Stuart Country Day School

Student-Athlete and Parent/Guardian Athletics Handbook

This handbook has been designed to give athletes and parents/guardians access to important information in regards to athletic participation at the Stuart Country Day School of The Sacred Heart. It is our intent that this document helps to clarify what the expectations of participation are and that you will find this as a useful resource. This handbook is designed to support but not replace direct communication. In addition, the Director of Athletics is available to provide whatever assistance is required. Any suggestions you may have for improving this handbook are welcome.

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STUART ATHLETICS DEPARTMENT

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STUART ATHLETICS OBJECTIVES

1. Develop life skills such as collaboration, communication, commitment, sportsmanship, and time management in accordance with the Goals and Criteria of Sacred Heart.
2. Foster a love of sport through meaningful competition, teamwork, and leadership while pursuing excellence with joy and integrity.
3. Cultivate leaders who demonstrate self-discipline, responsibility, courage, and service to others, reflecting the values of Sacred Heart.
4. Represent oneself, the team, the school, and the community with respect, integrity, compassion, and pride.
5. Promote continuous athletic growth by developing sport-specific skills, confidence, and a commitment to lifelong learning.
6. Develop social and emotional awareness by fostering empathy, inclusion, respect for the dignity of every person, and meaningful relationships.
7. Teach resilience and sound decision-making by preparing student-athletes to perform under pressure and respond to adversity with courage and compassion.
8. Strengthen the Sacred Heart community by participating in activities and traditions that build school spirit and meaningful connections across grade levels.
9. Promote lifelong wellness by encouraging healthy choices related to nutrition, sleep, physical fitness, body awareness, and mental well-being.
10. Inspire students to live the Goals and Criteria of Sacred Heart by using athletics as a vehicle for personal growth, leadership, community, and service.

STUART ATHLETICS

Our program is governed by the New Jersey Independent Schools Athletics Association (NJISAA) and the New Jersey State Interscholastic Athletic Association (NJSIAA) and competes in the Prep B and Mercer County playoff tournaments.

ATHLETICS PHILOSOPHY

The Stuart Athletics Program offers opportunities to girls in grades 5-12 to participate on a team. The interscholastic athletic program develops strong athletes who are physically, mentally, and emotionally prepared to contribute to their team and to society. We strive to provide a balance between competition at a high level while remaining inclusive and fostering an environment for our girls to challenge themselves and support their teammates. Our athletic program provides girls with vital lessons in leadership, communication, cooperation, teamwork, safety and sportsmanship, enhancing the overall academic experience and teaching critical life skills. Stuart coaches, faculty and administration are highly supportive of athletics as integral to our

girls' overall growth and development. Experienced and dedicated coaches expect and model commitment to the team, cooperation in an atmosphere of mutual respect, and exceptional levels of sportsmanship.

The expectation is for our coaching staff and student-athletes to consistently carry out the Sacred Heart Goals & Criteria as a part of the team environment and in practice and competition:

- GOAL ONE: Schools of the Sacred Heart commit themselves to educate to a personal and active faith in God.
- GOAL TWO: Schools of the Sacred Heart commit themselves to educate to a deep respect for intellectual values.
- GOAL THREE: Schools of the Sacred Heart commit themselves to educate to a social awareness which impels to action.
- GOAL FOUR: Schools of the Sacred Heart commit themselves to educate to the building of community as a Christian value.
- GOAL FIVE: Schools of the Sacred Heart commit themselves to educate to a personal growth in an atmosphere of wise freedom.

MIDDLE SCHOOL ATHLETICS

Middle School teams are focused on introducing sports to younger athletes, rules of competition, team building, and fundamental skills of each sport. Whenever possible, we will run multiple teams in a given sport to avoid cutting and providing as many student-athletes to compete as possible. By placing athletes with similar abilities and attitudes on the same team, athletes are able to learn more effectively during each practice and game. Practices are held on Mondays, Tuesdays, and Thursdays from 3:15 PM - 5 PM. All Middle School student-athletes are expected to participate in all practices and games.

- Pending tournament dates, some games may fall on off schedule middle school days
- Developmental Ice Hockey practices in the morning

Tartans: The Tartans are the highest and most competitive level of the Middle School teams. The team includes our most experienced Middle School athletes who are looking to take their game to the Upper School level. They compete against the highest level teams from other middle schools. Athletes are expected to be an active team member at all practices and games.

Whites: The Whites team is geared towards learning and practicing skill sets that are necessary to play.

Greens: The Greens team is composed of athletes who are new to a sport and practices focus on the basic skills used in game play. Games are limited during the season (2-3 games).

UPPER SCHOOL ATHLETICS

Varsity: The Varsity team competes at the highest level of competition in Stuart's athletic program. Our varsity team includes our most experienced athletes in terms of ability, attitude, and commitment to the team, and our program success is defined by these qualities. Our Varsity athletes practice and compete against some of the most prominent teams in the area, state and country. Throughout each season, the emphasis for the Varsity level of competition includes developing and mastering fundamental and technical skills, maintaining a high level of physical fitness, and working well with all teammates; which is consistent with the Sacred Heart Goals and Criteria. Varsity athletes are taught to strive for excellence in all areas of life through the life lessons taught on our courts and fields. Practices and games are/can be scheduled Mondays-Saturday (Sundays as well pending tournament dates) and will include school breaks (winter & spring). Varsity athletes are committed to their team and participate in all practices and games.

Junior Varsity: Junior Varsity teams are intended for those student-athletes who wish to learn more about a sport, develop the fundamental skills that are needed, and work with team members to become more successful. JV athletes are meant to improve each season to elevate the competition of the Varsity team. Sometimes the Varsity and JV teams work together to create one cohesive program. Practices and games are scheduled Mondays-Saturdays and will include school breaks (winter & spring). JV athletes are committed to their team and participate in all practices and games.

BEHAVIOR AND EXPECTATIONS

- All participants shall conduct themselves at all times in such a way as to reflect positively on themselves, their family and their community.
- The School's Code of Conduct applies at all times during students' participation in athletics. Any violations of the Student Code of Conduct that occurs during athletic participation will be subject to disciplinary action and applicable penalties.

- Stuart will not tolerate any form of hazing, harassment, bullying, or sexual harassment within the program. If there is a concern for the safety of any of the student-athletes, please contact the Athletic Director immediately. This policy is effective year-around and pertains to incidents on or off campus.
- Any athlete, coach, or team member who is ejected by a contest official for harassment, fighting, taunting, or unsportsmanlike conduct—or who engages in such behavior as witnessed by a school official before, during, or after a contest—will be subject to disciplinary action and applicable penalties.

ATHLETE EXPECTATIONS

- Accept and understand the responsibility and privilege of representing their school and community
- Be Committed, Be Present, Be Accountable, and Be Coachable
- Follow Stuart Country Day Code of Conduct
- Communicate with teachers about early dismissals
- Demonstrate pride in themselves, team, and athletic facilities
- Attend and arrive on time to all practices and competition
- Treat coaches, teammates, athletic administration with respect and dignity
- Display sports"person"ship towards opponents, officials, and spectators
- Work hard, play fair, and put your best effort in practices and competitions
- Maintain and return uniforms and any equipment that is borrowed at the end of each season
- Have fun!

PARENT/GUARDIAN EXPECTATIONS

- Support athletes by encouraging them to communicate with coaches and athletic trainer (exceptions: athlete is ill, injured, or emergency)
- Support athletes by making sure they are attending all practices and competitions on time (includes: weekends and practices held during break)
- Support athletes by making sure their uniforms are returned
- Respect the actions of coaches regarding coaching strategy, playing time, and rules set forward. Give coaches 24-hours before contacting them about these topics and give coaches 24-hours to respond. Encourage athletes to discuss issues with coaches directly first without any parental involvement
- Understand appropriate chain of communication

  - A. Parent and Coaches (schedule an appointment)
  - B. Parent and Director of Athletics (schedule an appointment)
  - C. Parent and Head of Upper or Middle School or Head of School (schedule an appointment)
- Avoid "coaching" from the stands or sidelines during competition.
  - Coaches coach, players play, officials officiate, and parents come to support and demonstrate good sports"person"ship.

FALL OFFERINGS

Upper School: Tryouts and preseason begins on the third Wednesday of August and is mandatory (date can be changed due to NJSIAA). If an athlete is not able to attend preseason their eligibility will be at risk and approval will be determined by the Director of Athletics and Head Coach. Athletes must be present for the entire tryout and preseason. The fall season goes through the first week of November, depending on tournament advancement.

Middle School: The season begins the second Monday of September through mid-October (pending game schedule).

Upper School (9-12)	Middle School (5-8)
Fall	*Fall*
Varsity Field Hockey	Field Hockey
Varsity Volleyball	Volleyball
Varsity Tennis	Tennis
Varsity Cross Country	Cross Country
JV Field Hockey *	
JV Volleyball *	
JV Tennis *	

*Pending number of students participating

WINTER OFFERINGS

Upper School: Tryouts and preseason begins the second week of November and is mandatory (date can be changed due to NJSIAA). If an athlete is not able to attend preseason their eligibility will be at risk and approval will be determined by the Director of Athletics and Head Coach. Athletes must be present for the entire tryout and preseason. The winter season goes through mid-February, depending on tournament advancement. Practices and games will be held during the winter break (second week of break).

Middle School: The season begins the third week of November through mid-February (pending game schedule).

Upper School (9-12)	Middle School (5-8)
Winter	*Winter*
Varsity Basketball	MS Basketball
Varsity Indoor Track	Developmental Ice Hockey
*JV Basketball	Tartan Training

*Pending number of students participating

SPRING OFFERINGS

Upper School: Tryouts and preseason begins the last Wednesday of the February and is mandatory (date can be changed due to spring break). If an athlete is not able to attend preseason their eligibility will be at risk and approval will be determined by the Director of Athletics and Head Coach. Athletes must be present for the entire tryout and preseason. The spring season goes through mid-May, depending on tournament advancement. Practices and games can be held during the spring break (second week of break).

Middle School: The season begins the first Monday after spring break and runs through mid-May (pending game schedule).

Upper School (9-12)	Middle School (5-8)

Spring	*Spring*
Varsity Lacrosse	MS Lacrosse
Varsity Golf	MS Golf
Varsity Track & Field	MS Track & Field
*JV Lacrosse	

*Pending number of students participating

TEAM SELECTION POLICY

Choosing the members of athletic teams is the sole responsibility of the coaching staff. Final rosters are approved by the Director of Athletics before they are made public. Prior to team selection, the coach shall provide information to all candidates on the extent of the tryout period and the criteria for the selection process. Selection lists and rosters are not to be posted. In-person conversations regarding final decisions on the selection process will occur between the coaching staff and the individual student immediately after the last tryout.

TRANSPORTATION & DISMISSAL

Transportation to and from athletic events are provided and arranged by the Athletics Department.

Upper School:

- Athletes must travel with their teams to all athletic events.
- Athletes who are picked up must check out with their coach.
- Athletes are allowed to go home from an athletic event with a friend with an email authorization from a parent/ guardian sent to the Director of Athletics and their Head Coach.

Middle School:

- When transportation is offered by the school, athletes must travel with their teams to all athletic events.
- Athletes who are picked up must check out with their coach.
- For away games, return times can fall between 5:15pm-7:00pm (pending distance and number of games scheduled for the day). Coaches will provide estimated return times.

PHYSICAL ELIGIBILITY

- All pupils in grades fifth (5) through twelve (12) participating in interscholastic athletics must be given a physical examination within 365 days prior to the first practice session. Physicals must be given by the individual's primary health physician. If you do not have a family physician or health insurance, please notify the nurse (nurse@stuartschool.org) and athletic trainer so arrangements can be made.
- All physical paperwork must be completed through Magnus by the predetermined date for each season. Failure to turn in the paperwork on-time may result in the student-athlete not being cleared by the start of the first practice session.
- In order to even try-out or play a sport, students must have an updated physical and a Seasonal Health Interval form on file in Magnus.

CERTIFIED ATHLETIC TRAINER

- The Stuart Athletic Department has an Certified Athletic Trainer (ATC) on staff. Athletic trainers are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations. As a part of the health care team, services provided by athletic trainers include but are not limited to: primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. The ATC will be responsible for tending to all injuries to our student-athletes and to follow-up with parent/guardians/guardians immediately following any injury. Although a doctor may clear a student to return to athletic participation, *final approval for student-athletes to return to athletics will be provided by the ATC.*

REPORTING OF INJURIES / ILLNESS

Student- athletes who are injured must:

- Report any injuries to the athletic training staff or school nurse
- If the student-athlete is referred to a physician, they must provide a written medical note
- May only see the athletic trainer during Flex for evaluations or treatment (by appointment).
- Student-athletes should at all costs proactively seek the ATC BEFORE practice.

- Comply with any treatment, rehabilitations, and/or restrictions given by the athletic trainer
- Report any change in condition that occurs during treatment
- If a student-athlete remains in school for the entire day, they are expected to attend practice and/or game/match.

CONCUSSION MANAGEMENT

The School is committed to minimizing the risk of concussions through use of proper equipment, regular training for its coaches, athletic trainers, medical staff, student-athletes, and parents. Since it is impossible to completely remove the risk of concussions in some sports and activities, the School has developed this Concussion Management Policy to help ensure that signs and symptoms of a concussion are addressed immediately so that student-athletes may return to athletic participation safely. For further information on Concussion Management, please refer to the School's policy, available here: Prevention and Treatment Policy for Sports-Related Concussions & Head Injuries Preemptive Prevention
To help prevent and diagnose possible concussions, Stuart will do the following:
● Preseason baseline testing for all Upper School students every other year. (ImPACT testing performed by Licensed Athletic Trainer)
● Review of educational information for student-athletes on prevention of concussions by the Athletic Trainer at Middle and Upper School Back to School Nights.

If A Head Impact Injury Occurs:
● If a student demonstrates no symptoms following a sports related impact, the certified Athletic Trainer on duty can clear them for reentry to the practice or game.
● Student-athletes who are exhibiting the signs and/or symptoms of a sport-related concussion or other head injuries during practice or competition shall be immediately removed from play and may not return to play that day.
● Possible Signs of Concussion: (Could be observed by coaches, licensed athletic trainer, school/team physician, school nurse, athletic director, officials)
a. Appears dazed, stunned, or disoriented.
b. Forgets plays, or demonstrates short-term memory difficulty.
c. Exhibits difficulties with balance or coordination.

d. Answers questions slowly or inaccurately.
e. Loses consciousness (must be transported to hospital immediately)

Possible Symptoms of Concussion:(Reported by the Student-Athlete)

a. Headache – number 1 symptom
b. Nausea/vomiting
c. Balance problems or dizziness
d. Double vision or changes in vision.
e. Sensitivity to light and/or sounds/noise.
f. Feeling sluggish or foggy.
g. Difficulty with concentration and short term memory.
h. Sleep disturbance (excess sleep or insomnia)
i. Irritability

Parents/Guardians and respective Division Heads will be notified following a head injury for any student who exhibits concussion symptoms. Students who demonstrate symptoms either during the game/practice or after MUST be evaluated by a physician/medical care professional and may not return to Stuart without a doctor's note and Stuart Physician Evaluation Form.

Students Diagnosed With a Concussion Graduated Return to Competition and Practice Protocol:

- Any student diagnosed with a concussion cannot participate in practices or games until they are symptom free. Once they are symptom free the graded return to play protocol is put into place.
- Complete physical, cognitive, emotional, and social rest is advised while the student-athlete is experiencing symptoms and signs of a sports-related concussion or other head injury. (Minimize mental exertion, limiting overstimulation, multi-tasking etc.)
- After written medical clearance is given by a physician stating that the student-athlete is asymptomatic at rest, the student-athlete may begin a graduated individualized return-to-play protocol supervised by Stuart's athletic trainer. The following steps will be followed:

● Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without re-emergence of any signs or symptoms. If no return of symptoms, next day advance to:
● DAY 1: Approximately 10-15 minutes of light aerobic exercise, which includes walking or stationary cycling, keeping the intensity < 70% maximum percentage heart rate: no resistance training. The objective of this step is increased heart rate. If no return of symptoms, next day advance to:
● DAY 2: Approximately 20-25 minutes of sport-specific exercise including running; no head impact activities. The objective of this step is to add movement and continue to increase heart rate. If no return of symptoms, next day advance to:
● DAY 3: Non-contact training drills (e.g., passing drills, agility drills). The student-athlete may initiate progressive resistance training. If no return of symptoms, next day advance to:
● DAY 4: Following medical clearance (consultation between school health care personnel, i.e., Licensed Athletic Trainer, School Nurse and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and to assess functional skills by the coaching staff. If no return of symptoms, next day advance to:
● DAY 5: Return to play involving normal exertion or game activity.
● In the absence of daily testing by the Athletic Trainer, to clear a student-athlete to begin the graduated return-to-play protocol a student –athlete should observe a mandatory 7 day rest/recovery period. This is applicable for all students K-12.
● If concussion symptoms recur during the graduated return-to-play protocol, the student athlete will stop for that day. The student athlete can return to the graduated return-to-play protocol, once they are symptom free for 24 hours. The return-to-play protocol will be resumed on the last day that no symptoms were exhibited (e.g., if the athlete experienced symptoms on Day 4, they will start up again on Day 3).

Temporary Accommodations for Student-Athletes with Sports-Related Head Injuries:
● Rest is the best "medicine" for healing concussions or other head injuries. The concussed brain is affected in many functional aspects as a result of the injury.

Memory, attention span, concentration and speed of processing significantly impacts learning. Further, exposing the concussed student-athlete to the stimulating school environment may delay the resolution of symptoms needed for recovery.

● Mental exertion increases the symptoms from concussions and affects recovery. To recover, cognitive rest is just as important as physical rest. Reading, studying, computer usage, testing, texting – even watching movies if a student is sensitive to light/sound – can slow a student's recovery. Students who return to school after a concussion may need the following accommodations to be requested via their physician:

● Take rest breaks as needed.
● Spend fewer hours at school.
● Be given more time to take tests or complete assignments. (All courses should be considered)
● Receive help with schoolwork.
● Reduce time spent on the computer, reading, and writing.
● Be granted early dismissal to avoid crowded hallways

AGE ELIGIBILITY

- An athlete becomes ineligible for high school athletics if he/she attains the age of nineteen prior to September 1. However, any athlete attaining age nineteen (19) on or after September 1 shall be eligible for the ensuing school year (NJSIAA Constitution, Art. 5, Sec. 3C)
- Junior High/9th Grade regulations provide that a student becomes ineligible for 9th grade athletics if they reach age sixteen (16) prior to September 1 of that school year. (NJSIAA Constitution, Art. 5, Sec. 3c)
- Students below the 9th grade are not permitted to practice with students of grade nine (9) through twelve (12). Students in grade eight (8) may begin to practice, participate and compete in summer workouts and leagues with students in grade nine (9) through (12) after the completion and graduation of 8th grade

PRE-SEASON, TOURNAMENT TRIPS, AND SPRING TRAINING

Preseason and Spring Training camps have been put in place to ensure all teams are prepared for their upcoming season play. Each August, Stuart will hold an Upper School preseason. This is a mandatory tryout process for all sports. Upon completion, student-athletes who have been selected to the team will be expected to make a full commitment to the program throughout the duration of the season.
During the preseason and spring training sessions, student-athletes will have the opportunity to:

- practice in their respective sport
- learn the proper techniques of strength, speed, and agility exercises
- participate in team-bonding activities

Attending a tournament trip during the season for Varsity teams is not mandatory, but strongly encouraged.

POST SEASON COMPETITION

Post Season competition is limited to the outstanding individuals or teams, whose performance during the regular season merits consideration for participation in tournaments and meets against equally strong competition. The final decision of declaration to participate in postseason competition will rest upon the coach and athletic director.

ATTENDANCE POLICY

The Stuart's Athletics Department is interested in the health, well-being, and safety of all our students. Student-Athletes are expected to attend all team practices and games; however, we encourage students to stay home from school as well as practices/games if they are sick. Understand that athletics is also a Physical Education course requirement that results in a Pass (P) or Fail (F) grade. The policy concerning absences described below is in place to ensure consistency and transparency within the athletics program.

EXCUSED

- After the 1st excused absence, the athlete's coach will make a decision about playing time.
    - Responses to excused absences may vary from team to team and will be stated in writing at the beginning of the season
- After the 2nd excused absence in the same week the student:
    - May not start in the next competition

  - May compete in fewer events in the case of an individual sport
  - Receive a warning and the Director of Athletics will be informed
- After a student has missed 3 days, they will meet with the Director of Athletics
- Some examples of excused absences:
  - Appointments approved by Head Coach in advance (48-hour notice)

    **For additional health related appointments the following parties must be aware in order to provide a season plan for the student-athlete to have an enjoyable and successful experience: School Nurse, Division Head, Director of Athletics, and Athletic Trainer*
  - Religious obligations approved in advance
  - College visits with notification in advance (48-hour notice)
  - School approved trips with notification in advance (48-hour notice)
  - Illness/family emergencies
  -

UNEXCUSED

- After a 1st unexcused absence, the student may not compete in the a quarter/half/set/event of the next competition
- After a 2nd unexcused absence the student may not compete in the next competition
- After a 3rd unexcused absence, the student will be not complete in the next competition and have to meet with the Director of Athletics and Head of Upper to discuss continuing participation on the team.
- Three lateness's will be equivalent to an unexcused absence
- Some examples of unexcused absence:
  - Missing for extending vacation
  - Birthday parties
  - Outside lessons/team practices/tutoring
  - If a student is in school for the day and leaves without being excused by the Nurse

STUDENT-ATHLETE, PARENT, & COACH COMMUNICATION GUIDELINES

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to student-athletes. As parents, when your children become involved in our Athletic Program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the

coach and your child's program. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged.

COMMUNICATIONS PARENTS CAN EXPECT FROM OUR COACHES

- Expectations our coaches have for your child as well as the team.
- Location and time of all practices and contests (located on the website).
- Team Requirements, i.e., special equipment, summer/off-season workouts.
- Disciplinary procedures that result in your child's participation.

COMMUNICATION OUR COACHES CAN EXPECT FROM OUR PARENTS

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance (two-weeks notice).

APPROPRIATE MATTERS TO DISCUSS WITH COACHES

- The treatment of your child mentally and physically.
- Notification of any schedule conflicts well in advance.

FROM THE DIRECTOR OF ATHLETICS

Email is the primary channel through which the Department of Athletics communicates with parents and guardians. In addition, the Department strongly recommends that all parents of student- athletes sign-up for specific team notifications on the athletic website. By signing up for team notifications, parents will receive automatic updates about changes to the schedules of each team.

EMAILS FROM THE COACHES

Coaches of teams are expected to communicate to their student-athletes as a group, and the parents of those student-athletes via email on the following:

- Expectations and requirements for participation by the student- athlete
- Schedules of off-season and pre-season workouts
- Detailed information regarding dates of any pre-season, off campus trip (when applicable
- Competition (game) schedule for the season (changes to the schedule are unavoidable and updated on the website)

OTHER DIGITAL COMMUNICATIONS

Stuart Country Day policy prohibits coaches from using personal cell phones and text messages to communicate with individual student- athletes. Group messaging through an messaging app (Remind and/or Google Classroom.) to the entire team is

permissible as long as it is directly related to team logistics (practice times, cancellations, schedules, updates, etc).

Coaches and team captains are expected to use team group text messages and group email on issues that are only sport-related. Coaches are expected to monitor any team group text message and ensure that all content is consistent with the Stuart Country Day Code of Conduct.

A coach may respond via their Stuart email to a direct inquiry from a student-athlete via email from a player regarding logistics of practice times and cancellations, schedules, etc. Further, coaches and staff members are not permitted to connect personally ("friend" on Facebook or "follow" on Twitter, etc.,) with a student- athlete via social media channels.

TEAM SOCIAL MEDIA ACCOUNTS

All official team communication and publicity are owned and managed through the school's official channels, in alignment with the Acceptable Use Policy and the Social Media Policy that prohibit the unauthorized use of the school's name, logo, trademarks, or intellectual property in digital communications. To protect students, uphold the integrity of Stuart's brand, and ensure consistency in public representation, teams are not permitted to create, operate, or manage independent social media accounts—whether official or unofficial—on behalf of Stuart Athletics.

If a student or group of students is found to be operating a social media account representing a Stuart team or club, the account will be deleted and all school rules, particularly those pertaining to academic honesty, plagiarism, and copyright laws, are applicable. The guidelines, rules, and restrictions set forth in this policy exist to ensure the ethical and safe use of social media accounts at SCDS.

Student-athletes, families, and coaches are encouraged to share photos, stories, and accomplishments with Stuart Athletics and the Office of Marketing & Communications.

STUART ATHLETIC MEETINGS

In addition to email communications throughout the year, the Athletics Department will host or co-host several meetings open to the parents. Participation is highly encouraged. In all cases the Athletics Department will post these dates on the athletics webpage, school calendar, social media sites and send an email reminder of the meeting. These may include:

- Sports kick off BBQ – prior to the start of the sports season in fall pre-season the Director of Athletics will host a meeting of all Upper School coaches, student-athletes and parents
- NCAA Information night- co-hosted with Stuart's Office of College Counseling, takes place annually and is recommended for student-athletes and their parents in grades 9, 10 and 11
- Spring break trip information meeting- required for all student athletes and their parents who are participating in an off-campus spring sports trip
- Sports Awards Banquet – conducted in the spring annually to honor student-athletes achievement in their respect sports, all teams, coaches and parents attend

TEAM EQUIPMENT AND UNIFORMS

It is the responsibility of the student-athletes to care for and return all clothing and equipment that she has been issued at the beginning of the season. If any equipment is lost, damaged, or not returned, the student-athlete will be charged the replacement cost of that equipment ($200). In addition, a student-athlete will not be issued a uniform or equipment for her next athletic season if the prior season's items are not returned. Each team may choose to order athletic apparel for their season from the athletics page.

ATHLETICS WEBSITE

The Athletics portion of the Stuart Athletics Website contains information regarding team schedules, directions to venues, news, pictures, and other pertinent information. Please note team schedules are subject to change and regularly checking the website is highly recommended. The Athletic Department highly recommends opting in to receive updated emails/texts directly to your devices.

ATHLETIC AWARDS

The Athletic Department hosts an athletic banquet yearly to honor and recognize all JV and Varsity athletes in the Upper School. Teams with a roster of 12 or more receive 3 awards (MVP, MIP, Tartan, or Most Team Spirit). All-Prep Certificates and Varsity Letters are presented at the Banquet.

TEAM MANAGERS

The team manager plays a very important role as part of the team they are managing. Managers are required to be present for all home games. They are responsible for both pre-game and game-time duties at the scorer's table. In addition, coaches may ask

other sport specific responsibilities of the team manager. Repeatedly missing games will result in a manager's removal from the team. Managers will receive a P (pass) or F (fail) for the season.

EXEMPTIONS (PHYSICAL EDUCATION INDEPENDENT STUDY)

Open to Grades 9 through 12, a student in an advanced (amateur/nationally ranked) or competitive level in an activity not offered at Stuart may pursue this activity independently. If the following conditions are met, the student may enter into a pass-fail contract for the activity and receive physical education credit. The conditions of this program must be met in full for a student to receive approval to participate and to receive credit. Approval is granted by the Director of Athletics, Head of Upper School, and Dean of Students. Click on this link to see the formal application.

NJSIAA MISSION STATEMENT

The NJSIAA, a private, voluntary Association is committed to serving all types of student-athletes, its member schools, and related professional organizations by the administration of education-based interscholastic athletics, which support academic achievement, good citizenship, and fair and equitable opportunities. We believe our member schools, along with their leagues and conferences, share the following convictions:

- A safe and healthy playing environment is essential to our mission.
- Participation in interscholastic athletics enhances the educational experience of all students.
- Interscholastic athletics is a privilege.
- Excellence in both academics and athletics is pursued by all.
- Interscholastic participation develops good citizenship, promotes healthy lifestyles, fosters involvement of a diverse population, and promotes positive school/community relations.
- Rules promote fair play and minimize risk.
- Cooperation among members advances their individual and collective well-being.
- Training of administrators and coaches promotes the educational mission of the interscholastic experiences.
- Properly trained officials/judges enhance interscholastic competition.
- The NJSIAA is the recognized state authority on interscholastic athletic programs

COLLEGE RECRUITING RESOURCES

Stuart Country Day has had several student-athletes continue their collegiate careers at the NCAA Division I, NCAA Division II, and NCAA Division III, as well as play college club sports. The Stuart varsity athletics programs are represented at many colleges such as Princeton University, Georgetown University, Boston University, UPenn, Bucknell University, Tufts University, Coast Guard Academy, and many others. If you are committed to play sports in college, please contact the Director of College Counseling and the Director of Athletics.

NCAA Information - Want to Play College Sports?

- Division I
- Division II
- Division III

NCAA Eligibility

- NCAA Guide for the College Bound Student-Athlete
- NAIA Information
- NCSA College Recruiting

Recruiting Timeline - Understand that the recruiting process is different for many and this timeline is a general suggested student-athlete timeline. The years run from approximately September-August. Timelines can be sport specific and NCAA Division specific and subsequently be adjusted.

Freshman Year (Academic and Athletic Development)

- Start to identify your academic and athletic fit
- NCAA recruiting education
- Fill out online questionnaires, get on college athletic program's databases
- Visit campuses, attend a game/contest, attend a camp
- Register with the NCAA Eligibility Center

Sophomore Year (Academic and Athletic Development)

- Identify your academic and athletic fit
- Gather and store online academic and athletic information
    - Transcript
    - Class schedules
    - SAT/ACT test scores if taken
    - Athletic video
    - Any appropriate athletic measurables
    - Continue campus visits

- Other recruiting opportunities-showcases, combines, independent camps
- Communicate with college coaches as allowed, possible verbal scholarship offers and commitments

Junior Year

- Continue Academic and Athletic Development and fit
- Register with NCAA Eligibility Center if not already done so
- Communicate with college coaches-email, phone, text, seek feedback per NCAA rules
- Campus Visits-Unofficial Visit?, attend camps and or game/contest
- Other recruiting opportunities-showcases, combines, camps
- Official Visit - verbal scholarship offers and commitments

Senior Year

- Continue Academic and Athletic Development and fit
- Admissions Pre-Read at top schools?
- Coach Support in admissions or on your own?
- Communicate with College Coaches-email, phone, text
- Verbal Offers and Commitments
  - Verbal are non-binding, your word v. coach's word
  - Timeline for a decision
  - Scholarship offer
- Campus Visits-Unofficial/Official
- Application Deadlines and Decisions, Early Decision?
- Letter of Intent (can happen during different timelines)
- Graduation!

IMPORTANT LINKS

Stuart Athletics Physical Exam Requirements

Preparticipation Physical Evaluation Form

Requirements for Athletes

Stuart Team Athletic Page

Stuart Team Athletic Calendars

Stuart Athletics Spirit Shop

Stuart Sports Camps

Middle & Upper School Handbook

Thank you for taking the time to review the Athletic Department Handbook with your daughter. If you have any further questions regarding the athletic program at Sacred Heart, please do not hesitate to contact Chelsea Moran, Director of Athletics, at cmoran@stuartschool.org or (609) 921-6117.