

HOPATCONG HIGH SCHOOL

2018-2019

STUDENT ACTIVITIES

AND

ATHLETIC HANDBOOK



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Dear Student,

Welcome to Hopatcong High School. Whether you are a new student or a returning upper-classman to our high school, we hope you will find your experiences at Hopatcong High School to be memorable and exciting.

During the school year, we encourage you to participate in one or more of the exciting extracurricular activities and athletic programs that are offered.

Participation in extracurricular activities and athletics will provide you with opportunities to widen and enrich your academic undertakings, while providing you with new experiences and friendships that will be remembered for a lifetime.

As you review this handbook, we hope that you will familiarize yourself with extracurricular activities and athletic programs that are offered and your responsibility as a participant.

If you have any questions or concerns, please contact us. We are here to assist you.

Hopatcong High School Administration

Dear Parents/Guardians:

I would like to take this opportunity to welcome you to our Hopatcong High School athletic program. To ensure a positive athletic experience for our student athletes, we emphasize healthy competition, self discipline and the development of appropriate attitudes toward winning and losing. We encourage your attendance at athletic events, your cooperation with established athletic department policies and your continued support for your son or daughter throughout the season.

Requirements for participation will be reviewed by each coach at the very first team meeting. Your signature on the parent consent form is an indicator that you are aware of our expectations and eligibility requirements for athletes. This is a shared responsibility between coaches, guidance counselors, athletes and parents. We view the opportunity to represent Hopatcong High School and the community as a privilege. We will provide an atmosphere conducive to personal growth stressing conduct, technique and physical conditioning. The use of alcohol, non-prescription drugs or tobacco products is not consistent with our school philosophy and will not be tolerated. I feel extremely confident that all parents will be supportive of our efforts to establish and maintain appropriate standards for our student athletes.

Sincerely,

Christopher Buglovsky
Director of Athletics

PHILOSOPHY AND OBJECTIVES

It is the intent of the Hopatcong School District to provide the students with a comprehensive, well-planned and balanced program of inter-scholastic athletics and extracurricular activities.

The program shall be managed and the teams/activities coached/supervised in a manner to achieve the following objectives:

- Promote individual and team desire for excellence, while emphasizing that interscholastic sports and extracurricular activities be kept in perspective, and that the first priority for all students is intellectual and emotional growth.
- Encourage enjoyment of participation, competition, a desire to win and a healthy attitude towards winning and losing.
- Develop self-confidence and self-respect of each participant.
- Develop the specialized talents, skills and physical fitness of each participant.
- Develop the life skills of time management, self-discipline, commitment, setting goals and desirable work habits.
- Develop attitudes and skills which foster team work, cooperation, loyalty and spirit.
- Develop the highest degree of sportsmanship, sense of fair play and respect for coaches/supervisors, officials and especially fellow student-athletes.
- Promote a sense of pride and “family atmosphere” to the Hopatcong School district and community.

STUDENT PARTICIPATION

As a student at Hopatcong High School, you will find that you will have the freedom to choose and manage your lifestyle, probably to a greater degree than you have experienced before. It is essential that this freedom be handled in a responsible manner so as not to jeopardize the opportunity you and your fellow students have been given. Because of the time and energy required for successful participation in extracurricular activities, budget your time wisely and establish sound objectives and priorities. You should strive for a reasonable balance between academic, social, and extracurricular activities and develop and exercise the self-discipline to attain these objectives.

STUDENT ACTIVITIES AVAILABLE

Students at Hopatcong High School may choose from a wide variety of interscholastic athletics and extracurricular activities which include:

INTERSCHOLASTIC ATHLETICS

- Fall: Football
 Soccer (Boys and Girls)
 Cross-Country (Boys and Girls)
 Cheerleading
 Tennis (Girls)
- Winter: Basketball (Boys and Girls)
 Wrestling
 Bowling (Co-ed)
 Cheerleading
 Ice Hockey (Co-Ed)
- Spring: Baseball
 Softball
 Track (Boys and Girls)
 Golf (Co-ed)
 Tennis (Boys)

EXTRACURRICULAR ACTIVITIES

- | | |
|------------------------|------------------------|
| Academic Team | Mock Trial |
| Chorus | National Honor Society |
| Class Government | Newspaper |
| Chess Club | Science League |
| Color Guard | Student Council |
| Community Service Club | Ski Club |
| Drama Club | Teen Arts |
| Marching Band | Yearbook |
| Math League | Varsity Club |
| Literature Club | |

**STUDENT ELIGIBILITY FOR PARTICIPATION IN
EXTRACURRICULAR ACTIVITIES AND ATHLETICS**

A student at Hopatcong High School must maintain the following state requirements to be eligible for participation in interscholastic athletics, as well as all extracurricular activities:

1. Annually, these requirements shall automatically be revised to be in accord with the New Jersey Interscholastic Athletic Association requirements, New Jersey State Board of Education rulings and code requirements, statutes and court rulings. In the event of any conflict, the aforementioned shall prevail over Board policy.
 - a. Any student, 19 years of age, prior to September 1st, is not eligible for interscholastic athletics at any time thereafter (while enrolled in high school).
 - b. A student at Hopatcong High School must maintain the following state requirements to be eligible for participation in extracurricular activities.

Eligibility

Grade 9	1 st semester – Full time enrollment as high school student.
Grade 9	2 nd semester – Passing grades in/or completion of 15.00 credits.
Grade 10	1 st semester – 30 credits earned during previous year.
Grade 10	2 nd semester – Passing grades in/or completion of additional 15 credits.
Grade 11	1 st semester – 30 credits earned during previous year.
Grade 11	2 nd semester – Passing grades in/or completion of additional 15 credits.
Grade 12	1 st semester – 30 credits earned during previous year.
Grade 12	2 nd semester – On pace for graduation.

STUDENT ELIGIBILITY (cont.)

- c. Any student is eligible for athletic competition only for eight consecutive semesters.
 - d. Students will not accept money for participation in any sport; students must maintain a totally amateur athletic status.
 - e. Student athletes are to be in school by 10am or until 11:30am in order to participate in any school activity, athletic event or practice. Missing practice a day before the game or activity may result in the student athlete not being permitted to participate in the next scheduled game or practice. Exceptions for just cause, (i.e., religious holidays, legal matters, etc.) must be cleared through the Athletic Director or school administration.
 - f. Students not present in school on Friday cannot participate in any athletic contest/practice or school-sponsored function on the weekend, unless previously approved by Administration.
 - g. Any student suspended out of school will not be permitted to participate in any practice, game or school activity. This may be for either the immediate event that day, or week, or for the entire season depending upon the nature of the offense leading to the suspension.
 - h. Students are reminded that after school or Saturday detentions take precedence over all other activities.
2. High School activities are a privilege and will be extended only to those who demonstrate positive qualities of sportsmanship and good citizenship within the High School community.
3. Other Requirements for Participation
- a. Students must present a properly signed school form from parent or guardian granting approval and permission for participation in activities/athletics.
 - b. Students must undergo and pass a health physical administered by a physician.
 - c. Students will not be covered by the school district's interscholastic athletic insurance policy.
 - d. No student athletes are to participate unless the above requirements of parent's permission, MD physical and approval, and insurance coverage are all acceptable and in force prior to the first practice.

STUDENT ELIGIBILITY (cont.)

- e. Students shall receive from the school district through the activity advisor or head coach, equipment that is appropriate to the sport or activity. Students and their parents are fully responsible for the care and maintenance of this equipment. Damage because of negligence or loss (even if by misplacing or theft) shall not relieve the student/parent from the obligation of paying for the replacement of such equipment.
- f. Student athletes must be physically present at, and successfully participate in, at least six practice sessions prior to any interscholastic participation.
- g. Rules of participation regarding a non-strenuous sport as defined by NJSIAA shall apply.
- h. Students shall accept and comply with such rules set forth by their coaches and advisors.

ATHLETIC TEAM/EXTRACURRICULAR ACTIVITY PARTICIPATION

Any student who does not meet NJSIAA academic regulations pertaining to credits will not be permitted to take part in any extracurricular activity or athletic program. Your school conduct and discipline can have an effect on your retention of this privilege.

Any student who is suspended from school (OSS) may not participate in the sport/activity during the suspension period and may receive additional discipline from their coach or advisor. Refer to Student Handbook.

Multiple suspensions may require a student, along with his/her parent/guardian, to appear before an administrative review committee. At this meeting, exclusion from all athletic, extracurricular, social activities and school trips for the remainder of the school year will be considered.

**ATHLETIC TEAM/EXTRACURRICULAR/CO CURRICULAR
ACTIVITIES**

Any student found to be in possession of, under the influence of, admitting to the use of, or in the active presence of the use of alcohol, non-prescription drugs or tobacco products 24/7, 12 months a year will be subject to the following disciplinary action:

First Offense

One calendar week suspension, starting from the day the administration becomes aware of the incident, from all extracurricular and co-curricular activities and sports as a participant and as a spectator; may not be on school property after 2pm; must complete all steps recommended before returning to activity.

Second Offense

Thirty day suspension, starting from the day the administration becomes aware of the incident, from all extracurricular and co-curricular activities and sports, and required parent conference; must complete all steps recommended before returning to activity.

Third Offense

Exclusion from all extracurricular and co-curricular activities and sports for the remainder of the school year; required parent conference with the Principal and Director of Athletics.

Athletic Team/Extracurricular/Co-Curricular Participation Substance Abuse Policy is in effect for students for the entire NJSIAA and school calendar year, 24 hours a day, both on and off school property. Students in possible violation of this policy should confer with/report the incident to the high school administration in an effort to expedite resolution.

STUDENT AMATEUR STATUS

An amateur athlete is one who participates in athletics solely for the physical, mental, social and educational benefits derived from such participation. The amateur athlete treats all athletic activities in which he/she participates as a vocational endeavor. One who takes pay, has accepted the promise of pay in any form, for participation in athletics, or has directly or indirectly used his/her athletic skill for pay in any form shall not be considered an amateur and will not be eligible for high school interscholastic athletics in the State of New Jersey.

STUDENT COUNSELING AND GUIDANCE

During the school year, there will be many individuals at Hopatcong High School who will be watching your academic and extracurricular progress. Two of these individuals, your Guidance Counselor and your activity advisor or coach, have a genuine interest in you as a student and in your extracurricular activities/sports. If you have problems that arise from your participation in extracurricular activities/sports, these and/or other individuals can assist you.

STUDENT PROCEDURES FOR RESOLVING PROBLEMS AND CONCERNS

If a student/athlete has a concern regarding his/her activity or sport, an attempt should be made to resolve the problem informally with the coach/advisor concerned. If not resolved, the student may request a conference with the Director of Athletics. If not resolved, the Director of Athletics will set up a meeting with the student, parent and coach in attendance. If not resolved, an informal meeting with the persons mentioned and the Principal will be held.

If still not resolved, the concern becomes formal with the submission in writing to the Principal. Parental involvement is considered necessary. The course of action will be scheduled meetings with all parties listed. Stage "one" will be a meeting with the Principal. If not resolved, it will go to a stage "two" meeting with the Superintendent. If not resolved, it may be appealed to stage "three" which is a hearing with the Board of Education and all listed parties. If still unresolved after stage three, parents and student would file a petition for an appeal of the matter to the State Commissioner of Education.

DISQUALIFICATION POLICY

Any athlete disqualified from a game or contest will be subject to the following disciplinary actions:

FIRST OFFENSE: Suspension from the next (2) regularly scheduled games/meets, with the exception of sports that compete only once a week (1 game/meet).

SECOND OFFENSE: The penalty will be doubled.

If the disqualification is at the end of the season or final game/meet, the disqualification will carry over to the next year in that sport. If the athlete is a senior, a meeting will be held with the Principal, Athletic Director and student athlete to discuss appropriate discipline.

INAPPROPRIATE/UNSPORTSMANLIKE BEHAVIOR

Any student who exhibits inappropriate or unsportsmanlike behavior in any activity or sport such as but not limited to: yellow/red cards, penalty points, foul language, bus misconduct and abuse of home and visiting lockerrooms or facilities will be subject to the following:

FIRST OFFENSE: Meeting with coach/advisor – possible game, match event suspension.

SECOND OFFENSE: Meeting with Director of Athletics – possible game/match/event suspension.

THIRD OFFENSE: Meeting with Principal – possible removal from program.

NCAA CLEARINGHOUSE

Division I or II colleges require high school athletes to register with the NCAA Clearinghouse if they plan to participate in college athletics. For more information go to: www.ncaa.org, or contact the High School Guidance Office.

STUDENT ATHLETE WAIVER/PARTICIPATION INFORMATION

All Student Athletes and Parents will be asked to read the following prior to each individual season and sign off on an acknowledgment of District Policies:

- NJSIAA Concussion + Head Injury Fact Sheet (**Policy #2431.4**)
- Random Testing for Student Alcohol or Drug Abuse (**Policy #5536**)
- Sudden Cardiac Death in Young Athletes
- Student/Athlete Contract
- NJSIAA Steroid Testing
- HHS Parent Permission Card
- Helmet Warning - Football Only

DIRECTIONS FOR NJAC SCHOOLS

www.northjerseyac.com

<u>School</u>	<u>Website</u>
Boonton	boonton.org/schools
Butler	morris.k12.nj/us/butler
Chatham	chatham-nj.org
Delbarton	delbarton.org
Dover	dover-nj.org
Hackettstown	gti.net/hackboe
High Point	hpregional.org
Jefferson Twp.	Jefftpw.org
Kinnelon	kinnelonschools.org
Kittatinny	krhs.net
Lenape Valley	lvhs.org
Madison	madisonpublicschools.org
Montville.....	montville.net
Morris Catholic.....	morrisatholic.net
Morris Hills	mhrd.k12.nj.us
Morris Knolls	mhrd.k12.nj.us/mk
Morristown	morristownhighschool.org
Morris County Tech.....	mcvts.org
Morristown Beard.....	mobead.org
Mt. Olive.....	mtoliveboe.org
Mountain Lakes.....	mtlakes.org/schools/hs
Newton.....	newtonnj.org
Parsippany	pthsd.k12.nj.us
Parsippany Hills	pthsd.k12.nj.us
Pequannock.....	pequannock.org
Pope John.....	popejohn.org
Randolph	rtnj.org
Roxbury	roxbury.org
Sparta	sparta.org
Sussex Tech	sussex.tec.nj.us
Vernon	vtsd.com
Villa Walsh Acad.....	villawalsh.org
Wallkill Valley.....	wallkill.k12.nj.us

DIRECTIONS FOR HUNTERDON/WARREN SCHOOLS

(www.hunterdonwarrensussex.org)

Please go to the following websites:

<u>School</u>	<u>Website</u>
Belvidere	belvideresd.org
Delaware Valley	dvrhs.org
Hunterdon Central.....	hcrhs.k12.nj.us
North Hunterdon	nhvweb.net
North Warren	northwarren.org
Phillipsburg	pburg.k12.nj.us
South Hunterdon.....	shrhs.org
Voorhees	nhvweb.net
Warren Hills	warrenhills.org

HOPATCONG HIGH SCHOOL ALMA MATER

HAIL HOPATCONG HIGH

On the shores of Lake Hopatcong,
 "Neath the bright blue sky,
Here on Windsor we do gather
 At Hopatcong High.

Teachers, students work together
 All throughout the year.
Pride and spirit move us forward
 As we shout and cheer.

All the mem'ries stored and treasured
 After four long years,
These have been the times more cherished,
 And we hold them dear.

Memories of the joy and laughter,
 How the time did fly!
Hail to thee, our alma mater,
 Hail, Hopatcong High!