



# PEDDIE SCHOOL

Athletic Department Handbook  
2009-2010

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# PEDDIE SCHOOL MISSION, PHILOSOPHY AND VALUES

## MISSION

The Peddie community commits itself to the intellectual, social and moral growth of our students. Remarkable for the range of their talents, abilities, interests and backgrounds, our students distinguish themselves through their excitement, curiosity and character. They help make Peddie an open, dynamic community where a passion for learning thrives. With respect, enthusiasm, humor and patience, we challenge our students to reach for levels of achievement they have not attempted before and encourage them to measure the success of their efforts by the progress they make. Ultimately, we seek not only to provide our students with vigorous preparation for college, but also to inspire them to strive for the highest quality of citizenship.

## PHILOSOPHY

The Peddie community believes in the dignity and worth of all individuals. We believe all students possess unique and valuable qualities which, when developed, will enable them to be thoughtful and constructive members of society. Personal growth occurs through participation in a variety of academic, athletic, artistic and community programs, and in the relationships students form with peers and adults in a residential school. We believe that through involvement in all areas of Peddie life, students gain an appreciation for learning and critical thinking, a means of clarifying ideals and values, the ability to make responsible decisions, and a sense of pride in themselves and their community.

## VALUES

The Peddie community recognizes that the path toward a fulfilling and happy life requires the steady practice of enduring values:

- **RESPECT** ~ appreciation of and esteem for oneself, for others, and for the diversity of opinions and backgrounds at Peddie and in the larger community
- **HONESTY** ~ a high regard for truth, sincerity in action, and genuine concern for honor and integrity
- **SCHOLARSHIP** ~ intellectual curiosity, active engagement in learning, and a foundation in the academic disciplines
- **BALANCE** ~ time for work and play, a mix of mastery and experiment, and attention to mind, body and spirit
- **COURAGE** ~ the quality that enables students to explore new ideas, to create imaginative solutions, to give and accept help, to make difficult decisions, and to grow into confident, compassionate adults

# **Athletic Department Handbook**

The purpose of this handbook is to give parents and students important information on a variety of aspects of the Peddie School athletic program. The topics covered are those that have been most frequently asked about and those deemed important by Susan Cabot, the Director of Athletics, and Marc Buchner, the Assistant Director of Athletics.

In addition, Peddie coaches will provide the student-athletes with sport-specific guidelines as well as their general expectations, philosophies and goals at the beginning of each season.

It is our hope that this handbook is one component of ongoing and vital communication between those involved in Peddie athletics, and that it will help everyone have fun and enjoy success throughout the year.

## **Athletic Department Philosophy**

Athletics are an important element of the balanced curriculum at Peddie, which works to advance the mission of the school. The Athletic Department is committed to the “intellectual, social and moral growth of our students” and strives to challenge our student-athletes to reach for levels of personal achievement not previously attempted or attained.

We believe that athletics are an extension of the classroom, providing many opportunities for students to learn more about themselves as well as the value of sports. Students learn to make a commitment, to work toward a goal, to respect themselves and others, and to appreciate the importance of physical well being. Through participation in sports, students learn sportsmanship, discipline, personal integrity, teamwork, time management and perseverance: qualities that will assist them in achieving success throughout their lives.

The Peddie Athletic program provides opportunities for our students to develop their talents and to undertake new challenges. We encourage our athletes to try a new sport for the first time or to sharpen their talents in an area of established interest. On an individual level, athletic participation helps develop respect for one’s own physical courage and emotional achievement while enabling student-athletes to develop already recognized talents and challenges them to reach for new levels of achievement through sport. In the unique setting of a team, participation in athletics enables students to work collaboratively, physically, mentally and emotionally. Student-athletes learn how to depend upon each other and be responsible to their teammates. Together, they learn to compete, to struggle, to endure, to succeed, to lose and to win.

The Athletic program at Peddie provides student-athletes and teams opportunities to grow and mature at appropriate levels. We strive to present a range of offerings that allow all students to participate in a comprehensive athletic program with a variety of levels of competition and experiences, either interscholastically or through the Physical Activities program. These offerings challenge our students to set personal goals and work toward the realization of these goals.

## Meet the Athletic Staff

Susan Cabot	Director of Athletics
Marc Buchner	Assistant Director of Athletics
Frank deLaurentis	Assistant Athletic Director of Facilities
Dani Mooney	Administrative Assistant
Jose Roca	Head Athletic Trainer
Katie Schwizer	Assistant Athletic Trainer
Sue Cozzone	Aquatics Coordinator
Mike Volkmar	Director of Strength and Conditioning
Doug Mariboe	Director of Sports Information
Bob Bauer	Athletic Equipment Manager
Chris Albano	Athletic Department Staff
Adam Bethea	Athletic Department Staff
BillPerez	Athletic Department Staff

## Athletic Department Contact Information

The athletic office is located in the front of the Ian Graham Athletic Center (first door on your right) as you enter the building.

Athletic Department  
Peddie School  
201 South Main Street

Hightstown, NJ 08520  
O – 609.944.7507  
F – 609.944.7911

Website: [www.peddie.org](http://www.peddie.org)  
[scabot@peddie.org](mailto:scabot@peddie.org)  
[mbuchner@peddie.org](mailto:mbuchner@peddie.org)  
[fdelaurentis@peddie.org](mailto:fdelaurentis@peddie.org)  
[dmooney@peddie.org](mailto:dmooney@peddie.org)

## **Interscholastic Athletic Program**

### **Fall Sports**

Crew – boys’ and girls’  
Cross Country – boys’ and girls’ varsity and junior varsity  
Field Hockey – varsity and junior varsity  
Football – varsity and junior varsity  
Soccer – boys’ varsity, junior varsity and freshman  
Soccer – girls’ varsity and junior varsity  
Swimming – varsity (coed)  
Tennis – girls’ varsity and junior varsity

### **Winter Sports**

Basketball – boys’ varsity, junior varsity and freshman  
Basketball – girls’ varsity and junior varsity  
Indoor Track – boys’ and girls’ varsity  
Swimming – varsity (coed)  
Wrestling – varsity and junior varsity

### **Spring Sports**

Baseball – varsity, junior varsity and freshman  
Crew – boys’ varsity, junior varsity and novice  
Crew – girls’ varsity, junior varsity and novice  
Golf – boys’ varsity and junior varsity  
Golf – girls’ varsity  
Lacrosse – boys’ and girls’ varsity and junior varsity  
Softball – varsity and junior varsity  
Swimming – varsity (coed)  
Tennis – boys’ varsity and junior varsity  
Track and Field – boys’ and girls’ varsity

## **Physical Activities Program**

### **Fall**

Center Campus Games  
Fitness  
Exercise class  
Yoga  
Intro to Golf – beginners (equipment not provided)  
Theater – Upperclassmen Play

### **Winter**

Turf Sports  
Fitness  
Yoga  
Exercise class  
Swimming

Bowling  
Theater – Winter Musical

### **Spring**

Center Campus Games  
Fitness  
Yoga  
Swimming  
Life Guard  
Exercise Class  
Theater – Underclassmen Play

Over the course of a student's career at Peddie, we hope that, through the involvement in our Physical Activities program, the following objectives will be realized:

- involve Peddie students in physical activity
- develop each individual's respect for himself or herself, physically and emotionally
- challenge students to set personal goals and to strive to achieve them
- provide fun and engaging physical activities for Peddie students
- foster the development of lifelong habits and skills in the areas of fitness, wellness, and an appreciation of the benefits of physical activities
- provide organized and/or structured opportunities for play after the academic day

## **Athletic Department Objectives**

Over the course of a student-athlete's career in Peddie Athletics, we hope the following objectives will be realized:

- involve Peddie students in athletics
- develop each individual's respect for himself or herself, physically and emotionally
- teach good sportsmanship and respect for others
- develop personal character in each individual
- teach the value of commitment that is reinforced through athletic experience
- teach the value of collaborative work that is reinforced through athletic experience
- challenge individuals to set personal goals and to strive to achieve them
- give students the tools necessary for them to succeed regardless of their ability

- maintain programs that are competitive with the schools with which we compete
- promote school spirit and a sense of camaraderie
- emphasize that sports should be fun

## **Athletic Affiliations**

**NJISAA** - New Jersey Independent School Athletic Association

**MAPL** - The Mid-Atlantic Prep League: Blair Academy; The Hill School; The Hun School; The Lawrenceville School; Mercersburg Academy and Peddie School

## **Peddie School, NJISAA and MAPL Sportsmanship Code**

### **SPORTSMANSHIP – EXPECTATIONS of PARENTS and SPECTATORS**

- All spectators must conduct themselves in a positive manner reflecting sportsmanship and the personal values of interscholastic athletics.
- Noisemakers and handmade banners are prohibited.
- Harassment in any form will not be tolerated.
- Spectators must remain in designated areas for the safety and enjoyment of the game.
- Parents are not to be near the bench area during contests.
- You should respect the coach's teaching of concentration and focus.

Failure to comply with these rules will result in ejection from the premises. Remember...let the players play, coaches coach, officials officiate, and the fans cheer for their team!

It is the expectation of the Peddie School that all fans cheer for Peddie teams in a sportsmanlike fashion. Negative, demeaning or berating words and/or actions or any physical acts directed toward officials, opposing players, opposition fans or our own players and coaches are unacceptable behaviors at any Peddie athletic contest, home or away. We hope that we will not have to deal with these incidents amongst Peddie supporters.

## **Communication**

Communication from all parties is an essential component of a successful team and athletic program.

Coaches are expected to communicate clearly with student-athletes. They should:

- give clear and concise instruction
- explain clearly to the athletes the goals and expectations for tryouts and on what basis the team will be selected
- make clear the expectations of the role marginal seniors will play on a varsity team
- explain clearly the expectations regarding practices, games and team commitment

Students are expected to communicate with coaches directly for the following reasons:

- Notify the coaches of any potential conflicts at the beginning of the season. Coaches and athletes are encouraged to work these out early in the season.
- Discuss any concerns and issues that they are having with regard to the team, playing time, and their own position on the team. It is important that we encourage our students to speak for themselves and learn to deal with issues involving the team or the coach by themselves.
- If a meeting with a coach and a student does not work out to the student's satisfaction, the student may speak with an Advisor or speak with the Director of Athletics or Associate Director of Athletics to try to resolve the issue or concern.

Parents are expected to do the following:

- Encourage their child to communicate directly with the coaching staff if they have concerns or issues before getting involved. It is the athlete's responsibility to speak for himself or herself first. This is an important learning experience for our students and we would prefer not to have parents taking care of issues before their children have spoken with the coach.
- If parents believe there is a need to become involved after a student has addressed the issue with the coach, parents must communicate directly with the Head Coach to share their concerns. Questions about coaching philosophy or about expectations should be expressed during a private conference and never directly or publicly before or after a contest or practice. Parents may call a coach or email a coach to request an appointment either on the phone or in person.
- Please do not use e-mail to communicate your frustrations or concerns; it is very difficult to read tone through e-mail and often messages are misinterpreted. If an issue is a serious concern, please communicate only in person or on the phone.
- It is not appropriate for parents to discuss team strategy and other student-athletes during these conferences.

If a resolution cannot be reached between the student-athlete, parents and the coach, the Director of Athletics should be contacted.

## **Athletic Facilities**

Peddie is fortunate to have some of the finest athletic facilities of any secondary school in the nation. We are still under construction of a major Athletic Center expansion and renovation project that will significantly improve the quality of our overall athletic facilities. Key improvements that will open in 2010 include the following: a new Natatorium, a new synthetic turf field, a new equipment cage, new entry circulation and parking and expanded fitness center and exercise area . The future renovations will look to include a new fitness center, a new Athletic Training Room, multipurpose room, locker room renovations and team meeting rooms. Currently, Peddie offers: four soccer fields, two football fields (including Maurice P. Shuman Football Field, complete with permanent stands and a press box), two field hockey fields, four lacrosse fields, two baseball diamonds (among them the William Thompson Baseball Field, complete with stands, dugouts and batting cages), a softball field (with a batting cage), ten hard-court tennis courts, the outstanding school-owned 18-hole Peddie School Golf Course (located ¼ mile south of the main campus), the Robert “Bullet” Lawson Memorial Track and a bay at the Finn M.W. Caspersen Rowing Center on Mercer Lake (home of US Rowing and the National team).

## **Indoor Facilities**

The Ian Graham Athletic Center includes the spacious Erik B. Hanson Fieldhouse, with three courts (lined for basketball, volleyball and indoor tennis), a 1/10-mile four-lane indoor track; and space for an indoor (baseball and softball) batting cage, the Clinton I. Sprout Natatorium with a 25-yard, six-lane pool; a spacious Wrestling Room (with two full mats); the 2,000 square ft. Manley-LaChapelle Fitness Center; and the Dietrich von Schwerdtner Family Indoor Turf facility for use for indoor soccer/lacrosse/field hockey, as well as for all teams in inclement weather during the fall and spring. In addition, the Ian Graham Athletic Center holds the Peddie Alumni Sports Hall of Fame Lounge, home to the Heisman Trophy (Larry Kelly ‘33), staff offices, a spacious and well-equipped Athletic Training Room; a meeting room; the athletic equipment cage; and several small and large locker rooms for boys and girls.

## **Athletic Training Room**

The Athletic Training Room is a medical facility that specializes in the prevention, evaluation, treatment and rehabilitation of all sport related injuries. The Athletic Training Room has some of the most modern equipment for treating injuries, rehabilitation of injuries and to provide cardiovascular conditioning to injured student-athletes. Head Athletic Trainer, Jose E. Roca and Assistant Athletic Trainer Katie Schwizer work together

with the coaches to ensure that the student-athletes train safely during the off-season as well as in-season. The Athletic Trainers and Peddie's Health Center also work together and communicate daily to ensure the efficient care of acute or chronic injuries and any illness. They also work together in coordinating proper outside medical attention for our student-athletes when necessary.

If a student-athlete is ill or injured, the Health Center and the Athletic Trainers will determine when the student-athlete may return. The Athletic Trainer will supervise rehabilitation, communicate with physicians, and notify the coaches and the student-athlete when he or she may return to play. No student-athlete may return to practice without communication between the Athletic Trainer and the coach.

Any student-athlete who is excused from participation by a doctor for an extended period of time will be placed on Med-ex. When on Med-ex the student-athlete is required to report to the Athletic Training Room four times per week for treatment, rehabilitation and conditioning. Any student-athlete not meeting this obligation will be assigned MO's equivalent to the number of days missed. Peddie's Athletic Trainers are not responsible for the evaluation of injuries that occur outside of Peddie School-sponsored activities (for example, but not limited to, injuries from participation in club sports, AAU travel teams, or incurred on personal vacations). The Athletic Trainers will make themselves available to help in treatment and rehabilitation of such injuries, but only after those injuries have been evaluated or diagnosed by a physician. Written documentation from the attending physician must be presented to the Athletic Trainers or the Health Center staff before treatment or rehabilitation can begin.

## **Athletic Equipment Cage**

The Athletic Equipment Cage is manned by the equipment manager, Mr. Bauer.

The Cage's normal daily hours are 8:00 a.m. to 6:00 p.m.

Also located in the cage are items for sale (such as Peddie Athletic T-shirts, jocks, sports bras, socks, shoe laces, mouthpieces, water bottles etc.).

T-Shirt and Towels – The cage will begin a new system this fall, we will provide a Peddie Athletic grey t-shirt and towel for any student who requests one. Students may then receive a clean T-shirt and towel when exchanging a dirty t-shirt or towel with Mr. Bauer.

**All uniforms and equipment signed out by athletes are expected to be returned upon completion of the season. A list will be published by the equipment manager reminding students to return equipment and uniforms. At the beginning of each season the Equipment Manager will schedule a meeting with each coach and**

**team for uniform assignments. Each athlete will formally sign-out a specific numbered uniform in the inventory book. THE ATHLETES ARE RESPONSIBLE FOR THE UNIFORMS AND EQUIPMENT ASSIGNED TO THEM. THEY SHOULD NOT TRADE UNIFORMS or EQUIPMENT. IF IT IS NECESSARY, THE CAGE MUST BE NOTIFIED OF THE CHANGE. IF AN ITEM IS NOT RETURNED, STUDENTS WILL BE BILLED FOR MISSING ITEMS. ALL BILLING WILL BE HANDLED THROUGH THE ATHLETIC OFFICE.**

Water Bottles: The cage will no longer provide cups for practices and games. Each student is asked to bring their own water bottle to each practice and game.

## **Locker Rooms**

Upon request, each student may signout a big locker and lock. Interested students should come down to the Equipment Cage located in the Athletic Center. After games dirty athletic uniforms and peddie issued sweats may be put through the “shoot” at the front of the cage to be cleaned. Students may pick up their clean uniform prior to the next game.

Locker rooms are to be treated like any other part of the school. Respectful behavior toward all school property, other students’ property as well as other students is required. Peddie athletes are reminded that non-Peddie students, spectators and visitors use our locker rooms as changing areas and walk through them to use the pool or other athletic facilities each day. Athletes are encouraged not to bring valuables to the Athletic Center, but if they must, they need to LOCK their valuables and other property in a locker rather than leave it out in the open.

## **Use of Athletic Facilities**

The Athletic Center is generally open daily during school hours for students to use. The pool offers an Open Swim Mon.-Thurs. with a life-guard on duty for students, faculty and staff to use for recreational swimming. For the latest schedule of Open Swim, check with the aquatics coordinator. The Astroturf facility is also open during the school day. Throwing lacrosse balls indoors is not permitted unless all students are wearing lacrosse helmets. The Golf Course is generally available for student use after 2:00 p.m. Students wishing to have private lessons must contact the golf pro directly to schedule and take care of the necessary fee structure.

The Athletic Department retains the right to refuse access to any facility depending on the conduct of students, the availability of supervision and/or other activities occurring that day. Our athletic facilities are rented to outside groups occasionally during off-hours, evenings and holidays. At

these times, students are not allowed to use the facilities. On most Sundays, the Athletic Center is open for student use from 1:00 p.m. to 4:00 p.m. under the supervision of faculty.

## **Directions to Away Contests**

Visit the Peddie website at [www.peddie.org](http://www.peddie.org), or call 609.944.7507 from 9:00 p.m. to 3:00 p.m. while school is in session, preferably a day or two before the contest is scheduled.

## **Game Cancellations**

Scheduled games may be cancelled due to inclement weather, poor field conditions or for other reasons. The Athletic Department will post any changes to the schedule on the Peddie athletic website immediately; this site will have the most up-to-date information. In most cases, decisions to cancel a contest will be made by 1:30 p.m. on the day of the contest. If you have any questions, please check the website or call 609.944.7507.

## **Captains**

An essential component of any team's success is good leadership. One method of encouraging student leadership is through team captains. A strong team captain can help a team succeed by being responsible, having strong communication skills and earning the respect of his or her peers and coaches. Captains are not always the best athletes but should be able to contribute to the development of team identity, focus and commitment. Being selected a captain is an honor and privilege that should be taken seriously. All varsity team captains are recognized by having their names permanently placed on the captains' boards, which are displayed in the Athletic Center.

## **Team Managers**

Managers are important members of the team. A good manager can provide invaluable assistance to the athletes and coaching staff. Managers are expected to attend all practices and games.

## **Student Athletic Trainers**

The student Training Program is an integral part of the Athletic Training Room. Student Athletic Trainers help to provide a service to the large number of athletes and teams at Peddie. While in the Athletic Training Room, students listen and learn about first aid, basic principles of treatments and rehabilitation, and as they gain experience, they begin to travel with teams providing care, taping and minor first aid.

## **Eligibility to Participate in Interscholastic Athletics**

To be eligible for competition in interscholastic athletics, a student must be under 19 years of age on Sept. 1 of the academic year. If a boy or girl reaches the age of 19 during the school year, he or she shall be allowed to play for the duration of that academic year.

## **Freshmen on Varsity Teams Policy**

A freshman student-athlete must clearly be an “impact” player who will get significant playing time and be a determining factor in a game’s outcome. If a sub varsity level team is offered in a sport and a freshman does not make the varsity squad, he or she cannot participate on the JV team without review and permission of the Director of Athletics.

## **Required Athletics for all Ninth-Grade Students**

All ninth-grade students must participate on an interscholastic athletic team in the fall term *and* an interscholastic athletic team or drama production during the spring term. It is important for these younger students to be actively connected to the school and its activities during their first term of the year. We believe that participation in our athletics program is an important part of the Peddie experience. Due to the increased demands and commitment of varsity level athletes, ninth-grade students who have earned a varsity letter in each of the fall and winter seasons will be exempt from the requirement during the spring term and may choose to take a Physical Activities class. However, he or she may participate in interscholastic athletics during the spring term if he or she chooses.

## **Practices/Absences/Rosters**

Normal practice times are as follows:

Monday, Tuesday, Thursday, Friday: 3:45 p.m.-5:45 p.m.

Wednesday: 3:00 p.m.-5:30 p.m.

Saturday (if needed): 1:00 p.m.-3:00 p.m.

Under normal circumstances, practices are not held on Sunday. Students are not to be dismissed from classes for practices, but they may be for games. Inclement weather practice schedules are made up during the season and are communicated to coaches. Winter practice schedules will vary in order to accommodate space limitations. Physical Activities meets four days a week Monday-Saturday after school.

## Attendance

**Each student is responsible for attending all practices, team meetings and games** unless excused by the head coach. Unexcused absences can jeopardize a player's position on the team. Parents, please make every effort to schedule appointments and family commitments when they will not conflict with Peddie Athletics.

Players missing practices the day before a scrimmage or a game may forfeit their right to be a starter or early sub for that contest. If a player is going to be late for practice or is sick for practice or a game, he or she should make every effort to contact the head coach to make him or her aware of the situation.

Each player and family is given a schedule at the beginning of the season. Students are to notify the coaches of any potential conflicts at the beginning of the season; coaches and athletes are encouraged to work these out early on; however, if they cannot resolve the conflict, the Director of Athletics should be called to intervene. If a student is excused from practice by the Athletic Trainers or the Health Center, it is still important for the student to communicate with the head coach.

## Roster Size and Playing Time

“Cutting” or limiting the number of athletes on a team is a reality of competitive interscholastic athletics. No member of the Athletic Department wants to make cuts. However, due to safety concerns and in the interest of being able to provide valuable lessons and experiences for all participants, we are forced to make cuts in situations where the number of athletes on one team is too great.

Athletics is an emotional activity for the players, parents and coaches. Playing time is a sensitive issue for everyone involved, but is determined by the coaching staff. Coaches base their decision on what they feel is in the best interest of the team. High school sports are not recreational sports where everyone is guaranteed playing time. If your son or daughter has a question regarding playing time, he or she should talk to the coaching staff about how they might improve their playing time and what they could work on to play more. Playing time on the varsity level is typically based on the student-athlete's inherent athletic ability, commitment to the team, and quality of work ethic. Again, this is determined and measured by the coaching staff and there is no guaranteed playing time for students on a varsity team. On our JV and freshman teams, playing time is also determined by the coaching staff and there is no guaranteed playing time in each game. Athletic ability, commitment to the team and quality of work ethic are some of the factors used in determining an appropriate amount of playing time throughout the season, with different amounts of time

dependent on the skill of each player and the competitive level of each game. JV and freshman athletics strive to prepare each student-athlete for future competition on the varsity teams through an appropriate level of competition while trying to maintain a balance between a competitive program and having fun.

## **Hazing**

Abusive and/or humiliating behavior against another individual is contradictory to the Peddie School's major school rules and will not be tolerated. It is also contrary to what teamwork is all about. Therefore, hazing in any form, either mental or physical, will not be tolerated. No athlete, regardless of age or grade level, should be "initiated" or be asked to earn his or her spot on a team by submitting to ridicule from other members of the team. It is the duty of the entire team to discourage this behavior. Any inappropriate behavior of which the coaches are made aware will be handed over to the Dean's Office to be handled as a disciplinary situation. In addition to this response, the coaching staff and Director of Athletics will determine whether this situation warrants a response from the Athletic Department, such as suspension from the team for one or more games and possibly removal from the team completely.

## **Varsity Awards**

Varsity letters are awarded by the coaching staff and the Director of Athletics. There are certain expectations of playing time and achievement designated by each sport for earning a varsity letter.

### **Insignia Awards:**

- Upon earning one varsity letter the athlete will receive a wool pennant
- Upon earning three varsity letters the athlete will receive a wool "P" sweater

### **Senior Awards:** (awarded at the last Community Meeting)

- A plaque is given to those seniors who have earned four, five, or six varsity letters during their Peddie career.
- A varsity crystal paper weight is awarded to those seniors who have earned seven, eight or nine varsity letters during their Peddie career.
- A wool letter blanket is awarded to those seniors who have earned 10, 11 or 12 varsity letters during their Peddie career.
- A varsity certificate shall be awarded for all subsequent varsity letters earned in the same or additional sports. A special certificate shall be awarded for the third and fourth varsity year in one sport.

## **Strength and Conditioning**

With the addition of Mike Volkmar, our Strength and Conditioning coach, our student-athletes have had and will continue to have the benefit of additional guidance and instruction in the Fitness Center. In addition, Coach Volkmar works with the coaching staff to assist in the development of functional training and speed and conditioning development. Use of the Fitness Center will be determined by the Strength and Conditioning coach.

## **Sports Photography**

The school has a working relationship with photographer Jim Inverso. Jim will take action photos throughout each season that will be available for purchase. You may view and purchase photos through Jim's website at [www.inversophoto.com](http://www.inversophoto.com).

### **Videotaping:**

The Athletic Department does not require coaches to videotape athletic contests; however, we feel it can assist coaches in their own professional development through evaluation of game tapes. Reviewing game tapes can also be a useful tool when educating our student-athletes.

Coaches are not required to copy tapes for student-athletes. Families may request game tapes from Peddie coaches to make copies at their own expense. If a coach declines to lend original tapes, then it is the coach's responsibility to make a copy in a timely fashion.

The Athletic Department welcomes families to hire their own personal videographer, if they feel this is necessary. If you choose to contract an outside vendor to videotape games, please inform the head coach before the contest. You must also contact the Athletic Department office. Videographers often have special requests or needs and we want to be able to assist them as best we can.

## **Policy Regarding Potential Collegiate Athletes**

In order to avoid any confusion regarding the school's support of students who are potential collegiate athletes, Peddie has adopted the following guidelines:

### **Students are expected to do the following:**

- inform their coaches of the colleges to which they plan to apply as a recruited athlete
- make contact with the college coaches themselves early in the application process
- pass on requests for athletic information to their coaches and requests for academic information to the Director of College Counseling

- be aware of any academic policies regarding the recruitment of athletes set forth by the NCAA or other governing bodies, and operate in good faith under those rules and regulations
- register with the NCAA Eligibility Center if Division I or II athletics is a possibility. Forms are available from the College Office or online

**Students can expect Peddie coaches to do the following:**

- make contact with coaches when requested by the student
- return requests for information from college coaches with the permission of the student
- meet with the student and his or her parents to discuss the possibility of the student’s participation in collegiate athletics when a meeting is requested by the student or parent
- give an honest appraisal of the student’s chances of competing at a particular level
- be aware of academic eligibility requirements as outlined above
- be aware of the rules and regulations regarding the requirement of athletes as outlined above
- operate in good faith under those regulations

## **Suggestions for Families of Potential Collegiate Athletes**

The Peddie Athletic Department has created the following information sheet to assist families of potential college athletes in understanding the college recruitment process, as well as understanding what types of support they can expect from their varsity head coach. For detailed information regarding NCAA policies and guidelines, please visit the NCAA website: [www.ncaa.org](http://www.ncaa.org) or contact the Peddie School College Counseling Office.

**Process:**

- Recruiting cycle:
  1. Each sport has a distinct cycle of when and how colleges may recruit student-athletes. For some sports, this occurs during the junior year, others in the summer between junior and senior year, and others as late as the senior year.
  2. Understanding this cycle is a great help in working through the process.
- Recruiting calendar and terminology:
  1. The NCAA legislates certain periods when colleges may have different types of contact with student-athletes. See sample definitions below.

2. Information regarding the various periods is on the web at [www.ncaa.org](http://www.ncaa.org).
- Academic eligibility requirements for college bound athletes:
    1. Potential Division I & II athletes must register with the NCAA Eligibility Center at the end of their junior year. (Forms are in the college office or online.)
    2. Information regarding the NCAA Eligibility Center and eligibility is in the college office or on the web at [www.ncaa.org/](http://www.ncaa.org/).

## NCAA Definitions

**NCAA Eligibility Center:** Student-athletes who plan to participate at the Division I, Division I-AA, or Division II level must register with the NCAA Eligibility Center. The NCAA Eligibility Center makes the official determination on the eligibility of a student-athlete based on a review of their high school transcript and test scores. Students may not make an official visit until they have registered with the NCAA Eligibility Center.

**Contact period:** permissible for authorized athletic department staff members to make in-person, off-campus recruiting contacts and evaluations.

**Dead period:** not permissible to make in-person recruiting contacts or evaluations on- or off-campus or permit official or unofficial visits.

**Evaluation period:** permissible for authorized athletic department staff to be involved in off-campus activities to assess academic qualifications and playing abilities. No in-person, off-campus recruiting contacts with a prospect are permitted.

**Quiet period:** permissible to make in-person recruiting contacts only on the member institution's campus.

**Signing period:** designated period when an institution or conference allows prospective student-athletes to sign a National Letter of Intent. These dates vary by sport and at times by conference or institution. Specific dates are at [www.ncaa.org/eligibility/cbsa/letterofintent.html](http://www.ncaa.org/eligibility/cbsa/letterofintent.html).

**National Letter of Intent:** The NLI is a binding agreement between a prospective student-athlete and an institution in which the institution agrees to provide a prospective student-athlete, *who is admitted* to the institution and is eligible for financial aid under NCAA rules, athletics aid for *one* academic year. In exchange, the prospect agrees to attend the institution for *one* academic year. More information regarding the NLI program is at [www.national-letter.org](http://www.national-letter.org).

## **Peddie's Process**

- Request a meeting with the head coach during the junior year to discuss the college process from an athletic viewpoint.
  - At this meeting, you can expect your son's or daughter's coach to explain the recruiting cycle and calendar for their sport, as well as to give their preliminary appraisal of what level of schools your son or daughter can realistically participate in college.
  - Please remember, coaches are extremely busy and the Athletic Department requests families to look for a mutually convenient time to schedule this meeting before or after the season.
- Student-athletes should contact colleges of interest through mailings.
  - Write a concise letter introducing yourself to the college coach including some background information and an athletic resume.
  - This letter is only an introduction and usually receives a reply from schools with a questionnaire. Fill out and return the questionnaire.
- Request your son's or daughter's head coach to contact colleges of interest on your behalf.
  - Student-athletes must supply a list of names and phone numbers to coaches if they expect calls on their behalf.
  - Please do not expect coaches to call schools they do not feel are appropriate based on their sense of your son's or daughter's ability.
- Meet with the college counselor to compare athletic aspirations with academic possibilities.
  - This meeting takes place during the spring of your son's or daughter's junior year and is scheduled by the College Office.
  - Peddie Coaches work closely with the College Counseling Office
  - Please remember, coaches are giving advice and it is not meant to replace the professional counseling of the Peddie School College Counseling Office.

**If questions arise during the process, please do not hesitate to contact the Athletic Department for assistance.**

# NOTES