

# Athletic Information Night

By:

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District Director of Health,  
Physical Education, & Athletics



# WELCOME

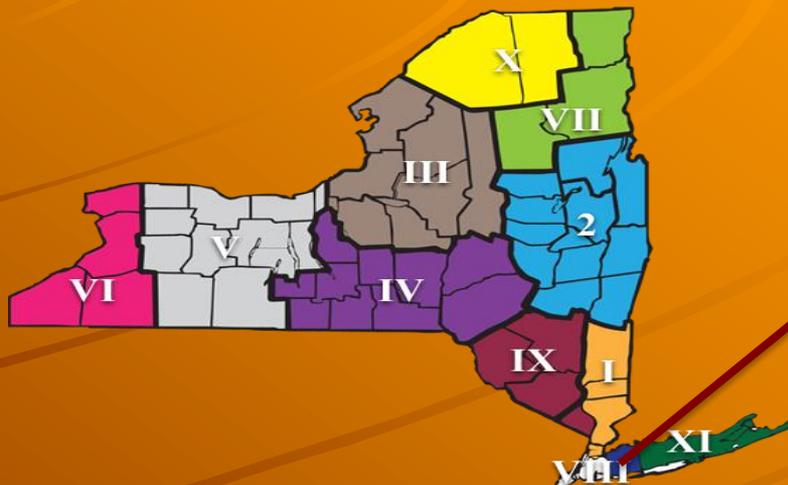
"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."

Mario Andretti



# Governance

## Nassau Boces- Section VIII



All Nassau  
County Public  
Schools  
governed by  
Section VIII  
& NYSPHSAA

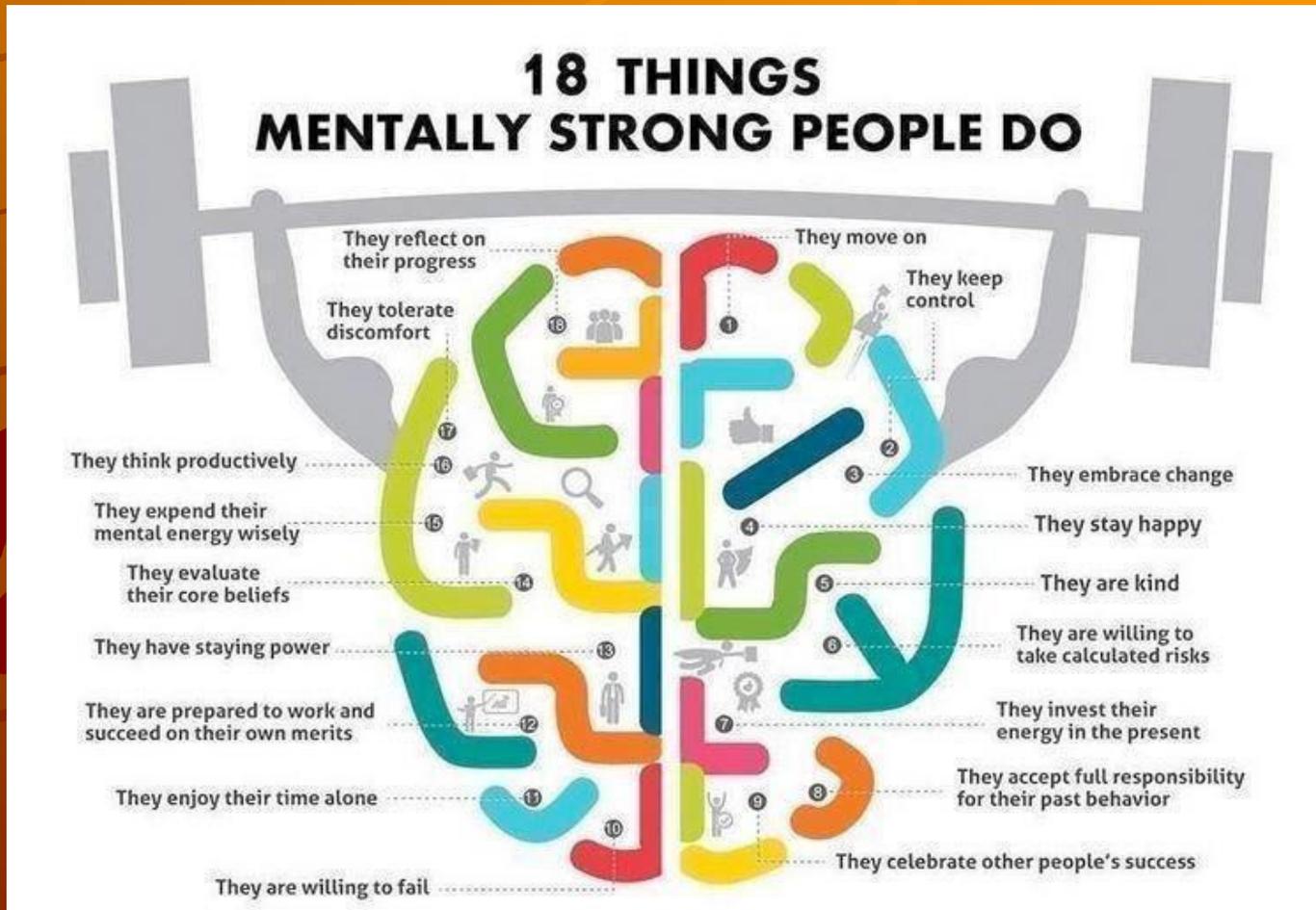


# Department of Athletics Mission Statement

To create an exemplary educational and athletic experience, within an atmosphere of sportsmanship, that develops individual and team potential by promoting high standards of competence, character, civility and citizenship.



# Goal: Develop Grit & Resilience



# Athletic Expectations

- ◆ Academics come first
- ◆ Children are here to get an education
- ◆ Extension of the classroom
- ◆ Athletics are a privilege, not a right
- ◆ Develop committed well-rounded student athletes
- ◆ Responsibility- extra help, communication, practice, competition

# Philosophy

## ◆ Varsity

- Highest level of competition
- One of many goals is to compete/win
- Best of the best
- Playing time determined by ability/practice
- Academics/attendance/attitude/work ethic/behavior (in/out of school) are all factors



# Philosophy (cont.)

## ◆ JV

- Preparation for varsity
- Not a demotion
- At times there is more opportunity for playing time
- Developmental in nature
- Playing time determined like varsity
- Higher numbers- less playing time
- Some decisions made by needs of varsity

# Fact

- ◆ Each year we have many individual students-athletes try out for high/middle school sport teams. We attempt to safely include as many student athletes as possible. Each year/season is a new opportunity to make a program or team. Student-athletes are **not guaranteed a spot** on a team or a program each year.

# Athletic Guidelines

- ◆ Attendance- students are expected to be at all practices and games
- ◆ Transportation-bus; written notification 24hrs
- ◆ Attire
- ◆ Student Responsibility-
- ◆ Awards
- ◆ Alcohol, Tobacco & Substance Abuse
- ◆ Hazing/Bullying
- ◆ Sexual Harassment
- ◆ Behaviors- students represent HWPS and their families
- ◆ Sportsmanship- Athletes/Coaches/Spectators

# Eligibility

- ◆ Probation: If a student fails two courses in a quarter, the student will be deemed “on probation.”
- ◆ Ineligible: student fails three or more courses in a quarter, the student will be deemed “ineligible” during the subsequent quarter. Fourth quarter grades will determine eligibility status for fall activities.

OPERATION SUCCESS: for those students that need academic support- loop bus provided

# Attendance

- ◆ At the high school, students who are late to school must first report to the attendance office, sign in and obtain a late slip. Students may be assigned detention for unexcused lateness to school. At the high school, students will not be permitted to sign in to school after 12:15 p.m. without written permission from an administrator.
- ◆ **High School students signing in after 10:15a.m. will not be allowed to participate in co-curricular or athletic activities.**

# Communication

- ◆ What you could expect from the coach/school
  - Philosophy
  - Expectations
  - Location & times of practice
  - Team requirements
  - Injury procedures/alerts
  - Discipline that results in denial of participation



# Communication (cont)

- ◆ Coaches expect from parents
  - Concerns expressed directly from student-athlete prior to parents
  - Concerns expressed directly from parent
  - Notification of any injury, illness and/or schedule conflicts well in advance
  - Specific concerns regarding student-athlete- emotional, physical, mental well-being



# Appropriate concerns to discuss with coaches

- ◆ Ways to help your child improve
- ◆ Concerns regarding your child's behavior
- ◆ Academic issues
- ◆ Personal issues



# Issues NOT appropriate to discuss with coaches

- ◆ Playing time
- ◆ Team strategy
- ◆ Play calling
- ◆ Other student athletes

There are situations that may require conference with coach. These conferences are encouraged. It is important that both parties involved have a clear understanding of the other's position. The following is the procedure for these conferences:

# Conference Procedures

- ◆ Call/email coach to set up an appointment with the Coach
- ◆ If the coach cannot be reached call 516-792-4021.
- ◆ Please do not attempt to confront a coach before, during or after a practice or contest. These can be emotional times for both parents and coach. Meetings of this nature do not promote resolution- 24 hour rule

# The Next Step

- ◆ Call to set up appointment with the Coach
- ◆ At this meeting, the appropriate next step can be determined. Parents are encouraged to discuss these issues and problems.
- ◆ If issues are not resolved then you should call the Director of Athletics to schedule a meeting with student, coach and parent.

# Other Athletic Policies/Issues

- ◆ Medical Conditions/Clearance
  - Nurse and Athletic Trainer(s)
- ◆ School Issued Equipment/Supplies/Uniforms
- ◆ Game Changes/Practices-
  - Sign up for alerts at [www.hwbulldogs.com](http://www.hwbulldogs.com)
- ◆ Vacation Policy
- ◆ Emergency Contacts
- ◆ College Recruitment
- ◆ Facilities

# Athletic Policies/Issues (cont.)

- ◆ Student Valuables
  - ◆ Offsite Practices- Extra Help
  - ◆ Team/Coach Rules
  - ◆ Misconduct
  - ◆ Progress Reports
  - ◆ Wellness Policy
- 

# Athletic Policies/Issues (cont.)

- ◆ Sport/Speed/Strength Training
  - Role of 2<sup>nd</sup> Athletic Trainer
- ◆ Intramurals
- ◆ Summer Camp
- ◆ Sportsmanship- Athletes/Coaches
- ◆ Sportsmanship- Spectators

# Tryout Details

- ◆ Picking A Sport
- ◆ Section VIII Rules & Policies
  - League Set Up & Other Schools
- ◆ Interscholastic Versus Youth League
- ◆ School Sports Participation
- ◆ Not “A Win At All Costs” Atmosphere
- ◆ Options & Alternatives
- ◆ Tryout Organization & Evaluation
- ◆ “No Cut Policy” & “Walk On Teams”
- ◆ Safety & Concussion management
- ◆ Communication Procedures
- ◆ Evaluated On Tryout- Not Youth Leagues
  - Sport Specific Drills
  - Athleticism & Conditioning
  - Game Conditions/Scrimmaging
  - Apparel & Tryouts

# Health & Safety

## Concussion Awareness



### Concussions: The Invisible Injury

#### Student and Parent Information Sheet

#### CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

#### FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

#### REQUIREMENTS OF SCHOOL DISTRICTS

##### Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
- School coaches and physical education teachers must complete the CDC course. ([www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html))
- School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

##### Information:

- Provide concussion management information and sign off with any parental permission form. **The NYSPHSAA will provide a pamphlet to member schools on the concussion management information for parents.**
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

##### Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
  - Such authorization must be kept in the pupil's permanent health record.
  - Schools shall follow directives issued by the pupil's treating physician.

#### SYMPTOMS

**Symptoms of a concussion are the result of a temporary change in the brain's function.** In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

#### STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at [www.nysphsaa.org](http://www.nysphsaa.org). The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

#### RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

**Cognitive Rest:** Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

**Physical Rest:** Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

**Return to Play Protocol** once symptom free for 24 hours and cleared by School Medical Director:

**Day 1:** Low impact, non strenuous, light aerobic activity.

**Day 2:** Higher impact, higher exertion, moderate aerobic activity. No resistance training.

**Day 3:** Sport specific non-contact activity. Low resistance weight training with a spotter.

**Day 4:** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

**Day 5:** Full contact training drills and intense aerobic activity.

**Day 6:** Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

#### CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

#### OTHER RESOURCES

- New York State Education Department
- New York State Department of Health [http://www.health.ny.gov/prevention/injury\\_prevention/concussion/htm](http://www.health.ny.gov/prevention/injury_prevention/concussion/htm)
- New York State Public High School Athletic Association [www.nysphsaa.org/safety/](http://www.nysphsaa.org/safety/)
- Center for Disease Control and Prevention <http://cdc.gov/concussions>
- National Federation of High Schools [www.nfhslearn.com](http://www.nfhslearn.com) – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus [http://www.health.ny.gov/health\\_care/managed\\_care/consumer\\_guide/about\\_child\\_health\\_plus.htm](http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm)
- Local Department of Social Services – New York State Department of Health [http://www.health.ny.gov/health\\_care/medicaid/lds/htm](http://www.health.ny.gov/health_care/medicaid/lds/htm)
- Brain Injury Association of New York State <http://www.bianys.org>
- Nationwide Children's Hospital – Concussions in the Classroom <http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom <http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion <http://espn.go.com/video/clip?id=7525526&categoryId=5595394>
- SportsConcussions.org <http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons <http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich <http://sportconcussions.com/html/Zurich%20Statement.pdf>

# Concussion Management



ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing)



## The ImPACT Test is:

- a computerized neurocognitive evaluation system specifically designed for detecting the effects of sports concussion, measuring the severity of the injury and gauging recovery
- A tool to help communicate post-concussion status to athletes, coaches, parents, and clinicians.

**\*\*\*\*\*A tool that helps health care professionals and educators make decisions about academic needs following concussion\*\*\*\*\***

# Social Pitfalls



"Your comments are available for millions to see."

"You can start a pretty big disruption with one comment that is tweeted or retweeted and taken the wrong way. It could offend an entire district."  
Ken Hammel, Gates Chili athletic director

Your digital image is like a tattoo...



# What is the social host law?

- ◆ The primary purpose of the Social Host Law is to deter underage drinking parties or gatherings where adults knowingly allow minors to drink alcohol or alcoholic beverages. The law applies to:
  - any adult
  - (including parents) who is over the age of 18 and who knowingly allows consumption of alcohol by minors (any person under the age of 21).



# WHO CAN BE CHARGED?

- ◆ Anyone who is over the age of 18; and
- ◆ Owns, rents, or otherwise controls a private residence or similar location and
- ◆ Knowingly allows the consumption of alcohol or alcoholic beverages by any minor on such premises; or
- ◆ Fails to take reasonable corrective action upon learning of the consumption of alcohol or alcoholic beverages by any minor on such premises.



# WHAT IS “REASONABLE CORRECTIVE ACTION”

- ◆ Reasonable Corrective actions shall include, but not be limited to:
- ◆ Making a prompt demand that the minor stop drinking the alcoholic beverage or leave the premises; and
- ◆ If the minor refuses to comply with the request, the adult must promptly report the underage drinking to;
- ◆ local law enforcement; or
- ◆ to any other person with greater degree of authority over the minor (e.g., the minors parents or guardians, etc.)



# SO You Want To Play College Sports?

## NCAA Eligibility Center

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)



WELCOME!

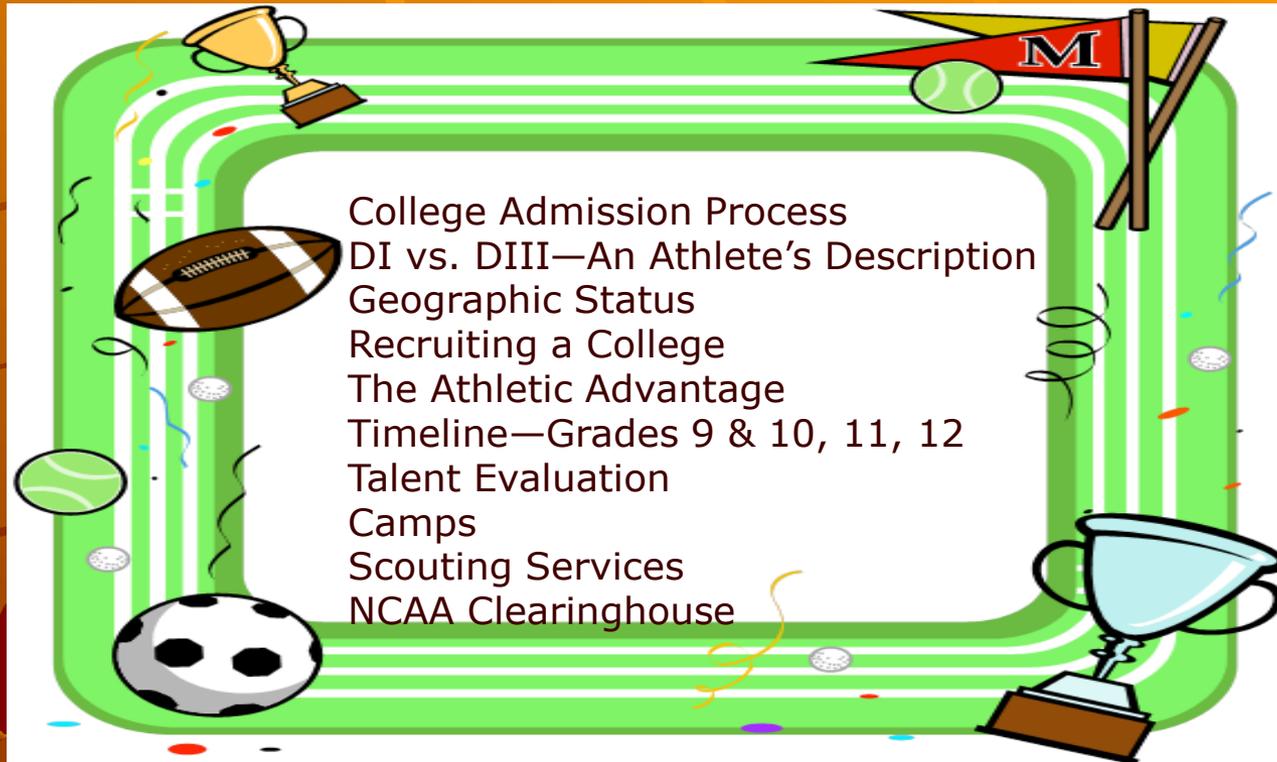
Click [here](#) to view important reminders for 2015 grads.



**NCAA COLLEGE-BOUND  
STUDENT-ATHLETES**

**ENTER HERE**

# SAVE THE DATE



## College Admissions for the Student Athlete

Presentation by Andrew Herman, BS., MA., PD.

College Admissions Consultant

NOVEMBER 2, 2016

7:00 PM in the Hewlett HS Auditorium

# PARENT-COACH MEETING

FOOTBALL Auditorium

CHEER Yoga Room 120

TENNIS Room 119

G SOCCER Gym Girls side

CROSS CTRY Rm123

G VOLLEYBALL commons area

G SWIM- Gym Boys side



Thank you

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