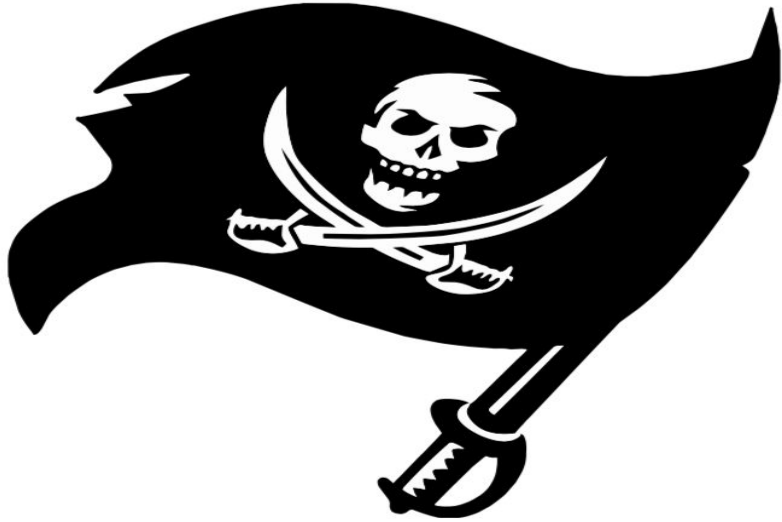


Athletic Department



Brad Watson Athletic Director
bwatson@perkinsschools.org

Dawn Sullivan Athletic Secretary
dsullivan@perkinsschools.org

419-621-2061

Introduction

Vision:

The Perkins Athletic Department is committed to providing an opportunity for all students-athletes to fully develop their academic and athletic potential. The athletic department will strive to instill in each student-athlete:

- **Winning Attitude**
- **Relentless Effort**
- **TEAM over Me**



Coaches

Track & Field

- Shane Burrows

Softball

- Scott Dickman

Baseball

- TJ Blanton

Boys Tennis

- Jacob Marsinick

Administration

- Superintendent
 - Dr. Lonny Rivera
- High School Principal
 - Jeff Harbal
- High School Assistant Principal
 - Drew Davie
- Middle School Principal
 - Jeff Thom
- Middle School Assistant Principal/AD
 - Erick Weisenberger
- Treasurer/CFO
 - Mike Spafford

Support Staff

- Athletic Secretary
 - Dawn Sullivan
- Head Athletic Trainer
 - Jordan Bowers
- Director of Strength and Conditioning
 - Travis Webb, CSCS, USAW, HSSCC.
- Youth Athletic & Activities Liaison
 - Jalen Santoro

Perkins Strength & Conditioning

- Program Philosophy: *The Sports Performance program is committed to developing the COMPLETE athlete by providing data-driven, evidence-based scientific programming that emphasizes movement proficiency, injury resilience, and athletic performance.*



PerkinsStrength



Perkins_Strength

twebb@perkinsschools.org



Perkins Strength & Conditioning

- Long Term Athletic Development: 7th - 12th
 - Individualization within a team setting according to:
 - Training age
 - Movement proficiency
- Program Structure:
 - 2 x per week, In-Season (*required*): scheduled around competition / practice
 - Schedule Posted to all Social Media Accounts - (*Friday Before*)
 - Athlete Based Training - emphasis on movement and outputs (strength, speed, and hypertrophy) rotated throughout week to allow for optimal performance and recovery.



Perkins Strength & Conditioning

- **Return to Performance:**
 - The Strength and Conditioning Department is responsible for developing and implementing policies and procedures to ensure the safe return of athletes to play after minor or significant injury. Working in collaboration with the Athletic Training Staff, Physical Therapists, Team Doctors, and Coaches, the Director of Strength and Conditioning creates a comprehensive plan for each athlete's recovery. The staff will monitor athlete's progress and modify/adjust as needed depending on athletes' response to stimulus.

Modify - Not Sit Out! We can adjust all programming to give athletes what they need!



Perkins Strength & Conditioning

- **How Parents Can Support:**
 - **Control the other 22 Hours:**
 - **Overtraining:**
 - If you choose to utilize additional or outside training services from what is offered at Perkins, it must be communicated with Coach Webb to minimize risk of injury and overtraining
 - **Nutrition**
 - Ensure athletes are fueling their bodies to promote performance, recovery, and demands of their sport
 - **Recovery**
 - Best supplement for an athlete is good SLEEP, and REST!



Booster Club

- President
 - Matt Schweinfurth
- Vice President
 - John Losey
 - Tim Didion
 - Chris Henry
- Treasurer
 - Jamy Lowe
- Secretary
 - Kelli Oddo
 - Wendy Schirg

Perkinsboosterclub.org

CONCESSION STAND COVERAGE



Athletics

Too many kids have been taught that the goal of High School Sports is to achieve an ATHLETIC scholarship. Here is the truth-**the goal of HS sports is to learn how to be a better person, better teammate, better communicator, & to enjoy being a teenager....something you can't get back.**

Parent Expectations

- Follow the chain of command
- Support ALL players on the team
- Speak positively about coaches, even if you don't agree
- Encourage working through struggles
- Be a positive influence at games

PARENTS #1 - Accept the Struggle

Sports are all about Competition. It is that simple. You compete with your opponents, with your teammates, and with yourself.

Competition makes us all better. TEAM sports are about We > Me. The joy of sport is in the process, the fight, and the struggle. It is not a shiny trophy. That doesn't last. Don't fight against the struggle. **Accept the Struggle.**

PARENTS #2 - It is your Child's Struggle, not yours

Always remember this about sports. It is your CHILD'S: Experience, Struggle, Game, Challenge, Fight, Courage, and Tenacity

It is not yours. Parents: SUPPORT, CHEER, and ENCOURAGE, but do not cross the line.

PARENTS #3 - The Struggle is not the Enemy

The struggle is HOW your child becomes resilient & strong. Adversity makes us better. Do not be a snowplow parent = clears the path in front of their child so that they never face adversity. What happens when they hit the real world?

PARENTS - Come to Grips. For your child's sake. The struggle never ends. After HS, the struggles get more serious: Jobs/Careers, Relationships, Health Issues, Finances, and Loss.

Your child will be much better prepared for these struggles. And when you look back on this....you will know why. And you will be thankful for the struggle.

Athlete Expectations

- Winning Attitude, Relentless Effort, & Team over Me
- **Playing time is EARNED**
- **Development**
 - Classroom
 - Weight-room
 - Practice
- **Coachable**
- See challenges as growth

Coaches Expectations

- **Relationships**
- **Communication**
- **Program Development**
- **Provide the best experience possible**
- **Positive Culture**

Code of Conduct

- **24-7-365**
- **Any student who willfully performs an act, which materially interferes with or is detrimental to the orderly operation of a school's educational and co-curricular program, will be subject to athletic discipline, suspension, or expulsion.**

Code of Conduct

- **Violations**

- **First Offense - 40% of season. Option to take courses to reduce to 20% of season**
 - **Second Offense - One full season suspension**
 - **Third Offense - One calendar year suspension**
 - **Fourth Offense - Permanent suspension**
- **Student-athletes are required to be in attendance no later than 10:00 AM to participate in an athletic contest, practice or any other athletic turnout scheduled for that day.**

Academic Eligibility

- **Minimum of five units of credit per year toward graduation during each nine-week grading period.**
- **Each athlete must earn a minimum 1.50 GPA on a four-point scale during the previous grading period.**
- **Post-Secondary - Be sure to talk with Athletic Office to make sure enrolled in enough credits.**
 - **If drop class, talk with Athletic Office IMMEDIATELY**

Travel

- **All athletes must travel to and from athletic contests when transportation is provided by the school district.**
- **If there are extenuating circumstances and school provided transportation to and/or from an athletic contest cannot be used by the student-athlete, then a completed alternative transportation form is required to be on file no less than 24 hours in advance of the athletic contest. Form can be found on in the Athletic Office.**

Activity Fee

- Each high school athlete will be responsible to pay an athletic activity fee of \$100.00 **PER YEAR**.
- \$100.00 due March 22, 2025
- Checks payable: Perkins Local Schools
- Send to: Athletic Office or pay online at Pay Schools

Non-School Teams & Out-of-Season Regulations

- You may not participate in a non-school team in the same sport during your school team's season. (Example: travel softball during school's softball season)

Conflicts

- The Athletic Department recognizes and encourages each student to participate in a broad range of extracurricular activities. Individuals who attempt to participate in too many extracurricular activities, however, will at some point encounter a conflict with different activities. Students must realize that they have a responsibility to do everything they can to avoid conflicts. **Perkins High School athletic team functions take precedence over the activities of outside athletic clubs or organizations.**

Dual Sport

- **Due March 10, 2025**
- **Form needs to be signed by BOTH head Coaches**
- **Athletes job to have great communication with both coaches on schedule**

Picture Day

● Monday March 10th

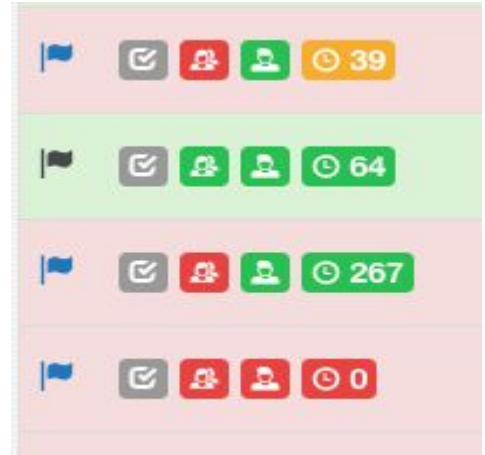
Team	Time	Location
Girls Track	3:15pm	PHS Gym
Boys Track	4:00pm	PHS Gym
Softball	4:45pm	PHS Gym
Baseball	5:05pm	PHS Gym
Boys Tennis	5:30pm	PHS Gym
Seniors	6:00pm	PHS Gym

Passes

- Perkins Box Office
 - All-Sport Pass
 - Varsity “P”
 - Student Pass

Final Forms

- <https://perkins-oh.finalforms.com>
- BOTH Parent/Guardian & Student-Athlete need to complete ALL forms
- Forms Completed by March 3rd.
 - Failure to complete forms will result in ineligibility.
- Physical Forms, print using Final Forms



FINALFORMS

Head Coach Meetings

Track & Field

- Cafeteria

Softball

- Room 404

Baseball

- Auditorium

Boys Tennis

- Room 405