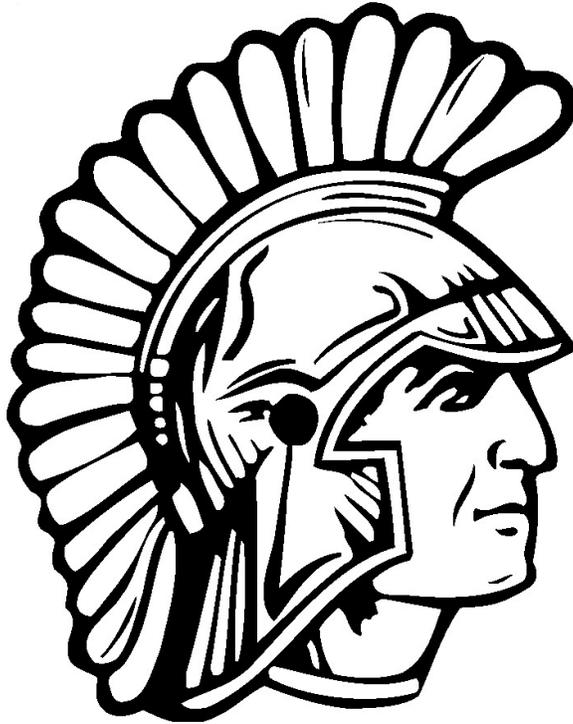


Paramus High School
Department of Athletics

Parent and Student Athletic Handbook



Don Roll

Athletic Director

201-261-7800x 3130

droll@paramusschools.org

Paramus High School

Athletic Handbook

Table of Contents

Athletic Department Information	1
Athletic Program Offerings	2
Expectations and Philosophy	3
Tryouts	4
Parent/Coach Relationship	5,6
Sportsmanship	7
Eligibility	8
Academics	
Physicals	
College Planning	9

Athletic Department Information

Athletic Director: Don Roll

Athletic Office Phone: 201-261-7800 x 3140, 3130

Athletic Office Fax: 201-634-0791

Athletic Email: droll@paramusschools.org

School Phone: 201-261-7800

Athletic Trainer: John Conway 201-261-7800 x 3133

Athletic Directors Assistant: Rosie Rodriguez -201-261-7800 x 3140

Location: E. 99 Century Road, Paramus New Jersey 07652

Nickname/Mascot: Spartans

Colors: Navy & White

NJSIAA Section: North I Group III

Conference: Big North Conference: Freedom Division

Administration

Superintendent: Mr. Sean Adams

Principal: Mr. Raymond J. Kiem

Assistant Principals: Mr. Tom Montuori and Ms. Alicia Angione

Athletic Program Offerings at Paramus High School

Fall:

SPORT	HEAD COACH	LEVEL
Football	Joe Sabella	Varsity, JV, Frosh
Boys Soccer	Rob Auriemma	Varsity, JV, Frosh
Girls Soccer	Justin DeFeo	Varsity, JV, Frosh
Boys & Girls Cross Country	Jeff Schorling	Varsity & Novice
Girls Tennis	Jon Morrisette	Varsity & JV
Volleyball	Michael Bellinger	Varsity, JV, Frosh

Winter:

SPORT	HEAD COACH	LEVEL
Boys Basketball	Dan Reddan	Varsity, JV, Frosh
Girls Basketball	Brian Hay	Varsity, JV, Frosh
Wrestling	Chris Falato	Varsity, & JV
Bowling	Jon Morrisette	Varsity & JV
Ice Hockey	Jake Rizer	Varsity & JV
Boys Swimming	Joe Marmora	Varsity
Girls Swimming	Joe Marmora	Varsity
Winter Track	Jerry Somma	Varsity & Novice

Spring:

SPORT	HEAD COACH	LEVEL
Baseball	Pat Warburton	Varsity, JV, Frosh
Softball	Brian Hay	Varsity, JV, Frosh
Boys Tennis	Mike Kukla	Varsity, & JV
Boys Track	Kevin Graves	Varsity & Novice
Girls Track	Jeff Schorling	Varsity & Novice
Boys Golf	Steven Klass	Varsity & Novice
Girls Golf	Joe Sabella	Varsity & Novice
Boys Lacrosse	Adam Ahmad	Varsity & JV
Girls Lacrosse	Mike Bellinger	Varsity & JV

EXPECTATIONS AND ATHLETIC PHILOSOPHY

Athletics at Paramus High School help students to become well rounded individuals. Paramus High School is considered one of the top athletic programs in Bergen County. To help the parent and athlete better understand how a competitive athletic program is conducted and what comprises our expectations, we have outlined several of our philosophies.

1. A coach at Paramus High School is hired based on previous knowledge in that sport. The head coach is responsible for the entire program (freshmen- varsity). The head coach is responsible for team selection. Criteria for selection are established by the head coach with input from his/her assistants. Team selection, practices, and decisions regarding playing time are the responsibility of the coaching staff.
2. The Paramus High School athletic program is highly competitive. Please understand that when your child signs up for a team, there is a very real possibility that he/she may not be selected if a squad reduction is necessary or not be placed on a level where you think he/she should. Coaches match the abilities of the student-athlete with the appropriate level.
3. Club teams or AAU teams do not automatically guarantee that your child will make the level that you may want them to play. Coaches look at talent levels in different ways. Coaches at Paramus High School are hired to judge your child's ability level.
4. Playing time is something that is earned during practice sessions. Coaches must have confidence in a player that he/she will adhere to a game plan, demonstrate athletic competence and have a high level of conditioning necessary to participate. Starting positions and playing time are not guaranteed to seniors or anyone else. Playing time is at the discretion of the Head Coach.

Participating on a team at Paramus High school is a privilege not a right. Student athletes should always remember that academics come first. Athletes should constantly check with their teachers for extra help and how they are doing in each class. Eligibility plays a key role in the student-athlete's ability to be on a team. In addition, students who are reprimanded for discipline reasons in school may not be permitted to compete in athletic events.

TRYOUTS

The Paramus High School Athletic Department encourages all students at Paramus High School to participate in a sport. Individuals have the right to try out for the sport that they desire to play. Every athlete who tries out will not make the team. The coaching staff will put your child through various workouts to judge your child's ability level. The Athletic Department understands that this can be a very difficult adjustment for the student-athlete. The Athletic Department recognizes these concerns and is striving to maximize the options available to the student-athlete.

Procedures for tryouts:

Choosing the final number of participants on a team is the responsibility of the coach.

Before tryouts begin, the coach will provide information to the student athlete. Such information shall include:

- Length of tryouts
- Objectives used to select members of the team
- Distribution of practice and game schedules-Coaches will explain the commitment necessary to the team
- Clear notification that tryouts are based on performance during the selection process. Tryouts are not based on summer participation or camps that the athletes participated in previous to selections.
- The Coach will inform all individuals of his/her status of whether they made the team or not either by posting a list or by individually meeting with each student-athlete.

PARENT/COACH RELATIONSHIP

At Paramus High School we welcome the relationship between the parent and the coach. An open line of communication should always exist between the two. As a parent, you have the right to understand the expectations of the coach as they pertain to your child.

The parent should **always approach the coach first** with any questions or concerns before going to the Athletic Director, Principal or Superintendent.

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 the team.
3. Locations and times of practices.
4. Team rules, guidelines and consequences for infractions.
5. Procedures should your child be injured during a game or practice.

Communication Coaches Expect from Athletes and Parents

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

When your child becomes part of a team at Paramus High School, he/she may experience times when things do not go as he/she may wish. These are the times your child should discuss his/her concerns with the coach.

Appropriate Concerns to Discuss with the Coach

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

As your child progresses through the Paramus High School athletic programs, there may become times that you disagree with the amount of playing time he/she is receiving. Paramus High School coaches are professionals who take their job very seriously. They would love to have every child on the roster play the same amount of time. There is a distinct difference between recreation athletics and interscholastic sports. Game situations may not dictate that all players will participate in every game.

Issues Not Appropriate to Discuss With the Coaches

1. Playing time
2. Other students
3. Team strategy

During or after a game or practice, do not confront a coach. Please make an appointment to set up a meeting at a convenient time. Meetings in the heat of the moment are usually negative in nature and are not productive.

SPORTSMANSHIP

Sportsmanship should take precedence above all. Paramus High School prides itself on winning and losing with dignity. Please speak to your child about their conduct during and after contests.

Sportsmanship has three basic angles:

For the Coaches:

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

For the Parents:

1. Cheer for your child, but do not make comments about the other team or officials.
2. Cool off before confronting the coach.
3. Get to know the coach.

For the Players:

1. Be respectful to your opponents.
2. Be respectful to the officials.
3. Encourage your teammates.

ELIGIBILITY

Academic

Students must maintain a certain number of credits to be academically eligible to participate in interscholastic activities. The NJSIAA governs the eligibility of our athletes. They have instituted a set number of credits to be eligible. By the 2014 fall season all students will have to have earned 30 credits from the previous year to be eligible for fall and winter competition. For the athlete to be eligible for the second half of the winter season and the spring season, the athlete must have passed 15 credits for the first semester.

The NJSIAA has grandfathered the class of 2013 so that they will need to earn 27.5 credits in their junior year to participate in a fall sport as a senior. The athlete must have passed 13.75 credits for the first semester of senior year to participate in the second half of the winter sport and the spring season.

An athlete can not participate in interscholastic athletics if he or she has reached the age of nineteen prior to September 1st of any year.

An athlete can not participate in more than eight consecutive semesters.

Physicals

No athlete may participate in a practice or competition without parent permission, a physical clearance, and a steroid release form.

The forms for the physicals are located on our athletic website. The athletic website is part of the district website under PHS:

www.paramusschools.org

All forms must be returned to our athletic Trainer John Conway.

Mr. Conway's office is located off the middle gymnasium at the high school or the physical forms can be mailed to the high school, attention Mr. John Conway. Coaches can not handle any physicals. Please do not give your paperwork to your coach. These are confidential papers and should only be viewed by the athletic trainer and your doctor. Paramus High school no longer provides physicals for athletes. All physicals must be administered by your family doctor.

COLLEGE PLANNING

A strong academic background is a must for college admission. Student athletes aspiring to attend a Division I/II college athletic program must meet eligibility requirements dictated by NCAA (National Collegiate Athletic Association). High School athletes are responsible for meeting these requirements, registering with the NCAA Eligibility Clearinghouse, requesting a high school transcript be sent to the Clearing house, and ensuring SAT/ACT scores are sent to the Clearinghouse. Students must become familiar with rules and regulations pertaining to college Division I/II athletics: www.ncaa.org and www.ncaaclearinghouse.net.

The high school coaching staff and the high school Guidance Department can assist the student athlete by reviewing eligibility requirements and by providing requested information. It is **the responsibility of the athlete** to satisfy NCAA established criteria and to communicate frequently with the high school coach and the high school counselor regarding college plans.

Parents and students must understand that scholarships are not awarded by high school coaches. College athletic programs are the only ones who can provide the athlete with a scholarship. High school coaches can assist in the process by providing college coaches with information and recommendations. High School coaches are aware of the rigor of college athletic programs. Therefore, students and parents should seek advice from the coach in making realistic college choices. A standout athlete at PHS may be ready for very competitive college athletics; on the other hand, he/she may not be a good candidate. Realistic input from the coach is very important.

All student athletes aspiring to attend a Division I/II collegiate athletic program **MUST** inform their school counselor and must be sure to enroll in NCAA approved academic courses in high school.

GO SPARTANS!!

Revised 3-12-21