



NCR - MS

“Modified Sports”

Presentation

2022-2023

The Athletic Office...who's who?

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Athletics in NYS are governed through a hierarchy of policies & procedures

- NYS Education Department
 - NYSPHSAA – NYS Governing Body for Athletics
 - Section XI
 - Miller Place School District
 - NCR MS Coach

What is a “Modified” approach to Athletics?

“Modified” sports programs allows for game rules to be adapted to match the competitive abilities of the young, inexperienced middle school athlete who has not yet reached emotional, social, physiological or physical maturity.

What is a “Modified” approach to Athletics?

The focus is on instructional development & participation.

...NOT outcome driven

Modified = means what it sounds

- **Rules** are “modified” typically for safety & instructional purposes.
- **Number of contests** allowed are “modified”
- **Format of play** is “modified”

General Rules Modifications

1. When possible teams should utilize the 5-Quarter/Period format
2. No athlete can play in more than 3 quarters when rosters dictate the ability to do so.
3. Point rules impact game-play to the benefit of the losing team
4. No halftimes when 5 period format is utilized

Modifications of Contest #'s

<u>Middle School/Modified</u>	<u>High School</u>
<u>Football</u> - 6 games	<u>Football</u> - 8 games
<u>All other Sports</u> - 10 games	<u>Soccer, Field Hky & Lacrosse</u> - 16 games
	<u>Basketball, Baseball & Softball</u> - 20 games

Specific Rule Change Examples - by sport

Football - Limited Formations for Offense & Defense; no live kickoffs or punts

Soccer - no slide tackling permitted

Basketball - No Zone Defenses permitted & back-court pressure must be 1 for 1

Volleyball - net height = 7ft

Wrestling - no weight classes

Lacrosse - no 1-handed “wrap-checks” permitted

Softball - distance from Pitcher’s Mound to Home is 40ft.

Baseball - stricter pitch counts & number of days rest requirements

Format Modifications

1. Quarter/Period lengths are reduced from high school.
 - a. **Football** = 8 min vs. 12min
 - b. **Soccer/Lacrosse** = plays quarters vs. halves
 - c. **Basketball** = 7 min vs. 8 min
2. 5-Quarter Format when possible
3. A/B Format...still must limit to no person playing more than 3 quarters/periods
4. Excessive score policies in effect can impact play

Scheduling

- There are no leagues/divisions by enrollment...schools are grouped geographically. School size is usually not a part of the process, but sometimes competitive factors are incorporated with scheduling. We usually stay within a 30 min. driving radius.

Seasons - also different from HS

4 Sport Seasons vs. 3 Seasons

- Fall - B&G Soccer, Football Field Hockey, Girls Tennis, B&G XC
- Early Winter - Girls Volleyball, Competitive Cheer, Boys Basketball
- Late Winter - Girls Basketball & Wrestling
- Spring - B&G Lacrosse, B&G Track, Softball, Baseball, Boys Tennis

Seasons - Start Dates for 2022

Fall - September 6th

Early Winter - November 7th

Late Winter - January 18th

Spring - March 27th

District Policies & Procedures for Athletics

1. Registrations & Sports Physicals
2. Eligibility
3. Transportation
4. Injuries
5. Communication - Practices & Games
6. Tryouts, Rosters & Playing Time

Registrations & Sports Physicals

- Registration on Family ID (www.familyid.com) is required
- Sports Physical MUST be validated by Athletic Office & School Nurse's Office
- Must be completed on NYS Form & have "Full Activity" box marked
- Sports Physical expirations explained....
 - Physicals with a common expiration month that coincides with the season start are accepted, regardless of date within that month.
 - **Fall = Aug. 31st expiration for Sept. 6th start (Aug. 31st, 2021 exam date or before)**
 - **Early Winter = Oct. 31st expiration for Nov. 7th start (Oct. 31st, 2021 exam date or before)**
 - **Late Winter = Dec. 31st expiration for Jan. 18th start (Dec. 31st, 2021 exam date or before)**
 - **Spring = Feb. 28th expirations for a March 27th start (Feb. 28th, 2022 exam date or before)**

Daily Attendance/Eligibility - MPSD

1. Must be in school by the end of 2nd Period (9:10am)...unless approved by an Administrator in advance (myself or Mr. Clark), or have a Dr.'s Note documenting the visit.
2. If a student leaves school during the day, they MUST RETURN with verification as to why they left...
 - a. Dr.'s visit with note provided verifying appointment
 - b. Family matter that has prior clearance
3. If a Dr.'s appointment is later in the school day and the child is unable to return prior to 2:25pm, please speak with an administrator.

Academic & Behaviors Expectations

- They are called a STUDENT-ATHLETE for a reason. If academics become a casualty of participation then a choice will be made.
 - Attend extra help when available
 - Removal from the team
- Conduct in the hallways, classrooms and on the bus all impact participation...as well as behaviors on the field
 - 2 Suspensions = an automatic dismissal from team
 - 2 Ejections from games = automatic dismissal from team

Transportation

- All students are expected to take District provided transportation to all away contests.
 - Only under unique circumstances would permission be given to drive to a contest separate from the team...Must have Administrative approval!
- Highly suggested students return to school on district transportation, but parents may request to bring home.
 - Email me (Athletic Director) prior to 2:30pm on day of the game
 - I then copy the coach on the reply
 - If asking a non-family member to bring your child home from an away game, they need to be attached to the email request.
 - If an emergency there are forms with the coaches for you to sign them out.

Transportation

- No permission is necessary for pick-ups from home contests or once the bus returns
- Please be on-time when picking up your child
- If the team practices or plays at MPHS
 - They will be transported to the HS by shuttle bus
 - Transportation is not provided by to NCR

LATE ACTIVITY BUSES

- Depart from NCR daily at 4:30pm
- Depart from MPHS at 5:00pm

Injuries

- Report any injuries to the coach or contact the Athletic Trainer
- Injury reports will be filled out by coach and/or nurse
- Family insurance coverage is primary, School insurance is secondary
 - **Requires original EOB's & receipts**
- Insurance forms can be obtained @ Nurses Office or the Athletic Office.
 - **ER, Walk-in or private doctor visits MUST HAVE A CLEARANCE NOTE to return to play**

Concussions & Clearance Processes

- Concussions can not be diagnosed until after 24-48 hours.
- Suggestion is to call the Athletic Trainer for an evaluation
- What should you do at home?
 - Hydrate
 - Limit or restrict TV/Phone/Computer use
 - Watch for symptoms of headache, nausea, dizziness
 - SLEEP IS A GOOD THING!
- Suggestion is to call the Athletic Trainer for an evaluation as soon as possible
- There are **2 pathways for Concussion injury Return to Play (RTP)**...depending on the site/modality of injury.

Concussions that occur during MP Athletics Participation

1. Suggested evaluation with Athletic Trainer
2. Must be evaluated by a medical physician and provide documentation for any adjustments to school. We suggest starting the process with Orthopedic Associates of Long Island.
3. **Clearance for RTP must be done by Orthopedic Associates of Long Island Concussion Clinic. (St. Charles).**
4. Return to Play (RTP) can be arranged through our Athletic Trainer (free) or a Physical Therapist of their choice...and accept the costs/copay responsibility

Concussions **NOT** sustained through **MP Activities** - travel teams, recreation, etc.

1. You can see your own doctor or clinic of choice and provide adjustments to academics as needed.
2. You can get clearance from your physician of choice
3. You **CANNOT** use our Athletic Trainer for RTP
4. IF you decide to go through OALI-St. Charles...you can use our Athletic Trainer for RTP process.

5-Day Rule - Any injury or illness

If you are out of participation for 5 days you must have a clearance note to return.

This can apply to anything...except COVID which is handled by the standard release from quarantine protocols

Roster Size - What factors determine?

A safe environment:

Facilities – what can we accommodate and provide safe instruction & participation

Coaches – appropriate ratio for supervision & instruction

Other Factors:

Natural break in talent

Participant behavior & attitude

Ability to participate safely

Playing Time - what factors determine?

1. A/B & 5-Quarter Formats
2. Safety - particularly with contact sports
3. If on the roster my expectations are all kids receiving meaningful opportunity to participate in games. The term “meaningful participation” applies to the course of a season...not to individual contests.
4. OTHER FACTORS
 - a. Effort & Behavior in practice
 - b. Opponent skill & philosophy
 - c. Safety
5. Travel Sports have ZERO influence on our process or decision-making regarding positions or playing time.

Athletic Placement Process (APP)

1. Process begins with Varsity Coach... **no parent requests**
2. Coach recommendation to me after skill review
3. Physical Fitness tests administered by me which has **NOTHING** to do with skills
4. More than physical talent...
5. academic, emotional & social considerations are taken into account and reviewed by a MPSD committee
6. **NO APP for FOOTBALL**... Golf must be a top-8 player to qualify.

APP Test Qualification Benchmarks

By age...and can require retesting

SEX	AGE	Curl-Ups # in one minute	Shuttle Run in seconds	Choose one ¹		1 Mile- Walk/Run min/sec*	Choose one ²	
				V-sit Reach in inches	Sit & Reach in centimeters		Pull-Ups # completed	Right Angle Push-ups # every 3 sec.
Males	11	47	10.0	4.0	31	7:32	6	26
	12	50	9.8	4.0	31	7:11	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	6:26	10	37
	15	57	9.0	5.0	36	6:20	11	40
Females	11	42	10.5	6.5	34	9:02	3	19
	12	45	10.4	7.0	36	8:23	2	20
	13	46	10.2	7.0	38	8:13	2	21
	14	47	10.1	8.0	40	7:59	2	20
	15	48	10.0	8.0	43	8:08	2	20

Questions or Comments???





MILLER PLACE HS

“Sports Policies & Procedures”

2022-2023



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 - Section XI
 - Miller Place School District
 - NCR MS Coach

NYSED Regulations

1. **Age & Grade Regulation** - cannot be 19yrs old prior to July 1st of Sr Yr.
2. **Bona Fide Student** - enrolled in 4 classes, including Physical Education
3. **Duration of Competition**
 - a. *4 consecutive seasons once entering 9th grade*
 - b. *There are sport-by-sport situations based on APP placement*
4. **Requirements of Health Examinations for Participation** - yearly exams and 30 day intake requirements, as well as terms of expiration
5. **Mixed Competition** - males & females competing on common teams
 - a. *Females may compete on male teams IF there is no equitable offering...and if cleared by an approval process/committee. Baseball & Softball are considered the same sport*
 - b. *Females may compete on male teams if approved by the Superintendent*
 - c. *Males are not granted participation unless an appeal is made to a higher governing body → Section XI or NYSPHSAA*

NYSPHSAA Regulations

1. **Sports Standards of Participation by Sport:** *Practice requirements, # of Contests, Nights Rest, Rules & Contests permitted daily on a Sport-by-Sport basis*
2. **Practices, Scrimmages:** rules & regulations how they are to be conducted and maintain team/individual eligibility
3. **Transfers:** moving to/from schools and how eligibility is impacted
4. **Combining of Teams:** classifying teams that represent multiple schools
5. **Representation Rule:** Post-season eligibility standards for individuals & teams
6. **Sportsmanship & Disqualifications:** penalties for teams & individuals with poor conduct
7. **Amateur & College Rule:** how eligibility is maintained or lost
8. **Interstate and Sanctioned Competitions:** what is/is not permitted & why

Section XI Regulations

1. 10-5 Rule
2. Thunder & Lightning Policy
3. Placement, Seeding & Power Ranking Processes
4. Scheduling Considerations - religious holidays
5. Playoff Qualification - League Alignments v. Divisional Alignments
6. Individual Competitors
7. Protests
8. Medical Waivers

MPSD Rules

Athletics falls under the rules & regulations under the Extra-curricular Policies for the MPSD

1. Attendance - Daily Eligibility
2. Academics & Eligibility
3. Medical Clearance

Daily Attendance - ARRIVAL to SCHOOL

Must be in school by 8:37AM (End of 2nd Period)

- a. Seniors with delayed schedules...if you are late to 3rd Period then you are ineligible for that day!
- b. If you arrive after 8:37AM you need a Dr.'s note that corresponds to your late arrival
- c. May request permission for a uncommon family event, but this must go through Mr. Slavin & myself

Daily Attendance - LEAVING SCHOOL

If you leave school early, you must return with documentation that verifies your absence.

1. Doctor's appointment
2. Driver's test
3. Other unique situations such as funerals, communions, etc. simply require ADVANCED communication with Administrators

IF you leave school you are expected to return prior to 1:52pm.

Not acceptable reasons: *lunch, naps, better toilet paper*

Academic Eligibility

They are called STUDENT-ATHLETES for a REASON!!!

Students cannot have failed 2 or more classes the prior Quarter to maintain academic eligibility.

1. Must apply for academic probation and attend 4x/week...AM or PM sessions available.
2. Must re-apply by quarter/season.
3. PM session does conflict with practices

BOCES STUDENTS - Please discuss with your individual teachers/program leaders about attendance and impacts through athletics. We cannot override their policies!!!

Suspensions & Eligibility

Any 2 suspensions received during a season of participation results in an individual losing their athletic's eligibility for that season

(2) ISS or OSS in combination both apply!!!

Please check the Student Handbook for Discipline procedures. Behaviors in the classroom, the hallways, lunch-room and on buses all impact athletic participation!!

Medical Clearances

- An up-to-date Sports Physical is required by NYSED & MPSD.
- Anyone who seeks treatment from an ER, Walk-in Clinic or any physician requires clearance to return, even if the treating MD, etc. did not remove the athlete from play. **Must be from an MD, DO, NP or PA.**
- **5-DAY RULE:** If you are out of participation for 5 consecutive days (regardless of reason), you must have a clearance note to return. This can apply to anything...except COVID which is handled by the standard release from quarantine protocols.

We do not accept any clearances from a DC or PT

Other Policies or Procedures

1. Sports Registrations
2. Sports Physical process
3. Transportation
4. Code of Conduct
5. Injuries, Return to Play & Insurance protocols
6. Communication of information
7. Rosters & Playing Time

Sports Registrations

All registrations are done online through Family ID www.familyid.com

This is the 1st step in our process that triggers us to start checking the athlete status for participation

- **When do these open?** 30 days prior to the start of the season
 - Fall → July 22nd for an August 22nd start
 - Winter → October 14th for a November 14th start
 - Spring → February 11th for a March 13th start
- **What is included**
 - Demographics - name, address, phone, parent info,
 - 30-Day Health Intake - required by NYSED
 - Dominic Murray Sudden Cardiac Arrest Prevention Act inquiry
 - Acknowledgements of Participation Policies & IMPACT testing

Sports Physicals

Must be within 1 year (inclusive of the month) to the start of the Sport Season. **No more 1 year “to the day.”**

For Example: Fall Sports started August 22nd

- Expiration dates for any physical within the Month of August would be accepted
 - Exam Dates Aug. 1st, 2021 → or after
- Any physical with an exam date of July 31st, 2021 or earlier are not acceptable

For 2022-2023

- Acceptable for Winter Sports starting Nov. 14th, 2022 = **November 1st, 2021 or after**
- Acceptable for Spring Sports starting March 13th, 2023 = **March 1st, 2022 or after**

NOTES of PENDING EXAMS CANNOT BE ACCEPTED in LIEU of a completed sports physical

ALL PHYSICALS must be COMPLETED on the NYSED FORM & have the FULL ACTIVITY BOX checked-off

Transportation

- All students are expected to take District provided transportation to all away contests.
 - Only under unique circumstances would permission be given to drive to a contest separate from the team... **Must have Administrative approval!**
- Highly suggested students return to school on district transportation, but parents may request to bring home.
 - Email me (Athletic Director) prior to 2:30pm on day of the game
 - I will copy the coach on the reply for their information
 - If asking a non-family member to bring your child home from an away game, they need to be attached to the email request.
 - If an emergency there are forms with the coaches for you to sign them out.

Transportation

- Special Circumstances
 - Communion, Funerals, Others → need to be cleared prior to
 - Academic Conflicts (SAT/ACT/PSAT or AP Testing)
 - **Parents can take students to games if bus leaves prior to them finishing those tests...but students may not drive themselves**
- No permission is necessary for any form of “pick-ups” from home contests or once the bus returns
- Please be on-time when picking up your child...coaches have families too

LATE ACTIVITY BUSES

- Depart from MPHS at 5:00pm, Monday-Friday.

Code of Conduct - know what you signed

All participants & parents have signed (on Family ID) and acknowledged the following codes of conduct for participation. Most of these are also outlined in the student handbook.

- Participation notice - addresses clearances & participation
- Sports Permission Slip - acceptance to risk of participation
- Drug/Alcohol Use - no exceptions...if on campus = 5 weeks or the end of the season, whichever is longer
- Regulations & Expectations - attendance & behavioral expectation (all covered)...along with impact of suspensions (ISS & OSS)
- IMPACT Testing and Consent for release of information to Orthopedic Associates of LI for baseline comparison
- Medical & Surgical History AGreement - that your 30 day intake is up-to-date
- Hazing/Bullying
- Off-Campus Behaviors that are substantiated with supportive evidence

Injuries - procedures & protocols

- Report any injuries to the coach & also contact the Athletic Trainer. This is the SUGGESTED 1st Step. **Timely reporting helps expedite the process!!**
- Our Athletic Trainer is a resource for places to go, people to see and also for REHAB that may get your child back on the field/court faster!!
- Please remember that if you start with an outside Doctor/Medical visit we cannot override their decision. Only another medical person can do that...which is not always likely.
- Anyone who seeks treatment from an ER, Walk-in Clinic or Specialist requires clearance to return. **Must be from an MD, DO, NP or PA.**
- Injury reports (internal documents) are filled out by coach and/or nurse. You can obtain by calling the Nurse or Athletic Office.

Insurance

- Family insurance coverage is primary, School insurance is secondary. We use Pupil Benefits = **NO DEDUCTIBLE**
- **Requires original EOB's & receipts & there are time limits for submissions!!!**
- Insurance forms can be obtained through the Nurse or Athletic Office
- Summer League, Winter League or non-Section XI sanctioned events/practices are not covered.

Concussions

- Suggestion is to call the Athletic Trainer for an evaluation as soon as possible
- What should you do at home?
 - Hydrate
 - Limit or restrict TV/Phone/Computer use
 - Watch for symptoms of headache, nausea, dizziness
 - SLEEP IS A GOOD THING!
- There are **2 pathways for Concussion injury Return to Play (RTP)**...depending on the site/modality of injury.

Concussions that occur during MP Activities

1. Evaluation with Athletic Trainer...**always suggested 1st**
2. Must be evaluated by a medical physician and provide documentation for any adjustments to school.
3. **Clearance for RTP must be done** by Orthopedic Associates of Long Island Concussion Clinic or St. Charles Concussion Management Clinic
4. Return to Play (RTP) can be arranged through our Athletic Trainer or a Physical Therapist of your choice...costs/copay are usually reimbursed through the school's secondary insurance.

Concussions that are not association with MP *(Travel teams or other)*

1. You can see your own doctor or clinic of choice and provide adjustments to academics as needed.
2. You can get clearance from physician not associated with OALI - St. Charles
3. You **CANNOT** use our Athletic Trainer for RTP

Communication of Information

Who, What, Where, When, Why??

Practices - **ASK THE COACH**; the Athletic Office does not control practice schedules...we only set the parameters. Times, Days, Locations are determined by coaches.

Cancellations - Game Cancellations will be handled by the Athletic Office and conveyed to the coaches. Coaches will then disseminate information through messaging or email chains they've created. If it's on Section XI it's accurate.

Season Schedules - check Section XI website (www.sectionxi.org) or ask the Coach

Directions - Section XI website, click on school name or use Google Maps or Waze

Communication of Information

Who, What, Where, When, Why??

- Coaches will have all the following information regarding
 - Practice Expectations
 - Pathways to Playing Time
 - Positions & reasoning
- Expect 6 days per week...weekends between 8am-12pm for practices
- Sometimes teams may practice on a Sunday
- Please communicate with the Coach if there are conflicts with attendance

ALL TEAMS should be holding meetings to cover expectations

Rosters

- Roster Sizes are determined by what a coach feels best meets their expectations for meaningful & productive instruction during practice and what is manageable during games. This can vary by level or by coach. There is no set limit or baseline.
- Cuts usually occur where there is a marked difference in ability: Typically only 5-6 out of 29 sports programs hold cuts.
- If you are cut from a team you may inquire about joining another, as long as that team also did not have cuts

Concerns with participation

I am available and willing to listen/discuss just about anything, but my first response is going to be...

HAVE YOU SPOKEN WITH THE COACH???

- Please use the 24HR Rule after games.
- Coaches will have the most direct knowledge of your athlete. Perhaps there is an underlying issue?
- They want to succeed and can give you the best insight into what's going on that might not be apparent to you? OR...perhaps you can give them insight how to better connect with your child?
- Please keep everything ONLY about YOUR CHILD...no comparisons or discussions about other athletes!

Playing Time

Playing Time is earned...not granted!

- Discussions on playing time, positions, utilization within systems may not reference to any other athletes!
- Conversations may only revolve around what your child can do to improve and earn more time.
- Be realistic...and understand what occurs on your child's travel team does not hold any weight here.

Q&A???