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Message From The Director of Athletics

The purpose of this handbook is to inform our athletes and their parents about the policies, procedures, rules and regulations of the Athletic Department so that we all have a clear understanding of the expectations we maintain for the young men and women who represent Newark Academy’s sports teams.

I urge you to please read each section carefully so that there is clarity as to the responsibility each athlete has to his or her team and likewise, the responsibility our coaches have to their athletes. To participate in a varsity athletic program is to understand the sense of commitment that this participation demands of the athlete. It is not a part-time or convenient commitment; it is about making the personal sacrifices it takes to achieve team goals. These sacrifices begin the first day of pre-season practice and carry on throughout the season and, as much as possible, during the off season.

It is not easy to achieve excellence in sports at the same time you are seeking excellence in the classroom. However, the pursuit of one is not an excuse to let down the other. It is not an easy task to meet the physical demands of athletics and the educational demands of the student, but nothing worthwhile is ever achieved without hard work and dedication. The true student/athlete understands the resolve it takes to accomplish such lofty goals and the effort it requires. For this reason, I have always believed that the dedicated student athlete is a special breed.

It is our expectation that our student athletes and their parents will work together with our coaches to see to it that we are all doing our very best to achieve great things for Newark Academy athletics.

Ed Manigan
## NEWARK ACADEMY
### SPORTS PROGRAMS

## FALL

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<tr>
<th>Sport</th>
<th>Coach</th>
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<tbody>
<tr>
<td>Boys/Girls Cross Country</td>
<td>Jon Olesky</td>
<td><a href="mailto:olesky@gmail.com">olesky@gmail.com</a></td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Gina DiMaio</td>
<td><a href="mailto:coachdimao@verizon.net">coachdimao@verizon.net</a></td>
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<tr>
<td>Football</td>
<td>Steve Trivino</td>
<td><a href="mailto:minutemenfootball@gmail.com">minutemenfootball@gmail.com</a></td>
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<tr>
<td>Girls Tennis</td>
<td>Arky Crook</td>
<td><a href="mailto:arkycrk@aol.com">arkycrk@aol.com</a></td>
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<tr>
<td>Boys Soccer</td>
<td>John Cali</td>
<td><a href="mailto:jrc47@optonline.net">jrc47@optonline.net</a></td>
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<tr>
<td>Girls Soccer</td>
<td>Jay Torson</td>
<td><a href="mailto:jtorson@newarka.edu">jtorson@newarka.edu</a></td>
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<tr>
<td>Girls Volleyball</td>
<td>Carol Spooner</td>
<td><a href="mailto:cspooner@newarka.edu">cspooner@newarka.edu</a></td>
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## WINTER

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<tr>
<td>Boys Basketball</td>
<td>Jim Stoeckel</td>
<td><a href="mailto:coachstoeckel@yahoo.com">coachstoeckel@yahoo.com</a></td>
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<td>Liz Bona-Beach</td>
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<td>Boys/Girls Fencing</td>
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<td>Boys/Girls Swimming</td>
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<td><a href="mailto:wblomn@newarka.edu">wblomn@newarka.edu</a></td>
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<tr>
<td>Wrestling</td>
<td>Jay Gerish</td>
<td><a href="mailto:jay@kathyjeanne.com">jay@kathyjeanne.com</a></td>
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## SPRING

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<td>Frank Dasti</td>
<td><a href="mailto:frankdasti33@hotmail.com">frankdasti33@hotmail.com</a></td>
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<tr>
<td>Boys Tennis</td>
<td>Arky Crook</td>
<td><a href="mailto:arkycrk@aol.com">arkycrk@aol.com</a></td>
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<tr>
<td>Golf</td>
<td>Robin Curtis</td>
<td><a href="mailto:rscgpa@aol.com">rscgpa@aol.com</a></td>
</tr>
<tr>
<td>Boys Lacrosse</td>
<td>Ted Gilbreath</td>
<td><a href="mailto:tgilbreath@newarka.edu">tgilbreath@newarka.edu</a></td>
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<tr>
<td>Girls Lacrosse</td>
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<td><a href="mailto:meghanhar@gmail.com">meghanhar@gmail.com</a></td>
</tr>
<tr>
<td>Softball</td>
<td>Sergio Rodriguez</td>
<td><a href="mailto:sergo21@aol.com">sergo21@aol.com</a></td>
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<tr>
<td>Boys/Girls Track</td>
<td>Jon Olesky</td>
<td><a href="mailto:olesky@gmail.com">olesky@gmail.com</a></td>
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Newark Academy Athletic Philosophy

We strongly feel that our athletic philosophy complements the educational process at Newark Academy. We believe that the educational experience at Newark Academy consists of both academic and extra-curricular endeavors. We are committed to those students who choose interscholastic sports as one of their extracurricular activities and to providing an athletic experience equal to other facets of their education. We believe that athletics offers opportunities for personal growth, character building and development of such individual characteristics as self-esteem, self-confidence and competitiveness. The playing arenas can be classrooms where dedication, cooperation, teamwork, and sportsmanship are learned as part of the spirit of competition. We expect athletes who represent Newark Academy to work toward team goals and to conduct themselves with honor, integrity, and sportsmanship at all times. Unsportsmanlike conduct by players, coaches, or spectators will not be tolerated.

We believe that our athletes should be provided with a realistic opportunity to be successful in competition. We will compete against schools whose size and philosophy are comparable to our own and will offer a wide range of choices for athletes while remaining cognizant of the number of teams a school our size can field competitively. In recent years, NA athletic teams have achieved significant goals including Conference, County and State championships in a number of varsity sports. Our athletes have earned individual honors and many have gone on to compete at the collegiate level. This commitment to excellence will be maintained as we enter a new era of athletic competition as a member in the newly formed Super Essex Conference.

In order for interscholastic sports to be a functional part of the entire curriculum and in order to maintain academic standards during an active athletic season, it is important that all members of the Newark Academy community support and recognize the effort our athletes put forth. We will encourage and promote communication between the Athletic Department staff and the academic faculty so that any issues that may arise as a result of conflicting demands on the student can be addressed cooperatively as early as possible.
Facilities

Newark Academy strives to provide the best facilities for its student athletes. The grounds of the Academy are home to 23 varsity programs and 51 competitive teams. These facilities include:

- Baseball Diamonds (2)
- Girls Lacrosse Field
- 400 Meter All-Weather Track
- Soccer Fields (2)
- Softball Fields (2)
- 10 All Weather Tennis Courts
- William G. Wrightson Gymnasium
- Danco Family Fitness Center
- Training Room
- Kirby Family Gymnasium
- Greco Family Wrestling Room
- Cetrulo Family Fencing Room

The Newark Academy Golf team plays home matches at Green Brook Country Club.

Contest Schedules/Game Information

Schedules for all sports are constantly updated and posted on the NA web page, www.newarka.edu. From our web page click on the Athletics tab and then Team Pages. Select the sport of your choice from the drop down menu and the schedule will be displayed. Directions to away contests are available by clicking on Directions/Location found below each scheduled contest.

In the event of inclement weather or other circumstances which may necessitate a change of schedule, we provide an up-to-date recording of each day’s events on our athletic hotline at 973-992-7000, ext. 333.
Upper School Policies and Procedures

An athlete who is selected for a team acknowledges a commitment to practices and contests beginning with the season’s designated starting date through post-season tournament and championship play including vacation periods. This commitment is crucial in order for a team to succeed. If a student is in school he/she is expected to be at practice.

Pre-season participation (the period of time before the first scheduled contest) is regarded as an integral part of a team’s preparation for the season. Fall season athletes should anticipate beginning pre-season practice in mid August while winter and spring sport athletes should anticipate practice and, in some instances, contests during the December and March vacation breaks.

Saturday practices in all sports are scheduled at the discretion of the coach and may not be longer than three hours in duration. Athletes should expect Saturday practice as the rule not the exception. No Sunday practices are allowed without permission of the Athletic Director.

The schedule of interscholastic contests is published prior to the beginning of each season and is distributed to all players and families. The number of scheduled contests per season varies with each sport, but each athlete should be prepared to participate in two to three contests per week. Saturday games are a regular part of the season schedule in the Fall and Spring. Friday evening contests are a regular part of the winter season schedule. Schedules may change with little prior warning for a variety of reasons (rain, snow, tournaments, etc.). Notice of schedule changes will be given to athletes as soon as possible. In those instances, when changes occur with little advance notice, athletes and their families are expected to adjust to those changes as needed. When schedule conflicts occur, an athlete’s primary responsibility is to the team unless excused by the coach.

When a student commits to a Newark Academy athletic program for the season, he or she is expected to attend all practices and trips that are part of the training for that program. When faced with a conflict between the commitments of an NA program and those of a voluntary
nature (e.g. a cultural or family trip), students must understand that the program commitments assume priority. Although no student may be removed from a program for non-attendance, consequences regarding his or her participation and/or role in the program will likely result.

In the event that a student is participating on a Newark Academy team and an outside team concurrently, the Newark Academy team is regarded as the athlete’s primary responsibility, if there is a conflict. An athlete seeking an exception for special circumstances must discuss the conflict well in advance with the coach. The final decision rests with the coach and athletic director.

**Attendance**

- Athletes must be in school by 9:30 a.m. to participate in that day’s athletic contests or practices unless excused by the Dean of Students.
- Doctor’s appointments should be scheduled other than during practices or games.
- Athletes are required to notify their teachers if they will miss a class due to early dismissal. It is the student’s responsibility to make up any missed assignments and be prepared for class.
- College visits should be scheduled not to conflict with in-season practices and games. Check with coaches to determine any open weekends before scheduling any trips.
- Absence from school or religious observance should be the only reasons to miss a game or practice. If an athlete must miss a practice or game for unforeseen or unavoidable circumstances, the athlete must notify the coach or athletic director prior to the absence.
- In any sport, if an athlete misses a practice or game for an unexcused or unreported reason, the athlete will not play in the next game and is subject to further discipline as determined by the coach and athletic director.
Transportation

- All athletes are expected to ride to and from an athletic contest on the team bus or van.
- Following a game, if necessary, an athlete may leave with his/her parent after notifying the coach. Parents must make direct contact with the coach when picking up an athlete after a game.
- An athlete may leave with another adult ONLY when written permission from the athlete’s parents is given to the coach.
- An athlete may drive his/her own car to a contest with written permission, only if necessary for a specific situation. This policy should not be abused and must be approved by the Athletic Director in advance.

Team Selection

The range of competition in the athletic program varies as athletes move from junior varsity (JV) to varsity teams. All teams are taught skills, techniques and fundamentals appropriate to the degree of competition. Playing time and coaches’ expectations are different at each level.

JV LEVEL: JV teams are open to students in grades 9-11. Seniors may not play on a JV team. Normally there are no cuts at this level, unless numbers on a JV team exceed a reasonable coach/player ratio. The goal at the JV level is to encourage participation in preparation to moving to the varsity level. Playing time at this level is based on commitment, work ethic, skill and understanding the strategies of the sport. While we do try to get everyone into games, if possible, no one is guaranteed playing time.

VARSITY LEVEL: While varsity level teams are open to students in grades 9-12, these teams are selective and competitive as the goal is to put the best team possible into competition. The most skilled and most prepared athletes will earn the most playing time although, once an athlete reaches this level, all members of the team play a valuable role. Playing time is not always evenly distributed and will be at the discretion of the Head Coach.

Regardless of what level an athlete plays, attendance, work ethic, skill, knowledge of the game, sportsmanship, attitude and an overall commitment to the team concept are prerequisites to participation.
Code of Ethics: Players, Coaches, Parents

As a student-athlete at Newark Academy, you have a responsibility to:

• embrace the highest ideals of sportsmanship, ethical conduct and fair play and represent Newark Academy with honor, on and off the field,
• adhere to the policies, procedures and team rules set down by your sport,
• show courtesy and respect to your teammates, coaches, opponents, officials and spectators, both in victory and defeat,
• understand and uphold the rules of the game in your sport,
• conduct yourself in a respectful manner by avoiding trash talking, taunting, offensive remarks and any behavior that demeans individuals, your sport and your school,
• balance the commitment to academics and athletics, with the goal of excellence in each endeavor. It is what sets you apart from the average student.

As a coach at Newark Academy, you have the responsibility to:

• embrace the highest ideals of sportsmanship, ethical conduct and fair play while representing Newark Academy with honor, on and off the field,
• show courtesy and respect to visiting teams and maintain your composure to avoid confrontations with officials, parents, fans and opposing coaches
• communicate both practice and game schedule changes and any other pertinent information to parents as soon as possible,
• communicate to your players and parents in a timely fashion your philosophy in choosing captains, awarding letters and guidelines for participation

As parents of a Newark Academy student athlete, you have the responsibility to:

• embrace the highest ideals of sportsmanship, ethical conduct and fair play,
• support the coaching staff and refrain from undermining their authority or criticizing them publicly,
• work with coaches to help adjust schedules, recognizing that some changes are beyond our control.
Player/Coach and Parent/Coach Communications

Player/Coach Relationship:
Strong communication between athlete and coach is essential to the success of any program and the development of individual skills. If an athlete has a question or concern, he/she is strongly encouraged to speak directly to the coach. Many concerns can be resolved with this first step in communication.

Parent/Coach Relationship:
Both parenting and coaching are difficult tasks. By establishing a clear understanding of each responsibility, we are better able to accept the action of the other and provide a greater benefit to the athlete.

Communication parents should expect from the coach and program
- Philosophy of the coach
- Expectations the coach has for the athlete
- Participation guidelines and consequences for infractions

Communication coaches expect from parents
- Notification in advance of schedule conflicts
- Notification of illness or injury

Appropriate concerns for parents to discuss with coaches
- The treatment of your child
- Ways to help your child improve
- Concerns about your child’s behavior

Issues not appropriate to discuss with coaches
- Playing time
- Play calling
- Team strategy
- Speaking on behalf of other parents
- Other student-athletes

Effective communication between a coach and parent depends on the following
- Never approach a coach immediately after a game to voice a concern or criticism. Concerns should never be voiced in a public forum.
- Have the athlete communicate the concern to the coach; no resolution, then
- Parent can approach the athletic director
Middle School Policies and Procedures

Middle school students will be let out of class, Monday thru Thursday at 2:10 pm and practice to 3:15. Every Friday, if there is not a scheduled middle school game, there is no practice and middle school classes end at 2:25. Please note that there may be times when there will be a middle school game scheduled on a Friday. Also, four times per season, coaches will have the opportunity to extend their practices beyond the 3:15 deadline, but not later than 4 pm, to have more opportunity to work with their teams. These extended practices must be announced well in advance and communicated to parents as well as athletes.

In certain sports, to be decided each season, we will create an ‘A’ and ‘B’ team structure in our middle school programs. The creation of the ‘B’ level program would assure that all students have the opportunity to participate in the sport of their choice, while the ‘A’ level program would afford the opportunity for our more advanced athletes to participate at a more competitive level.

As always, interscholastic contests occur after school, usually beginning at 3:45. During the practice period, athletes are expected to be on time and be prepared to participate. If a student is detained for any reason, written explanation is required to be presented to the coach. Failure to attend practice without prior knowledge and permission of the coach constitutes a class cut for which a detention is assigned.

Participation in a middle school athletic program is a commitment to participate in all scheduled games, matches, and meets unless absence from school or religious obligations intervene. The schedule of inter-scholastic contests is published at the beginning of the season and is distributed to all players and families. These schedules can be found on the Newark Academy web page, www.newarka.edu. We update the schedules continuously as games are added or rescheduled. The number and schedule of contests per season varies with each sport but each athlete should be prepared to participate in two or three contests per week. Saturday and vacation practices and contests are not a part of the usual schedule; however, participation on weekends may occur on special occasions such as tournament play or school events (Parents Day, Homecoming). Occasionally teams returning from away contests will return to school after 6:00 p.m. thus missing the late bus. In these cases plans must be made in advance for alternate transportation.
Middle School Sports Exemption

Some students demonstrate exceptional skill and great dedication to an athletic activity that Newark Academy does not offer as part of the Middle School Athletic Program in a particular season. To encourage continued growth and development such a student may apply to be excused from the school athletic program for one season per year.

The following criteria must be met:

- The student must be receiving professional instruction and devoting time to their program that equals or exceeds the time commitment of Newark Academy’s Program. Such a time commitment should involve several 3 or more weekday practices or instruction and should not occur just on weekends.
- The student must be supervised by an instructor, coach, or teach who will indicate a responsibility to see that they specified program is followed. A written report from the coach or student is required at then end of the specified program.
- The student must have specific and substantial goals such as eligibility for competition at regional or high levels.
- The student must be bale to demonstrate that these goals cannot be achieved while participating in the school athletic program.
- Proposals should be addressed to the Middle School Principal. Decisions on proposals will be made after consultation with the Athletic Director.
- Application for such as exemption must be each year.
- The student may not leave school before 2:25pm

Medical Procedures

Physicals

All Newark Academy athletes must have a current physical on file to participate in interscholastic sports. This physical must be completed not more than one year prior to the start date of the season in which the student-athlete wishes to participate. Physicals taken prior to March 15th are not valid and will not satisfy requirements for all three seasons of the following school year.
Medical Updates and Emergency Cards
All Newark Academy athletes must have a medical history/permission slip filled out no more than 60 days prior to EACH season. A copy of the emergency medical card will be carried with the appropriate team to each of the games in the emergency response kit. This will provide a coach the information that is necessary if an emergency situation should arise.

Impact Testing
During the 2008-2009 school year, Newark Academy was awarded a matching funds grant for a three-year subscription for a pre-season testing and concussion management program offered by the Brain Injury Association of New Jersey, Inc. This testing program, more commonly referred to as ‘impact testing’, will be administered by our ATC (certified trainer) and school nurse to all upper school athletes who participate in soccer, football, field hockey, basketball, wrestling, baseball, softball and lacrosse, and all middle school athletes who participate in football, soccer, wrestling and lacrosse. The program is set up to offer baseline and post-concussion testing for athletes. The impact test is designed to test reaction time to predetermined stimuli, to measure how well memory is working and to reveal any concussive symptoms. Test results are stored in an online database and can be accessed in the event of a head injury or concussion. We will use these baseline results for comparisons when and if any of our athletes sustains a concussion. In these instances the test will be administered by the athletic trainer or nurse after symptoms have disappeared. While our ATC can administer the test, only our team physician or a doctor of the athlete’s family’s choice can interpret the results. The athlete may then be referred to our team physician or to his or her own doctor for follow-up, if deemed necessary. It will be the doctor’s decision to determine when it is safe for that athlete to return to play.

A note of caution…symptoms (headache, dizziness, for example) caused by a blow to the head will not always be noticed by an ATC, coach or doctor. When players experience such symptoms it is incumbent upon them to bring those symptoms to the attention of one of the aforementioned adults. This last point is most important. Too often, in the environment of competitive athletics, some athletes may be reluctant to come forward fearing that they will be perceived as ‘weak’ or ‘whining’, when the reality is that they are doing the right thing to protect themselves from injury. The personal safety of our athletes is our first and foremost responsibility. It is also the responsibility of each athlete. It is always better to be safe than sorry.
Athletic Trainer and the Training Room
Newark Academy provides a full time Athletic Trainer certified by the National Athletic Training Association (NATA) and licensed by the state of NJ Medical Examiners for all of its athletes. The Athletic Trainer will provide emergency care to injured athletes, design and supervise rehabilitative routines, work in conjunction with an athlete’s doctor to rehabilitate an athlete and offer training and conditioning advice that may help lessen the chance of injury. The training room at the Academy is equipped to provide great care for our athletes. Thermotherapy and criotherapy are a few of the modalities that are at the disposal of our Athletic Trainer. When further evaluation and rehabilitation is needed, our Athletic Trainer is in contact with a student-athlete’s physician to make sure that all of the doctor’s orders are being followed. Because of the serious nature of injury care and rehabilitation, the training room should not become a hangout.

Injured Athletes
Injured athletes are expected to attend practice and contests in order to support their teammates and maintain contact with team preparations. Their rehabilitation schedule should be coordinated with our athletic trainer. Athletes who are ill should call the coach daily if they are going to miss practice.

Medical Release Forms
Any student-athletes who require medical attention by a physician must have written proof from a physician that they are permitted to return to activity. The Athletic Trainer will then inform the coach of any restrictions or limitations that the student athletes might have.

Locker Rooms
All Newark Academy athletes using a locker to store their equipment and clothing will be assigned a locker. Each locker must be secured with a school purchased lock. Any locker that is not secured will be locked by the Athletic Department and the contents will not be released until the occupant can produce a school lock to secure the locker.

As of the 2007-2008 school year, Newark Academy has instituted a MRSA policy applicable in part to our athletic locker rooms. It is
the responsibility of each team to make sure that at the end of the day our athletes have picked up after themselves and put everything in their locker. At the end of each week, all lockers are to be emptied and clothes taken home so that the lockers may be disinfected.

At the end of each season, athletes using the Upper School and Middle School locker rooms must clean out their lockers and take all clothes home so that all lockers can be cleaned and disinfected. **Any clothing left out on a daily, weekly or seasonal basis will be bagged and thrown out or given away.**