What is an Athletic Trainer?

An athletic trainer is a highly qualified, multi-skilled professional who encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions. He/she works under the direction of a physician. He/she is supported academically and clinically by the American Medical Association, the American Orthopedic Society for Sports Medicine, the American Academy of Family Physicians, and that American Academy of Pediatrics. In the state of New Jersey, an athletic trainer must have a national certification, a license through the State of New Jersey Board of Medical Examiners.

Who are the South Brunswick High School Athletic Trainers?

Brian Mikesell is a tenured staff member who is in his 14th school year with the South Brunswick School District. He has a BS in exercise science and an MS in athletic training. He has prior experience working in the NFL, MLS, and FIFA World Cup Soccer. He has also been an Athletic Training Instructor at American University, and a National Athletic Training Association member for over 25 years.

Jen Moore is also a tenured staff member who is in her 11th school year with the South Brunswick School District. She has a BS in athletic training. She has worked with high school, collegiate, and semi-professional level athletes. She is also a practicing licensed paramedic in southern New Jersey.

What can our Athletic Trainers do?

Brian and Jen are competent in the evaluation and assessment of athletes and athletic injuries. They can prepare and execute exercise programs and taping, bracing, and bandaging procedures for the prevention and/or management of injuries. They can provide treatment modalities including cold, heat, electrical stimulation, ultrasound, and mobilization techniques as part of rehabilitation from an injury. They are also trained in emergency care, including, CPR and AED administration, bleeding control, wound care, splinting and immobilization, oxygen administration, treatment for anaphylaxis, hypoglycemia, seizures, heat and cold emergencies, cardiac emergencies, and other life or limb emergencies. They are also current with the NJ state law mandated concussion prevention, recognition, and return-to-play policies.

Please feel free to contact our athletic trainers with any concerns, questions, or comments that you may have at the following:

Athletic Training Room  732-329-4044 ext 3267

Brian Mikesell  Brian.Mikesell@sbschools.org
Jeniffer Moore  Jennifer.Moore@sbschools.org

TRAINERS ATHLETIC WEB PAGE:
http://www.sbschools.org/schools/sbhs/athletics/trainers.php
Peter Varela
South Brunswick High School Principal
(732) 329-4044, Extension 5202

Elaine McGrath
Director of Athletics
(732) 329-4044, Extension 5233
Elaine.McGrath@sbschools.org

Karen Bertucci
Athletic Secretary
(732) 329-4044, Extension 3247
Karen.Bertucci@sbschools.org

Kim Ryan
Athletic Secretary, Pay to Participate
(732) 329-4044, Extension 3265
Kim.Ryan@sbschools.org

Certified Athletic Trainers, Extension 3267
Brian Mikesell - Brian.Mikesell@sbschools.org
Jennifer Moore - Jennifer.Moore@sbschools.org

Dr. Scott Federer—Superintendent of Schools

Athletic Schedules can be found at
GREATERMIDDLESEXCONFERENCE.ORG—Select South Brunswick

The Athletic Daily Bulletin Board- Extension 8178
(All game cancellations will be posted after 1:00 PM)

Athletic Calendar of Events
Daily Events online at www.schedultesstar.com
Sign up online for text messages for up to date changes

Once you log on, register to receive e-mail updates as they occur.

Coaches Office
Women’s Office – Extension 2224
Men’s Office – Extension 2218

South Brunswick Nurse’s Office (732) 329-4044
Grades 9 & 12 - Extension 3930
Grades 10-11 - Extension 3220

Certified Athletic Trainers Extension 3267
Brian Mikesell - Brian.Mikesell@sbschools.org
Jennifer Moore - Jennifer.Moore@sbschools.org

Athletic Trainers Website
http://www.sbschools.org/schools/sbhs/athletics/trainers.php

Athletic Schedules
www.greatermiddlesexconference.org
(click on South Brunswick)
INTRODUCTION
This booklet is designed to assist parents and student-athletes gain an understanding of the components of the South Brunswick High School Athletic Program. Included in this publication is a wide range of facts that pertain to South Brunswick High School athletics. Any questions or concerns regarding any phase of athletics may be directed to Elaine McGrath, Athletic Director. You may call (732) 329-4044, extension 3247 or email her at Elaine.McGrath@sbschools.org.

SPORTS PHYSICALS
All Sports Physical information can be found on the school website under Athletics. Sports physical forms can be downloaded from http://www.sbschools.org/schools/sbhs/athletics/physicals.php. Follow the detailed instructions. Incomplete forms will be returned to you for completion and delay clearance. Updated health forms are required each season. Sports forms are processed in the Health Office. There are two Health Offices at SBHS, one in each building. You can reach a 11th and 12th grade nurse in the Main Health Office at ext. 3220 and 3264, or the 9th & 10th grade nurse located in the Annex Health Office at Extension 3930 and 3843. Incoming 9th graders in September 2016 will be seen in the Annex Health Office for all four of their high school years.

FALL SPORTS:
Sports forms are being accepted starting May 16, 2018 and are due no later than July 13, 2018. Forms completed by parents must be current, signed and dated. May 16, 2018 or later. (Beginning July 1st forms may be mailed or dropped off at the high school from 8 AM to 2 PM.

WINTER SPORTS:
Sports forms are being accepted starting September 3, 2018 and are due no later than October 29, 2018. Forms completed by parents must be current, signed and dated August 27, 2018 or later.

SPRING SPORTS:
Sports forms are being accepted starting December 3, 2018 and are due no later than February 8, 2018. Forms completed by parents must be current, signed and dated December 3, 2018 or later.

PRESEASON MEETING:
Coaches will hold pre-season meetings several weeks before the 1st day of practice with potential team members to review the steps necessary to be medically cleared.

Be reminded that an athlete needs to have six separate days of practice before competing in a game/scrimmage.
PAY TO PARTICIPATE:
The South Brunswick Township Board of Education requires a $75.00 participation fee for each athletic sport, Marching Band, Color Guard and Winter Guard your child participates in during the school year. Payments are due after the team has been selected. Payments will be done online. Details are posted online: http://www.sbschools.org/schools/sbhs/school_information/ptp_registration.php. Email questions regarding Pay to Participate to sbhs.ptp@sbparents.org.

PHILOSOPHY
Please take a few moments to read this. Hopefully, this will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

In each program, a coach and/or coaches who are qualified individuals are hired by the school district to be responsible for team selections. The head coach establishes criteria for selection, possibly with input from the entire coaching staff. This may be a highly subjective process. Team selections, practices, and decisions regarding game situations are the responsibility of the coaching staff.

If you have questions regarding the process, please feel free to address these questions directly to the head coach. Please call the coach to make an appointment outside of school time, practice time or game time. If you have further questions the coach has not been able to answer, please contact the Athletic Director.

The South Brunswick High Schools athletic program has become highly competitive. Due to the size of our school and the limited opportunities, we are not able to place every student on a team who wishes to participate. While this is not our desire, it is reality. The hardest thing our coaches have to do is to tell young people they will not be on a team.

Please be sure when your child tries out for a team, both you and your child understand there is a very real possibility they may not be selected. If selected, both you and your child should be prepared to accept placement at any team level, i.e., 9th grade, junior varsity or varsity.

It is disturbing to have students try out for a team and then quit because they were not placed where they think they should be. By doing this, they have taken away someone else’s opportunity to be on a team.

Normally, coaches have a very short amount of time to make team selections. They try to do the very best they can in keeping the most talented athletes, filling positions for play and appropriately placing them on the proper team. They are under a good deal of pressure to assemble the most competitive team possible. Anyone of us might select different athletes for the team. We believe it is the coaches’ responsibility and right to select the team with whom they will work for the entire season.

There are many “select teams” or “All Star teams” sponsored by many different organizations in which our student-athletes participate. Participation on one of these teams does not guarantee any player a spot on any high school team. While we believe students can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to guarantee a spot on a high school team.

A main goal of our competitive athletic program is to put the most talented member of the team in competition to win the contest. Starting positions and playing time are not guaranteed to seniors making the team or anyone else. Each member of a team is valuable to the team’s overall progress.

ATTACHMENTS

FOR STUDENT

FOR PARENT

FOR COACH

Athlete Expectations:

- Maintain my academic eligibility:
  - GPA of 2.0 or higher
  - Fall and Winter eligibility an athlete must have earned a minimum of 30 credits
  - Spring eligibility an athlete must have earned a minimum of 15 credits

- Uphold the highest level of academic integrity
- Conduct myself in a manner that reflects SBHS core values in the classroom, the athletic arena and in the community.
- Honesty
- Responsibility
- Service
- Kindness
- Respect
- Refrain from hazing, taunting, or physical confrontations with opponents, and teammates.
- Attend all practices and games as scheduled by the coaching staff and Athletic Director.
- Practice hard and work to the best of my ability at all times.
- Refrain from drug, alcohol or tobacco use.
- Treat my coaches, teachers, teammates, classmates and opponents with respect.
- Follow all rules and regulations outlined by SBHS student and activities handbook as well as those expectations discussed with your coach.
- Refrain from actions which would bring discredit to myself, my team, my family and my school.
- Maintain regular and consistent attendance and abide by all requirements of the school attendance policy.
- Understand that as a SBHS student-athlete, I represent the school in athletic competition and in the community.
- I realize that my conduct in the community must at all times reflect positively on my team and school.
- Any form of visible demonstration must be approved in advance by the Athletic Director and/or Principal.
- I understand that failure to uphold this contract may result in failure of your varsity letter status or team status.

You are responsible for all information that is published in the Athletic Handbook, located online at www.sbschools.org/highschool/athletics. If you are unable to go on line, contact the athletic office at 732 329-4044, Extension 3247 for a copy.
CODE OF ETHICS

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other high school sports events.
- I will place the emotional and physical well being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all high school events.
- I will remember that the game is for the student-athletes not for adults.
- I will do my very best to make the high school athletic experience a positive one.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

Some student-athletes may play a great deal of time in a contest, while others may not see any playing time. Each student-athlete should have personal improvement as one of his or her goals. By 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, appreciating good play by an opponent, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one’s own actions.

COMMUNICATION PROCESS FOR ATHLETIC EVENTS

All activities are posted on www.schedulestar.com. There is also a daily message board on Extension 8178 that will have recorded daily announcements. All changes to the daily schedule will be placed on this extension after 1 PM.

THE GREATER MIDDLESEX CONFERENCE: www.greatermiddlesexconference.com

South Brunswick High School is a member of the super conference known as “The Greater Middlesex Conference.

SPORTSMANSHIP

“Sportsmanship permeates virtually every aspect of our culture. The ethic of fair play may be witnessed in all facets of life. However, its origin has been firmly established in sports as conceptually and pragmatically a training ground for good citizenship and high behavioral standards. The NJSIAA and the Greater Middlesex Conference are committed to fair play, graciousness toward an opponent, and a genuine concern and respect for others.” (Taken from the NJSIAA Sportsmanship booklet.)

Displaying good sportsmanship is one of our goals for all of our athletes. We ask you to read the six points that relate to sportsmanship in this handbook and keep them in mind when participating or being a spectator.

Sportsmanship, the quality of fair play, is of the utmost importance and needs to be given the highest priority in an athletic program. South Brunswick High School athletes, coaches, students, and parents are expected to display the qualities of good sportsmanship at all times.

- Enthusiastically encourage your own team through your good sportsmanship.
- Recognize outstanding performances, play, and effort on the part of players from both sides.
- Encourage surrounding people to display only sportsmanlike conduct before, during, and after contests.
- Spectators should allow players to play, officials to officiate, and coaches to coach. Refrain from abusive or irritating remarks directed at players, officials, or coaches.
- Be a “FAN” not a “FANATIC”.

Any person obviously and intentionally violating the spirit of these guidelines will be subject to ejection from a contest and may not be allowed to attend future athletic events.
SPORTS OFFERED/LEVELS

FALL SEASON

BOYS:
- FOOTBALL (Varsity, JV, Freshmen)
- SOCCER (Varsity, JV, Freshmen)

GIRLS:
- SOCCER (Varsity, JV, Freshmen)
- VOLLEYBALL (Varsity, JV, Freshmen)
- TENNIS (Varsity, JV)
- GYMNASTICS (Varsity)
- FIELD HOCKEY (Varsity, JV, Freshmen)

CO-ED:
- CROSS COUNTRY (Varsity)
- CHEERLEADING (Varsity)
- Marching Band/Color Guard

WINTER SEASON

BOYS:
- BASKETBALL (Varsity, JV, Freshmen)
- BOWLING (Varsity)
- SWIMMING (Varsity)
- WRESTLING (Varsity, JV)

GIRLS:
- BASKETBALL (Varsity, JV, Freshmen)
- BOWLING (Varsity)
- SWIMMING (Varsity)

CO-ED:
- INDOOR TRACK (Varsity)
- CHEERLEADING (Varsity)
- ICE HOCKEY (Varsity)
- DANCE (Varsity)
- Winter Guard

SPRING SEASON

BOYS:
- BASEBALL (Varsity, JV, Freshmen)
- TENNIS (Varsity, JV)
- LACROSSE (Varsity, JV, Freshmen)
- TRACK (Varsity)
- GOLF (Varsity)
- VOLLEYBALL (Varsity, JV, Freshmen)

GIRLS:
- SOFTBALL (Varsity, JV, Freshmen)
- LACROSSE (Varsity, JV, Freshmen)
- TRACK (Varsity)
- GOLF (Varsity)

ELIGIBILITY - 9TH GRADE

CREDITS
For fall and winter sports freshmen are free of any academic credit requirements during the first semester. All athletes must strive for academic excellence with a minimum GPA of 2.0.

For spring sports, athletes are required to have earned 15 credits, striving for academic excellence with a minimum GPA of 2.0.

All 10th thru 12th graders will be required to have earned 30 credits for fall and winter sports and 15 credits for spring sports

Handicapped/Classified Students
Source Waiver – All handicapped/classified students, as defined by New Jersey Department of Education Act (IDEA) shall comply with the athletic eligibility rules and regulations of the NJSIAA (with the exception of Section 4E of the Article V re: Credits) and in addition the student must have evidence of the following: Parents, or guardians, must give consent for such competitive experience.

The Child Study Team must certify that the student successfully completed the I.E.P. in the previous year/semester commensurate with the student’s abilities. Final approval for participation must be given by the principal. A student who is initially classified after failing to have satisfied the provisions of Section 4E Credits (30 or 15) cannot regain eligibility until the Child Study Team has monitored that classified student for a semester.

AGE: An athlete becomes ineligible for high school athletics if he/she attains the age of 19 prior to September 1st. However, any athlete attaining age 19 on or after September 1 shall be eligible for the ensuing school year.

EQUIPMENT
Each student athlete is responsible for the proper care and safe return of all athletic equipment issued. Athletes should never trade equipment/uniforms during the season. Special care must be taken to lock all equipment in the locker that will be provided. Equipment/uniforms are to be worn only for practices/contests. Uniforms are not to be worn in physical education classes.

TRANSPORTATION
The school provides transportation for all athletic events. Student-athletes are expected to travel to and from contests on the arranged mode of transportation. Athletes are expected to travel as a team. This practice helps build camaraderie and team unity, an essential component in high school athletics. Only in an emergency should student-athletes request permission to ride home with their parent. Under no circumstances are student-athletes permitted to drive themselves to contests. However, if a situation arises which necessitates a student being driven to or from a contest by a parent, permission may be granted in advance by the Athletic Director.

SCHOOL VACATION PERIODS
Participation in high school athletics will make tremendous demands on a student athlete’s time. High school teams practice or play consists of five or six days a week on a regular basis. During the fall sport season teams traditionally begin practice during the last two weeks of August prior to the opening of the school year. It is customary for games and practices to be scheduled during Winter and Spring Break.