
Kingsway Regional High School



2023-2024 Athlete & Parent Handbook

Board Approved July 27, 2023

Kingsway Regional School District's Vision, Mission, and Core Values

Vision for Excellence: It is the vision of the Kingsway Regional School District to successfully prepare students for their unique path in life.

Mission: The Kingsway Regional School District, guided by our core values, engages students within a diverse and nurturing community dedicated to our Vision for Excellence.

Core Values

- **Growth:** We are committed to growing our students academically, socially, and emotionally. Through this commitment, students view the journey of education as a lifelong pursuit and continuous personal advancement beyond high school.
- **Belonging:** We are committed to ensuring every student feels included, supported, represented, valued, and celebrated at Kingsway. Through this commitment, students develop a lasting sense of worth for self and others.
- **Teamwork:** We are committed to providing a collaborative environment that invites participation and partnership from all stakeholders. Through this commitment, different perspectives and ideas are realized for the betterment of students.
- **Student-Centered:** We are committed to placing the safety, needs, and well-being of students at the forefront of decision-making. Through this commitment, the district remains focused on servicing the unique needs of every student.
- **Perseverance:** We are committed to cultivating resilience and self-reflection as students cope with life's hardships. Through this commitment, students emerge stronger and more confident as they work to achieve their goals.

KINGSWAY REGIONAL SCHOOL DISTRICT

BOARD OF EDUCATION

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June Cioffi, Director of Athletics/Supervisor of PE & Health
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Michael Schneck, Director of Transportation
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MIDDLE SCHOOL BUILDING ADMINISTRATION

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Edward Dubbs, Assistant Principal
Mary Neyer, Assistant Principal/Supervisor of Social Studies

HIGH SCHOOL BUILDING ADMINISTRATION

Stefanie Fox-Manno, Principal
Meredith Alexander, Assistant Principal/Supervisor of Team Scholastics
Steve Ottinger, Assistant Principal/Supervisor of Social Studies
Farid Syed, Assistant Principal
James Zurzolo, Assistant Principal

7-12 INSTRUCTIONAL SUPERVISORS

Rachael Anderson, Supervisor of ELA, ELL, World Language, ELL and Family & Consumer Science
Megan Bruder, Supervisor of Science and Visual & Performing Arts
Charae Whetstone, Supervisor of Special Education
Balvir Singh, Supervisor of Math, Technology & Business

KINGSWAY REGIONAL HIGH SCHOOL

201 Kings Highway

Woolwich Township, NJ 08085

(856) 467-3300

Website: www.krsd.org

Emergency Closing No. 815

Dear Parents and Students,

The Athletic Administration and our coaching staff to provide the parents and student-athletes with basic information that is important to successfully participate in our interscholastic programs developed this handbook. The intent of this handbook is to make your participation rewarding and as trouble free as possible. Your careful scrutiny of the handbook contents and compliance with the rules and regulations stipulated would keep you in good standing throughout your high school career. We hope that a clear understanding of our athletic goals will make your athletic participation at Kingsway a positive and rewarding experience. This handbook provides you with the conditions set forth by our school and NJSIAA rules and regulations, as well as your responsibility to yourself, your team, and Kingsway.

The purpose of the athletic program is to provide the student-athlete with an opportunity to compete in an atmosphere of cooperation with teammates and coaches. Through this experience, the student-athlete will have opportunities to exhibit self-discipline, responsibility, decision-making, social conscience and awareness. In short, the Kingsway Athletic Program provides the student-athlete with the ability to satisfy a desire to perform in an active and physical manner. It is established to provide a wholesome balance to your adolescent life.

Participation in the program is considered a privilege extended by the Board of Education to students who choose to participate. Please read this handbook carefully. It will assist you in preparing yourself to meet the responsibilities and challenges you will find in athletics.

The raising of a student-athlete is a joint effort of coaches and parents working together as a team to achieve success. A student-athlete is an individual who is part of a team. The well-being of that student-athlete is of paramount concern to his or her parents. The concern of the coach is for all of his or her athletes to be a part of the entire team. It cannot be overemphasized that the only way that we can be successful in this effort is to have the parents and coaches work as a team.

Best Wishes,

Ms. June Cioffi

Director of Athletics

PARENT GUIDELINES

1. PLEASE DO NOT SHOUT ADVICE TO YOUR PLAYER DURING A GAME. SHOUT ENCOURAGEMENT ONLY.

- A steady stream of technique suggestions is distracting to your player, and has no value. Your insightful tips may be in conflict with the coach's instructions, and game plans.

2. PLEASE DO NOT HARRASS THE REFEREES.

- Parents that loudly harass the referee are embarrassing to the players and the team. You may disagree with a referee's decision, but remember that they are human, and humans sometimes error.
- One of the benefits of playing sports is learning to accept responsibility instead of making excuses. Sometimes a bad call is hard to swallow. Such times are tests of emotional control. If a player can learn to control their emotions and move on, a parent can let the emotion pass.
- Learning to cope with disappointment is a valuable life skill.

3. DO NOT TALK NEGATIVELY ABOUT THE COACH.

- Remember it is a joint effort.
- The worst thing a parent can do is talk negatively about and to the coach, criticizing decisions, and complaining about the coach's leadership. Support the coach and stand behind his or her decisions.

4. DO NOT ADDRESS THE OTHER TEAM'S PLAYERS.

- The other team's players are off limits. Yelling at another player is inappropriate for an adult at a sporting event.
- 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 fundraising, team events, and especially being there when your child needs you. If you are not sure how to help, ask the coach.

AAU, ASA, CLUB TEAMS, etc.

There are many organizations that accommodate high school and middle school athletes. Although these programs have their value, they do infringe on the high school sports scene.

School sports work under different parameters than these other programs. In high school and middle school, you work with the players that are there. You do not have the ability to reach out and recruit players from other areas. There are academic standards, behavioral standards, and physical clearances to deal with on the high school level. Often outside teams look only as far as ability levels.

With the exception of football, the AAUs has taken the forefront in the scramble for college athletic scholarships. The pecking order used to be high school, college, and the pros. Now the “outside of high school” programs have in most cases become the primary showcase for exposure. The benefits are there, but so are the pitfalls.

Of course, there is a price to pay for participation in these programs. A few examples:

1. The added time that an athlete needs to put in to play in school, and for another team is taxing on the player, as well as the parents.
2. In most cases, the outside programs feed the egos of the players by telling them what they want to hear, and in turn, the parents form unrealistic expectations.
3. The financial responsibilities that come with playing on these teams can be quite expensive, especially if the team travels outside the area. Somebody is making money off of the players involved.

COLLEGE SCHOLARSHIPS

If an athlete is of South Jersey and good enough to warrant an athletic scholarship of any value, he or she will be head and shoulders better than anyone else on the field, the court, or in the gym. Parents should encourage their children to focus on their academics, and let the athletics run its natural course.

COACHES

Coaches want to win as much, or often more, than the players and the parents. They will make sure that they put their teams in a position to win. A coach also has the responsibility to teach things other than just the game. He or she must take into consideration other factors that contribute to the total development of their student-athletes. Each Kingsway coach teaches to their athletes the importance of academics, and family, and how athletics fits into that mix.

POLITICS

In no way does any hidden agenda enter into Kingsway athletics. Each student has an equal opportunity to be a member of a program. Ability, a positive attitude, good behavior in school, and success in the classroom are the major determining factor when selecting players for teams. Where they live, connections, and parent involvement are non-factors.

CHAIN OF COMMUNICATION

It is the responsibility of all Kingsway coaches to communicate and inform all those involved in their program about factors relevant to the team. It is the responsibility of the athlete and their parents to support the coach's decisions.

If there is a situation that exists that is not understood by the athlete and the parents, the following "chain of communication" must be followed:

1. Athlete talks to the coach(s). Often the problem is solved at this level.
2. Parent talks to coach(s). Please make an appointment. Do not approach the coach before or after a practice or game.
3. Parent talks to the Director of Athletics. Please call to set up a meeting with the coach and Director of Athletics. It is strongly suggested that the student also attend the meeting.
4. Parent talks to the Superintendent. Often parents want to request a meeting with the Superintendent, without exercising the Chain of Communication. Be advised that problems are best resolved at the lowest level. Appeals to the Superintendent will be considered if/when the chain of communication have been utilized.

Athletic Phone: 856- 467-3300 x4230

email: cioffij@krsd.us

INTERSCHOLASTIC ATHLETICS

Interscholastic athletic programs provide opportunities for students with better than average athletic talent to develop and utilize their talents in fully organized competition with students of similar ability. Participation is not limited to just varsity teams, but also includes sub-varsity teams.

Kingsway athletics encourages and fosters opportunities for increased numbers and participation, as well as competition between athletes to develop skills to reach higher levels of competition.

Because of the extreme interest of spectators, parents, and players, the outcome of athletic contests often creates highly emotional situations. Interscholastic athletics rank among the most effective means in the educational program through which positive lifelong experiences are available.

Kingsway athletics does not exploit students to entertain the public, enhance the professional reputation of the coach, or feed the egos of the students and their parents. In addition, the athletic programs are not established solely for obtaining financial assistance for individual student-athletes from colleges or professional organizations.

Kingsway Athletics does seek to maximize a student-athletes opportunity to reach the full potential of many positive educational experiences. It does so by following a set of basic and sound principals:

1. Our sports programs are regarded as an integral part of the total educational program.
2. Athletics supplement, rather than substitute for, basic physical education, recreation and club activities.
3. Athletics is subject to the same administrative control as the entire educational program.
4. The physical welfare and safety of the students that participate is protected.
5. NJSIAA, Tri-County Conference, South Jersey Interscholastic Lacrosse League, West Jersey Football League, and Kingsway School District rules and regulations govern our entire athletic program.

GOALS

Listed below are the goals generated for the Kingsway School District Athletic Programs.

1. Athletes will learn to balance activities ranging from school, athletics, and family, while maintaining academic eligibility in accordance with district and State requirements.
2. Athletes will learn to abide by the rules and regulations of their sport.
3. Athletes will understand that the coach(s) has the responsibility to determine ability and talent, as well as to make decisions on team selection, playing time, and styles of play.
4. Athletes will develop a mutual respect for all involved in competition – teammates, opponents, coaches, and officials. The ideals of good sportsmanship are the primary goals to practice.
5. Athletes will understand that participation develops values that transfer to a successful life: discipline, teamwork, dedication, commitment, confidence, and perseverance.
6. Athletes will understand that participation in athletics promotes a healthy body, a sound mind, and a better understanding of individual differences.
7. Athletes will understand that the lessons of athletics are valuable, and can be learned in competition during both winning and losing.
8. Athletes will understand that competition helps develop the process of gaining emotional maturity and self-control.

The belief is that if we work together our unified efforts will produce a rewarding experience for all participants, which includes the athlete, their parents, their teammates, and their coaches.

KINGSWAY HIGH SCHOOL
SPORTS OFFERINGS

FALL

	<u>VARSITY</u>	<u>JV</u>	<u>FRESHMAN</u>
Field Hockey	X	X	X
Football	X	X	X
Esports	X	X	
Girls Soccer	X	X	X
Boys Soccer	X	X	X
Girls Cross Country	X	X	
Boys Cross Country	X	X	
Girls Tennis	X	X	
Girls Volleyball	X	X	X
Cheerleading	X	X	

WINTER

Indoor Track (boy's and girl's)	X	X	
Girls Basketball	X	X	X
Boys Basketball	X	X	X
Wrestling (boys' and girls')	X	X	
Girls Swimming/Diving	X		
Boys Swimming/Diving	X		
Boys Bowling	X	X	
Girls Bowling	X	X	
Unified Bowling	X	X	
Cheerleading	X	X	
Esports	X	X	

SPRING

Softball	X	X	X
Baseball	X	X	X
Boys Track & Field	X	X	
Girls Track & Field	X	X	
Unified Track & Field	X	X	
Boys Golf	X	X	
Girls Golf	X	X	

Boys Tennis	X	X	
Girls Lacrosse	X	X	X
Boys Lacrosse	X	X	X
Boys Volleyball	X	X	X
Girls Flag Football	X	X	

TRANSPORTATION OF ATHLETES

All athletes are required to make transportation arrangements that result in a timely pick up at the end of practices and/or games.

STUDENT PICK UP

It is strongly suggested that parents who are coming for their student-athlete anticipate approximate times to pick up. It can be difficult to be accurate in this approximation, but being early and waiting is better than waiting at home for a phone call.

Remember: Coaches have to wait until the last athlete from their team vacates the property. Please be considerate of the coaches' supervision responsibilities.

STUDENT TRANSPORTATION AT AWAY GAMES

Although we encourage student-athletes to ride the team bus back from away games, it sometimes becomes necessary for parents to pick up their student-athlete at the site of the away game. In those rare instances, you and your child should adhere to the following procedure:

1. Complete an Athletic Event Travel Release form (available in the Athletic Office, or on the District Website)
2. Student brings the completed travel release form to the Athletic Office to be reviewed and approved by the Director of Athletics. These should be presented at least one day prior to the game.

State law does not allow anyone but the parent to transport a student. Remember, this concerns your child's safety.

KINGSWAY ATHLETIC RULES AND REGULATIONS

These rules and regulations are established with the intention of maintaining the goals and values of Kingsway athletics.

ATTENDANCE

In order to participate, the student-athlete must be present in school the day of the practice or game. In the case of Saturday or holiday events, the student must have been present the last school day previous to the activity, unless cleared by administrative decision.

If a student is late for school, he or she must report by 9:00 a.m. the day of the activity in order to participate, unless cleared by administrative decision.

If a student is suspended from school (in school or out-of-school), he or she cannot participate in any events on the day(s) of suspension.

There are a few cases where the superintendent approves Sunday practices, namely the Sunday after returning from the senior trip and the Sunday after the prom. If a student misses one of these practices due to religious or family commitments, no team discipline will be rendered. Otherwise team rules will apply.

TRYOUTS

Coaches must complete any squad reductions no longer than 10 days after the 1st practice. A candidate cut from a team because of lack of ability or interest may try out for another sport that season within three (3) days. Cutting should be done in a caring manner. No general announcement should be made; no lists should be hung. Coaches should meet in person with each student in question to discuss his/her shortcomings.

TRYOUT GUIDELINES (ADOPTED BY BOARD OF EDUCATION)

1. All students must try out to participate.
2. It is suggested that each athlete meet with the coach, who will then tell the athlete his or her status.
3. Each coach must use written criteria during tryouts, with a rating system that is to be presented to each player, whether he/she makes the team, or not.
4. It should be clear to everyone when the final roster is set.

Reminder: It is the coach's responsibility to make sure that all players on the F/JV team are given playing time. The head coach must make every attempt to make sure each player feels like an important part of the team, whether or not he/she is a main player.

*** All Seniors regardless of how many years in a program must try out for all athletic teams and may be cut from a team if necessary.*

GROUND FOR SUSPENSION OR PERMANENT EXPULSION

- Any attitude or behavior that is considered by the disciplining administrator to be detrimental to the ethical principles of the team, or reflects poorly on the Kingsway School District.

AWARDS PROCEDURES

In accordance with Board Policy #5126, the following schedule of awards for student achievement is in effect:

ATHLETIC AWARDS

A student who completes the season as a member of an athletic team and meets the prescribed criteria will receive the following:

For Middle School:	Certificate of participation
For Freshman Sports:	5 inch chenille letter
For JV Sports:	JV shield
For Varsity Sports:	8 inch chenille letter with an insert depicting the sport, plus a certificate. Subsequent awards in a sport will be a gold-colored symbol of the sport, plus a certificate.
1 st Year:	Chenille letter and pin
2 nd Year:	Certificate and pin
3 rd Year:	Certificate and pin
4 th Year:	Chenille letter, plaque and pin

AWARD GUIDELINES

The head coach will determine the level of award that each athlete on his/her team will receive. As a general rule of thumb, a varsity award is given to an athlete who is a legitimate varsity player, a player who has participated in half of all the halves during the season. An athlete who consistently practices with the varsity, but does not play too often may be awarded a varsity letter, as per the head coach's decision.

A senior who has completed the season "in good standing" will receive a varsity award.

An athlete that has risen to varsity status, prior to being injured, may receive a varsity award. The head coach will determine if a varsity award is merited, based on the injured athletes' continued connection with the team.

A manager or statistician may be awarded a varsity award as per the head coach's determination.

The Director of Athletics must approve all awards.

"IN SEASON" ATHLETE

"OUT OF SEASON" PARTICIPATION

Athletes that excel at Kingsway High School and Middle School in a given sport may choose to participate in that same sport "out of season" (as termed by NJSIAA) while still participating in an "in season" sport. The Kingsway High School Athletic Policy recognizes this participation.

The rights and concerns of the "in-season coach must be recognized. "Out-of-season" participation that results in absenteeism from "in-season" practice or game is taken serious. The coach must be informed of such a situation well in advance. It is the "in-season" coaches' prerogative to attach a form of team discipline, or a period of suspension. In the event that the "in season" coach is not informed in a timely manner, expulsion from the team is possible.

"Out of season" is defined as from the end of a specific sport season to the beginning of that sport the following year, with the exception of summer recess period. The summer recess period begins at the end of the spring season, and ends on the date that the fall season sports begin official practice.

SUMMER RECESS

Many sports have workouts during the summer. A student-athlete is free to participate in as many activities as he or she chooses. Non-participation in any summer workouts does not affect the student-athletes status on the team when the "in-season" period begins.

"CAPTAIN'S" PRACTICES (SUMMER VOLUNTARY PRACTICES)

Out-of-season "Captain's Practices" are not permitted on the Kingsway campus without a certified coach being present. Workouts of any kind, including weight room, must have a certified coach supervising at all times. A physical must be on file and approved by the athletic trainer and/or school nurse. Parent permission forms are also required before a Kingsway student's involvement is permitted. Those that are not enrolled as a Kingsway High School or Kingsway Middle School student are prohibited to participate.

Individuals that participate in a Board of Education approved camp or clinic do not have to necessarily be enrolled in Kingsway High School or Kingsway Middle School. The person or group that is in charge of the approved camp or clinic is solely responsible for injuries and liabilities. No individual or group may use Kingsway School District facilities without being approved by the Board of Education.

Summer voluntary practices with a certified coach are permitted.

ELIGIBILITY

In order for a student to participate in athletics at Kingsway High School, he or she must be eligible in three areas: Academics, Discipline, and Physical. Although the NJSIAA does not have jurisdiction over middle school student-athletes, academic eligibility is held in high regard. A middle school student-athlete could be deemed ineligible by the middle school administration.

ACADEMIC ELIGIBILITY

To be eligible (from September 1 to January 31):

A student in 10th grade or above must accumulate a minimum of 6 credits from the previous school year, including make-up work during the summer.

To be eligible (from February 1 to the end of the school year):

A student from 9th grade or above must accumulate a minimum of 3 credits from the first semester.

To be eligible for a spring sport on May 1, after being ineligible for the 2nd semester due to lack of credits in the 1st semester. A student must be passing all of his or her subjects on May 1.

DISCIPLINARY ELIGIBILITY

A student-athlete must be in good standing concerning the school disciplinary codes. The disciplinary administrator may remove a student from a team for a period of time, if deemed necessary.

A student that must serve a detention or suspension cannot participate in sports during the time of the disciplinary action.

A student that has not made compensation for equipment obligation will not be permitted to participate in any subsequent sport or weight training until the obligation is remedied.

Please refer to the student handbook for the High School discipline code in detail.

PHYSICAL ELIGIBILITY

In order for a student to be eligible for practice with a Kingsway team, the following forms must be completed, signed, and submitted:

1. All forms must be completed on the Athletic Registration portal located on the District Athletic website.

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2. A student must submit an Athletic Physical/Health History Form (Parts A & B), provided by the school, completed and signed by the examining physician. This physical must have been completed within 365 days to be current.
 3. After all paperwork is submitted, student must be cleared by our school district physician, the school nurse and athletic trainer in order to participate.
 4. The Board of Education Policy #2436 recognizes the value of athletic competition and co-curricular activities outside the regular instructional program. However, with reduced or limited revenue and increased expenses, the Board must consider alternative revenue options to support these school-sponsored activities. Therefore, the Board of Education authorizes the establishment of an activity participation fee program as a supplemental revenue source contributing to a percentage of the school district's total costs for operating school-sponsored activities.

The Athletic Registration Fee Program will require each pupil participating in a school-sponsored athletic to pay a registration fee. The specific activities and fee amounts will be recommended by the Superintendent of Schools and approved by the Board on an annual basis prior to the commencement of the registration or sign-up process for the activity. The fee program will be tiered as follows:

Athletic Registration Fees: All middle school and high students who wish to participate on a school-sponsored interscholastic athletic team, marching band, and/or cheerleading squad must pay a registration fee in the amount of ninety-five dollars (\$95) prior to the start of each season.

NOTE: All forms are available on the athletic website or in the nurse's office.

RANDOM TESTING FOR ALCOHOL AND DRUG USE - [Board Policy #5536](#)

Kingsway will continue a *Random Testing for Student Alcohol or Other Drug Use Program*. This program, as established through [Board of Education Policy 5536](#) and [Regulation 5536](#), enhances the District's ability to provide our students with a safe and drug free learning environment. The purposes of this random alcohol and drug testing program are to have a positive effect on attaining the important objectives of deterring alcohol and drug use, and to provide a means for early detection of students with substance abuse problems so that referral for evaluation or treatment may be offered.

Students in grades seven through twelve who participate in Kingsway's interscholastic athletic program, participate in extra-curricular programs, and/or those who receive a school-issued parking permit to drive/park a personal vehicle on school district property will be required to sign the [Consent to Participate in Random Testing for Student Alcohol or Other Drug Use Program](#). By signing the consent form, students agree to participate in the program for the duration of his/her time they are enrolled as students in the Kingsway Regional School District, regardless of whether the activity they participate in is out-of-season.

Remedial measures will be applicable for a student who tests positive for alcohol or drugs (Summary of Remedial Measures for Positive Alcohol/Drug Test). Remedial measures will result from a confirmed positive alcohol or drug test, a student's refusal to test when selected and/or tampering with or adulterating the specimen process.

No student will be penalized academically for testing positive for alcohol or other drugs under the school district's policy. Any action taken concerning any student who tests positive for alcohol or other drugs shall be limited to removal from or prohibition against participation in extra-curricular activities, including interscholastic athletics and revocation or denial of a student's parking permit.

The results of drug tests pursuant to this Policy will not be documented in any student's academic records or discipline file. Information regarding the results of drug tests will not be disclosed to criminal or juvenile authorities absent legal compulsion by valid and binding subpoena or other legal process, which the Board of Education will not solicit. In the event of service of any such subpoena or legal process, the student and the student's parent will be notified at least seventy-two (72) hours before response is made by the Board of Education to the extent permitted by such subpoena or legal process. The Contractor will only provide the identity and results of those tested to the Designated Official.

For more information on Kingsway Regional School District's Alcohol and Drug Prevention Program, please visit our website - ALCOHOL AND DRUG PREVENTIA STUDENT MAY NOT PARTICIPATE IN A REGULAR SEASON CONTEST UNTIL ALL ELIGIBILITY REQUIREMENTS ARE MET

TIPS FOR TIME MANAGEMENT AND STUDYING

1. Plan a definite time to study each day.
2. Record all assignments in a notebook.
3. Efficiently use study time. Manage your time by predicting the amount of time for each assignment, then keep track and stick to it.
4. Monitor your reading pace, which will help you to gauge the length of time needed for those assignments that involve much reading.
5. Know your textbooks and utilize resources, such as charts and diagrams, to your advantage.
6. Be prepared to discuss reading assignments the next day in class. Take time to reflect on potential questions and answers, so you can participate in a meaningful discussion on the topic.

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7. Begin studying by re-examining the previous assignment, which will allow you to refresh and reinforce what you have learned and be able to make meaningful connections.
 8. Try to study in the daytime while you are alert and attentive.
 9. Study in periods of 40-50 minutes, with 5-minute breaks between each segment.
 10. Set a stopping time at night, which will help encourage making the most of your time.

As an athlete, you need to schedule your time well. You need to stay balanced, and maximize your academic effort, while still getting appropriate rest. Remember, you have to make sacrifices to be a student, and an athlete. The rewards are worth it.

COLLEGE PLANNING

Each year that you are a student at Kingsway, you should be concerned about getting off to a good academic start. You should keep as high a GPA as possible. NCAA standards rise each year, so it is important to not fall behind.

HELPFUL HINTS

1. Take a challenging academic load. Take courses that will be helpful in preparing you for the college experience.
2. Develop a rapport with your guidance counselor. Stay in close contact with your guidance counselor, particularly during your junior and senior years.
3. Explore information available in the guidance office concerning college visitations, scholarships, and special programs.
4. Look for colleges that match your academic and athletic abilities (be realistic). Ask your coach to evaluate your ability, and provide input on the best fit for you.
5. Attend college nights or college fairs.
6. Visit colleges that interest you. The summer after your junior year is a good time.
7. Gather information about college admission requirements.
8. Ask your coach and guidance counselor for college recruiting information.
9. Investigate financial aid opportunities.
10. Involve your family in your decisions.

Get all college applications out in the fall of your senior year. This includes getting teacher and coach recommendation letters. Ask early, and respectfully remind them.

Take pride in your academic record. Keep in mind that colleges will be evaluating you as a person, as well as a student-athlete. Your conduct both in and out of school is important.

RECRUITING TIPS AND REALITIES

While it is true that there are more colleges and more athletic programs than ever before, the percentage of athletes that will receive athletic scholarships is much smaller than perception may suggest. What follows is a guide that will be helpful to understanding and developing a realistic and effective plan for participating in athletics at the collegiate level. It is essential that you and your athlete visit the following web sites for the eligibility requirements:

www.ncaa.org

www.ncaaclearinghouse.net

CHECK WITH YOUR GUIDANCE COUNSELOR, AND THE ABOVE WEB SITES, FOR COMPLETE DETAILS.

HARASSMENT, INTIMIDATION & BULLYING

According to [Board Policy 5512.01](#), *“‘Harassment, intimidation, or bullying’ means any gesture, any written, verbal, or physical act, or any electronic communication, whether it be a single incident or a series of incidents, that is reasonably perceived as being motivated either by any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical, or sensory [handicap] disability, or by any other distinguishing characteristic, that takes place on school property, at any school-sponsored function, on a school bus, or off school grounds as provided for in section 16 of p.l.2010, chapter 122, that substantially disrupts or interferes with the orderly operation of the school or the rights of other students and that:*

- *A reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a student or damaging the student's property, or placing a student in reasonable fear of physical or emotional harm to his person or damage to his property; or*
- *Has the effect of insulting or demeaning any student or group of students (in such a way as to cause substantial disruption in, or substantial interference with, the orderly operation of the school); or*
- *Creates a hostile educational environment for the student by interfering with a student's education or by severely or pervasively causing physical or emotional harm to the student.”*

ANTI-HAZING

According to [Board Policy 5541](#), *“A safe and civil environment in school is necessary for students to learn and achieve high academic standards. Hazing is conduct that disrupts both a student's ability to learn and a school's ability to educate its students in a safe and disciplined environment. The Board of Education prohibits acts of hazing and adopts this Policy against hazing in accordance with N.J.S.A. 18A:37-32.2. The provisions of this Policy apply to all schools within the district. ‘Hazing’ in a school setting includes, but is not limited to, conduct by an*

individual(s) who is a member and/or representative of a school-sponsored student organization, club, or athletic team where such individual(s) conditions a student's acceptance as a member into such group on whether the student engages in activities that are humiliating, demeaning, intimidating, and exhausting to the student."

RETALIATION DISCRIMINATION

The Federal civil rights laws prohibit discrimination based on race, color, national origin, sex, disability and age in programs or activities receiving Federal financial assistance. In addition to prohibiting discrimination, each of these civil rights laws also prohibits retaliation against individuals who assert their rights. The ability of individuals to oppose discriminatory practices and to participate in investigations and other proceedings is critical to ensuring equal educational opportunity in accordance with Federal civil rights laws. For this reason, agents of the Board of Education shall refrain from intimidating, threatening, coercing, or discriminating against any individual for the purpose of interfering with any right or privilege secured by Federal civil rights law.

SEXUAL HARASSMENT

According to [Board Policy #5751](#) "The Board of Education will not tolerate sexual harassment of students by school employees, other students, or third parties. Sexual harassment of students is a form of prohibited sex discrimination. In accordance with Title IX of the Education Amendments of 1972 and the Code of Federal Regulations (CFR), 34 CFR §106, the school district adopts this Policy and implement practices to investigate and resolve allegations of sexual harassment of students engaged in by school employees, other students, or third parties pursuant to 34 CFR §106.3(c). In addition, reports of sexual harassment shall also be investigated in accordance with the requirements of New Jersey's Anti-Bullying Bill of Rights Act and Policy 5512.

AFFIRMATIVE ACTION

The district's Affirmative Action Team provides a forum to address and resolve issues related to discrimination. For more information related to Affirmative Action, please click here: <https://www.krsd.org/domain/545>

Coaches or students engaging in any type of harassment, intimidation, bullying or hazing will be subject to an investigation and/or discipline following the faculty/student code of conduct.

A PARENTS' GUIDE

1. Make sure your child knows that, win or lose, you love them and you appreciate their efforts. Essentially this will allow your child to compete without fear of failure. You become the person they look to for positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship, and overall skill level.
3. Be helpful but do not "coach" on the way to the field...on the way back...at breakfast...and so on.
4. Teach them to enjoy the thrill of competition, trying, working, and improving their skills and attitude. Teach them how to take the physical bumps and come back for more. Help them develop the feel for competing 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, you were afraid and backed off at times, and that you were not always right. Do not pressure them because of your own pride.

Let them make their own voyage of discovery in the world of sports. Don't assume that they feel the same, or want the same things, or have the same attitudes as you did. Get to know them, and find out what they are all about.

Young people need their parents, so don't withdraw. Remember that the young person is yours, and he or she needs you, especially when things are not going so well.

If they are comfortable with you –win or lose – they are on their way to their maximum achievement and enjoyment in their sport.

6. Do not compete with the coach. Your athlete often comes home and complains that the "coach, said this..." "coach said that..." This is often hard to take, but this is when you, as a parent, are being tested.

When a certain degree of disenchantment about the coach sets in, rather than side with your child, take this perfect opportunity to discuss with your child the importance of learning how to handle problems, react to criticism, and understand the necessity of discipline.

7. Do not compare the skills of your child to that of other members of the team, at least not in front of them. If your child shows a tendency to resent the treatment they get from the coach, as compared to what other players get, make every attempt to provide fair and honest counsel.
8. Get to know the coach. The coach has a tremendous influence on your child.

TEAM SCHEDULES

You can access a team's schedule any time on the Kingsway Athletic Website:

<http://www.krds.org/activitycalendar>

OR

Go to www.tricountyconferencenj.org Click on Kingsway. Click on the sport. Then click to view

EMAIL NOTIFICATION OF SCHEDULE CHANGES

1. Go to www.tricountyconferencenj.org
2. Click on Kingsway
3. Click on Notify Me
4. Follow prompts

PHONE NUMBERS:

DIRECTOR OF ATHLETICS: Ms. June Cioffi cioffij@krds.us 856-467-3300 x4230

ATHLETIC SECRETARY: Mrs. Kathy Gallen gallenk@krds.us 856-467-3300 x4286