

EAGLE NATION

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2024 Fall Parent Meeting

Monday, September 9



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Office Staff

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Shane O'Connor

Strength & Conditioning
soconnor@eufsdk12.org



District Alignment

Mission Statement

It is the mission of the Eastchester Public Schools to provide a quality education in a safe, stable, and secure environment that fosters mutual respect, promotes the uniqueness of the individual, provides opportunities for student successes, and guides all students intellectually, emotionally, physically and socially.

Graduation Goals

The district has adopted graduation goals. A graduate of the Eastchester Schools will be:

- A respectful individual
- A life-long learner
- An effective communicator
- A complex thinker and problem solver
- A competent and responsible user of technology



The Eagle Way

Focus on character development and citizenship.

Create a culture of mutual respect and trust.

Cultivate academic and athletic achievement through the development of attitudes and values that motivate students to pursue excellence.

Provide an enjoyable environment that promotes growth, celebrating success, and teamwork.

Demonstrate world-class sportsmanship at all times, in all situations.

Inspire all participants to be the best versions of themselves.

Create a student-centered approach to coaching.

Maintain and create a safe environment for all.

Maximize the potential of all student-athletes.

Instill the belief that maximum effort, team commitment, and being prepared to compete and overcome obstacles will create the opportunity for success that transcends winning itself.

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Eastchester Athletic Training

Tara Maltbie, ATC

Tmaltbie@eufsdk12.org

914 793 6130 ext 1104



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Tara Maltbie - ATC

As an Athletic Trainer I am responsible for the health and safety of our Athletes here at Eastchester.

- Athletic Training Covers:
 - Emergency Management
 - Concussion Management
 - Injury Evaluation/Referrals
 - Injury Rehabilitation and risk reduction
 - Taping, Bracing, Padding, and injury management.

Goals: To help Athletes stay in competitive environments without diminishing quality of life.



Tara Maltbie - ATC

Old ATC Office:



New ATC Office:



Tara Maltbie - ATC

Any Injuries that have been evaluated by a physician will need a documented clearance for return to sport, even if there is no document pulling the athlete from clearance.

Concussions are managed by myself, the health office and the school physician following the athletes treating physicians clearance.

Athletes that are cleared by their treating physician must go through the EUFSD's *return to play protocol* regardless of what the clearance document states.

EUFSD uses Impact Test to measure an Athletes baseline memory and reaction time. A post injury test is administered following a clearance to compare scores and allow safe return to play.



Tara Maltbie - ATC

Being a Solo ATC I help manage the health and wellness of about 400 Athletes per season.

Athletes do NOT have to be injured to seek help from me. I can help with basic information for recovery as well as fixing sport specific form.

Coaches are responsible for calling parents for injuries that require a doctor's visit when the team is offsite.

I try to call home if an athlete is in need of immediate medical attention, any kind of head injury, or if an issue is lingering more than 4 days.

My Email is always accessible for any questions you may have. tmaltbie@eufsdk12.org

High School Athletes are not required to come to me. They have to hold themselves accountable to seek out help.



Eastchester Strength & Conditioning

Shane O'Connor, CSCS

Soconnor@eufsdk12.org



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Eastchester Strength & Conditioning

- Program Goals for athletes
 - Injury Prevention
 - Performance Enhancement
 - Athletic Development
 - Improve Confidence
 - Improve Overall Health
- Program goals for Coaches
 - Allow coaches to focus on sport related skills
 - Provide environment for coaches to have their athletes training year round.
 - Provide assistance to coaches- warm up routines, prehab/post rehab, game assistance



Eastchester Strength & Conditioning

Contact and Information:

Instagram- @EastchesterStrength

Current Schedule: Posted daily to
instagram story

Email- soconnor@eufsdk12.org



Parents as Partners

*An ATMOSPHERE based on trust,
values and respect will yield results*



Parents as Partners

Role of Parents in Interscholastic Sports

It is a goal of the Eastchester School Districts Athletic Department to create a positive experience for all participants, which include our students, coaches, parents, staff, opponents, spectators, and referees. It is extremely important for all of our parents to set the behavior standards and uphold the following:



Parents as Partners

- Allow your child to own their athletic experience and promote progress and the process of improvement.
- Promote maximum effort and teamwork.
- Praise effort and development which supports a growth mindset.
- Help your child to accept their role, be accountable to their teammates, and remain committed to academic and athletic improvement.
- Encourage your child to speak with their coach directly with any concerns or issues.
- Motivate your child to strive for greatness and have the belief in themselves and the team (winning attitude).
- Support the efforts and decisions of the coaching staff.
- Demonstrate high levels of sportsmanship and respect for all team members, coaches, opponents, and game officials.
- Help our student-athletes understand that mistakes are vital in the learning process.
- Recognize that athletic success or lack thereof is not a reflection of you as a parent.



Sportsmanship

*"Victory is in the quality of
COMPETITION and not in the final
score"*



Sportsmanship

Coaches and Athletes

- Being a great host and treating all visitors as guests.
- Show respect to yourself, the game, the community, opponents, coaches and game officials.
- Refrain from profane and abusive language and actions.
- Control the controllables and be accountable to yourself and the team.
- Display high levels of character in a loss or a victory.
- Any student-athlete who is ejected from a game for unsportsmanlike conduct will automatically be suspended from his/her next contest, under NYSPHSAA rules.



Sportsmanship

Spectator Code of Conduct

- Remember the game is for the players. They are here to play, learn and enjoy the experience. Your sportsmanship and appropriate behavior will enhance their educational experience.
- Refrain from "coaching from the sidelines." which is a distraction and inhibits performance.
- Recognize and appreciate the efforts and skills of all players regardless of school affiliation. This creates a healthy atmosphere and school culture.
- Make positive comments, cheer for our team and refrain from negative chants or taunting opponents or game officials.
- Respect the judgement of coaches and officials decisions. A scoreboard does not give you the right to demean and act inappropriately to anyone.
- All spectators are to remain off of the playing surface, away from the players benches, locker rooms and equipment.
- As per NYSPHSAA rules, noisemakers, air horns, and all other items that can be used to be a nuisance or safety concern to spectators and athletes, are prohibited at all times.
- The Athletic Director or any school personnel has the right to ask any fan, parent, spectator to leave the premises. It is a privilege to watch our student athletes participate in interscholastic athletics. The Eastchester School District expects proper behavior at all of our athletic events.



Parent Communication

Protocol:

1. Athlete to Coach
2. Athlete + Parent to Coach
3. Athlete + Parent to AD & Coach
4. Athlete + Parent + AD + Coach to High School Principal



Parent Communication

- Appropriate
 - Treatment of your child
 - Expectations of team (philosophy)
 - Requirements for participation
 - Schedules
 - Injuries
- Inappropriate
 - Playing time/positions
 - Strategy/Play Calling
 - Other athletes
- 24-Hour rule!



Spectators

ALWAYS BE RESPECTFUL.

#BENCHBADBEHAVIOR



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ASICS

ATHLETICS

Processes

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Processes

- Participation/Engagement
 - rSchool Registration
 - SportYou and Communication
 - Social Media
- Games/Practices
 - Home School makes decision-
 - Do our best to make decision by 12 noon
 - Reschedule for next available day

The screenshot shows the Eastchester Athletics website. At the top, there is a navigation bar with the Eastchester Athletics logo and the text "Eastchester Athletics". Below the navigation bar, there are three images: a group of athletes in a gymnasium, a track and field event, and a basketball game. The main content area has a heading "WELCOME TO EASTCHESTER SCHOOL DISTRICT ATHLETIC REGISTRATION" and a sub-heading "Click the icon below to register for an Eastchester Middle School and/or Eastchester High School Interscholastic Athletics". There are two icons for "EASTCHESTER MIDDLE SCHOOL" and "EASTCHESTER HIGH SCHOOL". Below the icons, there is a section for "ALL MEDICAL INFORMATION REQUIRED FOR REGISTRATION MUST BE UPLOADED ON THIS SITE." and a table for "SPRING REGISTRATION DATES".

Quicklinks

- School Website
- Athletics Page
- NYSMSGAA
- Medication Consent Form
- Self-Medication Release Form
- Health Exam Form

Calendar

March 2024

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WELCOME TO EASTCHESTER SCHOOL DISTRICT ATHLETIC REGISTRATION
Click the icon below to register for an Eastchester Middle School and/or Eastchester High School Interscholastic Athletics

EASTCHESTER MIDDLE SCHOOL **EASTCHESTER HIGH SCHOOL**

ALL MEDICAL INFORMATION REQUIRED FOR REGISTRATION MUST BE UPLOADED ON THIS SITE.
*NYSED Physical Examinations are valid for 1 Year from the date of the exam
*YOUR ATHLETE IS NOT CLEARED TO PARTICIPATE IN TRY-OUT'S, GAMES, OR PRACTICES UNTIL YOU RECEIVE THE EMAIL THAT SAYS THEY HAVE BEEN APPROVED.
*Please note that submitting this registration does not guarantee approval. Your approval status can be checked by viewing your account and final approval will be communicated by email from Eastchester Athletics Sports Registration.

Thank you!

SPRING REGISTRATION DATES

Varsity	OPENS 2/10 - 5/8
JV	OPENS 2/10 - 5/8
Unified	OPENS 2/10 - 3/4
Modified	OPENS 2/17 - 5/15

If you have questions or need assistance with the registration, please address it to:
Brad Gillin - Director of Athletics
Email: bradgill@eastchesterathletics.org



APP - Athletic Placement Process



ATHLETIC PLACEMENT PROCESS FOR INTERSCHOOL ATHLETIC PROGRAMS



The University of the State of New York
The New York State Education Department
Office of Curriculum and Instruction
Albany, New York 12234
February 2015

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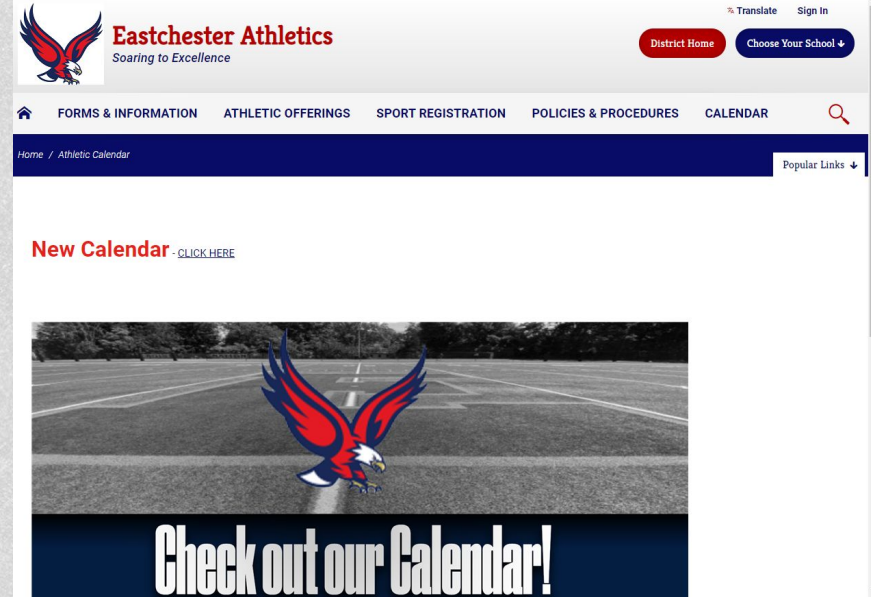
Communication with Coaches/Athletes

- Model positive behaviors
- Expectations/Role
- Manage the pressure and passion
- Sarcasm...has no place on our fields
- Push athletes in an encouraging way
- Talk to student the same way you expect to be spoken to



Website

- BOCES NEW Scheduler
- Mobile App - Activity Scheduler



Hudl Fan App - *no more Youtube*

Everything you need to support schools, clubs, athletes and teams. Find scores, schedules, highlights, live streams, tickets and more—all in one place.

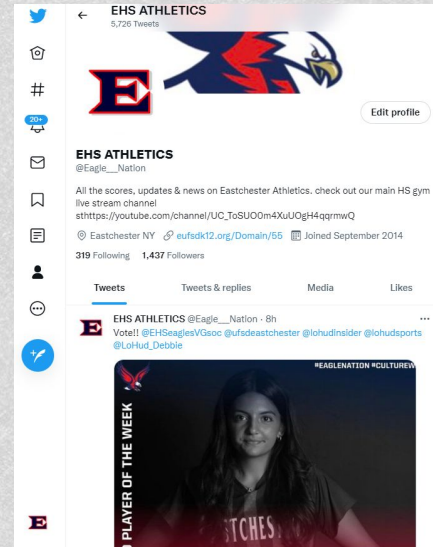
Accessible on phones and Smart TV's

Website: fan.hudl.com/eaglenation



Social Media

- Most teams have a page run by coach
- S.A.C. runs District Athletic Instagram
 - @ehs_eaglenation
- District Twitter (X)
 - @Eagle__Nation
 - *3 underscores*
- Media Day



[SPORTS](#)[CHAMPIONSHIPS](#)[PROGRAMS](#)[ADS & COACHES](#)[FORMS](#)[ABOUT](#)



Eligibility






The best source of information pertaining to individual cases of eligibility would be with the student's high school athletic administrator who can easily contact the NYSPHSAA Executive Director for interpretation and guidance.

There are eligibility standards that are in place set forth by the membership of the NYSPHSAA and the New York State Commissioner of Education. These rules and regulations apply to grades 9-12. Student-athletes must meet all standards of eligibility for practice and competition.

ELIGIBILITY RESOURCES

-  [NYSPHSAA Handbook](#)
-  [Questions of Eligibility](#)

NCAA Resources Available to New York Student-Athletes:

-  [NCAA Eligibility Center Website](#)
-  [NCAA Eligibility Center Quick Reference Guide](#)
-  [NCAA Guide for the College Bound Student Athlete](#)



-  [NAIA Website](#)
-  [NAIA Eligibility Standards](#)
-  [More Information for Entering Freshmen](#)

Sports Club - *Link on Eastchester Website*



Catch The Eagle Spirit!

Eastchester Eagles Sports Club

P.O. Box 131 Eastchester, NY 10709



Dear Eagle Supporter,


Welcome Back! For over fifty years, our Eastchester Eagles Sports Club has enthusiastically promoted and enhanced the athletic programs of the Eastchester school district. Some of our recent efforts include:


Supporting our Athletic Director, Coaches, Athletes and Student Athletic Council with our Homecoming Under the Lights, Annual Awards Celebration, as well as Alumni Game Day support. Provided over \$20,000 in Athletic Branding.	Weekly sports updates, promoting Unified Sports, school spirit/events, sponsoring tournaments, providing student giveaways at games, running our Spring Athletic BBQ and membership team rebate program.
Funding scholarships and distributing 41 plaques/awards in excess of \$21,000 to our qualifying seniors in 2023-2024.	Secured funds totaling \$148,000 for the new bleacher and press box improvements for the H.S. turf field.
Helping fund athletic rehabilitation, conditioning and training equipment used by our Modified, JV and Varsity coaches & teams.	Collaborating with the School Board and administration to advocate for <u>all</u> the student athletes of the Eastchester school system.

Whether you have a child on a varsity, junior varsity or modified team or are a member of our community, we ask that you join and support our ***Eastchester Eagles Sports Club!***

For a graduating senior to be considered for a Sports Club scholarship, a student-athlete's family needs to be a Sports Club member for 4 years.

There are three levels of membership - **only 1 membership per family is requested.** Each membership level covers all student athletes in a family for all sports during an entire school year.

 **Golden Eagle Family Membership:** For those families that would like to show additional support, for a donation of **\$200** you will receive the Standard Eagle Family Membership **plus** your family name will be added to our **Golden Eagle Banner** which is proudly displayed at athletic events throughout the school year.

 **Eagle Spirit Family Membership:** For those families that would like to show additional support, for a donation of **\$100** you will receive the Standard Eagle Family Membership **plus** your family name will be added to our **Eagle Spirit Banner** which is proudly displayed at athletic events throughout the school year.





EASTCHESTER ATHLETICS

**PRESENTING OUR HASHTAG FOR THE 2024-25
EASTCHESTER ATHLETICS SEASON:**

#BelieveInTheEagles

Optimism and Positivity - Building Confidence - Unity and Teamwork