



## 2019 Super Essex Conference Summer Non-Contact Period Procedures Step I.

### Overview

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

We will begin by returning a portion of the summer back to our families within our communities. In the summer of 2018 the program continues to be mandated and we will hopefully help reinstate the summer family vacation. High School summer practice sessions, which have become more and more intrusive on our families over the years, will now shut down for nine (9) straight days. Coaches will NOT be permitted to work with their players in sport related activities during this time period. The Non-Contact Period will also prohibit, but not be limited to; coach led conditioning, weight training and film review sessions. All levels of all sports sponsored by they Super Essex Conference will adhere to the Non-Contact Period Policy. It is our goal to give families the opportunity, once again, to plan and enjoy a summer vacation.

### Procedures

1. The Super Essex Conference shall require each member school to abide with the **Non-Contact Period** between their coaching staffs and their student-athletes. The time frame of June 22, 2019 and August 10, 2019 has been determined to provide a minimum of nine (9) consecutive days (from a Saturday to the following Sunday). Specifically, coaches shall not be permitted to work with their players in sport related activities on or off the school grounds. This includes, but not limited to; coach led conditioning, weight training and film review session. For the safety and welfare of their students, Athletic Directors may feel it is necessary to keep their schools open during their declared **Non-Contact Period**. This will be permitted providing their students are not involved in coach led sports related activities.
2. Member schools shall declare this minimum nine (9) day period prior to or on June 1, 2019 to the SEC Executive Director via completion and the forwarding of the 2018 Summer Non-Contact Pledge Form.
3. This information will be made available on the Super Essex Conference website and should be posted on each member school's athletic department website.

### Violations Reporting Procedure

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

### Penalties for Violations

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

### Review for 2019

The SEC Executive Committee will review this program prior to January 2020.

Approved 5/6/14

Edited 5/7/14

**2019 Summer Non-Contact Period Pledge  
Step I.**



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

We, the undersigned below, have read the 2019 Summer Non-Contact Period Procedures and understand the program's procedures and potential penalties. We are aware of the deadline for submission of this form to be prior to or on June 1, 2019. Our typed in signatures certifies our pledge.

**Super Essex Conference Summer Non-Contact Period Pledge**

**CEDAR GROVE HIGH SCHOOL** \_\_\_\_\_ understands and agrees to abide by the School

**2019 Super Essex Conference Summer Non-Contact Period Procedures**, which is established under separate cover.

**Declaration of Super Essex Conference Summer Non-Contact Period**

Our SEC Summer Non-Contact Period for 2018 shall be for **July 26, 2019-August 4, 2019.**  
Dates

Representing the aforementioned stated school:

  
\_\_\_\_\_  
**Principal**

  
\_\_\_\_\_  
**Director of Athletics**

November 27, 2018  
**Date**

Forward the completed form as an email document to Ron San Fillipo, Executive Director, at [ronaldsanfillipo@comcast.net](mailto:ronaldsanfillipo@comcast.net)

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