NJSIAA Requiring All Coaches to Take Free, Online Course on Minimizing Risk of Heat-Stroke Deaths in High School Athletics


ROBBINSVILLE, NJ (August 9, 2012) – To help minimize the risk of heat-related injuries, the NJSIAA (New Jersey State Interscholastic Athletic Association) is now requiring all coaches to take the National Federation of State High School Associations’ (NFHS) free online course “A Guide to Heat Acclimatization and Heat Illness Prevention.”

The course provides critical information designed to minimize the risk of activity-related heat stroke among high school athletes. It is the fourth and latest free course in the NFHS Coach Education Program.

“Heat stroke is the leading cause of preventable deaths in high school athletics,” says NJSIAA Executive Director Steven Timko. “With more than 250,000 participants in high schools sports throughout New Jersey, it’s imperative all our coaches are informed and aware of the proper precautions to take to keep our athletes safe.”

Coaches can access this course online at www.nfhslearn.com. It also is accessible via mobile devices, including iPads and tablets.

About the NJSIAA
Established in 1918, the New Jersey State Interscholastic Athletics Association (NJSIAA) is a voluntary, non-profit organization comprised of 433 accredited public, private, and parochial high schools. A member of the National Federation of State High School Associations, the NJSIAA conducts tournaments and crowns champions in 32 sports. Championship competition for girls is sponsored in basketball, bowling, cross country, fencing, field hockey, golf, gymnastics, lacrosse, soccer, softball, swimming, tennis, outdoor track, winter track, and volleyball. Boys’ championships are determined in baseball, basketball, bowling, cross country, fencing, football, golf, ice hockey, lacrosse, soccer, swimming, tennis, outdoor track, winter track, volleyball, and wrestling.
Susan G. Komen for the Cure®, Saint Peter’s University Hospital, NJSIAA
celebrating success of breast cancer awareness initiative

$183,000 grant supports keeping female student athletes healthy

ROBBINSVILLE, NJ (August 15, 2012) – The Susan G. Komen for the Cure® Central and South Jersey affiliate, Saint Peter’s University Hospital's Community Mobile Health Services, and the NJSIAA (New Jersey State Interscholastic Athletic Association) are celebrating the final year of their highly successful, four-year initiative to increase breast health awareness for female student athletes.

In 2008, Saint Peter's University Hospital's Community Mobile Health Services received a total of $183,000 in four grants -- to be used from 2008-2012 -- from the Susan G. Komen Central and South Jersey affiliate. This funding is used in educating high school and college female athletes about breast health.

"We’re so grateful to the Susan G. Komen Central and South Jersey affiliate and NJSIAA Executive Director Steven Timko for allowing this initiative to really come alive in high schools throughout New Jersey," says Marge Drozd, director of Community Mobile Health Services at Saint Peter's University Hospital. "It's been a wonderful journey thus far and we hope for continued success in reaching more and more female athletes throughout the state."

Drozd -- with use of the Susan G. Komen affiliate’s funding -- continues to work with Timko and the NJSIAA, and has spoken in 13 south and central New Jersey counties, reaching more than 12,000 girls. The funding supports the program -- making these visits possible -- and provides educational materials and incentives, plus an array of supplies and equipment for girls sports teams.

According to the National Cancer Institute, breast cancer is the second most frequently diagnosed cancer among American women. One in eight women who live to be 80 years of age will receive a diagnosis of breast cancer at some point in their lifetime.

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About Saint Peter’s University Hospital
Saint Peter’s University Hospital is a 478-bed acute-care teaching hospital sponsored by the Roman Catholic Diocese of Metuchen. Saint Peter’s is a state-designated children’s hospital and a regional perinatal center, and is a regional specialist in geriatrics, oncology, orthopedics, women’s services and ambulatory care.

The Children’s Hospital at Saint Peter’s University Hospital provides families with access to a full range of pediatric specialties, including pediatric cardiology through its affiliation with The Children’s Hospital of Philadelphia.
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Athletics Programs Help Teens Maintain Physical, Mental Health

*Potential remedy to nationwide epidemic of childhood obesity; yet, threat of cutbacks looms over interscholastic sports programs*

ROBBINSVILLE, NJ (September 10, 2012) – America's obesity epidemic bears an annual $450 billion cost, according to a graphic appearing in *Forbes*, and the *American Heart Association* and U.S. *Centers for Disease Control and Prevention* say a third of all teenagers are now overweight.

And while participation in athletics programs offers a potentially potent solution to the nationwide scourge of childhood and teen obesity -- including its impact on both physical and mental health -- school sports programs are being menaced at an alarming rate. As boards of education around New Jersey and the country are increasingly tasked with finding ways to reduce spending, athletics can appear as an attractive target.

"Playing sports is a remedy to teen obesity, and participation in high school athletics is at an all-time high nationwide ... and yet, there are constant threats to shrink or even eliminate interscholastic sports program," observes Steven J. Timko, executive director of the *NJSIAA* (New Jersey State Interscholastic Athletic Association). "Such cutbacks are no less than direct threats to our children's health. We absolutely need to ensure that athletic opportunities are readily available for all young people."

A recent study published in the journal *Pediatrics* indicated that based on research conducted among New Hampshire and Vermont high school students, teens who play at least three sports per year are 39 percent less likely to be obese. And highlighting the worrisome specter of childhood and teen obesity, September has been designated "National Childhood Obesity Awareness Month" via a 2011 proclamation by President Obama.

Also of note is the reality that interscholastic sports have significant value related to fostering the development of civic awareness, discipline, and teamwork among young people, as outlined in a recent *NFHS* (National Federation of State High School Associations) report.
"Whether it's playing an already well-established sport like football or basketball, or rapidly growing ones like lacrosse and volleyball, there are huge potential benefits for teens," Timko adds. "We must do everything possible to safeguard the well-being and future of our young people."

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###
Saint Peter’s is a sponsor of residency programs in obstetrics and gynecology, pediatrics and internal medicine, and is a regional medical campus of Drexel University College of Medicine. Saint Peter’s also sponsors a residency program in orthopedic surgery in affiliation with the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School.

The hospital, part of the Saint Peter’s Healthcare System, is fully accredited by The Joint Commission, is recognized as a Magnet hospital for nursing excellence by the American Nurses Credentialing Center, is a three-time winner of the Beacon Award for Critical Care Excellence in Nursing, and is recognized by the American Diabetes Association in all areas of diabetes education. Saint Peter’s is located at 254 Easton Avenue, New Brunswick, NJ 08901. For more information about Saint Peter’s, please visit www.saintpetershcs.com or call 732-745-8600.
ROBBINSVILLE, NJ (September 24, 2012) -- David Frazier -- Rutherford High School director of athletics and supervisor of the physical education department -- recently ascended to president of the NJSIAA (New Jersey State Interscholastic Athletic Association).

Frazier has been a member of the NJSIAA's Executive Committee since 2008 and is a former chairman of the Eligibility Appeals Committee.

"As a former Division I All-American athlete and now in his eleventh year as Rutherford High School's Athletics Director, David will bring an innovative perspective to the association," says Steven J. Timko, executive director of the NJSIAA. "David's extensive background and knowledge in athletics leaves no question that he's the perfect fit to lead the NJSIAA in protecting, promoting, and providing for New Jersey's high school student-athletes."

Frazier earned his Bachelor's Degree in Physical Education from Manhattan College and has a Masters Degree from Montclair State University. As a former triple jumper, he is a two-time Penn Relay Champion ('93-'94), a Metro Atlantic Athletic Conference Champion, and an Intercollegiate Association of Amateur Athletes of America Champion. He competed professionally in track and field, ranking first in New Jersey and in the top 25 triple jumpers in the country.

“I look forward to using my years of experience as an athlete, coach, and athletic director to promote positive attitudes and values among all those the association represents,” adds Frazier.

A high-resolution, digital image of Frazier is available at http://tinyurl.com/d6etp2c.

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# # #
ROBBINSVILLE, NJ (September 26, 2012) -- The New Jersey Governor's Jefferson Awards youth programs -- with support from the NJSIAA (New Jersey State Interscholastic Athletic Association) -- showcase the outstanding community service being provided by students across the state. And opportunities to volunteer are available now.

The youth programs currently under the banner of the Jefferson Awards are Students in Action, Youth Service Challenge, GLOBECHANGERS™ and Students Change Hunger™ One Million Pound Challenge. Each of these programs was developed to encourage and recognize the community service efforts of students and inspire others to volunteer in their own neighborhoods.

Further details on the various youth programs, as well as award nomination information for 2012-13, are available online at http://www.njgovernorsawards.com/.

“Each of the youth programs offered by the Jefferson Awards offers students the opportunity to make a difference in their communities,” says NJSIAA Executive Director Steven Timko. “Whether a student is already volunteering for an organization or is looking for an opportunity to do so, these programs are the perfect outlets for getting kids more involved.”

Additional information on the programs:

Students in Action: The NJ Students in Action program combines a structured leadership curriculum with a statewide and national recognition program for students providing community service.

Youth Service Challenge (YSC): The focus of YSC is to capture and recognize outstanding youth service projects that provide benefits to schools, communities, the state, and the world.
**GLOBECHAN</**>**: Provides mentorship and guidance to students who have an idea for a service project that could have national or even global impact.

**Students Change Hunger™** One Million Pound Challenge: Between September 17 and November 17, participating schools throughout the state hold food drives and fundraisers to help ease hunger in their communities.

The N.J. Governor’s Jefferson Awards program is coordinated through the NJ Community Foundation, the Governor’s Office on Volunteerism and the Star-Ledger. Additional information on these programs is available at [www.njgovernorsawards.com](http://www.njgovernorsawards.com) and [www.sianj.com](http://www.sianj.com).

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###
NJSIAA unveils financial results for 2011-2012 school year

Across-the-board cost reductions, new income sources cited

Focused on developing revised business model

ROBBINSVILLE, NJ (October 10, 2012) -- Emphasizing strategic cost reductions, the NJSIAA (New Jersey State Interscholastic Athletic Association) today unveiled its financial results for the year ended June 30, 2012.

Net assets at the conclusion of the financial period decreased by $33,692, to a total of $2,264,881. This decrease is smaller than anticipated, in large part due to a $71,112 reduction in total expenses, compared to the previous year (ended June 30, 2011). Particularly strong reductions in overall costs were achieved in categories including operational costs, administrative, technology, and facilities management.

"We're pleased our auditors have given us an unqualified opinion, and the results for the past year illustrate our ability to strategically reduce costs across a broad range of categories," explains Steven J. Timko, NJSIAA executive director. "At the same time, we're at the mercy of multiple elements capable of dramatically impacting our ability to fund programs -- which places us in a constantly precarious position. As a result, we're committed to revising our business model with a specific emphasis on alternate revenue sources."

NJSIAA Business Administrator Gary Zarrilli noted: "Market factors like the demand for and price of tournament tickets have a significant impact on the association. And these factors are further influenced by such external forces as weather, increased security concerns, and legislation. Currently, regulation provides for fixed tournament game ticket prices, which blocks us from adjusting what we charge in response to rising costs and changes in market factors."

Regarding net assets, in the recent past they had actually declined at a far more precipitous rate. For example, they fell $263,924 during the year ended June 30, 2011, and $457,628 in
the year ended June 30, 2010. So, in comparison, the latest figures represent a positive milestone.

And while it's notable that the association's personnel costs -- including payroll, pension, and medical -- decreased by $130,078, there was no resultant reduction in services.

"We made substantial cuts this past year, but our ability to accomplish our core mission -- protecting, providing, and promoting this state's high school student athletes -- is undiminished," Timko adds. "We must, however, have effective sources of income. Ideally, ticket sales to championship events would be among these, but New Jersey is the only state in which such prices are state-controlled. Moving forward, this continues to be the largest single financial challenge to the NJSIAA ... and to our student-athletes as well."

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###
**NJSIAA appoints new Second Vice President**

*Superintendent of Cedar Grove Public Schools Dr. Gene Polles assumes leadership post*

ROBBINSVILLE, NJ (October 16, 2012) – Cedar Grove Superintendent Dr. Gene Polles was recently named second vice president of the NJSIAA (New Jersey State Interscholastic Athletic Association). Polles has been a member of the NJSIAA’s executive board since 2007, and has held numerous posts within the association.

“With his years of experience as a teacher, school administrator, and college professor, Gene’s background will enable him to be an outstanding second vice president,” says Steven J. Timko, executive director of NJSIAA. “The wealth of leadership skills he has cultivated over the years will make him a powerful advocate for New Jersey's high school student-athletes.”

Polles earned a bachelor's degree in Health and Physical Education from Rowan University (formerly Glassboro State College), a masters degree from William Paterson University, and a doctoral degree in Educational Leadership from Seton Hall University. His career has progressed from teacher to superintendent, with posts as a principal, assistant superintendent, and adjunct professor.

“I'm committed to using the skills I’ve developed during more than 30 years at the K-12 level in continuing to assist the association in promoting athletics and providing quality athletic education for students throughout New Jersey,” says Polles. "I'm particularly enthusiastic about working with my fellow executive committee members -- between us, there's an athletic director, a school superintendent, and a business executive. For the NJSIAA, that's an excellent blend of professional experiences."
Polles is currently a member of the NJSIAA Finance Committee and the New Jersey Association of School Administrators, and for more than three years has served on the Super Essex Conference Executive Board.

A high-resolution, digital image of Polles is available at http://tinyurl.com/9tpi93l.

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###
Former Giants, Jets Standouts Highlight NJSIAA Bollinger Hall of Fame “Class of 2012” Inductees

William “Billy” Ard and David Szott among those enshrined

ROBBINSVILLE, NJ (December 4, 2012) -- A New York Giants Super Bowl XXI hero and a retired Jets standout are among the 11 Garden State sporting luminaries inducted into the NJSIAA (New Jersey State Interscholastic Athletic Association) Bollinger Hall of Fame’s class of 2012.

William “Billy” Ard, who retired from the National Football League with a New York Giants Super Bowl XXI ring, attended Watchung Hills High School from 1973-1977. From there, he went on to Wake Forest University on a full athletic scholarship, and as a football star was named to the All–ACC team, along with being a Sporting News 1st Team All-American. He played in both the Senior Bowl and Hula Bowl prior to beginning his NFL career.

David Szott, a Jets guard in 2002-2003, was a two-sport standout for Clifton High School in the 1980’s. An All-American wrestler, he placed third in the state in 1985 and was a state champion in 1986. Also a three-time regional wrestling champion, Szott graduated from high school with a career record of 109-8. As a high school football player, he was twice honored as a 1st Team All-State selection and was named a USA Today/Parade Magazine All-American in 1985. He played at Penn State on the Nittany Lions’ 1986 national championship squad, and was named a 1st Team All-East performer. The Kansas City Chiefs drafted him in 1990, and in addition to his time with the Jets, he also played for one season with the Redskins.

In addition to Ard and Szott, the other 2012 inductees are:

- **Bob Baly** was a stellar, three-sport athlete at Union High School, competing in football, basketball, and baseball. He later coached high school football at Watchung Hills, where fellow class of 2012 inductee Billy Ard was among his players. Baly’s educational career included being a principal and the chief school administrator for the Watchung Hills Regional School District, along with a distinguished, eight-year stint as assistant director of the NJSIAA.

- **George Washington Case, Jr.** attended Brown University where he was a spectacular student-athlete. After college, he played Major League baseball, and from 1936 through 1943 led the American League in stolen bases. His Major League career concluded in 1947 with a .282 lifetime batting average, 1,415 hits and 349 stolen bases.

- **Jeffery Holman** has amassed more than 600 wins in 23 seasons coaching the Haddonfield High School girls tennis team, and 600 additional wins in 21 years heading Haddonfield’s boys tennis team.
His honors include the NJSIAA Award of Honor in 1995, and being elected to the South Jersey Tennis Hall of Fame in 1998.

- **Monty Irvin** was among the first African-American players to be signed to a Major League contract after Jackie Robinson broke the color barrier. Irvin signed with the National League’s Giants, and in 1951 helped his team overtake Brooklyn on the last day of the season and win the now-legendary one-game playoff to win the NL pennant. He was inducted into Baseball’s Hall of Fame in 1973, and is currently the oldest living African-American to have played in the Major Leagues.

- **Carli Lloyd** grew up in Delran and played soccer for Delran High, and later for Rutgers. She was named 1st Team All-Big East four straight years, and went on to score goals for the gold medal-winning U.S. Olympic teams in 2008 (Beijing) and 2012 (London).

- **Heather O’Reilly** played soccer for East Brunswick High School, at which she scored 143 goals. In her junior year, she led the Lady Bears to an NJSIAA state title. The following year, O’Reilly was named Parade All-American, Parade National Player of the Year, Gatorade High School National Player of the Year, and the National Soccer Coaches Association Player of the Year. O’Reilly later went on to capture three Olympic gold medals as a member of the U.S. national team.

- **Christie Rampone** starred in four separate sports as a youngster -- soccer, basketball, track and field, and hockey. She became the first female athlete in state history to lead her conference in scoring in three different sports, and in college excelled in soccer, basketball, and lacrosse. Rampone is a three-time Olympic gold medalist in soccer, from the games in 2004 (Athens), 2008 (Beijing), and 2012 (London).

- **Bill Schutsky** was a two-sport standout and an Academic All-American at Hillside High School. At West Point he played under legendary basketball coach Billy Knight, amassing a college career total of 1,292 points. In 1968, Schutsky was given All-Tournament recognition for that season’s National Invitational Tournament.

- **Stanley Woods** was a four-year varsity letter winner in both football and basketball at Seton Hall Prep. In his senior year at the University of Pittsburgh, he was named team captain and Defensive Player of the Year. In 1987, the Seattle Seahawks selected him in the first round of the NFL draft, the first New Jersey player to be picked in the opening round.

Established in 1995 and named for Short Hills, NJ-based sponsor Bollinger Insurance, a provider of sports-related insurance products, the NJSIAA’s Bollinger Hall of Fame receives nominations annually from high schools across the state. These submissions are reviewed by a selection committee that makes final decisions regarding inductees. Additional details – including specific criteria and the nomination form – are available by visiting http://www.njsiaa.org/NJSIAA/10NJSIAAhalloffamenominationform.pdf.

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championships are determined in baseball, basketball, bowling, cross country, fencing, football, golf, ice hockey, lacrosse, soccer, swimming, tennis, outdoor track, winter track, volleyball, and wrestling.

# # #
On January 9, 2013 the NJSIAA Executive Committee approved a two year waiver of Rule 2, Section 6 and 8 regarding the Opening of the Fall Season (Practice and the Start of the Regular Schedule).

This waiver allows member schools the option of Opening the Fall 2013 Season on September 6, 2013 for all Fall Sports. The Official Practice day would be August 12, 2013 with Scrimmages beginning on August 19th (six days of practice, one day of rest), after the start of the Heat Acclimatization Schedule.

Fall 2013 Opening Date: September 6, 2013
Practice Date: August 12, 2013
Scrimmage Date: August 19, 2013

Fall 2014 Opening Date: September 5, 2014
Practice Date: August 11, 2014
Scrimmage Date: August 18, 2014

This waiver was presented by the Big North and approved by the Executive Committee.
What each student-athlete -- and their family -- should know: 
In Defense of the Multi-Sport Athlete

ROBBINSVILLE, NJ (January 8, 2013)-- Future all-world basketball star Michael Jordan also played football and baseball during high school. Hall of Famer Joe Namath was a standout hoops player at Beaver Falls High and upon graduation received offers from multiple Major League baseball teams ... before accepting a scholarship offer to play football at Alabama. NASCAR driving champion Jimmie Johnson -- the only man ever to captured five consecutive Cup Series championships -- was an excellent swimmer and water polo player during high school.

Yet despite the example of these and many other sports legends, an increasing number of high school student-athletes are specializing, by devoting all their time and energy to a specific sport at the exclusion of all others. In doing so, they often have the support, even encouragement, of coaches and families who perhaps envision a more advanced, developed competitor earning accolades at their current level ... and perhaps increasing their chances of competing at the next.

But, at least when it comes to high school athletes, the concept of specialization is all wrong. And the problem is that focusing on just one sport actually hinders a young person's athletic advancement.

"When you play a given sport -- whether it's football, or softball, or swimming, or whatever -- you use different muscles, tendons, and ligaments," explains Steve Timko, executive director of the NJSIAA (New Jersey State Interscholastic Athletic Association), which was founded in 1918 and numbers 433 accredited public, private, and parochial New Jersey high schools as its members. "But you'll never use all your muscles, tendons, and ligaments, so your body will naturally have weak spots, or gaps. And that's the thing -- when you play a different sport every season, you maximize your strength and your reflexes by training a much greater portion of the whole. You simply cannot do that by playing one game all the time."

Timko’s comments mirror the philosophy of the increasingly popular fitness company CrossFit, Inc., which on its Web site specifically indicates that "Our specialty is not specializing." Instead, CrossFit gyms focus on a wide variety of exercises -- "broad, general, and inclusive" -- to stimulate optimum conditioning.

Another issue with focusing on a lone sport is that doing so tends to block a student-athlete from developing the widespread, diverse relationships that are so beneficial to the development of the individual.
"If a student plays a different sport during each of the three traditional seasons, it stands to reason they'll play alongside a greater number of their peers and learn from a larger number of coaches than if they're a one-sport athlete," says Timko. "Long after anyone is done with competitive athletics, they'll often still be able to tap into those relationships built while playing high school sports. A young person who is limited to focusing on a single sport loses out on making so many potentially valuable personal connections."

In their 2011 book "Foundations of Physical Education, Exercise Science and Sport," authors Deborah Wuest and Charles Bucher maintain that children should play many different sports to experience different challenges and develop different motor skills. Early specialization, they say, prevents youngsters from establishing skills and interests outside of one sport. Likewise, a 2011 article on Livestrong.com noted that a sole focus on one athletic activity can result in burnout and eventually abandonment of that particular sport.

Yet another concern about high school-level athletes specializing is the potential negative impact on development of complex reasoning and problem-solving skills.

"Let's not lose sight of the fact that in athletics -- whatever the sport -- the brain plays a crucial role," notes Larry White, NJSIAA assistant director. "Whether it's a point guard dribbling up the floor, a quarterback assessing the defense while calling signals, or a short stop fielding a slow grounder with bases loaded, an immense amount of data needs to be analyzed, and decisions need to be made. Every sport presents unique cerebral challenges, so the teenage student-athlete focused on only one sport may lose an awesome opportunity to develop enhanced mental flexibility."

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# # #
NJSIAA STATEMENT – STUDENTS WITH DISABILITIES

1/25/2013 12:30 pm

Steven J. Timko, Executive Director of the NJSIAA (The New Jersey State Interscholastic Athletic Association) issued the following statement related to the just released directive from the U.S. Education Department, which tells schools they must include students with disabilities in existing sports programs or provide equal alternative options.

“The NJSIAA, and its 433 member schools have a proven record of accommodating students with disabilities and enabling them to participate in high school sports. The NJSIAA has a process for granting waivers from our eligibility rules; we’ve had wheelchair events at our track championships; we’ve allowed disabled swimmers to start their race in the water rather than on blocks; we’ve allowed guides to assist blind runners; we permit wrestlers to use prosthetics; we allow golfers to take a cart instead of having to walk; and we have special rules for classified students to meet our academic requirements.

“Once we’ve had an opportunity to review the full report and new rules, we’ll be in a better position to provide our members, including both public and non-public schools, and the public with a full perspective.”

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Five schools join NJSIAA for 2012-2013 academic year

Expanded from 433 to 438 schools

ROBBINSVILLE, NJ (January 30, 2013) – The NJSIAA (New Jersey State Interscholastic Athletic Association) has added five schools to its membership of those participating in interscholastic athletics during the 2012-2013 academic year.

The NJSIAA's new member schools are:

- **Bergen Arts and Science School**: A private school in Garfield (Bergen County) offering basketball, cross-country, flag-football, soccer, and softball.
- **Newark Collegiate Academy**: A coeducational, private school in Newark (Essex County) that offers football, girls volleyball, boys and girls basketball, cross country and soccer.
- **Koinonia Academy**: A private grammar and high school located in Plainfield (Union County) offering basketball, cross-country, and field hockey.
- **The Patrick School**: A private school located in Elizabeth (Union County) that offers cross-country, volleyball, soccer, boys and girls basketball, track and field, baseball, and cheerleading.
- **Trinity Christian School**: A private school located in Montville (Morris County) offering boys and girls soccer, basketball, and track & field.

"We've been around as an association for nearly a century, and it's great to see new schools joining us on a consistent annual basis," says Steven J. Timko, NJSIAA executive director. "The more schools we have, the better the competition base is for all our student-athletes."

Having joined the NJSIAA, the five new member schools become part of an organization that now has 438 accredited public, private and parochial high schools within its ranks. Through its executive committee, the NJSIAA establishes rules and regulations governing high school athletics in order to equalize competition for member schools. The five new member schools will now have the opportunity to compete in tournaments throughout New Jersey, thus enabling them to establish relationships with other teams and educational institutions.

"Our members continue to see great value in being part of this association," Timko adds. "We're always delighted when we're given the opportunity to serve even a greater number of New Jersey's student-athletes."
About the NJSIAA
Established in 1918, the New Jersey State Interscholastic Athletics Association (NJSIAA) is a voluntary, non-profit organization comprised of 438 accredited public, private, and parochial high schools. A member of the National Federation of State High School Associations, the NJSIAA conducts tournaments and crowns champions in 32 sports. Championship competition for girls is sponsored in basketball, bowling, cross country, fencing, field hockey, golf, gymnastics, lacrosse, soccer, softball, swimming, tennis, outdoor track, winter track, and volleyball. Boys’ championships are determined in baseball, basketball, bowling, cross country, fencing, football, golf, ice hockey, lacrosse, soccer, swimming, tennis, outdoor track, winter track, volleyball, and wrestling.

###
85th Annual New Jersey State Indoor Track and Field Championships Begin

More than 18,000 student-athletes to participate at Toms River's Bennett Athletic Center

Concludes with Meet of Champions on February 23

ROBBINSVILLE, NJ (February 6, 2013) – Throughout February, 18,000 student-athletes from 275 New Jersey high schools will compete in the 85th annual NJSIAA/Star-Ledger/M-F Athletic Boys and Girls Individual Track and Field Indoor Championships. All three rounds of the tournament will be contested at Tom River's Bennett Athletic Center, affectionately referred to as “The Bubble.”

The NJSIAA (New Jersey State Interscholastic Athletic Association) will determine boys and girls state champions in seven running events: the 55 meter dash, 55 meter hurdles, 400 meter dash, 800 meter run, 1600 meter run, 3200 meter run, and 4x400 meter relay. In addition, field event state champions will be crowned in shot put, high jump, and pole vault.

"These weeks of competition are a tremendously exciting time for thousands of our student-athletes and track and field fans across the state," explains NJSIAA Executive Director Steve Timko. "This tournament always offers extremely compelling competition, while embodying what high school sports in New Jersey are all about.”

The initial round of competition has already begun, with the sectional championships held from February 4 -10. This includes eight sessions during seven days to determine which public school athletes will advance to the second weekend, known as the Group Meet. There, public school athletes will compete for the Group I, Group II, Group III and Group IV titles, while private and parochial schools battle to be Non-Public A or Non-Public B champions.

During the Group Meet round, scheduled for February 15 and 16, competition in the four public school groups will begin with approximately 1,800 boys and girls advancing from the sectional round. In addition, approximately 1,000 athletes from 40 non-public schools begin competition for their two groups to narrow down for the state finals.
Then, on Saturday, February 23, the top six boys and girls performers from each of the six distinct groups will meet for the individual state championships, also known as the Meet of Champions. A total of about 700 athletes will compete for individual titles in the 10 featured track and field events.

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###
Nation's largest high school fencing tournament
underway in New Jersey

Team finals on February 27; Individuals championships on March 3

ROBBINSVILLE, NJ (February 11, 2013) – The largest high school fencing tournament in the United States is underway for 2013. Teams and individual athletes from across New Jersey are competing for NJSIAA (New Jersey State Interscholastic Athletic Association) championship titles in four separate rounds. First held in 1964, the event now includes a total of 1,500 athletes.

“It's terrific to see the level of interest in fencing throughout our state,” says NJSIAA Executive Director Steve Timko. “This tournament is yet another example of how much is available to student-athletes in New Jersey. From some of the best championship events in the nation to a broad variety of different sports, we offer outstanding opportunities for young people who relish the thrill of competition.”

The opening round of team competition has been completed. The schedule for the next rounds is as follows:

- Boys – Round of 8 – February 13 (various sites)
- Girls – Round of 8 - February 13 (various sites)
- Girls – Round of 4 - February 19 (various sites)
- Boys – Round of 4 – February 20 (various sites)
- Girls Final – February 27 (Morris Hills High School, Rockaway)
- Boys Final – February 27 (Morris Hills High School, Rockaway)

Individual finals for both boys and girls will be held on March 3, at Montgomery Township High School, in Skillman.

In the event of postponements due to weather, the new dates will be posted on NJSIAA’s Web site (www.NJSIAA.org).

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###
Outstanding courses to host 2013 Golf State Championships

Boys at Hopewell Valley Golf Club, in Hopewell, on May 20
Girls at Cherry Valley Country Club, in Skillman, on May 23

ROBBINSVILLE, NJ (May 9, 2013) -- Some of New Jersey's finest, most picturesque golf courses will serve as venues for the 2013 NJSIAA (New Jersey State Interscholastic Athletic Association) boys and girls golf state championships.

The boys event will be held on Monday, May 20, at the Hopewell Valley Golf Club, in Hopewell, Mercer County. Measuring 6,621 yards from the back tees, the course has a par of 72. Hopewell Valley's United States Golf Association (USGA) rating is 71.4, and it features a slope of 129.

"It's just common sense that we play our golf championships -- featuring New Jersey's best young golfers -- on some of our state's finest, most prestigious courses," says NJSIAA Executive Director Steve Timko. "Some of our student-athletes may not have played on a course of Hopewell Valley's caliber, so this is a nice opportunity for them."

The NJSIAA first held the boys event on the Hopewell Valley course in 2012. Start time for this year's tournament will be 11 a.m.

The girls event -- being played for the first time ever at Cherry Valley Country Club in Skillman, Somerset County -- will be held on Thursday, May 23. The 18-hole, member-owned Cherry Valley course provides 6,930 yards of golf and has a par of 72. Only four miles from historic Princeton, the course opened in 1991. Its USGA rating is 72.9; it has a slope of 126.

"Cherry Valley is an absolutely gorgeous golf course, and I'm sure it will enhance what already is an excellent annual event," Timko adds. "It's always fun to see what our most accomplished student-athletes can do when they compete in a truly professional-level setting."

Start time for the girls tournament will be 9:30 a.m.

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# # #
NJSIAA to implement tough high school sportsmanship standards

NEARLY 500 NJ HIGH SCHOOLS, 250,000 STUDENT ATHLETES, TENS OF THOUSANDS OF COACHES TO BE IMPACTED

ROBBINSVILLE, NJ (June 19, 2013) -- The days of taunting, baiting and trash-talking during high school sporting events are over, thanks to teamwork between the New Jersey State Interscholastic Athletic Association (NJSIAA) and the office of the Attorney General of New Jersey and its New Jersey Division on Civil Rights.

Beginning this fall, the NJSIAA, which sets rules and regulations governing high school athletics, will enforce new rules that will make it clear that harassing conduct related to race, gender, ethnicity, disability, sexual orientation, or religion is unsportsmanlike and will not be tolerated at high school events.

The new rules -- which apply to all public, parochial, and private school members of the NJSIAA -- will also require officials to report this conduct to the NJSIAA, which may investigate the incident and will, in turn, notify the state. If such comments are heard, officials can immediately assess penalties. Coaches will be responsible to remind their players about this policy.

These rule changes follow New Jersey’s Anti-Bullying Bill of Rights Act in addressing issues of harassment, intimidation, and bullying in the state’s public schools, including incidents occurring at school-sponsored events, such as high school athletic events. The rules were developed with the support of the Coalition for Racial Equality in Education, a group of organizations and individuals that seeks to foster equality and combat discrimination in education.

According to Steven J. Timko, executive director of the NJSIAA, his organization and the Attorney General are working together to ensure that interscholastic athletic events are free from harassing conduct related to race, gender, ethnicity, disability, sexual orientation or religion.

“High school sports enhances and supports education,” says Timko. “Obscene gestures, profanity or unduly provocative language or action toward officials, opponents, or spectators won't be tolerated in the classroom or the field of play,”

Acting Attorney General John J. Hoffman added: "High school sports should be about building character and instilling life-lessons about grace, courage, teamwork, and adversity. Sometimes, we lose sight of those lessons on the field and in the stands. I thank the coalition for bringing the issue to our attention, and the NJSIAA for taking steps to address an important concern. We stand ready to work with both groups to ensure compliance with the new rules, going forward."

Under NJSIAA sportsmanship rules, any student-athlete or coach who is cited before, during or after an interscholastic event for unsportsmanlike and flagrant verbal or physical misconduct will be disqualified from participating in the next two regularly scheduled events, or in the case of football, disqualified from the
next game. Now, discriminatory conduct will also be reported to the New Jersey Division on Civil Rights and may result in further investigation.

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