

**HMX**  
**Spring Athletic**  
**Information Night**

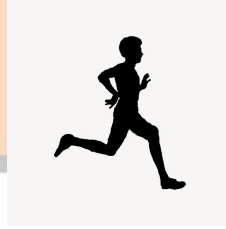
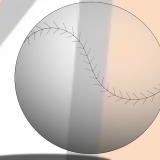
**March 18th, 2024**  
**7:00 PM**

***TRYOUTS BEGIN APRIL 3<sup>rd</sup>***

# MODIFIED ATHLETICS PHILOSOPHY

Who can play on modified sports teams?

HMX students in the 7th, 8th grades only



# Philosophy-Modified Sports

- Focus is on learning athletic skills and game rules, fundamentals of team play, social and emotional growth, and healthy competition.
- Exclusion of students from our athletic programs is not our preferred policy. However, numbers in all sports has been large and keeping everyone may not be an option.
- Practice sessions are vital to the development of the adolescent athlete and team.
- Opportunities for meaningful participation for each team member will exist in each game and over the course of a season.

# Season Commitment

- If you do not participate or are unprepared for PE class you, are not eligible for sports play/practice that day.
- If you miss PE class for a medical reason, or if you have had a medical condition, recent injury or illness, you may need additional physician's note. Check with the school nurse.
- The doctor's note to return to play **MUST** be issued by the same doctor who initially removed you from play.

## **After-school Practices**

Monday-Friday 3:30-5:00 (sometimes lacrosse and baseball will start at 3:15)

*Season begins April 3rd and can be scheduled for games through May 31st*

# COMPETING ON OUTSIDE TEAMS IN SEASON

Mamaroneck student athletes' first commitment must be to the school team. We are “cutting”, not allowing the opportunity for athletes to play on our teams, due to high levels of interest. If conflicts arise, athletes are required to compete for the school team.

*Athletes can be released from the team for failure to attend school games/practices*

**Season Start Dates** *Must be registered by March 22th*

**Start Date April 3rd**

**Modified Boys Lacrosse (2)**

**Modified Girls Lacrosse (2)**

**Modified Baseball**

**Modified Girls Softball**

**Modified Boys & Girls Track**

## **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 for an extended time on a medical note, you will be required to submit doctor's clearance to be cleared for approval.
- You will be contacted by the school nurse if this is necessary.

# Important Information and Dates

- Physicals need to be dated after 4/1/23 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 22nd.
- Nurses are available by email if you have questions. The Athletic Office staff does not clear athletes. Ms. Sheppard [jsheppard@mamkschools.org](mailto:jsheppard@mamkschools.org)  
Ms. Irwin [eirwin@mamkschools.org](mailto:eirwin@mamkschools.org)



# 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.
- Athletes are expected to conduct themselves appropriately during all aspects of the school day, throughout the building. This includes cafeteria, locker rooms, recess and hallways.

# Transportation Waiver

Transportation Waiver Form

<https://www.mamkschools.org/fs/resource-manager/view/48bfcd5e-3d40-408a-bb94-52781ff2e978>

email to [ddenaro@mamkschools.org](mailto:ddenaro@mamkschools.org)

**Mamaroneck Union Free School District**  
*Transportation Waiver Release*

The Mamaroneck Public Schools Athletic Handbook states the following:

*"Student/Athletes shall be transported to and from away contests (games and/or scrimmages) by school authorized vehicles only. For special circumstances, parents may request to provide transportation for their own child. In such cases, the request must be made in writing in advance to the Director of Athletics and a copy (containing the Athletic Director's signature) shall be submitted to the student/athlete's coach. At no time may students transport themselves or other student/athletes to or from away athletic contests (games and/or scrimmages)."*

Parents wishing to provide transportation for their child to or from an away contest should complete the form below.

Child's Name: \_\_\_\_\_ Sport: \_\_\_\_\_  
(Include Level)

I, \_\_\_\_\_, will provide transportation to/from my child's  
(Parent/Guardian) circle one

athletic contest on \_\_\_\_\_ versus \_\_\_\_\_  
(Date) (Opponent & Location)

Reason for request: \_\_\_\_\_  
(Must be filled out)

*I accept full responsibility for my child's well being while providing such transportation.*

Parent's Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Director of Athletics \_\_\_\_\_ Today's Date \_\_\_\_\_

Approved       Denied

Athletic Office - Original  
Coach - Copy

Fax Completed Form to:  
(914) 220-3165

Transportation Waiver  
Revised Dec. 1999

# Transportation Guidelines

- Student/Athletes shall be transported to and/or from away contests (games and/or scrimmages) by school authorized vehicles only.
- For special circumstances, parents may request to provide transportation for their own child only.
- Requests must be made at least 24 hours in advance to the office of the AD, using the Transportation Waiver Release Form.
- A copy containing the approval will be emailed to the athletes coach.

# Schedules for the Season

[Rschool](https://www.section1ny.org/public/genie/434/school/249/)

<https://www.section1ny.org/public/genie/434/school/249/>

Activity Scheduler is the App

- Master Calendar by date for all sports
- Individual Calendar for teams by level-subscribe
- General schedule is up, but check weekly because changes happen

# 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.***

# #Thankaref

"This guy refereed a bunch of high school aged basketball games, on a Saturday, during summer, so that kids like mine and maybe even yours could play. He's not upset or mad or anything, there was no big controversy, it was just kinda warm in that gym today and he was taking a break in between contests. The next time I feel inclined to complain about the refs, or say something outloud during a game, I'm gonna try to remember this guy. And unless I'm willing to give up my free time and pick up a whistle, I really don't get an opinion. As a parent of student athletes, I do not want to teach them to blame officials for the outcome of a game. If we don't respect refs, umpires, officials etc, what are the odds our kids will? Huge thank you to all those who step up and officiate games. Keep up the good work. **#thankaref**"



# Coaches Contacts

## **Baseball:**

Gacio, Shaun

[sgacio@mamkschools.org](mailto:sgacio@mamkschools.org)

## **Softball:**

Schwartz, Amanda

[aschwartz@mamkschools.org](mailto:aschwartz@mamkschools.org)

## **Girls Lax:**

Dale, JT

Murphy, Caitlin

[jdale@mamkschools.org](mailto:jdale@mamkschools.org)

[cmurphy@mamkschools.org](mailto:cmurphy@mamkschools.org)

## **Boy's Lax:**

Mangan, Nick

Scioscia, Francesco

[nmangan@mamkschools.org](mailto:nmangan@mamkschools.org)

[fscioscia@mamkschools.org](mailto:fscioscia@mamkschools.org)

## **Track & Field:**

Pelaez, Carolina

Cisneros, Alexis

[cpelaez@mamkschools.org](mailto:cpelaez@mamkschools.org)

[acisneros@mamkschools.org](mailto:acisneros@mamkschools.org)

## **Athletic Director:**

Bari Suman [BSuman@mamkschools.org](mailto:BSuman@mamkschools.org) **Assistant AD:** Dave Halbreich [dhalbreich@mamkschools.org](mailto:dhalbreich@mamkschools.org)