

**GLEN ROCK MIDDLE SCHOOL**  
**ATHLETICS**

**General Information for Student-Athletes and Parents**

**2023-2024**

*Superintendent*

**Dr. Brett Charleston**

*Middle School Principal*

**Ms. Michelle Giurlando**

*Middle School Assistant Principal*

**Mr. Mike Escalante**

*Athletic Director*

**Mr. Frank Violante**

Dear Glen Rock Middle School Family Members:

Welcome to the Glen Rock Interscholastic Athletic program as we prepare for another exciting year of Panther Athletics. This pamphlet has been prepared to help our middle school parents/guardians become familiar with the general components of our middle school athletic program.

The Glen Rock Middle School Athletic Program is consistent with the philosophy of the middle school. It provides a positive learning environment for the physical, social, emotional, and educational development of our student-athletes. The middle school sports program will offer sixth, seventh, and eighth grade student-athletes the opportunity to develop skills, learn responsibility through teamwork and to understand the importance of good sportsmanship.

At the middle school level, it is important that ALL students involved have a meaningful and productive experience. In addition, it is important that ALL students have a reasonable opportunity to test learned skills in a competitive situation and that such competition be as equitable as possible. Coaches will attempt to play everyone while maintaining the integrity and competitiveness of the contest.

Once again, welcome and please strive to make SPORTSMANSHIP an integral part of your experience. Please feel free to contact me (201) 445-7700 ext. 8963 if you have any questions or concerns regarding the middle school program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide.

Sincerely,

Frank Violante  
Athletic Director

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
<b>Practice Begins September 7</b>	<b>Practice Begins January 2</b>	<b>Practice begins On/about April 1</b>
Girls Soccer	Boys Basketball	Boys Baseball
Boys Soccer	Girls Basketball	Girls Softball
Girls Volleyball	Wrestling	Boys Track & Field
Girls Cross-Country		Girls Track & Field
Boys Cross-Country		

Schedules and directions are available at [njcathletics.org](http://njcathletics.org)

### **MIDDLE SCHOOL PHILOSOPHY**

This program of competitive sports focuses on the fundamentals of the game, team play rules, training and basic skill development. This program is designed to offer students the opportunity to engage in a more highly organized, competitive experience than what is found in recreation programs. At the middle school level, exclusion of students from our athletic teams is not our preferred policy. However, if the number of students trying out for a team creates a situation that is difficult to manage, or poses a safety problem, reducing team size may be necessary. When cuts are required, the size of the squad in any sport will be determined by each coach with input from the Athletic Director and Principal. The exact number of participants for each sport will depend on what is suitable and manageable for that particular sport. Also, once the team is selected, an attempt will be made to give all team members meaningful game participation over the course of the season.

### **FREQUENTLY ANSWERED QUESTIONS**

- When necessary, if there are large numbers of students who show an interest to participate in a particular sport, selections are made based on ability and commitment to the team.
- Parents must realize that children grow and develop at different rates. Safety and quality of instruction are paramount, as well as giving students an opportunity to play.
- Playing time is decided by the coach.

- Coaches will expect participation in the Glen Rock athletic program to take priority over outside teams. Attendance at practices and games is a priority for all team members. If athletes/parents are not willing to make that commitment, students should not join the team.
- Practices are Monday – Friday with no practices or games on weekends or during vacations.
- Our middle school teams have fewer games and shorter seasons than our high school teams.
- In the absence of a note from a doctor or a parent, the school nurse and /or athletic trainer will make the final decision as to whether a student may participate in athletics on the day of an illness.
- If a student arrives at school after 11:00 am, he/she may not practice or participate in any after-school activities that day unless the lateness was for an excused reason.
- To participate in athletic competition, an athlete must be in school a minimum of four hours on the day of competition.
- All of the coaches must maintain the same certification criteria as the high school coaches.
- Intramurals are not part of the scholastic program, however, sports physicals are still required to participate.

### **GOALS OF THE ATHLETIC PROGRAM**

- A. To develop good sportsmanship in winning and losing;
- B. To abide by the rules of the game;
- C. To play to win and to accept defeat;
- D. To develop confidence;
- E. To provide a rewarding athletic experience for students;
- F. To develop acceptable social skills;
- G. To develop each student's self-esteem;
- H. To develop respect for others, coupled with an understanding of spirit and cooperation;  
and
- I. To develop athletic skills to one's maximum potential in both an individual and a team setting.

## **PHYSICAL EXAMINATION AND PARTICIPATION PERMISSION**

Students wishing to participate in athletics must complete the online registration program through Arbiter. Once the student has completed the registration process which includes submitting a valid physical on the Preparticipation Evaluation Form through Arbiter, our school physician will approve the physical and medically clear the student to participate in athletics.

The Preparticipation Evaluation form must be filled out completely including all yes answers explained in the history section and signed by the student and the parent/guardian, all vitals on the physical examination form filled out, and both be stamped and signed by the physician. If corrections are required or a form is missing, an email will be sent to the account email notifying the parent/guardian of what correction needs to be made.

**Students will not be allowed to practice until a completed Arbiter Registration has been submitted and approved and medically cleared by the school physician**

To view if a participant is *Medically Cleared*, select the Registrations tab and click on Summary. You will see “Memo from Glen Rock Athletics” and it will indicate if the student has been approved and medically cleared to participate. Students will not be allowed to practice until a completed Arbiter Registration has been submitted and approved and the student is medically cleared by the school physician.

If a student has an allergy that requires an EpiPen or asthma, the student must upload their forms to the designated section when completing their Arbiter registration. These forms can be found on the landing page on the right side and can also be found in the registration for that specific season.

Students who have sustained a concussion, injury, or serious illness will be required to provide medical documentation from their physician to the Athletic Trainer or school nurse for medical clearance.

Students must practice six days before being eligible to compete in a game or scrimmage.

## **THE ROLE OF THE PARENT IN SCHOOL SPORTS**

A very important goal of middle school athletics should be to make the athletic experience a positive one for the athletes and parents. To achieve that goal, we must all work together to support the following ideals:

- As a parent, I recognize that it is vital that I support the efforts and decisions of the coaching staff.
- As a parent, I recognize the importance of being a supportive role model.
- Therefore, I agree to conduct myself in a manner consistent with the dictates of good sportsmanship at all home and away contests. I will cheer in a positive manner for our Glen Rock athletes and refrain from criticizing the efforts of officials, the players, and the decisions made by coaches.

- I will insist that my son/daughter respect team and school rules, game officials, and demonstrate sportsmanship at all times. Self-respect begins with self-control.
- Attendance at practices is a priority for all team members. As a parent/guardian of a team member, I will make every attempt to assure that my child will be able to attend all practices and contests.
- I will support all of the rules, policies, and procedures discussed in this pamphlet.

In the event that there is a question concerning your child's role, first encourage your child to communicate honestly, politely, and openly with the coach in a private setting. Parents who want to voice their concerns should communicate with the coach in a respectful, timely, and private setting, but never immediately after a game when emotions are high. If the meeting with the coach does not provide a satisfactory resolution, then the parent should call and set up an appointment with the Athletic Director.

### **SCHOOL ATTENDANCE, ILLNESS, AND PARTICIPATION**

In the absence of a note from a doctor or parent/guardian, the school nurse and/or Athletic Trainer will make the final decision as to whether a student may participate in athletics on the day of an illness. The school nurse and/or Athletic Trainer may decide:

- A. That a student should not participate in a practice or a game on the day of an illness and that the student may only observe.
- B. That a student should go home immediately and therefore miss a practice or a game.

If a student arrives at school after 11:00 AM, they may not practice or participate in any after school activities that day unless the lateness was for an approved **excused** reason (see Glen Rock attendance policy for definition of an approved **excused** absence/tardy reasons). Also, if a student should leave the building during the day for illness, they may not return to school that same day to participate in any practice or game.

### **TRANSPORTATION**

Standard procedure is for team members to travel to and from away contests on the school provided transportation in order to participate in the game. Parents may request permission to transport their child to an away athletic contest provided they submit a request in writing to the Athletic Director or Principal in a timely manner. Decisions will be made on a case-by-case basis. Also, if a situation arises where parents must take their child home after an away contest, they may do so by completing the ***Request for Release from School-sponsored Transportation Form*** and handing it to the coach. Parents are allowed to transport only their child.

## **RISK FACTOR IN SPORTS**

Participation in athletics involves a certain degree of risk for injury. Before going out for a team, we would like the athlete to be aware of these risks allowing the athlete to reduce his/her chance of injury. Pre-season conditioning, learning the rules, safety factors, and the skills and techniques of a specific sport will improve his/her chance of having a healthy season.

## **INSURANCE COVERAGE**

The coach and the athletic trainer will complete an **Accident Report within 48 hours of the injury**. This report will be filed in the nurse's office.

- A. Interscholastic sports insurance covers all athletes; this is a rider policy. All bills are first sent to the private insurance carrier and any remaining costs are then submitted to the interscholastic sports insurance.
- B. The athletic trainer issues the athletic insurance claim form only upon the parent's request.
- C. If the athlete is not covered by any insurance company, the interscholastic sports insurance will be considered the primary carrier.

## **ARBITER REGISTRATION**

Please check the athletics' website and the trainer's Schoology page for information and the latest updates. Any questions should be directed to our Athletic Trainers.

## **HARASSMENT, INTIMIDATION, AND BULLYING**

### **HARASSMENT, INTIMIDATION AND BULLYING**

The Board of Education prohibits acts of harassment, intimidation, or bullying of a student. A safe and civil environment in school is necessary for students to learn and achieve high academic standards. Harassment, intimidation, or bullying, like other disruptive or violent behaviors, 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. Harassment, intimidation, or bullying is unwanted, aggressive behavior that may involve a real or perceived power imbalance. Since students learn by example, school administrators, faculty, staff and volunteers should be commended for demonstrating appropriate behavior, treating others with civility and respect, and refusing to tolerate harassment, intimidation, or bullying.

For the purposes of this Policy, the term "parent," pursuant to N.J.A.C. 6A:16-1.3, means the natural parent(s); adoptive parent(s); legal guardian(s); foster parent(s); or parent surrogate(s) of a student. When parents are separated or divorced, "parent" means the person or agency which has legal custody of the student, as well as the natural or adoptive parent(s) of the student, provided parental rights have not been terminated by a court of appropriate jurisdiction.

## **Harassment, Intimidation, and Bullying Definition**

“Harassment, intimidation, or bullying” means any gesture, any written, verbal or physical act, or any electronic communication, as defined in N.J.S.A. 18A:37-14, whether it be a single incident or a series of incidents that:

Is reasonably perceived as being motivated by either 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 disability, or by any other distinguishing characteristic;

Takes place on school property, at any school-sponsored function, on a school bus, or off school grounds, as provided for in N.J.S.A. 18A:37-15.3;

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, that the act(s) 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 their person or damage to their property; or

Has the effect of insulting or demeaning any student or group of students; 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.

Schools are required to address harassment, intimidation, and bullying occurring off school grounds, when there is a nexus between the harassment, intimidation, and bullying and the school (e.g., the harassment, intimidation, or bullying substantially disrupts or interferes with the orderly operation of the school or the rights of other students).

“Electronic communication” means a communication transmitted by means of an electronic device, including, but not limited to: a telephone, cellular phone, computer, or pager.

## **Harassment, Intimidation, and Bullying Reporting Procedure**

2023-2024 Middle School Anti-Bullying Specialist: Ms. Melissa Brinton (BrintonM@glenrocknj.org)

The Board of Education requires the Principal at each school to be responsible for receiving complaints alleging violations of this Policy. All Board members, school employees, and volunteers and contracted service providers who have contact with students are required to verbally report alleged violations of this Policy to the Principal or the Principal’s designee on the same day when the individual witnessed or received reliable information regarding any such incident. All Board members, school employees, and volunteers and contracted service providers who have contact with students, also shall submit a report in writing to the Principal within two school days of the verbal report. The written report shall be on a numbered form developed by the New Jersey Department of Education in accordance with N.J.S.A. 18A:37-15.b.(5). A copy of the form shall be submitted promptly by the Principal to the Superintendent.



[Harassment, Intimidation, and Bullying \(BOE Policy 5512\)](#)

[HIB Reporting Form For Families](#)

[Glen Rock Middle & High School Incident Reporting Form](#)

**CONTACT INFORMATION**

Athletic Director - Frank Violante

[violantef@glenrocknj.org](mailto:violantef@glenrocknj.org)  
(201) 445-7700 ext. 8963

Athletic Trainer – Eric Hernandez

[hernandeze@glenrocknj.org](mailto:hernandeze@glenrocknj.org)  
(201) 445-7700 ext. 8891

Athletic Administrative Assistant – Mary  
Wolos

[wolosm@glenroccknj.org](mailto:wolosm@glenroccknj.org)  
(201) 445-7700 ext. 8963

Athletic Trainer – Susan Antinori

[antinoris@glenrocknj.org](mailto:antinoris@glenrocknj.org)  
(201) 445-7700 ext. 8891

School Nurse – Stephanie Nerney

[nerneys@glenrocknj.org](mailto:nerneys@glenrocknj.org)  
(201) 445-7700 ext. 8920