

Welcome to Mead Fall Athletics

WIAA Scholastic Cup Champions
GSL All-Sports Trophy Winners



Thank you for coming.

Mead Athletics is the right place for your family!

Our mission is for your kids to be challenged, cared for, respected, included, and believed in.

We are excited you are here!



Introductions

- Principal: Kimberly Jensen
- Athletic Director: Troy Hughes
- Athletic Trainers: Nora Ifft and Jocelyn Cook-Cox
 - Safety of athletes comes first--communicate

As WE start, it is important for us all to understand that **athletics are an extension of the classroom.** Coaches and athletes on the fields will be expected to behave no different than teachers and students in the classrooms. Our effort, support, commitment, and focus should match. **We will learn and teach the right lessons in pursuit of victory, and treat each other with dignity and respect.**

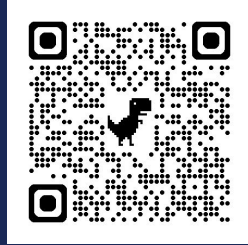


MEAD ATHLETIC TRAINERS

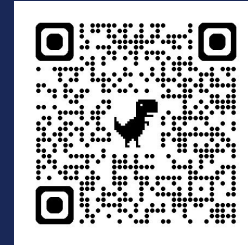
Nora Ifft:
Year 8 at MHS
Sports Med
Teacher
Athletic Trainer



Jocelyn
Cook-Cox:
Year 3 at MHS
Athletic Trainer
Wandermere
Physical Therapy
(contracted)



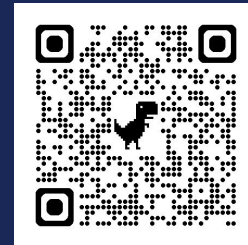
What is an Athletic Trainer?
What do they do?



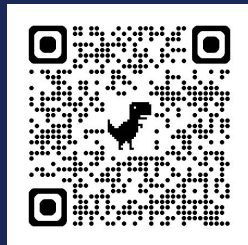
Schedule/Availability
Basic ATR Rules



Sports Medicine Team
Collaboration



Air Quality Guidelines for
Youth Activities



WIAA Heat Index Guidelines



Contact information

Nora Ifft: Nora.Ifft@mead354.org

Jocelyn Cook-Cox: Jocelyn.CookCox@mead354.org

Connection is key! Be involved.

Your kids need you now more than ever. Stay Engaged!

- Know your kids' grades, know your kids' friends, and know their social media and screen time. Know their teachers, etc...
- Don't stop engaging because your child gets older. Stay involved throughout school. They need you now as much as ever. Join boosters, work the chains, volunteer, host a team dinner.
- If you ask yourself the question, should I call Hughes? Should I call a counselor? Should I call a principal? The answer is always yes!



Together (students, coaches, and families) are responsible for building and sustaining a culture

- A Culture of Belief
- A Culture of Growth
- A Culture of Support
- A Culture of Positivity
- A Culture of Inclusion
- A Culture where students, coaches, and fans feel and are emotionally, intellectually, and physically safe.

We will treat each other well, be consistent, and address issues within our culture before they become problems.



What Will We Be About?

- Athletes and adults should be treated with respect at all times, even during our most difficult conversations.
- Each Student Athlete needs to be known (relationships), cared for, challenged, included, respected, and believed in.
- Student Athletes should be encouraged to challenge themselves and take risks. They should be praised for doing so regardless of the outcome.
- There is nothing more powerful than the power of belief. Each student athlete should be believed in.
- Each student athlete has a voice. It should be heard and they should be encouraged to use it.
- Growth is more important than achievement.

We all belong at Mead



We are Responsible for Creating a Culture

Coaches /Players / Parents

- Our commitment is to provide the best learning and participation experience - Our coaches love what they do and want the best for all involved.
- They want to win, but more importantly, they want to have positive impact.
- Before reacting, remember to ask yourself why you want your child involved in athletics. Please make sure you have this clearly defined.
- Why do we play sports? We play a game. Perspective. Pause.
- Our greatest moments of struggle are our greatest moments of growth.
- **Our athletic programs are an extension of the classroom**



Athletics are Good for Kids

- Kids attend school an average of 21 more days of school per year than those not involved.
- Physically active kids perform an average of 40% higher on standardized tests
- Teach soft skills (leadership and handling success and failure)
- 49% less likely to use drugs and 37% less likely to become a teen parent.
- Athletics and activities are the most effective intervention systems in our school for a good bargain
- ***Our athletic programs are an extension of the classroom***



WHAT WE EXPECT from our Coaching Staff

- Sportsmanship (always)
- High expectations
- Work ethic
- Communication – Early – Often – With Everyone
- Do what is right (always) and know the rules
- Make a positive impact every day!



WHAT WE EXPECT from our Athletes

- Sportsmanship (always)
- High expectations
- Work ethic
- Communication--Use your voice!
- Team first
- Do what is right (always) and know the rules
- Make a positive impact every day!



WHAT WE EXPECT from our Parents and Fans

- Sportsmanship (always) - Cheer for our team, not against others or against officials
- Support for school and entire team - All Athletes
- Maintain Perspective (why do we want our kids doing this/it is just a game)
- Do what's right (always)
- Chain of command
- Make a positive impact!



We are Scholars, We are Athletes

Attendance is key. We show up!

If you miss, you won't play. School is more important than athletics

- Absence must have prior approval from the school principal or designee
- Must be legit and the documentation of the absence turned into the attendance office upon return.
- Sports can have late nights. Sleeping in and missing the class the next day will result in no practice and/or no play!
- Prior communication and prior approval must happen to stay within our attendance policy.



We are Scholars, We are Athletes

Academic Eligibility

- Must be passing 5 of 6 classes
- Your GPA is better than 2.0 or at least a “C” in 4 full time subjects
- Put academics first – do what is asked of you, turn in your work, study for your exams. School is more important than athletics
- Stay up to date with your child’s academics with Powerschool

<http://meadschools.powerschool.com>



Athletic Code - We are Mead

- First practice in the fall to last day of school-All school related events in the summer.
- Know the rules and follow the rules – NO parties, alcohol, drugs, tobacco, vapes, etc...
- If you find yourself in that situation where those things are happening – leave in the safest way possible and report the incident to an administrator
- Social Media – Pictures – Video – etc....
- Strike 1 = 20/40/100 % of your current season or into your next...
Strike 2 = out for the school year
Strike 3 = no more sports @ Mead HS



- Controlled Substances (legend drugs) are Consequenced more rigorously. 1=remainder of season. 2=Calendar Year.
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Hazing / HIB / Discriminatory Harassment / Sexual Harassment

- Harassment, intimidation, bullying, and hazing are prohibited. This includes discriminatory behavior that occurs on the basis of gender, race, ability, age, religion, position, etc.
- Students in co-curricular and extracurricular athletics and activities who witness any incident involving harassment, intimidation, bullying, or hazing are expected to immediately remove themselves from the incident and report it to school or district personnel.
 - Violations of these expectations will result in suspension from at least one contest or performance. This includes witnesses who fail to remove themselves or report the incident. **These types of violations are also currently a point of emphasis at the NCAA level.**



Associations (NFHS) definition of hazing.

“Hazing” is an activity defined as any requirement that humiliates, degrades, abuses or creates substantial risk of harm to a person – often to be initiated into or based on affiliation with a student organization. The victims' willingness to participate does not eliminate the activity from being hazing.



We are Responsible for Creating a Culture

Game Day / 24 hour Rule / Scheduled Meetings

- Game day is a day to cheer – play – compete to the best of ability. LOUD!
PROUD! POSITIVE!
- 24 Hour Rule – Please allow the game to pass, emotions to settle before meeting, emailing, calling
- Scheduled Meetings: Chain of Command
 1. Son/Daughter meet with coach
 2. Son/Daughter/Parents meet with coach
 3. Son/Daughter/parents meet with coach and Athletic Director
 - Playing time and position is coach's decision and will not be discussed with parents.



Be ready for the next step

We want them ready for immediate success when they leave Mead. Lessons learned in athletics can help them be ready!

- Socially and emotionally ready.
- Ready for work and careers.
- Ready to be good fathers, mothers, brothers, and sisters.
- Academically ready.
- Ready for the bigger challenges ahead in life.
- This isn't just about sports. Sports will go away. Will you be ready when they do?



Growth instead of achievement - You can help!

- Challenge
- Take risks
- Ask questions
- Try new things
- Don't be afraid to fail. You will miss everything!
- Focusing on achievement will slow you down and lower your level



Parents and Students must log back into Final Forms and sign that they have read and agree to the updated handbook. Don't just click DONE. Read it, as you are agreeing to it.

Get your 2024-25 GSL Annual Sports Pass
Questions.....

- Troy Hughes, Athletic Director, 509-465-7011, troy.hughes@mead354.org
- Lynn Coleman, Athletic Administrative Assistant, 509 465-7002, Lynn.coleman@mead354.org
- We are excited to work with you and your kids!



THANK YOU FOR COMING!

A word from Rachel Raab and Jamie Damiano (Boosters)

Where does your money go?

We need your help!! Check out our gear!



What Now?

Football = Stay in the gym

Volleyball = Theater

Girls Soccer = Library

Girls Cross Country = Will meet Sept. 4th @ 5pm

Boys Cross Country = Career Center

Slow Pitch = S31/ASB room

Cheer = Mall

