

**Athletes cannot change sports programs  
once the tryout process is completed.  
FALL SPORTS**

<b>TEAMS</b>	<b>COACH</b>	<b>EMAIL</b>
FOOTBALL 7 <sup>TH</sup> -8 <sup>TH</sup>	Tyrone Carver	<a href="mailto:Tcarver@mamkschools.org">Tcarver@mamkschools.org</a>
BOYS SOCCER	John McCormick	<a href="mailto:Jmccormick@mamkschools.org">Jmccormick@mamkschools.org</a>
CROSS COUNTRY (BOYS & GIRLS)	Ron Nobles	<a href="mailto:Rnobles@mamkschools.org">Rnobles@mamkschools.org</a>
GIRLS SOCCER	Jay Ceballos	<a href="mailto:jceballos@mamkschools.org">jceballos@mamkschools.org</a>
CHEERLEADING M-T-TH	Kristen Barnard	<a href="mailto:kbarnard@mamkschools.org">kbarnard@mamkschools.org</a>
FIELD HOCKEY	Rocky Livdini Kathleen Gallaher	<a href="mailto:Livdini.mhsqirislax@gmail.com">Livdini.mhsqirislax@gmail.com</a> <a href="mailto:Kgallaher826@gmail.com">Kgallaher826@gmail.com</a>
VOLLEYBALL	Anthony Pirrone Vera Alberi	<a href="mailto:Anthony.pirrone@aol.com">Anthony.pirrone@aol.com</a> <a href="mailto:verictha@gmail.com">verictha@gmail.com</a>
GIRLS SWIM & DIVE	Enes Merrica	<a href="mailto:emerrica@mamkschools.org">emerrica@mamkschools.org</a>

**WINTER SPORTS**

<b>TEAMS</b>	<b>COACH</b>	<b>EMAIL</b>
BOYS BASKETBALL	Brian Duignan	<a href="mailto:BDuignan@mamkschools.org">BDuignan@mamkschools.org</a>
ICE HOCKEY (Days Varied)	John McCormick	<a href="mailto:Jmccormick@mamkschools.org">Jmccormick@mamkschools.org</a>
BOYS SWIMMING 3 DAYS/WEEK-M-W-TH	Cathleen Ferguson	<a href="mailto:Cferguson@mamkschools.org">Cferguson@mamkschools.org</a>
GIRLS BASKETBALL	Josh Kirsch	<a href="mailto:jkirsch@mamkschools.org">jkirsch@mamkschools.org</a>
WINTER TRACK 3 DAYS/WEEK-M-T-TH	Ron Nobles	<a href="mailto:Rnobles@mamkschools.org">Rnobles@mamkschools.org</a>
WRESTLING	TBA	

**SPRING SPORTS**

<b>TEAMS</b>	<b>COACH</b>	<b>EMAIL</b>
BASEBALL	Josh Kirsch	<a href="mailto:jkirsch@mamkschools.org">jkirsch@mamkschools.org</a>
BOYS LACROSSE (2 TEAMS?)	Nick Mangano Will Vargas	<a href="mailto:Nmangan@mamkschools.org">Nmangan@mamkschools.org</a> <a href="mailto:Wvargas@mamkschools.org">Wvargas@mamkschools.org</a>
SPRING TRACK (BOYS & GIRLS)	Nick LaRosa	<a href="mailto:Nlarosa@mamkschools.org">Nlarosa@mamkschools.org</a>
SOFTBALL	Mike Chiapparelli Jr.	<a href="mailto:mikechapp8@gmail.com">mikechapp8@gmail.com</a>
GIRLS LACROSSE	Cathleen Ferguson	<a href="mailto:Cferguson@mamkschools.org">Cferguson@mamkschools.org</a>



**MODIFIED SPORTS 18-19**

The Modified Athletic Program level of competition consists of athletic opportunities for students in 7<sup>th</sup> & 8<sup>th</sup> grades. Modified provides a bridge between recreational activities and the structure of an Interscholastic Athletic Program, which is governed by the rules & regulations of New York State Public High School Athletic Association and Section 1.

It is our goal for all student-athletes to have quality and meaningful experiences through maximizing participation, providing quality instruction, having meaningful opportunities to test skills in competitive situations and maintain safety to ensure practices and competitions are equitable.

Bari Suman, Director of Health PE & Athletics  
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[BSuman@mamkschools.org](mailto:BSuman@mamkschools.org)

**IMPORTANT DATES FALL 2018**

- August 13<sup>th</sup> HMX Electronic Sports registration Opens
- August 20<sup>th</sup> HMX Nurse available at Office 8-10 am
- August 24<sup>th</sup> HMX Nurse available at Office 8-10 am
- August 31<sup>st</sup> Electronic Registration due on Family ID to ensure participation on Thursday September 6<sup>th</sup>
- September 5<sup>th</sup> HMX Fall Sports Information Night-HMX Auditorium
- September 6<sup>th</sup> Fall Sports Begin 3 pm Check website for schedules
- WINTER SPORTS IMPORTANT DATES**
- November 5<sup>th</sup> Winter Sports Student Interest Meeting-HMX Gym 3 pm
- November 5<sup>th</sup> Winter Sports Parents Meeting- HMX Auditorium-7 pm
- November 12<sup>th</sup> HMX Ice Hockey Tryouts begin-time TBD
- November 26<sup>th</sup> All sports (except hockey) begin practice/tryouts

### SEASON COMMITMENT/AFTER SCHOOL PRACTICES

- Boys & Girls Soccer, Field Hockey and Volleyball-Monday-Friday 3:15-5:00 PM
- Football -Monday-Friday 3:30-5:30 sometimes
- Boys & Girls Cross Country Monday-Friday 3:30-4:45
- Girls Swimming Monday-Friday 3:15-4:30 pm
- Most Games/Meets begin at 4:15-4:30 pm (Football maybe 5 pm)

A student who stays for extra help must bring a note from that teacher if arriving late to practice. If you do not participate or are unprepared for PE class, you are not eligible for sports play/practice that day

### COMPETING ON OUTSIDE TEAMS IN SEASON

Mamaroneck student athletes' 1<sup>st</sup> commitment must be to the school program and school team. We are "cutting", not allowing an 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.

**TRANSPORTATION** will be provided to and from all games. If you have to bring or pick your child up from a game only the parent of that child can provide this service. Waivers need to be filed with the Athletic Office 24 hours in advance of the event. Transportation waivers can be found on the Athletic web page.

### WHERE TO FIND SCHEDULES?

- Daily Practice Schedules are located on web based app: [www.mamaroneckathletics.org](http://www.mamaroneckathletics.org)
- Game Schedules for each level and program for the season can be found: SW Boces Athletics
- We update the main page of the Athletics website with last minute cancellations due to weather, site changes, etc.

### OBJECTIVES OF HOMMOCKS MODIFIED SPORTS

- Include as many students as possible
- Prepare students to be productive and contributing citizens
- 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
- Learn athletic skills, game rules & fundamentals of team play
- Teach commitment & dedication
- Provide healthy competition
- Have FUN!!!

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

- Offer quality instruction to athletes
- Secure qualified coaches
- Provide suitable daily practice/game facilities
- Maintain a safe environment
- Have officials assigned to officiate games

### ELECTRONIC REGISTRATION – FAMILY ID

- Go to the Athletics webpage at [www.mamkschools.org](http://www.mamkschools.org)
- Click the Register Now tab in the middle of the page
- Click Create Account in the upper right hand corner
- Sign Up for your secure FamilyID account by entering the account owner, First and Last names (parent/guardian), E-mail address and Password.
- Agree to the FamilyID Terms of Service. Click Create Account. You will receive an email with a link to activate your new account. (If you don't see the email, check your E-mail filters (spam, junk, etc))
- Click on the link in your activation E-mail, which will log you into FamilyID.com
- Fill out the entire form. All fields with a red\* are required to have an answer
- Click the Save & Continue button when your form is complete.

**Note:** If you have not filled in all fields with a red asterisk, the form WILL NOT "Save & Continue" & will bring you back to the field you missed.

- 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.

**Athletes are prohibited from switching from one sports team to another during the same season after the tryout process.**

