

2023 Super Essex Conference Summer Non-Contact Period Procedures Step I.



Overview

The membership of the Super Essex Conference has decided to implement various steps in the hope of curtailing the rise of concussions and other injuries for all sports within our Conference. Certain groups may like to maintain the status quo, however the SEC believes that in order to make our sports safer and in turn, more enjoyable and rewarding for all - a paradigm shift in the way we coach and approach the game must occur.

We will continue to return a portion of the summer back to our families within our communities. In the summer of 2023, the program continues to be mandated and we will hopefully help reinstate the summer family vacation. High School summer practice sessions, which have become more and more intrusive on our families over the years, will now shut down for a minimum of nine (9) straight days. Coaches will NOT be permitted to work with their players in sport related activities during this time period. The Non-Contact Period will also prohibit, but not be limited to; coach led conditioning, weight training and film review sessions. All levels of all sports sponsored by the Super Essex Conference will adhere to the Non-Contact Period Policy. It is our goal to give families the opportunity, once again, to plan and enjoy a summer vacation.

Procedures

1. The Super Essex Conference shall require each member school to abide with the **Non-Contact Period** between their coaching staffs and their student-athletes. The summer period begins the Monday after the **NJSIAA spring sports competition end date**. The spring season competition end date is published in the spring sports quick chart found on the NJSIAA website. The last day of the summer period is August 31. This has been determined to provide a minimum of nine (9) consecutive days (from a Saturday to the following Sunday). Specifically, coaches shall not be permitted to work with their players in sport related activities on or off the school grounds. This includes, but not limited to; coach led conditioning, weight training and film review session. For the safety and welfare of their students, Athletic Directors may feel it is necessary to keep their schools open during their declared **Non-Contact Period**. This will be permitted providing their students are not involved in coach led sports related activities.
2. Member schools shall declare this minimum nine (9) day period as stated in No.1 to the SEC Executive Director via completion and the forwarding of the 2023 Summer Non-Contact Pledge Form.
3. This information will be made available on the Super Essex Conference website and should be posted on each member school's athletic department website.

Violations Reporting Procedure

Violations of the Conference summer non-contact period(s) should be reported to a member of the Conference Executive Committee by a SEC member school Athletic Director. Reports from any other parties will not be honored.

Penalties for Violations

Violations will be heard by the CES and may result in penalties approved in the SEC Constitution and Bylaws.

Approved 5/6/14
Edited 5/7/14

**2023 Summer Non-Contact Period Pledge
Step I.**



Please complete the following pledge. Your typed in “signatures” are valid as certified signatures in accordance with SEC policies.

We, the undersigned below, have read the 2023 Summer Non-Contact Period Procedures and understand the program’s procedures and potential penalties. We are aware of the deadline for submission of this form to be prior to or on June 1, 2023. Our typed in signatures certifies our pledge. **This document must be forwarded via email.**

Super Essex Conference Summer Non-Contact Period Pledge

ORANGE HIGH SCHOOL understands and agrees to abide by the
School

2023 Super Essex Conference Summer Non-Contact Period Procedures, which is established under separate cover (No. 1 above).

Declaration of Super Essex Conference Summer Non-Contact Period

Our SEC Summer Non-Contact Period (The summer period begins the Monday after the NJSIAA spring sports competition end date. The last day of the summer period is August 31.) for 2023

shall be for: July 1st – July 9th, 2023.
Dates

Representing the aforementioned stated school:

Jason Belton
Principal

Anthony Frantantoni
Director of Athletics

3/24/2023
Date

Forward the completed form as an email document to Ron San Fillipo, Executive Director, at ronaldsanfillipo@comcast.net

Approved 5/6/14

Edited 5/7/14 - Edited 12/30/22