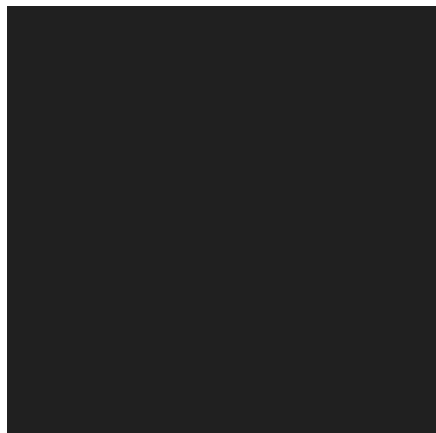




Forward in Excellence



Somers High School Athletic Program October 25, 2016



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ Mission

- We, the Somers Athletic Department, are committed to ensuring the physical and emotional well-being and social development of the student-athlete. We recognize that great demands are placed on students who participate in high school athletics, and we are committed to providing support to help students manage these demands and get the most out of their high school experience.



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ Vision

- We, as coaches, will maintain the role of a coach as a profession and we will provide opportunities for all athletes. We will model our values of **Honesty, Integrity, Respect and Service.**



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ Values

- In order to advance our shared vision of an excellent athletic experience, we will:
 - Teach the leadership traits we desire to see in our athletes
 - Connect athletic experiences to life
 - Commit to professional learning
 - Develop and communicate clear and specific goals for the team and individual players
 - Maintain open and honest communication with players, parents and coaches
 - Develop relationships that are characterized by honesty, respect and integrity
 - Create a physically and emotionally safe environment for our student-athletes



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ SERVICES

- The Athletic Department is committed to the development and well-being of the student-athletes and offer the following services:
 - (AEP) Academic Enrichment Program
 - Mindfulness Training
 - Operation Respect
 - No Place for Hate
 - NCAA Recruiting Seminar for Parents and Student-Athletes
 - Family ID Online Registration for Sports



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ CALENDAR

■ August

- Meet the Coaches Night for Parents

■ September

- Homecoming

■ October

- NCAA Evening Program for Parents and Student-Athletes

■ November

- Meet the Coaches Night for Parents

■ March

- Meet the Coaches Night for Parents

■ May

- Spring Fest Sports Event

■ June

- Senior Sports Award Celebration



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ COACHES RESPONSIBILITIES

- Each student-athlete should be treated as an individual whose welfare shall be primary at all times. The coach must be aware that he/she serves as a model in the education of the student-athlete and, therefore, shall never place the value of winning above the value of character building.
- The coach must constantly uphold the honor and dignity of the teaching profession. In all personal contact with the student-athletes, parents, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall support and enforce school rules for the prevention of drug, alcohol and tobacco use and abuse, and under no circumstances shall allow the use of these substances.



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ COACHES RESPONSIBILITIES

- The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- The coach shall be thoroughly acquainted with contest, state, league, and local rules, and is responsible for their interpretation to team members. The coach shall abide by the letter and spirit of these rules at all times.
- Coaches shall actively use their influence to promote sportsmanship by working closely with parents, athletes, cheerleaders and administrators.
- Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct, which will incite players or spectators against the officials or against each other. Public criticism of officials or players is unethical.



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ ATHLETIC OFFERINGS

FALL	VARSITY	JV	FROSH	MODIFIED
Cheerleading	X	X		
Boys Cross-Country	X	X		X
Girls Cross-Country	X	X		X
Field Hockey	X	X		X
Boys Football	X	X	X*	
Boys Soccer	X	X		
Girls Soccer	X	X		
Girls Swimming	X			
Girls Tennis	X	X		
Girls Volleyball	X	X		X

Interest and participation will result in additions and deletions to our programs.

***These teams are subject to year-to-year decisions based on participation numbers**



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ ATHLETIC OFFERINGS

WINTER	VARSITY	JV	FROSH	MODIFIED
Boys Basketball	X	X	X*	
Girls Basketball	X	X	X*	
Cheerleading	X	X		
Ice Hockey	X			X
Boys Swimming	X			
Boys Indoor Track	X	X		X
Girls Indoor Track	X	X		X
Wrestling	X	X		X
Skiing	X			
Gymnastics	X			

Interest and participation will result in additions and deletions to our programs.

***These teams are subject to year-to-year decisions based on participation numbers**



SOMERS HIGH SCHOOL ATHLETIC PROGRAM

■ ATHLETIC OFFERINGS

SPRING	VARSITY	JV	FROSH	MODIFIED
Baseball	X	X	X*	
Golf	X	X		
Boys Lacrosse	X	X	X*	
Girls Lacrosse	X	X	X*	
Softball	X	X		
Boys Tennis	X			
Boys Track & Field	X	X		X
Girls Track & Field	X	X		X

Interest and participation will result in additions and deletions to our programs.

***These teams are subject to year-to-year decisions based on participation numbers**



OF ATHLETES - Fall

	FALL
Cheerleading	9
Football	112
Boys Soccer	42
Girls Soccer	41
Field Hockey	53
Girls Tennis	22
Volleyball	46
Cross Country	119
Swim	15
TOTAL...Fall Season	459



OF ATHLETES - Winter

	WINTER
Cheerleading	11
Boys Basketball	41
Girls Basketball	24
Ice Hockey	24
Winter Track	191
Wrestling	36
Gymnastics	3
Skiing	2
TOTAL... Winter Season	332



OF ATHLETES - Spring

	SPRING
Baseball	58
Softball	22
Boys Lacrosse	54
Girls Lacrosse	43
Golf	9
Boys Tennis	16
Spring Track	206
TOTAL...Spring Season	408

Total # of Student Athletes in the program for the year: 602