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WEST JERSEY FOOTBALL LEAGUE

**DAANJ Workshop
Cracker Barrel # 5**

TUESDAY, MARCH 15, 2011

10:00 AM

WESTMINSTER B-C



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2010-2011 West Jersey Football league

American

Cherokee
Eastern
Lenape
Washington Twp.
Williamstown

National

Cherry Hill East
Clearview
Pennsauken
Shawnee
Winslow Twp.

Valley

Hamilton West
Hightstown
Lawrence
Nottingham
Steinert

Capitol

Notre Dame
Rancocas Valley
Trenton
West Windsor Plainsboro N.
West Windsor Plainsboro S.

Royal

Cumberland
Delsea
Highland
Kingsway
Timber Creek
Triton

Liberty

Bordentown
Ewing
Florence
Robbinsville

Freedom

Burlington City
Maple Shade
New Egypt
Palmyra
Riverside

Constitution

Camden Catholic
Cherry Hill West
Moorestown
Paul VI
Seneca

Diamond

Penns Grove
Glassboro
Gloucester City
Schalick
Woodstown

Patriot

Burlington Twp.
Cinnaminson
Delran
Holy Cross
Willingboro

Colonial

Allentown
Hopewell Valley
Northern Burlington
Pemberton
Princeton

Classic

Clayton
Pennsville
Pitman
Salem
Wildwood

Independence

Bishop Eustace
Camden
Deptford
Gloucester Catholic
Woodrow Wilson



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Executive Committee

Chair – Bud Kowal, Ewing HS, CVC
Assistant Chair – Fran Bell, Pemberton HS, BCSL
Assistant Chair – Tony Mitchell, Paul VI HS, Olympic
Assistant Chair – Greg Horton, Clearview HS, Tri County

Conference Representative Committee

BCSL

Dan Dockery – Holy Cross
Tony Lotierzo – Rancocas Valley
Fran Bell – Pemberton
Rich Carroll – New Egypt
Pete Teifer – Burlington Township

CVC

Bud Kowal - Ewing
Marty Flynn – West Windsor-Plainsboro
Steve Gazdek – Hamilton West
Rich Roche – Notre Dame
Curtis Wyers - Robbinsville

Olympic

Kevin Murphy - Washington Township
Tony Mitchell - Paul VI
Al Dyer - Camden
Billy Wright - Pennsauken
Nython Carter - Winslow

Tri-County

Greg Horton - Clearview
Steve Illes - Delsea
Jamy Thomas - Pennsville
Leon Harris - Gloucester
Ron Sharpless - Cumberland

Divisional Alignment Committee

Marty Flynn, WWP, CVC
Fran Bell, Pemberton, BCSL
Al Dyer, Camden, Olympic
Leon Harris, Gloucester, TCC

Scheduling Committee

Tony Lotierzo, Rancocas Valley, BCSL
Rich Carroll, New Egypt, BCSL
Steve Gazdek, Hamilton West, CVC
Curtis Wyers, Robbinsville, CVC
Tony Mitchell, Paul VI, Olympic
Billy Wright, Pennsauken, Olympic
Ron Sharpless, Cumberland, TCC
Steve Illes, Delsea, TCC

By Laws Committee

Nyhton Carter, Winslow Township, Olympic
Rich Roche – Notre Dame, CVC
Pete Teifer, Burlington Township, BCSL
Greg Horton, Clearview, TCC

Grievance Committee

Marty Flynn, West Windsor-Plainsboro, CVC
Pete Teifer, Burlington Township, BCSL
Brad Bauer, Seneca, Olympic
Leon Harris, Gloucester, TCC

All-Star Committee

Steve Gazdek, Hamilton West, CVC
Tim Walsh, Lenape, Olympic
Ron Sharpless, Cumberland, TCC
Rich Carroll – New Egypt

Appeals Committee

Bud Kowal, Ewing, CVC
Jamy Thomas, Pennsville, TCC
Dan Dockery – Holy Cross
Kevin Murphy - Washington Township



WEST JERSEY FOOTBALL LEAGUE

(2010-2011/2011-2012)

(Revised 1/20/11)

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Purpose:

We are a tax exempt, non-profit educational organization that provides football schedules, regulations, guidelines, championships, awards and honors to its membership.

1. Contest Time
 - a. Varsity – Home Team determines starting time. Schools shall not, however, be required to play on religious holidays.
 - b. Frosh – Games should be scheduled on Thursday, Friday or Saturday opposite site of the Varsity Game.
 - c. JV – Games should be scheduled on Monday opposite site of the Varsity Game.
 - d. All Sub-Varsity Games shall consist of (8) minute quarters.
 - e. All exceptions to the above shall be by mutual agreement.
2. Postponements
 - a. Varsity – Postponed Varsity Games shall be rescheduled and played as per NJSIAA Guidelines.
 - b. Sub-Varsity – Postponed Sub-Varsity Games shall be rescheduled by mutual agreement.
 - c. Every effort shall be made to postpone games at least (2) hours prior to game time. The final decision shall be made by the Site Manager prior to the start of the game.
3. Officials
 - a. It is recommended that (5) officials and (1) clock operator be assigned to work all Varsity Games and at least (3) officials to be assigned to work all Sub-Varsity Games.
 - b. In the event that only (1) official is present for a Sub-Varsity Game, the game must still be played.
 - c. All officials must be members of an NJSIAA approved chapter.
 - d. Officials' fees shall be those negotiated by the South Jersey League of Leagues.
4. Admission
 - a. Varsity Game ticket prices are: Adult: \$3.00 and Student/Senior Citizens: \$2.00.
 - b. Properly identified administrators and faculty of the competing schools shall not be charged admission. Guests pay admission.
 - c. All league and recognized scouting passes shall be honored.

5. Marching Band Participation
 - a. Both Football Teams must vacate the field at least (20) minutes prior to the start of the game.
 - b. The Visiting Band will play pre-game for (12.5) minutes and clear the field (5) minutes prior to kick-off.
 - c. The Home Band will play the National Anthem.
 - d. Half-Time shall be (15) minutes. Half-Time may be extended up to an additional (5) minutes for a special event (ex., Homecoming, Senior Night, Field Dedication, Hall of Fame, etc.). The Home Band will perform during half-time.
 - e. Under no circumstances shall football players interfere in any way with the performance of a Marching Band either before the game or during half-time.
6. Sportsmanship

Both teams shall line up at midfield at the conclusion of the game to shake hands in a show of good sportsmanship.
7. Crowd Control Procedures

All member schools shall submit to the league and each visiting school a copy of their respective Crowd Control Procedures.
8. Video Exchange

Competing teams shall exchange some form of video/dvd when requested. The exchange shall occur no later than Monday, 3:00pm, prior to the game.
9. Spotting
 - a. Procedures for spotting by the visiting coaches are to be determined by the home school and must remain consistent throughout the season unless extenuating circumstances exist.
 - b. Spotting procedures shall be included in each school's Crowd Control Procedures.
10. Scouting

The league does not restrict scouting or the use of videotaping for scouting purposes in scrimmages or games.
11. Championships
 - a. There shall be separate divisional championships based on divisional wins, losses and ties.
 - b. Points shall be awarded: 2 points for a win, 1 point for a tie and 0 points for a loss.
12. Chain Crew
 - a. Varsity Games – It is recommended that adults work the chains.
 - b. Sub-Varsity Games – It is recommended that the Chain Crew be on the home side of the field.
13. Medical

It is recommended that a First Aid Squad attend all Home Varsity Games and that a physician is also present on the sideline.
14. Criteria For Establishing Divisional Alignments
 - a. Full Schedule with Competitive Balance
 - b. Enrollment, Group Size & Power Points (as per NJSIAA)
 - c. Geography
 - d. Thanksgiving Day
 - e. Strength of Program (winning percentage over a two year period of time)
 - f. Divisional Balance

15. Scheduling Considerations

- a. Balance of Home & Away Games
- b. Avoidance of Either (4) Consecutive Away Games
- c. Perceived Rivalries
- d. Shared Stadiums

16. General Rules of All-Star Voting

- a. Each school is required to have one coach or representative in attendance at league All-Star Meetings.
- b. Nominations must be submitted in advance.
- c. Coaches may not vote for their own athlete, except when all schools are not represented. At this time, coaches may nominate/seed players from the school of the absent coach and may also vote for their own athletes.
- d. First team selections receive plaques.
- e. Second team selections receive certificates.
- f. Dates for All-Star Voting will be established by the respective sports chairperson (A.D.) at the Pre-Season Workshop.
- g. Athletic Director/Chairperson will submit All-Star names to the appropriate Conference League Officer.
- h. The league and individual conferences will submit both first and second team All-Star Squads to the press.
- i. Where voting takes place, each coach will be given the opportunity to comment briefly on each of their nominees prior to voting.

17. Appeals

- a. A member school may lodge an appeal to move either up or down (1) Division within the respective school's group size. In other words, Group I schools will not play Group III or Group IV schools and Group II schools will not play Group IV schools except for Thanksgiving Day Games.
- b. All appeals must be submitted by the Athletic Director in writing to the League Chair within (1) week after the Divisions are announced.
- c. All appeals shall include detailed reasons for the request and a summary of the steps taken previously to either improve the program or justify the movement.
- d. The League Divisional/Scheduling Committee and the League Chair shall render a decision prior to the final schedule and divisions being issued.

18. League Officers

- a. The administrative structure of the league shall be a Board of Governors consisting of the respective Leagues' Presidents.
- b. All league committees shall be comprised of representatives from each respective conference.
- c. Standing league committees shall include the following: Appeals, Constitution/By-Laws, Divisional Alignments, Scheduling, & All-Star.
- d. Additional committees may be created as determined by the Board of Governors.

19. Membership

All member schools must be either full or federated members of the NJSIAA and abide by all the rules and bylaws of the NJSIAA

20. League Expenses

- a. All expenses encumbered shall be shared equally by the respective conferences.
- b. League expenses shall include all of the following: Pre-Season Meeting, All-Star Selection Meeting, All-Star Plaques and Certificates, League Meetings & Sportsmanship Luncheons – as well as other costs approved by the Board of Governors.
- c. Dissolution Clause: Upon dissolution of the WJFL and after all outstanding debts are paid in full, the remaining assets will be equally distributed amongst all members (minus any debt/dues owed to the league by any of its members).



WEST JERSEY FOOTBALL LEAGUE
(2010-2011/2011-2012)

*Burlington County Scholastic League
 *Colonial Valley Conference

*Olympic Conference
 *Tri-County Conference

As the representatives of a Burlington County Scholastic League, Olympic Conference, Tri-County Conference and Colonial Valley Conference, we due hereby agree to schedule football for the next two year scheduling cycle (2010-2011 & 2011-2012 school years) in the West Jersey Football League (WJFL). We will abide by all rules and regulations as established by the Joint Football Committee comprised of representatives from the respective leagues.

We are in agreement that any school(s) applying for membership in one of the respective conferences or leagues, and is (are) accepted into said conference or league, will automatically be accepted as a member of the WJFL. Placement of the new school(s) into a WJFL Division is strictly a decision that will be made by the Joint Football Committee.

Any member of the respective conference or league being granted leave of their respective conference or league will not be denied leave from the WJFL.

Any school requesting leave from the WJFL, with the intent to remain in their respective league or conference, must receive a two-thirds majority vote from the entire WJFL. Petitions to leave must be presented at the WJFL Scheduling Confirmation Meeting in January after the completion of the first year of a schedule rotation.

Any school(s) requesting admission to the WJFL must receive a two-thirds majority vote from the entire WJFL Membership. Placement of the new school(s) into a WJFL Division is strictly a decision that will be made by the Joint Football Committee. The Joint Football Committee reserves the right to invite any school(s) into the league for the good of the conference. A two-thirds majority is needed to finalize acceptance of the invitee(s).

This agreement is a binding agreement for the 2010-2011 and 2011-2012 school years.

Dan Dockery <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> BCSL President (print)	<hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> Signature
Bud Kowal <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> CVC President (print) Tony Mitchell	<hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> Signature
<hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> Olympic Conference President (print) Greg Horton	<hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> Signature
<hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> Tri-County Conference President (print)	<hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> Signature

Division Champions Highlighted
 * Play-Off Qualifier

**West Jersey Football League 2010 Season –
 Records**

Division/School	Head Coach	Division Record	Overall Record
Liberty			
Ewing *	John Bamber	3-0	8-2
Florence *	Joseph Frappolli	2-1	6-4
Robbinsville	Jason Gray	1-2	3-7
Bordentown	Steve Perry	0-3	2-8
Freedom			
New Egypt *	Luke Sinkhorn	4-0	8-3
Palmyra *	Ty Belford	3-1	7-3
Burlington City	Tim Reardon	2-2	3-7
Maple Shade	Tony Nicolino	1-3	1-9
Riverside	Marc Ballantyne	0-4	0-10
Colonial			
Allentown	Jay Graber	3-1	6-4
Northern Burlington	Jon Reising	3-1	4-6
Hopewell Valley	Dave Caldwell	2-2	3-7
Pemberton	John Rosnick	2-2	3-7
Princeton	Joe Gargione	0-4	0-10
Patriot			
Willingboro *	Reggie Lawrence	4-0	10-1
Holy Cross *	Frank Holmes	3-1	8-2
Burlington Township *	Tom Maderia	2-2	6-4
Delran	Pete Miles	1-3	5-5
Cinnaminson *	Mario Patrizi	0-4	5-5
Valley			
Nottingham *	Jon Adams	4-0	7-3
Hamilton West *	Tom Hoglen	3-1	8-3
Hightstown	Pete Brescia	2-2	4-6
Steinert *	Dan Caruso	1-3	4-6
Lawrence	Rob Radice	0-4	2-8
Capitol			
Notre Dame *	Charles "Chappy" Moore	4-0	8-2
Rancocas Valley *	Dan Haussman	3-1	6-4
West Windsor North *	Chris Casamento	2-2	7-3
West Windsor South	Todd Smith	1-3	4-6
Trenton Central	Carl Jordan	0-4	0-10
Constitution			
Paul VI *	John Doherty	4-0	8-2
Moorestown *	Russ Horton	3-1	7-3
Camden Catholic *	Rick Brown	2-2	5-5
Seneca	Bill Fisher	1-3	4-6
Cherry Hill West	Jim Scerbo	0-4	2-8

Royal

Delsea *	Sal Marchese	5-0	10-2
Kingsway	Tony Barchuk	3-2	6-4
Timber Creek *	Rob Hinson	3-2	5-5
Cumberland	Tom Lake	2-3	7-3
Triton	Pete Goetz	2-3	3-7
Highland	Craig Stinson	0-5	0-10

Division/School	Head Coach	Division Record	Overall Record
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Independence

Camden *	Durwin Pearson	4-0	6-4
Woodrow Wilson *	Chris Crowley	3-1	6-4
Bishop Eustace	Robert Cormier	1-3	4-6
Deptford	Al Orio	1-3	3-7
Gloucester Catholic *	Tony Garczynski	1-3	3-7

National

Pennsauken *	Clinton Tabb III	3-1	6-4
Shawnee *	Tim Gushue	3-1	6-4
Clearview	Mark Deal	2-2	4-6
Winslow *	Mike McBride	2-2	7-4
Cherry Hill East	Tom Coen	0-4	1-9

American

Cherokee *	PJ Mehigan	4-0	12-0
Williamstown *	Frank Fucetola	3-1	7-3
Lenape	Greg Harvey	2-2	4-6
Washington Twp.	Mark Wechter	1-3	3-7
Eastern		0-4	1-9

Classic

Pennsville *	Ryan Wood	4-0	9-2
Pitman	Sean Kahoun	3-1	5-5
Salem	Randy Johnson	2-2	5-5
Clayton	Ryan Caltabiano	1-3	1-9
Wildwood	Jamie Peterson	0-4	0-9

Diamond

Glassboro *	Herb Neilio	4-0	10-2
Penns Grove	Kemp Carr	3-1	8-1
Schalick *	Seth Brown	2-2	6-4
Gloucester City *	Leon Harris	1-3	5-5
Woodstown	John Adams	0-4	3-7

[Go to the website and click on standings.
www.westjerseyfootball.com](http://www.westjerseyfootball.com)



WEST JERSEY FOOTBALL LEAGUE SCHEDULING CRITERIA 2010

The Burlington County Scholastic League, Colonial Valley, Olympic, and Tri-County Conferences have formed an association with each other to sustain the integrity of Central and South Jersey high school football. This association is known as the West Jersey Football League.

The fundamental philosophy of the West Jersey Football League is establish a competitive environment and equitable competition on the football field, while maintaining a reasonable and rationale full schedule for all its members.

Every two years the respective football committees from each conference will meet to create fair and equitable schedules. To that end, the following are the criteria for establishing the league schedule. Listed in descending order of importance, they are:

1. Full schedule
2. School population (ASA numbers)
3. Maintaining Thanksgiving Day games
4. Divisional Balance
5. Potential power point totals
6. Balance of home and away games
7. No four (4) consecutive home or four (4) consecutive away games
8. Shared stadiums
9. Perceived rivalries

Every two years prior to creating the schedule the committees will review the above criteria and if necessary make necessary adjustments relative to any change to the league's basic philosophy.



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Coach Contact Information

School	
Head Coach	
Email Address	
School Number	
Home Number	
Cell Phone	



WJFL SCHOOL INFORMATION MEDIA FORM

(Please complete and print)

Complete ALL applicable sections and send a copy to each daily and weekly newspaper/radio and/or television station which covers your school. KEEP A COPY ON FILE!!!

Deadline: Please email completed form to fkowal@ewingboe.org by August 1 and bring 5 copies to the August 11 Meeting at Paul VI High School

School: _____ School Web Address: _____
 Group: Select Section: Select Home Conference: Select
 Sport: Football Nickname: _____

Head Coach: _____ Home Field: _____

Location/Street Address: _____

Town, St ZIP: _____

School Phone: _____ Home Phone: _____ Cell Phone: _____

Best time to call: _____ Don't Call After: _____

Email Address: _____

Last Year's Varsity Record was: _____

Accomplishments: _____

NEW HEAD COACH BIOGRAPHY

High School/Graduation: _____

Sports/Honors: _____

College/Graduation: _____

HEAD COACHING CAREER

Year (s)	School	Career Record	Titles
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Total Record as Head Coach: _____

ASSISTANT COACHES (please provide phone numbers should we be unable to reach you).

Assistant Coach	Position	Phone
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ABOUT THE TEAM

Lettermen Returning: Starters Returning: Letterman Lost:

Captains:

KEY RETURNEES (Please * starters and ## blue-chip prospects) **New Comers**

No.	Player	Position	Ht.	Wt.	Grade	Honors
					Select	
					Select	
					Select	
					Select	
					Select	
					Select	
					Select	
					Select	
					Select	
					Select	
					Select	

Comments about returning starters, individuals, units, etc.:

Outlook about team this season:

**WHEN COMPLETED, PLEASE FORWARD COMPLETE TEAM SCHEDULE & ROSTER-
WITH NUMBERS-TO ALL PRINT, RADIO AND TV MEDIA OUTLETS WHICH COVER
YOUR TEAM.**



West Jersey Football League

General Rules of All-Star Voting

- 1) Each school is required to have one coach or representative in attendance at league All-Star meetings. Nominations must be submitted in advance.
- 2) Coaches may not vote for their own athlete, except when all schools are not represented. At this time, coaches may nominate/seed players from the school of the absent coach and may also vote for their own athletes.
- 3) First team selections receive plaques.
- 4) Second team selections receive certificates.
- 5) Dates for All-Star voting will be established by the respective sports chairperson (AD) at pre-season workshop.
- 6) Athletic Director/chairperson of each sport will submit All-Star names to the appropriate Conference League Officer.
- 7) The league and conference will submit both first and second team All-Star squads to the press.
- 8) Where voting takes place, each coach will be given the opportunity to comment briefly on each of their nominees prior to voting.



FOOTBALL ALL-STAR SELECTION PROCEDURES

1. All-Star teams from all 13 divisions will be chosen.
2. Coaches will meet in separate groups for divisional voting.
3. Number of positions:

Royal 13 offense plus punter = 14
 13 defense plus kicker = 14

All Other 12 offense plus punter = 13
Divisions 12 defense plus kicker = 13

Offense- Receivers/offensive linemen/offensive backs.
Defense- Linemen/ linebackers/ defensive backs.

4. Method of selection:
 - a. Each coach nominates his or her own players.
 - b. Nominations are put on overhead by positions.
 - c. One position at a time is voted on.
 - d. Voting by ballot in order of preference vote according to number of positions to be picked. (Example: if voting for 4 defensive linemen, pick 4. If voting for 1 center, pick 1.)
 - e. From the nominated players the coaches rank their choices. (Example: 5 backs = vote top choice 5-4-3-2-1).
 - f. Ties must be broken by vote.
 - g. Top vote getters are division all-stars.
 - h. A second team will be named for each division.

Protests, Controversies and Disputes

1. The protest committee will be comprised of the Football Representatives and Presidents of the respective Conferences.
2. Decisions by the Protest Committee will be final.



To: Head Football Coaches School Name: _____
 From: Bud Kowal
 Subject: WJFL All-Star Nominations

Please follow instructions carefully:

1. You or your representative is required to be present at WJFL All-Star meetings.
2. Print the name and jersey number of your nominations on this form. Please be neat!!
3. Plaques will be issued to all-stars as per conference regulations.
4. **Fax your nominations by November 10, 2010 to the Host AD for your**

Division.

Steve Gazdek - Hamilton West HS - 609-631-4183 – Liberty, Freedom, Colonial, Patriot, Valley, and Capitol Divisions

Tim Walsh - Lenape HS – 609-953-6779 - Constitution, Royal, Independence, National, and American Divisions

Jamy Thomas - Pennsville HS – 856-678-2715 Classic and Diamond Divisions

Your nominations will be returned to you including nominations from all schools along with a ballot form for voting at our meeting on **Wednesday, November 17. (7:00pm)**

5. Voting will take place officially when a coach reads aloud from the voting ballot.
6. A tally sheet that includes name of each nominee will be provided. Each coach shall tally the vote.

Jersey #	Grade Level	Position	Players Name	All-Star Qualifications

CONCUSSION IDENTIFICATION, MANAGEMENT AND RETURN-TO-PLAY

NJSIAA Policy Statement

Developed by the Medical Advisory Board

April, 2010

According to The Centers for Disease Control and Prevention, at least 3 million sports and recreation related concussions occur in the United State each year. Concussions are a serious and growing public health concern, especially for students participating in contact sports. The competitive athletic culture of playing through pain or “toughing it out” puts student-athletes at serious risk of brain injury, disability, and death. Allowing a student-athlete to return-to-play before recovering from a concussion increases the chance of a more serious brain injury that can result in severe disability and/or death. Currently, many student-athletes, school personnel including coaches, parents/guardians, and others involved in interscholastic athletics lack awareness about prevention, identification, and treatment of concussions as well as when it is most appropriate for the student-athlete to return-to-play.

The effects of concussion while not all preventable can be mitigated by prompt recognition and appropriate response. Therefore, the New Jersey State Interscholastic Athletic Association concludes that a viable public education program focused on concussion education, prevention, and a uniform return-to-play policy is in the best interest of student-athletes throughout the State of New Jersey.

A concussion is a type of traumatic brain injury (TBI) caused by a direct or indirect blow to the head. The injury can range from mild-to-severe, and can disrupt the way the brain normally functions. A student-athlete does not need to lose consciousness to sustain a concussion. You might notice some of the symptoms right away other symptoms can show up within hours, days or weeks after the injury.

NJSIAA POLICY STATEMENT:

It is our recommendation that NJSIAA member high schools in conjunction with the NJSIAA develop a policy related to concussions including forms and guidelines in order to educate student-athletes, school personnel, and parents/guardians about concussion. These forms shall include risks associated with the student-athlete continuing to play after sustaining a concussion.

Parents/guardians of a student-athlete, who participates in interscholastic athletics, shall receive on an annual basis, per each year the student-athlete participates, a concussion informational sheet. The student-athlete and their parents/guardians shall sign one copy of the informational sheet along with all pre-participation examination forms, acknowledging the receipt of this information. These forms are to be given to the proper authorities in the school district prior to the student-athlete initiating involvement in athletics. Informational sheets and pre-participation examination forms shall be forwarded to the office of the Principal or their designate for the district. Failure to comply with the provision of this shall preclude the student-athlete from participating in athletics related to the desired sport.

The NJSIAA recognizes that a majority of member schools employ the services of an athletic trainer. As health care providers who work under the supervision of a licensed physician, athletic trainers serve as an extension of the physician, and play key role in a concussion education and management program. Schools that employ athletic trainers should ensure they play a central role in the school’s concussion education and management program.

ANNUAL TRAINING RELATED TO CONCUSSION:

NJSIAA member high schools shall ensure that student-athletes, coaches, athletic trainers, and physicians employed by the school district and show proof of satisfactory completion of that training. Officials should receive annual training from their chapters. Concussion training will be applicable towards certified continuing education requirements.

POSSIBLE SIGNS AND SYMPTOMS OF CONCUSSION:

Signs observed (a member of the coaching staff, athletic trainer, and/or physician) include but are not limited to:

1. Appears dazed, stunned, or disoriented.
2. Forgets plays or demonstrates short-term memory difficulties (e.g. is unsure of the game, score, or opponent)
3. Exhibits difficulties with balance or coordination.
4. Answers questions slowly or inaccurately.
5. Loses consciousness.
6. Demonstrates behavior or personality changes.
7. Is unable to recall events prior to or after the hit.

Symptoms reported by the student-athlete to a member of the coaching staff, athletic trainer, and/or physician include but are not limited to:

1. Headache.
2. Nausea/vomiting.
3. Balance problems or dizziness.
4. Double vision or changes in vision.
5. Sensitivity to light or sound/noise.
6. Feeling of sluggishness or fogginess.
7. Difficulty with concentration, short-term memory, and/or confusion.
8. Irritability or agitation.
9. Depression or anxiety.
10. Sleep disturbance.

RETURN-TO-PLAY GUIDELINES:

NJSIAA member high schools that partake in interscholastic athletics shall develop a written plan of policy to address incidents of suspected or actual concussion among participants that are involved in the district programs. A student-athlete who is suspected of sustaining or who has sustained a concussion and/or has become unconscious during an athletic event shall not return-to-play until (s)he meets all of the following criteria:

1. Immediate removal from play and no return-to-play that day.
2. Medical evaluation to determine the presence/absence of concussion.
3. It is recommended that the student-athlete diagnosed with a concussion complete a symptom-free week initiated on the first asymptomatic day before initiating a graduated return-to-play exercise protocol. The student-athlete must be monitored during this time period for any reoccurrence of concussion symptoms.
4. If the student-athlete exhibits a re-emergence of any post-concussion signs or symptoms once they return-to-play, they will be removed from exertional maneuvers and return to his/her primary care physician or the team doctor for reevaluation.
5. If concussion symptoms reoccur during the graduated return-to-play exercise protocol, the student-athlete will return to the previous level of activity that caused no symptoms and then advance as tolerated.
6. Utilization of available tools such as symptom checklists, baseline and balance testing are suggested.

GRADUATED RETURN-TO-PLAY EXERCISE PROTOCOL:

Step 1: No activity, complete physical and cognitive rest. The objective of this step is recovery.

Step 2: Light aerobic exercise, which includes walking, swimming or stationary cycling, keeping the intensity < 70% maximum percentage heart rate; no resistance training. The objective of this step is increased heart rate.

Step 3: Sport-specific exercise including skating, and/or running drills; no head impact activities. The objective of this step is to add movement.

Step 4: Non-contact training drills involving progression to more complex training drills (e.g. passing drills). The student-athlete may initiate progressive resistance training.

Step 5: Following medical clearance, participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by the coaching staff.

Step 6: Return to play involving normal exertional or game activity.

Reference: Consensus Statement on Concussion in Sports, 3rd International Conference on Concussion in Sport held in Zurich, November 2008. Clinical Journal of Sport Medicine, Volume 19, No. 3 May 2009, pp. 185-200.

FINAL STATEMENTS:

The NJSIAA recognizes that although outside of our purview, student-athletes must also return to the classroom post-concussion. NJSIAA member high schools shall recognize that the aforementioned signs and symptoms of concussion also impact the student-athlete in their academic pursuits which can cause a deleterious effect on their ability to function in the classroom, learn new material, complete homework and study for tests. Parents/guardians should also be aware that driving may be impaired during the post-concussion period.

This NJSIAA policy is a dynamic document which will be altered or amended as new clinical research becomes available.

Dear NJ Secondary School Athletic Trainers,

As each you should know, concussions have received a large amount of media attention recently. The NJSIAA has released new guidelines on concussion care. At this point you should each be aware of these guidelines and should be working with your school/team physician and your board of education to ensure the following:

1. NJSIAA members school develop a policy related to concussion education including forms and guidelines in order to educate student-athletes, school personnel and parent/guardians about concussions.
2. Parents/guardians of student-athletes who participate in interscholastic athletics, shall receive on an annual basis a concussion information sheet. A signed form acknowledging receipt of this information should be signed by both the parent/guardian and student-athlete and given to the proper authorities in a school prior to a student-athlete initiating involvement in athletics.
3. NJSIAA Member schools shall develop a written plan of policy to address incidents of suspected or actual concussions among participants that are involved in school sports.

In addition there are resources available that will help with educational aspect.

Educational Resources for parents and coaches can be found at:

National Federation of State High School Associations website www.nfhslearn.com

This new online coach education course - Concussion in Sports - What You Need to Know - is now available. It provides a guide to understanding, recognizing and properly managing concussion in high school sports.

- This course is endorsed by the CDC.
- Is of no cost, but registration is required.
- Coaches get a completion certificate.

It provides many useful resources and handouts for parents, coaches and athletes.

The 20-minute online course is designed to help educate interscholastic teacher/coaches, officials, parents and players in the importance of recognizing and responding to sports-related concussions, which pose a particularly high risk for adolescents. Michael Koester, M.D., chair of the NFHS Sports Medicine Advisory Committee and director of the Slocum Sports Concussion Program in Eugene, Oregon, leads users through the course. Individuals have unlimited access to the course and printable resources, which include a parent's guide to concussion in sports, a coach's guide, an athlete fact sheet and materials for schools to implement a protocol for concussion treatment, up to one year after accessing the course.

The NFHS Coach Education Program was started in 2007, and more than 140,000 coaches have taken the core course - Fundamentals of Coaching. Forty-five of the 51 NFHS member associations have adopted or recommended the course.

Additional Resources for parents and athletes can be found at <http://www.cdc.gov/concussion/>

CDC Concussion Toolkits. There are now four versions:

- Heads Up: Brain Injury in Your Practice (for Physicians)
- Heads Up: Concussion in High School Sports
- Heads Up: Concussion in Youth Sport
- Heads Up to Schools: Know your Concussion ABC

If you should have any further questions please feel free to contact me via e-mail at mikep@atsnj.org

Regards,

Mike

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Michael Prybicien, MA, ATC, CSCS

President

Athletic Trainers' Society of New Jersey, Inc.

Guidelines for Lightning Safety

A chain of command and designated decision-maker should be established for each organized practice and competition.

Recognition:

Coaches, certified athletic trainers, athletes and administrators should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately 2-3 miles, anytime that lightning can be seen or thunder heard, the risk is already present. Weather can be monitored using the following methods:

- **Monitor Weather Patterns** - Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the practice or competition, and by scanning the sky for signs of potential thunderstorm activity.
- **Flash to Bang** - This method is used to assess how far away lightning is striking. It is determined by counting the number of seconds it takes to hear a clap of thunder after witnessing a flash of lightning. The number of seconds is then divided by five to get the distance, in miles, to the lightning flash. Generally a 30-second or less flash-to-bang count suggests removal of the athletes from the field to a safe shelter.
- **National Weather Service (NWS)** - Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area and for everyone to take proper precautions.

Management:

- **Evacuation** - If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.
- **Thirty-minute rule** - Once lightning has been recognized, it is recommended to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Given the average rate of thunderstorm travel, the storm should move 10- 12 miles away from the area. This significantly reduces the risk of local lightning flashes. Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another count should begin.

Prevention:

In order to prevent lightning-related injuries, it is important to formulate and implement a proactive, comprehensive lightning emergency plan. The plan should include:

- Advance planning
- A systematic approach for monitoring local weather conditions
- Education of staff to recognize signs of nearby lightning activity
- Criteria for suspension and resumption of play
- Evacuation plan including nearby safe shelters
- Periodic review and practice of the plan by appropriate high school personnel

Significance:

Lightening is one of the most consistent and underrated causes of weather-related deaths or injury in the United States. According to the National Severe Storms Laboratory, approximately 100 hundred facilities and hundreds more injuries requiring medical attention occur in the United States each year. Lightening-related injuries are of particular concern during the late spring and summer months, and during daytime

hours. Nearly all lightning-related injuries occur between the months of May and September, and the greatest number of lightning casualties occurs between the hours of 10 a.m. and 7 p.m., with the greatest risk concentrated between 2 p.m. and 6 p.m. Therefore, the risk of lightning-related injuries appears to be of greatest concern during some of the most active periods for outdoor scholastic activities.