



Mamaroneck Spring Athletic Information Night

**March 1, 2023
7:00 PM**

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Athletic Information Night

- Philosophy of MHS Sports Programs-By level
- Important Dates & Schedule Information [rschedule](#)
- Registration and Medical Information
- Academic and Behavioral Responsibilities
- Athletic Option Information
- Spectator Responsibilities

Philosophy-Athletic Programs (Levels)

Junior Varsity (JV)

- Athletes who display the potential of continued development into varsity level
- Membership 9th, 10th
- Continued development to program & self with an emphasis placed on practice sessions & physical conditioning
- 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 coaches are the leaders of each program.
- Varsity coaches determine instruction, generate strategies, & communicate expectations for lower levels.
- Cuts are sometimes necessary.
- Prerequisites for a varsity players include having upstanding character and advanced skills.
- Playing time is based on commitment and skill levels.
- Varsity is a 6 day/week commitment for most sports.

Season Start Dates

Must be registered by 12p on 3/10

Start Date March 13th

Varsity & JV Boys Lacrosse

Varsity & JV Girls Lacrosse

Varsity & JV Baseball

Varsity & JV Boys Tennis

Varsity & JV Girls Softball

Varsity & JV Boys & Girls Track

Varsity Boys & Girls Golf

Start Date March 20th

Freshmen Baseball

Start Date April 3rd

Boys & Girls Unified

Important Information and Dates

- Physicals need to be dated after 3/1/22 to be valid.
- FamilyID registration is OPEN-do not wait, register now!
- To ensure registrations are reviewed in a timely manner please have them completed by 12 pm on March 10th.
- Nurses are available by email if you have questions. The Athletic Office staff does not clear athletes.

Schedules & Information for the Season

- RSchedule
 - Master Calendar by date for all sports
 - Individual Calendar for teams by level-subscribe
 - General schedule is up, but check weekly
- Mamaroneck Schools Athletics Webpage
<https://www.mamkschools.org/parents-community/athletics>
- **MHS Athletics Twitter** @mamkathletics **Jungle Twitter and Instagram** @mhsvarsitysport
- **SAT**- May 6th and June 3rd, **ACT**- April 15th and June 10th
 - These could be conflicts with season schedule. Let coach know if you are taking an exam ASAP.

Important Information

- Medical Forms for physicals, asthma, allergy, epipen, emergency action plans are on line at <https://www.mamkschools.org/parents-community/student-health-services/health-information-for-parents>
- If you were out of PE on a medical you will be required to submit doctor's clearance to be approved
- You will be contacted by the school nurse if this is necessary. if this is necessary

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

- Only for grades 10, 11 & 12
- Must have completed PE with an 80% grade from the 1st quarter. Cannot fail PE during HS. See your teacher for eligibility.
- Participation in at least 80% of the games, matches, meets, practices. (Programs can require > than 80%).
- **Not all 10th graders on varsity teams receive athletic option credit.**
- Students must complete the full season to receive full credit. **No partial credit.**
- Boys Golf must be 2nd year player for Athletic Option. Girls Golf and Unified Basketball do not meet time requirement for Athletic Option credit.
- Athletic Option begins **3/27-6/12**
- **Athletes must attend PE classes from 3/13-24**

Sportsmanship...



Spectator Responsibilities

SPECTATORS

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

Support Referees in Sports

- Referees are becoming harder and harder to hire.
- One thing we try to demonstrate as people is treating others with kindness.
- Remember when you yell at referees, you are yelling at people who are serving a role in the community, often with little pay.
- Showing a referee respect and kindness Showing your athlete that they cannot blame others for things that are going wrong in the game. This isn't a skill which is going to help them later in life.
- Teach kids to thank the officials after a game.

PSA Referee Shortage

<https://vimeo.com/763511733/d7c55355ec>

Thank you for attending tonight's meeting!

<u>Sport</u>	<u>Location</u>
Track & Field	S265
V & JV Baseball	McClain Auditorium
V & JV Girls Lacrosse	Cafe
V & JV Tennis	Band Room
V & JV Softball	Library Classroom
V Boys and Girls Golf	Teachers Lounge