

## TUHSD Athletic Council

### NOTES

Thursday, November 17, 2015

**Present:** Christina Amoroso, Lars Christensen, Denise Helstrom (Drake), Brian Lynch, Valerie Madison (Redwood), Chris McCune, Nancy Nemecek (Redwood), Jessica Peisch, Dan Sapp (Tam), Chad Stuart, Jen Venne (Drake), LaSandra White, Sue Chelini

**Guest:** John Chelini

#### 1. Introductions

- Status of Tam Baseball NCS Violation:** NCS has found Tam baseball in violation of off-season practice rules. The coach and all but one players were from Tam. They were using school colors and a similar name and mascot. The teams were called frosh, JV and Varsity when club teams are usually be age groups. The coach identified himself as the Tam varsity baseball coach. The penalty is to give back practices and games from the regular season. The MCAL Board of Managers ultimately agreed on the penalty. Tam reported itself, apologized and listed remedies for how this will be prevented in the future. The Tam baseball team will lose 8 practices and 3 non-league games. They will still have options for post-season play. Tam will have a new baseball coach in the spring.

We need to educate coaches about what they can do off-season. There is a strong culture that players must play year'round. There is a challenge with for-profit out-of-season programs. If the parents can't afford it or the athlete wants to play other sports, the perception is that s/he may be discriminated against. Many coaches make a living being a coach.

What can we learn from this experience? There is lots of gray area. We do need to adhere to the CIF/NCS rules. Parents should not be afraid to ask questions.

Chris McCune: Every program wants an off season. Teams are going into weight rooms with trainers. How can we create a strength and conditioning program through Community Education? Can we use interns from exercise science programs at local universities? The District cannot pay for strength and conditioning coaches. For parent clubs to do so creates the same disparities that we had with the athletic trainers. We do have an old District policy for Private Personal Trainers (see attached).

- Winter Soccer in Progress:** This is the first year of winter soccer. Many potential soccer players came out: Redwood – 70 for boys; Tam – 71 boys, 72 girls. Unfortunately, these numbers necessitated many cuts. Club soccer ODP (Olympic Development Program) must be approved by CIF. Only certain ODP programs are approved. ODP ends the Saturday after Thanksgiving. Players may practice with high school teams, but may not compete in games until their ODP season is over. Because of club play, teams may not have enough numbers for JV games until after ODP is over.
- Unified Teams:** Unified teams basketball teams have 3 disabled and 2 non-disabled players on the court at a time. Rules are modified. Some practices have been scheduled. The ADs are working with Cyrus Nassersaeid, Marin Special Olympics, for advice. There will be a Tam vs Redwood unified basketball game on January 29 the regular Tam/Redwood basketball game. Drake will have a unified basketball game with Terra Linda. TL has a large population of special ed students who practice at Redwood. Katie Peter and Mike Lovejoy are the SPED teachers at Redwood and Tam respectively who are coordinating the program with the ADs.
- Demand for new teams (F B&G Soccer, JV Field Hockey, JV B Volleyball, etc.):** As our schools grow in size, more potential players come out for teams. Many parents have been upset with the number of cuts sustained this year. Most teams have a limited number they can take.

High school sports are different than club teams that parents and players are used to. High school coaches have no requirement for equal playing time. There is a problem with communication and managing parent expectations. There have been a large number of cuts so far this year from field hockey (first season) and both boys and girls soccer. If a player is cut from one sport, there may be another team that they might go out for, especially in the spring. This year, football, track and swimming may be the only teams with no cuts.

Creating new teams or levels of teams requires District support and at least a year of lead time with a staffing plan. Since we are a basic aid District, as the schools grow, the budget gets tighter. We can't add teams at the expense of others. The athletic budget has not changed in 6-7 years. It usually costs a minimum of \$6,000 per team (i.e. \$36,000 for JV B&G soccer teams) for coaches stipends, officials, equipment, uniforms, etc. There also is a facility issue, particularly for winter soccer, in managing limited player venues.

The Athletic Council suggested that we prepare an FAQ for managing player and parent athletic expectations. We may have to give a little bit of tough love.

6. **Game sportsmanship, continued:** Each school administration is working with their Leadership class to educate the student body about appropriate sportsmanship behavior. MCAL has a Sportsmanship Award per season as well as over-all. TUHSD schools have been recipients several times.
7. **Five Year Plan Tasks for 2015-16 Update:** The Athletic Council reviewed the achievements (red checks below) already this year. The ADs focused on the goals that were set by the Athletic Council. The Five Year Plan for Athletics still has not been approved by the Board, but it is expected to be a Board agenda item when the newly elected Board takes over.

**2015-16:** (checked items are complete or in progress; red items are unapproved financial ones)

- ✓ Athletic Trainers become a partially district-funded position, split 50/50 District/Boosters.
- ✓ Add Sudden Cardiac Arrest training to required coaches' education.
- ✓ MCAL soccer moves to winter season with TUHSD boys' and girls' coaching stipends equalized
- ✓ Add girls' field hockey (Fall) at Redwood.
- ✓ Establish on-line athletic registration.
- ✓ Update 2015-16 Parent-Student Guide to Athletics and Coaches' Handbook to reflect NIAAA standards.
- ✓ Disseminate CIF "Return to Learn" concussion information to teachers.
- Encourage more staff-coaches
  - District values teacher/coaches.
  - Supervision point relief (negotiations?)
  - Interview question about supervising extra-curricular activities when hiring certificated staff.
- Re-evaluate placement of various teams on coaching schedule. **Increase coaching stipends. Add longevity steps for coaches.**
- ✓ Explore the possibility of unified sports teams.
- Explore coaching certification clearance through Human Resources (Christensen).
- ✓ District Staff Development Day: Visit a school with a unified sports program..
- Work on bringing District and site athletic departments up to NIAAA quality standards.
- Update Board athletic policies (ongoing).
- Focus on sportsmanship with coaches/teams/student body/parents/fans (ongoing).

8. **Strength and Conditioning Coaches:** Strength and conditioning can be a community education program. Many athletes and coaches want to use our facilities, but there are liability issues if we don't have them staffed with certified S&C coaches. Athletes will be stronger and fitter teams have fewer injuries. Terra Linda has a program after school 4 days/week (no Friday). It took a while for coaches to buy into the program for off season. We need to find out what their program cost. Coaches aren't necessarily up-to-date in exercise science when they are bringing their athletes into the weight rooms. Through community education, there can be liability waivers. Parent clubs could offer scholarships as needed. Dan will research what some other schools do.
9. **Tam Turf Field:** The Tam football field was resurfaced in Summer, 2015. The community raised almost \$38,000 to fund a more expensive cork surface. Mill Valley Soccer contributed \$24,000 and the Tam High Foundation \$5,000. There were many individual donations. Right now, they are about \$10,000 short of the \$48,000 goal. Chris and Chad mentioned that Drake is holding talks (open to the public) with various field turf representatives as well as a real grass alternative. Replacement of the Drake surface may be held to 2017 (instead of summer, 2016) until EPA announces a decision about the safety of the various surface alternatives. Cork is cooler, but a little more abrasive, the surface is a little springier and the ball rolls more naturally than on the rubber surface.

# TAMALPAIS UNION HIGH SCHOOL DISTRICT

## MEMORANDUM

**To:** Athletic Directors

**From:** Sue Chelini, Interim Athletic Coordinator

**Re:** TUHSD Guidelines for Private Personal Training Services

**Date:** March 29, 2006

Recently, it has come to my attention that at least one private personal training contractor has been working with district student athletes on district property at the request of coaches. The MCAL is aware of other individuals and groups who also may be providing such services. Parents have been paying fees for their services.

### Issues to be addressed:

- Do any of these group private training sessions take place during designated team practice times?
- Are private, for-profit contractors using district facilities without charge?
- Are all such services provided primarily in team groups?
- Do some parents make independent arrangements for individualized training for their child?
- What arrangements are made for athletes whose parents do not wish to participate for whatever reason?
- Are there scholarship opportunities?
- Have the personal trainers had TB and fingerprint clearance since they have more than incidental contact with our students.

### Guidelines for private personal training services for TUHSD athletic teams:

- No personal training services may take place on district property without being offered and publicized through Community Education. Community Education publication deadlines are several months before each term and do not coincide with school seasons of sport.
- No private personal training may take place during the time designated for team practice as the coaches are paid to provide service during that time. Such services should supplement, not supplant, conditioning for the sport that would normally be part of a team practice.
- Participation in off-season conditioning programs for a particular sport, on or off-campus, is voluntary and may not be a requirement for participation in a team. No negative team consequences may result if a student chooses not to participate for whatever reason.
- Any personal training or conditioning programs offered to district team members off-campus is a contract between the parents and the provider and may not be represented as a school activity.
- Coaches may not provide team rosters with athlete names, addresses, phone numbers or email addresses to a commercial enterprise without express advance written permission of parents.