

HMX ATHLETIC WINTER INFORMATION NIGHT

November 18, 2021

ZOOM

6:00 PM



Winter Sports Protocol

- ❑ NYSED requires for athletes to participate during the Winter 2021 sports season if they have had a health examination for school after November 1, 2020 and provided a health history completed and signed by the parent/guardian (Family ID)
- ❑ Family ID requires parents confirm the medical information you have provided on Family ID is truthful and accurate. This is especially important with Covid 19.
- ❑ If an athlete had Covid 19 and wants to play sports, parents must have our [Covid Cardiac Clearance Form](#) signed by a medical provider.
- ❑ Failure to accurately answer medical information will forfeit eligibility for the school sports winter season.

Winter Sports Protocol



CLEANING and DISINFECTION

- ❑ Regular cleaning, sanitizing, and disinfecting of areas of use, restrooms.**
- ❑ Athletes should use their own equipment whenever possible.**
- ❑ Athletes must bring their own water bottle to all events, including practices.**

Failure to do so may result in not being allowed to practice.

We follow all NYS and Westchester County DOH for decisions and mandates for health & safety

Winter Sports Protocol



Work in Progress:

- ❑ At this time, Section 1 does not determine the consideration for spectators, individual schools do.
- ❑ Spectators are permitted. Try to maintain social distancing. **Spectators MUST wear masks in indoor spaces, regardless of vaccination status.**
- ❑ Schools we travel to may have more restrictive policies or not allow spectators.
- ❑ Having fan support for student/athletes is an important part of the experience.
- ❑ Please comply with district requirements.

Spectator Responsibilities



☐ SPECTATORS

- ☐ Be Loud, Be Proud, Be Positive!
- ☐ Be a FAN and not a fanatic
 - ☐ Attending athletic events is a privilege and not a right!!
- ☐ Support local rules & regulations
- ☐ Athletes love to have their parents attend games but cheer for the whole team. Some kids may never have their parent at a game.
- ☐ 6 important words-**I Love to Watch you Play!**

MODIFIED ATHLETICS



- ☐ What are modified athletics?
 - ☐ Sports at the middle school level
- ☐ Who can play on modified sports teams?
 - ☐ Modified sports are available to HMX students in 7th & 8th grade
- ☐ All athletes must be registered on Family ID
- ☐ Family ID registration link is located on the district website under the Community tab, Athletics tab, [Hommocks Winter Sports Family ID Registration](#)

WINTER SPORTS TEAMS



❑ ICE HOCKEY-BEGINS 11/22

❑ Modified Sports Begins 12/1

❑ BOYS BASKETBALL

❑ GIRLS BASKETBALL

❑ WRESTLING

❑ TRACK-Practice Monday, Tuesday, Thursday 3:15-4:30p
WEATHER PERMITTING OUTSIDE ONLY

❑ BOYS SWIM-Practice Monday, Tuesday, Wednesday
3:15-4:30 w/ limited # of meets

HMX Winter Sports & Coaching Staff

SPORT

COACH

EMAIL

Boys Basketball

Brian Duignan

bduignan@mamkschools.org

Girls Basketball

Nicole Verrino

nverrino@mamkschools.org

Ice Hockey

John McCormick

jmccormick@mamkschools.org

Boys Swim

Tim Johanson

tjohanson@mamkschools.org

Track

Ron Nobles

rnobles@mamkschools.org

Wrestling

JT Dale

jdale@mamkschools.org

Special Olympics

Jay Ceballos

jceballos@mamkschools.org

Winter Season Length Approximately-12/1-2/18



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

MODIFIED ATHLETICS PHILOSOPHY

❑ The size of a squad on any sport team is determined by the ability to:

- ❑ offer quality instruction
- ❑ obtain qualified coaches
- ❑ provide suitable practice/game facilities
- ❑ maintain a safe environment
- ❑ assign officials

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

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!!!



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.

**ALL ATHLETES INTERESTED
WILL NOT MAKE THE TEAM THEY
DESIRE TO BE ON FOR THE WINTER**



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 especially for contact tracing purposes.
- ❑ This attendance record is kept on file.



Season Commitment



After-school Practices

- ☐ Girls & Boys Basketball & Wrestling-Monday-Friday 3:15-5:00
- ☐ TRACK-Practice Monday, Tuesday, Thursday 3:15-4:30p
WEATHER PERMITTING OUTSIDE ONLY
- ☐ BOYS SWIM-Practice Monday, Tuesday, Wednesday 3:15-4:30
- ☐ 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.
- ☐ If you do not participate or are unprepared for PE class you, are not eligible for sports play/practice that day

Academic/Behavioral Responsibilities

- ❑ All student/athletes are expected to stay in good academic standing and demonstrate good attendance.
- ❑ The athletic program endorses an “academic/behavioral intervention” approach to support academic performance.
- ❑ Use, possession, or distribution of tobacco, illegal drugs, or alcohol are strictly prohibited.
- ❑ Inappropriate use of social media is prohibited. Social media that is disruptive to the school learning environment is deemed as a violation.
- ❑ The coach, guidance counselor, & athletic director will work collaboratively with teachers & parents to address academic/behavioral performance when deficiencies are indicated.

Parent/Coach Communication

Communication You Should Expect from the Coach

- ☐ Philosophy, goals, and beliefs of the coach
- ☐ Expectations the coach has for your child & team members
- ☐ Locations & times of practices, contests, and transportation to and from events
- ☐ Team requirements, necessary equipment, and team rules
- ☐ Injury procedures and protocols
- ☐ Discipline resulting in denial of your child's participation

Parent/Coach Communication

Appropriate Concerns to Discuss with Coaches

- ☐ The treatment of your child mentally and physically
- ☐ Ideas for improvement in the performance of your child
- ☐ Concerns about behavior of your child on and off the field
- ☐ Family concerns that could impact athletic participation

Issues Not Appropriate To Discuss With Coaches

- ☐ Playing time
- ☐ Team strategy
- ☐ Play calling
- ☐ Other student athletes
- ☐ Line-ups & Substitution
- ☐ Other parents



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

FREQUENTLY ASKED QUESTIONS?

- ❑ Is there any cost to play on the modified team?
- ❑ How many players make teams?
- ❑ If a child is “cut” from a team, can they switch sports?
- ❑ How do students participate on the HS teams while in middle school?
- ❑ What equipment do I need to purchase?
- ❑ How are cuts performed by coaches?
- ❑ What happens if my child is not cleared tomorrow?

FREQUENTLY ASKED QUESTIONS?

- ☐ Can a student participate on a sports team if they attend religious instruction?
- ☐ If my child missed the signup meeting, can they still tryout for a team?
- ☐ Can my child play in a game if they miss school?
- ☐ When should my child inform their coach about missing practices or contests?
- ☐ How will I know if practice is changed or cancelled?
- ☐ What does it mean to be cleared by the nurse?



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.