

HMX ATHLETIC SPRING INFORMATION NIGHT

March 9, 2020
HMX Auditorium
7:00 PM





SPRING SPORTS TEAMS

- Softball
- Girls Lacrosse
- Boys Lacrosse
- Baseball
- Track and Field

HMX Spring Sports & Coaching Staff

<u>TEAMS</u>	<u>COACH</u>	<u>EMAIL</u>
BASEBALL	Josh Kirsch	Jkirsch@mamkschools.org
BOYS LACROSSE	Nick Mangan Will Vargas	Nmangan@mamkschools.org Wvargas@mamkschools.org
SPRING TRACK (BOYS & GIRLS)	Nick LaRosa	Nlarosa@mamkschools.org
SOFTBALL	Ryan Gage	rgage@mamkschools.org
GIRLS LACROSSE	Cathleen Ferguson Kristen Barnard	Cferguson@mamkschools.org kbarnard@mamkschools.org

Spring Season Length Approximately-3/23-6/1

MODIFIED ATHLETICS PHILOSOPHY

- Who can play on modified sports teams?
- Modified sports are available to HMX students in the 7th, 8th grades only.



MODIFIED ATHLETICS PHILOSOPHY

- Learning athletic skills
- Learning game rules
- Fundamentals of team play
- Commitment & dedication
- Social and emotional growth, physiologically appropriate
- Healthy competition.
- Have fun!!!



Tryouts for Spring 2020

- As explained today to students at the interest meeting, some sports are “no cut” or have 2 teams in the spring. This does not mean there is “no tryout” All sports have a tryout process to ensure student/athletes are fulfilling their role as a good community member in school and on the team.
- Students who cannot comply with school day expectations will not be allowed to participate or continue participation in the modified athletic program.

MODIFIED ATHLETICS PHILOSOPHY

- The size of a squad on any sport team is determined by the ability to:
 - 1) offer quality instruction
 - 2) obtain qualified coaches
 - 3) provide suitable practice/game facilities
 - 4) maintain a safe environment
 - 5) assign officials

Due to the above limitations athletes are prohibited from switching from one sports team to another during the same season.

Objectives of HMX Sports Program

- Include as many student's as possible
- Prepare students to be productive and contributing citizens
- Offer comprehensive athletic activities
- Promote physical fitness, personal health and lifetime wellness
- Encourage students to accept responsibility for their actions, problem solve and value fair play, honesty, and cooperation

Philosophy of Middle School Programs

COMPETING ON OUTSIDE TEAMS IN SEASON

- Mamaroneck student athletes' first commitment must be to the school program and the school team. We are “cutting”, not allowing the opportunity for athletes to play on our teams, due to high levels of interest. If conflicts arise, athletes are required to compete for the school team.



Season Commitment

After-school Practices

- Baseball, Softball Boys & Girls Lacrosse Monday-Friday 3:15/3:30-5:00
- Track Monday-Friday 3:30-4:30 p
 - A student who stays for extra help with a teacher must bring a note from that teacher if arriving late to practice
 - Attendance at practices is a requirement-if an athlete misses too many practices (excused or unexcused) they can be removed from the roster/team.
 - Athletes cannot miss practice to attend an outside club sport during modified season, for example: leave HMX team to go to club soccer.
- If you do not participate or are unprepared for PE class you, are not eligible for sports play/practice that day



Return to Play

- If you miss PE class for a medical reason, or if you have had a medical condition, recent injury or illness, you may need additional physician's note. Check with the school nurse
- The doctor's note to return to play **MUST** be issued by the same doctor who initially removed you from play.

NYSPHSAA Requirements

- New York state law requires a minimum number of team and individual practices prior to entering into competition with another school.
- Each coach will take attendance every day until the minimum number of practices required attained by each student athlete. Coaches are required to keep this attendance record on file.
- Every spring sport requires 6 practices to participate in their 1st game

Signing up to Play Family ID

- **How do I find Family ID?**

Mamaroneck Athletic website. www.mamkschools.org or www.familyid.com click on top right-login

- Scroll to Parents & Community click on Athletics.
- Click on Gray Registration MHS box-Register Now!

- **BUT... Some forms still need to be filed with the nurse and are on the Registration Page-Forms filed only 1 time/year**

- Physical Forms (can be uploaded or hard copy submitted)
- Medication Permission Form/Self Medication release form
- Asthma EAP form (if needed)
- Allergy EAP form (if needed)



Family ID

- Review your registration summary-click **Green** submit button
- When you have successfully submitted your registration, you will see a summary page of your registration that states 'REGISTRATION STATUS: COMPLETED'.
- You will also receive a confirmation email to the email address associated with your FamilyID account. Your information is saved in the system for future use.
- You will be contacted by the nurse if additional information is needed for clearance.

Transportation Guidelines

- Student/Athletes shall be transported to and/or from away contests (games and/or scrimmages) by school authorized vehicles only.
- For special circumstances, parents may request to provide transportation for their own child only.
- Requests must be made at least 24 hours in advance to the office of the AD, using the Transportation Waiver Release Form
- A copy containing the Athletic Director's/ or Assistant AD's signature approval shall be submitted to the student-athlete's coach.

Transportation Waiver

Mamaroneck Union Free School District Transportation Waiver Release

The Mamaroneck Public Schools Athletic Handbook states the following:

"Student/Athletes shall be transported to and from away contests (games and/or scrimmages) by school authorized vehicles only. For special circumstances, parents may request to provide transportation for their own child. In such cases, the request must be made in writing in advance to the Director of Athletics and a copy (containing the Athletic Director's signature) shall be submitted to the student/athlete's coach. At no time may students transport themselves or other student/athletes to or from away athletic contests (games and/or scrimmages)."

Parents wishing to provide transportation for their child to or from an away contest should complete the form below.

Child's Name: _____ Sport: _____
(Include Level)

I, _____, will provide transportation to/from my child's
(Parent/Guardian) circle one

athletic contest on _____ versus _____
(Date) (Opponent & Location)

Reason for request: _____
(Must be filled out)

I accept full responsibility for my child's well being while providing such transportation.

Parent's Signature

Today's Date

Director of Athletics

Today's Date

☐ Approved

☐ Denied

Athletic Office - Original
Coach - Copy

Fax Completed Form to:
(914) 220-3165

Transport Waiver
Revised Dec. 1999

Where to find schedules?

[Schedule Galaxy](#)

<https://www.schedulegalaxy.com/schools/687>

<http://www.swboces.org/Athletics.cfm>

- ☐ Click Games
- ☐ Click Schedules
- ☐ Drop in School
- ☐ Drop in Sport
- ☐ Drop in Level
- ☐ Change Dates to season

Tips for having a successful middle school sports season- Janis Meredith

- Your child should still have fun.
- Your child is not a robot.
- Your child is learning how to be a teammate.
- Your child should learn the importance of working hard.
- Equal playing time is no longer automatic.
- Help your child control the controllable.