

Bulletin Board

Middle Country Central School District

ISSUE V OF DISTRICT HIGHLIGHTS

MIDDLE COUNTRY PHYSICAL EDUCATION AND ATHLETICS *The Foundation for a Healthy Life*

Welcome to the Physical Education, Health and Athletics edition of the Middle Country Bulletin Board! In this issue, we will share the successes our amazing department has had in helping students excel—as students and as student athletes. We believe strongly that every student can learn critical life lessons on socialization, mental health, teamwork, lifelong fitness, leadership and more through athletics, competition, and physical education. Continue to check our website at www.mccsd.net/athletics for constant updates and daily schedules. Furthermore, if you need any assistance, please do not hesitate to reach out to Mr. Mercado, Director of Physical Education, Health and Athletics, at jmercado@mccsd.net. We cannot wait to see you at our competitions!

ATHLETICS

Memories—and Lessons—that Last a Lifetime



The Middle Country Athletic Department offers 111 different teams from middle school through high school. Our teams have shown themselves to be highly competitive in some of the hardest conferences in New York. Over the years, we have had state champions in several individual sports, long playoff runs and several team championships for team sports.

Many of our athletes continue to participate in athletics at the collegiate level. Annually, our athletes consistently earn roughly one million dollars in academic/athletic scholarships to attend college and universities from all over the country.

OUR STUDENT ATHLETES EXCEL ON AND OFF THE FIELD

Both Centereach and Newfield high schools have been consistently recognized as a NYSPHSAA School of Excellence. To be named a school of excellence, a school must have over 75 percent of their teams qualify as NYS Scholar Athlete teams, a designation which requires a team to have 75 percent of its roster have a 90 GPA or higher. In Middle Country, 50 percent of athletes maintain a 90 GPA or better during their athletic season. Our athletic eligibility requirements ensure that the Athletic Director and the coaching staff are closely monitoring a student athlete's daily academic progress. Approximately 60 percent of student athletes who are on academic probation pass all their classes the following marking period.



Board of Education Trustees John DeBenedetto and Robert Hallock, along with President Dawn Sharrock, visit with Middle Country Student Athletes.

BOARD OF EDUCATION: DAWN SHARROCK, PRESIDENT • ROBERT FEENEY, VICE PRESIDENT • TRUSTEES: ARLENE BARRESI, JOHN DEBENEDETTO, DOREEN FELDMANN, DENISE HAGGERTY, ROBERT HALLOCK, DEBORAH MANN-RODRIGUEZ, KATHLEEN WALSH
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PHYSICAL EDUCATION AND HEALTH

A Healthy Mind Needs a Healthy Body

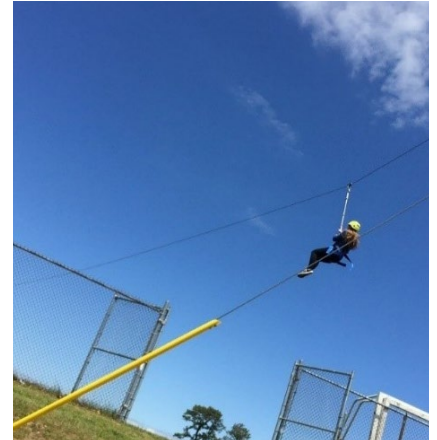
Physical education is a requirement for all students in grades K-12. Providing a foundation for a healthy lifestyle, classes create a safe space for every student to engage with their health and wellness, learn to work with each other, problem solve, cope with stress in a healthy manner and explore all the exciting aspects of sport.



Students at the elementary level learn basic motor skills, how to work with others, team sports and physical activity techniques.



At the middle school level, students build on the skills they learned at the elementary level in order to embrace a life-long love of physical activity.



At the high school level, students continue to build on the skills they have learned throughout their academic careers.

All students in grades 6 and 10 are required to take health class, in which they learn valuable life lessons in drug prevention, STD transmission, and sustainable mental health practices. In addition, we offer a Health 2 elective at the high school level, where students can continue to learn about personal health in greater detail.

TAKE A LAP

Getting to Know Our Student Athletes

In order for our community to get to know our student athletes, Mr. Mercado hosts a video series several times a year called “Take a Lap.” In this series, Mr. Mercado walks around the track speaking with current student athletes to get to know them a little better. Student athletes talk about what makes them so successful—both on the fields of play and in the classroom. It is an open space for communication, so topics can include almost anything, such as future goals, memorable moments, and even how the student athlete would run the athletics department if they were in Mr. Mercado’s shoes. Videos are posted to the MC Athletics website and on the District Instagram page [mcatleticdept](#).



“As the Athletic Director of a large school district, I truly enjoy taking the time to get to know our student athletes better off the field and hearing their suggestions on how to make their experiences better.”

- Joe Mercado, Director of Physical Education, Health and Athletics

UTILIZING SOFTWARE TO SUPPORT ACADEMICS AND STUDENT SAFETY

Cutting-Edge Software and Programs Keep Our Students Well in Mind and Body

CORE COURSE GPA

This web-based software offers our student athletes the ability to track their core GPA in preparation for college. Students can enter the grades and monitor their transcripts to ensure they have the best chance at earning scholarship money and meeting all requirements for the NCAA clearance and college admittance.

RANK ONE SPORT

This web-based software facilitates students wishing to participate in athletics. It also allows seamless communication among parents, the school nurse, coaches and athletic trainers to monitor injuries and ensure that students are cleared for the season.

AED SAFE TRACK

Monitors the AEDs in the school district. The web-based software allows nurses and the athletic office to maintain and track the physical health of all our AEDs for the safety of our students, staff, and community members.

BASELINE CONCUSSION TESTING

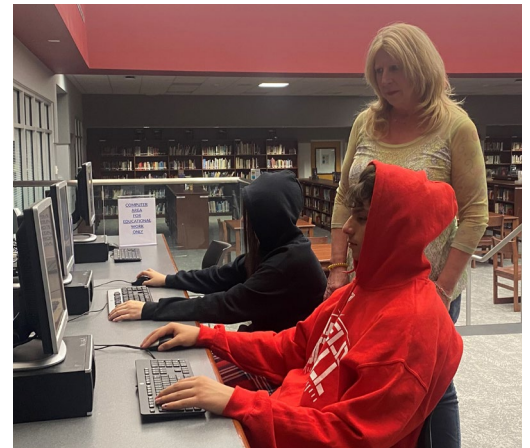
All high school student athletes who participate in a collision sport or contact sport receive baseline concussion testing. In the event a student athlete is concussed during an athletic event, their parent has the ability to share the results with their doctor to ensure that their child's brain activity has returned to normal prior to returning to the athletic fields.

ATHLETIC ADVISORY COMMITTEE

This committee comprises Board of Education Trustees John DeBenedetto and Robert Hallock, as well as our athletic director, who meet regularly to discuss improvements, Hall of Fame nominations, and to keep current with department events.



Board of Education Trustee Doreen Feldmann shows the AED Safe Track to two of our student athletes.



Board of Education Trustee Kathleen Walsh observes student athletes engaging with our baseline concussion testing program.

Legendary Field Hockey Star, Olympian Looks Back at Her Time in Middle Country

Tracey Fuchs, a Centereach High School alumna, is a truly legendary figure in the sport of field hockey. She won NCAA championships as a player and coach and was a leader on the United States National Team for nearly two decades. Fuchs was on staff as an assistant coach for a Team USA squad that captured its first-ever Pan American Games gold medal and earned an automatic bid to the 2012 Olympics in London.

“Sport taught me so much from an early age and continues to influence my life and career to this day. My days competing at Centereach High School instilled the habits of working hard every day and, above all, working together—which I now emphasize for the field hockey players I work with as a coach at Northwestern University and the US National Team. I can honestly say that my involvement in sports as a young person paved the way for me to become the person that I am today.”

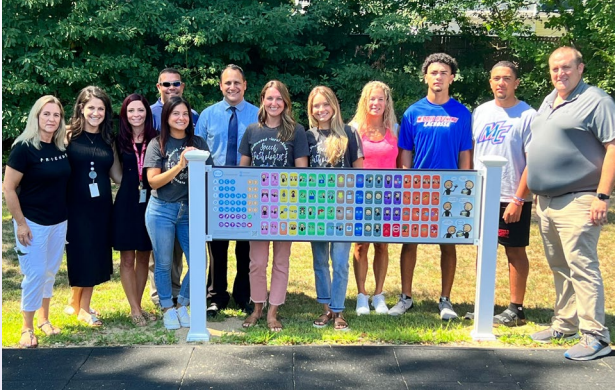
– Tracey Fuchs



SUPPORTING THE COMMUNITY

Athletics Provide a Perfect Opportunity to Give Back

Athletics and team sports present an incredible opportunity for our students to get involved in their communities. Not only do members of team sports actively engage with local residents through their various competitions, but our athletic coaches, trainers and teachers instill in our student athletes virtues such as selflessness, discipline and teamwork.



Our lacrosse teams raised funds to put communication boards at elementary schools to increase inclusion among those athletes with special needs.



The Middle Country Varsity Gymnastics Team participates in an annual community cleanup in partnership with Brookhaven Town.

FACILITIES

Only the Best for Our Student Athletes

Through our bond project, Middle Country was able to upgrade many athletic facilities in the District. We constructed new gyms at each of the high schools and added additional turf multi-purpose fields, new tennis courts and turf baseball fields. These new facilities have allowed us to showcase the District by hosting numerous Section XI events, and we were awarded the host site for the 2021, 2022, and 2023 New York State Public High School Athletic Association Field Hockey Championships.



“I have had the privilege of playing on the Middle Country varsity lacrosse team since the 7th grade and played varsity volleyball since 8th grade. As I reflect on my journey playing high school sports, I am truly humbled and thankful for all the opportunities and challenges I faced that made me into the person I am today. Ever since I was a little girl I dreamt of playing on the US Women’s National U-18 lacrosse team. My whole life I have been driven and motivated to achieve this goal, and this summer, my dream finally became reality. I was so proud to not only represent our beautiful country, but I represented my community as well. I am lucky enough to continue being a student athlete in college as I am headed to Indiana to play lacrosse at the University of Notre Dame. I am so grateful for my time at Middle Country, and all that I have learned from my teammates, coaches and teachers.”

– Kate Timarky, Centereach High School Senior

FOR ADDITIONAL INFORMATION REGARDING MIDDLE COUNTRY’S PHYSICAL EDUCATION PROGRAMS AND PAST BULLETIN BOARD HIGHLIGHTS, PLEASE SCAN THE FOLLOWING QR CODE OR VISIT www.mccsd.net/Domain/14

