

Newton South High School Athletic Department

Welcoming remarks

- ▶ Candice Beerman, Assistant Principal

Pat Gonzalez, Athletic Director

David Padgett, Assistant A.D.

Ted Dalicandro and Alan Rotatori– Equipment managers.

Patrick Jordan Quern– Athletic trainer

Barbara Castoldi– Administrative Assistant

Athletic Program

Philosophy: To provide each participant with sound physical, mental, moral, emotional and social benefits that will last a lifetime.



Our Mission

- The Athletic Program is committed to the Mission of Newton South High School.
 - It is an extension of the classroom.
 - Its success is due to the quality of athletes and coaches involved in the school.
 - It cares about the student-athlete as an individual.
 - It teaches the values of sportsmanship, competitiveness, honesty, integrity, team work and how to deal with success and failure.
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Good News!

- 1– Fee's waiver request is online.
- 2– Fee payment on line or by check to the Athletic Office.
- 3–Twitter account: @NSHS_Athletics

- 4– Sport Schedules are on the sport calendar.
- 5–Registration will be done electronically starting on the winter season.

Theme of the season: TRANSITION

- ▶ A new school year brings many transitions for our children. A new beginning means letting go of familiar routines, coping with change and building trust while facing stressful situations.

What can you do?

- ▶ Encourage optimism.
 - ▶ Focus on resilience and empathy so they can ask for help when they need it.
 - ▶ Encourage them when they experience defeat and challenges because these are opportunities to learn and to become resilient and resourceful.
 - ▶ Keep them in the game! Sports offer unique opportunities to help your child deal with stressful situations and to release the tension that they produce.
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LIONS PRIDE DAY

Our athletes at their best!

- ▶ Fall Season kick off!
- ▶ Agenda:
 - ▶ 11:00 AM to 12:00 PM Community outreach
 - ▶ 12:00 PM to 1:00 PM Team games
 - ▶ 1:00 PM: Picnic

Your Athlete is the center of our attention

- ▶ Our coaches are teachers first. They instruct, correct, give feedback about sports and, most importantly, they are helping your sons and daughters to develop their emotional intelligence, their self control and grit. We ask our students to approach their coaches first if they have questions. We ask you to let them learn those lessons by allowing them to communicate directly with their coaches.
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Participation is a privilege

Try-outs for our teams are open to all students, provided they are in good academic standing, are good school citizens and are physically fit to participate. Participation in the program is a privilege, which students earn by maintaining these standards.

As a student athlete at Newton South High School you have voluntarily chosen to make an additional commitment in your educational experience and accept the responsibilities that come with the privilege of representing your school.



Parents –Coaches partnership

- ▶ Communication you should expect from the coach:
 - Philosophy
 - Expectations for your child as well as all players in squad.
 - Location and times of practices and games.
 - Team requirements
 - Procedures followed should your child be injured.
 - Discipline that may result in denial of your child's participation.



Communication coaches can expect from parents:

- concerns expressed directly to the coach
- advanced notification of any schedule conflicts.
- specific concerns with regards to a coach's philosophy and/or expectations.



Appropriate concerns to discuss with coaches

- ▶ The treatment of your child
- ▶ Ways to help your child improve
- ▶ Concerns about your child's behavior



Issues not appropriate to discuss

- ▶ Playing time
- ▶ Team strategy
- ▶ Play calling
- ▶ Other student-athletes.



Do you need a conference with a coach?

- ▶ Please do not attempt to confront a coach before or after a contest or practice. Meetings under these circumstances do not promote resolution.
 - ▶ Remember: Your student-athlete should approach the coach first. Your child will always be involved when you need to talk to a coach.
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Transportation



- ▶ Newton South High School provides transportation to most "away" contests. All team members shall travel to and from these games with their team in the transportation provided.
 - Exceptions to this policy must be requested in writing to the Athletic Office by the student's parent/guardian 24 hours before the commencement of the game. Parents can only pick up their own child from a game.

- ▶ Transportation to and from practices is the responsibility of the student.

- ▶ Timely pick up of the athletes at our school after games and practices is required.

Attendance

- Students have to be in school in order to participate in practices and games.
- Students that are suspended from school can not participate in sports activities during the suspension period.
- Athletes are expected to be in school on time. Late games are not an excuse for late school arrival.

Patrick Jordan Quern

Athletic Trainer

- ▶ Impact Testing
 - ▶ Concussion class: www.NFHSlearn.org
www.CDC.gov
 - ▶ Physicals: 13 month rule
 - ▶ Equipment safety.
 - ▶ Hydration.
 - ▶ Protocol for injured players.
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Injured Players

All injured athletes must check in with the coaching staff of their sport before reporting to the athletic trainer for rehabilitative exercises. This procedure will be followed until the trainer clears the student for participation.



Responsibility for uniforms and equipment

Student-athletes are expected to care for the equipment and uniforms issued by the school, and to return these items to the coach at the conclusion of each season. This is a condition for his/her eligibility to try out the following season.

Athletes can request a lock for their lockers by contacting our equipment managers.

Equipment managers

Ted Dalicandro- Boys

Alan Rotatori- Girls



MIAA rules to remember

- ▶ Bona fide team members rule: members of school team can not miss a practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Each tournament participant must be a Bona Fide team member.
Penalty: any student that violates this standard is ineligible for 25% of their sports season immediately upon confirmation of the violation. The regular season portion of the penalty for a violation toward the end of a season will carry over to the very next season in which the student is a legitimate participant.
- ▶ Chemical Health Rule: As a member of the MIAA and the MSSAA, Newton South High School follows the state regulations regarding the use and abuse of tobacco, alcohol and drugs by its athletes. Their penalties are the minimum standard that we are required to follow. Please note that Newton South policy exceeds this minimum benchmark
- ▶ Penalty: please review the chemical health hand out that you signed in order to participate in sports.

Booster Club News

- ▶ Please welcome:
 - ▶ Co-presidents of the Booster Club
 - ▶ Dianne Green,
 - ▶ Heather Holmes Floyd and
 - ▶ Diane Roberts
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Sportsmanship

The only way to win

- ▶ Newton South Sports three pillars
- ▶ Pillar 1:
- ▶ Coach –
- ▶ instructs the team.



- ▶ Pillar 2: **Player** - puts the coach's plan into action.



Pillar 3: Parent

- ▶ You have a role that no other participant in this triangle can fill: you are the fan! You can cheer your son or daughter by praising their efforts as well as their accomplishments. You can provide the emotional support that your child needs when facing difficult situations. Your example is their guide.
- ▶ Be supportive of the coaches, including their rules, principles and decisions.
- ▶ Thank you for fulfilling such an important role in our program!



Team meetings

- ▶ Football: Field House
 - ▶ Boys soccer: Gym B
 - ▶ Girls soccer: Cafeteria
 - ▶ Field Hockey: Field House
 - ▶ Boys Cross Country: Room 431 o
 - ▶ Girls Cross Country: Cuttler House commons
 - ▶ Golf: Lecture Hall
 - ▶ Volleyball: Auditorium
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Thank you for supporting Newton South Athletic Program

