demonstrate positive coaching behavior and sportsmanship.
- (5) Must make the community aware of its sportsmanship responsibilities, and involve the community in the inherent linkage between athletics and academics.
- (6) Must insure that their athletic personnel are knowledgeable about NJSIAA rules and regulations and the Crowd Control booklet.
- (7) Must insure that the behavior of coaches and players will be positive and sportsmanlike. Anything contrary would be detrimental to the school and the Board of Education.
- (8) Board members should be aware of NJSIAA Bylaws (Article X-Sections 1-3)-Penalties. "Penalties shall be assessed by the Executive Committee or the Controversies Committee for infractions of the NJSIAA Constitution, Bylaws and Rules." THE SCHOOL ... Under terms and conditions determined by the NJSIAA Executive Committee, member schools may incur:

(1) Probation; (2) Suspension; (3) Expulsion; (4) Forfeit of games; (5) Forfeiture of championship rights.

THE PLAYER ... A player may be suspended temporarily or permanently for violation of Association rules, game rules or rules of good sportsmanship.

THE COACH ... A coach may be censured or barred from sanctioned play, and the school employing that coach subject to probation or suspension where there is proof that the school district has not fulfilled its responsibility in controlling its athletic programs.

FINES ... Member schools and/or coaches may be assessed monetary fines in such amounts and/or on such terms as the Executive Committee shall by resolution require.

## **THE PRINCIPAL ...**

- (1) Must develop a strategy for implementation and monitoring of the sportsmanship policies developed and adopted by the Board of Education.
- (2) Must impart leadership to the athletic staff by delineating sportsmanship requirements and expectations, and communicating these concepts to students and faculty. The principal is ultimately responsible for the total sportsmanship effort.
- (3) Must be aware of the responsibility for designing procedures for adequate site supervision of all athletic contests.
- (4) Must develop hiring procedures for coaches that are designed to foster the educational values of athletics, including sportsmanship.
- (5) Must plan and conduct annual workshops which include board members, administrators, all athletic personnel and cheerleader moderators. Such workshops shall stress athletic philosophy with emphasis on sportsmanship.
- (6) Must insure that athletic personnel are knowledgeable about NJSIAA rules and regulations, and Crowd Control publication.
- (7) Must develop an internal process for the review of situations wherein violations of sportsmanship occur.
- (8) Must continuously assess the athletic program with staff and make status reports to the Superintendent as necessary.

## **THE DIRECTOR OF ATHLETICS ...**

- (1) Must be aware that he or she is the front-line leader at all athletic contests and that the behavior of coaches, players and spectators is the direct responsibility of the Director of Athletics.
- (2) Must develop a monitoring process of coaching behavior that is consistent with the Principal's internal review process of sportsmanship violations.
- (3) Must develop a positive atmosphere that allows students, cheerleaders, spectators, and support groups to demonstrate the highest levels of sportsmanship.
- (4) Meets regularly with athletic personnel to discuss principles of sportsmanship, Board expectations of coaching behavior, NJSIAA rules and regulations, and review Crowd Control publication.
- (5) Through the Director of Athletics' interaction with the NJSIAA, Principals, coaches and players are cognizant of NJSIAA penalty procedures as listed in Article X; Sections 1-3, Penalties (as noted above).

## THE FUNDAMENTALS OF SPORTSMANSHIP

The NJSIAA and its member schools are emphasizing the importance of GOOD SPORTSMANSHIP. The one thing that needs to be understood is that many people have not been exposed to the principles of GOOD SPORTSMANSHIP. Hopefully, the following will help everyone to understand his/her responsibilities at athletic contests.

1. Gain an understanding and appreciation for the rules of the contest. To be well informed is essential. All involved must know the rules. Uninformed individuals should refrain from expressing opinions on officials, coaches, and administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conforming both to a rule's intent and to the letter of a given rule.
2. Exercise representative behavior at all times. A prerequisite to GOOD SPORTSMANSHIP requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. An individual's behavior influences others whether or not that person is aware of it.
3. Recognize and appreciate strongly skilled performance regardless of affiliation. Applause for an opponent's good performance displays generosity. It is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but also reflects a true awareness of the game by recognizing and acknowledging quality.
4. Exhibit respect for the officials. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Players should not rationalize their own unsuccessful performances by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made.
5. Display openly a respect for the opponent at all times. Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Each person needs to be a positive representative for his/her team, school, and family. This is the Golden Rule in action.
6. Display pride in your actions at every opportunity. Each individual must never allow his/her ego to interfere with good judgement and his/her responsibility as a school representative. This value is paramount since it suggests that the person cares about him/herself and how others perceive him/her.

# Big North Conference



## Code of Behavior for Athletic Events

### *Be a Positive Role Model*

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

Enthusiastically encourage your own team.

Refrain from negative remarks and booing.

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

Accept all decisions made by the officials.

Remain in the stands while play is in progress.

Follow state regulations that prohibit noisemakers, signs and banners.

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

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

# River Dell Regional School District

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## **SPORTSMANSHIP**

Sportsmanship from Three Basic Angles:

For the Coaches -

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

For the Parents -

1. Cheer for your child, but stay in control.
2. Cool off before confronting a coach.
3. Get to know the coach.

For the Players -

1. Don't taunt your opponents.
2. Don't specialize in particular sports at a young age.
3. Don't whine, don't complain, don't make excuses.

*Click to open*

[BCSL Code of Conduct Sportsmanship sign.htm](#)

BCSL Code of Conduct

[BCSL Code of Conduct Sportsmanship announcement1.htm](#)

BCSL sportsmanship announcement



# River Dell Regional School District

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## SPORTS AT RIVER DELL H.S.

The following sports are offered during the indicated seasons at River Dell H.S.

**Fall:** Boys Soccer, Cross Country (boys & girls) Field Hockey, Football, Girls Soccer, Girls Tennis, Girls Volleybal, Cheering

**Winter:** Bowling (boys & girls), Boys Basketball, Girls Basketball, Ice Hockey, Indoor Track (boys & girls), Swimming (boys & girls), Wrestling, Cheering

**Spring:** Baseball, Boys Tennis, Golf (co-ed), Softball, Track (boys & girls), Lacrosse(boys & girls)

28 varsity level sports total

70 total coaches

25 varsity head coaches

45 assistants

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[River Dell Athletics inventory of programs.htm](#)

Athletic Program Inventory

**River Dell Athletics: inventory of programs**

FALL –

	<u>Varsity</u>	<u>JV</u>	<u>Frosh</u>
Boys Cross Country	Varsity & JV, frosh are eligible to participate		
Girls Cross Country	Varsity & JV, frosh are eligible to participate		
Boys Soccer	All 3 levels		
Girls Soccer	All 3 levels		
Field Hockey	All 3 levels		
Football	All 3 levels		
Girls Tennis	Varsity & JV, frosh are eligible to participate		
Volleyball	All 3 levels		
Cheering	All 3 levels		

WINTER –

	<u>Varsity</u>	<u>JV</u>	<u>Frosh</u>
Boys Basketball	All 3 levels		
Girls Basketball	All 3 levels		
Boys Bowling	Varsity & JV		
Girls Bowling	Varsity & JV		
Ice Hockey	Varsity & JV		
Boys Indoor Track	Varsity, some sub-varsity meets		
Girls Indoor Track	Varsity, some sub-varsity meets		
Boys Swimming	Varsity, some sub-varsity meets		
Girls Swimming	Varsity, some sub-varsity meets		
Wrestling	Varsity & JV, frosh are eligible to participate		
Cheering	All 3 levels		

SPRING –

	<u>Varsity</u>	<u>JV</u>	<u>Frosh</u>
Baseball	All 3 levels		
Boys Tennis	Varsity & JV, frosh are eligible to participate		
Golf (co-ed)	Varsity & JV, frosh are eligible to participate		
Softball	All 3 levels		
Boys Track	Varsity, some sub-varsity meets		
Girls Track	Varsity, some sub-varsity meets		
Boys Lacrosse	Varsity & JV, frosh are eligible to participate		
Girls Lacrosse	Varsity & JV, frosh are eligible to participate		
Totals	27	27	11
Boys/Girls/co-ed	13/14/1	13/14/1	4/7/0

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## MIDDLE SCHOOL ATHLETICS

The following interscholastic athletic programs are offered to students at River Dell Middle School:

### **Fall**

Boys & Girls Cross Country

Girls Volleyball

### **Winter**

Boys Basketball

Girls Basketball

### **Spring**

Boys & Girls Track

**RIVER DELL REGIONAL SCHOOL DISTRICT**  
55 Pyle Street, Oradell, New Jersey 07649



DEPARTMENT OF ATHLETICS

[www.riverdell.k12.nj.us](http://www.riverdell.k12.nj.us)

Denis Nelson (201) 599-7212 or 7210

Athletic Director Fax (201) 261-2974

Attention Student-Athletes and Parents:

**This letter is for students interested in interscholastic athletic participation at the high school.** In an effort to save money and “go green” the department will not be sending a mailing home with the physical forms this year. Those forms can be found on the school website; [www.riverdell.org](http://www.riverdell.org). The following form must be downloaded, completed and submitted; Athletics Physical Form. The following forms must be electronically submitted online through Community Pass with the \$75 Activity Fee; NJSIAA Steroid Testing Consent Form, NJSIAA Concussion Acknowledgement Form and River Dell Drug Testing Consent Form.

Physical examinations must be completed by a personal family physician. In order to be cleared for fall sports the forms must be submitted no later than 8/1. All physicals returned must be a **NEW** physical as of 5/1. Examination forms given to your private physician must be completely filled out including parent signature and a clear stamp and signature of the attending physician. It is crucial to indicate the grade your child is entering in September on the physical form and the sports they would like to participate in. Please do not fill out and submit a form without getting a new physical. Older physicals with outdated information will only delay in having your child physically cleared to participate.

This physical form is necessary for participation in summer workouts with River Dell teams including workouts with our strength and conditioning coaches.

Under state law, the school doctor must verify the accuracy of the completed form and officially validate it. **Only original forms** will be accepted, the school doctor will not accept photocopied or faxed forms. These forms are available at the main office and the athletic offices in the high school and are also available online as indicated above.

All required forms must be completed and submitted together in the following manner:

**MAIL** to the Director of Athletics, River Dell High School, 55 Pyle St, Oradell, NJ 07649. Please do not bring them to school, do not fax them to school and do not bring them to the school doctor's office or home. Your compliance with this procedure will insure accuracy and expedite the process of officially clearing the student to participate. If a physical form is not completely filled out it will be sent back to you and your student-athletes will NOT be cleared. All athletes must practice a minimum of 6 days before participating in scrimmages. Any athlete not officially cleared by August 10, will not be permitted to practice until the physical examination has been reviewed by the school doctor and will jeopardize his/her chances of making the team.

We look forward to your child's participation next year. Thank you for your attention to this important procedure.

Denis Nelson, CAA  
Athletic Director  
River Dell High School

**DO NOT WAIT UNTIL THE LAST MINUTE. ANY QUESTIONS PLEASE CALL:  
201-599-7210 OR EMAIL – [MELINDA.RUSSO@RIVERDELL.ORG](mailto:MELINDA.RUSSO@RIVERDELL.ORG)**

## **Physicals**

Student-athletes must get a physical from their private physician. If this is not possible the school doctor will provide FREE physicals on pre-arranged dates in the HS Nurses office. Please contact the Athletic Department with any questions or concerns or to make an appointment for the FREE physical.

**NO ATHLETE MAY PRACTICE OR OTHERWISE PARTICIPATE IN ATHLETICS WITHOUT PARENT PERMISSION AND PHYSICAL CLEARANCE FROM THEIR DOCTOR.**

Physicals forms can be obtained online or in the athletic director's or nurse's offices as well as the main office at the middle school and high school.

The student-athlete must have a physical within the school year they plan on participating OR in MAY/JUNE for clearance for all sports seasons and for summer workouts in June, July and August.

All completed forms for athletics should be returned to Denis Nelson in the athletic office.

**New Jersey Department of Education**  
**ANNUAL ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION FORM**

**Part A: HEALTH HISTORY QUESTIONNAIRE**-Completed by the parent and student and reviewed by examining provider

**Part B: PHYSICAL EVALUATION FORM**-Completed by examining licensed provider with MD, DO, APN or PA

**Part A: HEALTH HISTORY QUESTIONNAIRE**

**Today's Date:** \_\_\_\_\_

**Date of Last Sports Physical:** \_\_\_\_\_

Student's Name: \_\_\_\_\_ Sex: M F (circle one) Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ School: \_\_\_\_\_ District: \_\_\_\_\_

Sport(s): \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

Provider Name (Medical Home): \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION**

Name of parent/guardian: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Phone (work): \_\_\_\_\_ Phone (home): \_\_\_\_\_ Phone (cell): \_\_\_\_\_

Additional emergency contact: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Phone (work): \_\_\_\_\_ Phone (home): \_\_\_\_\_ Phone (cell): \_\_\_\_\_

**Directions:** Please answer the following questions about the student's medical history by **CIRCLING** the correct response. Explain all "yes" responses on the lines below the questions. Please respond to all questions.

**1. Have you ever had, or do you currently have:**

a. Restriction from sports for a health related problem? Y / N / Don't Know

b. An injury or illness since your last exam? Y / N / Don't Know

c. A chronic or ongoing illness (such as diabetes or asthma)? Y / N / Don't Know

(1.) An inhaler or other prescription medicine to control asthma?

d. Any prescribed or over the counter medications that you take on a regular basis? Y / N / Don't Know

e. Surgery, hospitalization or any emergency room visit(s)? Y / N / Don't Know

f. Any **allergies** to medications? **Y / N / Don't Know**

g. Any allergies to bee stings, pollen, latex or foods? Y / N / Don't Know

(1.) If yes, check type of reaction:

☐ Rash ☐ Hives ☐ Breathing or other anaphylactic reaction

(2.) Take any medication/Epipen taken for allergy symptoms? (List below.) Y / N / Don't Know

h. Any anemias, blood disorders, sickle cell disease/trait, bleeding tendencies or clotting disorders? Y / N / Don't Know

i. A blood relative who died before age 50? Y / N / Don't Know

Explain all "yes" answers here (include relevant dates):


**List all medications here:**

Medication Name	Dosage	Frequency

**2. Have you ever had, or do you currently have, any of the following *head-related* conditions:**

- |   |                    |
|---|--------------------|
| a. Concussion or head injury (including "bell rung" or a "ding")? | Y / N / Don't Know |
| b. Memory loss?   | Y / N / Don't Know |
| c. Knocked out?   | Y / N / Don't Know |
| d. A seizure?   | Y / N / Don't Know |
| e. Frequent or severe headaches (With or without exercise)?       | Y / N / Don't Know |
| f. Fuzzy or blurry vision   | Y / N / Don't Know |
| f. Sensitivity to light/noise                                     | Y / N / Don't Know |

Explain all "yes" answers here (include relevant dates):

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**3. Have you ever had, or do you currently have, any of the following *heart-related* conditions:**

- |  |                    |
|--|--------------------|
| a. Restriction from sports for heart problems?   | Y / N / Don't Know |
| b. Chest pain or discomfort?   | Y / N / Don't Know |
| c. Heart murmur?   | Y / N / Don't Know |
| d. High blood pressure?  | Y / N / Don't Know |
| e. Elevated cholesterol level?   | Y / N / Don't Know |
| f. Heart infection?  | Y / N / Don't Know |
| g. Dizziness or passing out during or after exercise without known cause?                        | Y / N / Don't Know |
| h. Has a provider ever ordered a heart test ( EKG, echocardiogram, stress test, Holter monitor)? | Y / N / Don't Know |
| i. Racing or skipped heartbeats?   | Y / N / Don't Know |
| j. Unexplained difficulty breathing or fatigue during exercise?                                  | Y / N / Don't Know |
| k. Any family member (blood relative):   |                    |
| (1.) Under age 50 with a heart condition?  | Y / N / Don't Know |
| (2.) With Marfan Syndrome?   | Y / N / Don't Know |
| (3.) Died of a heart problem before age 50? If yes, at what age? _____                           | Y / N / Don't Know |
| (4.) Died with no known reason?  | Y / N / Don't Know |
| (5.) Died while exercising? If yes, was it during or after? (Circle one.)                        | Y / N / Don't Know |

Explain all "yes" answers here (include relevant dates):

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**4. Have you ever had, or do you currently have, any of the following *eye, ear, nose, mouth or throat* conditions:**

- |   |                    |
|---|--------------------|
| a. Vision problems?   | Y / N / Don't Know |
| (1.) Wear contacts, eyeglasses or protective eye wear? (Circle which type.) | Y / N / Don't Know |
| b. Hearing loss or problems?  | Y / N / Don't Know |
| (1.) Wear hearing aides or implants?  | Y / N / Don't Know |
| c. Nasal fractures or frequent nose bleeds?                                 | Y / N / Don't Know |
| d. Wear braces, retainer or protective mouth gear?                          | Y / N / Don't Know |
| e. Frequent strep or any other conditions of the throat (e.g. tonsillitis)? | Y / N / Don't Know |

Explain all "yes" answers here (include relevant dates):

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**5. Have you ever had, or do you currently have, any of the following *neuromuscular/orthopedic* conditions:**

- |   |                    |
|---|--------------------|
| a. Numbness, a "burner", "stinger" or pinched nerve?      | Y / N / Don't Know |
| b. A sprain?  | Y / N / Don't Know |
| c. A strain?  | Y / N / Don't Know |
| d. Swelling or pain in muscles, tendons, bones or joints? | Y / N / Don't Know |
| e. Dislocated joint(s)?                                   | Y / N / Don't Know |
| f. Upper or lower back pain?                              | Y / N / Don't Know |
| g. Fracture(s), stress fracture(s), or broken bone(s)?    | Y / N / Don't Know |
| h. Do you wear any protective braces or equipment?        | Y / N / Don't Know |

Explain all (yes) answers here (include relevant dates):

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6. Have you ever had or do you currently have any of the following *general or exercise related conditions*:

- a. Difficulty breathing?  
(1.) During exercise?  
(2.) After running one mile?  
(3.) Coughing, wheezing or shortness of breath in weather changes?  
(4.) Exercise-induced asthma?  
i. Controlled with medication? (specify \_\_\_\_\_)  
ii. Experience dizziness, passing out or fainting?

Y / N / Don't Know  
Y / N / Don't Know  
Y / N / Don't Know  
Y / N / Don't Know  
Y / N / Don't Know  
Y / N / Don't Know
- b. Viral infections (e.g. mono, hepatitis, coxsackie virus)?

Y / N / Don't Know
- c. Become tired more quickly than others?

Y / N / Don't Know
- d. Any of the following skin conditions:  
(1.) Cold sores/herpes, impetigo, MRSA, ringworm, warts?  
(2.) Sun sensitivity?

Y / N / Don't Know  
Y / N / Don't Know
- e. Weight gain/loss (of 10 pounds or more)?  
(1.) Do you want to weigh more or less than you do now?

Y / N / Don't Know  
Y / N / Don't Know
- f. Ever had feelings of depression?

Y / N / Don't Know
- g. Heat-related problems (dehydration, dizziness, fatigue, headache)?  
(1.) Heat exhaustion (cool, clammy, damp skin)?  
(2.) Heat stroke (hot, red, dry skin)?  
(3.) Muscle cramps?

Y / N / Don't Know  
Y / N / Don't Know  
Y / N / Don't Know  
Y / N / Don't Know
- h. Absence or loss of an organ (e.g. kidney, eyeball, spleen, testicle, ovary)?

Y / N / Don't Know

Explain all "yes" answers here (include relevant dates):

7. **Females only:**

Age of onset of menstruation: \_\_\_\_\_ How many menstrual periods in the last twelve (12) months? \_\_\_\_\_

How many periods missed in the last twelve (12) months? \_\_\_\_\_

8. **Males only:**

Have you had any swelling or pain in your testicles or groin? Y / N / Don't Know

PARENT/GUARDIAN SIGNATURE

I certify that the information provided herein is accurate to the best of my knowledge as of the date of my signature.

Signature, Parent/Guardian or Student Age 18

Date of Signature:

THIS COMPLETED AND SIGNED HEALTH HISTORY MUST BE REVIEWED BY THE EXAMINING PROVIDER AT THE TIME OF THE MEDICAL EXAM.



# ANNUAL ATHLETIC PRE-PARTICIPATION PHYSICAL EVALUATION FORM

## Part B: Physical Evaluation Form

(Completed by the examining licensed provider MD, DO, APN or PA)

### -STUDENT INFORMATION-

Student's Name: \_\_\_\_\_ Sport(s): \_\_\_\_\_  
 Sex: M F (circle one) Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
 School: \_\_\_\_\_ District: \_\_\_\_\_  
 Parent/Guardian's Full Name: \_\_\_\_\_

### - EXAMINING PHYSICIAN/PROVIDER CONTACT INFORMATION-

If conducted by school physician check here ☐

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

### - FINDINGS OF PHYSICAL EVALUATION -

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Pulse: \_\_\_\_\_ bpm.

Vision: R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected: Y/N Contacts: Y/N Glasses: Y/N

INDICATORS	NORMAL?	ABNORMAL FINDINGS/COMMENTS			
General Appearance	YES				
Head/Neck	YES				
Eyes/Sclera/Pupils	YES				
Ears	YES				
Gross Hearing	YES				
Nose/Mouth/Throat	YES				
Lymph Glands	YES				
Cardiovascular	YES				
Heart Rate	YES				
Rhythm	YES				
Murmur	ABSENT				
If murmur present		Standing makes it:	Louder	Softer	No Change
		Squatting makes it:	Louder	Softer	No Change
		Valsalva makes it:	Louder	Softer	No Change
Femoral Pulses	YES				
Lungs: Auscultation/Percussion	YES				
Chest Contour	YES				
Skin	YES				
Abdomen (liver, spleen, masses)	YES				
Assessment of physical maturation or Tanner Scale	YES				
Testicular Exam (Males Only)	YES				
Neck/Back/Spine:	YES				
Range of Motion	YES				
Scoliosis	ABSENT				
Upper Extremities: (ROM, Strength, Stability)	YES				
Lower Extremities: (ROM, Strength, Stability)	YES				
Neurological: Balance & Coordination	YES				
Hernia	ABSENT				
Evidence of Marfan Syndrome	ABSENT				

Most recent immunizations and dates administered:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Medications currently prescribed, with dose and frequency:

Medication Name	Dosage	Frequency

Additional observations:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

General Diagnosis:

\_\_\_\_\_

\_\_\_\_\_

General Recommendations:

\_\_\_\_\_

\_\_\_\_\_

THE HISTORY PREPARED BY THE PARENT/STUDENT MUST BE REVIEWED BY THE EXAMINING PROVIDER AT THE TIME OF THE PHYSICAL EXAMINATION.

**CLEARANCES:** This section is completed by the examining healthcare provider.

After examining the student and reviewing the medical history the student is:

- ☐ A. Cleared for participation in all sports without restrictions.
- ☐ B. Not cleared for participation in any sport until evaluation/treatment of:
- \_\_\_\_\_
- ☐ C. Cleared for limited participation in the following types of sports only. Please see below for sport classifications. CHECK ALL THAT APPLY
- \_\_\_\_ CONTACT/COLLISION                      \_\_\_\_ NON-CONTACT/STRENUOUS  
 \_\_\_\_ LIMITED CONTACT                      \_\_\_\_ NON-CONTACT/NON-STRENUOUS

Limitations due to: \_\_\_\_\_

**NOTES TO THE EXAMINING PROVIDER**

Conditions requiring clearance before sports participation include, but are not limited to the following:

Anaphylaxis; Atlantoaxial instability; Bleeding disorder; Hypertension; Congenital heart disease; Dysrhythmia; Mitral valve prolapse; Heart murmur; Cerebral palsy; Diabetes mellitus; Eating disorders; Heat illness history; One-kidney athletes; Hepatomegaly; Splenomegaly; Malignancy; Seizure Disorder; Marfan's Syndrome; History of repeated concussion; Organ transplant recipient; Cystic fibrosis; Sick cell disease; and/or One-eyed athletes or athletes with vision greater than 20/40 in one eye.

SAMPLES OF CLASSIFICATION OF SPORTS BY CONTACT			
Contact/Collision	Limited Contact	Non-Contact	
		Strenuous	Non-strenuous
Basketball	Baseball	Discus	Bowling
Diving	Cheerleading	Javelin	Golf
Field Hockey	Fencing	Shot put	
Football	High Jump	Rowing	
Ice Hockey	Pole vault	Running/Cross Country	
Lacrosse	Gymnastics	Strength Training	
Soccer	Skiing	Swimming	
Wrestling	Softball	Tennis	
	Volleyball	Track	

**Effects of physiologic maneuvers on heart sounds**

Standing	Increases murmur of HCM
	Decreases murmur of AS, MR
	MVP click occurs earlier in systole
Squatting	Increases murmur of AS, MR, AI
	Decreases murmur of MCH
	MVP click delayed
Valsalva	Increases murmur of HCM
	Decreases murmur of AS, MR
	MVP click occurs earlier in systole

**Physical Stigmata of Marfan's Syndrome**

Kyphosis  
 High arched palate  
 Pectus excavatum  
 Arachnodactyly  
 Arm span > height 1.05:1 or greater  
 Mitral Valve Prolapse  
 Aortic Insufficiency  
 Myopia  
 Lenticular dislocation

HCM: Hypertrophic Cardio Myopathy  
 AS: Aortic Stenosis  
 AI: Aortic Insufficiency  
 MR: Mitral Regurgitation  
 MVP: Mitral Valve Prolapse

HISTORY REVIEWED AND STUDENT EXAMINED BY: Physician's/Provider's Stamp:

- ☐ Primary Care Provider  
☐ School Physician Provider  
☐ License Type:

- ☐ MD/DO  
☐ APN  
☐ PA

PHYSICIAN'S/PROVIDER'S SIGNATURE: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Date of Exam: \_\_\_\_\_

RESERVED FOR SCHOOL DISTRICT USE

NOTE: N.J.A.C. 6A:16-2.2 requires the school physician to provide written notification to the parent/legal guardian stating approval or disapproval of the student's participation in athletics based on this physical evaluation. This evaluation and the notification letter become part of the student's school health record.

History and Physical Reviewed By: \_\_\_\_\_ Date: \_\_\_\_\_

Title of Reviewer (please check one): ☐ School Nurse ☐ School Physician

Medical Eligibility Notification Sent to Parent/Guardian by School Physician \_\_\_\_\_  
Date

☐ Letter of notification is attached.

OR

Parent notification indicates that:

- ☐ Participation Approved without limitations.  
☐ Participation Approved with limitations pending evaluation.  
☐ Participation NOT Approved

Reason(s) for Disapproval: \_\_\_\_\_

\_\_\_\_\_

**THIS FORM MUST BE FILLED OUT COMPLETELY**

**ATHLETICS RIVER DELL REGIONAL HIGH SCHOOL**

**Complete this form when going out for the 2nd or 3rd sport AFTER having a physical exam.** A 2nd physical is not necessary in the same school year

(July 1- June 30) unless an accident or injury has occurred since the last physical exam on \_\_\_\_\_

**(date) for what sport**

NAME \_\_\_\_\_ GRADE \_\_\_\_\_ DATE \_\_\_\_\_

SPORT \_\_\_\_\_. The following section is to be filled out by the parent:

1. Has this student been prohibited from athletic activity since the last physical exam?

YES \_\_\_\_\_ NO \_\_\_\_\_

If so, for what and when \_\_\_\_\_

2. Has he/she had any fractured bones? If so, what bone and when? \_\_\_\_\_

3. Is there any reason he/she should not participate now? YES \_\_\_\_\_ NO \_\_\_\_\_

4. Is he/she under a doctor's care right now? YES \_\_\_\_\_ NO \_\_\_\_\_ Explain \_\_\_\_\_

5. Has he/she had any operations? YES \_\_\_\_\_ NO \_\_\_\_\_ Explain \_\_\_\_\_

6. Are any medications being taken now? YES \_\_\_\_\_ NO \_\_\_\_\_ Explain \_\_\_\_\_

7. Name of family physician \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ has my permission to take part in the above mentioned sport.

Student's Name

PARENT SIGNATURE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_

Parents: Unless you hear otherwise from the school Athletic Department before the season begins, you may assume that your child's physical exam form has been approved by the school, through the school's physician.

## RIVER DELL BOARD OF EDUCATION

### STUDENT RANDOM DRUG AND ALCOHOL CONSENT TEST FORM

I understand fully that my performance as a participant and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules and regulations set forth by the River Dell Board of Education and the sponsors for the activity in which I participate.

I authorize the River Dell Board of Education to conduct an Alcohol and Drug test on-site if my name is drawn from the random pool. Pursuant to the Student Random Alcohol and Drug Testing Policy, I authorize the following:

1. River Dell Board of Education to release specimens to the testing laboratory(ies).
2. Test laboratory(ies) to release test results to designated Medical Review Officer, MD.
3. Medical Review Officer, MD to release test results to River Dell Board of Education Student Assistance Counselor, Grade Level Administrator and/or Medical Inspector.\*
4. River Dell Board of Education to release individual student name, parents name and home phone number to Medical Review Officer, MD regarding all positive drug test results.

I understand that I may also be randomly drug tested throughout the remainder of the year.

---

*Student Name (Please Print)*

*Student ID Number*

---

*Student Signature*

*Date*

---

*Parent/Guardian Signature*

*Parent/Guardian Name (Please Print)*

*Date*

---

*Parent/Guardian*

*Home Phone*

*Work Phone*

*Cell Phone*

\_\_\_\_\_ I plan to participate in the following **sport**: \_\_\_\_\_

\_\_\_\_\_ I plan to participate in the following **student activity**: \_\_\_\_\_

\_\_\_\_\_ I am **volunteering** to be placed in the drug testing pool.

\_\_\_\_\_ I hold a valid River Dell High School **parking permit** .

Parking Decal # \_\_\_\_\_

\_\_\_\_\_ I plan on participating in **open/extended lunch privilege** (12th grade students only)

\* All results are kept strictly confidential and are released only to those individuals named above.

Any student who withdraws from participation in any of the above named activities must fill out an Activity Drop Form to have his or her name removed from the testing pool

THIS FORM MUST BE SUBMITTED TO THE ASSISTANT PRINCIPAL'S OFFICE BY THE FIRST DAY OF SCHOOL IN ORDER TO PARTICIPATE IN THE ABOVE MENTIONED ACTIVITIES/PRIVILEGES.

# **NJSIAA STEROID TESTING POLICY**

## **CONSENT TO RANDOM TESTING**

In Executive Order 72, issued December 20, 2005, Governor Richard Codey directed the New Jersey Department of Education to work in conjunction with the New Jersey State Interscholastic Athletic Association (NJSIAA) to develop and implement a program of random testing for steroids, of teams and individuals qualifying for championship games.

Beginning in the Fall, 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances on the attached page, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned, substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents and his or her school. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

By signing below, we consent to random testing in accordance with the NJSIAA steroid testing policy. We understand that, if the student or the student's team qualifies for a state championship tournament or state championship competition, the student may be subject to testing for banned substances.

_____	_____	_____
Signature of student-athlete	Print student-athlete's name	Date

_____	_____	_____
Signature of parent/guardian	Print parent/guardian's name	Date



1161 Route 130, P.O. Box 487, Robbinsville, NJ 08691 609-259-2776 609-259-3047-Fax

## NJSIAA PARENT/GUARDIAN CONCUSSION POLICY ACKNOWLEDGMENT FORM

In order to help protect the student athletes of New Jersey, the NJSIAA has mandated that all athletes, parents/guardians and coaches follow the NJSIAA Concussion Policy.

A concussion is a brain injury and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

1. Headache.
2. Nausea/vomiting.
3. Balance problems or dizziness.
4. Double vision or changes in vision.
5. Sensitivity to light or sound/noise.
6. Feeling of sluggishness or foginess.
7. Difficulty with concentration, short-term memory, and/or confusion.
8. Irritability or agitation.
9. Depression or anxiety.
10. Sleep disturbance.

### Signs observed by teammates, parents and coaches include:

1. Appears dazed, stunned, or disoriented.
2. Forgets plays or demonstrates short-term memory difficulties (e.g. is unsure of the game, score, or opponent)
3. Exhibits difficulties with balance or coordination.
4. Answers questions slowly or inaccurately.
5. Loses consciousness.
6. Demonstrates behavior or personality changes.
7. Is unable to recall events prior to or after the hit.



**What can happen if my child/player keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

**If you think your child/player has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours.

An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play until the athlete is evaluated by a medical doctor or doctor of Osteopathy, trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

You should also inform you child's Coach, Athletic Trainer (ATC), and/or Athletic Director, if you think that your child/player may have a concussion. And when it doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

[www.nfhslearn.com](http://www.nfhslearn.com)

_____ Signature of Student-Athlete	_____ Print Student-Athlete's Name	_____ Date
---------------------------------------	---------------------------------------	---------------

_____ Signature of Parent/Guardian	_____ Print Parent/Guardian's Name	_____ Date
---------------------------------------	---------------------------------------	---------------

Please keep this form on file at the school. Do not return to the NJSIAA. Thank you.

### CONCUSSION MANAGEMENT

Concussions are a serious and growing public health concern, especially for students participating in contact sports. According to the Centers for Disease Control and Prevention, at least 3 million sports and recreation related concussions occur in the United State each year. The competitive athletic culture of playing through pain or "toughing it out" puts student-athletes at serious risk of brain injury, disability and death.

Allowing the student-athlete to return to play before recovering from a concussion increases the chance of more serious brain injury can result in severe disability and/or death.

The effects of concussion, while not all preventable can be mitigated by proper recognition and appropriate response. Therefore, the River Dell Regional School District shall require that:

- A. There is annual base-line testing for all middle school and high school student-athletes prior to sports participation using ImPACT online testing program.
- B. Student-athletes, coaches, athletic trainers, officials and physicians employed by the school district shall receive annual training relating to concussions.
- C. Annual National Federation of State High School Associations (NFHS) Learn online Concussion Training for Coaches is required. Coaches must complete online course and submit certificate of completion each year.
- D. Certified Athletic Trainers must biennially renew their licenses by completing 24 credits of continuing athletic trainer education which shall include a specific number of credits on topics relating to concussions and head injuries.
- E. Any student-athlete suspected of sustaining a concussion or exhibiting or complaining of concussion related symptoms or any student-athlete that has sustained a concussion or has become unconscious during a practice or athletic contest be removed from play and not return to play that day.
- F. A medical evaluation be performed by Certified Athletic Trainer (ATC) and/or school doctor or other certified and approved medical personnel to determine the presence or absence of a concussion.
- G. If a student-athlete is diagnosed with a concussion there shall be a minimum of a 7 day wait before returning to activity. In addition, the student-athlete must be free of all concussion symptoms for 7 days prior to return to activity.
- H. An ImPACT test be administered once concussion symptoms are no longer present.
- I. The Board of Education approved concussion trained doctors receive and/or conduct Impact testing to help determine whether physical clearance and return to activity are appropriate.

**CONCUSSION MANAGEMENT (continued)**

- J. Upon clearance for return to activity by Board approved concussion trained doctors, the ATC and coach, working in conjunction, shall implement a gradual and acclimated return to activity following Zurich Consensus Statement Guidelines.
- KI. The ATC keep the timeline for return to activity. The return to the first full activity shall be at a practice.
- L. Parents/guardians annually receive and submit the District's Concussion Policy Acknowledgement Form prior to the student's participation in any athletic practice or event. The form shall be submitted electronically whenever possible.
- M. The Superintendent shall develop specific regulations for return to play in concert with the ATC and the concussion trained doctors.

The signs and symptoms of concussion also impact student-athletes in their academic pursuits. This can cause deleterious effect on their ability to function in the classroom, learn new material, complete homework and study for tests. The District shall ensure that the appropriate staff are made aware of the condition and accommodate the student athlete's symptoms as they would with any other illness.

Because activities that require concentration and attention may exacerbate post-concussion symptoms and delay recovery, while symptomatic student-athletes who have sustained concussion should limit activities that require attention and concentration such as driving, homework, video-game playing, or texting.

**Use of school grounds by youth sports teams**

If the District allows youth sports teams to use its athletic facilities the District shall be immune from liability for injury or death due to the action or inaction of persons employed by or under contract with a youth sports organization if the organization provides the District with the following:

- A. Proof of an insurance policy of an amount of not less than \$50,000 per person, per occurrence insuring the youth sports team organization against liability for any bodily injury suffered by a person;
- B. A statement of compliance with the district's policies for the management of concussions and other head injuries.
- C. A "youth sports team organization" means one or more sports teams organized pursuant to a nonprofit or similar charter or which are member teams in a league organized by or affiliated with a county or municipal recreation department.

This policy shall be reviewed annually to ensure that it incorporates the most current information and practices.

**Legal References:** N.J.S.A. 18A:40-41.1

Findings, declarations relative to head injuries of student athletes.

N.J.S.A. 18A:40-41.2

Interscholastic athletic head injury safety training program

N.J.S.A. 18A:40-41.3

Written policy for school district

N.J.S.A. 18A:40-41.4

Removal of student athlete from competition, practice; return.

**CONCUSSION MANAGEMENT (continued)****Legal References: (continued)**N.J.S.A. 45:9-37.48aContinuing education requirement for  
athletic trainer**Cross References:**

*5141	Health
*5141.1	Accidents
*5141.2	Illnesses
*5141.3	Health examinations and immunizations
*5141.21	Administering medication
*6142.4	Physical education and health
*6145	Extra-curricular activities
*6145.1/6145.2	Intramural competition; interscholastic competition

**Key Words**

Concussions, ImPACT Testing, Removal from athletic practice or Games, Return to Athletic Participation

Approved: June 22, 2011

Revised:

## NJSIAA Eligibility Rules for Student-Athletes:

1. A student-athlete cannot participate in interscholastic athletics if he or she has reached the age of nineteen (19) prior to September 1<sup>st</sup> of any year.
2. To be eligible for athletic competition during the first semester (September 1 to January 31) a student must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic year. Only 2 courses may be taken during summer school to secure additional credits.
3. To be eligible for athletic competition during the second semester (February 1 to June 30) a student must have passed the equivalent of 12.5% of the credits (15) required by the State of New Jersey for graduation (120) at the close of the preceding semester (January 31). Full year courses shall be equated as half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.
4. It is recognized that student-athletes may accelerate their academic programs during their first three years of school. As a result, student-athletes may be eligible in the second semester of their SENIOR year even when they carry less than 12.5% or 15 credits during the first semester provided they are meeting the school districts graduation requirements and are PASSING all courses in which they are enrolled at the start of the first semester. A student cannot claim this if they have withdrawn failing (WF) from a class during the first semester. It is recommended that student-athletes entering their senior year take enough courses to meet and exceed the 15 credit requirement in the first semester. *It is further recommended that enough credits be taken to meet and exceed the 15 credits even in the event of the failure of one class during the first semester.*
5. A student-athlete cannot participate in more than eight (8) consecutive semesters. Therefore the student-athlete may NOT have participated in high school interscholastic athletics in grade 8 or prior.

I, \_\_\_\_\_ have read the above NJSIAA eligibility  
(print name)  
requirements and fully understand them as they relate to my schedule making decisions and eligibility as a student-athlete for interscholastic athletic competition at River Dell High School.

\_\_\_\_\_  
Signature

**Student-Athletes entering their senior year are subject to NJSIAA age, credit and consecutive semester eligibility rules.**

- The student-athlete cannot turn 19 years of age prior to September 1<sup>st</sup> of that academic year.
- The student-athlete cannot compete in more than 8 consecutive semesters. Therefore the student-athlete may NOT have participated in high school interscholastic athletics in grade 8 or prior.
- To be eligible for the first semester of athletic competition (September 1 – January 31) of the 12<sup>th</sup> grade, senior year a student-athlete must have passed 25% of the credits required to graduate by the State of New Jersey or 30 credits in the immediately preceding school year. Only 2 courses may be taken during summer school to secure additional credits.
- To be eligible for the second semester (February 1-June 30) of the 12<sup>th</sup> grade a senior student-athlete must have passed 12.5% of the credits required to graduate by the State of New Jersey or 15 credits at the close of the preceding semester. Full year courses shall be equated as half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.
- It is recognized that student-athletes may accelerate their academic programs during their first three years of school. As a result, student-athletes may be eligible in the second semester of their senior year even when they carry less than 12.5% or 15 credits during the first semester provided they are meeting the school districts graduation requirements and are PASSING all courses in which they are enrolled at the start of the first semester. A student cannot claim this if they have withdrawn failing (WF) from a class during the first semester. It is recommended that student-athletes entering their senior year take enough courses to meet and exceed the 13.75 credit requirement in the first semester. *It is further recommended that enough credits be taken to meet and exceed the 15 credits even in the event of the failure of one class during the first semester.*

I, \_\_\_\_\_ have read the above NJSIAA eligibility requirements and fully understand them as they relate to my senior year schedule making decisions and eligibility as a student-athlete for interscholastic athletic competition at River Dell High School.

## COLLEGE ATHLETIC PLANNING

- a. Scholarships - Athletic scholarships from various colleges and universities are offered to student-athletes whose talents and future athletic potentiality to the college program are judged solely by the coaching staff of the college that is offering such assistance.

The local high school coaching staff can assist by providing requested information and personal recommendations based upon their personal knowledge of the athlete. High School coaches do not “GET” scholarships for their athletes. The athlete must satisfy criteria established for such grants by the persuasion and past relationships with the colleges and/or its coaches; however, it must be clearly understood, the philosophical intent of the high school athletic program is NOT to guarantee college athletic scholarships to its participants. There are too many variables that cannot be controlled by the high school coach. Of course, we are very happy for any student who receives financial assistance to attend college, and as in all cases, we will make every effort to assist students in receiving such financial aid.

All student-athletes who intend to go to college, whether through an athletic scholarship or not, are reminded again to review the section on college admissions. You are especially reminded that a strong college preparatory academic background is the most beneficial condition for acceptance to an institution of higher learning. In most instances, gifted athletic talent and outstanding athletic accomplishment is not sufficient for acceptance to reputable colleges, if the academic background is poor and/or does not indicate predictability of successful academic matriculation.

At times students are placed under great pressure to succeed as athletes for the sole purpose of receiving a very rare college athletic scholarship. They often fail to realize this goal, and at the same time, miss out on fully achieving the many positive outcomes of the interscholastic athletic program. We encourage the student-athletes pursuit of participation, achievement, and excellence, and if a scholarship results, all the better.

b. A Guide For College-Bound Student Athletes and Their Parents  
NCAA Eligibility Regulations

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), and organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions: Division I, Division II, and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse was established by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent application of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

c. Important References:

[www.ncaa.org](http://www.ncaa.org) and  
[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)



# NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Eligibility Center

## Divisions I and II Initial-Eligibility Requirements

### Core Courses

- **NCAA Divisions I and II require 16 core courses.** See the charts below.
- **NCAA Division I will require 10 core courses** to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the start of the seventh semester and cannot be retaken for grade improvement.
  - *Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

### Test Scores

- **Division I** uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- **Division II** requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

### Grade-Point Average

- **Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **Division I** students enrolling full time **before August 1, 2016**, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- **Division I** GPA required to receive **athletics aid and practice on or after August 1, 2016**, is 2.000-2.299 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **Division I** GPA required to be eligible for **competition on or after August 1, 2016**, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **The Division II** core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

#### **DIVISION I 16 Core Courses**

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

#### **DIVISION II 16 Core Courses**

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Sliding Scale A		
Use for Division I prior to August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Sliding Scale B		
Use for Division I beginning August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86

For more information, visit the NCAA Eligibility Center website at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).



## Academic Eligibility Frequently Asked Questions

### ***When should a student register with the NCAA Eligibility Center?***

Students should register with the NCAA Eligibility Center at the beginning of their junior year in high school. At the end of the student's junior year, a transcript, including six semesters of grades, should be sent to the NCAA Eligibility Center from the high school. Additionally, students should have their SAT or ACT scores forwarded directly to the NCAA Eligibility Center (by using code "9999") whenever they take the exam.

### ***What is the fee to register?***

The registration fee for U.S. students is \$65; and \$95 for international students.

### ***Is this fee refundable?***

All fees are nonrefundable after successful registration. No refunds will be given due to nonparticipation or disinterest at an NCAA Division I or II college or university. In the event a duplicate registration was completed and duplicate payment was processed, you may be eligible for a refund of the duplicate registration fee(s). A completed refund request form must be sent to the NCAA Eligibility Center for consideration. You can find the form by going to [www.eligibilitycenter.org](http://www.eligibilitycenter.org), clicking the link to enter for "NCAA College-Bound Student-Athletes." You will then click "Resources" at the top of the page and then "Forms."

### ***What requirements do I need to be able to practice, play and get a scholarship at an NCAA Division I or II college or university?***

You need to complete the following:

1. Graduate from high school;
2. Complete a minimum of 16 (for Division I) or 14 (for Division II) core courses;
3. Present the required grade-point average (GPA) (for complete details, see the Freshman Eligibility Standards Quick Reference Sheet for Division I or a minimum 2.0 GPA for Division II);
4. Present a qualifying test score on either the ACT or SAT (for complete details, see the Freshman Eligibility Standards Quick Reference Sheet); and
5. Request final amateurism certification (beginning April 1 for fall enrollees or beginning October 1 for spring enrollees).

***How do I know if the courses I am taking will count as core courses?***

You need to look at your high school's list of NCAA courses. Follow these steps:

1. Go to the NCAA Eligibility Center website at [www.eligibilitycenter.org](http://www.eligibilitycenter.org);
2. Click on the "NCAA College-Bound Student-Athletes" link to enter;
3. Click on "Resources";
4. Click on "U.S. Students";
5. Click on "List of NCAA Courses";
6. Input your high school's CEEB code (if you know it) or search by your high school's name and state; and
7. Review the list.

**\*Very important:** If a core course you took is not on the list, it will not be used in your eligibility determination. Courses that appear on your transcript must exactly match what is on the list.

***What do I do if a core course I took is not on the list?***

See your high school counselor immediately. Someone at your high school is responsible for keeping your high school's list updated. It is important your high school does this each year to make sure the core courses you are taking appear on the list.

***What is the lowest grade that will be used for a course to count as a core course?***

Follow your high school's policy regarding its lowest passing grade. If the NCAA Eligibility Center does not have this policy, the lowest passing grade that will be used is D.

***Will credit-by-exam courses meet core-course requirements?***

No. Courses completed through credit-by-exam will not be used.

***Are vocational courses acceptable?***

No. Traditional vocational courses (e.g., typing, auto mechanics, driver's education and health) are not acceptable.

***Do pass/fail grades count?***

Maybe, these grades may satisfy your core-course requirements. The NCAA Eligibility Center will assign your high school's lowest passing grade for a pass/fail class so long as the course receives credit toward graduation.

***May courses taken in the eighth grade that are high school core courses (e.g., Algebra I, Spanish 1, Freshman Composition) be used to meet the core-course requirement?***

A high school course taken in the eighth grade may be used if the course is on the high school transcript with a grade and credit and if the course is on the high school's list of NCAA courses.

# Stop the Haze Craze

How can parents get on board to help stop hazing? Start with four steps: Initiate, educate, investigate, and motivate.

- **Initiate** discussions with your kids about hazing. Be open and honest, and ask them to be the same. You can start talking with kids as young as eight or nine, and incorporate the topic into discussions about bullying and peer pressure.
- **Educate** yourself and your children about the problem. Include other parents in the process. If your kids know you and other parents won't tolerate it, they'll be less likely to participate in rituals.
- **Investigate** your child's district, school, athletic department, and clubs. Ask questions and determine if there's a zero-tolerance policy about initiation and hazing practices.
- **Motivate** your son or daughter to be a productive leader who is clear about what is acceptable behavior and what is not. Reward kids for taking part in positive activities, such as welcoming new students, sharing chore responsibilities with rookies, or speaking out against initiation rituals.

## River Dell High School's ANTI-HAZING POLICY

“River Dell High School requires the mutual respect of all students, staff and visitors. To this end, the River Dell High School Athletic Department has a strict policy against harassment, hazing or other team initiations that include coercive interactions among students that make other students uncomfortable, feel degraded, humiliated, abused or endangered. This does not include activities such as rookies carrying equipment. Hazing of any kind will not be tolerated on or off campus and will be dealt with severely if it does take place. Hazing is a disorderly persons offense under New Jersey criminal law. (NJSA 2C:40-3).”

## ATHLETIC INSURANCE

The Board of Education has purchased secondary loss insurance coverage to protect all participants in interscholastic sports in case of an accidental injury resulting from such participation. This coverage also applies to equipment managers, band members, cheerleaders, flag wavers and any other approved participants.

The school's insurance is a secondary loss insurance coverage; i.e., it may pay those expenses not covered by any other medical insurance you may have up to the limits of the policy. However, you must submit all bills to your own insurance first.

Although this coverage is very broad, there are restrictions, limitations and exclusions in this policy. In many situations, medical bills may not be covered in full. Parents should understand that medical expenses are their own responsibility, not the Board of Education's.

All sport injuries should be immediately reported to the coach or trainer. An accident report is generated and forwarded both to the Athletic Director and the Board of Education office. All claim information will be taken from the accident report. An insurance form with instructions can be mailed or picked up by the parent/guardian, upon request.

1. Parents should complete the insurance form and forward it to the Board of Education office, located at 230 Woodland Avenue in River Edge, for an authorized signature.
2. Parents should submit the authorized form and all required documentation such as itemized bills and notices from the parents' primary insurance company showing amounts paid and balances due.
3. The back of the insurance form has the contact information for the Insurance Company, for additional help.

It is your responsibility, and to your benefit, to submit the necessary papers as soon as possible as the claim cannot be considered until all papers are submitted.

Questions regarding coverage, etc. should be directed to the Board of Education Office.

## Frequently Asked Questions:

Q: Where can I find Physical forms and what do I need to know about those forms?

A: Physicals forms can be downloaded on this site by going to District, High School or Middle School in the top left area of the homepage. Click on Departments when choosing District or Athletics for High School and Middle School. Click on Physicals in the left margin and Athletic Physical Forms on that page. Print out these forms and submit them to your physician. The completed forms must have parents signature, doctor's signature and stamp and all sections must be filled out entirely. In order to be current and valid and approved by the school doctor physicals must be less than a year old and should have been conducted during May or June of the previous school year or later.

Q: How can I pay my son's/daughter's activity fee and submit other required forms?

A: On the district homepage go to the top right and click on Community Pass. The Community Pass feature will allow you to pay your child's activity fee electronically by credit card as well as submit other required forms by electronic submission. Those forms include; NJSIAA Steroid Testing Consent Form, River Dell Regional Drug Testing Consent Form and NJSIAA Concussion Policy Acknowledgment Form.

Q: What time, where, against who is the game today?

A: All information regarding games for all sports and all levels can be found on this site. Click on High School or Middle School in the top left of the school homepage. Go to Athletics and click on Schedules. All schedules for all sports and all levels can also be accessed by going to [www.bignorthconferencenj.org](http://www.bignorthconferencenj.org). Game schedule information can also be found by calling the Athletic Department hotline at 201-599-6600.

Q: How do I get to our opponents field for the game?

A: Directions to opposing schools can be found on this site. On the school homepage click on High School at the top left. Choose Athletics, in the left margin click on Directions. Directions and addresses of opposing schools can also be found by going to [www.bignorth.powermediallc.org](http://www.bignorth.powermediallc.org).

Q: What teams are offered at the High School and Middle School?

A: An inventory of teams and levels offered at both the High School and Middle School can be found on this site by going to High School or Middle School in the top left area of the homepage. On the High School site, click on Athletics and choose Sports at River Dell High School. On the Middle School site, click on Athletics and choose Sports at River Dell Middle School.



# **All-Sports Banner**

RIVER DELL HIGH SCHOOL

BIG NORTH CONFERENCE, PATRIOT DIVISION All-SPORTS

BANNER CHAMPS

2012-2013

The ALL-Sports banner is awarded to the school that accumulates the most points through the course of the school year by order of place in the Big North Conference, Patriot Division sponsored sports.

River Dell High School has won ALL-Sports banners in the following years;

1972-73 - NBIAL

1985-86 - BCSL-American

1987-88 - BCSL-American

1992-93 - BCSL-American

1993-94 - BCSL-American

1994-95 - BCSL-American

1995-96 - BCSL-American

1996-97 - BCSL-American

1997-98 - BCSL-American

1998-99 - BCSL-American

1999-00 - BCSL-American

2000-01 - BCSL-American

2001-02 - BCSL-American

2002-03 - BCSL-American

2003-04 - BCSL-American

2004-05 - BCSL-American

2005-06 - BCSL-American

2006-07 - BCSL-American

2008-09 - BCSL-American

2009-10 - BCSL-American

2012-13 - Big North-Patriot



# NOTES