



**Mamaroneck
Fall Athletic Information Night**

**June 10, 2019 6pm
McClain Auditorium**

Athletic Information Night

- Philosophy of MHS Sports Programs-by level
- Academic and Behavioral Responsibilities
- Athletic Option
- Practice/Game Schedules
- FamilyID What is it? Schedules-How to find them?
- Current Trends for Health and Safety of Student/Athletes
- Looking Back to Move Forward...

Fall Sports Offered

- Football-Practices begin 8/19 Programs-Varsity & JV
- Boys Soccer-Tryouts begin 8/19 Programs-Varsity & (2) JV
- Girls Tennis-Tryouts begin 8/19 Programs-Varsity & JV
- Girls Soccer-Tryouts begin 8/19 Programs-Varsity & JV
- Field Hockey-Tryouts begin 8/19 Programs-Varsity & JV
- Volleyball-Tryouts begin 8/19 Programs-Varsity & JV
- Girls Swim & Dive-Tryouts begin 8/19 Program-Varsity
- B & G Cross Country-Practice begin 8/19 Program-Varsity
- Cheerleading-Tryouts begin 8/19 Programs-Varsity & JV

Fall Sports Coaches

All coaches with names only listed are Mamaroneck employees, first initial last name @mamkschools.org

Football-Varsity-Anthony Vitti JV-Justin Washington

Boys Soccer-Varsity- Rich Becker JV-Alejandro Victoria JV-Black-JT Dale

Girls Tennis-Varsity-Tim Hooker JV-TBD

Girls Soccer-Varsity-Ron Blain JV-Scott Miele

Field Hockey-Varsity-John Savage, JV-Tricia Miller condroeastern@aol.com

Volleyball-Varsity-Stacey Riter staceyriter@gmail.com JV-Kirsten Yizar

Girls Swim & Dive-Varsity-Cathleen Ferguson, Enes Mernica

B & G Cross Country-Varsity-Boys-Bob Morrissey Girls-Nick Larosa

Cheerleading-Lisa Ferarro JV-Lindsey Soto

Philosophy-Athletic Programs (Levels)

Junior Varsity (JV)

- Athletes who display the potential of continued development into varsity level
- Membership 9th, 10th (on occasion 11th graders)
- More developed practice sessions & physical conditioning with an emphasis on personal and program development
- Playing time is not guaranteed and meaningful contest participation will exist over the course of a season
- Most programs have a 6-day commitment at this level

Philosophy-Athletic Programs(Levels)

Varsity

- Varsity coach is the leader of each sports program.
- They determine the instruction & strategy for their program & communicate expectations to all lower levels.
- Culmination of the program, may have a limited squad size to conduct meaningful practices and playing games
- Prerequisites for a varsity player: sound attitude, advanced skill level & working towards pursuing team goals.
- No playing time guarantee this is a 6 day/week commitment in most sports

Academic Responsibilities

- All student/athletes are expected to stay in good academic standing and demonstrate good attendance.
- The athletic program endorses an “academic intervention” approach to academic performance.
- The coach, guidance counselor, & athletic director will work collaboratively with teachers & parents to address academic performance when deficiencies are indicated.

Behavioral Responsibilities

AKA-Code of Conduct

Student-Athletes cannot:

- Use, possess or distribute, tobacco, illegal drugs, or alcohol.
- Engage in any act that would be grounds for arrest or citation in the court system (excluding traffic violations).
- Inappropriate use of social media to bully, harass, or negatively portray themselves or others.
- Social media that is disruptive to the school learning environment will be deemed as a violation.

Behavioral Responsibilities-Consequences

If any violation has occurred, the assistant principal and relevant counselor(s) will be notified, and the student athlete will be referred to the Drug & Alcohol Awareness Counselor.

1st Violation: 7 day game suspension, continued attendance at practices.

2nd Violation: Suspension from participation for whichever is longer, the remainder of the season or four weeks.

3rd Violation: Suspension from interscholastic athletics remainder of the school year.

If a student self-reports a violation to school staff within 48 hours of violation, it is the discretion of the administrative team to amend the above suspension.

Athletic Option

Criteria

- **ALL** juniors and seniors, and sophomores on varsity, who have completed .5-1 credits in good standing in PE are eligible for enrollment in the athletic option course for 1 quarter each season they participate on a team.
- Students must be in good standing in PE and receive a grade of at least an 80% in their PE class the quarter prior before participation (even if it the year before)
- **Not all sophomore on varsity teams will receive the Athletic Option credit.** Athletes should see their coach to determine if they are eligible.
- If you have failed any quarters of PE, you forfeit the opportunity to participate in the Athletic Option program.

Athletic Option

- Students must complete the full season to receive full credit. If a student gets cut, quits, stops showing up or leaves a team, they must immediately go to their Guidance Counselor and be registered in a PE class.

****Must be a senior playing the sport for 2nd year in a row***

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Cheerleading	Boys & Girls Basketball	Boys & Girls Bowling*	Baseball
Field Hockey	Cheerleading	Boys & Girls Fencing	Boys Golf*
Football	Ice Hockey	Boys & Girls Skiing	Boys & Girls Lacrosse
Boys & Girls Soccer	Boys Swim & Dive	Boys & Girls Track	Softball
Girls Swim & Dive	Cross Country	Wrestling	Boys Tennis
Girls Tennis	All 12th graders on Winter Teams	Special Olympics*	Boys & Girls Track & Field
Volleyball			

Family ID

- **How do I find Family ID?**

Mamaroneck Athletic website. www.mamkschools.org or www.familyid.com click on top right-login

- Scroll to Parents & Community click on Athletics.
- Click on Gray Registration MHS box-Register Now!

- **BUT... Some forms still need to be filed with the nurse and are on the Registration Page-Forms filed only 1 time/year**

- Physical Forms (can be uploaded or hard copy submitted)
- Medication Permission Form/Self Medication release form
- Asthma EAP form (if needed)
- Allergy EAP form (if needed)

Family ID

- 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.

Important MHS Athletic Dates

- Friday, July 19th-MHS Fall Electronic Registration Opens
- Tuesday, August 12th –MHS Nurse's Office open 8-12 pm
- Wednesday, August 13th –MHS Nurse's Office open 8-10 am
- Friday, August 16th –MHS Nurse's Office open 8 am-12 pm
- Friday, August 16th-Fall Registrations not submitted by 10am 8/16 may not be reviewed for your tryout on August 19th
- Monday, August 19th – All Sports begin practice/tryouts
- Monday August 19th MHS Nurse's Office open 8 am-12 pm
- Monday August 19th Physicals offered 9 am (must sign up for an appointment by 10am Friday, 8/16)
- Call 914-220-3110 or email dmurphy@mamkschools.org
- Tuesday, August 20th - MHS Nurse's Office open 8 am-12 pm

Schedules for the Season

We may change the scheduling technology over the summer...stay tuned

<http://www.mamaroneckathletics.org/>

- Master Calendar by date for all sports
- Individual Calendar for teams by level
- General schedule will be by the end of next week, but check weekly because changes are updated each week
- Preseason Schedules will be available on the Mamaroneck Athletics website by 6/24. Please check often as we get closer to the regular season, additions and changes still occurring.

Spectator Responsibilities

SPECTATORS

- Be Loud, Be Proud, Be Positive!
- Be a FAN, not a fanatic
 - Attending athletic events at school is a privilege-not a right!!
- Support local rules & regulations

Things Which Impact MHS Athletes Health & Performance

As a community we have and continue to address the school/community environment on:

- Over caffeinated Beverages
- Video Games
- Social Media
- Cell Phone pictures and texting
- Alcohol
- Drugs
- Juul, e-cigs, vaporizers, vapes, oil or hookah pens

Looking Back to Look Ahead.....

What made 2018-19 successful in many sports?

- **Camaraderie:** a spirit of good friendships and loyalty among members of a group.
- A high level of camaraderie among athletes on and off the field not only makes it fun to play sports, but is a likely positive influence on helping your team win.
- WE over ME!!

The Value of Sport in Building Team Camaraderie

Things that coaches/teammates do to build camaraderie:

- Create the right environment**
- Cultivate teamwork**
- Build trust**
- Teach the benefits of team spirit**
- Establish team rules**
- Create an environment with open communication & role clarity**
- Focus on vision**

Thank you for attending tonight's meeting!

Football-McClain Auditorium

Boys Soccer-Tiered Classroom

Girls Tennis-Band Room

Girls Soccer-1/2 Post Gym

Field Hockey-Cafe

Volleyball-Teacher Cafe

Girls Swim & Dive-Tiger's Den

Boys & Girls Cross Country-1/2 Post Gym

Cheerleading-Athletic Office