

# West Islip Athletics

“A Tradition of Excellence”

## Parent Sport Meeting

Presented by  
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Director of Physical Education, Health, Athletics,  
Recreation & Family and Consumer Science



# Philosophy

The student athlete represents the best of his/her school community, and therefore is held to a high standard. Student athletes are our school's ambassadors to our community and to the schools with whom we compete. They are often leaders in school and role models to children not yet old enough to play sports.

# Athletics will provide:

- Resiliency
- Respect
- Discipline
- Honesty
- Pride
- Integrity
- Unselfishness
- Class
- Poise
- Fairness
- Trust
- Enthusiasm
- Character
- Sportsmanship
- Caring
- Loyalty
- Commitment
- Confidence
- Courage
- Tolerance
- Overcoming Adversity

# 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**.
- Academic Responsibility Policy

# 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

# WEST ISLIP ATHLETICS

- Focus on academics and being a well rounded student
- Focus on the attributes developed through participation in an interscholastic athletic program
- Focus on becoming a successful adult rather than a successful athlete
- Pack 'Back Up Parachutes'

# 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

# 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>	



# Eligibility

All student athletes must meet the behavioral requirements as established in the student handbook.

- A contestant must be a bona fide student and adhere to the NYSPHSAA rules and regulations.
- All athletic candidates must have a completed sports physical, performed by their own private physician, prior to participation. Sport physicals are good for 1 year.
- A student shall be eligible for interscholastic competition in grades 9, 10, 11 and 12 until his/her nineteenth birthday. If the age of nineteen is reached on or after July 1<sup>st</sup>, the student may continue to participate during that school year in all sports.
- Athletes are allowed 4 consecutive years of high school eligibility starting when they enter 9<sup>th</sup> grade.
- A student in grade 7 or 8 who is selected to participate at the varsity, junior varsity, or freshman level must pass a selective classification test before being able to compete.

# 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 including those scheduled on Saturdays and days when school is not in session. We ask parents to schedule vacations so as not to conflict with an athlete's commitment to a team.

# Awards / Letters

- Awards and/or letters will be issued only to those student athletes who complete their season (including post-season playoffs) in good standing. Student athletes who are dropped from the team and those who resign before the last contest are not eligible for awards.
- Award Nights
- Varsity Award Banquet
- Booster Club/ Fundraising
- Post Season Honors – All-League, All-Conference, All-County

# Travel

- Student athletes are required to travel to and from contests on the team bus under the supervision of a coaching staff member.
- Proper conduct is expected at all times while riding on school transportation.
- If a parent wishes to take a student home from an athletic contest, permission must be granted in advance and a written form signed by the parent must be given to the coach. These situations should be rare and for emergencies only.

# Alcohol, Tobacco and Other Drugs

The avoidance of alcohol, tobacco and other drugs is a realistic goal that all student athletes must strive to uphold and which parents, teachers, and administrators and the community-at-large should endorse and support. A student athlete's inappropriate behavior, whether in or out of school as it pertains to the use of alcohol, tobacco, and other drugs will not be tolerated. Students who are found to possess drugs or alcohol, use, or be under the influence of drugs or alcohol in school or at school activities, will be suspended from school according to the school code of conduct and will be **prohibited** from participating in all co-curricular activities for an appropriate period of time determined by district administration. While the role of the school does not extend to the regulation of private activities of the athletes' families, we can encourage them to serve as positive role models for their children. Parents and the school must not condone a student athlete's use of alcohol, tobacco and other drugs.

# Truths Regarding Dietary Supplements

- Dietary supplements receive no FDA regulation.
- There is no guarantee the true amount or concentration of ingredients is listed on the label.
- There is no guarantee the substance is pure, as studies have found lead and arsenic in supplements.
- The companies that produce dietary supplements do not need to test their safety or effectiveness before they are available to consumers.

# Myths Regarding Dietary Supplements

- If a substance is natural, it must be safe and beneficial. (Not True)
- Athletes that consume a well balanced diet still have nutritional deficiencies. (Not True)
- Since dietary supplements may be purchased at a store or over the internet, they must be safe. (Not True)

# Hazing Initiation Ceremony

West Islip coaches will not permit their athletes to stage any type of "initiation or hazing" at any time. At no time should a teammate be subjected to a behavior, task, or activity that is physically, psychologically, or emotionally abusive.



# Identity

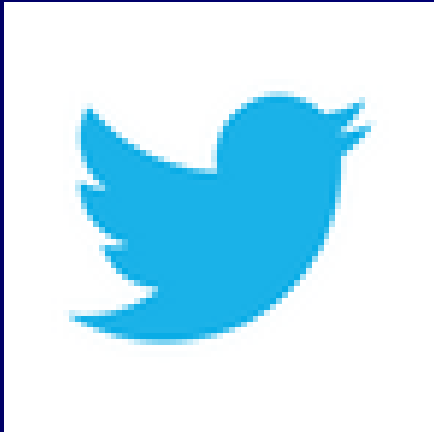


# Identity



# Social Media

facebook



ADOLESCENCE

# Monday, April 16

- Why Today's Super-Connected Kids are Growing Up LONELY and LESS HAPPY in the iGeneration
- 7:30pm Beach Street MS Auditorium
- Dr. Ron Masera

# Brand



# Identity



# Athletic Trainer

- Methods of communication

# Sportsmanship

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



# Section XI Misconduct Policy

A player or coach ejected from a contest for misconduct may not participate in his/her team's next regularly scheduled contest (including post season contests). The suspended player or coach may not be at the site of the contest for which he/she has been suspended. If a suspended player participates in a contest, he/she is deemed ineligible and that contest is considered forfeited.

# Spectator Behavior

Spectators are expected to:

- Conform to accepted standards of good sportsmanship and behavior.
- Respect officials, coaches, and players and refrain from disrespectful remarks.
- Obey the regulations of the site authorities, whether home or away.
- **BE LOUD, BE PROUD, BE POSITIVE!**

# Positive Parenting

Parents are expected to:

- Be a positive role model.
- Be a "team" fan, not a "my kid" fan.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Be respectful of all officials' decisions.
- Avoid instruction of their child/teammates during a game, because it conflicts with the coach's plans and strategies.
- Support the alcohol, tobacco, and other drug-free policies of our school by refraining from the use of any such substances before and during athletic contests. Support your child and hold him/her accountable for his/ her commitment to non-use of substances.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if there is a concern. Respect the coaches by following the designated chain of command.

# Communication

## Communication of Problems:

1. Contact the coach to set up a meeting to discuss your concerns.
2. If the meeting with the coach did not provide a satisfactory resolution, contact the Athletic Office to set up an appointment with the Director of Athletics.



HOME ABOUT CONTACT LOGIN

College Academic Eligibility Tool for High School Student-Athletes

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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. **"WHEN in DOUBT, SIT THEM OUT!"**
- 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. Athletes must be asymptomatic.

# 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.

# Hypertrophic Cardiomyopathy

- There is no particular symptom or complaint which is unique to Hypertrophic Cardiomyopathy. Symptoms may occur at any stage in a person's life even though the condition may have been present for some time. The reason for the onset of symptoms is often not clear.
- Symptoms are listed in no particular order:
  - Shortness of Breath
  - Chest Pain
  - Palpitation
  - Light-Headedness and Blackouts
  - Most common "misdiagnosis" associated with HCM?  
Asthma, specifically "athletic induced asthma"
- **Dr. Heart Day/ HCM Questionnaire**



# ATTITUDE

- *"The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church.. A home. The remarkable thing is you have a choice every day regarding the attitude you will embrace for that day. We cannot change our past.. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have , and that is our attitude. I am convinced that life is **10%** what happens to me and **90%** how I react to it. And it is with you. You are in charge of your attitude." C Swindlow*

# WEST ISLIP ATHLETICS

Please return this page signed by all parties to your coach.

I have read all of the materials in the West Islip School District Athletic Handbook for Parents and Athletes. I am aware of the expectations inside and outside of school including bullying, harassment, hazing, alcohol, tobacco, and other substance abuse. I am aware that participating in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that these risks may include death, neck and spinal injuries, complete or partial paralysis, brain damage, injury to the muscular-skeletal system, as well as injury to other parts of the body.

I agree to support the Athletic Department in its enforcement of these expectations of conduct and understand the consequences of my son/daughter's failure to do so.

Student Name (Print) \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent/ Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

***Lion Pride!***

***"BE LOUD, BE PROUD, BE POSITIVE"***

# 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.

# Break-out Session

- |                      |                             |                                      |  |
|----------------------|-----------------------------|--------------------------------------|--|
| ■ <b>Softball</b>    | <b>Varsity</b><br><b>JV</b> | <b>114</b><br><b>116</b>             | <b>K. Wilson, Alexa Donofrio</b><br><b>Colleen Reilly</b>      |
| ■ <b>Girls Lax</b>   | <b>Varsity</b><br><b>JV</b> | <b>112</b><br><b>117</b>             | <b>J. Nicolosi, B. Cameron</b><br><b>J Dooley, S. Piropato</b> |
| ■ <b>Girls Golf</b>  | <b>Varsity</b>              | <b>300</b>                           | <b>Tom Loudon</b>  |
| ■ <b>Girls Track</b> | <b>Varsity</b>              | <b>Auditorium</b>                    | <b>M. Studley, M. DiStefano</b>                                |
| ■ <b>Baseball</b>    | <b>Varsity</b><br><b>JV</b> | <b>Library</b><br><b>301</b>         | <b>S. Rush, R. Zeitler</b><br><b>Mike LaCova</b>               |
| ■ <b>Boys Lax</b>    | <b>JV</b>                   | <b>1/2 cafe</b>                      | <b>S. McAleavey, M. Delgado</b>                                |
| ■ <b>Boys Tennis</b> | <b>Varsity</b><br><b>JV</b> | <b>119</b><br><b>119 (same room)</b> | <b>George Botsch</b><br><b>Norm Wingert</b>                    |
| ■ <b>Boys Track</b>  | <b>Varsity</b>              | <b>1/2 cafe</b>                      | <b>J. Robertson, J. Lavery</b>                                 |