

Athletics Student- Parent/Guardian Handbook

Student-Athlete & Parent/Guardian Handbook

*This Handbook is current as of July 18, 2024.
Information and guidelines provided here are subject to change
during the 2024-'25 academic year.*

D-E School Mission

We believe in the educational value of sport. Dwight-Englewood athletes learn that individual excellence is achieved through perseverance, and that team success comes from committing fully to a common goal. Athletics strengthens our community by forging connections among teammates and promoting school spirit.

Information current as of July 18, 2024. Please note that this information is subject to change. Please contact the Athletic Department with any questions.

Introduction

This handbook is a guide for participation in athletics for both students and parents/guardians/families. We ask that both the student and parents/guardians read this handbook and discuss its content. This handbook attempts to cover situations or questions that may arise during the school year.

General Athletic Information

We believe the athletic program at Dwight-Englewood has much to contribute to the overall education of our students. Our goal is to provide a safe, enjoyable, age appropriate experience for all of our athletes. We attempt to provide quality coaches from within our school, faculty, and staff. Additional or "adjunct" coaches are also employed by the school to fill our athletic coaching staff needs.

Dwight-Englewood athletics include the following sports at the levels indicated and participation is based on having enough students to field a competitive team at that level. When possible, freshman teams may be included as well.

Fall

- Boys Varsity, JV, Freshmen and Middle School Soccer
- Girls Varsity, JV, and Middle School Soccer
- Girls Varsity, JV Field Hockey
- Girls Varsity, JV and Middle School Tennis
- Girls Varsity, JV, Freshmen and Middle School Volleyball
- Boys and Girls Varsity and Middle School Cross-Country

Winter

- Boys Varsity, JV, Freshmen, and Middle School Basketball
- Girls Varsity, JV and Middle School Basketball
- Boys and Girls Varsity Winter Track
- Co-Ed Varsity Strength and Conditioning
- Ski Racing (US Only)

Spring

- Girls Varsity, and Middle School Softball
- Boys Varsity, JV and Middle School Baseball
- Girls Varsity, JV and Middle School Lacrosse
- Boys Varsity, and JV Lacrosse
- Boys and Girls Varsity and Middle School Spring Track
- Boys Varsity, JV and Middle School Tennis
- Co-ed Varsity Ultimate Frisbee
- Boys Middle School Ultimate Frisbee
- Boys and Girls Varsity and JV Golf
- Boys and Girls Varsity Crew

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Athletic Department Mission Statement

“We believe in the educational value of sport. Dwight-Englewood athletes learn that individual excellence is achieved through perseverance, and that team success comes from committing fully to a common goal. Athletics strengthens our community by forging connections among teammates and promoting school spirit.”

Objectives:

- Provide a wide variety of athletic programs so each student-athlete can reach their fullest potential

- Promote good sportsmanship in all athletic contests
- Offer the realization that athletic competition is a privilege that carries definite responsibilities
- Understand the valuable lessons that athletics teach such as teamwork, communication, “team” above oneself, respect for others, and responsibility with personal improvement being the major objective for all

Goals:

- Maximize opportunities for participation
- Help athletes develop both the physical and mental skills needed to be successful
- Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play
- Stress the values derived from competing in a game fairly
- Show courtesy to visiting teams
- Respect and honor the integrity and judgment of officials
- Show respect to spectators
- Achieve a thorough understanding and acceptance of the rules of the sport
- Encourage leadership, initiative, and good judgment by the players on the team
- Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional character of the athletes
- Understand the full value of exercising self-discipline and emotional maturity when making decisions under pressure
- Know the goals of a competitive athletic program at the varsity level. The main goal of any competitive varsity athletic program is to put the most talented members of the team in competition to win the contest. Starting positions and playing time are not guaranteed. Each member

of the team is valuable to the team's overall progress. Some members may play a great deal of the time in a contest, while others may not.

Dwight-Englewood Student-Athlete Expectations:

- When students make the decision to join a team, they are expected to commit themselves to the team for the entire season. Student-athletes are expected to attend all games and practices. Students should understand that when they join a team they are accepting not only the pleasure and the privilege of participating, but also accepting the responsibility to that team.
- Attend and be on time for all practices and games. An unexcused missed practice and/or game can result in loss of playing time and suspension from the team. Three unexcused missed practices and/or games can result in dismissal from the team. Generally, an athlete will only be excused for reason of illness or emergency. Medical and dental appointments, tutoring, involvement with outside club teams, SAT/ACT courses, and music lessons/classes should be made outside of school practice and game hours.
Any other conflicts must be made known to the coach within a reasonable time frame. Accountability and commitment to the team are essential to the team's success and the coach has the right to impose consequences for the aforementioned infractions.
- Be prepared with appropriate practice wear and equipment every day.
- Schedule appointments so as not to interfere with practices and games.
- Respect and abide by the rules, policies and procedures

established by the School, leagues and State.

- Serious infractions of the rules to a sport carry with it the likelihood for ejections and NJSIAA mandated suspensions. Such incidents may include other school-imposed discipline.
- Student-athletes are in the public eye and are seen as both leaders and representatives of their schools. Whether on the fields or courts of play, knowing how to and behaving like a leader is important. Equally important are exhibiting these same behaviors when online or on social media!
- Respect your coaches, teammates, opponents, spectators, and officials at all times.
- Understand that Dwight-Englewood athletics take precedence over outside team participation.
- Abstain from using alcohol, tobacco or other drugs. Drug or alcohol use may result in suspension from the team in addition to any school-imposed discipline.

If a student-athlete is in school, he or she is expected to attend practice. If a student-athlete cannot attend practice, he or she should notify the coach in a timely manner. When possible, student-athletes should check with the coach before missing a practice. Student-athletes will not be penalized for missing practices caused by school-created conflicts for which alternative arrangements just cannot be made. Coaches and student-athletes should make every effort to find satisfactory compromise in such situations. **Student-athletes are required to be at all practices and contests for their sport even if injuries prohibit active participation. They can act as a manager, or help the squad in any other appropriate ways.**

Team Selection:

Dwight-Englewood encourages all students to participate in athletics. At the varsity level, the athletic philosophy is to play to compete in order to win. To this end, teams must be kept at a manageable size to ensure as rewarding an experience as possible for the individuals and as successful a season as is possible for the team. Students should only go out for a team if they are willing and able to make that emotional, physical, and time-related commitment. As facilities and staffing allow and as numbers dictate, the athletic department at D-E will make every effort to field sufficient teams at various skill levels to accommodate the maximum possible student participants. For this reason, some programs will have tryouts which may result in some students not being selected to a team. Seniors may only participate on varsity teams. It should be noted, however, that there is no guarantee of playing time.

Coaches:

Coaches must understand the necessity of communicating their expectations to parents and players. The better the lines of communication, the more easily processes move during the season. There may be occasions when the coaching staff will meet with parents at the beginning of each season to answer questions, clarify expectations and discuss how parents can help support the team.

Player/Coach Relationship:

Coaches and players maintain a similar relationship to that of teachers and students. A level of mutual respect is expected;

coaches must exhibit a positive expression of sportsmanship, respect for the game, and understanding of adolescence. Players must respect the decisions of the coach(es) and respect the game they play and the school they represent.

Playing Time in Games:

Competition and winning are important aspects of any athletic program, but should not dominate the ethos of the program. As a general philosophy we strive to have as many team members as possible participate in games. Not every player automatically plays in every game. Playing time varies according to level.

Middle School – All team members should have a chance to play if possible. Coaches are not expected to play all athletes for equal amounts of time. Game participation should be sufficient to create and maintain interest. Absences from practice may impact playing time in games.

Upper School – At the Freshman/JV level, athletes earn the privilege to play more by competing with peers in terms of fitness, ability, attitude, effort, knowledge of fundamentals, and commitment. Skill development is especially important since the main objective of the freshman and JV program is to prepare athletes for varsity play. Being on the team does not guarantee playing time and absences from practice may impact playing time in games. Any player who meets the attendance requirement and gives his or her best effort should be given the opportunity for meaningful participation (i.e. game time). At the varsity level the best players should play as much as necessary to win the game and to develop the full winning potential of the team. A student-athlete's inherent ability, commitment to team and quality of work ethic will be factors in determining an appropriate amount of playing time. Substitutions should be made

without risking the outcome of the game. Seniors may only participate on varsity teams. It should be noted, however, that there is no guarantee of playing time.

Team Captains:

“The most effective form of leadership is supportive. It is collaborative. It is never assigning a task, role or function to another that we ourselves would not be willing to perform. For all practical purposes, leading well is as simple as remembering to remain others-centered instead of self-centered.” – Dawn Redd-Kelly

Individual teams annually determine the most appropriate process to select their captains. Many expect the captain(s) to be the leaders in many ways, both on and off the field, in and out of school. The coaches expect that the captain(s) will exemplify and encourage the behavior considered appropriate to the school and the sport. The selection of captains falls within the coach’s discretion. All coaches reserve the right to select a captain based on criteria in keeping with the needs of the team, and to relieve a student of a captaincy if the coach deems it necessary and appropriate during the season. Captains do not have to be seniors. The process for selection varies from team to team and from coach to coach. The choice is made with the understanding that the captains will:

- Exemplify sportsmanship
- Exhibit leadership on and off the field of play
- Communicate well with players and coaches. Collaboration should be built into our team cultures; our captains should always be looking to take advantage of opportunities to collaborate.
- Behave in ways that are trustworthy and fair

- Give 100% effort to the team in games and practice
- Be respectful and deserving of respect
- Set an example for others to follow

League Information:

Although Dwight-Englewood has teams that participate in separate and distinct sport specific leagues, the majority of teams participate in the North Jersey Interscholastic Conference or NJIC. There are four divisions within the NJIC conference. They are the Meadowlands Division, the Colonial Division, the Patriot Division, and the Liberty Division. With few exceptions, Dwight-Englewood sports are governed by the rules and regulations of the New Jersey State Interscholastic Athletic Association (NJSIAA). For State Tournaments, the NJSIAA will classify our teams for participation at either the Non-Public A or B level.

Mascot: Bulldogs

School Colors: D-E Blue, D-E Gold and White. Please note that any official D-E Blue and D-E Gold colors (and their use on uniforms and any apparel, etc.,) are to be consistent with the School's brand standards and guidelines, which are co-managed/co-maintained by the D-E Athletic Department and Communications and Publications Office.

Athletic Department Policies

Student Eligibility:

Dwight-Englewood is a member of the New Jersey State Interscholastic Athletic Association and therefore follows all

the association rules regarding athletic eligibility. The New Jersey State Interscholastic Athletic Association requires that any student entering high school, including those who transfer to Dwight-Englewood from another school, declare/report any previous participation at any level of high school sports to our Athletic Office. This includes playing for a high school team in a State other than New Jersey that permits 7th or 8th grade students to participate at a high school level in any sport.

Please contact the athletic office to begin the process for filing a Waiver / Transfer Waiver with the New Jersey State Interscholastic Athletic Association. Failure to submit this information may result in your child being declared ineligible for participation. If you have questions regarding this requirement or that you are in doubt of your child's status, please call the Athletic Office at 201-227-3150 or email the office at athletic_office@d-e.org.

Attendance: (Important Policy Regarding Attendance and Extracurricular Events)

Students are allowed to participate in extracurricular events (e.g. practices, games, performances, etc.) only if they arrive in school by 10:00 a.m. on the day of the event. Exceptions may be made only with the permission of the Deans in consultation with the Athletic Director. In addition, a student that doesn't participate in physical education class for medical reasons or because they didn't change into appropriate attire for class may not participate in extracurricular events.

Appointments during school and practice hours – Medical and dental appointments, tutoring, SAT/ACT courses, and music

lessons/classes should be made outside of school practice and game hours. In the event of an emergency appointment, please notify the attendance officer as soon as possible. Students must sign out and back in with the attendance officer if they leave campus during the day, or if they arrive late or leave early for a doctor's appointment. The student must also bring a note from the physician within 48 hours of the visit. Failure to notify the attendance officer or grade-level dean, and to bring a note from the attending physician, could result in an unexcused absence.

Although attendance at practice is mandatory, coaches obviously understand that at times students get sick, have excessive homework expectations, or family issues that may interfere with attending practice. The athlete/parent/guardian should communicate the problem with the coach as early as possible.

Practice Attire (Guidelines)

Our athletes are required to wear T-shirts (EG. short-sleeved / cap-sleeved, even when wearing a pinnie, scrimmage vest or tank top.

Our athletes are not to be shirtless at any time.

Athletic Equipment

Students should plan to bring the following items to practices and games:

- Additional personal training apparel and footwear (towels, sweats, sneakers, and cleats)
- Pre-filled water bottles (write name on all bottles)

- Prescribed Meds (e.g., Epi-Pen, inhaler/nebulizer, etc.)
- Personal team equipment; field sticks, bats, gloves, goggles, helmet, pads, etc.
- Gear Bags / Backpacks should be stored behind the designated bench area.

Uniforms/Equipment/Locker Room Security

Athletes will be issued uniforms (jerseys, shorts, skirts/kilts) and, in some situations, equipment at the beginning of each season.

The individual athlete is responsible for the proper care and return of all school issued uniforms (jerseys, shorts, skirts/kilts) and equipment. Coaches are responsible for the distribution and collection of the uniforms and equipment at the end of the season. Student-athletes are responsible for securing their school issued uniforms and equipment, personal items and valuables in their lockers always. Student-athletes should not bring anything of value to away contests or alternative practice sites. Should an athlete forget their uniform, the athletic office will not issue a temporary set. If any equipment, including the customized uniform, is lost or damaged the student will be charged replacement costs, which may range between \$100 for shorts and \$180 for a jersey. For full disclosure, seniors are not permitted to not keep their uniform(s.) If the student-athlete doesn't return the uniforms or equipment, the Dwight-Englewood School reserves the right to take what measures we deem appropriate to encourage the return of all issued items. This may include, but is not limited to withholding of grades, yearbooks or denying opportunities to participate on another

team.

Purchase of Team Spirit Wear / School Related Items

From its annual operating budget, uniforms and equipment are purchased and recycled on a multi-year schedule that ensures both equity and timely replacement. All expenses for discretionary apparel relating to a team or sport cannot be covered by the Athletic Department budget. The Athletic Office has a partnership with BSN and Nike as of July 2023 to source team uniforms and also to provide seasonal, team 'spirit wear' apparel and merchandise options online. The Athletic Office will share this new online resource information with all Coaches prior to the start of each season. Because the D-E School logos and mascots are considered as 'branded', apparel worn by athletes to represent their team and/or the School will need to be sourced only from this online resource. Coaches and/or athletes and their families are not to order 'branded' apparel outside of this online D-E Athletic Office resource.

Fundraising

The School has established a Fundraising Council to oversee all fundraising initiatives that involve our student body. The council will meet to hear proposals from students for campaigns to be run during the school year and will approve campaigns for designated time periods. All initiatives shall be initiated, led, and executed by students. Faculty advisors for each initiative are encouraged and may be required. Athletic fundraisers are centered on charities only because equipment needs are provided through the athletic budget.

Food / Beverages

Except for the athletes and coaches having personal water bottles or other fluids for hydration, all food and beverages are prohibited in all indoor athletic facilities.

Vacation practices and games:

(Please refer to the master school calendar for vacation/break dates)

Being a part of the athletic program carries a responsibility for the student to be at all practices and games. When parents and student-athletes choose to take family vacations during sports seasons, the time missed by the student athlete can affect team chemistry and the athlete's own conditioning. There are also issues of team spirit and responsibilities to teammates that should be taken into account. Student-athletes who miss practices or games for any reason may have their position or playing time adjusted. Coaches will make every effort to inform parents and student-athletes of the vacation schedule as far in advance as possible. Conversely, parents and student-athletes should inform the coach of potential schedule conflicts as far in advance as possible. As explained above, the School and the Athletic Department will announce which days or week will have practices and/or team trips, so that family vacations can be scheduled. Please email or call the head coach of your particular sport with any questions, especially for winter/spring break practices and games.

Transportation

The Athletic Department provides transportation to off-site/off-campus practices, games and matches, thus, we do expect our athletes to ride to and from our athletic events on our school bus. In addition to providing proper supervision and safety, traveling on the bus as a team facilitates preparation for the contest and promotes team unity.

Transportation to and from Solomon Field:

Athletes are NOT permitted to drive to and from Solomon Field when school transportation (shuttle bus) is provided by the athletic department.

Alternative Transportation Options for athletes and families:

These requests should be infrequent and outside the norm of customary practices. Requests must include specific details outlining the reasons for necessity.

If a parent/guardian plans on picking-up their child (only) immediately following the conclusion of a contest, the parent/guardian must speak, in person, with the coach prior to departing the contest site. The parent/guardian must pick-up their child at the same time as the team departs from the contest site, as the coaching staff cannot leave an athlete unattended at the game site. If the athlete is not picked-up when the school/ team bus is ready to depart, the athlete will be required to travel back to the school on the school/team bus.

If a parent/guardian plans to have their child carpool home with another parent/guardian present at the contest, all parent/guardians involved must email the Athletic Administrative

Assistant, Nicole Bellmay, at athletic_office@d-e.org with requests by 10:00 a.m. the morning of an athletic contest or by 4:00 p.m. on the Friday before a weekend contest.

Taxi/Uber/Ride Share – It is the parent's responsibility to research ride-share companies and their practices and procedures in order to decide what is best for their family. The School has no liability for any risks or consequences of these decisions. Parent/guardians must email the Athletic Administrative Assistant, Nicole Bellmay, at athletic_office@d-e.org with requests by 10:00 a.m. the morning of an athletic contest or by 4:00 p.m. on the Friday before a weekend contest. Students MAY NOT make this request. Requests after that time may not be processed or accommodated. The email should have specific details and reasons for necessity. This procedure also requires that the taxi/Uber driver meet with the athlete and a member of the coaching staff prior to departing the contest site. The safety and well-being of the child is foremost on our minds. Please understand that the taxi/Uber or Lyft driver must pick up the child at the same time as the team departs, as the coaching staff cannot leave an athlete unattended at the game site. If the athlete is not picked-up when the school/team bus is ready to depart, the athlete will be required to travel back to the school on the school/team bus.

If there is an occasion when an athlete needs to drive to a practice, game or match, parent/guardians must email the Athletic Administrative Assistant, Nicole Bellmay, at athletic_office@d-e.org with requests by 10:00 a.m. the morning of an athletic contest. Requests after that time may not be processed or accommodated. The email should have specific details and reasons for necessity.

Should an athlete reside in that town where the game/match/contest site is located or in very close proximity,

and the athlete would like to take their own transportation, parent/guardians must email the Athletic Administrative Assistant, Nicole Bellmay, at athletic_office@d-e.org with requests by 10:00 a.m. the morning of an athletic contest. Requests after that time may not be processed or accommodated. The email should have specific details and reasons for necessity. On days when the school is in session, the athlete must follow the bus provided by the school to the contest site. On weekends or weekdays when school isn't in session, the student shall meet the team at the game site at least 30 minutes prior to the start of the contest. The student cannot drive other students/classmates/ teammates to or from that athletic event.

****Members of the coaching staff are not permitted to drive student-athletes to or from practices and games.**

General Guidelines Regarding Safety and Athletics:

Participation in athletics is voluntary and there is always a risk of injury and/or death to the student. Efforts are made to mitigate and prevent harm or injury through the rules and practice of the game; however, accidents do occur.

Required Physical Exam and Health Forms:

All students must have documentation of a current physical examination and other required forms on file via Magnus Health SMR (Student Medical Record) before the start of practice in any sport. This is especially important for the start of fall sports which begin before the official start of school. If your physical exam expires during the school year, a new physical

exam form will be required in order to continue to participate in athletics. Please note that some forms are completed entirely online. Other forms may require a doctor's signature and will need to be printed out. Once signed, the form can be scanned and uploaded to "**Magnus Health SMR**". Parents/guardians can access the **Magnus Health SMR** account through the online D-E Parent Resource Board. **NO STUDENT MAY PARTICIPATE IN ANY PRACTICE UNLESS HIS OR HER PHYSICAL FORM IS UPLOADED & FILED MAGNUS HEALTH SMR ACCOUNT FOR THE SCHOOL NURSE TO REVIEW.**

Health History Update Questionnaire

The Health History Update Questionnaire (HHUQ) serves to inform the school and coaches of any new health concerns or changes since the student's last physical exam. The HHUQ does not need a doctor's signature.

If required, prior to participation in each athletic sports season, student-athletes will be provided a HHUQ to be completed, signed, and uploaded to "**Magnus Health SMR**" by the parent/guardian unless a physical exam has been dated within the last 90 days to the start of the season. The student-athlete will not be able to participate/practice in athletics until this form is uploaded and reviewed by the school nurse.

Additional School Required Forms Include:

- Sports-Related Concussion and Head Injury Fact Sheet and Parent/Guardian Acknowledgement Form
- Sudden Cardiac Death in Young Athletes Pamphlet
- Opioid Sign Off (Includes video)

Athletic Trainer and Training Room

The school employs licensed & certified athletic trainer(s) (ATC) who supervise all aspects of the sports medicine program for the athletic department. Our athletic trainer(s) will operate out of the Athletic Training Room located in the Silberfein Gymnasium. Services include injury assessment, treatment, taping, rehabilitation and follow-up care. Any student that requires first aid, taping or injury evaluation prior to the start of a practice or game must first check-in with their coach and then report to the Sports Medicine/Athletic Trainers Room. The athletic training room opens at 1:00 PM each day and before and after weekend home games. Athletic training room guidelines are posted inside the training room. All injuries must be reported to the athletic trainer immediately following the injury. The ATC may recommend that the student see a physician for additional diagnosis and/or treatment. Parents/guardians are encouraged to call the ATC if there are any questions or concerns.

Athletic Injuries

As mentioned earlier, participation in athletics is voluntary and there is always a risk of injury and/or death to the student. Efforts are made to mitigate and prevent harm and/or injury through the rules and practice of the game; however, accidents do occur. All injuries should be reported to the athletic trainer and school nurse. When an injury occur during a practice, the student MUST report it to a coach who will then notify the sports medicine / athletic training staff. Injuries will be triaged and assessed accordingly. If it is determined that an athlete cannot return to play that day or the following day(s), the athlete is expected to attend and observe practices

and games, as able. All efforts will be made to notify parents/guardian immediately of any injury sustained to their child during practices and/or games.

Physician Note/Prescription

Any student-athletes seeing a doctor for an illness/injury that may impact the safety or well-being of the child (whether school related or non-school related), must inform the athletic trainer and the school nurse. Prior to resuming participation in practices or games the athletic trainer and school nurse must receive written clearance by that same doctor, not a family member nor a physician in another specialty. This is standard practice and ensures the proper care of the student.

A note from the doctor must include the following:

- Diagnosis
- Recommendations for treatment/rehabilitation (if any)
- Physical education / athletic restrictions (if any)
- Date of next follow-up appointment (if any)
- Date of clearance

D-E Concussion Protocol

If an athlete suffers a trauma to the head, or a blow to the body, resulting in their exhibiting symptoms of concussion, then the athlete will be removed from the game/practice. The athlete will then be referred to a physician who is trained in concussion management, for authorization to either resume immediate participation or begin a “return to play” protocol. Questions may be directed to the appropriate division (MS/US) Nurse or D-E Athletic Trainers.

Statement RE: NJSIAA Steroid Testing (For Upper School Athletes Only)

NJSIAA steroid testing policy states that if an Upper School student athlete or students team qualifies for a state championship competition, the student may be subject to testing for banned substances. Questions regarding this policy may be directed to the Athletic Office.

Medical Insurance

The parent/guardian's health insurance is primary in case of an accident or injury occurrence during practice or play of interscholastic sports. The School provides the secondary insurance. After your insurance company has made payment, the school's accident insurance, in most cases, would cover any remaining balance upon submission of the applicable insurance claim form. The insurance claim form must be submitted in a timely manner. Questions may be directed to the appropriate division (MS/US) nurse or D-E Athletic Trainers.

Game Schedules and Directions

All regularly scheduled games are arranged by the NJIC or other leagues on a sport by sport basis. These games are contracted according to NJSIAA guidelines, and every effort must be made to complete all games as scheduled. League games on the varsity and JV level are usually scheduled one to two years in advance. Independent games are scheduled based on availability and common dates. Every effort is made to reduce time away from class when scheduling games at each level. Directions to all contests are posted on the school athletic website.

Statement RE: Testing Dates for the ACT and SAT

All D-E athletes and their families are both strongly advised and alerted to be aware of possible, potential schedule conflicts with standardized tests (e.g., SAT; SAT Subject; ACT) that occur throughout the academic year. Games and tournaments are scheduled by the State Athletic Association and the leagues in which D-E Athletics participates, independent of when these tests are administered. D-E Athletics has extremely limited to no ability to reschedule games and tournaments for these tests. As such, D-E athletes (and their families by extension) must decide if they will be able to play depending on their testing responsibilities and alert their coach(es) accordingly in advance. Questions regarding this policy may be directed to the Athletic Director.

Schedule Changes, Postponements and Cancellations

All schedule changes will be posted and updated on the master schedule and in the athletics section of the Dwight-Englewood School website at www.d-e.org/athletics. Since contest times and dates are subject to change, we advise that you check your team schedule on a regular basis. The Athletic Office will email team members and parents/guardians of any change to the athletic schedule.

Inclement Weather

If school is closed due to inclement weather, there will be no

contests or practices allowed. School closing during the school day presents a unique problem for our coaches and student-athletes. Every effort will be made to inform students and parents as soon as practically possible of the cancellation of practices or games. The Athletic Director determines cancellations regarding a game. On rainy days, decisions on outdoor practices and games will be made as soon as possible to ensure everyone involved can be notified via the school website or by email. Weather conditions may influence daily games and practices, the athletic office will email teams and parents of any unexpected changes to the athletic schedule. We make decisions regarding the cancellation of practices or games by 1:30 PM. Please understand that there will be circumstances when unexpected weather conditions may roll into our area, which may cause a later decision. For weekend practices and games, the coach should establish a phone chain for quick communication of the plans or decision for that day. Coaches should always keep in mind that many of our students travel a great distance to come to practices or games on non-school days. An early phone call may save a parent or student a drive to school under hazardous conditions. Unless there is an official announcement made or posted, students and coaches should assume that practice and/or games will be held.

NJSIAA Lightning Procedure

The NJSIAA would like to remind everyone that the safety of the student-athletes is paramount to any outcome from an event and that everyone has a role to play to ensure their safety.

The NJSIAA Officials Handbook clearly states: "Once lightning has been recognized or thunder heard, by an official, a coach, the host site management personnel, or a lightning detection system, the game must be stopped immediately (regardless of the

state of play) with all players, coaches, spectators, and officials directed to appropriate shelters”.

1. Evacuation – If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators must evacuate to available safe structures or shelters.
2. Thirty-minute rule – Once lightning/thunder has been recognized, it is mandatory to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes. Any subsequent lightning or thunder after the beginning of the 30- minute count must reset the clock and another count must begin.
3. When one contest is suspended on a site due to thunder being heard and/or lightning being observed, all contests/activities on that site must be suspended.

The NJSIAA is reminding all officials, coaches and host site management, that once the event begins, the officials on the field have the authority to stop the event. However, it is everyone’s responsibility to immediately notify the closest official as soon as lightning has been recognized or thunder has been heard. Coaches and host site management must do everything in their power to communicate with the closest official to stop the game immediately, which may include walking onto the field of play. The game is considered stopped as soon as a whistle is blown by the official or a timeout is called by an umpire.

Dealing With A Concern or Problem

At times, as with any human relationship, concerns may arise about situations with a student-athlete and/or Athletic

Department policies and coaching decisions. The athlete should first approach the coach to resolve the concerns. Should a resolution not be achieved, we ask that the following guidelines be followed in communicating with the School:

Follow the appropriate "Chain of Command":

Coach > Athletic Director > Principal/Head of School

Contact the coach, first! Discuss the concerns or questions that you may have. Your concern may be addressed with some discussion or clarification with the coach directly involved with your child. It is also a good idea to contact the coach with any information that may be helpful in coaching your child. However, we ask that you follow the chain of command if there are any questions or concerns. We also ask that you approach with the desire to improve the experience, and to refrain from communications that demean or disparage members of the coaching staff or athletes, officials and/or other parents.

Engage in subjects that are suitable to discuss with the coaching staff:

Refrain for communications via email, text or phone messages that demean or disparage members of the coaching staff or athletes, officials and parents.

- Take time to speak with the coaches in an appropriate manner. Immediately before or following a game is not the appropriate time. Contact the coach and make an appointment to discuss your concern.
- Information that may be helpful in coaching your child
- Discussing your child's situation only. The coach is not permitted to discuss other children with you.
- Ways to help your child improve
- The treatment of your child
- Concerns about your child's behavior

Do not engage in subjects that are unsuitable to discuss with the coaching staff:

- Playing time
- Player positioning
- Team Strategy
- Other student-athletes

Parents/Guardians Code of Conduct

Parents / guardians / families play a vital role in the development of our student-athletes. Therefore, we believe that parents / guardians / families should:

- Set a positive example for other parents, guardians, and families and not instruct students before, during, or after the game. It may conflict with the coach's plans or strategies.
- Be a positive role model through our own words and actions to make sure our children have the best athletic experience possible. Please keep in mind that you are representing the Dwight-Englewood School, the team and the athletic program.
- Understand the rules of the sport. Both the student and parent should have a good understanding and appreciation for the basic rules of the contest. Knowing the game and playing by the rules is a basic tenet for safe participation in that sport.
- Be a "team parent" not a "my child parent:" Being genuinely interested in the team as a whole goes a long way to helping your child enjoy the experience of participation on an athletic team.
- Recognize and show appreciation for outstanding plays by either team.
- Show respect for opposing players, coaches, officials,

spectators, administrators, and staff.

- Be respectful of officials' decisions.
- Respect and abide by the rules, policies and procedures established by the School, leagues and State.
- Take time to speak with the coaches in an appropriate manner. Immediately before or following a game is not the appropriate time. Contact the coach and make an appointment to discuss your concern.
- Be sure to follow the designated chain of command.
- Speak about your child during these meetings and not someone else's child.
- Practice good sportsmanship always- This is a foundation of our athletic program and one that we take quite seriously. Please take some time to discuss this issue with your child. The media has given a great deal of attention lately to the poor conduct of parents/guardians, players, and fans at interscholastic and youth sporting events. Any such conduct by our students, parents, and fans will not be tolerated.
- Praise the student-athletes in their attempt to improve themselves as students, athletes and as people.
- Understand that the coaches are teachers first and have the student's best interest at heart.
- Always reinforce the school's drug and alcohol-free policies.
- See the big picture! Interscholastic sports are an integral part of the student's educational growth and not just a training ground for intercollegiate and professional athletics. The coach is responsible for ALL of the children on the team and must strive to do what is best for all, while still trying to do what is best for your child. While you may not agree with a particular decision, understanding the larger team picture may be extremely helpful when discussing any concern or problem.

Athletics and the College Process

In recent times much has been written and stated about high school athletes and college. Whether attempting to play at the intercollegiate level or simply use the student's participation in athletics to reflect some vital additional information during the application procedure, there is much for parents/guardians, students, coaches, and the college admissions office to discuss and understand before beginning the process. It is generally a good idea to begin talking about the student's plans sometime during their freshman or sophomore year. In truth the very first question that the student and parent must answer is this – Does the student desire to play sports in college? That answer will then dictate the course of events that should take place over the next two years. It is far better to understand the process, time commitment, devotion to the sport, exposure to a higher level of play and achievements necessary to play at the collegiate level at an early time than to be disappointed as a senior.

Intercollegiate Athletics

The three levels of intercollegiate athletics are:

Division I – These schools give scholarships for athletics and only those athletes who are highly skilled and receive national or state recognition usually receive those scholarships. Generally speaking, Division I coaches usually find these athletes – the athletes do not find them. There are a few levels of Division I – national programs in various sports, such as Duke in men's basketball, Stanford in women's softball, and Notre Dame in football, that would be the highest level of competition. Schools such as Bucknell and Lehigh would be Division I, but with fewer, if any, scholarships to give for athletics. The Ivy League schools offer no athletic scholarships

but do offer grant-in aid based on financial need. The commitment to a Division I athletic program is full time in scope while at the college and a serious dedication of time, energy, and abilities is the minimum expectation. If the student intends to participate in Division I athletics as freshmen, the NCAA Clearinghouse must certify them as eligible. Students who are serious about competing at the Division I level should contact the College Counseling Office throughout their sophomore year to discuss the recruiting process.

Division II – Some scholarships for athletics are available. The level of play is slightly below that of Division I, with the commitment to athletics about the same. If the student intends to participate in either Division II athletics as freshmen, the NCAA Clearinghouse must certify them as eligible. Students who are serious about competing at the Division-II level should contact the College Counseling Office in their Sophomore year to discuss the recruiting process.

Division III – NCAA Clearinghouse rules do not apply to division III schools. Many of our student-athletes have gone on to play at the Division III level. All of them would tell any Prospective Division III athlete that the commitment to the sport at the college level is still quite high and the level of competition in many Division III athletic programs could equal or exceed programs at the Division I or Division II levels. Any student seeking to compete at the Division III level should be ready to undertake the rigors of academics and athletics on a more demanding level than that of high school. Students who are serious about competing at the Division III level should contact the College Counseling Office in their sophomore year to discuss the recruiting process.

Some Final Notes about College Athletics

There are 351 Division I schools in the country, 282 Division II and 442 Division III schools. Approximately three percent of male and female high school basketball players go on to play college basketball, and only about one percent of those players turn pro. While opportunities continue to grow in women's athletics, available scholarships for both genders can be sometimes misleading. For example, in baseball and softball, a Division I school may offer only eleven scholarships in a four-year period. This means that of the twenty-two players on the team, the coach may have only one or two full scholarship athletes in the program. There may be some partial scholarship players and some with no scholarship at all. Division III does not provide athletic scholarships, but it does provide financial aid and in some situations may provide "Merit" aid to those that they may recruit. However, even on the Division-III level, competition is becoming more intense. It is important that families discuss their options at an early time in the student's high school career.

Finally, it is noteworthy that the first part of being a student-athlete at any college is the first part of that word: student! Colleges want good students along with good athletes. Participation in athletics at Dwight-Englewood offers our students opportunities for growth outside the classroom that will help them in their college years and throughout life. Colleges and universities respect participation in athletics and the values that participation can bring to a student's life and to their campus, whether in high school or as a collegiate athlete.

Any student or parent with any questions regarding the information in this handbook should contact the Athletic Director.

The following are policies for adding new varsity level sports programs at Dwight-Englewood School

This does not include any varsity sport that has already been grandfathered into the Dwight-Englewood athletic program as of the 24-25 school year

1. Any new sport offering is required to complete a two year mandatory trial period as a club program prior to achieving full varsity status
2. During the trial period, the athletic department will gather the necessary data to make a determination on full varsity status for the following year
3. The sport must be a New Jersey state (NJSIAA) sanctioned program
4. If not supported by the NJIC (our current league affiliation), there must be a New Jersey state (NJSIAA) sanctioned league to compete in
5. Participation levels are required to meet or exceed the standard number of athletes, which varies from sport to sport, to fully participate in practices and competition at the varsity level. These participation levels are determined at the sole discretion of the Athletic Director
6. In order to add a sport, 80% of students fully participating are required to be in grades 9 through 11 in the year prior to adding it as a new team. (*ie. If there are 20 students total in year two of the trial period, 16 of them would have to in grades 9 through 11*)
7. If the varsity sport being added is only at the Upper School level, 8th grade students are eligible to try out

as practice players only, but would not be game eligible if they made the practice squad.

8. In order for a new varsity sport to be added, the athletics office will provide a cost breakdown of the basic operational needs for that program, which must be approved by the CFO. (*Basic operational needs would include but not limited to facility availability, transportation needs, equipment needs, league dues, coaching stipends*)
9. The new varsity sport must meet the current standards for scheduling opponents that both provide adequate opportunities to compete while also limiting the disruption for missed class time and excessive travel distances.
10. During the two year trial period, the athletic department will not cover any expenses but will provide logistical support in some circumstances, as determined at the sole discretion of the Athletic Director.
11. The varsity sport added must include equal opportunities for male and female athletes to participate, or there must be an existing athletic opportunity that serves the other gender (i.e softball/baseball, boys/girls lacrosse).
12. In order for a new varsity sport to be added, there must be a thorough review of the facilities needed in order to make sure the school can accommodate the new team without detracting from current offerings. (*ie. in the spring time where most sports are outdoors, adding an indoor sport that utilizes the gym would not detract from other programming that season*)

When looking at the current program offerings, some of the same criteria need to be upheld in order to maintain varsity status. These criteria include portions of bullet points #3, #4, #5, #6.

Students who wish to put forth new varsity sport programs at D-E have the right to meet with the athletic department to discuss the program and their goals. If the goal is to be added as a full varsity sport, that program is required to meet the listed requirements in order to do so. If they do not meet the requirements, there is the possibility that it can be added as a club-only sport.

1. Club sports that don't meet the listed requirements or that only want to operate as a club are only operating on a year by year basis and are required to be renewed each school year.
2. Club sports are only eligible for one athletic season per year
3. Club sports are responsible for finding their own coach and faculty/staff advisor
4. Club sports need to be financially self sustainable
5. A maximum of three club sports at the Upper School level can exist during a school year at D-E
6. Preference will be given to clubs that are already established
7. Students are required to fill out a club application form in the spring for the following year – <https://forms.gle/2YFwV2R5nMaDR51PA>

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Student-Athlete & Parent Handbook

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