



BRIEN MCMAHON  
ATHLETICS  
FRESHMAN ORIENTATION  
2023-2024





Welcome  
General Presentation  
Question and Answer Session  
Meet the Coaches

Athletic Director – John Cross  
[crossj@norwalkps.org](mailto:crossj@norwalkps.org)  
203-852-9488 ext. 11246  
[www.mcmahonathletics.com](http://www.mcmahonathletics.com)



We are a member school of the FCIAC, CIAC, and NFHS



League



State Governing Body



National Governing Body

# Educational-Based High School Athletics



A focus on:

Developing the student-athlete through educational lessons that extend beyond the classroom

Teaching sport-specific skills and conditioning principles

Using sports as a vessel to teach life lessons and create bonds that last a lifetime

# To Participate in Athletics and Tryout for a Team:



All student-athlete parents must:

- Register through and complete all documents in FinalForms.
- Join the SportsYou Account for the desired team.

All student-athletes must:

- Register through and complete all documents in FinalForms.
- Turn in a current and completed physical to the Brien McMahan nurse.
- Join the SportsYou Account for the desired team.
- All Freshman are eligible to participate in fall athletics.
  - Ensuing quarters each student-athlete must have a 1.7 grade point average.

# Coaches and Athletic Trainer



## Certifications:

- CPR
- First Aid
- AED
- Concussion

## Coaching Education Classes

- Teacher Certificate or 40 Hour Coaching Class
- Continued Professional Development

## Athletic Trainer

- Certified Athletic Trainer
- Full time during the school year



## General Expectations of High School Athletes

- Attend all Games/Meets - including vacations
- Attend all Practices - including vacations
- Participate in Fundraising
- Participate in Team Building Events
- Travel to and from games with your team on a bus.
- Balance academics, athletics, family and work schedules.

### **Time Commitments**

- Daily – 2-4 hours
- Weekly – 5-6 days
- Seasonal – 2-3 months

## Typical Season



Summer - New this year, June 15th - August 10th

- Twice a week, no more than two hours
- Skill work, conditioning, possible games
- not mandatory, invite based, not all sports

Pre-Season

- conditioning, not mandatory but strongly encouraged

Tryouts

- some sports do make cuts
- 2 days or longer

Regular Season

- practices and scrimmages
- games within the FCIAC and possibly non-conference play

Post Season - Must Qualify

- FCIAC Tournaments/Meets
- CIAC Tournaments/Meets

# Fall Sports:



Male	Female
Football (V, JV, F)	Field Hockey (V, JV)
Soccer (V, JV, F)	Soccer (V, JV)
Cross Country (V)	Sideline Cheer (V)
Golf (V)	Cross Country (V)
	Swim and Dive* (V)
	Volleyball (V, JV, F)
Unified Sports	

\* Cooperative Team with Norwalk High School

# Winter Sports:



Male	Female
Basketball (V, JV, F)	Basketball (V, JV)
Indoor Track (V)	Indoor Track (V)
Hockey <sup>#</sup> (V)	Hockey <sup>%</sup> (V)
Swim and Dive* (V)	Competitive Cheer (V)
Wrestling (V, JV)	
Unified Sports	
Club Fencing	

\* Cooperative Team with Norwalk High School

# Cooperative Team with Staples and Norwalk High School

% Cooperative Team with Wilton High School and Norwalk High School

# Spring Sports:



Male	Female
Baseball (V, JV)	Softball (V, JV)
Outdoor Track (V)	Outdoor Track (V)
Tennis (V)	Tennis (V)
Lacrosse (V, JV)	Lacrosse (V, JV)
Volleyball (V)	
Unified Sports	

# Sport Start Dates:



Fall Sports	Winter Sports	Spring Sports
<p data-bbox="366 511 690 632"><u>August 12th</u> Golf</p> <p data-bbox="188 725 886 1061"><u>August 19th</u> Football, Boys and Girls Soccer, Field Hockey, Girls Volleyball, Cross Country, Girls Swim and Dive</p>	<p data-bbox="988 511 1505 711"><u>December 2nd</u> Girls Basketball, Ice Hockey, Wrestling</p> <p data-bbox="937 796 1556 1061"><u>December 5th</u> Boys Basketball, Indoor Track, Boys Swim and Dive</p>	<p data-bbox="1671 439 2262 632"><u>March 15th</u> Baseball and Softball - Pitchers and Catchers</p> <p data-bbox="1651 725 2288 1210"><u>March 22nd</u> Baseball Softball Boys and Girls Lacrosse Boys and Girls Tennis Outdoor Track Boys Volleyball</p>

# Communication



**BMHS ATHLETICS**  
2022-2023 - VOLUME 6 - 5-1-23

**GIRLS LACROSSE** - Our Senators are making the most of the FCIAC schedule change this year. Last year, the girls has four wins, this year they have seven through eleven games. Off the schedule are nationally ranked Darien (1) and New Canaan (4) as well as state powers Staples and Greenwich. The removal of these teams allowed the girls to increase their non-league games and have a more competitively balanced FCIAC schedule.

The girls finished their non-league schedule with a 4-1 record and are 7-4 on the season and have a 3-3 FCIAC record. They also qualified for the state tournament when they beat St. Joseph's 10-7.

Last week junior Rose Dunne scored her 100th career goal, rumor has it that another Senator will be joining her soon.

**100 CAREER GOALS**  
**Rose Dunne**  
Class of 2022

**BOYS LACROSSE** - Like the girl's lacrosse team the boys were able to have a more competitive FCIAC record, gone are the 3rd, 4th, and 5th ranked teams in the state but on the schedule are the 6th, 7th, 8th, and 10th teams. In addition, Coach Smith added two tough New York teams to bolster the non-league schedule.

With the tough schedule, the boys are currently 5-5 on the season. Two of the wins were exciting come-from-behind contests over Horace Greely (12-11) and Hall (11-10).

Early in the season, senior Teddy Luthy (Drexel), added to his story career by scoring his 100th goal.

**TEDDY LUTHY**



**FinalForms** – Occasional email communication of registration, physical expiration dates, form completion

**SportsYou** – Daily communication between the AD, coaches, players and parents

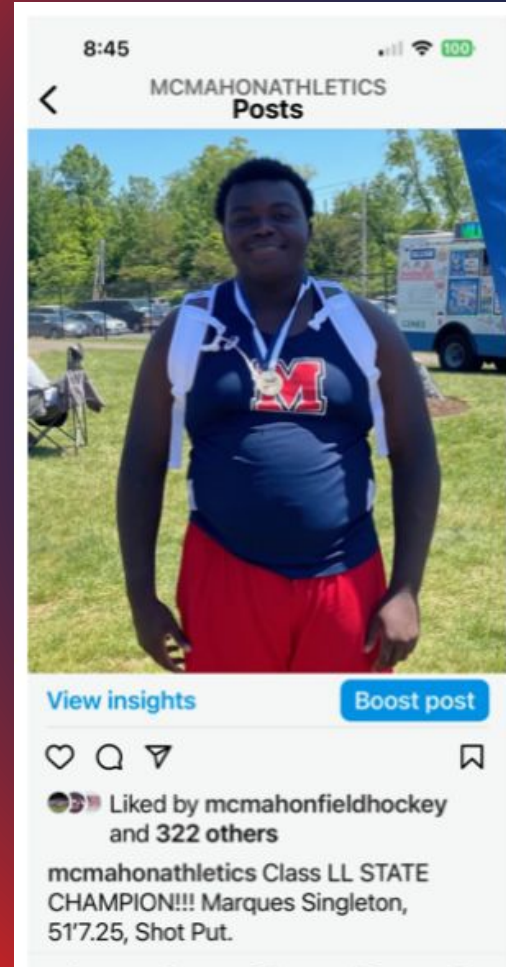
**Newsletter** – 6 times a year. Emailed via Final Forms and posted on SportsYou and the website.

# Social Media



Highlights of Varsity Games, Individual Performances, Athlete of the Week, General Announcements

Instagram  
mcmahonathletics



1,961 Followers

X  
@BMSenators



429 Followers

# Live Streamed Games



All Games on Casagrande Field and in the Kehoe-King  
Gymnasium are live streamed via Hudl TV

Football  
Field Hockey  
McMahon-Norwalk Soccer  
Volleyball  
Basketball  
Wrestling  
Lacrosse

# Website – www.mcmahonathletics.com



Brien McMahon High School

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# BRIEN MCMAHON ATHLETICS

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## Athletics

A wealth of information about Brien McMahon Athletics

# REGISTRATION



## Activities

### Athletics

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### Registration

Final Forms

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Athletics Store

Welcome to the Brien McMahon Athletic Web Page, the Home of the Senators.

The webpage will help you navigate registration, give you access to schedules, provide emails addresses for our coaches, link to ticket information and streaming services, and much more...

If you have any questions, don't hesitate to contact the Athletic Director, John Cross, at 203-852-9488 ext. 11246 or [crossj@norwalkps.org](mailto:crossj@norwalkps.org).

## **M** FRESHMAN FALL SPORTS OPEN HOUSE **M** Brien McMahon High School - 6:30 PM - May 29th - Auditorium



**FOOTBALL**



**GOLF**



**BOYS  
SOCCER**



**GIRLS  
VOLLEYBALL**



A wealth of information about Brien McMahon Athletics

# REGISTRATION



## Registration

All student-athletes must register in FinalForms. Parents initiate the process and then choose a sport for their child. Both parents and athletes must complete all of the required forms for participation.

All athletes must have an active sports physical on file with the school nurse.

All athletes must meet the minimum academic standard.

All athletes and parents are to have a SportsYou Account, the primary communication tool of the athletic department.

[Final Forms](#)

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## FinalForms

### Parent registration

#### How do I sign up?

1. Go to: <https://norwalk-ct.finalforms.com/>
2. Locate the parent icon and click **NEW ACCOUNT** below.



3. Type your **NAME**, **DATE OF BIRTH**, and **EMAIL**. Next, click **REGISTER**.

*NOTE: You will receive an email within 2 minutes prompting you to confirm and complete your registration. If you do not receive an email, then check your spam folder. If you still can not locate the FinalForms email, then email [support@finalforms.com](mailto:support@finalforms.com) informing our team of the issue.*

4. Check your email for an **ACCOUNT CONFIRMATION EMAIL** from the FinalForms Mailman. Once received and opened, click **CONFIRM YOUR ACCOUNT** in the email text.



5. Create your new FinalForms password. Next, click **CONFIRM ACCOUNT**.
6. Click **REGISTER STUDENT** for your first child.



## FinalForms

### Registering a student

#### What information will I need?

Basic medical history and health information. Insurance company and policy number. Doctor, dentist, and medical specialist contact information. Hospital preference and contact information.

#### How do I register my first student?

*IMPORTANT: If you followed the steps on the previous page, you may Jump to Step number 3.*

1. Go to: <https://norwalk-ct.finalforms.com/>

2. Click **LOGIN** under the Parent Icon.



3. Locate and click the **ADD STUDENT** button.

4. Type in the **LEGAL NAME** and other required information. Then, click **CREATE STUDENT**.

5. **If your student plans to participate in a sport, activity, or club**, then click the checkbox for each. Then, click **UPDATE** after making your selection. Selections may be changed until the registration deadline.

6. Complete each form and sign your full name (*i.e.* 'Jonathan Smith') in the parent signature field on each page. After signing each, click **SUBMIT FORM** and move on to the next form.

7. When all forms are complete, you will see a 'Forms Finished' message.

*IMPORTANT: If required by your district, an email will automatically be sent to the email address that you provided for your student that will prompt form your student to sign required forms.*

# Registration is currently open for Fall, Winter, and Spring Sports



## Join sports

☰ Students

Please select which sports (if any) **Anthony** would like to participate in during the 2024-25 school year.

### Summer 2024-25

Registration opens on 6/1/2024

- Boys Basketball
- Boys Football
- Boys Golf
- Boys Lacrosse
- Boys Soccer
- Boys Tennis

### Fall 2024-25

Registration open until 8/9/2024

Registration open until 8/11/2024

- Coed Golf
- Boys Cross Country
- Boys Soccer
- Coed Cheer
- Coed Football
- Registration open until 10/4/2024
- Coed Unified Sports

### Winter 2024-25

Registration open until 8/11/2024

- Boys Hockey
- Boys Indoor Track
- Boys Swim and Dive
- Coed Basketball
- Coed Fencing
- Coed Wrestling

### Spring 2024-25

Registration open until 8/11/2024

- Boys Baseball
- Boys Lacrosse
- Boys Outdoor Track
- Boys Tennis
- Boys Volleyball

Winter and Spring Sports will reopen during the first week of October.

# Registration -SportsYou - Communication

## Registration

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All athletes must meet the minimum academic standard.

All athletes and parents are to have a SportsYou Account, the primary communication tool of the athletic department.

[Final Forms](#)

[Sports Physical](#)

[SportsYou](#)

[Academic Requirements](#)



# Registration -SportsYou - Communication

## SportsYou

SportsYou is our main communication platform for our athletic department. The athletic director and coaches will use this tool to communicate directly with the athletes and parents. Register for your team's SportsYou account by following the directions below and entering the access code for your sport.

### Join via Website

#### New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

#### Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

### Join via App

#### New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

#### Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**

## Access Codes

Sport	SportsYou Access Code
Athletic Training	R7EQ97GF
Baseball	NSRNNG8F
Basketball - Boys	39BSX38Q
Basketball - Girls	W3SCDZGD
Cheerleading	N99FGDQM
Cross Country	T795YW8B
Fencing	WEXE7ZYJ
Field Hockey	EMMABM6X
Football - Freshman	YAKWGTTHK
Football - Varsity and Junior Varsity	M9SGYXTF
Golf	VU34NN3B
Ice Hockey - Boys	Z7RR8FW2
Ice Hockey - Girls	L77E2VNU
Indoor Track	RTW2QDLD
Lacrosse - Boys	AW68MMHG
Lacrosse - Boys - JV	M2K4CXKJ
Lacrosse - Girls	GNH5H3DB
Outdoor Track	U5BN49B9
Soccer - Boys	BHR4NZUT
Soccer - Girls	G85258NV
Softball	T2PHSDEZ
Swim and Dive - Boys	2P9CTWDZ
Swim and Dive - Girls	XKS57Z39
Tennis - Boys	T3DTSMGJ
Tennis - Girls	S4YKTJ5H
Unified Sports	XY8KNVBY
Volleyball - Boys	NQTTH2X2
Volleyball - Girls	4TKSFKPF
Wrestling	B2HNV5WX

# Registration - Sports Physical

## Registration

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[Final Forms](#)

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[Academic Requirements](#)



# Registration - Sports Physical

## Sports Physical

[Access a Sports Physical Form - English](#)

[Access a Sports Physical Form - Spanish](#)

[Need a Physical - Brien McMahon Sports Physicals Request](#)

Above are three links, they allow you to access a physical form or to request a physical. The Connecticut State blue health/sports form needs to be completed in order for your child to participate in any school sports at Brien McMahon High School. The form is a combination of health and sports and must have the area at the bottom of page 2 completely filled out, this is displayed below.

This student may:  **participate fully in the school program**  
 participate in the school program with the following restriction/adaptation: \_\_\_\_\_

This student may:  **participate fully in athletic activities and competitive sports**  
 participate in athletic activities and competitive sports with the following restriction/adaptation: \_\_\_\_\_

Yes  No Based on this comprehensive health history and physical examination, this student has maintained his/her level of wellness.  
Is this the student's medical home?  Yes  No  I would like to discuss information in this report with the school nurse.

Signature of health care provider	MD / DO / APRN / PA	Date Signed	Printed/Stamped <i>Provider</i> Name and Phone Number
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Physicals are good for 13-months from the date of the physical. If the physical is due to expire you will need to make arrangements with your physician to have another physical done. Please do not wait until the physical has expired to make an appointment as it may be difficult to get an appointment in-time and your child will not be able to participate in a sports activity until a current health/sports form is on file in the nurse's office. Either submit your physical in person at the nurse's office or send a scanned copy of the physical to [faccendab@norwalkps.org](mailto:faccendab@norwalkps.org) or [lynchm@norwalkps.org](mailto:lynchm@norwalkps.org).

Barbara Faccenda, BSN RN

School Nurse, Brien McMahon High School

# Website – Quick Links



## Quick Links

[Ticket Spicket](#) - Purchase individual game tickets and season tickets

[HudITV](#) - Watch live streams of our home contests

[SportsYou](#) - Join the athletic department's communication tool

[Alternate Transportation Request](#) - Submit if your child cannot ride the team bus

[NFHS Captain's Course](#) - Take leadership courses to prepare you for being a captain

[Coaches Contacts Info](#) - Emails for our head coaches

[FCIAC](#) - Website for the Fairfield County Interscholastic Athletic Conference

[CIAC](#) - Website for the Connecticut Interscholastic Athletic Conference

[The Next Street](#) - Drivers education classes for the Brien McMahon student

A wealth of  
information  
about Brien  
McMahon  
Athletics

# Additional Links



## Welcome to the Brien McMahon Athletics Website



### Schedules

Links to our Fall, Winter, and Spring Schedules. View by team, level, and calendar.

[Learn More](#)



### Registration

Learn how to register for sports at Brien McMahon. Winter sports registration closes on November 22.

[Learn More](#)



### College Resources

Interested in playing at the college level. Visit this page to get all of the information that you need.

[Learn More](#)



### Newsletter

Read about our latest athletic achievements, athletic news, and general program updates.

[Learn More](#)



### Sideline Store

Purchase McMahon Swag for your favorite teams and clubs, shop for birthdays or holidays.

[Learn More](#)



### McMahon Athletic Club

Join this all-sports booster program to enhance the athletic experience for current and future Senators.

[Learn More](#)

# Online Ticket Sales



Updated Information will be coming out during the summer

Individual Game Tickets  
Season Tickets - Fall-Winter-Spring  
All Access Pass - All 3 Seasons



The mission of the McMahon Athletic Club (MAC) is to enhance the athletic experience for current and aspiring BMHS student athletes and to foster sportsmanship, participation, and school spirit among students, staff, the community and alumni. MAC is dedicated to building an atmosphere where every student athlete has an opportunity to succeed.



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## McMahon Athletic Club

Proudly supporting all of Brien McMahon's Athletic teams.



## MEMBERSHIP

Become a member and help support athletics at Brien McMahon High School.

[LEARN MORE](#)

Senior Captain



BOYLE

BMHS Varsity Boys Lacrosse 2023/24



*Eamon Boyle*



# COLLEGE ATHLETES

**ST JOHN'S**



**Niko Petridis 2016**



**NC CAROLINA**  
ATHLETICS

**Chris Madaffari 2012**

**Karly Barreno 2012**



**COASTAL CAROLINA**



**UCONN**

UNIVERSITY OF CONNECTICUT

**Bryan Daniello 2012**



**GEORGETOWN UNIVERSITY**

**Christopher Gatt 2015**



**CONNECTICUT COLLEGE**

**Olivia Haskell 2015**



**NIAGARA UNIVERSITY**

**Shawnique Samuels 2013**



**HARVARD UNIVERSITY**

**Edwin Owolo 2015**

# 2024 COLLEGE ATHLETES



# Current College Athletes



Korey Morton - UCONN

Baseball

Indoor Track - State Champion - 50 meter

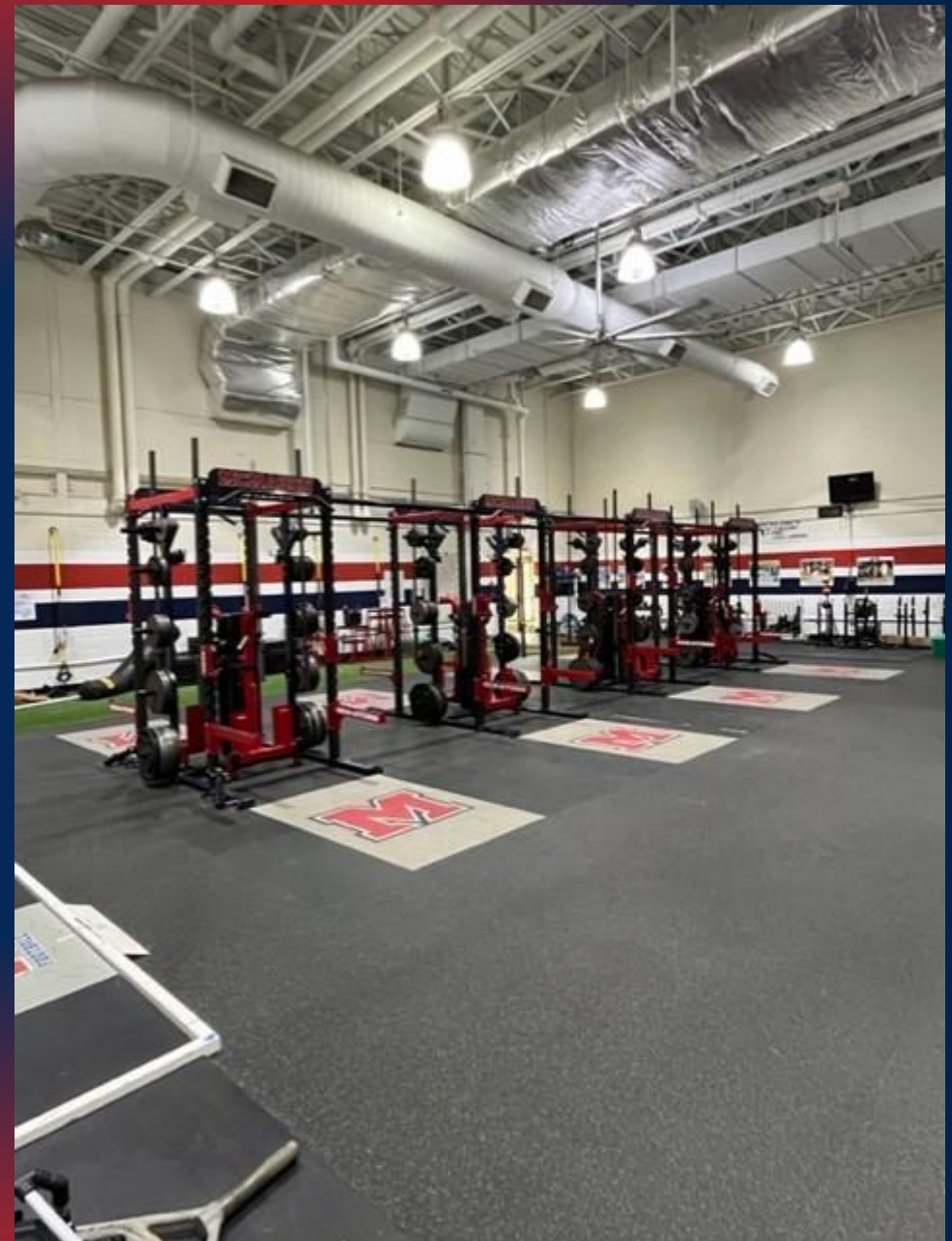


Peyton McNamara - Ohio State  
Jamaican National Team

Soccer

Indoor Track

Outdoor Track







# Common Questions



**Can girls play boy sports?**

**Can you play more than one sport in a season?**

**Is there a fee to play high school athletics?**

**What happens if I can't make tryouts?**

**How long does a physical last?**

**Do you have an athletic trainer?**

# Common Questions



**Can freshman play varsity sports?**

**Are there different expectations for freshman, junior varsity and varsity sports?**

**What is a Coop team?**

**What happens if I don't make a team, can they then tryout for another team during that season?**

**Can students in the Center for Global Studies play sports at McMahon?**

**Will students miss classes because of athletic games?**

# Common Questions



**I want to be on the swim team. Will there be transportation to Norwalk High?**

**What is the best way to get specific details about an athletic program at McMahon?**

**Can students participate in the band and play sports?**

**Can a girl swim on the girl's team and the boy's team?**

**Are there buses to away games?**

**I want to play a high school sport that I never played before, how likely is it that they will be able to play?**

# Common Questions



**Should I specialize in one sport or play multiple sports?**

**Can I go away on Spring break with my family?**

**What happens if I need to miss a game or practices due to a religious commitment or a family wedding, etc...?**

**For more information:**

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**Email the Athletic Director at [crossj@norwalkps.org](mailto:crossj@norwalkps.org)**

**Coaches Contact Information – [Click Here](#)**