

# West Islip Athletics

“A Tradition of Excellence”

## Student/Parent Orientation Night 2017



Presented by

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Athletics, Nurses, Recreation & FACS



# The West Islip Athletic Philosophy



The district believes that interscholastic athletics help to provide insight to many life experiences with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty, and tolerance. The goal of the West Islip School District Athletic Program is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Successful programs develop individual and team potential by promoting high standards of competence, character, civility and citizenship.

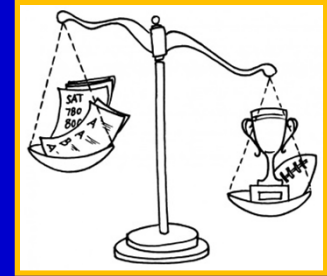
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# NYS 4 C's of Athletic Excellence

- **Character**      Responsibility, Accountability,  
Dedication, Fair Play, Trustworthiness,  
Self-Control
  - **Civility**      Respect, Fairness, Caring
  - **Citizenship**      Loyalty, Commitment, Teamwork,  
Role Modeling
  - **Competence**      Skill Development, Knowledge of the  
Game/ Strategies, Fitness,  
Conditioning, Healthy Behaviors
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# Academics



- ❑ Academics come before any sport or extra-curricular activity.
- ❑ Children are in school to get an education.
- ❑ Athletics are an extension of the classroom.
- ❑ Athletics are a privilege, not a right.
- ❑ Here at West Islip, we are looking to develop well rounded ***student-athletes***.



# Sportsmanship



- ❑ Sportsmanship involves appropriate respect towards coaches, fellow players, opponents, officials and spectators. Disregard for this will result in disciplinary action.
  - ❑ Here at West Islip, our athletes are taught to conduct themselves with class and dignity.
  - ❑ Section XI Misconduct Policy
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# Reality of Athletics

- ❑ Only 2% of graduating seniors nationwide receive athletic scholarships.
  - ❑ 1% of those 2% of athletes mentioned above go on to professional sports.
  - ❑ If athletics provides your son/daughter an entrance into an institution they might not have normally qualified for, then it served them well.
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# Education Through Athletics

- Respect for self and others
- Discipline
- Honesty
- Pride
- Integrity
- Unselfishness
- Class
- Poise
- Fairness
- Trust
- Risk taking
- Enthusiasm
- Character
- Sportsmanship
- Caring
- Loyalty
- Commitment
- Confidence
- Courage
- Tolerance
- Overcoming Adversity
- Overcoming Failure
- Face Challenges



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# West Islip Athletic Program

- ❑ 89 teams
  - ❑ 114 coaching positions
  - ❑ Fall- 37 teams, Winter- 26 teams, Spring- 27 Teams
  - ❑ Roughly 60% of secondary students play one or more sports.
  - ❑ Fill over 2,100 roster spots per year
  - ❑ Coordinate over 1600 contests/year- transportation, event security, supervision, event personnel, grounds, facilities, AED's, etc.
  - ❑ Great secretary, teachers and coaches!
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# Attendance

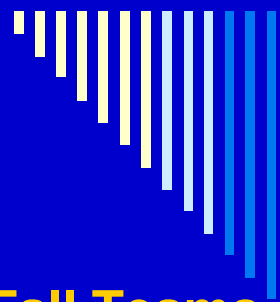
- ❑ **Attendance** is the single most important indicator of an athlete's commitment to a team. Student athletes are expected to make all practices and contests.
  - ❑ **Club Teams:** It is recognized that many times an athlete may have numerous commitments. Some of these may include participation on outside club teams. It is important that the athletes and their parents understand that as a member of an interscholastic team, their primary commitment is to their school team.
  - ❑ **Minimum Practice Days-** NYS requires athletes to have a minimum number of practice days prior to competing in scrimmages and contests.
  - ❑ **Five period format**
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## Modified Teams

- ❑ Most teams use 5 quarter format.
  - ❑ Provide practice and game opportunities.
  - ❑ Differentiated instruction -skills and sport fundamentals.
  - ❑ Promote healthy competition.
  - ❑ Learn game rules (progressive)
  - ❑ Social and emotional growth!!
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# Modified Teams (4 Seasons)

## Fall Teams

- Boys'/Girls' Cross Country
- Football
- Boys' Soccer
- Girls' Soccer
- Cheerleading
- Girls' Tennis  
(combined Beach & Udall - practice at Udall)
- Field Hockey

## Early Winter Teams

- Boys' Basketball
- Girls' Volleyball
- Cheerleading

## Late Winter Teams

- Girls' Basketball
- Wrestling
- Boys Volleyball

## Spring Teams

- Baseball
- Boys' Lacrosse
- Girls' Lacrosse
- Softball
- Girls' Track
- Boys' Track
- Swimming (Combined Beach & Udall - practice at HS)
- Boys' Tennis (Combined Beach & Udall - practice at Udall)





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# Team Selections

- ❑ Some sports do require team selections due to the number of athletes that are interested in participating on that team.
  - ❑ All athletes will be guaranteed a minimum of three days of tryouts for those particular sports that have to select members.
  - ❑ Every student is evaluated in a fair and impartial manner. Each coach will design a rubric.
  - ❑ In the event an athlete is not selected, the coach will be available to provide feedback on what skills, or other facets of the sport he or she is lacking. Will occasionally have option to join another sport.
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# Athletic Transportation



- ❑ All athletes will travel to and return from away contests on a school district bus.
- ❑ Proper bus safety rules are expected.
- ❑ In the event a parent needs to take their child home from an away game, a signed note must be provided to the coach prior to leaving the school.
- ❑ No athlete will be released to anyone other than their parent or guardian.
- ❑ Parent must provide transportation for MS students on HS teams.
- ❑ Transportation for Beach/Udall combined teams.

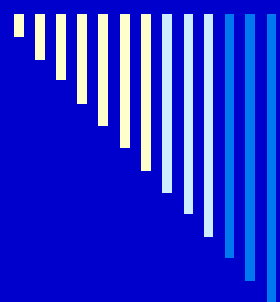


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# Communication of Problems

## **Chain of command for athletes/parents to follow:**

- ❑ Athlete to coach
  - ❑ Parent contacts the coach &/or set up a meeting to discuss your concerns.
  - ❑ If the meeting with the coach did not provide a satisfactory resolution, contact the athletic office &/or set up an appointment with the Director of Athletics.
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# MS Sports Start Dates

**Fall Sports – September 6, 2017**

**Early Winter – November 6, 2017**

- Try - outs for early winter - 3 days week of October 30

**Late Winter - January 22, 2018**

**Spring – March 26, 2018**

- Try - outs for spring sports - 3 days week of March 19
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# MS Sport Sign - Ups

- Sign – ups will be conducted in Physical Education classes for two weeks
  
- Sign – up dates:

<b>Fall '17-</b> (already took place)	Wed.	3/29/17 – Friday 4/7/17
<b>Early Winter '17 -</b>	Monday	9/18/17 – Friday 9/29/17
<b>Late Winter '18 –</b>	Monday	11/13/17 – Wed. 11/22/17
<b>Spring '18 –</b>	Wed.	1/24/18 - Friday 2/2/18
<b>Fall '19-</b>	Tuesday	3/27/18 – Friday 4/13/18
  
- Following sign – ups, coaches will hold meetings prior to the start of each season. Fall MS sports usually have meetings in June and the first day of school. Announcements are made during school. Accommodations are made for students who forget to sign up.



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# HS Sports Start Dates

## 2017-18 High School (3 Seasons)

**Fall** - August 14 – V & JV Football

August 21 - V & JV Sports

**Winter** - November 13 - V & JV Sports

**Spring** - March 5 - V & JV Sports

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# Athletic Placement Process

- ❑ For MS athletes who are considered exceptional to compete at the HS level- Varsity coach recommendation.
  - ❑ Must be in good academic standing.
  - ❑ Must be approved by a panel.
  - ❑ Must pass all series of physical tests developed by the State Education Department.
  - ❑ Must be cleared by a physician. (Maturation Test)
  - ❑ Must be aware of association with more mature athletes.
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# Sport Physicals

- New York State Education law requires that all students participating in interscholastic sports must have a physical examination
- All physical exams will be performed by a private physician. Listed below are the procedures to follow for the sports physical.
  1. Obtain physician forms from your respective school nurse or download the physical form off the school web site.
  2. The physical will be at the expense of the parent.
  3. Upon completion of the physical, return the completed forms to the school nurse's office of your respective school.
  4. Parents consent must indicate sport.
  5. Parents must sign in **ink**.
- Physical examinations are valid for a period of 12 months.

**Mrs. Madocks- School Nurse- Beach Street / Mrs. O'Connor- School Nurse- Udall**

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## Student Medical History (Blue Card)

- ❑ The Blue Card must be completed and signed by a parent/ guardian.
- ❑ Blue Cards are issued when physical exams have been completed.
- ❑ Blue Cards are a medical document and can **ONLY** be issued by the school nurse.



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# CONCUSSION OVERVIEW

- ❑ A concussion is a disturbance in brain function that occurs following either a blow to the head or as a result of the violent shaking of the head.
  - ❑ In the United States, the annual incidence of sports-related concussion is estimated at 300,000. Estimates regarding the likelihood of an athlete in a contact sport experiencing a concussion may be as high as 19% per season.
  - ❑ As per the New York State Public High School Athletic Association, all student athletes that have been diagnosed with a concussion **MUST** be cleared by the **Chief School Medical Officer** prior to returning to play.
  - ❑ **‘When in Doubt, Sit them OUT!’- Coaches pre-season.**
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# Post-Concussion Syndrome

## Second Impact Syndrome

- Although the majority of athletes who experience a concussion are likely to recover, an unknown number of these individuals may experience chronic cognitive and neurobehavioral difficulties related to recurrent injury. Symptoms may include:
  - Chronic headaches**
  - Fatigue**
  - Sleep difficulties**
  - Personality changes (e.g. increased irritability, emotionality)**
  - Sensitivity to light or noise**
  - Dizziness when standing quickly**
  - Deficits in short-term memory, problem solving and general academic functioning**
- In addition to Post-Concussion Syndrome, suffering a **second blow** to the head while recovering from an initial concussion can have **catastrophic consequences** as in the case of "Second Impact Syndrome," which has led to approximately 30-40 deaths over the past decade.



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# Athletic Code of Conduct

- All athletes and parents will be asked to read and sign the *Athletic Code of Conduct* for athletic participation.
  - Guidelines will include athletic philosophy statement, eligibility, hazing, bullying, travel policy, conduct of athletes and spectators, and procedures for certificates.
  - **“BE LOUD, BE PROUD, BE POSITIVE”**
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## Scheduling

- MS Schedules throughout Suffolk County are created geographically (Decreases transportation costs, increases study time).
  - Variety of MS classifications (7<sup>th</sup> grade teams, 8<sup>th</sup> grade teams, 7/8<sup>th</sup> grade teams)
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## Burn Out/Exposure to Opportunities

- 70% of young athletes drop out of sports before they are 13. They cite pressure as the most overriding reason.
  - Evolution of youth sports.
  - Pressure- Canadian Youth Hockey League
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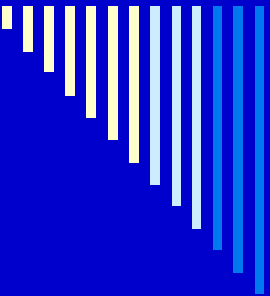


Relax, it's just a game...



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# Social Media

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facebook



**ADOLESCENCE**

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## Words to remember during the teenage years

- Sleep Deprivation
  - Exorcism
  - “Tag, your it”
  - “I can’t wait until you have teenagers”
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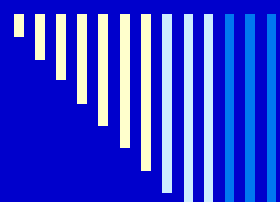
# Cost Per Sport

	<u>Today</u>	<u>1980' s</u>
Registration	\$ 125	\$ 40
Trainer/Lessons	\$ 360	-
Tournament Fees	\$ 250	-
League Fees	\$ 120	-
Private Team	\$1,300	-
Hotel	\$ 900	-
Travel/Food	\$ 300	-
Local Camps/Clinics	\$ 250	\$ 50
Showcase Events	\$ 150	-
Speed/ Agility Training	<u>\$ 150</u>	
	<b>\$3,905 /year/sport</b>	<b>\$ 90</b>
“Childhood” time, etc.)	\$\$\$\$\$\$ (birthday/family parties, unstructured play	

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Additional costs: Sleep away camps; Equipment; Parent work loss; Financial Stress;  
Family Stress (Parent Trap- Sports Illustrated article), Family Trips; etc.

**MS Sports- \$30 avg. per household; 4 sports per year**



# Average Annual Participation 2013-2017

Sport	8 <sup>th</sup> Graders	12 <sup>th</sup> Graders	Sport	8 <sup>th</sup> Graders	12 <sup>th</sup> Graders
Football	37.0	26.0	Girls VB	22.8	6.0
Boys Soccer	32.0	9.6	Wrestling	19.8	9.0
Girls Soccer	32.6	9.4	Baseball	24.4	9.2
Girls Tennis	9.0	6.2	Boys Lacrosse	30.6	17.0
Cross Country	15.0	12.0	Girls Lacrosse	28.4	11.2
Field Hockey	15.5	7.6	Softball	20.8	4.2
Cheerleading	19.2	9.8	Boys Track	24.0	15.4
Boys Basketball	20.8	5.6	Girls Track	26.6	7.2
Girls Basketball	20.6	3.0	Boys Tennis	11.7	6.0
			B & G Swim	14.00	15.2

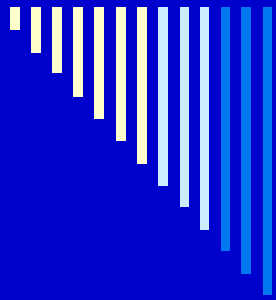


# 2017 College Bound West Islip Student Athletes

Sport	2017	16 & 17
Cheerleading*	0	.5
Boys Track	1	2.5
Boys Soccer	1	1
Girls VB	1	1
Boys VB	0	.5
Wrestling	0	.5
Field Hockey	1	1
Boys BB	1	.5
Girls Bowling	1	.5
Football	2	1
Girls Tennis	2	1

Sport	2017	16 & 17
Girls Swimming	2	1
Boys Swimming	3	2
Softball	3	2
Girls Track	4	4.5
Baseball	4	3
Girls Soccer	4	6
Girls Lacrosse	5	6.5
Boys Lacrosse	10	11
<b>Total</b>	<b>45</b>	





# Useful Websites



- [www.sectionxi.org](http://www.sectionxi.org)
- [www.wi.k12.ny.us](http://www.wi.k12.ny.us)
- [www.CoreCourseGPA.com](http://www.CoreCourseGPA.com)
- [www.nysphsaa.org](http://www.nysphsaa.org)

# WEST ISLIP ATHLETICS



*“A Tradition of  
Excellence”*

This concludes the presentation.