



GIMME FIVE!! +

WHITMAN ATHLETICS NEWSLETTER



Gimme Five!! provides five (or more) quick updates from Whitman Athletics. Each newsletter will be formatted to provide links to relevant information. It will also be shared via Whitman Athletics Twitter & Whitman Athletics Facebook pages.

1

Fall Sports Registration

Registration for Fall Sports is currently open in Family ID.

Here is the link for registration: [Family ID Registration](#)

In the fall, Whitman offers the following sports:

Varsity & Modified Football
 Varsity & Modified Cheerleading
 Varsity & Modified Girls Tennis
 Varsity & Modified Girls Swimming
 Varsity & Modified Boys Soccer
 Varsity, JV & Modified Girls Soccer
 Varsity & Modified Cross Country

In addition to completing registration, every student-athlete will need to have a current physical on file. It is recommended that you schedule a physical ASAP so you are prepared for the start of fall sports. From past history, it is often difficult to get a physical scheduled at the last minute in the summer which may lead to your child not being permitted to start practice on the first day.

Varsity Fall Sports begin on Monday, August 21st
 Modified Football begins August 24th
 Modified Fall Sports begin on August 28th.

Please note: Some Modified teams may adjust and start practices on the first day of school. That will be communicated later in the summer.

2

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](#).

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](#)





If you are on Twitter, I would suggest you follow Greg Berge - @gb1121. He often offers great perspective on sports and life. Below is a tweet of his from early July that I thought provided great guidance for any parent with a child involved in sports.

8 Ways to be a Great Sports Parent

1. Say: "I Love Watching You Play"

These can be the only words that a parent says to their child.

Nothing else needs to be said.

Just tell them you love watching them play.

2. Don't Compare your Child

Teddy Roosevelt said: "Comparison is the thief of joy."

Teach your child to be the best version of themselves. Kids grow and develop at different rates. Do not try to compare your child. It will only bring disappointment to you and your child.

3. Be Positive

Bring positive energy to your child and the team.

Energy is contagious.

Your child will feel the negative energy, and the team will feel negative energy.

Be a positive influence on the lives of your kids and their teams.

4. Child's Experience

Remember that it is your child's experience and not yours.

Too many people get caught up reliving their own youth sports experiences and memories.

Let it be your child's.

They will have a much happier experience, and so will you.

5. Trust the Process

Winning is nice but It is not about the shiny trophy, the medal, or award.

It is always about the process. The process is the prize. Trust the process.

These are the habits you want your child to learn.

6. Support your Child

Be there to listen and support your child.

They do not want you to solve their problems.

Most of the time, they only want you to listen and support them.

7. Be a Fan of the TEAM

Do not get tunnel vision. Be a fan of the entire team. Be happy when other players have success. These years go fast. Try to create good habits and positive memories for your child.

It makes the experience so much more enjoyable.

8. Accept the Struggle of Team Sports

One thing is guaranteed in team sports - There will be struggles. As a parent, accept the struggle. The struggle is not the enemy. The struggle is the gift and it is how your child

learns, grows, and develops skills to last a lifetime.

5

Wellness Opportunities

Whitman Wellness Center Hours

The Whitman Wellness Center is open this summer
for Community use.

Weekly Community Hours will be:
Monday thru Thursday - 4:30pm-8:30pm
&
Saturday - 9am-12pm

Follow the Whitman Wellness Center on Facebook!!

Look forward to seeing you there to get #StrongerBetterTogether



Pickleball!!!

Quite possibly the fastest growing sport is Pickleball!!

All 6 of our Whitman tennis courts are now lined for pickleball.

Come join us each summer Saturday from 9-11am for instruction
on how to play Pickleball and also take part in games.

We have had a great turnout so far but we are looking for more to
join in. Come join in the fun.

The courts will be open all summer for those wanting to play.

