



GIMME FIVE!!

WHITMAN ATHLETICS NEWSLETTER



Gimme Five!! provides five quick updates from Whitman Athletics. Each newsletter will be formatted to provide links to relevant information. It will also be shared via the Whitman Athletics Twitter page and Whitman Facebook page.

1

Fall Sports

Fall sports start soon. The link below will take you to start dates for each sport & level. Modified start dates will vary depending on the specific team as some will start practices on the first day of school.

This will be communicated by coaches to players and parents.

Link: [Fall Start Dates](#)

Every student-athlete must be registered and have a current physical on file in order to participate. Make sure your registration is completed prior to the first day of practices.

Link: [Family ID Registration](#)

2

Pre Season Parent Info Meeting

There will be a pre-season meeting for all parents of students participating in fall sports. The meeting will be in the HS Auditorium from 6-7pm on Thursday, August 25th. Mr. Lahue will share logistics for the fall season, cover key points of the Athletic Handbook, introduce coaches and answer questions regarding the fall season. Fall Coaches will also be available to meet with parents at the end of the meeting. Please plan on attending if you have a child participating in a fall sport.

3

Weather Procedures

The start of the fall season can bring some very hot and unpredictable weather for practices and/or contests.

We will follow the guidance from the NYSPHSAA regarding the Heat Index and 'real feel' considering temperature and humidity. It is always recommended that student athletes have their own labeled water bottles and an ample water supply to hydrate throughout practices and contests.

Link: [NYSPHSAA Heat Index Chart](#)

Additionally, anytime there is thunder and/or lightning, teams are required (thru NYSPHSAA) to shelter and not resume outside activities until a full 30 minutes after the last sound of thunder or sight of lightning. This also applies to all contests through the fall season.

Link: [Thunder & Lightning Policy](#)

4

ATHLETIC HANDBOOK & CODE OF CONDUCT

At the link below, you can access the Marcus Whitman Student-Athlete/Parent Handbook and Code of Conduct. As a participant in Whitman Athletics, each student-athlete and family should know the contents of this document. Part of the process in completing registration for Athletics is agreeing to the contents to what is included in the Handbook, which is approved each year by the Marcus Whitman Board of Education. I encourage you to take a few minutes to review the Handbook. I welcome any questions you may have as well.

Here is the link to the [Athletic Handbook](#).

5

Home Game Site Locations

Know where to go for Marcus Whitman Home contests.
Game sites and addresses are included.

See you at the game!!

Link: [Home Game Site Locations](#)

