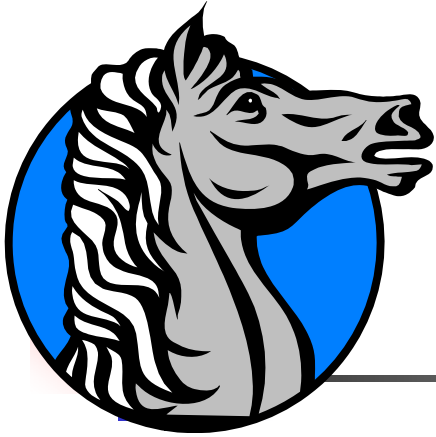


Medway High School Athletics

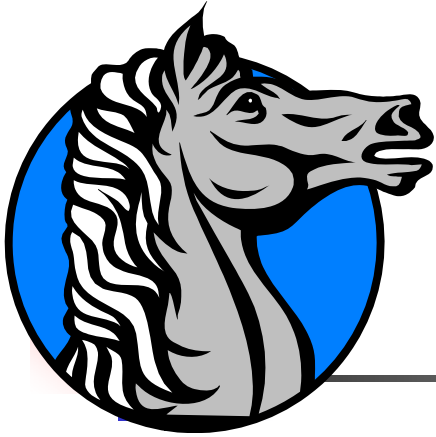
8th Grade Orientation Night

June 16, 2009



Athletics Administration Staff

- Rob Pearl - Athletic Director
- Trainer – Beth Pawlyk
- Denise Butler, R. N.- School Nurse



Medway Athletics Mission

In partnership with the community, our mission is to foster an environment that encourages the pursuit of excellence for all through participation in sports.

The athletic community strives to provide an atmosphere for students to learn life-long skills of teamwork, dedication, self-discipline and, above all, sportsmanship.



Goals of Medway Athletics

- Provide an opportunity for athletic development of players across the spectrum of ability.
- Foster a strong sense of community involvement and participation.
- Promote the social, intellectual, emotional, and physical development of our students.
- Develop an understanding of the value of cooperation and competition.
- Develop respect for rules and authority.
- Finally, the most important goal of any athletic program is to **HAVE FUN!!!**



Athletics General Information

- Over 55% of School Population Participates in interscholastic athletics.
- Member of the Tri- Valley League
- Admission Charged at Football, B & G Soccer, Volleyball, and B & G Basketball
- Admission prices \$5 for Adults and \$3 for Students.
- Season passes available for all sports that charge admission. \$25 for Football and all others \$30.
- An adult Gold Pass is available for \$75 that allows access to all events.
- www.medwayschools.org (Medway is part of High School Sports.net) www.highschoolsports.net



Athletics Governing Agencies

- ***Massachusetts Interscholastic Athletic Association (MIAA)***
Medway is a member in good standing of the MIAA. With membership, the Principal agrees to abide by all rules and regulations of the MIAA.
- ***The Tri-Valley League (TVL)***
Medway is also a member of the TVL. The TVL is governed by its constitution. The Principal of each member school agrees that his/her school will abide by all league rules and regulations.
- ***Medway School Committee***
Additional policies, regulations and rules are set by the Medway School Committee and the Principal. Under MIAA guidelines, local communities are allowed to set additional policies, rules and regulations as long as they are more restrictive than those stipulated by the MIAA.



Student Athlete Guide to Athletics

"Please take the time to read"

- Transportation to games
- Sportsmanship
- Team Captains
- Equipment and Facilities
- School Tardiness and Absences
- Team Commitment (MIAA rule 45)
- Communication from coaches
- Chemical Health Rule



Athletics General Information

- 22 Varsity Teams

Fall

Football
Volleyball
Field Hockey
Golf
Cheerleading
B & G Soccer
B & G Cross Country

Winter

B & G Basketball
Ice Hockey
Cheerleading
Track

Spring

Baseball
Softball
B & G Tennis
B & G Lacrosse
B & G Track



Athletics General Information

■ 22 Sub-Varsity Teams

Fall

Football (Fr)
Volleyball (Fr)
Field Hockey
Golf
Cheerleading
B & G Soccer (Fr)

Winter

B & G Basketball (Fr)
Cheerleading
Hockey

Spring

Baseball
Softball
B & G Tennis
B & G Lacrosse



Athletics General Information

- **Varsity-** Highly Competitive and Instructional
- **Junior Varsity-** Instructional and Competitive
- **Freshman/3rd Level-** Instructional



Athletics Information

- **Tryouts**

Participation in athletics is a **privilege** given to those students who meet all requirements set by the MIAA, the TVL and Medway High School. Students try out voluntarily and, in doing so, risk being cut. It is the judgment of the coaches that dictates the selection and number of participants for teams.

- **Playing Time**

It is the responsibility of the MHS coaching staff to decide which athletes should start a contest, who should play what position, and how long each athlete should play. These coaching decisions, which are often difficult to make, are made only by the coaching staff.



Athletics Information Cont.

Speaking with a coach when an issue arises

- Call the Athletic Department (508-533-3239) to set up an appointment.
- If the coach cannot be reached, speak to the Athletic Director. A return call from the coach will be arranged, or a meeting set up for you.
- **DO NOT CALL A COACH AT HOME!!!** A coach's time with family is severely limited during the season. The family's privacy should be respected.
- **PLEASE DO NOT ATTEMPT TO CONFRONT A COACH BEFORE, DURING, OR AFTER A CONTEST OR PRACTICE.** These can be emotional times for both the parent and coach. Meetings under these circumstances do not promote resolution.



From the Athletic Trainer

- Prevention
 - Technique
 - Proper stretching
- Evaluation
 - Assess an injury to figure out what it is or isn't
- Treatment / Management
 - Talk to parents, Doctors
 - Documentation
- Rehabilitation
 - Strengthening
 - Modalities (heat, ice, etc.)



When to Utilize?

- **ANYTIME** for just about **ANYTHING**
 - Blisters & paper cuts to ACL tears & elbow dislocations
- Best time to see me:
 - Immediately after school, before games start (3:30pm)
- Location:
 - Between boys & girls locker rooms, by stairs
- For any questions please call the A.D.
508-533-3239



Key Points to Know

- According to the MIAA: all athletes must be medically cleared in order to participate in practices & games, failure to do so will lead to forfeiture of those games.
- Therefore: If an athlete sees a physician for *any* injury or illness, s/he will not be allowed to return to competition until the Athletic Trainer & Nurse have received a written note from the doctor.



Student Eligibility

- **Academics**

If you pass less than twenty-four credits of prepared work during the marking period preceding any activity, a student is deemed ineligible for athletic participation.

- **Medical Exam**

all students who plan to participate in athletics must have written proof of a current physical exam signed by a physician. In order for the exam to be current, it must be dated within 13 months of any athletic involvement.



From the Nurse Mrs. Denise Butler

- EVERY STUDENT ENTERING GRADE 9 IS REQUIRED BY STATE LAW TO HAVE A PHYSICAL EXAMINATION FOR THE COMING SCHOOL YEAR
- IT IS REQUESTED THAT THIS EXAM BE DONE BY YOUR FAMILY PHYSICIAN.
- A PRIVATE PHYSICAL EXAM MUST INCLUDE:



Private Physicals Must Include

- STUDENT'S NAME
- DATE OF THE EXAM
- HEIGHT, WEIGHT, BLOOD PRESSURE, SCOLIOSIS CHECK
- UP TO DATE IMMUNIZATIONS (MONTH, DAY, YEAR GIVEN)
- ALLERGIES
- ANY LIMITATIONS OR RESTRICTIONS IN ACTIVITIES
- STUDENT MEDICATIONS(NO MEDICINE IF GIVEN WITHOUT A MD ORDER **EVEN OTC MEDS SUCH AS ADVIL, TYLENOL**)



Physicals Cont.

- THE PHYSICIAN'S OWN PHYSICAL FORM IS ACCEPTABLE AS LONG AS IT INCLUDES THE PREVIOUS INFORMATION.
- YOU MAY CONTACT THE SCHOOL NURSE TO OBTAIN A PHYSICAL FORM.
- PLEASE **MAIL** A COPY OF THE COMPLETED PHYSICAL EXAM RESULTS TO THE HS NURSE SO THAT I CAN PLACE IN THE STUDENT'S HEALTH RECORD. THE ADDRESS IS:

Denise Butler, RN
MHS NURSE
88 SUMMER STREET
MEDWAY, MA 02153



Physicals Cont.

- IF YOU HAVE NOT MADE AN APPOINTMENT FOR YOUR CHILD'S PHYSICAL, NOW IS THE TIME TO CALL, BEFORE THOSE SUMMER SLOTS GET TAKEN.
- THE IDEAL TIME FOR PHYSICAL APPOINTMENTS IS MID JUNE, JULY, OR THE FIRST WEEK OF AUGUST (THEN ALL THREE SPORTS SEASONS ARE COVERED FOR THE FOLLOWING YEAR.)
- A PHYSICAL IS VALID FOR 13 months. If it is valid for the first day of practice, it is valid for the whole season: but not the following season.



Student Eligibility Cont.

- Student Athlete Participation Forms
 - Eligibility form (proof of insurance)
 - Liability form
 - Trainers Medical Information Sheet
- These can be picked up in the high school nurses office, and the athletic office.
- Everyone in attendance whose child will be playing a fall sport should take a complete packet tonight. (Checklist)



Student Eligibility Cont.

- **User Fees**

The Medway School Committee has authorized the Department of Athletics to assess an Athletic Fee to each student who will be participating on one of our athletic teams during each season. The fee aids in funding transportation for all teams as well as supplementing the budget for game officials and equipment. The fee is set on an annual basis. No one will be denied an opportunity to participate due to personal financial constraints, (all claims must be made to the H.S. Principal prior to teams first practice/tryout). The Medway School committee reserves the right to set an annual family cap as well.



Completed Packet For Fall

- All 3 forms completed with all signatures present.
- A check or money order made out to “Medway Athletics” in the amount of the set user fee.
- Staple or paper clip all forms together with fee and return during the fall preparation meeting on August 19 at 6:30pm here in the Auditorium.



Important Dates

- August 19th - All forms for fall sports must be turned in for processing.
- August 24th first day of football
- August 27th first day of all other fall sports.
- Please check the athletics portion of the schools website for times and locations for tryouts. www.medwayschools.org



Q & A

Please be sure to grab a packet on your way out if your child is participating in a fall sport.

**Thank you
and
see you in the fall.
"Go Mustangs"**