

ATHLETICS

PARENT MEETING



15 SKILLS ATHLETES CAN TRANSFER FROM SPORT TO THE WORKING WORLD

@BELIEVEPHQ



TEAMWORK
Understanding how to work effectively as part of a team



COMMUNICATION
Sport provides athletes with important communication skills



GROWTH
Athletes are always looking for opportunities to grow and develop



EMOTIONS
Athletes understand how to manage their emotions effectively



TENACITY
Athletes learn how to work hard and demonstrate this on and off the field



COPING
Athletes have the resources available to deal effectively with setbacks



RESILIENCE
Athletes have developed key skills to be resilient



LEADERSHIP
Athletes understand what it takes to be a great leader



LEARNING
Athletes have a strong sense of continuous learning



DETERMINATION
Athletes have high levels of determination



PRESSURE
Athletes have learnt how to work effectively under



CONCENTRATION
Athletes can maintain concentration levels



COMMITMENT
Athletes understand the importance of being committed to



GOAL SETTING
Athletes understand how to set process, outcome and



MOTIVATION
Athletes understand how to maintain high levels of self

Commitment to Excellence



“Uncoachable kids become unemployable adults. Let your kids get used to someone being tough on them. It’s life. Get over it.”

Patrick Murphy
Alabama Softball

Code of Conduct

RESPECT
ALL Participants & Decisions

ENCOURAGE
Everyone—This is Amateur Sport

SPORTSMANSHIP
No Abuse Tolerated

PLAY
For Enjoyment

EDUCATE
& Be Knowledgeable

CONDUCT
Yourself Courteously

TREAT
Everyone Fairly



★ **High expectations
from the ENTIRE
SMA Athletics
Family!**

★ **Sportsmanship
towards all!
Officials & Gate
Keepers are people
too!**

Unique School =
Unique
Opportunity

PHYSICAL PACKETS

- ✓ Every Year
- ✓ Physical Cleared by MD/PA/Chiropractor
- ✓ All Forms signed by Parent & Student
- ✓ 3 pages need to be notarized
- ✓ COPY OF INSURANCE CARD
 - ✓ Safe Insurance – recommend the 24 hour - \$45, purchase online – print copy



NFHS LEARNING CENTER VIDEOS - REQUIRED

- ✓ Every Year
- ✓ Concussion
- ✓ Heat Illness Prevention
- ✓ Sudden Cardiac Arrest



Print/Email Certificates and turn into Coach Mazner

Why is there Pay to Play? P2P

Pay to Play covers a majority of the expenses required for SMA Athletics. **SMA receives no money from the county or SMA.**

- Coaches Stipends
- Officials/Refs
- Entry Fees
- Athletic Trainer
- Travel
- Equipment/Gear/Uniforms
- Awards/Varsity Letters/Pins
- Banquet

\$5.00 charge per business day for late payments

HOW TO REDUCE COSTS

Options for Athletes are to get a Business/Advertising Program!
Sponsorship Program packets with details are available.

OPTION 1	1 Sponsorship = Pay Half of P2P Amount
OPTION 2	2 Sponsorships = Pay \$50
OPTION 3	3 Sponsorships = no P2P

*Money made by your team after expenses will go directly to that Team Account.

GYM SIGNS
Info on Athletics
Website

PAY TO PLAY DEADLINES

SEASON	Deadline #1	Cut Off – Playing Time
FALL	Sept. 6	Sept. 20
WINTER	Nov. 22	Dec. 20
SPRING	Feb. 28	March 6

**Min -
1/2 DUE**

SPONSORSHIP-GYM ADVERTISING DEADLINES

SEASON	
FALL	Sept. 20
WINTER	Dec. 20
SPRING	March 6

**\$5.00 charge
per business
day for late
payments**

Gym Sign – Business Sponsor



Time of Advertisement	GYM – 3' x 4'
1 year	\$300
2 year	\$500
3 year	\$700



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(941) 209-5909

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PROUD SUPPORTER OF SARASOTA MILITARY ACADEMY

Athletic Fund Raisers

1) Fly As One: Crowd Funding on SMA Website	Always Available
2) Gym Signs – Business Sponsors	Always Available
3) Dominoes Pizza Cards	NOW – Nov. 19
4) Soaring Eagles Golf Challenge	April 18th 2020
5) Individual Team Fun Raisers	TBA

ABOUT

ADMISSIONS

ACADEMICS

CADET LIFE

ATHLETICS

NEWS & EVENTS

SUPPORT US



SMA Eagles Home Uniforms

Calendars & Schedules

Eagles Athletics Forms & Parent Resources

2020 Golf Challenge

SMA High Eagles Athletics

SMA Prep Sports Clubs

Support SMA High Athletics

SMA

class
an Aca

SMA Team

Boys Basketball

- 2020 Golf Challenge
- Athletic Forms & Parent Resources
- Support SMA Athletics

Classification & Finished

GPA

Schools in Classification

11th

3.246

72

recognized sports, naming

<http://www.sarasotamilitaryacademy.org/sma-hs-athletic-forms-parent-info>

➤ ATHLETE FORMS & PARENT INFO

➤ Most information you need is located here!

➤ USE & SHARE OUR ATHLETICS WEB PAGES!

Are you NEW to Athletics?
Or new to SMA HS?

SMA Sporting Culture



PRACTICE OBLIGATIONS

- ★ Participating on an SMA Sport team is a privilege.
- ★ Practices are **MANDATORY!** Even if injured! Recovery & treatment takes place at practice as well as listening & learning from the teams practice.
- ★ Make Dr. appointments, vacations, jobs, etc... around practices & games. Complete schedules are usually available in advance. Sport Seasons are known...
- ★ Emergency absences are different and communication to the Head Coach is critical!
- ★ Absences absolutely have consequences per Head Coaches rules. Typical: 1 missed practice = 1 missed game.

Expectations & Academic Eligibility

- ◆ **STUDENT – athlete, attendance ½ day: AD Approved**
- ◆ **Practice time is for Coaches & Players**
- ◆ **Chain of Command/Communication – starts with player and Coach!**
- ◆ **Playing time is NOT up for discussion.**
- ◆ **If you need to speak with the Coach, please do not approach them after a game, contact them next day.**
- ◆ **Player to Coach communication on missing practices or games.**
 - SMA Athletic Standards
 - FHSAA and NFHS
 - 2.0 GPA for JR/SR, FR/SO have until their SO yr.
 - Academic Probation / Athletic Behavior Contract

SMA Girls Basketball

Supporting Sarasota Military Academy

\$2,270 of \$5,000 Goal



Sarasota Military Academy is a unique non-profit public charter school, similar to most other public charter schools but with a focus on military principles. We are extremely proud to be the only PUBLIC CHARTER MILITARY SCHOOL in the United States and 100% Army JROTC! We offer a way of life and a different perspective to embracing education and life skills through sports.

Recent Supporters

Top Fundraisers

Thank you for your support!

31 supporters

Jose Gonzalez

\$40

Jun 13

Ingrid Parrado



Jun 13

FOLLOW YOUR DREAMS ??

Cansu Atali

\$500

Jun 12

Aida Gallardo

\$35

Jun 12

Never give up!! You can do it!!

Lidieth Y Ernesto Rangel

\$20

Jun 12

Felicidades primita, echale ganas and a pointer for us!

Create my own fundraising page!



ATHLETICS FUND RAISING THROUGH SOCIAL MEDIA & EMAIL

- ◆ Each Team has their own page, goal and video.
- ◆ It's as easy as 1) create your own page, 2) email family & friends, 3) stay vigilant!
- ◆ If each of Team collects their GOAL...then Pay to Play will be reduced or eliminated.

SHARE – EMAIL
SOCIAL MEDIA

Golf Scramble to benefit ALL ATHLETIC TEAMS

APRIL 18TH, 2020

@ The Meadows Country Club

In search of Sponsorships & Golfers!

All materials & info available online!

<http://www.sarasotamilitaryacademy.org/athletics/hs-athletics-golf-challenge>



- Integrated Sport Challenges
- Most Fun Ever!





PURPLE CORDS

MANDATORY TO WEAR

- ★ **Received & recognized at Formation once the student-athlete makes the team.**
- ★ **1st one Athletics covers the cost, if lost/replace = \$9.00**



Florida High School Athletic Association

Post Head Injury/Concussion Initial Return to Participation

(Page 1 of 2)

This form is to be completed by an appropriate health care provider (AHCP) as defined in FHSAA policy 40.2 for any student-athlete that has sustained a concussion and must be kept on file at the student-athlete's school. The choice of AHCP remains the decision of the parent/guardian or responsible party of the student-athlete.

Athlete Name: _____ DOB: ____/____/____ Injury Date: ____/____/____

Sport: _____ School: _____ Level (Varsity, JV, etc.): _____

I (treating physician) certify that the above listed athlete has been evaluated for a concussive head injury, and currently is/has: (All Boxes MUST be checked before proceeding)

- Asymptomatic Normal neurological exam
- Off medications related to this concussion Returned to normal classroom activity
- Yes *or* N/A Neuropsychological testing (as available) has returned to baseline

The athlete named above is cleared to begin a graded return to play protocol (outline below) under the supervision of an athletic trainer, coach or other health care professional as of the date indicated below. If the athlete experiences a return of any of his/her concussion symptoms while attempting a graded return to play, the athlete is instructed to stop play immediately and notify a parent, licensed athletic trainer or coach.

Physician Name: _____ Signature/Degree: _____

Phone: _____ Fax: _____ Today's Date: _____

Graded Return to Play Protocol

Each step, beginning with step 2, should take at least 24 hours to complete. If the athlete experiences a return of any concussion symptoms they must immediately stop activity, wait at least 24 hours or until asymptomatic, and drop back to the previous asymptomatic level. This protocol must be performed under supervision, please initial and date the box next to each completed step

Once the athlete has completed full practice i.e. stage 5, please sign and date below and return this form to the athlete's physician (MD/DO) for review and request the physician complete the return to competition form for the athlete to resume full activity.

Rehabilitation stage	Functional exercise at each stage	Objective	Date completed	Initials
1. No Activity	Rest, physical and cognitive	Recovery	Noted above	Signed above
2. Light aerobic exercise	Walking, swimming, stationary bike, HR<70% maximum; no weight training	Increased heart rate		
3. Sport-specific exercise	Non-contact drills	Add movement		
4. Non-contact training	Complex (non-contact) drills/practice	Exercise, coordination and cognitive load		
5. Full contact practice	Full contact practice	Restore confidence and simulate game situations		
6. Return to full activity	Return to competition	After completion of the steps above; Form AT18, Page 2 must be completed by physician		

I attest the above named athlete has completed the graded return to play protocol as dated above.

Athletic Trainer / Coach Name: _____ AT License Number: _____ Phone: _____

(If coach) AD/Principal Name: _____ School: _____ Phone: _____

Athletic Trainer / Coach Signature: _____ Date: ____/____/____

Athlete Signature: _____ Date: ____/____/____

Physician Reviewed: _____

CONCUSSIONS



Florida High School Athletic Association

Post Head Injury/Concussion Initial Return to Participation

(Page 2 of 2)

This form must be completed for any student-athlete that has sustained a concussion and must be kept on file at the student-athlete's school. The choice of AHCP remains the decision of the parent/guardian or responsible party of the student-athlete. Completion of this form in itself does not guarantee playing time for the athlete.

Return to Competition Affidavit

Student-Athlete's Name: _____

Date of Birth: ____/____/____ Injury Date: ____/____/____

Formal Diagnosis: _____

School: _____

Sport: _____

I certify that I have reviewed the signed graded return to activity protocol provided to me on behalf of the athlete named above. This athlete is cleared for a complete return to full-contact physical activity as of ____/____/____.

This student-athlete is instructed to stop play immediately and notify a parent, licensed athletic trainer or coach and to refrain from activity should his/her symptoms return.

Physician Name: _____

Physician Signature: _____ License No.: _____

Phone: (____) _____ Fax: (____) _____ E-mail: _____

Date: ____/____/____

SMA STUDENT ATHLETE CONSEQUENCES

Coaches will be notified on all OFFENSES

DESCRIPTION	1 ST OFFENSE	2 ND OFFENSE	3 RD OFFENSE
School Attendance •1/2 day unexcused	1 contest	2 contests	4 contests
Discrepancy Report (Referral)	XC/ <u>Vball</u> /Golf/Wrestling – 1 match Basketball - 1 st quarter Soccer/LAX - water break	XC/ <u>Vball</u> /Golf/Wrestling –2 matches Basketball - 2 quarters Soccer/LAX – half time	Court Sports: full game/full set Field Sports: 3 contests + "ABC"
ISS	1 contest suspension Contest Attendance Required	2 contests suspension + "ABC" Contest Attendance Required	4 contests suspension + "ABC" & parent conference Contest Attendance Required
OSS	2 week suspension from contests + "ABC" & parent conference	Dismissal from current athletic sport	Dismissal from entire year of athletic sports
Vape/Tobacco	2 contest suspension + "ABC" & parent conference	Dismissal from current athletic sport	Dismissal from entire year of athletic sports
Alcohol/Drugs (on or off campus)	Dismissal from current athletic sport	Dismissal from entire year of athletic sports	

"ABC" = Athletic Behavior Contract

Severity of consequences are subject to change at the discretion of the Administration/Athletic Director/Coaches.



TEAMS

BY **MAXPREPS**



The free app for Coaches, Athletes and Parents.



- **Coaches – Schedule/Results**
- **Pictures**
- **Announcements**

MaxPreps.com / Florida / Sarasota Military Academy / Sports Teams

Sarasota Military Academy Sports Teams

Mascot Eagles Colors Navy, Gold Type Co-Ed / Public
AD Amy Mazner Address: 801 N Orange Ave, Sarasota, FL 34236
Phone (941) 926-1700



	Boys Teams	Girls Teams
Basketball - 2018-19 Varsity • JV • Show All	Basketball - 2018-19 Varsity • Show All	
Cross Country - 2018 Varsity • Show All	Cross Country - 2018 Varsity • Show All	
Golf - 2018 Varsity • Show All	Golf - 2018 Varsity • Show All	
Lacrosse - 2019 Varsity • Show All	Lacrosse - 2019 Varsity • Show All	
Soccer - 2018-19 Varsity • Show All	Soccer - 2018-19 Varsity • Show All	
Wrestling - 2018-19 Varsity • Show All	Volleyball - 2018 Varsity • Show All	

Recommended
Sponsored Links by Taboola

HOME	2:15	VISITOR
16		76
BONUS	PERIOD 3	BONUS
0	PLAYER FOULS	FOULS 1



SPORTS PASS

\$50



\$50

**ENTRY TO
ALL HOME GAMES
2019-2020**

Excluding Districts or any Playoffs

UA Team/School Spirit Stores – Website Link/Code

- Order UA items @ discounted prices online
- Team or Athletics Fund Raiser Opportunity
- Store Open for 7 days, delivery in 3-4 weeks
- Pay Online, delivered to SMA personally bagged



BSN SPORTS™



**Store Open – a few
times a School Year**

UNDER ARMOUR

BANQUETS

1) Fall – November 20th	Volleyball, Cross Country, Golf	Cafeteria
2) Winter – March 10th	Basketball, Soccer & Wrestling	Gymnasium
3) Spring – April 23rd	Lacrosse	Cafeteria