BMHS ATHLETICS

2023-2024 - VOLUME 1 - 9-10-23

<u>WE ARE BACK!</u> This fall we had over 480 student-athletes register for our fall teams. This represents approximately 25% of our school population. The biggest registration increase is football, with 113 total student-athletes. Our freshmen football team has over 40 players. These numbers are the best we have seen in more than a decade.



First Serve Volleyball All-Tournament Team - Liz Skidmore, Amaya Acevdeo (MVP), Caroline McClung



2023 FCIAC Student Leadership Conference

<u>GAME TICKETS</u> We will be using Ticket Spicket again this year for all of our varsity and junior varsity volleyball matches, wrestling matches, varsity and junior varsity basketball games, our varsity football games, and any of our varsity contests against Norwalk High on Casagrande field. <u>Season and All-Access Passes are a fundraiser</u> for our athletic department and the proceeds help to better the student-athlete experience. Passes are significantly cheaper than individual game tickets and they do not include post-season contests. Go to mcmahonathletics.com and look for the "Ticket Spicket" link.

Season Pass Fall or Winter	All-Access Pass	Individual Game Tickets	Game Day
Access to 10-15 varsity events.	Access to 40+ varsity events	Purchased prior to the game online.	Purchased at the gate.
Adults - $20 Students - $15	Adults - $50 Students - $35	Adults - $6.00 Students - $4.00	All tickets - $8.00

John Cross, Athletic Director, 203-852-9488 ext. 11246, crossj@norwalkps.org

<u>NEW COACHES</u> All of our head coaches are returning this fall, but we do have a few new assistant coaches. We have a number of alumni joining our staff this fall, Damien Vega and Zach O'Connor will be coaching football and George Simpson will be the freshman boys soccer coach. Also joining the football staff is Chris Gonzalez, who is also a new member of our school security team. Joining the volleyball team is Nelson Kwok, who also coached our boys' team in the spring, and Andrea Riley, a middle school science teacher from Ponus Ridge. Joining our girls' soccer team is Nazae Craw, Nazae will be a first-year English teacher at Brien McMahon.

<u>HudlTV</u> Games on Casagrande Field and the Kehoe-King Gymansium will be live-streamed, as well as varsity games on PRIDE Field. Look for the HudlTV link on our website.

<u>FAN BEHAVIOR</u> The athletic departments this year are committed to a positive experience for our athletes, especially our visiting athletes. Our guests deserve to be treated with respect and dignity when they visit our facilities, as do we when we are on the road. Once again the FCIAC is promoting "NO NAMES, NO NUMBERS" at all of our contests.



Field Hockey Shucking Oysters

at the 2023 Oyster Festival.



Freshman Football Bonding Before the Season Opener

<u>WINTER SPORTS</u> Registration for boys and girls basketball, boys and girls indoor track, wrestling, fencing, boys and girls ice hockey, and boys swim and dive, opens on October 1st and closes November 20th. All students will need to have at least a 1.7 GPA to participate.

<u>PHYSICALS</u> Submit physicals directly to the nurse. Make sure that you tell them that you are an athlete so they can update your status in Final Forms.

MCMAHON ATHLETIC CLUB

Our all-sports booster club is once again helping to improve the well-being of our student-athletes. They provide team yoga with Spencer Jacoby to improve recovery. This summer they sponsored Speed/Agility/
Change of Direction training with D1 Training. Look for upcoming McMahon Athletic Club events at gosenators.org.



MARK YOUR CALENDARS for these home openers

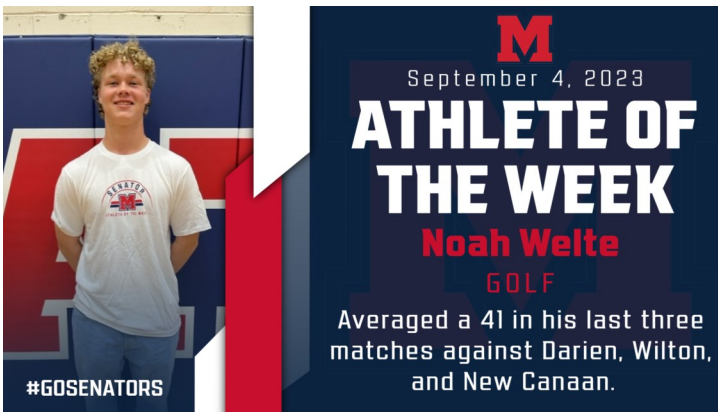
September 12th - Boys Soccer vs. Stamford @4:00 PM
September 15th - Girls Swim vs. New Canaan @4:00 PM
September 16th - Field Hockey vs. New Fairfield @11:00 AM
September 20th - Volleyball vs. West Haven @4:15 PM
September 22nd - Football vs. Manchester @ 7:00 PM

ROWAYTON CIVIC ASSOCIATION GRANT

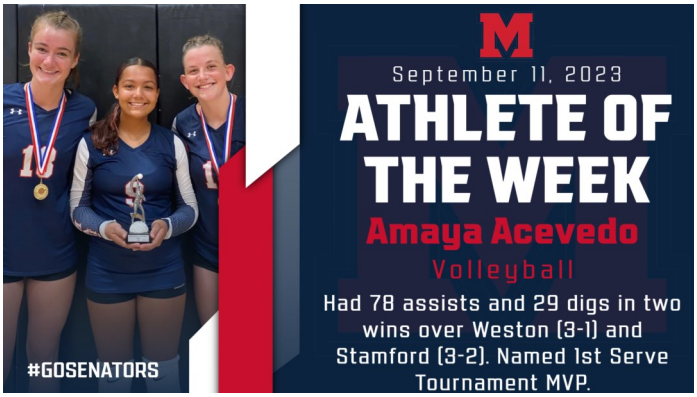
Last year the athletic department received a grant from the RCA to replenish the calories and electrolytes that our student-athletes use during competition. The grant will pay for our athletes to receive a Gatorade Recovery Bar after their away games and supply our athletes with Gatorade outside the athletic training room.

the ROWAYTON CIVIC ASSOCIATION









Sport Schedules - Find them here

Varsity Lettering Requirements - Find them here

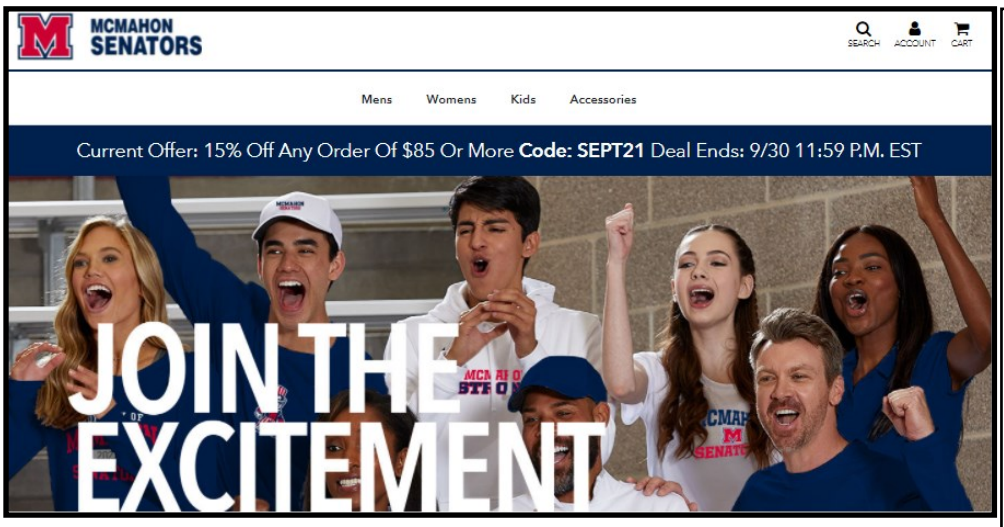
Alternate Transportation Requests - Find them here

The Next Street - Find them here

Coaches Contact Information - Find them here









<u>SWAG</u> Look your best! Purchase McMahon clothing on our Sideline Store. This isn't just for athletic teams. Customize your apparel for the club/ organization that you are part of at McMahon.

<u>STUDENT DRIVERS</u> Getting your license is a big deal, but it shouldn't be a big hassle. Brien McMahon is partnered with @thenextstreet to bring you Driver's Ed. With their courses, you can take driving lessons right from school. You can take classes in any order, whenever they're offered all on Zoom. With new classes starting daily, and over 40 class sessions a day, Driver's Ed fits into even the busiest schedules. Sign up today with @thenextstreet through McMahon.