

# **KINGSWAY ATHLETIC HANDBOOK**

## **ATHLETES and PARENTS**

**Revised August 2011**

**“ONCE A DRAGON, ALWAYS A DRAGON”**

This handbook was developed by the Athletic Administration and our coaching staff to provide the parents and student/athletes with basic information that is important to successfully participate in our interscholastic programs. The intent of this handbook is to make your participation rewarding and as trouble free as possible.

Your careful scrutiny of the handbook contents and compliance with the rules and regulations stipulated will keep you in good standing throughout your high school career.

We hope that a clear understanding of our athletic goals will make your athletic participation at Kingsway a positive and rewarding experience.

## **TO THE STUDENT/ATHLETE**

This handbook provides you with the conditions set forth by our school and NJSIAA rules and regulations, as well as your responsibility to yourself, your team, and Kingsway.

The purpose of the athletic program is to provide the student athlete with an opportunity to compete in an atmosphere of cooperation with teammates and coaches. Through this experience, the student/athlete will have opportunities to exhibit self-discipline, responsibility, decision-making, social conscience and awareness.

In short, the Kingsway Athletic Program provides the student/athlete with the ability to satisfy a desire to perform in an active and physical manner. It is established to provide a wholesome balance to your adolescent life.

Participation in the program is considered a privilege extended by the Board of Education to students who choose to participate.

Please read this handbook carefully. It will assist you in preparing yourself to meet the responsibilities and challenges you will find in athletics.

## **TO THE PARENTS**

The raising of a student/athlete is a joint effort of coaches and parents working together as a team to achieve success. A student/athlete is an individual who is part of a team. The well being of that student/athlete is of paramount concern to his or her parents. The concern of the coach is for all of his or her athletes to be a part of the entire team. It cannot be overemphasized that the only way that we can be successful in this effort is to have the parents and coach's work as a team.

## **BE A MEMBER OF THE PARENT SUPPORT TEAM**

## PARENT TEAM GUIDELINES

### **1. DO NOT SHOUT ADVICE TO YOUR PLAYER DURING A GAME. SHOUT ENCOURAGEMENT, ONLY.**

\*A steady stream of technique suggestions is distracting to your player, and has no value. Your insightful tips may be in conflict with the coach's instructions, and game plans.

### **2. DO NOT HARRASS THE REFEREES.**

\*Parents that loudly harass the referee are embarrassing to the player and the team. You may disagree with a referee's decision, but remember that they are human, and humans sometimes err.

\*If a referee is being reamed by a parent for a bad call, what does the player learn? The player that makes a mistake thinks that he or she is not wrong, and is the result of poor officiating. Nothing is learned.

\*One of the benefits of playing sports is learning to accept responsibility instead of making excuses. Sometimes a bad call is hard to swallow. Such times are tests of emotional control. If a player can learn to bite his or her lip and move on, a parent can learn to sit quietly for a moment and let the emotion pass.

\*Learning to cope with disappointment is a valuable life skill.

### **3. DO NOT BLAME THE COACH.**

\*It is not the coach's fault for your child's problems or lack of playing time. It is the coach's decision, but not his or her fault.

\*Your child's struggles to succeed are your child's problem, which can be solved by working through the struggles. Allow your child to work them out without interference.

\*Of course, the player has every right to ask a coach what needs to be done to earn more playing time. The parent has the right to find out the answer, and to help their child to achieve their goal.

### **4. DO NOT TALK BAD ABOUT THE COACH.**

#### **5. \*Remember it is a joint effort.**

\*The worst thing a parent can do is take pot shots at the coach, criticizing decisions, and complaining about the coach's leadership. Support the coach and stand behind his or her decisions.

### **5. DO NOT RAZZ THE OTHER TEAM'S PLAYERS.**

\*The other team's players are off limits. Yelling at another player is a shameful practice for an adult at a sporting event. How would you like it if someone were yelling at your child?

As a parent, be involved in a positive way. Attend the games as often as you can. Cheer for all the kids on the team. If you are able, help with fundraising, team events, and especially being there when your child needs you. If you are not sure how to help, ask the coach.

There are probably a hundred ways to be a good parent. When the larger definition of a team is working well, the experience can be wonderful for you and your athlete.

***'SIT BACK AND ENJOY THE RIDE. MANY PARENTS WOULD LOVE TO BE IN YOUR SHOES.'***

## **RELATED ISSUES**

### AAU, ASA, CLUB TEAMS, etc.

There are many organizations that accommodate high school and middle school athletes. Although these programs have their value, they do infringe on the high school sports scene.

School sports work under different parameters than these other programs. In high school and middle school, you work with the players that are there. You do not have the ability to reach out and recruit players from other areas. There are academic standards, behavioral standards, and physical clearance to deal with on the high school level. Often outside teams look only as far as ability levels.

With the exception of football, the AAUs of the world have taken the forefront in the scramble for college athletic scholarships. The pecking order used to be high school, college, and the pros. Now the “outside of high school” programs have in most cases become the primary showcase for exposure. The benefits are there, but so are the pitfalls.

Of course, there is a price to pay for participation in these programs. A few examples:

1. The added time that an athlete needs to put in to play in school, and for another team is taxing on the player, as well as the parents.
2. In most cases, the outside programs feed the egos of the players by telling them what they want to hear, and in turn, the parents form unrealistic expectations.
3. The financial responsibilities that come with playing on these teams can be quite expensive, especially if the team travels outside the area. Somebody is making money off of the players involved.

## COLLEGE SCHOLARSHIPS

Are there as many athletic scholarships available as people are led to believe?

AN EMPHATIC 'NO'

If an athlete is good enough to warrant an athletic scholarship of any value, he or she will be head and shoulders better than anyone else on the field or the court. Last year there were very few full athletic scholarships offered in all of South Jersey. Those that did receive one dominated the sports pages.

FACT: It is easier to get an academic scholarship than an athletic scholarship. Parents should be encouraging their children to study harder, and let the athletics run its natural course.

## COACHES HAVING IT OUT FOR KIDS

Coaches want to win as much, or often more, than the players and the parents. They will make sure that they put their teams in a position to win. A coach also has the responsibility to teach things other than just the game. He or she must take into consideration other factors that contribute to the total development of their student/athletes. Each Kingsway coach teaches to their athletes the importance of academics, and family, and how athletics fits into that mix.

## POLITICS

In no way does any hidden agenda enter into Kingsway athletics. Each student has an equal opportunity to be a member of a program. Ability, a positive attitude, good behavior in school, and success in the classroom are the major determining factor when selecting players for teams. Where they live, connections, and parent involvement are non-factors.

## CHAIN OF COMMUNICATION

It is the responsibility of all Kingsway coaches to communicate and keep informed all those involved in their program about factors relevant to the team. It is the responsibility of the athlete and their parents to support the coach's decisions.

If there is a situation that exists that is not understood by the athlete and the parents, the following "chain of communication" must be followed:

**1. Athlete talks to the coach(s)**

\*Often the problem is solved at this level.

**2. Parent talks to coach(s)**

\*Please make an appointment. Do not approach the coach before or after a practice or game.

**3. Parent talks to the Supervisor of Athletics.**

\*Please call to set up a meeting with the coach and supervisor of athletics. It is strongly suggested that the student also attend the meeting.

Athletic Phone # 467-3300 x4286

email: [gallieraj@kingsway.k12.nj.us](mailto:gallieraj@kingsway.k12.nj.us)

## INTERSCHOLASTIC ATHLETICS

Interscholastic athletic programs provide opportunities for students with better than average athletic talent to develop and utilize their talents in fully organized competition with students of similar ability. Participation is not limited to just varsity teams, but also includes sub-varsity teams.

Kingsway athletics encourages and fosters opportunities for increased numbers and participation, as well as competition between athletes to develop skills to reach higher levels of competition.

Because of the extreme interest of spectators, parents, and players, the outcome of athletic contests often creates highly emotional situations. Interscholastic athletics rank among the most effective means in the educational program through which positive life long experiences are available.

Kingsway athletics does not exploit students to entertain the public, enhance the professional reputation of the coach, or feed the egos of the students and their parents. In addition, the athletic programs are not established solely for obtaining financial assistance for individual student/athletes from colleges or professional organizations.

Kingsway athletics does seek to maximize a student/athletes opportunity to reach the full potential of many positive educational experiences. It does so by following a set of basic and sound principals

1. Our sports programs are regarded as an integral part of the total educational program.
2. Athletics supplement, rather than substitute for, basic physical education, recreation and club activities.
3. Athletics is subject to the same administrative control as the entire educational program.
4. The physical welfare and safety of the students that participate is protected.
5. NJSIAA, Tri-County Conference, Olympic Conference (volleyball, bowling, lacrosse), West Jersey Football League, and Kingsway School District rules and regulations govern our entire athletic program.

## GOALS

Listed below are the goals generated for the Kingsway School District Athletic Programs.

1. Athletes will learn to balance activities ranging from school, athletics, and family, while maintaining academic eligibility in accordance with district and State requirements.
2. Athletes will learn to abide by the rules and regulations of their sport.
3. Athletes will understand that the coach(s) has the responsibility to determine ability and talent, as well as to make decisions on team selection, playing time, and styles of play.
4. Athletes will develop a mutual respect for all involved in competition – teammates, opponents, coaches, and officials. The ideals of good sportsmanship are the primary goals to practice.
5. Athletes will understand that participation develops values that transfer to a successful life: discipline, teamwork, dedication, commitment, confidence, and perseverance.
6. Athletes will understand that participation in athletics promotes a healthy body, a sound mind, and a better understanding of individual differences.
7. Athletes will understand that the lessons of athletics are valuable, and can be learned in competition during both winning and losing.
8. Athletes will understand that competition helps develop the process of gaining emotional maturity and self- control.

The belief is that if we work together, our unified efforts will produce a rewarding experience for all participants, which includes yourself, your parents, your teammates, and your coaches.

**KINGSWAY HIGH SCHOOL  
SPORTS OFFERINGS**

	<u><b>VARSAITY</b></u> <u><b>FALL</b></u>	<u><b>JV</b></u>	<u><b>FRESHMAN</b></u>	<u><b>MS</b></u>
Field Hockey	X	X	X	X
Football	X	X	X	
Girls Soccer	X	X	X	X
Boys Soccer	X	X	X	X
Girls Cross Country	X	X		X
Boys Cross Country	X	X		X
Girls Tennis	X	X		
Girls Volleyball	X	X		
Cheerleading	X	X		

**WINTER**

Indoor Track (coed)	X			
Girls Basketball	X	X	X	X
Boys Basketball	X	X	X	X
Wrestling	X	X		X
Girls Swimming/Diving	X			
Boys Swimming/Diving	X			
Boys Bowling	X	X		
Girls Bowling	X	X		
Cheerleading	X	X		

**SPRING**

Softball	X	X	X	
Baseball	X	X	X	
Boys Track	X	X		X
Girls Track	X	X		X
Golf	X	X		
Boy Tennis	X	X		
Girls Lacrosse	X	X		
Boys Lacrosse	X	X		
Boys Volleyball	X	X		

## **TRANSPORTATION OF ATHLETES**

All athletes are required to make transportation arrangements that result in a timely pick up at the end of practices and/or games.

### **STUDENT PICK UPS @ KINGSWAY**

It is strongly suggested that parents who are coming for their student/athlete anticipate approximate times to pick up. It can be difficult to be accurate in this approximation, but being early and waiting is better than waiting at home for a phone call.

**Remember: Coaches have to wait until the last athlete from their team vacates the property. Please be considerate of the coaches' supervision responsibilities.**

### **STUDENT PICK UPS AT AWAY GAMES**

Although we encourage student/athletes to ride the team bus back from away games, it sometimes becomes necessary for parents to pick up their student/athlete at the site of the away game. In those rare instances, you and your child should adhere to the following procedure:

1. Write a note explaining the need to pick up your child, or complete an Athletic Event Travel Release form (available in the Athletic Office, or on-line at [www.kingswayathletics.net](http://www.kingswayathletics.net))
2. Student brings the note and/or travel release completed form to the Athletic Office to be reviewed and approved by the supervisor of athletics. (These should be presented at least one day prior to the game). You can FAX to 856-467-0962.
3. The note and/or travel release, following approval, will be forwarded to the coach.
4. If the request is denied, the supervisor of athletics will contact the parent(s).

State law does not allow anyone but the parent to transport a student. Remember, this concerns your child's safety!!

## **KINGSWAY ATHLETIC RULES AND REGULATIONS**

These rules and regulations are established with the intention of maintaining the goals and values of Kingsway athletics.

### ATTENDANCE

In order to participate, the student/athlete must be present in school the day of the practice or game. In the case of Saturday or holiday events, the student must have been present the last school day previous to the activity, unless cleared by administrative decision.

If a student is late for school, he or she must report by 9:00 a.m. the day of the activity in order to participate, unless cleared by administrative decision.

If a student is suspended from school (in-school or out-of-school), he or she cannot participate in any events on the day(s) of suspension.

There are a few cases where Sunday practices are approved by the superintendent, namely the Sunday after returning from the senior trip and the Sunday after the prom. If a student misses one of these practices due to religious or family commitments, no team discipline will be rendered. Otherwise team rules will apply.

### GROUND FOR PERMANENT EXPULSION

Any attitude or behavior that is considered by the disciplining administrator to be detrimental to the ethical principals of the team, or reflects poorly on the Kingsway School District.

Involvement in theft

Use or possession of alcohol, drugs, or drug paraphernalia that has been substantiated by a school administrator, coach, and/or law enforcement personnel.

### GROUND FOR TEMPORARY SUSPENSION FROM A TEAM

Flagrant violation of coach established team regulations

Cheating on a test, or any written document.

Instances of insubordination or disrespect toward a teacher or staff member, as recommended by the disciplining administrator.

Hazing of a fellow athlete

Any other offense that the coach and/or supervisor of athletics feels to warrant a suspension.

#### “IN SEASON” ATHLETE

#### “OUT OF SEASON” PARTICIPATION

Athletes that excel at Kingsway High School and Middle School in a given sport may choose to participate in that same sport “out of season” (as termed by NJSIAA) while still participating in an “in season” sport. The Kingsway High School Athletic Policy recognizes this participation.

The rights and concerns of the “in season” coach must be recognized. “Out of season” participation that results in absenteeism from “in season” practice or game is taken serious. The coach must be informed of such a situation well in advance. It is the “in season” coaches’ prerogative to attach a form of team discipline, or a period of suspension. In the event that the “in season” coach is not informed in a timely manner, expulsion from the team is possible.

“Out of season” is defined as from the end of a specific sport season to the beginning of that sport the following year, with the exception of summer recess period. The summer recess period begins at the end of the spring season, and ends on the date that the fall season sports begin official practice.

#### SUMMER RECESS

Many sports have workouts during the summer. A student/athlete is free to participate in as many activities as he or she chooses. Non-participation in any summer workouts does not affect the student/athletes status on the team when the “in season” period begins.

Students participating in summer workouts must submit a PARENT PERMISSION form.

Forms are available on the Kingsway athletic web-site: [www.kingswayathletics.net](http://www.kingswayathletics.net)  
Also, in the high school athletic office.

## **ELIGIBILITY**

In order for a student to participate in athletics at Kingsway High School, he or she must be eligible in three areas: Academics, Discipline, and Physical. Although the NJSIAA does not have jurisdiction over middle school student athletes, academic eligibility is held in high regard. A middle school student athlete could be deemed ineligible by the middle school administration.

### **ACADEMIC ELIGIBILITY**

To be eligible (in any given marking period):

1. A student that is taking 30 credits cannot fail any subjects.
2. A student that is taking 35 or more credits cannot fail two or more subjects.

ALSO,

To be eligible (from September 1 to January 31):

A student in 10<sup>th</sup> grade or above must accumulate a minimum of 30 credits from the previous school year, including make-up work during the summer.

To be eligible (from February 1 to the end of the school year):

A student from 9<sup>th</sup> grade or above must accumulate a minimum of 15 credits from the first semester.

### **DISCIPLINARY ELIGIBILITY**

A student athlete must be in good standing concerning the school disciplinary codes. The disciplinary administrator may remove a student from a team for a period of time, if deemed necessary.

A student that must serve a detention or suspension cannot participate in sports during the time of the disciplinary action.

A student that has not made compensation for equipment obligation will not be permitted to participate in any subsequent sport or weight training until the obligation is remedied.

### PHYSICAL ELIGIBILITY

In order for a student to be eligible for practice with a Kingsway team, the following forms must be completed, signed, and submitted:

1. A student must submit an Athletic Permission Form (long white card) completed and signed by a parent/guardian, which is provided by the school.
2. A student must submit an Athletic Physical/Health History Form (Parts A & B), provided by the school, completed and signed by the examining physician. This physical must have been completed no earlier than July 1 of the participating year. This physical is in effect for 365 days of the completion date, but not later than June 30 of the previous school year.
3. A student must submit an Emergency Information Questionnaire, provided by the school.
4. After all paperwork is submitted, student must be cleared by the school nurse and athletic trainer in order to participate.
5. Upon clearance payment of the athletic registration fee will be assessed. All fees must be paid prior to participation in a sport.
- 6.

NOTE: All forms are available in the nurse's office, and the athletic office.

**A STUDENT MAY NOT BEGIN PRACTICING UNTIL ALL ELIGIBILITY REQUIREMENTS ARE IN COMPLIANCE, ALONG WITH SUBMITTED CLEARANCE AND FEES TO PARTICIPATE BY THE SCHOOL NURSE AND ATHLETIC TRAINER.**

## **ACADEMIC HELP**

### **TIPS FOR TIME MANAGEMENT AND STUDYING**

1. Plan a definite time to study each day
2. Record all assignments in a notebook
3. Efficiently use study time. Manage your time by predicting the amount of time for each assignment, then keep track and stick to it.
4. Monitor your reading pace, which will help you to gauge the length of time needed for those assignments that involve much reading.
5. Know your textbooks and utilize resources, such as charts and diagrams, to your advantage.
6. Be prepared to discuss reading assignments the next day in class. Take time to reflect on potential questions and answers, so you can participate in a meaningful discussion on the topic.
7. Begin studying by re-examining the previous assignment, which will allow you to refresh and reinforce what you have learned and be able to make meaningful connections.
8. Try to study in the daytime while you are alert and attentive.
9. Study in periods of 40-50 minutes, with 5-minute breaks between each segment.
10. Set a stopping time at night, which will help encourage making the most of your time.

As an athlete, you need to schedule your time well. You need to stay balanced, and maximize your academic effort, while still getting appropriate rest.

Remember, you have to make sacrifices to be a student, and an athlete. The rewards are worth it!

## **COLLEGE PLANNING**

Each year that you are a student at Kingsway, you should be concerned about getting off to a good academic start. You should keep as high a GPA as possible. NCAA standards rise each year, so it is important to not fall behind.

### HELPFUL HINTS

1. Take a challenging academic load. Take courses that will be helpful in preparing you for the college experience.
2. Develop a rapport with your guidance counselor. Stay in close contact with your guidance counselor, particularly during your junior and senior years.
3. Explore information available in the guidance office concerning college visitations, scholarships, and special programs.
4. Look for colleges that match your academic and athletic abilities (be realistic). Ask your coach to evaluate your ability, and provide input on the best fit for you.
5. Attend college nights or college fairs.
6. Visit colleges that interest you. The summer after your junior year is a good time to make the visits.
7. Gather information about college admission requirements.
8. Ask your coach and guidance counselor for college recruiting information.
9. Investigate financial aid opportunities.

10. Involve your family in your decisions.

Get all college applications out in the fall of your senior year. This includes getting teacher and coach recommendation letters. Ask early, and respectfully remind them.

Take pride in your academic record. Keep in mind that colleges will be evaluating you as a person, as well as a student/athlete. Your conduct both in and out of school is important.

## RECRUITING TIPS AND REALITIES

While it is true that there are more colleges and more athletic programs than ever before, the percentage of athletes that will receive athletic scholarships is much smaller than perception may suggest. What follows is a guide that will be helpful to understanding and developing a realistic and effective plan for participating in athletics at the collegiate level.

Did you know that the NCAA has increased the number of required core courses a student must complete in high school to be eligible to participate in college athletics?

## NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

### KNOW THE RULES:

#### Core Courses

**NCAA Division I requires 16 core courses as of August 1, 2008.** This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.

**NCAA Division II requires 14 core courses.** See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

#### Test Scores

**Division I** has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.

**Division II** has a minimum SAT score requirement of 820 or an ACT sum score of 68.

The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.

The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT: English, mathematics, reading and science.

**All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.**

## **Grade-Point Average**

Only core courses are used in the calculation of the grade-point average.

**Be sure** to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).

**Division I** grade-point-average requirements are listed on page two of this sheet.

**The Division II** grade-point-average requirement is a minimum of 2.000.

### **DIVISION I**

#### **16 Core-Course Rule**

##### **16 Core Courses:**

4 years of English.

3 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).

1 year of additional English, mathematics or natural/physical science.

2 years of social science.

4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

### **DIVISION II**

#### **14 Core-Course Rule**

##### **14 Core Courses:**

3 years of English.

2 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).

2 years of additional English, mathematics or natural/physical science.

2 years of social science.

3 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

**PLEASE NOTE:** Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

## **FIND OUT MORE ON THE WEB**

It is essential that you and your athlete visit the following web sites for the eligibility requirements:

[www.ncaa.org](http://www.ncaa.org)

[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

**CHECK WITH YOUR GUIDANCE COUNSELOR, AND THE ABOVE WEB SITES, FOR COMPLETE DETAILS.**

## **A PARENTS' GUIDE**

1. Make sure your child knows that win or lose, you love them and you appreciate their efforts. Essentially this will allow your child to compete without fear of failure. You become the person they look to for positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship, and overall skill level.
3. Be helpful but do not "coach" on the way to the field...on the way back...at breakfast...and so on.
4. Teach them to enjoy the thrill of competition, trying, working, and improving their skills and attitude. Teach them how to take the physical bumps and come back for more. Help them develop the feel for competing and having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure. Remember, you fumbled too, you lost as well as won, you were afraid and backed off at times, and that you were not always right. Do not pressure them because of your own pride.

Let them make their own voyage of discovery in the world of sports.

Don't assume that they feel the same, or want the same things, or have the same attitudes as You did. Get to know them, and find out what they are all about.

Young people need their parents, so don't withdraw. Remember that the young person is yours, and he or she needs you, especially when things are not going so well.

If they are comfortable with you –win or lose – they are on their way to their maximum achievement and enjoyment, and you will get your kicks, too!!

6. Do not compete with the coach. Your athlete often comes home and complains that the "coach, said this..." "coach said that..." This is often hard to take, but this is when you, as a parent, are being tested.

When a certain degree of disenchantment about the coach sets in, rather than side with your child, take this perfect opportunity to discuss with your child the importance of learning how to handle problems, react to criticism, and understand the necessity of discipline.

7. Do not compare the skills of your child to that of other members of the team, at least not in front of them. If your child shows a tendency to resent the treatment they get from the coach, as compared to what other players get, make every attempt to provide fair and honest counsel. If you play the role of the overly protective parent, you will perpetuate your child becoming a “problem athlete.”

8. Get to know the coach. The coach has a tremendous influence on your child.

9. Always remember that young people tend to exaggerate, both when praised and criticized. Temper your reactions to tales of woe, or heroics they bring home. Take a look at the situation and gradually try to develop an even keel. Don't over-react and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate that the problem is not as it may first appear.

**THE “COACHING JOB” THE PARENT HAS IS THE TOUGHEST ONE OF ALL, AND TAKES TREMENDOUS EFFORT TO DO IT WELL. IT IS WORTH ALL THE EFFORT WHEN YOU HEAR YOUR CHILD BOAST (NOW OR LATER ON) THAT YOU PLAYED A KEY ROLE IN THEIR SUCCESS.**

## **TEAM SCHEDULES**

You can access a team's schedule any time at the Kingsway Athletic Web-site. Check it out!

[www.kingswayathletics.net](http://www.kingswayathletics.net)

## **DAILY SCHEDULES**

Call 856-467-3300 x3610 (after 8:30 a.m.)

## **TEAM SCHEDULES**

Go to [www.tricountyconferencenj.org](http://www.tricountyconferencenj.org) Click on the **sport**. Then click on **view**

## **KINGSWAY NEWS**

You can sign up by going on-line to our web site [www.kingsway.k12.nj.us](http://www.kingsway.k12.nj.us)

1. Click on News/Press Releases
2. Click on Newsgroup
3. Click on Subscribe

## **E MAIL NOTIFICATION OF SCHEDULE CHANGES**

1. Go to [www.tricountyconferencenj.org](http://www.tricountyconferencenj.org)
2. Click on **Notify Me**
3. Follow prompts

## **PHONE NUMBER**

SUPERVISOR OF ATHLETICS:	Joe Galliera	467-3300 x4286
ATHLETIC SECRETARY	Sue Fean	