

Egg Harbor Township

Baseball

Team Book

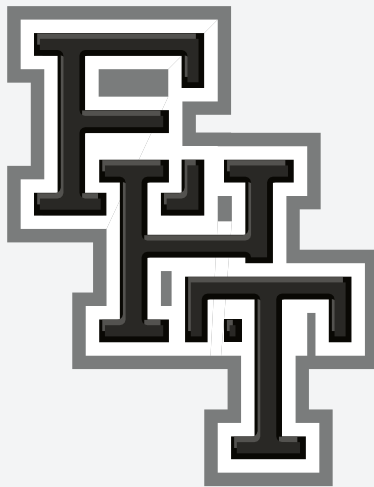


TABLE OF CONTENTS

- I. Mission Statement**
- II. Program Goals**
- III. Player Expectations**
- IV. Team Selection Process**
- V. Team Cuts and Player Participation**
- VI. Egg Harbor Township Baseball Communication Process**
- VII. Egg Harbor Township Philosophy for Student Athletes**
 - a. Expectations of Athletes**
 - b. Disqualification**
 - c. Athletic Eligibility**
 - d. Scheduling of Practice and Contests**
 - e. Training/Participation Rules**
 - 1. General Regulations**
 - f. Rules Concerning Substance Abuse**
 - 1. Disciplinary Action**
 - g. Attendance**
- VIII. Egg Harbor Township Baseball Team Rules and Policies**
- IX. Keys to Winning**
- X. Sportsmanship**
- XI. Team Equipment and Uniform Policy**
- XII. Travel Release Procedure**
- XIII. College Preparations Guidelines**
- XIV. Guidelines for a Successful College Visit**
- XV. Team Championships**

MISSION STATEMENT

***Develop student-athletes who are committed to achieving excellence
in the classroom, on the field, and in the community.***

PROGRAM GOALS

- 1. Field a successful team at all three levels**
 - A. In the classroom – collection of report cards and interims**
 - B. On the field**
 - C. In the community**
- 2. Provide each player with the opportunity to learn, develop, and improve baseball skills on a daily basis.**
- 3. Provide each player with an atmosphere that encourages mental, social, and emotional maturity.**
- 4. Open doors for college advancement.**

PLAYER EXPECTATIONS

An athlete in the Egg Harbor Township Baseball Program is expected to:

- 1. Show up on time.**
- 2. Work hard.**
- 3. Maintain a positive attitude.**
- 4. Dedicate yourself to improvement every day.**
- 5. Put the TEAM ahead of personal goals.**
- 6. Respect your coaches, teammates, opposing teams and officials.**
- 7. Encourage your teammates.**
- 8. Discuss questions or concerns with your coach in a positive, mature manner.**
- 9. Represent the program appropriately on the field, in the classroom and in the community.**
- 10. Remember your priorities. Family first, academics second, athletics third.**

TEAM SELECTION PROCESS

All students who are interested in trying out for the baseball team will be evaluated during the try-out period that is for a minimum of three days once practice begins. Students who make it through the first try-out period will then commence a second three day try-out period. If a student-athlete shows up late for no legitimate reason, he will be evaluated based on a minimum of three days. (Only practice days count toward a try-out period. At no time, will scrimmages or games count towards practice days).

Injuries at any level of play, at any time during the three days of try outs, should be reported to the coach and be evaluated by the trainers and/or school medical examiner before the student-athlete can return to 100% participation. The try-out would then occur during a three-day period. If injuries are reported to the coach after cuts are made, the try-out evaluation will stand.

Note: Players cannot participate in scrimmage/games until six days of practice have been completed.

Team Cuts and Player Participation

- 1. The number of participants in some athletic programs is limited. This requires that some prospective participants be cut from the squad, based upon the determination of the head coach and his staff. The head coach makes the final decision in such cases. Players will be kept on teams based on playing ability, not grade level or program loyalty. The sport and the number of coaches, the number of levels, and the facilities available determine team size.**
- 2. Objective ratings must be done by coaches on players who are trying out for a team. Explanation of criteria will take place at player/parent pre-season meeting.**
- 3. Head coaches must make difficult decisions regarding which athletes play when and how much. We ask parents and students to respect the decisions of the head coach. It would be virtually impossible for an athletic program to function if a coach were unable to make decisions regarding the amount of playing time and which athletes play during the contests. Any student and/or student's parents may discuss these decisions with the coach. If the student and/or student's parents are not satisfied at this point, they may contact the Athletic Director. The Athletic Director may, at his discretion, discuss the concern with the coach, student or the student's parents, but in no case shall the Athletic Director or Principal have the authority to compel the coach to alter these discretionary decisions.**
- 4. Freshmen are allowed to participate at the varsity level. In order for this to occur, a meeting must take place with player, coach, and parent to explain expectations, ramifications, and impact.**
- 5. Student athletes will not be allowed to try-out for a team after the final roster is submitted and the first game / scrimmages have been completed. Athletes cut from a team may try-out for another sport if roster spots are available.**

Freshman Baseball

The purpose of the Freshman program is to:

- Develop and refine basic skills and conditioning of the athlete.
- Introduce, explain, and reinforce the rules of the sport.
- Assess the student's athletic ability which will lead to a continued involvement in the sport.
- Provide playing time to all participants, at the coaches' discretion.

The freshman team will consist of ninth graders who have demonstrated intellectual skills, proper attitude, physical skills, and sport specific skills that indicate a potential to be varsity players. The numbers of players may vary from season to season.

Junior Varsity Baseball

The purpose of the Junior Varsity program is to:

- Further develop skills of the athlete.
- Increase the intensity of the competition.
- Prepare the athlete for the varsity level.
- Place more emphasis on winning, but not to the extent of the varsity level.
- Provide opportunities for playing time as game conditions merit.

The Junior Varsity team will consist primarily of sophomores, possibly juniors or freshmen who have demonstrated the ability to start as JV players may also be members of the team. The JV players must exhibit the required intellectual skills, proper attitude, physical skills, and sport specific skills that indicate a potential to be a varsity performer over the next two years. In rare circumstances, a junior who shows the potential to be a varsity player may play JV if the varsity is particularly strong overall or at his/her position. The numbers of players may vary from season to season.

Varsity Baseball

The purpose of the Varsity program is to:

- Develop the physical skills and conditioning of the athlete to his fullest potential.
- Provide talented athletes the chance to excel.
- Provide the athletes with the opportunities to learn set goals, strive to achieve them, and serve as role models for younger athletes.
- Develop program goals that include winning, team building skills, and enjoyment of the sport.
- Provide athletes and parents with notification during the pre-season if the coach feels the player will see minimal playing time.

The Varsity team will consist primarily of juniors and seniors, but may include freshmen and sophomores whom have demonstrated the ability to be starters or key contributors. Juniors must show the potential to be varsity players over the next two years in order to be members of the varsity team. The varsity player must show the mental skills, proper attitude, physical skills, and sport specific skills needed to be starters or essential contributors to the success of the team. The total number of players may vary from season to season.

Note: Regardless of the level, each player must demonstrate the skills needed to be a member of the baseball program. No player is guaranteed a position in the present year because he was a part of the program the previous year.

Egg Harbor Township Baseball Communications Process

When a player or parent has questions or concerns regarding the program or a player's individual role on the team, it is important to keep in mind the following communications process that has been adopted by the baseball program. This process provides an effective and efficient progression, focused on solving any problem that may develop throughout the season.

FOUR STEP ACTION PLAN

STEP 1- The concerned player should approach his immediate head coach to schedule a time to discuss his questions or concerns. If the player does not feel comfortable and satisfied with the outcome of this meeting, he should move forward with Step 2.

STEP 2 The concerned player should request a meeting involving himself, his immediate Head Coach and the Varsity Head Coach. If the player does not feel comfortable and satisfied with the outcome of this meeting, he should move forward with Step 3.

STEP 3- A meeting involving the player, the necessary Egg Harbor Township baseball coaches and parent(s)/guardian(s) should be requested via e-mail. This e-mail should include a brief explanation of the player/parent concerns. If this meeting does not resolve the situation, the player and his parents should then move forward with Step 4.

STEP 4 A meeting should be requested involving the player, appropriate Egg Harbor Township baseball coaches, parent(s)/guardian(s), and the Athletic Director. If all the parties involved are still not comfortable with the outcome of this meeting, additional alternatives should be discussed to resolve this matter.

ADDITIONAL INFORMATION

1. All discussion should focus on *individual* questions or concerns.
2. The performance and ability of other players will not be a subject of discussion. This is contrary to our team values of mutual respect and support.
3. Before leaving any meeting, be sure to clarify and summarize your thoughts and feelings. This will ensure that everyone involved has a clear understanding of the meeting's outcome.

Egg Harbor Township Philosophy For Student Athletes

Statement of Philosophy

The Egg Harbor Township School District interscholastic athletic program is congruent with the school's Mission Statement and Beliefs and is designed to complement and contribute to the total educational program of the students. It facilitates the process through which student/athletes strive toward their potential, allowing them to become aware of the talents they possess, and nurtures them en-route to a more productive adult life. Our athletic program is one window through which the community views the Egg Harbor Township School District. The community should see a program of professionalism, safety consciousness, dedication, and a true concern for the over-all development of the student/athletes.

We believe...

1. Participation in varied, sound, and wholesome athletic programs contributes to health, physical skill, social competency, and moral values.
2. Cooperation and competition are learned through athletics and are important components of life.
3. That success can be achieved through effective communication, mutual respect and trust between coaches, athletes, parents, officials, and administrators.
4. Our athletes should know how to deal with defeat in a sportsmanlike manner, but should also know the feeling of winning and how it develops self-esteem and motivation for life's challenging tasks.
5. It is important to offer a wide range of interscholastic sports and levels for student/athletes so that their unique talents and interests can be valued and nurtured.
6. All athletes are accepted and valued as individuals, but learn to integrate and function as a team.
7. Egg Harbor Township nurtures a wholesome respect for competition and competitors and emphasizes sportsmanship and fair play within the rules and guidelines.
8. Athletes will learn and perform best in an environment that respects and values athletes, teammates, coaches, officials, and opponents.
9. That after selection to a team, each athlete has the right to participate at a level compatible with his/her maturity and ability.
10. Team concept should be emphasized over individual laurels.
11. In an environment which allows for individual development through freshmen, junior varsity, and varsity competition, where applicable.
12. That student's benefit from an athletic environment in which coaches serve as role models, facilitators, and mentors.
13. Athletes learn and improve in an environment that is both demanding and encouraging.
14. In helping our athletes develop physically by learning sport skills, improving physical conditioning, developing good health habits and avoiding / caring for injuries.
15. That in challenging each athlete to strive toward their potential, we provide them with a safe and healthy environment, while building self-esteem.
16. Coaches help our athletes develop mentally by learning to control their emotions and nurturing a positive feeling of self-worth.
17. That coaches help our athletes develop socially by learning cooperation and appropriate standards of behavior in a competitive and team context.

EXPECTATIONS OF ATHLETES

Each Egg Harbor Township School District athlete shall:

1. Recognize his/her obligation to abide by all the rules of the NJSIAA, the Cape Atlantic League, Atlantic – Cape – Cumberland League, and Egg Harbor Township Board of Education.
2. Understand the privilege of being a team member and assume the responsibilities that go with it.
3. Abide by correct health and training rules.
4. Be a team player and avoid actions that are detrimental to the unity of the team.
5. Represent the school in a positive manner in appearance, conduct, and performance.
6. Respect the role of spectators, coaches, officials, and teammates in his/her specific sport.
7. Understand that “studies” come first. Athletics, as important as they may be, are but a part of the education process. An athlete must pass 30.0 credits – the equivalent of 6 academic classes - at the conclusion of each semester to be scholastically eligible to participate during each season.
8. Players and parents will read and sign athletic contract.

Disqualification

- Any student athlete or coach disqualified before, during, or after an interscholastic event for unsportsmanlike and flagrant verbal or physical misconduct will be disqualified from the next two (2) regularly scheduled games/meets, with the exception of football which will carry a one (1) game disqualification at the level of competition and all other games/meets in the interim at any level in addition to any other penalties which the NJSIAA, league, conference, or district may assess.
- A disqualified player or coach may not be physically present at any contest in that sport during the period of disqualification.
- Any player or coach disqualified a second time will have the penalty doubled (i.e., in football - two games; in all other sports - four games).
- Disqualification will count for one (1) calendar year from the date of the first disqualification.
- Third offense players will be suspended and must apply in writing to the NJSIAA through the office of his/her principal for reinstatement for the subsequent year.
- Disqualification in all sports will count toward accumulation of offenses.
- Should a player or coach be disqualified from the final game/meet of the season, this disqualification will carry over to the next year in that sport. In the case of the student athlete, the same degree of penalty shall apply if this athlete retains eligibility in that sport. Seniors who are disqualified from their last game will serve the penalty in a subsequent sports season. When seniors are disqualified from the last game of their high school careers, member schools are required to take proper administrative action to discipline the offending student. In addition, athletes are subject to all school rules and their consequences.

* NJSIAA Rules and Regulations 1992

ATHLETIC ELIGIBILITY

The board of education recognizes that the primary responsibility of the school system is to provide all students with a thorough and efficient education. Although the academic program has first priority, student activities are an important part of the total learning experience. The Board of Education, therefore, provides an opportunity for students to participate in a full range of activities, while ensuring that the student's academic progress is sufficient to support this participation. Students are reminded that interscholastic competition is co-curricular and should not be undertaken if it will impact negatively on their regular educational progress.

Athletes in grades nine through twelve come under the jurisdiction of the NJSIAA and must follow its eligibility requirements as explained below:

1. ELIGIBLE if student has not reached the age of 19 prior to September 1.
2. ELIGIBLE for Spring Sports/Activities if a student has passed 30 credits during the FIRST Semester and 30 credits in the second MARKING PERIOD.
3. All incoming Freshman are ELIGIBLE for the Fall Season to begin competition.
4. To maintain eligibility, the students must pass 30 credits each MARKING PERIOD during the season.
5. ELIGIBLE immediately if transfer because of a change of residence to another public secondary school district by parents or as approved by the NJSIAA.
6. ELIGIBLE after 30 days from first game/meet of a sport at present school, if student participated at previous school, and transferring from one school to another when parents have not moved from one public school district to another public school district and only after transfer waiver form has been completed and processed by both schools.
7. ELIGIBLE if no influence used to retain or recruit the student.
8. ELIGIBLE to represent his/her present school, if a student's parents move to another public school district maintaining a secondary school of equal grade or higher provided he/she remains properly enrolled, any subsequent transfer will be subject to the transfer provisions.
9. NOT ELIGIBLE after the completion of 8 semesters following a student's entrance into the 9th grade.
10. NOT ELIGIBLE after the class in which a student originally enrolled graduates, regardless of transfer from any school during the 3 or 4 year period.

In addition, any member of an NJSIAA team who competes in any adult league or non-school competition (at any time of the year) and accepts prize money or merchandise as a prize shall immediately become ineligible for one year for further participation in any interscholastic sports activity conducted by the NJSIAA, and any games in any sport in which he/she has competed are forfeited

SCHEDULING OF PRACTICES AND CONTESTS

- 1. Our school district athletic schedules are now on the internet. Current schedules and daily updates are located at www.capeatlanticleague.org , our own School District website and our Max Preps Baseball web site.**
- 2. Regular scheduled games are arranged by the Cape Atlantic League Athletic Directors in accordance with the NJSIAA regulations concerning number of contests in a week and season.**
- 3. Outside or independent games are set up to fill the schedule and provide competition with schools similar to Egg Harbor Township.**
- 4. Officials are assigned by the specific sport chapter.**
- 5. Practice dates and times will be explained at a player/parent meeting with the coach prior to the season.**
- 6. Practices are set up based on the availability of facilities, number of teams using a facility, and the proper number of practices to provide a well-conditioned and trained team.**
- 7. There will be no MANDATORY practices or games on religious holidays such as Rosh Hashanah, Yom Kippur, Christmas, Good Friday, Easter, and the first day of Passover. If students must miss a practice or game for religious reasons, they will be excused by their coach.**

TRAINING/PARTICIPATION RULES

Participation in the interscholastic athletic program at Egg Harbor Township High School and Middle Schools has traditionally been a privilege that requires dedication and discipline by its participants. The Board of Education, administration, and coaches have established the following regulations, rules and disciplinary procedures for athletes and coaches in the Egg Harbor Township athletic programs.

General Regulations

1. If it is necessary to limit participation (provide try-outs and then make team selections) in a given sport, it will be done after a sufficient time has passed to assess abilities of the candidates. Cutting shall be the responsibility of the coach. He/she will hold a conference with each student who is cut from a squad (at no time will a coach post a list of those being cut or retained).
2. Any student dropping out of a sport has an obligation to confer with the coach involved.
3. An athlete may switch sports in season prior to the first scheduled game with no penalty.
4. An athlete who has been asked to leave or who elects to leave a sport after the first scheduled game may not join another sport until his/her original season is over, unless he/she has the permission of the previous head coach.
5. Since there will be overlapping of sports seasons for some students who participate in more than one activity, the policy at Egg Harbor Township is to allow the student to finish the sport started before beginning the second sport. It is strongly recommended that three days be allowed for rest of the athletes between seasons. If athletes desire to visit colleges, coaches should urge that this time be utilized for that purpose.
6. Once a contest is started, coaches, players, and parents must understand that it is in the control of the officials. The school, CAL, and the state will invoke strong punishments for those coaches who remove a team from play. This punishment may also affect the team itself in league standing or state competition. An athlete(s) or team leaving a game on their own will also face harsh punishment.

Rules Concerning Substance Abuse

Egg Harbor Township Schools have taken a firm stand on the use of controlled substances, alcohol, and tobacco products. Uses of the following substances are prohibited and will not be tolerated in school, after school, or on weekends:

- 1. Tobacco products (smoking, chewing or dipping)**
- 2. Alcoholic beverages.**
- 3. Controlled substances, which are prohibited by New Jersey Statute - drugs, narcotics, steroids, etc.**

Disciplinary Action

- The first offense for the use of tobacco products will result in a one-week suspension from games. The student will be allowed to practice.**
- A second offense of the use of tobacco products will result in exclusion from the team for the remainder of the season.**
- A third offense will result in exclusion from all sports for the remainder of the school year.**
- An athlete involved in a first offense of consuming or possessing alcohol or a controlled substance will receive a one-month suspension from all scrimmages, and games, but must continue to attend all practices during that time.**
- The second such offense will result in exclusion from all sports for the remainder of that school year.**

These penalties are a minimum and can be extended by disciplinary action from the school administration.

Attendance

- Attendance at practice is important. An athlete missing practice without notifying his/her coach or with a valid excuse (detention or suspension is not a valid excuse) will lose playing time as determined by the coach. A valid excuse would include personal illness or accident; death or illness in the family, approved religious or legal holidays; approved dental or medical appointments; court subpoenas; exceptional reasons as approved by the principal; participation in major academic activity of significant proportion. When school is closed for a religious holiday practices will not be mandatory.
- A student will not be permitted to participate on non-school teams if outside games and practices interfere with school practices, games, or meets.
- An athlete who is excused from physical education or sports for medical reasons will not be permitted to participate in sports activities until approved by the school nurse.
- A student must be in school for four hours (not later than 9:29 a.m.) in order to practice or play that day. Exceptions are only with advance approval from an assistant principal.
- So that a student does not make a commitment to a team that he/she cannot fulfill, athletes and parents should be aware that the spring practice starts on the first Friday in March (NJSIAA rule) and continues through spring vacation with practices and games.
- Players who attend practice and games may be given priority for playing time. This is to reward those in attendance, not to punish those who are missing for legitimate reasons. Student/Athletes planning to attend School Trips, Band/Choir Trip, and/or vacations should speak to coach about his/her playing time upon return.

EGG HARBOR TOWNSHIP BASEBALL TEAM RULES AND POLICIES

The following team rules have been developed as a guideline for all Egg Harbor Township Baseball players to follow and adhere. These guidelines will set the foundation for a successful and respected baseball program. While it may be difficult at times to follow these rules, it is important to remember: “As an Egg Harbor Township Baseball Player, you not only represent yourself, but also your school, your parents, the Egg Harbor Township athletic program, the Egg Harbor Township baseball program, and your community.” Your performance and success will not only be measured by wins and losses, but also by your conduct in the classroom, in the community, and in the locker room. After careful consideration, the following rules and guidelines have been selected to best exemplify respectable appearance, attitude, and actions of a baseball player in this program.

1. Athletes are expected to strive for excellence in the classroom. All student-athletes are urged to attend tutorials and focus on maintaining a high grade point average.
2. Athletes are required to submit a copy of their interim reports and report cards to their coach.
3. Athletes are expected to be on time for all practice and games. Students attending tutorials should bring a signed pass to their coach.
4. Athletes are expected to understand and follow school policies at all school and team events.
5. Athletes are expected to display proper sportsmanship before, during, and after events. Please see the attached Sportsmanship policy for further clarification.
6. Athletes are required to ride on school provided transportation while traveling to and from away contests. Exceptions may be granted with travel release procedures.
7. Athletes are responsible for the care, maintenance, and return of all equipment and uniforms.

8. Athletes are expected to *personally* notify their coach if they will be late or miss a practice or game.
9. Athletes are expected to attend all practices and games. Unexcused absence will result in a loss of playing time and possible further discipline.
10. Athletes will be informed through e-mail and/or “the phone chain” if practice is canceled due to inclement weather. *All cancellations will also be posted on the team web site – @ Max Preps, Egg Harbor Township Baseball Face book and Twitter page.*
11. Athletes are expected to follow the criteria listed below when dressing for all practices and games.
 - **COME PREPARED TO GO OUTSIDE EVERYDAY.**
 - All players must wear a hat. No hat, no practice.
 - Shirts/Sweatshirt – Black, Grey, White with EHT, EHT Baseball or blank.
 - Pants – Black, grey, or white baseball pants or sweatpants.
 - Shoes – Spikes and sneakers or turf shoes.
 - Players should not wear short sleeves outside without coaches’ approval.
 - Athletes should never wear cleats inside the High School/Gym/Team Room.
 - No jewelry of any kind during practices and games.
 - *It is recommended that all players wear several layers for warmth and muscular protection.*
12. Athletes are expected to discuss all concerns and disagreements with your coach or teammate in private and according to our attached communication guidelines.
13. Athletes are expected to report all injuries to coach and athletic trainer when they occur.
14. All student-athletes must realize their obligation to the team and refrain from scheduling any conflicting activity during the season.

Keys to Winning

If our team shows the ability to follow this philosophy, we will always be in a position to win. We may not win them all but we will have given ourselves the chance.

I. TEAM

- A. Play hard
- B. Practice harder
- C. Trust one another
- D. Believe in one another
- E. Play with confidence
- F. Pick each other up
- G. Make the other team beat you
- H. Execute
- I. Keep a positive attitude

II. PITCHERS

- A. Challenge hitters
- B. Throw strikes
- C. Work ahead of hitters
- D. Keep ball down
- E. FOCUS

III. DEFENSE

- A. Make the routine plays
- B. Remember, great plays happen, routine plays win ballgames
- C. Deny the big inning
- D. Take away individual hitters' tendencies
- E. Cover every base
- F. FOCUS

IV. OFFENSE

- A. Focus on one pitch at a time
- B. Swing at strikes
- C. Hit line drives and hard groundballs to all fields
- D. Run the bases with the desire to always take an extra base
- E. Do not miss signs

**“OFFENSE WINS GAMES,
PITCHING and DEFENSE WIN CHAMPIONSHIPS”**

SPORTSMANSHIP

All players in the program are expected to conduct themselves in a mature, disciplined, and professional manner. It is important to remember the significance and responsibility of participating as a member of the Egg Harbor Township Baseball team. Every time you step onto the field, you not only represent yourself, but also your school, your parents, the Egg Harbor Township athletic program, the Egg Harbor Township baseball program, and your community. ACT APPROPRIATELY.

The following has been passed down to you by the Egg Harbor Township Athletic Department:

SPORTSMANLIKE BEHAVIOR STATEMENT

Athletes are expected to display proper Sportsmanlike Behavior before, during, and after contests. Athletes and teams are subject to NJSIAA mandated suspensions from contests as a result of disqualification.

Athletes should know that they may be subject to additional school mandated or recommended penalties for unsportsmanlike behavior (regardless of time of season). Such penalties to include, but not limited to, suspension from contests, expulsion from the team and denial of a letter.

TEAM EQUIPMENT/UNIFORM CARE AND POLICIES

- 1. Each player will be responsible for any team equipment handed out. Any equipment lost, or damaged, will be replaced at the player's expense.**
- 2. All equipment will be treated with respect and kept clean.**
- 3. Players should never throw, kick, or abuse a batting helmet or any other piece of equipment. THIS IS UNACCEPTABLE.**
- 4. Uniform and spikes should be cleaned before every game.**
- 5. No player is permitted in the equipment room without direct supervision from of a coach.**
- 6. Players designated to carry equipment to and from a practice or game are responsible for that equipment from the time they pick it up from the equipment room until they personally bring it back to the room. DO NOT EXPECT OR COUNT ON SOMEONE ELSE TO TAKE CARE OF YOUR RESPONSIBILITIES.**
- 7. If you are assigned equipment but do not come back from a game on the bus, you must tell your coach who is responsible for your duty before leaving the field.**

TRAVEL RELEASE PROCEDURE

If you, for various reasons, find it impossible to ride the team bus home from an away game or if your family is leaving and going in the opposite direction, the following procedure must be followed.

- **Parents are asked to provide a note requesting a transportation change to the coach prior to the game.**

Such a change in transportation should be made only in extenuating circumstances.

College Preparation Guidelines for Student-Athletes

FRESHMAN and SOPHOMORE YEAR

- Develop a strong academic base. Strive for excellence in the classroom.
- Plan a challenging academic program that will meet NCAA requirements.
- Maintain at least a 2.000 GPA out of 4.000 in core course.
- Take PSAT test in October of sophomore year.
- Participate in off-season programs in your sport.
- Attend summer athletic camps at colleges that you might like to attend.
- Join 1 or 2 clubs which interest you. Be sure to choose a club that you will stick with for all four years. Consider Peer Leadership.
- Look into community service programs that interest you and that you can make a contribution.
- Inquire with counselor about enrolling in the Exploring Colleges and Careers course offered as an elective.
- Keep a record of your athletic and academic achievements.

JUNIOR YEAR

- Continue to emphasize academic excellence.
- Continue to schedule challenging courses.
- Continue with clubs and community service.
- Inquire with counselor about enrolling in the Exploring Colleges and Careers course offered as an elective if you have not already taken course.
- Attend all Egg Harbor Township High School sponsored events that discuss the college process.
- Some examples are the Financial Aid Night and the College Admissions Night sponsored by the high school's guidance counselors.
- Take the PSAT in October of Junior Year.
- Take SAT or ACT prep classes.
- Take the SAT test given in December or January and again in May unless you are satisfied with previous results.
- Take the ACT.
- Ask coach for a realistic athletic evaluation - Can you play at the collegiate level?
- What level is realistic?
- Develop an athletic portfolio that contains:
 - Academic records (grades, SAT's)
 - Athletic awards, honors, and achievements
 - Coaches recommendation letters
 - Written evaluations from showcases or camps
 - All artifacts which show athletic success
- Send a letter of interest to college coaches along with your athletic resume
- Organize a filing system on all colleges that respond to your inquiry
- File form 48-H with NCAA Clearinghouse (found in Guidance Office)
- Participate in summer programs.
- Definitely begin or continue college visits. Attempt to meet with coach during visit.
- Continue to collect artifacts that show athletic success. Such things as newspaper clippings, awards, certificates and evaluations from showcases and camps, etc.

SENIOR YEAR

- Write to colleges in August and request an application. Be sure to inquire about the deadline for early admission.
- Begin the checklist for Student/Athletes and Parents.
- Meet with counselor to make sure you meet NCAA academic requirements and discuss your college choices.
- File Form 48-H with NCAA Clearinghouse.
- Continue to emphasize academic excellence.
- Inquire with counselor about enrolling in the Exploring Colleges and Careers course offered as an elective if you have not already taken course.
- Send out applications early.
- Complete Financial Aid Forms as early as possible.
- Visit any college that may be a late addition to your list.
- Re-take the SAT or ACT if you are not satisfied with previous results.
- Continue with clubs and community service.

GUIDELINES FOR A SUCCESSFUL COLLEGE VISIT

1. Dress appropriately. The following are some examples of some do's and don'ts:

Do's

1. Always wear clean, wrinkle free clothes.
2. Wear little or no jewelry.
3. Have clean, neatly cut hair.
4. Always have shirt tucked into pants.

Don'ts

1. Never wear wrinkled clothes.
2. Never wear sloppy jeans.
3. Never wear earrings.
4. Never wear a hat.

2. **Give a firm handshake.** When meeting all coaches, secretaries, or athletic directors, or professors, you should always shake their hand with confidence as you look them in the eyes.
3. **Be sure to give the coach your undivided attention.** Always look the coach in the eyes when you talk. Do not look away or gaze out the window.
4. **Be prepared.** Take the time to find out information about the institution that you are visiting. Check out their web site, read their team media guide, or find another publication that will provide you with some insight.
5. **Be honest.** Always answer questions in a sincere and honest manner.
6. **Speak for yourself.** While it is important for your parent or guardian to clarify any questions they may have, it is important that you do most of the talking. The coach wants to get a feeling of how you express yourself.
7. **Show an interest in the school.** Explain why the school is a good fit for you both academically and athletically. Discuss what you can bring to his/her program.
8. **Ask questions.** After answering any questions the coach may have, be sure to discuss any questions or concerns you have. Asking questions show that you have a sincere interest in the program.
9. **Shake hands before leaving the office.** When the visit is over, stand up and shake hands with the coach. Tell him you enjoyed the visit and thank him for spending some time with you.
10. **Send a Thank You Letter.** Forward a letter thanking the coach for taking the time to meet with you. This will also allow you to show a continued interest in his program as well as provide you the opportunity to send an updated schedule, video, or other valuable information.

TEAM CHAMPIONSHIPS

1988	Cape Atlantic League American Conference Champions
1990	Cape Atlantic League Division II Champions
2007	Cape Atlantic League Division I Champions
2007	Cape Atlantic League American Conference Champions