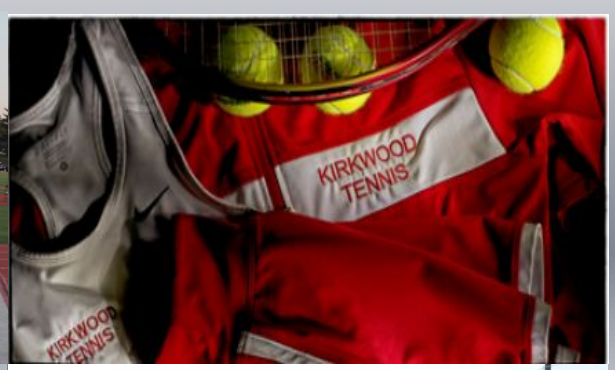
KHS PARENT MEETING 2026-27



What Does PBI Do?











-Uniforms
-Equipment
-Baseballs
-Nets
-L Screens
-Nets
-Basketballs









WELCOME



What is PBI:

- Nonprofit, volunteer run organization
- Revenue supports ALL athletic programs
  - $70K+/- per year

How can you be involved?

- Memberships: Levels for all needs
- Attend a Meeting
  - Volunteer at the concession stand
  - Participate in the Annual Golf tournament
- For News and Signups: Follow us on:
  - Twitter/X: @kirkwoodpbi

Look for Emails from Athletic office about PBI involvement.

Director

- **Corey Nesslage**
  - Budget/Facilities/Fields/Evaluations/Hiring/Major Awards/PBI Liaison/Surburban Conference President/Work Orders/Game Management

Assistant/Activities Director

- **Brad Sutterer**
  - Scheduling/Athletic Transportation/Rentals/MSHSAA/Coaching Certification/Opponent Contracts/Contest Confirmation/Game Management

Administrative Assistant

- **Devaney Brinker**
  - Office Manager/Mailings/Contest Confirmation/Event Staffing/Awards/Budget Management-Pay Vouchers/Deposits/Edline Data Entry

Schedule Changes



Schedule Changes

- Changes occur with the schedule due to weather and other issues-umpire shortage, transportation, etc.
  - Check
    - Website-https://athletics.kirkwoodschools.org/
    - Twitter(@khspioneers) for updates
    - Instagram(khspioneers)
    - Dr. Seth Harrell
      - 314 213-6100 x1301
      - Seth.harrell@kirkwoodschools.org
- Coaches will relay information to kids, kids must forward information to you.

Support Staff-Trainer



- Stephanie Brewer/Olivia Hiscox
- HEAT POLICY

Heat Stress Policy

MSHSAA Recommended Use of Wet Bulb Globe Thermometer (WBGT) for Heat and Humidity Monitoring during Activity

The MSHSAA Board of Directors approved the Wet Bulb Globe Thermometer (WBGT) as the recommended measurement practice and device for measuring acceptable heat/humidity levels for practices and contests. The use of WBGT is recommended throughout the calendar year when ambient temperature is above 80 degrees. Member schools can secure and use the instruments found on the suggested list of WBGT's located on the Sports Medicine page at www.mshsaa.org.

- Dr. Policy
  - If an athlete is seen by Dr.-that athlete can only be released by the Dr.
  - These releases must go to Athletic Trainers and they will send the athlete back to practice with a NOTE RELEASING THEM.
- Concussions
  - Sway Testing for all contact sport athletes
  - Must Report
  - Seek Medical Attention
  - Help take the time to heal

SSMHealth
St. Anthony

WET BULB GLOBE THERMOMETER		ACTIVITY GUIDELINES & REST BREAK GUIDELINES
Middle School	**High School**	
< 82	**< 82**	**Normal Activities:** Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each. Use discretion for intense or prolonged exercise/practice.
82.1 – 83.9	**82.1 – 86.9**	Use discretion for intense or prolonged exercise/practice; watch at-risk participants carefully; provide separate rest breaks each hour for a minimum of 4 minutes duration each.
84.0 - 86.9	**87.0 - 89.9**	Maximum practice time is 2 hours each. **Football:** Players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to workout wearing football pants without changing to shorts. **All Sports/Marching Band/Spirit:** Provide at least 4 separate rest breaks each hour with a minimum duration of 4 minutes each.
87.0 - 90.0	**90.0 – 92.0**	Maximum practice time is 1 hour. **Football:** *NO* protective equipment may be worn during practice, and there may be *NO* conditioning activities. **All Sports/Marching Band/Spirit:** There must be 20 minutes of rest breaks distributed throughout the hour of practice. **Games/Contests/Peformances**: Implement additional official's timeouts for water breaks due to unusual heat/humidity/environmental conditions that may create risks for participants.
> 90	**> 92**	***NO Outdoor Workouts***: Cancel or delay practice and competitions until a cooler WBGT is reached. Indoor workouts may be permitted in an air conditioned environment.

Eligibility



- Legally enrolled as a student at KHS
- Have a completed, AND UPDATED FINALFORMS PROFILE
- Be enrolled & pass 3.0 units of credit in the semester preceding the season of competition to be academically eligible.
- Be enrolled in 3.0 units during semester of competition.
- ATTENDANCE POLICY
  - After 5 "unexcused" on the 6th-DROP
  - Parents should be hearing from AP's after the 3rd
  - All incoming 9th graders gain athletic eligibility to participate in athletics in their first semester.

PHYSICAL FORM

Revised - April - 2023

MSHSAA Medical Eligibility Form (Step 3):
Issued to Student/Parent(s)/Guardian, Taken to/Completed by Healthcare Professional (MD/DO/ARNP/PA/DC), Copy Retained by Healthcare Professional, Returned to School Administration.

Note: This Medical Eligibility form is the form to be used by a healthcare professional (MD/DO/ARNP/PA/DC) for granting a medical release for a student to participate in All Sports – Spirit – Marching Band after the completion of a preparticipation physical evaluation.
Note: The health care professional (MD/DO/ARNP/PA/DC) must complete this form, retain a copy in the patient's files for their records and issue this form to the student/parent.

This Medical Eligibility form MUST be returned to the school.

NAME (Last) _____ (First) _____ (Middle initial) _____ Date of Birth _____

Age _____ Sex assigned at birth (F,M, intersex) _____ Grade _____ School _____ City _____

Present Address _____ Telephone _____

☐ **Medically eligible for all Sports-Spirit-Marching Band without restrictions for two (2) years.**

☐ **Medically eligible for all Sports-Spirit-Marching Band without restriction for two (2) years with recommendations for further evaluation or treatment of:** _____

_____

☐ **Medically eligible for all Sports-Spirit-Marching Band without restriction for less than two (2) years. Specify reasons and duration of approval:** _____

_____

☐ **Medically eligible for certain Sports-Spirit-Marching Band:** _____

☐ **NOT medically eligible for Sports-Spirit-Marching Band**

☐ **NOT medically eligible pending further evaluation:** _____

I have examined the above-named student and completed the pre-participation physical evaluation. Unless otherwise indicated, the student does not present apparent clinical contraindications to practice and participate in the sport(s) or activities as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the student has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the student (and parents/guardians).

Name of health care professional (Print/Type) _____

Signature of Healthcare Professional (MD/DO/PA/ARNP/DC): _____

Clinic Address _____ City _____ State _____ Zip _____

Telephone _____ Date of Examination _____

Student's Physician _____ Student's Dentist _____

Note: This page is required for school records

Eligibility Cont.



- **Attendance**
  - **Be present at least ½ day of any school day**
  - **If a student misses class(es)**

    without being excused by the principal, the student shall not be considered eligible on that date.
- **Exceptions must be approved by Dr. Harrell.**
- **All athletes must participate in 14 practices until he/she may be allowed to participate in an official contest.**
- **Fall Athletes as they transition to winter do not need 14/same for Winter Athletes to Spring**
- **Restorative-Not eligible until that assignment is complete**
- **Questions- Please Call Athletic Office**

MSHSAA Citizenship By-Law



- **Citizenship by-Law**
  - **If a student commits an act for which charges may be or have been filed by law enforcement authorities, shall not be eligible until proceedings with legal system have been concluded and any penalty or special condition of probation has been satisfied. *Traffic violations shall not affect eligibility unless they involve drugs, alcohol, or injuries to others.***

  - **Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not do so, prior to the school's discovery, the student shall be ineligible for up to 365 days from discovery. This can affect their team-forfeits, post-season competition.**

Collegiate Athletic Opportunities



Who do you talk too?

- Coach
- Counselor
- Athletic Office
- Advocate for yourself
- ncaaeligibilitycenter.org

NCAA 2.3



NCAA Division I

1. Full Qualifier(2.3)- competition, athletics aid(scholarship), and practice year #1
2. Academic Redshirt(2.0)- athletics aid year 1, practice in first regular academic term(semester or quarter)
3. Non-qualifier- no athletics aid, practice or competition the first year

Full Qualifier-

- 16 Core Courses-10 must be completed by the beginning of 7th semester
- 7 of 10 must be completed in English, Math, and Science
- Minimum GPA of 2.3 in core courses/Div. II 2.2
- Graduate from high school

Academic Red-Shirt-

- 16 Core Courses-10 must be completed by the beginning of 7th semester
- Minimum GPA of 2.00-2.299 in core courses
- Minimum ACT sum or SAT score (critical reading/math only that matches the 16 core course GPA

Non-qualifier-

- Cannot receive scholarship during year 1
- Cannot practice or compete during year 1

Team Expectations



Team Selection Process

- Every effort will be made to avoid a ‘cut’ system, especially at the lower levels.
  - Size Limitations sometimes necessitate competitive tryouts and the need to cut.

Team Attendance Practice/Games

- Students are expected to be at all games/practices.
- Playing time is earned at every level
  - Freshman
  - JV
  - Varsity
- Coaches will go over practice schedules and protocol if athlete cannot attend practice.

Transportation

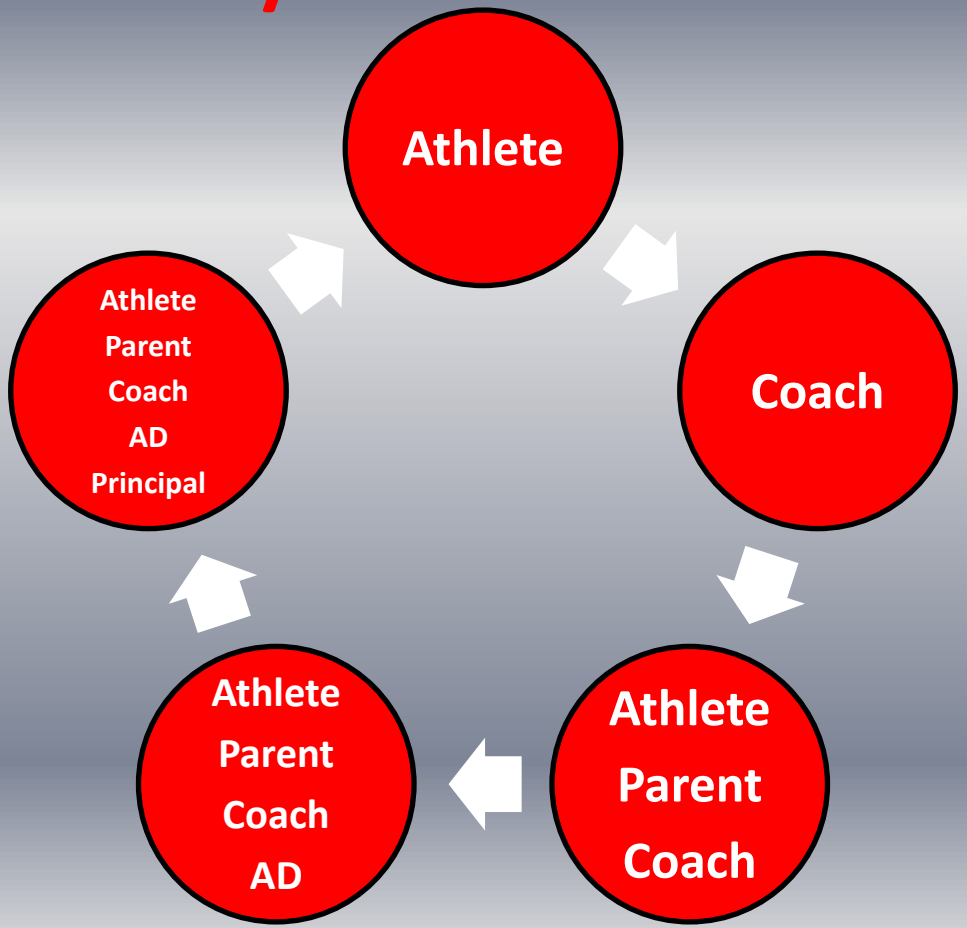


- **Team Bus**
  - Athletes are expected to ride the team bus to and from all events.
    - Alternative transportation must be made in advance with coach/sponsor
- **VTS Athletes**
  - Head Coaches of each sport responsible for VTS transportation needs.
- **Activity Buses(Soccer, Basketball, Girls Soccer, Freshman Baseball)**
  - Bus to NKMS Departs KHS Essex @ 2:52 pm
  - Departs NKMS @ 5:15 pm back to KHS
- **VTS**
  - Departs KHS Dougherty Ferry Lot @ 4:15 pm
  - Departs KHS Dougherty Ferry lot @ 5:50 pm
- **Kirkwood Activity Bus**
  - Departs KHS Dougherty Ferry Lot @ 4:15 pm-MUST BE REQUESTED
  - Departs KHS Dougherty Ferry lot @ 5:50 pm

Communication from Coach to Parent Cont.



Coach/Athlete/Parent Communication



2026-2027 & BEYOND NEWS-

- **IMPORTANT DATES:**
  - **WINTER SEASON-2026**
    - **NOV. 3-G/B BASKETBALL/G WRESTLING**
    - **NOV. 10-GIRLS SWIM/DIVE &BOYS WRESTLING**
  - **SPRING SEASON-2026**
    - **MARCH 1, 2027**
  - **DEAD WEEK FOR 2027**
    - **JULY 31, 2027-AUGUST 8, 2027**
    - **FIRST DAY OF FALL SPORTS 2027**
      - **AUG. 9, 2027**



Signs of an Ideal Sports Parent



- Reasons kids participate in Sport
  - Have Fun!
  - Winning was #10 on the list!
- Cheer everybody on the team, not just your child.
  - Attend as many games as possible
  - Don't feel the need to come to the rescue at every crisis
- Model Appropriate Behavior
  - Project poise, control, and confidence, the athlete is likely to do the
- Know when/what is suitable to discuss with the coach
  - Make the coach your ally!
  - Not right after a game or practice-unless you have an appointment.
  - Mental and Physical treatment- Absolutely
  - Advice to help your son/daughter to improve
  - Taboo Topics- Playing time/Strategy/Other athletes
- Know Your Role
  - Coach/Official/Spectator- Suggest that you only choose one of thes
  - Extreme Shortage of officials-please be mindful of this as a fan.
  - If your child or family members are embarrassed by you- YOU need
- Be a good listener and a great encourager!
  - All Ears when your child is ready to talk.
  - Be your child's biggest fan!
  - Good Athletes learn better when they seek their own answers



RELEASE YOUR CHILD TO THE COACH AND THE PROGRAM

Signs of a Nightmare Sports Parent



- Overemphasizing sports at the expense of sportsmanship
  - Best Athletes perform at an even keel, WIN OR LOSE!
  - Encouragement is Crucial- especially during adversity
  - Having different goals than your child
  - Athlete- Have fun, enjoy time with friends, improve, and win!
  - Parents- scholarship, making All-Star Team
- Treating your child differently after a loss than a win.
  - "I love watching you play"
  - "I am proud of you"
- Undermining the Coach
  - Athletes need a single voice during games.
  - That voice has to be the coach
- Living your own athletic dream through your child
  - Taking credit when the child has done well
  - Outcome of game means more to you than your child
  - You regularly attend practice

https://t.co/6ZMdBT4jYW

THANK YOU!



LET'S HAVE A GREAT ATHLETIC SEASON!