

Athletics Open House

Brewster Central School District



Agenda

- Introduction of Staff & Contact Information
- The 'Why' Behind Tonight
- Vision, Mission & Values
- Team Levels and Philosophy
- Communication & Expectations
- Concussion Management
- Parent Code of Conduct & Sportsmanship Expectations



Introductions

Dean Berardo



Director of Health, PE, &
Athletics

845-279-5051 x1148

[dberardo@brewsterschools.o](mailto:dberardo@brewsterschools.org)

[rg](mailto:dberardo@brewsterschools.org)

Mrs. Ann Marie Chalmers

Assistant to the Athletic Director &
Athletic Department Clerical Assistant

845-279-5051 x1148

achalmers@brewsterschools.org



Guiding Principles

Mission Statement

The Brewster High School Athletic Department encourages participation in interscholastic athletics that promote the physical and emotional development of the student. It is our goal that a student-athlete develops lifelong healthy habits in physical fitness, personal wellness and nutrition. We also seek to instill character traits of sportsmanship, fair play and responsibility for one's actions and we promote respectful communication between players and coaches. Since we work hard to achieve success at the League, Section and State levels, we realize that developing a well-rounded individual who proudly represents his or her community is just as important as winning!



Guiding Principles Con't



Values

- **B**-etter everyday
 - work to improve 1% each day and build upon your success!
 - as a student in the classroom
 - as an individual athlete
 - as a teammate/member of a team
 - buy-in, trust and understand the process!
- **E**-mbrace
 - challenges as opportunities, not as obstacles!
 - the different skills and ideas of others, working with and respecting what all

Vision

- **A**-ccountability to self and team.
 - Is it good for me or good for the team?
 - communicate your needs and thoughts as necessary
- **R**-esilience
 - adjust to misfortune or change
 - learn from failure, keep the emotion out of it!
- **S**-trong
 - Physically prepare to be the best
 - Mentally believing in yourself, use positive self talk!

Tonight's *Why*

- Open the lines of communication
- Review expectations
- Build community and partnership
- Create an optimal experience for our student-athletes



Teams in the Athletic Program

Fall: Cheerleading,
Cross Country, Field
Hockey, Football, Boys
Soccer, Girls Soccer,
Girls Swimming, Girls
Tennis, Boys Volleyball
and Volleyball



Winter: Boys Basketball,
Girls Basketball, Bowling
(merged team),
Cheerleading, Gymnastics,
Boys and Girls Ice Hockey,
Skiing, Boys Swimming,
Indoor Track and Wrestling

Spring: Baseball, Flag
Football, Golf, Boys
Lacrosse, Girls Lacrosse,
Boys Tennis, Outdoor Track,
Softball and Golf



Standards of Behavior & Expectations

Athletes and coaches will follow:

- Code of Ethics for Brewster High School Athletic Teams;
- BHS or WMS Student Handbook
- Section 1 Operational Standards; and
- The New York State Public High School Athletic Association Handbook

Team Levels & Philosophy



Modified Teams

- First level of team that is offered in some programs.
- Provide the transition from youth to school sports.
- Designed for 7th and 8th grade student athletes.
- Emphasis is the development of skill and the introduction of game strategies.
- The modified athlete assumes the responsibility of getting themselves and their equipment to practice.
- The athlete communicates with the coach and their parents about the day-to-day activities of the team.
- Practice / Game Commitment - up to four or five days per week





Modified Level Con't

- Games and practices are not usually scheduled on days when school is not in session or during vacation periods.
- Depending on the sport and or team, there may be a tryout/selection process.
- Participation is the most important goal for the modified athlete. It is our goal to have every player participate in each game and the best players may play toward the end of the game. In certain sports there are additional quarters of playing time, providing for increased playing opportunity.
- If a player wishes to play 'up' a level, he/she must go through the Advanced Athletic Placement Process.

Athletic Placement Program

- NYSED Program
- The coach determines if the player can potentially play at a higher level.
- Athletes must be approved by the School District Physician prior to the tryout process
“The school physician will assess the Tanner Scale that was determined by the personal physician during the athletic physical and whether the student is physically comparable with the average age and sex of the students with whom the students will compete against.”
- The athlete must be approved by the School Administration for academic reasons minimum grade of 80% in all classes the previous quarter.
- The athlete must pass the Presidential Physical Fitness Test achieving the 85% for his/her age level.



Junior Varsity Teams

- Designed for freshman, sophomores and juniors;
- Student-athletes who are working to develop/refine their skills so that they may participate at the varsity level in the future.
- An opportunity to play on the team may be earned through the tryout/selection process.
- Balance skill development with the strategic development that is necessary for higher-level competition.
- Expanded commitment - i.e - Practice may be held on days that school is not in session or during vacation periods.
- Begin to develop roles based upon their skill levels.
- Better skilled players play more, it is hoped that each player can see action every game.



Varsity Teams

- Top level of each team's program.
- The success of the team is the most important goal.
- The highest skilled players play on these teams regardless of the athlete's grade level.
- Positions are not guaranteed for any player, including a senior.
- An opportunity to play every year is earned through the tryout/selection process.
- Requires a strong commitment, including six days per week and likely at times when school is not in session.



Varsity Team Selection

- Varsity level teams are created with the role of each athlete in mind.
- A coach designs his or her roster based upon the number of players that can effectively fulfill the necessary starting roles on the team and provide depth at each position.
- While it is hoped that each player actively participates during the season, playing time in every game is not guaranteed for each player and it is within the coach's exclusive purview.



Team Selection Process

- It is the responsibility of the athlete to tell the coach what level of team that he or she is trying out for.
- If an athlete does not make a team at a specific level, it DOES NOT mean that he or she will be automatically placed on a lower level team (i.e. if an athlete does not make a varsity team, he or she will be automatically placed on the junior varsity team).
- Roster decisions will be made on a case by case basis.



Communication & Expectations



Practice

- SportsYou pages
- Athletes should communicate any conflicts with practice / games to coaches

Acceptable Excuses for missing practices

- College visits
- Academic Assistance
- Family business
- Religious Observance (Holidays in the winter)
- Conflict with another school activity (to be worked out between the player, advisor and the coach)
- A missed or an early dismissal from practice should be worked out ahead of time by the student, coach and the parent of the athlete. This can alleviate problems and misunderstandings.



Communication

- If a concern arises during the season, the player is asked to discuss the situation with the coach as soon as possible.
- Parents with a concern are asked to speak directly to the coach by making an appointment by calling him/her or the athletic department. Please do not confront a coach during a game or practice. Often when a concern is voiced, emotions can run high. An emotionally charged discussion will not help solve any potential difficulties. Please wait 24 hours after a game to speak with a coach.
- If parents are still not satisfied after speaking with the coach, please set up a meeting with the athletic director and coach.



What to Discuss / Not to Discuss with Coaches

Issues Appropriate to Discuss

- Mental and physical wellness of your child
- Ways to help your child improve
- Concerns about the behavior of your child

Issues Not Appropriate to Discuss

- Playing time of athletes
- Team strategy or play calling
- Other student athletes



Injuries and Concussion Management



In Case of Injury

- Medical Note-please give a copy to the coach, nurse, and physical education teacher
- Accident Reports-coaches are responsible for filling these out

Insurance

- Parents insurance coverage is picked up first
- District coverage is picked up second (entire amount may not be covered)
- If you have a need for District insurance, please contact the Athletic Office and we will assist you.

Sway Baseline Concussion Testing

- A test of baseline brain functioning in an 'ordinary' setting. The athlete is able to take this test on his or her own phone.
- Our trainer administers this test at no cost to the athlete
- A parent has to sign a form, approving or disapproving their athlete taking the test.
- Valid for two years.
- The District has a Concussion Management Policy, which is required by the New York State Education Department.
- If an athlete sustains a concussion during play, he or she must follow the Return to Play Protocols that have been established.

Brewster Parent Code of Conduct

- 1) Model behavior you would want our students to emulate. Please keep all cheering positive. Do not use profanity, degrading or negative language, or gestures.
- 2) Do not harass officials, opposing teams or individual players.
- 3) Accept the judgment and decisions of all coaches and officials.
- 4) Show appreciation of good play by both teams.
- 5) Treat all opposing teams and spectators with respect.
- 6) Encourage all spectators to participate in the spirit of good sportsmanship.
- 7) Stay off the field, court and or playing surface at all times.

All individuals on school property and those attending school sponsored events are expected to abide by the District's Code of Conduct, as well as the District's policies and procedures.

If you see any act that violates this code, please see a site supervisor so the situation can be addressed.



NYSPHSAA Sportsmanship Spectator Regulations

Any negative, inappropriate, derogatory comments or actions that brings direct attention to a supervisor or school administrator by a spectator or group of spectators are required to be addressed by the host school, Sectional or NYSPHSAA representative in the following non-sequential order depending on the comments or behavior:

- First warning - Directing the spectator or group of spectators to refrain from any negative comments or actions.*
- Second warning - A personal discussion with the spectators or group of spectators on the above NYSPHSAA expectations and reminding the spectators or group of spectators of the next step, removal of the game or event, will be utilized if the behavior continues.*
- Removal from the contest - The spectator or group of spectators will be directed to leave the facility for the remainder of the game or event. If spectators or group of spectators refuse to leave the game or event, play will be stopped until they vacate the premises.*



NYSPHSAA Regulations Con't

Penalty for being removed from a game or event: Any spectator removed from a game or event will have a minimum penalty of completing the NFHS Parent Credential course or a one game suspension before they are allowed to attend any interscholastic event. Once the course is completed the spectator will provide a certificate of completion to the athletic department office. Schools are required to communicate with the offending spectator on the NYSPHSAA Sportsmanship Spectator Expectations.

- Depending on the severity of the behavior/comments or future disqualifications by the offending spectator NYSPHSAA and the Section may get directly involved in the situation.*

Note: A school may take any or all these actions during or after an interscholastic contest.

This regulation takes effect with the start of the Fall 2023 interscholastic season



Game Procedures



Driving to games by players is NOT permitted

A parent only can transport his/her own child to a game with a note by the athlete's parent that has been approved by the athletic director.

Please keep this in mind for AP exam week

Away game procedure

An athlete may travel home with his or her own parents provided the following:

- 1) the parent signs the student out on the team list, which will have the name of the athlete pre-printed on it.
- 2) the parent(s) must pick up the student in the presence of the coach.

Miscellaneous Information

- 1) Locker Room concerns-please make sure that all valuables are placed in a locked locker. Do not leave belongings on the locker room, gym or hall floors as they could be stolen. See your coach, physical education teacher or Mr. Berardo for a locker.
- 2) Social Media-Be Smart!! Think before you write and hit send!! If a problem with social media occurs between students and it affects student behavior during the day, possible disciplinary action may result. Consult your school handbooks for details.
- 3) NCAA Info (please consult the Athletic web-page under the NCAA tab for current information)
- 4) Team and Yearbook Pictures (will be announced when it is time)
- 5) Questions-Please call the athletic office at 279-5051 x1148



Resources & Upcoming Dates

BOCES Website/Leagueminder
(swboces.org)

Awards Night each season

BHS Athletics Web Page

NYSPHSAA Handbook (nysphsaa.org)

Athletics FAQ

