

Mainland Regional High School

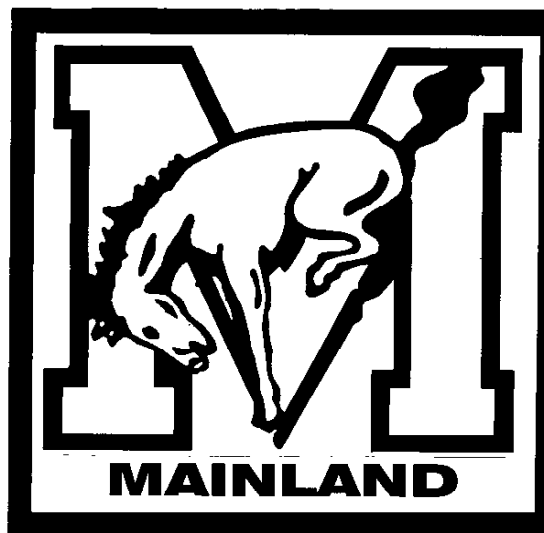
1301 Oak Ave Linwood NJ 08221

www.mainlandregional.net

Activities & Athletics Information Guide

2010 - 2011

George P. Evinski, Athletic Director
Physical Education, Activities
and
Athletics



This booklet contains the forms necessary for participation in all athletics & some activities along with a brief description of our many clubs and activities.
We hope you find this helpful. If you have questions please see the coach or advisor.

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**MAINLAND REGIONAL
HIGH SCHOOL**
1301 Oak Avenue
Linwood, NJ 08221

Phone (609) 927-4151
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927-0825



Dear Students and Parents,

The discipline code outlined in the student handbook remains in effect for all students participating in extra-curricular activities or in attendance at school-sponsored events. Below are two recent additions to the discipline code that directly impact all students participating in extra-curricular activities.

*Students assigned **Alternative Educational Placement (AEP)** or **Out-of-School Suspension (OSS)** lose the **privilege** of participating in school-sponsored clubs, activities, and/or athletics on the dates of the assigned AEP or OSS. Students that fail to comply with this disciplinary protocol will be subject to further disciplinary action and further loss of the **privilege** to participate in school-sponsored clubs, activities, and/or athletics. Students that present themselves as a persistent and/or continual disruption to the learning environment (chronic offenders) or demonstrate such behavior to warrant severe disciplinary action will **lose class privileges (Level 2)** for a period of time determined by the high school's administration.*

3 – 6 – 12 RULE

THREE (3) SUSPENSION / SIX (6) ALTERNATIVE EDUCATIONAL PLACEMENT / TWELVE (12)-REFERRAL RULE

If a student is suspended (OSS) three (3) times or assigned Alternative Educational Placement (AEP) six (6) times and/or has twelve (12) discipline referrals, or charged with a criminal offense by the school district, he/she will be required to meet with the building principal, vice principal and parent(s)/guardian(s). (A student who is charged with a criminal offense by the school district may lose privileges.) At that time, the students will be excluded from participation in all extra curricular activities, including but not limited to:

- athletic team, and/or extra curricular performance production
- proms and dances
- honor societies
- overnight and/or non-academic trips
- service as an office, library or nurses' aide
- on campus parking privileges
- graduation ceremony
- other Senior activities

Students are entitled to an appeal with the building principal after the imposition of this exclusion from extra curricular activities. It will be the student and/or parent's responsibility to initiate this process. At that time, the student, parent, and principal will review the current discipline record, grades, and attendance. A decision to either continue the suspension, to rescind the suspension, or to establish the conditions for future participation may be made at that time. Due process rights are guaranteed to all students upon the imposition of a suspension or expulsion.

Sincerely,
Mark C. Marrone
Assistant Principal

POLICY 6145.1

MAINLAND REGIONAL HIGH SCHOOL
LINWOOD, NEW JERSEY

SPORTSMANSHIP POLICY

The Board of Education requires that all individuals involved in or attending the athletic, club, or intramural programs sponsored by the Board exhibit sportsmanship. Sportsmanship is defined as abiding by the rules of the contest and supervising officials. In exhibiting sportsmanship all participants shall:

1. Understand and follow the rules of the contest;
2. Recognize skilled performance of others regardless of affiliation;
3. Display respect for all individuals participating in the athletic event;
4. Congratulate opponents in victory or defeat.

Failure to exhibit good sportsmanship shall include, but not be limited to the following conduct:

1. Any person who strikes or physically abuses an official, coach, player or spectator;
2. Any person who intentionally incites participation or spectators to abusive action;
3. Any person who uses obscene gestures or unduly provocative language or action towards officials, coaches, opponents or spectators;
4. Any school or athletic staff member who is publicly critical of a game official or opposing coaches and / or players;
5. Any person who engages in conduct which exhibits bias based on race, ethnicity, gender, or sexual preference;
6. Other conduct judged by the administration to be unsportsmanlike in character.

Persons deemed in violation of this Policy, shall be removed from the game if a team member, or, if a member of the public, shall be removed from the stands / sidelines. The Superintendent, upon recommendation of the Athletic Director or Principal and based upon the severity of the incident and / or the extent of any prior similar incident, will ban an individual's presence at any subsequent school sport even or team. An individual may petition the Board for permission to resume attendance.

Adopted: 10 /17/2005



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<http://www.mainlandregional.net>

Dear Student;

In August, 2002 the Mainland Regional High School Board of Education adopted a policy on Hazing (#5131.10) which is printed in the Extra-Curricular Handbook. The policy clearly defines the school's belief that hazing has no place in our school and defines actions to be taken if a student is involved in a hazing incident. All participants in extra-curricular and co-curricular activities are to have instruction on this policy by their coach/advisor at the beginning of each season or activity. This form indicates that you have received the instruction and it must be signed in order for any student to participate in a sport/activity.

Your signature below indicates that the Hazing Policy has been explained to you and that you agree to abide by the policy. If you have any questions, please contact the Athletic Director.

Sincerely,

Dr. Robert L. Blake
Principal

Remove this portion and return to Coach/Advisor

I, _____ have been informed of Mainland Regional High School District's
Student Name Printed
policy on Hazing (#5131.10) by _____ for the activity of _____
Name of Coach Name of Sport/Activity
_____ and I agree to abide by the policy.

Coach/Advisor Signature

Date

Student Signature

Date

HAZING

1. For purposes of this policy, Ahazing@ is defined as follows:
 1. Organizing, promoting, facilitating or engaging in any conduct, other than competitive athletic events, which places or may place a student person in danger of bodily injury; or
 2. Organizing, promoting, facilitating or engaging in a course of harassment, either oral or written or telephonic or electronic against another student; and
 3. In which the person or persons organizing, promoting, facilitating or engaging in such activity are supervisors or members of the same athletic team, club or co-curricular activity as the student against whom the activities are directed; and
 4. These activities are done with the purpose of initiating the student against whom the activities are directed into the athletic team, club or co-curricular activity, or to punish or otherwise discipline the student for actions by the student which occurred in the context of that student=s involvement with the athletic team, club or co-curricular activity, or are done in furtherance of some purported Atradition@ in connection with the sport or activity.
2. The Board of Education most strongly condemns the practice of hazing and declares that it has no place in any activity conducted under the auspices of Mainland Regional High School.
3. It is the specific responsibility of the coach, advisor or other person designated by the administration to have supervisory responsibility over the athletic team, club or co-curricular activity to ensure that hazing does not occur.
4. The Athletic Director shall hold a formal meeting at the start of each sport season to instruct all coaches, aides and volunteers concerning the terms of this policy and the penalties prescribed herein. The Vice Principal shall hold a similar meeting with all club advisors and supervisory personnel, as well as any aides and volunteers, for all non-athletic activities, which shall be held at the start of each semester for all such persons whose activities will be conducted during that semester. Each person being instructed will be required to sign a form, acknowledging that he or she has been briefed as provided for in this paragraph, which form shall also contain the signature of the person providing the instruction and which forms shall be retained for at least one calendar year.
5. The coach, advisor or other person designated by the administration to have supervisory responsibility over an athletic team, club or co-curricular activity shall formally instruct all student members of the athletic team, club or co-curricular activity as to the contents of this policy and the penalties prescribed with other coaches in attendance. This shall occur at the start of each athletic season for athletic teams or at the start of a club or co-curricular activity=s period of action. Each student receiving this instruction will be required to sign a form, acknowledging that he or she has been briefed as provided for in this paragraph, which form shall also be signed by the person providing the instruction. These forms shall be retained for one calendar year.
6. It is the responsibility of each coach, advisor or supervisor to ensure that no hazing occurs on school property, or any other location at which the athletic team, club or other co-curricular activity is playing, performing, practicing or otherwise engaging in activities related to the purpose of the team, club or other co-curricular activity. This responsibility is not limited to the individual with direct supervisory responsibility for the particular group of students engaging in the hazing, but shall include all persons who witness the hazing as student safety is the individual responsibility of all employees of Mainland Regional High School, as well as all persons who are appointed to act in a supervisory capacity with regard to the athletic team, club or other co-curricular activity.
7. Any coach, advisor or supervisor of any athletic team, club or co-curricular activity who promotes, facilitates or engages in hazing or who observes an incident of hazing and fails to stop it immediately, shall be removed from that coaching, advisor or supervisory position immediately and shall not be permitted to function in a similar capacity in the future except upon recommendation of the Superintendent and approval of the Board of Education. Nothing in this paragraph shall be construed to prevent other disciplinary action, including, but not limited to letters of reprimand, withholding of increment, termination of employment (for non-tenured employees) or filing of tenure charges for tenured employees.
8. It is anticipated that, keeping the primary concern of student safety in mind, all activity occurring before, during and after games, programs, performances, practices, training sessions, and rehearsals should be supervised to ensure that no inappropriate or unsafe activities are occurring. Accordingly, it shall not be a defense against an allegation that a coach, advisor or supervisor failed to stop a hazing incident that the person in question did not realize that hazing was occurring if that person was physically located in a position where the hazing activity was or could have been observed.
9. Any student who promotes, facilitates or engages in hazing shall be removed, immediately, from further participation in the athletic team, club or co-curricular activity. Additionally, any infractions of this policy will result in discipline being administered according to the Student Discipline Code. Nothing in this paragraph shall be construed to prevent other disciplinary action, including, but not limited to expulsion.
10. The consent of the student who is the target of the hazing shall not be a defense against the penalties set forth in Paragraphs 7 and 9, above.
11. The prohibition against hazing is also intended to apply to any hazing which occurs off campus.

MAINLAND REGIONAL HIGH SCHOOL
LINWOOD, NEW JERSEY

TO: STUDENTS PARTICIPATING IN SCHOOL RELATED ACTIVITIES

- \$ Interscholastic Program
- \$ Intramural
- \$ Extra Curriculum Programs
- \$ School Sponsored Activities

RE: *District=s Zero Tolerance for Drugs and Alcohol*

In order for students to participate in any district sponsored activity they and their parents/guardians must sign the District=s Zero Tolerance for Drugs and Alcohol Form.

Any student found to be under the influence or in the possession of drugs, alcohol or drug paraphernalia in school, or at school sponsored or related activities will be disciplined according to the Board=s policies. In addition the student shall be prohibited from participating in any school related and sponsored activities, for a minimum of one month, including graduation. The starting date of a suspension will be used for this Zero Tolerance policy. The administration may extend the exclusion from participation in district sponsored programs based on the severity of the event.

WE HAVE READ AND UNDERSTAND THE CONSEQUENCES OF VIOLATING THE DISTRICT=S ZERO TOLERANCE TOWARDS DRUGS AND ALCOHOL FOR SCHOOL DISTRICTS SPONSORED ACTIVITIES.

_____ *Date*

_____ *Date*

_____ *Student*

_____ *Parent(s)*

MAINLAND REGIONAL HIGH SCHOOL
LINWOOD, NEW JERSEY

SCHOOL TRIP POLICIES AND PRACTICES

1. All MRHS rules and policies are in effect throughout the entire school trip.
2. Teachers, coaches and/or advisors are permitted to inspect all personal items (luggage, backpacks, food, etc.) for any illegal or improper items.
3. Any illegal items found will be confiscated and released to the local police.
4. Possession or use of alcohol or illegal drugs during any trip, domestic or international, will result in the local police being contacted and possible arrest.
5. The Mainland Board of Education will NOT assume or be responsible for any student costs associated with any arrest and/or legal obligation.
6. A student will be responsible for full payment for any damage to private property caused by that individual.
7. Any violation of the above will result in parent contact and possible parent responsibility for student transportation home.
8. Parent signature is mandatory and indicates permission for student to travel on the school trip.

I have read the above. My signature indicates that I understand and will abide by the established practices and policies for MRHS school trips.

_____ *Student Signature* _____ *Date* _____ *Parent Signature*

Home Phone # _____ Emergency Phone # _____

Name of Emergency Contact _____

MAINLAND REGIONAL HIGH SCHOOL

Title of Activity or Sport _____

Site of Activity _____

Faculty Member (s) in Charge _____

Date _____ **From** _____ **to** _____

	Teacher=s Signature	Comment
HR		
1		
2		
3		
4		
5		
6		
7		
8		
9		

MAINLAND REGIONAL HIGH SCHOOL
LINWOOD, NEW JERSEY

NJSIAA STEROID TESTING POLICY

CONSENT to RANDOM TESTING

In Executive Order 73, issued December 20, 2005, Governor Richard Cody directed the New Jersey Department of Education to work in conjunction with the New Jersey State Interscholastic Athletic Association (NJSIAA) to develop and implement a program of random testing for steroids, of teams and individuals qualifying for championship games.

Beginning in the Fall, 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

By signing below, we consent to random testing in accordance with the NJSIAA steroid testing policy. We understand that if the student or the student's team qualifies for a state championship tournament or state championship competition, the student may be subject to testing for banned substances.

Signature of student-athlete

Date

Sport

Signature of parent/guardian

Date

NJSIAA Banned-Drug Classes

The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NJSIAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NJSIAA drug test. The use of supplements is at the student-athlete’s own risk. Student-athletes should contact their physician or athletic trainer for further information.

The following is a list of banned-drug classes, with examples of banned substances under each class:

(a) Stimulants

amiphenazole
 amphetamine
 bemigrade
 benzphetamine
 bromantan
 caffeine¹ (guarana)
 chlorphentermine
 cocaine
 cropropamide
 crothetamide
 crothetamide
 diethylporpiion
 dimethylamphetamine
 doxapram
 ephedrine
 (ephedra, ma huang)
 ethamivan
 ethylamphetamine
 fencamfamine
 meclofenoxate
 methamphetamine
 methylenedioxymethamphetamine
 (MDMA, ecstasy)
 methylphenidate
 nikethamide
 pemoline
 pentetrazol
 phenmetrazine
 phetamine
 phenylpropanolamine (PPA)
 picrotoxine
 pipradol
 prolintane
 strychnine
 synephrine (citrus aurantium,
 zhi shi, bitter orange)
and related compounds

(b) Anabolic Agents

anabolic steroids
 Androstenediol
 androstenedione
 boldenone
 clostebol
 dehydrochlormethyl-
 testosterone
 dehydroepiandro-sterone (DHEA)
 dihydrotestosterone (DHT)
 dromostanolone
 epitrenbolone
 fluoxymesterone
 gestrinone
 mesterolone
 methandienone
 methenolone
 methyltestosterone
 nandrolone
 narandrostenediol
 narandrostenedione
 norethandroleone
 oxandrolone
 oxymesterone
 oxymetholone
 phenidimetrazine
 pregnelone
 stanozolol
 testosterone³
 tetrahydrogestrionen (THG)
 trenbolone
and related compounds

other anabolic agents
 clenbuterol

(c) Diuretics

acetazolamide
 bendroflumethiazide
 benzhiazide
 bumetanide
 chlorothiazide
 chlorthalidone
 ethacrynic acid
 flumethiazide
 furosemide
 hydrochlorothiazide
 hydroflumethiazide
 methyclothiazide
 metolazone
 polythiazide
 quinethazone
 spironolactone
 triamterene
 trichlormethiazide
and related compounds

(d) Peptide Hormones & Analogues:

corticotrophin (ACTH)
 human chorionic gonadotrophin (hCG)
 leutenizing hormone (LH)
 growth hormone (HGH, somatotrophin)
 insulin like growth hormone (IGF-1)

All the respective releasing factors of the above-mentioned substances also are banned:
 erythropoietin (EPO)
 darbypoeitin
 sermorelin

(e) Definitions of positive depends on the following:

¹ for caffeine –if the concentration in urine exceeds 15 micrograms/ml

² for testosterone – if administration of testosterone or use of any other manipulation has the result of increasing the ration of the total concentration of testosterone to that of epitestosterone in the urine of greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

Mainland Regional High School
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Student Sport Physical Examinations

Dear Parent/Guardian:

This form is required for all athletes participating in interscholastic or intramural sports and must be completed prior to tryouts or the first practice session as per New Jersey Administrative Code (N.J.A.C. 6A:16). **Part A: Health History Questionnaire - GREEN FORM** (pages 1-3) is to be completed by the parent and reviewed by the examining provider. **Part B: Physical Evaluation form - YELLOW FORM** (pages 1-4) is to be completed by the examining licensed provider MD, DO, APN or PA. Every line and blank must be filled out **COMPLETELY** or it will be returned to you for completion. Please return all completed and signed forms to the school health office.

- In accordance with the law, N.J.A.C. 6A:16-2.2, in order for a student to participate in a sport, a physical examination must be completed by your doctor within 365 days prior to the first practice session.
- The completed physical (**Yellow**) form is valid for 365 days. The (**GREEN**) - **Health History form** is required to be completed prior to the start of practice of **each** sport.
- Call your physician/provider well in advance of the start of practice to ensure that the physical examination will be completed in time for the start date.
- If your child does not have a physician, contact the school nurse (927-1302). ALL physical forms will be reviewed by the school physician **before** a child is given clearance to play. **INCOMPLETE FORMS OR FORMS THAT ARE LATE WILL PREVENT YOUR CHILD'S OPPORTUNITY TO START THEIR CHOSEN SPORT ON TIME.**
- If your child has asthma an asthma action plan must be completed by your child's physician prior to the start of any practice.
- If your child has any allergy requiring the administration of an epipen, please have your doctor write orders for emergency allergy treatment.

If you have any questions, please let us know. You may contact the school nurse by phone 927-1302.

**ALL SPORT PHYSICALS ARE DUE TO THE NURSE PRIOR TO PARTICIPATION
 IN ANY ATHLETIC PRACTICE OR EVENT.**

I wish to participate in the following sport _____

STUDENT SIGNATURE _____

I hereby give my consent for my child to participate in the above sport sponsored by the Mainland Board of Education. I realize that any school activity involves the potential for injury, and that with proper equipment and supervision, injuries may occur.

PARENT/GUARDIAN SIGNATURE _____ **DATE** _____

STUDENT ACTIVITIES 2010 - 2011

Academic Team

Advisor: Dr. Richard Elmore

Goals/Objectives: To represent Mainland Regional High School in academic competitions.

Members of the Academic Team, alternates & managers are governed in their behavior the general rules and regulations of MRHS outlined in the Student Handbook. Members are expected to attend and to perform in all competitions the academic team enters. Any excused absence from a competition follows the same policy established for receiving an excused absence from a regular school day. Failure to fulfill the guidelines of the excused absence policy results in dismissal from the Academic Team. Members of the Academic Team are expected to attend and to participate, as directed by the coach, in the practices and preparations held between competitions. Members of the Academic Team are expected to act at all times in the best interests of the team and Mainland Regional High School.

Number of meetings: as needed

Amnesty International

Advisor: TBA

Goals/Objectives: To make the school population more aware of human rights issues. Choose certain issues to concentrate on for student action.

Number of meetings: Once a month

Art Service Club Art Service Club



Advisor: Deborah Chernoff

Goals/Objectives: The purpose is to serve the school with art work like posters, signs, banners, calligraphy, and special 3-D projects. All departments including the administration have requested our services during the school year. The Art Service Club also involves themselves in Community Art Projects.

Number of meetings: 3 monthly

Book Club**Advisor: Shannah Smith**

Goals/Objectives: A library sponsored club where students meet monthly to discuss their thoughts, ideas and opinions on various books. Various activities may involve Read It/Watch It where you read the book, watch the movie then compare and critique; Read and Discuss which is as simple as it sounds and no idea is wrong or laughed at; Read It/Do It where the book's subject addresses a social issue and after reading the book members decide how they can best help address that social issue; such as collecting for the food bank or volunteering at the local animal shelter plus many more ideas as decided by the members of Book Club.

Book Club aims to open minds, broaden horizons, create leaders, and give a safe place to gather and talk in a moderated discussion group about all types of ideas, people and situations based on literature.

Number of meetings: Once monthly (except for additional meetings prior to events.)

Choir Club**Advisor: Jack Griffin**

Goals/Objectives: The Choir Club is for Select Choir and Chorus students interested in auditioning for the South Jersey Chorus/All-State Chorus. The club meets after school in the fall and spring, practicing for these auditions.

Number of meetings: daily

Computer Club**Advisor: Frank Marascio**

Goals/Objectives: The Technology Student Association (tsaweb.org) is a national organization that is devoted exclusively to the needs of students interested in technology. Members learn through exciting competitive events, leadership opportunities and much more. The diversity of activities makes TSA a positive experience for every student. Members research and prepare for numerous events in the New Jersey State TSA competition and the National TSA competition if eligible.

Number of meetings: Once a week, then daily as needed.

Culinary Program-Local 54**Advisor: John Capasso**

Goals/Objectives: To encourage and assist students preparing for a career in the culinary arts after high school. The club meets bi-monthly with Local 54 advisors. Students who successfully complete the program will be given preference for admission into Local 54's culinary apprenticeship program. As a full-time apprentice after leaving high school, students can earn a salary while they learn and train in a Casino. They will also earn seven college credits through Atlantic Cape Community College.

Number of meetings: bi-monthly



Dance and Movement Club***Advisor: Clare Eger***

Goals/Objectives: To encourage participation in, as well as provide an opportunity to perform in various dance activities, as well as develop dance technique and performance skill. Club members can participate in Season 1 (September/November), or Season 2 (January/March). No prior dance experience is necessary and all levels of dance are acceptable. December and May dance concert at Mainland, as well as participation in the Teen Arts Festival and community service events.

Attendance policy: Participants can only miss 3 rehearsals in each season, excused and unexcused. Students that can't or do not adhere to the requirements and expectations will be unable to remain in the club.

Number of meetings: 1 to 2 times per week; 2:45 - 4:00 P.M.

Play Directors Advisors:***Becky Sannino & Judy Cline***

Goals/Objectives: To direct students to perform a professional production of a Broadway play.

Responsibilities:

1. Secure the rights of the play and order materials
2. Organize auditions
3. Plan with production staff a calendar for rehearsals and deadlines for set construction
4. Determine the number of sets and floor plan for set construction
5. Plan costumes with costume designer

Attend to music and dance rehearsals in addition to hours of rehearsals with actors/actresses. Oversee the production staff so that all deadlines are met and ready for performance date.

Number of meetings: on an as need basis

Drama Club***Advisors: Judy Cline & Becky Sannino***

Goal/Objectives: To build self confidence by performing. To teach working as a group to perform successfully and to view professional performances. The Club has election of officers; in September- preparation for Lip Sync; in November-auditions for school play.

Philosophy: To maintain a professional, well-structured activity, the Drama Club expects the following responsibilities to be met by the students

1. Lip-Sync: members must participate in preparation and /or perform
2. Ad Drive: members must sell at least two ads or ten patrons for contact renewals
3. Comedy Night: members must attend this activity. There will be a sign-in sheet
4. Dance: members must participate in preparation for the dance. There will also be a sign-in sheet to keep a record of their attendance.



Activities: Activities begin in September and continue through June. Members will prepare for the major activities listed above. During the play/musical season, members will meet 5 days a week to rehearse. Also, during the year there are two field trips to see live performances and two workshops. These allow the students additional hands-on experiences.

Number of meetings: on an as need basis.

NJ Drama & Forensic League***Advisors: Becky Sannino***

Goals/Objectives: Students who choose to participate in “Forensics” or competitive speaking can plan to meet for sessions to brainstorm topics and literary/dramatic material toward their individual/due/debate events. More importantly, the time will be spent in shaping, coaching and strengthening their speeches, readings, and dramatizations. The goal will always be, as stated in the National Forensic League description, and to become proficient in the forensic arts; debate, public speaking and interpretation.. Along with preparation and practice, students will travel and compete in some district contests. This might not be as extensive this first year for the students need to be educated and seasoned for more active competition. Students can train in 1-12 events.

Specific Objectives: An annual summer competition will be a goal of the district participants.

Number of meetings: three times a month

Ecology Club***Advisor: Mary Ann McAfee***

Goals/Objectives: To provide a forum for student to become aware of environmental concerns such as policy and laws which dictate environmental quality, voting ethics for environmental issues; decision making skills in sensitive areas; interaction with other clubs, colleges, etc.; love of nature; taking responsibility for nature or improving its conditions. This club will be non-class oriented and open to everyone. There will be a focus on recycling and reducing waste in our school. Members will be encouraged to participate in a student run recycling program. The advisor will provide the activities for the year, which will include workshops and conferences at local colleges, and clean-up projects. These conferences/workshops are career oriented. Periodically, videos of contemporary issues are viewed/discussed, such as climate change, hunting ethics, animal rights and bio-ethical decisions. There may be a field trip during the year.

Number of meetings: 1-2 Tuesdays of each month-after school in s-11

Future Business Leaders Association (FBLA)***Advisor: Dave Eachus***

Goals/Objectives : To develop competent, aggressive business leadership via local club recruitment of members; participation in Southern Regional Competition, local fund-raises and community events. All students are eligible to join, most are co-op students and students enrolled in business courses.

The purpose of this FBLA Chapter shall be to further the goals of FBLA within the State of New Jersey. The Chapter shall provide an integral part of the instructional program, additional opportunities for secondary students in business, and/or business-related fields, to develop vocational and career supportive competencies and to promote civic and personal responsibilities.

Number of meetings: twice monthly



Guitar Ensemble

Advisor: Jack Griffin

Goals/Objectives: The goal of this prestigious club is for all guitar students to have an opportunity to perform, both within the school setting and out. Students will learn about the music industry from a guitar players point of view. The club will meet on a weekly basis after school and sometimes in the evening, learning guitar music from various periods in music history, and performing it.

Number of meetings: once weekly throughout the school year

Hoofprints / 'Stang Sports

Advisors: Larry Lhulier

Goals/Objectives: To inform students and the school community of Mainland's activities and to further interest in journalism. *Hoofprints* is the school newspaper. The newspaper needs editors, writers, typists, sales people and photographers. There are times when a writer/photographer will need to attend an outside school function to report on. The advisor attends all meetings; edits all articles as to proper content; brings paper to printer and organizes sale of newspapers.

The By-Laws for *Hoofprints* are:

1. Each editor must work a minimum of 12 hours on each issue
2. Each editor may miss no more than 1 Brainstorm meeting
3. Editors are responsible for editing article as directed by the Advisor/Editor-in-Chief
4. Editors are expected to see newspaper on morning of the sales
5. Editors are to report any writer who is consistently late with articles to the advisor

Number of meetings: approximately 2-3 times weekly

Interact (formerly Y.E.S.)

Advisor: TBA

Goals/Objectives: Rotary-sponsored service club providing opportunities to participate in meaningful, fun service projects while developing leadership skills. There will be at least 2 service projects-one serving the needs of the school or community & one will further international understanding. Through service, students will develop respect for others while promoting good will.

Number of meetings: twice monthly

International Culture Club***Advisor: Peggy Flores***

Goals/Objectives: To enrich student awareness and appreciation of other cultures through all races and through all world languages in our curriculum. The club has two-three fund-raisers during the year. With the revenue, students partake in various multi-cultural theatrical, dining, and traveling activities.

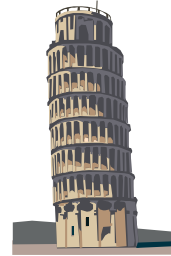
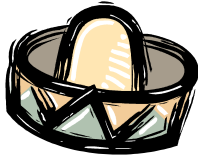
Role of Officers:

President-	Conduct meetings, making sure others are fulfilling their duties, also makes final decisions
Vice President-	Fulfills president's duties when not present. Also helps whenever needed
Treasurer-	Keeps track of finances
Secretary-	Takes role, takes minutes of meetings
Historian-	Keeps a photo album/scrapbook of yearly meetings/events.

Requirements of participants:

1. Must attend meetings. Can miss only (3) during the year (does not include excused absences)
2. Must participate in all fund-raises
3. Help at ICC events

Number of meetings: twice monthly-2nd & 4th Thursday of each month

***Intramurals******Advisor: Athletic Director***

Goals/Objectives: Intramurals take place in the school gymnasiums. All activities are co-educational and include: volleyball, basketball, team basketball tournament (3 on 3) is ongoing; badminton, street hockey; volleyball tournaments take place prior to the Volleyball-a-thon.

Number of meetings: Twice weekly (6-8 P.M. or 7-9 P.M.) Tues & Thurs evenings

Jazz Band**Advisor: Keith Hodgson**Goals/Objectives: To provide an opportunity to perform in the various musical activities.

Number of meetings: weekly-evenings

Junior Classical League (JCL)**Advisor: Sarah Mench**Goals/Objectives : To foster enthusiasm for classical civilizations through activities that celebrate ancient Greece and Rome. Activities include a Saturnalia party, the Medusa Mythology Exam, and a chariot race.

Number of meetings: twice a month

Key Club**Advisor: Francis Masciulli**Goals/Objectives: To encourage students to take an active part in the community. The Key club is a service club. Student participants receive points for: attending meetings (1 pt); 1 hour of donating time (service)=(1 pt). The more points a member earns goes toward special event trips.

The students donate time for events such as the Peanut Drive for Kiwanis, visiting children at the Rescue Mission, raising money for the pediatric trauma center, and working at the Shore Memorial Hospital Horse Show.

At the end of every year, the club participates in an enjoyable basketball tournament with the Kiwanis Club members.

Number of meetings: twice monthly

Literary Club**Advisor: Patricia McLaughlin**Goals/Objectives: To provide a forum for creative writers and artists to meet at Mainland, share their work and evaluate student writing. To publish a student literary magazine sharing students creativity-both written and artistic. Students shall participate in Dodge Poetry Festival, Poetry Writing workshops, and share poetry and critique it. The club also sponsors the Mainland Poetry Slam.

Number of meetings: four monthly

Marching Band, Band Front***Advisor: Katherine Howarth***

Goals/Objectives: *Marching Band* -To provide an opportunity to perform in the various musical activities. The marching band participates in parades, at football games, and at band competitions. *Band Front*-To provide an opportunity for students to participate with the marching band in a non-musical capacity, such as: flags, dance, etc. To enhance the overall general effect to the band, and band shows.

Number of meetings: approximately 15 monthly (summer/fall)

Mock Trial***Advisor: Christopher Fernandez***

Goals/Objectives: To de-mystify the operation of law, court procedures and legal system; increase basic life skills and leadership skills (listening, speaking, writing, reading and analyzing); bring law to life through active preparation and participation competitions.

By-Laws for Mock Trial Team: The Mock Trial Workbook is distributed to participating schools by the New Jersey State Bar Foundation. Lawyers are selected by their ability to synthesize information in the Mock Trial Workbook into intelligent and convincing arguments.

Team Rules: All members must show respect and consideration for each other at all times. All members must attend scheduled practices both after school and in the evenings at the office of our team attorney-coach. Members are permitted three unexcused absences from practice. Failure to adhere to this policy will result in removal from the team. Chronic un-preparedness will result in removal from the team. Practice and rehearsal begins in October and continues through early February. Competition begins in early February at the county level, and depending on the round reached, continues through March. The advisor will schedule dress-rehearsals at local court houses or school in the evenings. The advisor will also arrange practice trials with Cape May County schools.

Number of meetings: on an as need basis beginning in October

Montage- Our Yearbook***Advisors:******Greg Cross, and Lauren Comisky***

Goals/Objectives: To create wonderful memories. To design, construct, put together and review the yearbook. Work to produce a yearbook along with the assigned photographer and student editors and workers. In November and December sell yearbooks to students. Orders and deposits are received in senior home rooms, lunch sessions, after school and during Back-to-School Night. All monies are to be deposited in yearbook account. Receive yearbooks, count, collate and distribute, over a three day period (June), or mail books as prearranged. The supplement of the yearbook, due for completion in August, is to be counted, collated and mailed to seniors.

Number of meetings: daily

Music Director (Plays-Instrumental & Vocal)***Advisors:******Jack Griffin***

Goal/Objectives: To provide an opportunity for students to perform Broadway/Theater shows at the high school level. The students audition for parts/roles in the spring musical and then practice/rehearse with the musical director until the performance.

Number of meetings: 4-5 times weekly (January-March)

National Honor Society (NHS)***Advisor:******Tom McKeever***

Goals/Objectives: To promote academic achievement throughout the school and maintain the four qualities of NHS membership. (Scholarship, service, character and leadership) by sponsoring numerous activities.

Number of meetings: once monthly for entire membership although daily discussions during homeroom are continual. Committees meet whenever necessary

National Honor Society Constitution*Revised: May 2005***ARTICLE I: NAME AND PURPOSE**

Section 1. The name of this organization shall be the National Honor Society of Secondary Schools (NHS).

Section 2. The purpose of this organization shall be to create enthusiasm for scholarship, to stimulate a desire to render service, to promote leadership, and to develop character in the students of secondary schools.

Section 3. The NHS shall be under the sponsorship and supervision of the National Association of Secondary School Principals (NASSP), 1904 Association Drive, Reston, VA 20191-1537.

ARTICLE II: THE NATIONAL COUNCIL

Section 1. The control of this organization shall be vested in the National Council.

Section 2. The National Council shall consist of eleven members appointed by the Board of Directors of the National Association of Secondary School Principals, one representative chosen from each of the NASSP administrative regions, two at-large principals or assistant principals (from any region), and the NJHS Representative, from a middle level school. Regional representatives shall alternate terms between principals and advisers according to the schedule developed by the national office. The executive director of NASSP shall be an ex-officio member of the National Council and shall serve as treasurer of NHS. The director of the NASSP Department of Student Activities shall be an ex-officio member and shall serve as secretary of the National Council.

Section 3. Members shall be appointed for a term of no more than three years.

Section 4. A simple majority of members shall constitute a quorum of the National Council.

ARTICLE III: STATE/REGIONAL ORGANIZATIONS

Section 1. Local chapters may choose to organize state associations. The state principals' associations may form regional associations as defined by NASSP.

Section 2. Any state or regional association of National Honor Society chapters shall conform to this Constitution and shall work with the NASSP Student Activities office in furthering the purpose of this organization.

Section 3. All state and/or regional associations shall be affiliated with the National Honor Society.

Section 4. The state and/or regional affiliate shall not serve as an appeal board for local chapter non-selection or dismissal cases.

Section 5. Bylaws of the state or regional associations must be approved by the secretary of the National Honor Society (the NASSP Director of Student Activities) and must be consistent with this Constitution.

ARTICLE IV: LOCAL CHAPTERS

Section 1. Any secondary public school is eligible to apply for a charter for a local chapter. Nonpublic secondary schools accredited or approved by state departments of education or by accrediting agencies approved by the National Council are eligible to apply for a charter for a local chapter. Each school shall have its own chapter except in cases where a school's size precludes the formation of a full Faculty Council. In such cases, a chapter can be shared as long as all other constitutional requirements can be met. A middle level unit in the same building with a high school unit will be appropriate cause for two separate chapters (one for the National Junior Honor Society and the one for the National Honor Society).

Section 2. Each chapter shall pay a chartering fee determined by the National Council.

Section 3. Each school with a chapter shall pay an annual affiliation fee recommended by the National Council and approved by the NASSP Board of Directors.

Section 4. The annual individual member dues paid to a chapter or state affiliate, if any, shall not exceed ten dollars inclusively. The exact amount shall be determined by the executive committee of the chapter and shall be subject to the approval of the chapter membership.

Section 5. Duly chartered local chapters shall conform to this Constitution as set forth by the National Council. Failure to do so may result in the loss of the charter.

ARTICLE V: THE PRINCIPAL

Section 1. The principal shall reserve the right to approve all activities and decisions of the chapter.

Section 2. The principal shall annually appoint a member of the faculty as chapter adviser, who may serve consecutive terms.

Section 3. The principal shall annually appoint a Faculty Council composed of five members of the school's faculty who may serve consecutive terms.

Section 4. The principal shall receive appeals in cases of non-selection of candidates, and the disciplining or dismissal of members.

ARTICLE VI: THE CHAPTER ADVISER

Section 1. The chapter adviser shall be responsible for the direct, day-to-day supervision of the chapter and act as liaison between faculty, administration, students, and community.

Section 2. The chapter adviser shall maintain files on membership, chapter history, activities, and financial transactions. The chapter adviser shall send the annual report to the national office.

Section 3. The chapter adviser shall regularly review each member for compliance with Society standards and obligations.

Section 4. The chapter adviser shall help the chapter officers understand and carry out their duties.

Section 5. The chapter adviser shall be an ex-officio, non-voting, sixth member of the Faculty Council.

Section 6. The chapter adviser shall be a member of the faculty, appointed annually by the principal, and may serve consecutive terms.

ARTICLE VII: FACULTY COUNCIL

Section 1. The Faculty Council shall consist of five voting faculty members appointed annually by the principal. The chapter adviser shall be an ex-officio, non-voting, sixth member of the Faculty Council. No principal or assistant principal may be included on the Faculty Council.

Section 2. The term of the Faculty Council shall be one year. Members may be appointed to consecutive terms.

Section 3. The Faculty Council shall meet at least once a year to review the procedures of the chapter, select members, and to consider non-selection, dismissal, other disciplinary actions, and warning cases.

Section 4. The Faculty Council will develop and revise, when necessary, all chapter procedures for selection, discipline, and dismissal of members, all of which must remain in compliance with the national guidelines.

ARTICLE VIII: MEMBERSHIP

Section 1. Membership in local chapters is an honor bestowed upon a student. Selection for membership is by a Faculty Council and is based on outstanding scholarship, character, leadership, and service. Once selected, members have the responsibility to continue to demonstrate these qualities.

Section 2. Membership shall be known as active, honorary, and graduate. Active members shall become graduate members at graduation. Graduate members shall have no voice or vote in chapter affairs.

Section 3. The Faculty Council shall reserve the right to award honorary membership to school officials, principals, teachers, NHS advisers, adults, students with disabilities, or foreign exchange students in recognition of achievement and/or outstanding service rendered to the school in keeping with the purposes of the National Honor Society. Honorary members shall have no voice or vote in chapter affairs.

Section 4. Candidates become members when inducted at a special ceremony.

Section 5. Members who are seniors in good standing are eligible to be nominated by their chapters to compete in the National Honor Society Scholarship Program.

Section 6. An NHS member who transfers to another school and brings a letter from the principal or chapter adviser to the new school adviser shall be accepted automatically as a member in the new school's chapter. Transfer members must meet the new chapter's standards within one semester in order to retain membership.

Section 7. Members who resign or are dismissed are never again eligible for membership or its benefits.

ARTICLE IX: SELECTION OF MEMBERS

Section 1. To be eligible for membership the candidate must be a member of those classes (sophomore, junior, senior) designated as eligible in the chapter bylaws. (Freshmen [*ninth graders*] are not eligible.) Candidates must have been in attendance at the school the equivalent of one semester. (*Note: Some candidates may be ineligible for induction because of the semester ruling. Many students, including students of military parents, are required to move with parents or guardians that have transferred in their work. The present school principal should seek a recommendation from the previous school principal pursuant to the candidate's selection. On the basis of the recommendation of the previous principal, the Faculty Council may waive the semester regulation.*)

Section 2. The national minimum standard for scholarship shall be a cumulative scholastic average of at least 85 percent, B, or 3.0 (on a 4.0 scale) or the equivalent standard of excellence. Candidates shall then be evaluated on the basis of service, leadership, and character. (*Note: Local chapters may raise the cumulative GPA standard above the national minimum, or increase standards for the remaining selection criteria, apply them fairly and consistently, and include these standards in their locally published selection procedures. -Ed.*)

Section 3. The selection of each member to the chapter shall be by a majority vote of the Faculty Council.

Section 4. A description of the selection procedure shall be published in an official school publication that is widely available in a timely fashion to all students and parents of the school. The selection procedure shall be determined by the Faculty Council and shall be consistent with the rules and regulations of NHS.

Section 5. The National Council and NASSP shall not review the judgment of the Faculty Council regarding selection of individual members to local chapters.

ARTICLE X: DISCIPLINE AND DISMISSAL

Section 1. The Faculty Council in compliance with the rules and regulations of the National Honor Society shall determine the procedure for dismissal. A written description of the dismissal procedure shall be available to interested parties. (*Note: Faculty Councils can consider disciplinary actions that are less severe than dismissal if circumstances warrant. -Ed.*)

Section 2. Members who fall below the standards that were the basis for their selection shall be promptly warned in writing by the chapter adviser and given a reasonable amount of time to correct the deficiency, except that in the case of flagrant violation of school rules or the law, a member does not necessarily have to be warned.

Section 3. The Faculty Council shall determine when an individual has exceeded a reasonable number of warnings.

Section 4. In all cases of pending dismissal, a member shall have a right to a hearing before the Faculty Council. (*Note: This hearing is required and is considered "due process" for all members -Ed.*)

Section 5. For purposes of dismissal, a majority vote of the Faculty Council is required.

Section 6. A member who has been dismissed may appeal the decision of the Faculty Council to the principal and thereafter under the same rules for disciplinary appeals in the school district.

Section 7. The National Council and NASSP shall hear no appeals in dismissal cases.

ARTICLE XI: CHAPTER OFFICERS

Section 1. The officers of the chapter, their duties, and the method of their election shall be determined by the members of the chapter, approved by the Faculty Council and the principal, and described in the chapter bylaws.

Section 2. New officers shall be installed at a special ceremony.

ARTICLE XII: EXECUTIVE COMMITTEE

Section 1. The executive committee shall consist of the officers of the chapter and the chapter adviser.

Section 2. The executive committee shall have general supervision of the affairs of the chapter between its business meetings, make recommendations to the chapter, and determine and perform such other duties as are specified in the chapter bylaws. All actions and recommendations of the executive committee shall be subject to the review of the chapter membership.

Section 3. The executive committee shall have the responsibility for ensuring that chapter activities and procedures follow school policy and regulations. (*Note: This section is generally viewed to include chapter activities except those with regards to the selection, discipline, and dismissal of members which are the sole domain of the chapter's Faculty Council per the provisions of Article VII, Section 4. –Ed.*)

ARTICLE XIII: MEETINGS

Section 1. Each chapter shall have regular meetings during the school year on days designated by the executive committee and in accordance with school policy and regulations.

Section 2. The regularity of the meetings (i.e., weekly, monthly, bimonthly) shall be designated in the chapter bylaws.

Section 3. The chapter president or other designated student leader may call special meetings approved by the executive committee.

Section 4. Chapters shall conduct meetings according to Robert's *Rules of Order, Newly Revised* in all points not expressly provided for in this Constitution or the chapter bylaws.

ARTICLE XIV: ACTIVITIES

Section 1. Each chapter shall determine one or more service projects for each year.

Section 2. All members shall regularly participate in these projects.

Section 3. These projects shall have the following characteristics: Fulfill a need within the school or community; Have the support of the administration and the faculty; Be appropriate and educationally defensible; Be well planned, organized, and executed.

Section 4. Each member shall have the responsibility for choosing and participating in an individual service project that reflects his or her particular talents and interests. This is in addition to the chapter projects to which all members contribute.

Section 5. Each chapter shall publicize its projects in a positive manner.

ARTICLE XV: OFFICIAL INSIGNIA

Section 1. This organization shall have an official emblem selected by the National Council. The emblem shall be uniform.

Section 2. The distribution of the emblem and the rules for its use shall be under the exclusive control of the National Council.

Section 3. Each active, graduate, or honorary member in good standing with the chapter shall be entitled to wear this emblem.

Section 4. Any member who resigns or is dismissed shall return the emblem to the chapter adviser.

Section 5. All insignia must be procured from the national secretary of the National Honor Society, 1904 Association Drive, Reston, VA, 20191. All insignia are filed for registration with the United States Patent and Trademark Office and may not be copied by anyone.

Section 6. The motto of the National Honor Society shall be *Noblesse Oblige*.

Section 7. The official colors of the National Honor Society shall be blue and gold.

Section 8. A graduate member may purchase a replacement for a lost emblem by verifying membership to the national office.

ARTICLE XVI: BYLAWS

Section 1. Each chapter shall write bylaws to amplify sections of this Constitution and to clarify operating procedures of the chapter. Bylaws do not need the approval of the National Council but must be consistent with this Constitution.

Section 2. The chapter bylaws shall contain information concerning the election and duties of officers, the schedule of meetings, member obligations, dues, and the like.

ARTICLE XVII: AMENDMENTS

This Constitution may be amended at any meeting of the National Council or by mail by an affirmative vote of a majority of the members of the National Council.

ARTICLE XVIII –

Mainland Regional High School David Myers Chapter of the National Honor Society By-Laws

- Section 1. Individual membership dues are \$10.00 for each year of membership.
- Section 2. Members must maintain a minimum of 4.2 weighted grade point average.
- Section 3. Meetings will be held the second Tuesday of each month at 7:00 a.m. (Unless otherwise specified). A member inducted in their junior year will be allowed at most three unexcused absences from regularly scheduled meetings. A member inducted in their senior year will be allowed at most one unexcused absence. An excused absence is a full day absence from school. In the event of an excused absence, a note must be handed to the NHS advisor within 3 days. Failure to do so will result in an unexcused absence. A member is considered late for a meeting if he/she arrives five minutes after the meeting begins. Two lates constitute one unexcused absence. A member is considered absent from a meeting if he/she arrives ten minutes after the meeting begins.
- Section 4. Members must participate in each NHS sponsored community event and each NHS sponsored fundraiser. Extent of participation to be determined at monthly meetings.
- Section 5. Members must perform one individual service project (see Article XIV, Section 4). Specific guidelines must be followed.
- Section 6. Members must actively participate on at least two committees (one per semester). Members must also fulfill committee obligations.
- Section 7. Officers will be elected at the end of the school year. Officers will meet once a month to write an agenda for the monthly meeting and discuss any NHS concerns. The duties of the officers are as follows:
- President - Conduct monthly meetings and oversee all NHS activities.
 - Vice President - Fulfill president's duties in their absence, maintain an accurate record of all individual service projects, maintain an accurate record of all committee activities.
 - Secretary - Maintain monthly meeting attendance, record minutes of monthly meetings and distribute copies of minutes within 2 days to all NHS members and advisor, and give a written warning to members who are in danger of losing their membership within (2) days of the infraction.
 - Treasurer - Attend all fundraising activity meetings, deposit all monies into NHS account by the end of the school day, maintain account book of all NHS financial activities.
 - Historian - Maintain the NHS scrapbook, take pictures at all NHS sponsored events. At the end of each quarter the scrapbook will be reviewed by NHS officers for accuracy.
- Section 8. Committee chairpersons will be appointed by the NHS President. Their duties will include keeping an accurate record of all meeting dates, meeting attendance, and meeting activities. Within 2 days of the conclusion of the activity, a written report must be submitted to the NHS officers and advisor.
- Section 9. Members violating any of the above by-laws will appear before the NHS faculty council to have their membership reviewed.



Orchestra Club

Advisor: Jack Griffin

Goals/Objectives: To provide an opportunity for students to interact and perform within an orchestral setting, in various musical settings, rehearsals, and concerts. In addition to music, students learn self-discipline, group cooperation, problem solving, goal setting, self-expression, memory skills, concentration, poise, enhanced physical coordination, high self-esteem, and the importance of teamwork. The club is open specifically to all students that play a woodwind, brass, string, or percussion instrument.

Number of meetings: weekly to prepare for upcoming concerts and events

Peer Mediation

Advisor: Dan Reardon

Goals/Objectives: Provides students with an opportunity to sit face to face and talk, uninterrupted, so that each side of the dispute is heard. After the problem is defined, information about the conflict and the feelings it creates is exchanged, and various solutions are explored and evaluated. When an agreement is reached, it is written and signed. To become an effective peer mediator, a student must accept and fulfill the role and responsibilities of a peer mediator and learn certain skills to help students in conflict work together to solve their own problems. Peer mediation is fun as a club, and all members must be trained to participate. The program is designed to encourage young people to be peacemakers and to resolve disputes nonviolently.

Number of meetings: on as need basis

Peers in Transition

Advisor: Judy Thompson

Goals/Objectives: To link disabled students with non-disabled peers in after-school/leisure activities. (Non-disabled upperclassmen would be solicited from elective classes and trained prior to taking on a mentor role.) This exchange will be beneficial for both students who take on a mentor responsibility and to those benefiting from the successful social interactions with others all in accordance with N.J. State curriculum.

Number of meetings- Bi-monthly

Photography Club***Advisor: Bernadette Daley*****Goals/Objectives:**

The club hopes to expose photography enthusiasts with technical and practical skills to the operation of digital cameras. Members will also be introduced to the aesthetics of taking photographs and learning how to combine the digital photo with the tools available in Photoshop CS4 to create flyers, posters, hand-outs, etc. for the Mainland Regional community.



Number of meetings: approximately two to four times monthly

Physics Club***Advisor: Susanne DiVincenzo*****Goals/Objectives:**

The purpose of the Physics Club is to encourage participation in the study of Physics. To this end enrollment is open and flexible. Anyone wishing to participate is welcome. The setting is informal. The topics are primarily those covered in the text, however, Physics is such an encompassing discipline, any topic can be investigated. We are a sounding board for ideas, and comments. Projects are encouraged and, of course, help on tests, quizzes and labs are available. The club elects a president, vice-president and secretary.

Number of meetings: approximately twice monthly

Political Science Club***Advisor: Scott Betson*****Goals/Objectives:**

As the social studies club at Mainland, P.S.C. is the school's liaison to the World Affairs council of Philadelphia, Model Congress program, especially Washington, D.C. seminars, and out elected representatives.

Responsibilities :

The Advisor is to call a meeting of the club on an as need basis. In order to prepare for certain activities, such as Model Congress, meetings may be called as frequently as several times in one week. The advisor will help to arrange activities for the members to participate in, and propose these to the proper superiors. Officers are expected to assist. Elections will be held in the spring. Members must make every effort to attend meetings; to contribute ideas and suggestions at meetings that will benefit the club; and to participate in at least one activity organized by the club. The advisor will make reservations to attend events and will accompany students on all activities.

Number of meetings: ten yearly

Rally Against Discrimination-RAD***Advisor: Jenna Leeds***

Goals/Objectives: To enhance prejudice reduction and support through education, group discussion, film, and peer counseling.

Number of meetings: one monthly

Sailing Club***Advisor:
Dan Nemsdale***

Goals/Objectives: A racing venue supplying all sailors with boats and gear. There is no cost however sailors must be able to pass a swim test. No experience is needed for crew positions; some experience is needed for skipper position. A person can start as crew and work their way to skipper. Members are required to supply a USCG approved personal flotation device, which must be worn at all times on the dock or on the boat, a wet suit or dry suit, boots and gloves. On water practices will be twice a week tide permitting. Practices will consist of tacking drills, gibing drills, starts, mark roundings, and on water tactics. On land instruction include rules and racing tactics. The program will be based on teaching and coaching fundamentals for sailing published by US Sailing. The program is open to both boys and girls and races will take place at Ocean County College, University of New York Maritime Academy, US Navel Academy, and Kings Point US Merchant Marine Academy. Activity is conducted in the spring.

Students Against Destructive Decisions (S.A.D.D.)***Advisor: Mary Duffy, Judi Latina***

Goals/Objectives: To make staff, students and community aware of the consequences arising from drinking and driving. To help change attitudes about the ability to have fun without drinking or using drugs. Help change attitudes about the ability to have fun without drinking or using drugs.

Projects Include: Auction for dates; Christmas gift wrap; football games/weekend announcements – “Don’t drink and drive”; Mr. Mainland contest; holiday messages on cars; run Prom week activities; select a speaker for the pre-prom assembly; select scholarship recipients and make sure the scholarship is paid by February of the next year; and SADD Week. Meetings are one (1) per month, except for additional meetings prior to events. The recipients of SADD scholarships must be excellent standing members. For those who receive scholarships, they must attain the money by February 28 of the following year.

Number of meetings: once monthly

Science League Team***Advisor: Susanne DiVincenzo***

Goals/Objectives: Provides state-wide competition between individuals and among teams of secondary students in Biology, Chemistry and Physics. The advisors will monitor, grade and calculate the tests and winners for each group. They will accompany the students to schools or arrange for competition at Mainland between three schools.

Number of meetings: once monthly

Student Council***Advisors: Cindy Anderson & Becky McDevitt***

Goals/Objectives: A student service organization run by students. Activities include Back-to-School Night; dances; Volleyball-a-thon; Student of the Month; school television announcements; teacher appreciation week; school spirit activities; charity fund-raisers; school breakfasts; class elections; birthday grams; student concerns and Homecoming.

MRHS Student Council Constitution: This organization shall function under the power granted by the Principal of MRHS, and all Student Council matters subject to his/her review and approval. The MRHS Student Council shall follow guidelines established by the National Association of Student Councils and the New Jersey Association of Student councils. The purpose of this organization shall be to work to understand attitudes, beliefs, and aspirations of the students and develop the ability to present student perspectives in appropriate ways.

Elections: each class will have representatives to serve on Student Council for a term of one year. The make-up of the class representations shall be dependent on a points tabulation of a minimum of 70% of last year's available activities points. The executive officers will be elected by the student body for a term of one year from June 1 to May 31. Students of MRHS who wish to be considered for election for any position must submit a petition with the signatures of one hundred (100) student and five (5) teachers to the Student Council, and be an active member of Student Council (70% of points.)

Meetings: Student Council will meet monthly. The meetings will be held on the third Wednesday of every month during school hours with the permission of the school Principal. Student Council meetings will be held on alternate months on the third Wednesday of every month in the evening hours with the permission of the school Principal. This meeting would be mandatory for all class and Student Council officers, and open to the general public. An agenda will be distributed to the Student Council members at the meeting.

Attendance: Each member is required to participate in a sufficient number of voluntary and mandatory activities so as to amass 70% of all available points.

Theatrical Business Manager***Advisor: Joyce Barrie***

Goals/Objectives: Tickets-Order and organize ticket sales for Spring musical. Recruit students to assist in ticket sales and ushering. Each member is issued a minimum of 20 tickets to sell two weeks prior to the show. Although it is not required to sell all twenty, they will receive recognition for those they do sell.

Publicity-Organize student committee for ad drive and produce the playbill/ad book and program. Send flyers to Northfield, Linwood, and Somers Point communities (bulk mail) and have flyers ready for distribution on Parents Night. Design posters in consultations with director, and arrange for distribution. Send newspaper releases, radio/television announcements.

Budget-Plan with the director the budget for the Spring musical. Keep the records for the Drama Club.

Production-Assist the director by coordinating drama staff, cast, and crew for costumes and set construction due dates. Assist the director and stage crew manager with set construction design. Attend and supervise at least two rehearsals per week in consultation with director and other drama staff members.

TRI-M Music Honor Society***Advisor: Keith Hodgson***

Goals/Objectives: TRI-M Modern Music Masters A program of MENC: The National Association for Music Education (MENC), exists to recognize young music students for their efforts and accomplishments in music on the basis of musicianship, scholarship, character, cooperation, leadership and service to their school and community. The organization's high standards serve to challenge students to greater effort and achievement and to encourage the pursuit of excellence. The TRI-M Honor Society has planned many activities.

They include bi-monthly business meetings (September-June), two solo and small ensemble concerts which include performances at all of the senior citizen facilities in the three sending districts. Services will be offered to the three middle school music directors in teaching after school programs.

Number of meetings: 20 yearly

CONSTITUTION / BY-LAWS

for

FRESHMAN CLASS

SOPHOMORE CLASS

JUNIOR CLASS

SENIOR CLASS

Constitution / By-Laws for All Classes

ARTICLE I: NAME AND PURPOSE

- Section 1: The name of this governing body is the Mainland Regional High School Class of _____.
- Section 2: This governing body shall function under the power granted by the Principal of Mainland Regional High School and the advisors of the class, and all Class of _____ Matters are subject to their approval.
- Section 3: The purpose of this group of governing officers shall be to lead and motivate the class in fund-raising and future school associated events.

ARTICLE II: ELECTIONS

- Section 1: A member of the Class of _____ who wishes to run for executive office is required to:
 Pick up a petition from the advisors. Petition must include at least 50 signatures from the appropriate Class.
 Schedule an interview with advisors to discuss plans & aspirations for the Class of _____.
 Prepare a one-page description of the way in which she/he will perform the duties of the position in question to be presented to the current Executive Board and the Advisors.
 Show evidence of having participated in Class activities for previous year(s).
 Present copy of speech to be given to Class of _____ to the advisors at least two days before Assembly Program. Changes to speech must be cleared with Advisors. Any changes on day of assembly will result in candidate's disqualification from election to office.
- Section 2: Executive officers shall have the opportunity to run a campaign in May of the preceding year. According to Student Council guidelines, petitions must be returned by a set deadline and candidates will have the opportunity to present speeches to the student body of the concerned class in an assembly.
 The assembly will include a question/answer forum, if time permits, where students are given the opportunity to question candidates. If time does not permit, candidates, with a majority vote, have the option to call an after school meeting for the question/answer forum.
 The offices elected will be President, Vice-President, Secretary, Treasurer, and Historian(s).
 No new offices shall be created unless a majority vote of the current officers gives approval at a meeting.
- Section 3: The student body of the class concerned will vote for candidates within a week following presentation of speeches.
- Section 4: The Executive officers and their duties will consist of the following:
 Must be available for monthly meetings after school.
 Must be available to help after school daily during fund-raising events.
 Must be responsible for all paperwork requested by class advisors.
 Must be a good student with a minimum grade of C in all subject areas.
- Section 5: Duties of the President include:
 Must be willing to speak at class assemblies.
 Must be creative and energetic in suggesting Class of _____ activities.
 Must be willing to lead monthly executive board and advisory board meetings. A written agenda must be prepared for each monthly meeting and turned into class advisors four days in advance of class meeting. For example, with scheduled Tuesday meetings, the agenda should be turned in by the preceding Friday at 3:00 p.m. to one of the class advisors.

- Section 6: Duties of the Vice-President include:
 Must be willing to speak in the absence of President at Class of _____ assemblies and at monthly executive Board meetings.
 Must be willing to assist the President with ideas for Class of _____ activities.
 Must distribute monthly newsletter to all homerooms of Class of _____.
- Section 7: Duties of the Secretary include:
 Must keep minutes of all meetings, including attendance roster.
 Must compose and type monthly newsletter that includes class events and serves as a form of communication with members of Class of _____.
 Must write all correspondence for Class of _____.
 Should assist Treasurer with record keeping.
- Section 8: Duties of the Treasurer include:
 Keep accurate accounts of all fund-raising events, including individual accounts of each student.
- Section 9: Duties of Historians include:
 Keep a scrapbook of events of anything involving the class or a member of the Class of ____.
- Section 10: The term of any officers begins on the first day of school of the year that they are elected for and ends the last day of the school session of that year.
- Section 11: The Seal of Approval must be obtained for all posters or printed material to be disseminated to the student body from the Assistant Principal's office or the class advisors. All materials not containing the official seal of approval will be confiscated and the responsible person reprimanded.

ARTICLE III: MEETINGS

- Section 1: Officer meetings, including advisory board, will be held the first Tuesday of every month, starting promptly at 2:55 p.m.
- Section 2: At monthly meetings, a written agenda, prepared by the President, will consist of discussion of fund-raising ideas, planning of school events, and evaluation of process including positive and negative criticism.
- Section 3: Unscheduled meetings may be called at the request of the officers or advisors. Twenty-four (24) hours notice should be given.

ARTICLE IV: ADVISORY BOARD

- Section 1: Advisory Board members are those students in the class who wish to volunteer in fund-raising and planning of Class of _____ activities.
- Section 2: Advisory Board members shall only attend the first meeting of the month unless otherwise requested.
- Section 3: Advisory Board duties would include planning and helping to conduct fund-raising activities and other class activities.

ARTICLE V: ATTENDANCE AND CONSEQUENCES

- Section 1: Each officer shall be allowed no more than three (3) unexcused absences from meeting of Class of _____ functions or fund-raising activities where the advisor has requested their presence, during one full school year.
 An excused absence is an absence from school.
 All other absences are unexcused at the discretion of the class advisors.
- Section 2: After the third unexcused absence, an evaluation of the officer and their participation will be made. The other officers and the class advisors will vote on the continuation of the term.
- Section 3: If a decision of impeachment is made, the officer will defend him/herself (this may be accepted or denied by the executive board), and if requested by a member of the executive board (other than the impeachment officer) or the class advisors, a new vote will be taken.
- Section 4: When an officer is impeached, the next candidate with the highest amount of votes in the elections will take over.
- Section 5: If a candidate who was unopposed is impeached, a new officer will be appointed from the Advisory Board by a majority vote of the remaining officers and the class advisors.

ARTICLE VI: IMPEACHMENT

- Section 1: An officer may be impeached for failure to comply with:
 Good academic standing (grades of C or better).
 Attendance policies of school and class constitution.
 School discipline rules.

ARTICLE VII: AMENDMENTS

- Section 1: Amendments may be made whenever necessary.
 Section 2: They must be approved by a 3/4 majority vote of advisors.

CLASS RESPONSIBILITIES

SOPHOMORE CLASS	BASKETBALL Concession Stand
JUNIOR CLASS	FOOTBALL Concession Stand
JUNIOR CLASS	PROM
SENIOR CLASS	PROM FASHION SHOW
STUDENT COUNCIL	HOMECOMING



MRHS CLASS
**FUND
 RAISING
 SCHEDULE**



OCTOBER

Sophomore sale begins 1st week
 Senior sale begins 3rd week

Sophomore sale ends @ end of 3rd week

NOVEMBER

Senior sale ends @ end of 2nd week

DECEMBER

Freshmen sale begins 1st week
 Junior Candy Cane Sale begins 2nd week

Freshmen sale ends @ end of 3rd week
 Junior sale ends prior to vacation

JANUARY

Sophomore sale begins 1st week

Sophomore sale ends @ end of 3rd week

FEBRUARY

Junior sale begins 1st week

Junior sale ends @ end of 3rd week

MARCH

Freshmen sale begins 1st week
 Senior sale begins 4th week

Freshmen sale ends @ end of 3rd week

APRIL

Junior sale begins 2nd week

Senior sale ends @ end of 1st week
 Junior sale ends @ end of 3rd week

MAY

Sophomore sale begins 1st week
 Freshmen sale begins 2nd week

Sophomore sale ends @ end of 3rd week
 Freshmen sale ends @ end of 4th week

JUNE

MAINLAND FUND-RAISER APPLICATION FOR APPROVAL

Any school activity or organization seeking to raise money on behalf of Mainland Regional High School or any club, course, program, or sport must submit an application to the Principal and follow Policy #5630 (*see reverse side*).

APPLICANT _____

ADDRESS _____

DATE OF APPLICATION _____

TYPE OF FUNDRAISER _____

DESCRIPTION OF FUND-RAISER _____

DATE OF FUND-RAISER _____

FUND-RISER GOAL (AMOUNT) _____

CONTACT PERSON (NAME) _____

(ADDRESS) _____

(PHONE #) _____ E-MAIL _____

ADMISSION CHARGE _____

FOR SCHOOL ACTIVITIES

NAME OF RESPONSIBLE STAFF MEMBER(S) _____

COSTS _____

Signature of Applicant

Date

Signature of Coach/School Advisor/Teacher

Date

Signature of Administrator

Date

_____ Approved

_____ Not Approved

Signature of Principal

Date

_____ Approved

_____ Not Approved

POLICY 5630*FUND RAISING ACTIVITIES*

1. **Definitions**
 - a. Fund raising activity. Any effort to raise money for the benefit of Mainland Regional High school or any club, course, program, sport, or other activity in the school.
 - b. Fund raiser. Any school activity, or organization seeking to raise money on behalf of the school, or any club, course, program, sport or other activity in the school.
 - c. School activity. For purposes of this policy, the term "school activity" shall mean any course, recognized club, sport, or other co-curricular activity, as well as any student organization representing any class year or grouping of class years.
 - d. Organization. For purposes of this policy, the term "organization" shall include not only groups formally recognized by the Mainland Regional High School Board of Education as representing any organization, club, sport or other activity in the school, such as booster programs, but also any person, organization or grouping of individuals not formally recognized by the Board of Education but engaging in a fund raising activity, as defined in subparagraph a, above.
2. **Approval of Activity**
 - a. No fund raising activity shall be conducted without prior written approval by the Principal, or his designated representative. For school activities, no action can be taken by a faculty member until approval has been granted. A copy of the approved form shall be retained by the administrator for all fund raising activities and a copy of the approved form shall be retained by the responsible staff member for all fund raising activities by school activities.
 - b. Applications for approval of fundraising activities shall be submitted no less than thirty days prior to the fund raising activity, on a form to be developed by the Principal which sets forth the following:
 1. The name and address of the fund raiser.
 2. The purpose of the fund raising activity and the amount of money sought to be raised.
 3. A description of the fund raising activity.
 4. The name, address and telephone number of a contact person if the fund raiser is other than an individual.
 5. The date (or inclusive dates for multi-day activities) when the fund raising activity is to be conducted.
 6. The place or places where the fund raising is to be conducted. If any part of the fund raising activity shall take place on school property, a specific designation of the location (e.g., particular rooms required or athletic fields to be used)
 7. The admission charge, if any.
 8. For school activities, the name of the responsible staff member(s)
 9. For school activities, the costs.
 - c. In addition, all materials used to promote the activity shall be submitted to the Principal or his designated representative, to ensure that it does not contain any inappropriate material or anything in contravention of this Policy. This includes advertising materials or promotional items to be distributed to interested persons or persons attending the fund raising activity.
3. **Prohibited Activities**
 - a. Candy or other food/drink sales during school hours.
 - b. Any food sales which would conflict with New Jersey Statutes, Administrative Code or Board Policy.
 - c. Any sale or activity which would not represent good taste or proper moral stature.
 - d. No organization, as defined in paragraph 1d, shall conduct any fund raising activity or publicize any fund raising activity during school hours in the school building, or through the use of Mainland students in the school building.
4. **Fund raising activities involving alcohol**

The consumption of alcohol by Mainland Students is a serious concern to the Board of Education. While it is recognized that certain fund raising activities may be conducted by adult fund raisers for adults at which alcohol may be available for consumption, the Board of Education will not support any activity which promotes the consumption of alcohol. Any fund raising activity conducted by any organization at which alcohol will be consumed, shall be subject to the following restrictions.

 - a. No students may be present when the fund raising activity occurs.
 - b. No literature or other promotional materials may mention that alcoholic beverages are available. This includes any references to substances known to contain alcohol, such as Jello shots. This is not to be construed to require that all fund raising activities be alcohol free but the availability of alcohol shall not be used as an element in the promotion of the activity.
5. **Non-approved fund raising activities**

Fund raising activities which are conducted without obtaining the approval set forth in Paragraph 2 may not use the school name or phone number. In the event it is ascertained that fund raisers are conducted without obtaining approval, the Board of Education reserves the right to impose such sanctions on the fund raiser as it deems appropriate, including, but not limited discipline of any staff member involved and disciplinary action against the school activity or organization sponsoring the fund raising activity.
6. **Supersession.** This Policy supersedes Policy 3453 adopted 2/22/94

Mainland Regional High School

1301 Oak Ave Linwood, NJ, 08221 609-927-4151

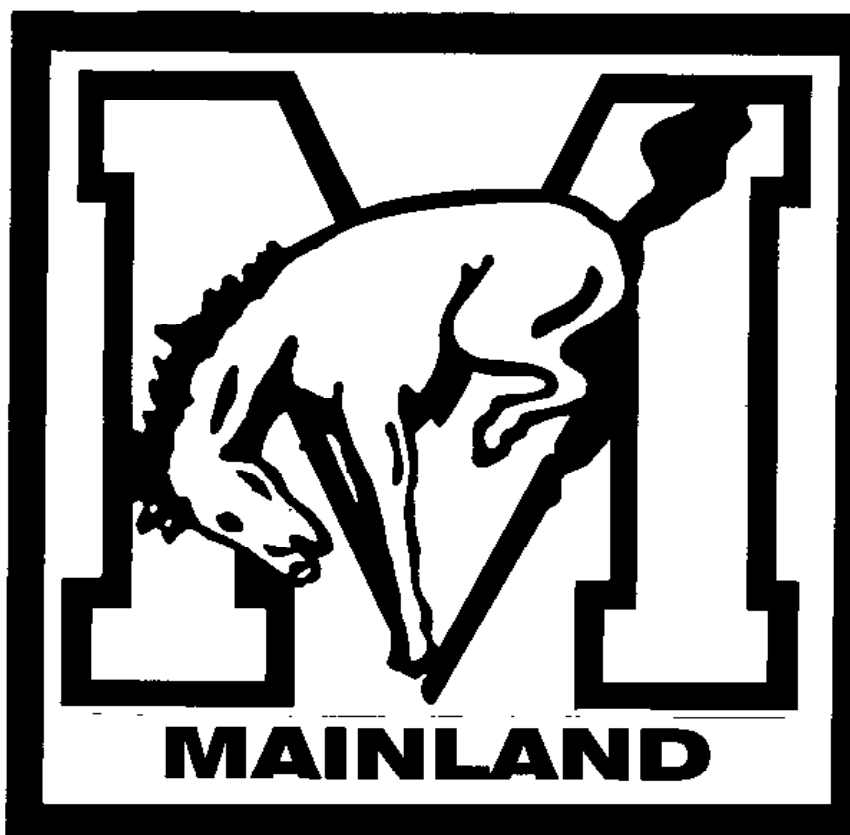
www.mainlandregional.net

Athletic Program

Fall, Winter, & Spring Sports

Head Coaches Directory

Student Eligibility



Revised August 2010

George P. Evinski, Athletic Director
Physical Education , Activities and Athletics
609-927-9589

Athletic Program *2010 - 2011*

Athletics:

Mainland offers a wide variety of athletic opportunities for all students. A list of all athletic offerings and the time of the year the sports are in season are listed on the following pages. The information and procedural instructions listed are most important and should be followed in the order presented:

1. Decision of sport selection (see list on next page)
2. Obtaining of Parent-permission/Student activities form (physical), Zero Tolerance Form, Hazing Form and the NJSIAA Steroid Testing Policy.
3. Obtain forms from-
 - Coach
 - Athletic Director' office
 - Main office OR
 - Athletic Trainer's office
 - School Health Office (physical only)

The physical card/forms are to be taken home and completed by the parent and the student/athlete. Upon completion, the physical form is taken to the student's own physician. Return all forms to the coach.

Medical Examination: this will be conducted by the student's own physician prior to the sport season. Please use the form provided by the school-this is the state's physical form. Upon completion of the medical exam, the forms are to be given to the health office. *THIS FORM IS GOOD FOR THE ENTIRE YEAR* This is a 7 page, two-sided multi-colored form.

Consent to Random Testing form: This state form is white, signatures are needed from both parent & student on this form.

Zero Tolerance Form: this form is to be read and signed by both the student and parent and then returned to the coach. This is a two-sided blue form.

Hazing form: Coach will explain the school's hazing policy and students will sign and return the hazing policy. Student signature is needed on this yellow form before the start of the season.

Web Permission Form: this green form gives parental consent to the school to publish the student athlete's photo/image and identify him/her by name. No personal information such as address/phone number would ever be published. If this form is not signed and returned, an athlete will be identified as "player #6' scored 3 points". **AGAIN, PLEASE NOTE: We do not put any contact information for students on the web page, only name & photo. (#23, John Smith-Boys Soccer)**

Note: For your convenience all athletic schedules are available on the
Schedule Star web site.

Please access www.highschoolsports.net at any time.

Athletic Program 2010 - 2011

KEY: Varsity (V) Junior Varsity (JV) Freshmen (F)

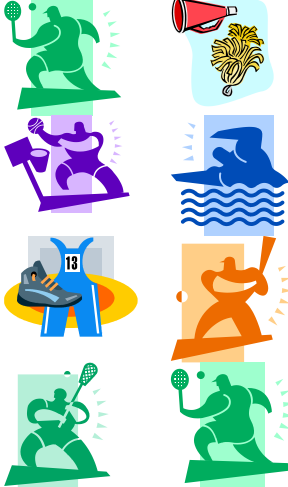
Fall Athletic Program



Girls:
 Cheerleading-V
 Field Hockey- V, JV, F
 Cross Country-V
 Tennis-V, JV
 Soccer-V, JV, F

Boys:
 Football- V, JV, F
 Cross Country-V
 Soccer-V, JV, F

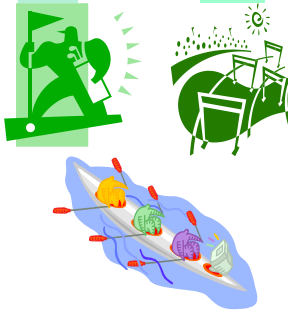
Winter Athletic Program



Girls:
 Basketball-V, JV, F
 Swimming/Diving-V
 Cheerleading-V
 Winter Track-V

Boys:
 Basketball-V, JV, F
 Swimming/Diving-V
 Wrestling-V, JV, F
 Winter Track-V

Spring Athletic Program



Girls:
 Crew-V, JV
 Golf-V (Co-ed)
 Softball- V, JV, F
 Lacrosse-V, JV
 Track & Field- V

Boys:
 Crew- V, JV
 Golf-V (Co-ed)
 Baseball-V, JV, F
 Lacrosse-V, JV
 Track & Field-V
 Tennis - V, JV

Athletic Program
2010 - 2011

Coaches Directory

Girls:

Basketball – Sue Repetti

Cheerleading (Fall) –Carmel Campos & Erin Tracey

Cheerleading (Winter)-Liz McGee & Gina Eissler

Crew – Matt McDevitt

Cross Country - Patti Jordan

Field Hockey – Jill Reganato

Golf – Dan Reardon

Lacrosse- Bernadette Daley

Soccer – Christopher Connolly

Softball – Frank Marascio

Swimming/Diving - John Rakowski

Tennis (fall) – Kathy Yohe

Track / Field- Joe Zaborowski

Winter Track-Joe Zaborowski

Boys:

Basketball – Tom McKeever

Baseball - Gary Hegh

Crew – Dave Funk

Cross Country - Dan Heyman

Football - Bob Coffey

Golf – Dan Reardon

Lacrosse- Rich Farr

Soccer - John Napoli

Swimming / Diving - Brian Booth

Tennis(spring) – Chris Connolly

Track / Field – Bob Coffey

Winter Track-Joe Zaborowski

Wrestling – Mike Colombo

Athletic Program 2010 - 2011

ELIGIBILITY

New Jersey State Interscholastic Athletic Association

A. INTERSCHOLASTIC COMPETITION

- i. To be eligible for athletic competition during the first semester (September 1 to January 31) of the 10th grade or higher, or the second year of attendance in the secondary or beyond, a pupil must have passed 25% of the credits required by the State of New Jersey for graduation, during the immediate preceding academic year (27.50).
- ii. To be eligible for athletic competition during the second semester (February 1 to June 30) of the 9th grade or higher, a pupil must have passed the equivalent of 13.75% of the credits required by the State of new Jersey for graduation at the close of the preceding semester (January 31). Full year courses shall be equated as one-half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.
- iii. The above paragraphs 1 and 2 shall not apply to incoming students from grammar school (8th grade).
- iv. Notwithstanding the provisions of Paragraph 1 and 2 above, a pupil who is eligible at the beginning of a sports season shall be allowed to finish that season.

B. MAINLAND REGIONAL HIGH SCHOOL REGULATION ON STUDENT ELIGIBILITY

- i. A student participating in co-curricular activities and athletic programs is expected to maintain passing grades.
 - a. Should a student fail two or more courses in a marking period, that student shall be ineligible until the next marking period. If, at the next marking period, the student is passing all courses, eligibility shall be restored.
 - b. Should a student fail one course in a marking period, that student shall be provisionally eligible to participate until the issuance of interim (mid-marking period) reports. At interim report time, (1) if the student is passing all courses, eligibility shall be restored. (2) If the student is failing any course, the student shall be ineligible for the remainder of the marking period. Eligibility may be restored by the student passing all subjects at the next (or subsequent) marking period report.
 - c. Eligibility requirements for the first marking period shall be the same as the above except they shall be based on the final grades from the previous year. Additionally, the student must have earned a minimum of 27-1/2 credits during the preceding year.
 - d. A withdrawal-failing from a course during a marking period shall be considered an "F" for that marking period for determining eligibility. In the case of "N" (no credit) grades, the academic eligibility will be used for purposes of determining eligibility.
- ii. These rules and regulations are the minimum eligibility requirements. Coaches or advisors may require a more strict eligibility code for his/her team or activity members. However, more strict eligibility requirements may only be employed providing they have been made clear to team or activity members prior to the start of the applicable season or year and have the approval of the principal.

Be advised the Class of 2014 will need 120 credits to graduate. The current credit requirement is 110 credits. With the following in mind, listed below are the credits necessary to maintain NJSIAA athletic eligibility.

CLASS	2ND SEMESTER (spring sports)	PREVIOUS YEAR (fall, winter sports)
2014	*15	30
2013	13.75	27.5
2012	13.75	27.5
2011	13.75	27.5

Please contact me if you have any questions.

*Applicable to their sophomore, junior, senior year.

There is no credit requirement for incoming freshmen.

MAINLAND REGIONAL HIGH SCHOOL BELL SCHEDULES (2010-11)

The daily bell schedule works on a 4 day rotation. At the end of the 4 Day Cycle, the rotation repeats itself. Students are scheduled for rotating 4 rotating periods in the morning and rotating 4 rotating periods in the afternoon. Each day student's have 6 classes (3 in the AM and 3 in the PM) with 1 class from both the morning and afternoon being dropped. Students will go to each of their classes 3 times within a 4 Day Cycle.

During the 50 minute unit lunch (Period 5) the entire student body will eat lunch. Food will be served in the cafeteria, at the concession stand and at mobile kiosks located throughout the building. Specific areas in the building will be designated as locations where students will be able to eat and spend their time during the unit lunch period. Students are expected to pick up after themselves, place trash and recyclables in the appropriate containers, and behave in an appropriate manner. Those students who demonstrate improper lunch time behavior will be placed in lunch detention at the discretion of the school administration. Members of the faculty, administration and school resource personnel will be present to supervise lunch. All underclassmen must remain in the building during the unit lunch period. **Only seniors will be able to leave campus during the unit lunch period.**

Daily Bell Schedule and Rotation

TIME	DAY A	DAY B	DAY C	DAY D
8:00 – 8:59 AM 59 Minutes	1 / HR	4 / HR	3 / HR	2 / HR
9:04 – 9:58 AM 54 Minutes	2	1	4	3
10:03 – 10:57 AM 54 Minutes	3	2	1	4
10:57 – 11:47 AM 50 Minutes	Unit Lunch (5)	Unit Lunch (5)	Unit Lunch (5)	Unit Lunch (5)
11:47 – 12:41 PM 54 Minutes	6	9	8	7
12:46 – 1:40 PM 54 Minutes	7	6	9	8
1:45 – 2:39 PM 54 Minutes	8	7	6	9

HR = Homeroom

Delayed Opening Bell Schedule

Time	Day A	Day B	Day C	Day D
9:00 – 9:49 49 Minutes	1/HR	4/HR	3/HR	2/HR
9:54 - 10:38 44 Minutes	2	1	4	3
10:43 - 11:27 44 Minutes	3	2	1	4
11:27 – 12:17 50 Minutes	Lunch	Lunch	Lunch	Lunch
12:17 - 1:01 44 Minutes	6	9	8	7
1:06 - 1:50 44 Minutes	7	6	9	8
1:55 - 2:39 44 Minutes	8	7	6	9

Lunch = 5th Period

Early Dismissal Bell Schedule

Time	Day A	Day B	Day C	Day D
8:00 – 8:40 40 Minutes	1/HR	4/HR	3/HR	2/HR
8:45 – 9:24 39 Minutes	2	1	4	3
9:29 - 10:08 39 Minutes	3	2	1	4
10:08 – 10:23 15 Minutes	Break	Break	Break	Break
10:23 – 11:02 39 Minutes	6	9	8	7
11:07 – 11:46 39 Minutes	7	6	9	8
11:51 - 12:30 39 Minutes	8	7	6	9

Short 15 Minute Break Replaces Unit Lunch (5th Period)

If school is closed due to inclement weather or an emergency, the 4 day cycle will continue without skipping a day. For example, if school is closed on Day B, school will re-open on Day B.