

**Athletes cannot change sports programs
once the tryout process is completed.**

FALL SPORTS

<u>TEAMS</u>	<u>COACH</u>	<u>EMAIL</u>
FOOTBALL 7 TH -8 TH	Tyrone Carver	Tcarver@mamkschools.org
BOYS SOCCER	John McCormick	Jmccormick@mamkschools.org
CROSS COUNTRY (BOYS & GIRLS)	Ron Nobles	Rnobles@mamkschools.org
GIRLS SOCCER	Jay Ceballos	Jceballos@mamkschools.org
CHEERLEADING M-T-TH	Kristen Barnard	kbarnard@mamkschools.org
FIELD HOCKEY	Rocky Lividini Kathleen Gallaher	Lividini.mhsgirlslax@gmail.com Kgallaher826@gmail.com
VOLLEYBALL	Anthony Pirrone Vera Alberi	Anthonypirrone@aol.com verictha@gmail.com
GIRLS SWIM & DIVE	Enes Mernica	emernica@mamkschools.org

WINTER SPORTS

<u>TEAMS</u>	<u>COACH</u>	<u>EMAIL</u>
BOYS BASKETBALL	Brian Duignan	Bduignan@mamkschools.org
ICE HOCKEY <small>(Days Varied)</small>	John McCormick	Jmccormick@mamkschools.org
BOYS SWIMMING 3 DAYS/WEEK-M-W-TH	Cathleen Ferguson	Cferguson@mamkschools.org
CHEERLEADING	Kristen Barnard	Kbarnard@mamkschools.org
GIRLS BASKETBALL	Josh Kirsch	jkirsch@mamkschools.org
WINTER TRACK M-F 3:15-4:15	Ron Nobles	Rnobles@mamkschools.org
WRESTLING	JT Dale	jdale@mamkschools.org

SPRING SPORTS

<u>TEAMS</u>	<u>COACH</u>	<u>EMAIL</u>
BASEBALL	Josh Kirsch	Jkirsch@mamkschools.org
BOYS LACROSSE	Nick Mangan Will Vargas	Nmangan@mamkschools.org Wvargas@mamkschools.org
SPRING TRACK (BOYS & GIRLS)	Nick LaRosa	Nlarosa@mamkschools.org
SOFTBALL	Ryan Gage	rgage@mamkschools.org
GIRLS LACROSSE	Cathleen Ferguson Brittany Anderson	Cferguson@mamkschools.org Banderson@mamkschools.org



MODIFIED SPORTS 18-19

The Modified Athletic Program level of competition consists of athletic opportunities for students in 7th & 8th grades. Modified provides a bridge between recreational activities and the structure of an Interscholastic Athletic Program, which is governed by the rules & regulations of New York State Public High School Athletic Association and Section 1.

It is our goal for all student-athletes to have quality and meaningful experiences through maximizing participation, providing quality instruction, having meaningful opportunities to test skills in competitive situations and maintain safety to ensure practices and competitions are equitable.

Bari Suman, Director of Health PE & Athletics
Phone: 914-220-3160 Fax: 914-220-3165
Bsuman@mamkschools.org

SPRING SPORTS IMPORTANT DATES

March 4th Spring Sports Student Interest Meeting-HMX Gym 3 pm
March 4th Spring Sports Parents Meeting- HMX Auditorium-7 pm
March 25th All sports begin practice/tryouts
Tryouts will last 3-5 days depending on sport & number of participants

Fall MHS Sports begin Monday, August 19, 2019
HMX Sports begin Thursday, September 5, 2019

SEASON COMMITMENT/AFTER SCHOOL PRACTICES

- Boys & Girls Basketball & Wrestling-Monday-Friday 3:15-5:00 11/26-2/15
- Winter Track Monday-Friday 3:15-4:15 (if not wet be prepared to run outside) 11/26-1/26
- Ice Hockey-varied Days and times 11/26-2/15
- Boys Swimming Monday-Friday 3:15-4:20 pm 11/26-1/23
- Most Games/Meets begin at 4:15-4:30 pm (Except hockey)
- Cheerleading-2-3 days 3:15-4:30 after school 4:30 on game days

A student who stays for extra help must bring a note from that teacher if arriving late to practice. If you do not participate or are unprepared for PE class, you are not eligible for sports play/practice that day

COMPETING ON OUTSIDE TEAMS IN SEASON

Mamaroneck student athletes' 1st commitment must be to the school program and school team. We are "cutting", not allowing an opportunity for athletes to play on our teams, due to high levels of interest. If conflicts arise, athletes are required to compete for the school team. **TRANSPORTATION** will be provided to and from all games. If you have to bring or pick your child up from a game only the parent of that child can provide this service. Waivers need to be filed with the Athletic Office 24 hours in advance of the event. Transportation waivers can be found on the Athletic web page.

WHERE TO FIND SCHEDULES?

- Daily Practice Schedules are located on web based app: www.mamaroneckathletics.org
- Game Schedules for each level and program for the season can be found: SW Boces Athletics
- We update the main page of the Athletics website with last minute cancellations due to weather, site changes, etc.

OBJECTIVES OF HOMMOCKS MODIFIED SPORTS

- Include as many students as possible
- Prepare students to be productive and contributing citizens
- Promote physical fitness, personal health and lifetime wellness
- Encourage students to accept responsibility for their actions, problem solve and value fair play, honesty and cooperation
- Learn athletic skills, game rules & fundamentals of team play
- Teach commitment & dedication
- Provide healthy competition
- Have FUN!!

Unfortunately the size of a squad on any sport team is determined by the ability to:

- Offer quality instruction to athletes
- Secure qualified coaches
- Provide suitable daily practice/game facilities
- Maintain a safe environment
- Have officials assigned to officiate games

ELECTRONIC REGISTRATION – FAMILY ID

- Go to the Athletics webpage at www.mamkschools.org
- Click the Register Now tab in the middle of the page
- Click Create Account in the upper right hand corner
- Sign Up for your secure FamilyID account by entering the account owner, First and Last names (parent/guardian), E-mail address and Password.
- Agree to the FamilyID Terms of Service. Click Create Account.
- You will receive an email with a link to activate your new account. (If you don't see the email, check your E-mail filters (spam, junk, etc)
- Click on the link in your activation E-mail, which will log you into FamilyID.com
- Fill out the entire form. All fields with a red* are required to have an answer
- Click the Save & Continue button when your form is complete.

Note: If you have not filled in all fields with a red asterisk, the form WILL NOT "Save & Continue" & will bring you back to the field you missed.

- Review your registration summary-click Green submit button
- When you have successfully submitted your registration, you will see a summary page of your registration that states "REGISTRATION STATUS: COMPLETED"
- You will also receive a confirmation email to the email address associated with your FamilyID account. Your information is saved in the system for future use.
- You will be contacted by the nurse if additional information is needed for clearance.

Athletes are prohibited from switching from one sports team to another during the same season after the tryout process.

