



Mamaroneck Spring Athletic Information Night

**June 13, 2022
6:00 PM**

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Athletic Information Night

- Philosophy of MHS Sports Programs-By level
- Important Dates & Schedule Information
- Academic and Behavioral Responsibilities
- Practice/Game Schedules
- Athletic Option
- Parent, Coach & Athlete Roles
- Benefits of MHS Athletics vs Outside Teams
- Positive Sports Parent-Bouncing Back from a failure

Philosophy-Athletic Programs (Levels)

Junior Varsity (JV)

- Athletes who display the potential of continued development into varsity level
- Membership 9th, 10th
- Continued development to program & self with an emphasis placed on practice sessions & physical conditioning
- Playing time is not guaranteed and meaningful contest participation will exist over the course of a season
- Most programs have a 6-day commitment at this level

Philosophy-Athletic Programs(Levels)

Varsity

- Varsity coaches are the leaders of each program.
- Varsity coaches determine instruction, generate strategies, & communicate expectations for lower levels.
- Cuts are sometimes necessary.
- Prerequisites for a varsity players include having upstanding character and advanced skills.
- Playing time is based on commitment and skill levels.
- Varsity is a 6 day/week commitment for most sports.

Season Start Dates

Must be registered by 12p on 8/18

Start Date August 22nd

Varsity & JV Cheerleading

Varsity & JV Football

Varsity & JV Boys Soccer

Varsity & JV Girls Soccer

Varsity & JV Field Hockey

Varsity & JV Girls Tennis

Varsity & JV Girls Volleyball

Varsity & JV Boys & Girls Cross Country

Varsity Girls Swimming & Diving

Important Information and Dates

- Physicals need to be dated after 8/1/21 to be valid.
- FamilyID registration will open on Monday, July 25th.
- The nurse's are available by email during the summer. Email is the best way to reach them since they review their emails all summer.
- August 15, 17, 18 from 8-12 pm
- The Nurses will physically be in the office if you need to see them in person.
- To ensure registrations are reviewed in a timely manner please have them completed by 12 pm on August 18th.

Important Information and Dates

- [Medical Forms](https://www.mamkschools.org/parents-community/student-health-services/health-information-for-parents) for [physicals](#), asthma, allergy, epipen, emergency action plans are on line at <https://www.mamkschools.org/parents-community/student-health-services/health-information-for-parents>
- If you were out of PE on a medical to end the school year you will be required to submit doctor's clearance to be approved
- Covid clearance form **MAY** be need if you have contracted covid since participating on a school sport. If you are going to the doctor for an annual physical, have this [Covid Clearance Form](#) filled out. <https://www.mamkschools.org/fs/resource-manager/view/e29194ef-0f97-4e89-8480-57838940b335>

Schedules & Information for the Season

- **Schedule Galaxy**
<https://www.schedulegalaxy.com/schools/687>
 - Master Calendar by date for all sports
 - Individual Calendar for teams by level-subscribe
 - General schedule is up, but check weekly because changes happen
- **Mamaroneck Schools Athletics Webpage**
<https://www.mamkschools.org/parents-community/athletics>
- **MHS Athletics Twitter** @mamkathletics **Jungle Twitter and Instagram** @mhsvarsitysport
- Fall SAT-8/27, 10/1, 11/5 and ACT-9/10, 10/22 These could be conflicts with season schedule. Let coach know if you are taking an exam ASAP.

Academic Responsibilities

- All student/athletes are expected to stay in good academic standing and demonstrate good attendance.
- The athletic program endorses an “academic intervention” approach to academic performance.
- The coach, guidance counselor, & athletic director will work collaboratively with teachers & parents to address academic performance when deficiencies are indicated.

Behavioral Responsibilities

AKA-Code of Conduct

Student-Athletes cannot:

- Use, possess or distribute, tobacco, illegal drugs, or alcohol.
- Engage in any act that would be grounds for arrest or citation in the court system (excluding traffic violations).
- Inappropriate use of social media to bully, harass, or negatively portray themselves or others.
- Social media that is disruptive to the school learning environment will be deemed as a violation.

Behavioral Responsibilities-Consequences

If any violation has occurred, the assistant principal and relevant counselor(s) will be notified, and the student athlete will be referred to the Drug & Alcohol Awareness Counselor.

1st Violation: 7 day game suspension, continued attendance at practices.

2nd Violation: Suspension from participation for whichever is longer, the remainder of the season or four weeks.

3rd Violation: Suspension from interscholastic athletics remainder of the school year.

If a student self-reports a violation to school staff within 48 hours of violation, it is the discretion of the administrative team to amend the above suspension.

Athletic Option

Criteria

- Only for grades 10, 11 & 12
- Must have completed PE with an 80% grade from the 3rd quarter. Cannot fail PE during HS.
- Participation in at least 80% of the games, matches, meets, practices. (Programs can require > than 80%).
- **Not all 10th graders on varsity teams receive athletic option credit.**
- Students must complete the full season to receive full credit. **No partial credit** will be given.

Parents Roles

- Fan of the team (everyone)
- Respect the officials, other fans coaches and players
- Keep the dinner conversations positive
- 24 hour rule
- Coaches responsibility to keep students, safe, become better people, athletes, not a win at all costs
- Support their own child

Coaches Role

- Set a good example for players and fans to follow
- Be positive fair and consistent with players
- Make playing time and strategy decisions with thought and care for the good of the whole team
- Establish and organize practices for the team
- Good communication with players and parents, expectations, calendars, special events
- Protect the safety of all players
- Professional practitioner

Player's Role

- Be positive and have a good attitude
- Support all of your teammates
- Work hard at practices
- Know and follow team rules
- Challenge themselves as a person and an athlete
- Notify the coach of any schedule conflicts
- Talk to the coach directly about any concerns, i.e role on team, playing time

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"It's only until the end of the season, Mom. I'll
visit -- *I promise!*"

Spectator Responsibilities

SPECTATORS

- Be Loud, Be Proud, Be Positive!
- Be a FAN, not a fanatic
 - Attending athletic events is a privilege-not a right!!
- Support local rules & regulations

Support Referees in Sports

- Referees are becoming harder and harder to hire.
- One thing we try to demonstrate as people is treating others with kindness.
- Remember when you yell at referees, you are yelling at people who are serving a role in the community, often with little pay.
- Showing a referee respect and kindness Showing your athlete that they cannot blame others for things that are going wrong in the game. This isn't a skill which is going to help them later in life.
- Teach kids to thank the officials after a game.
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Sportsmanship...



Thank you for attending tonight's meeting!

Football	McClain Auditorium
Boys Soccer	Tiered Classroom
Girls Soccer	Post Gym
Cheerleading	Post Gym
Girls Tennis	Band Room
Volleyball	Cafe Lounge
Cross Country	Library Classroom
Field Hockey	Library
Girls Swim & Dive	N201(next to the Principal's Office)