



Inspire ★ Engage
★ Achieve

www.hwsd.net

WOODMERE MIDDLE SCHOOL ATHLETIC SURVIVAL GUIDE

As Director of Health, Physical Education and Athletics, it is my privilege and honor to work with our student-athletes throughout the school year. I would like to share some information that will assist you.

There is always a pre-season meeting for the students to meet the coaches. Announcements are made during AM announcements, signs are posted (WMS cafeteria, physical education classes, gymnasium and main hallway) to communicate when and where the coach will hold the sign-up meeting for your child to attend.

All Sports Physicals must be completed, dated, signed, and stamped by your doctor on the official New York State Physical Form, which should be dated within one year from the starting date of the desired sport. **All physical examinations for school are to be documented on the NYS Required Health Examination Form. No other physical examination form will be accepted.** Physical forms must be filled in completely and cannot be filled in with “see attached.” Only immunization records may be attached to physical forms. *The examination form needs to indicate that the student can participate in all activities without restriction.* All forms need to be uploaded on Family ID.

The Sports Update Form is only valid for one month is required for EVERY sport season which must be completed on Family ID.

Paper copies will no longer be accepted.



We are excited to announce that we are now offering the convenience of online registration through Family ID (www.familyid.com). Family ID is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through Family ID, the system keeps track of your information in your Family ID profile. You enter your information only once for each family member for multiple uses and multiple programs.

BEFORE YOU REGISTER:

(Include any information here about requirements that must be met in order to register. For example...Physical Exams, Online Concussion Courses Videos)

It will be helpful to have the following information handy to allow for accurate completion of your online registration.

- *(example: Doctor information, Health Insurance Information, Student ID)*

REGISTRATION PROCESS:

Follow these steps:

1. To find your program, click on the link provided by the Organization above and select the registration form under the word **Programs**.
2. Next click on the blue **Register Now** button and scroll, if necessary, to the **Create Account/Log In** green buttons. If this is your first time using FamilyID, click **Create Account**. Click **Log In**, if you already have a FamilyID account.
3. **Create** your secure FamilyID account by entering the account owner First and Last names (parent/guardian), E-mail address and password. Select **I Agree to the FamilyID Terms of Service**. Click **Create Account**.
4. You will receive an email with a link to activate your new account. (If you don't see the email, check your E-mail filters (spam, junk, etc.).

5. Click on the link in your activation E-mail, which will log you in to FamilyID.com
6. Once in the registration form, complete the information requested. All fields with a red* are required to have an answer.
7. Click the **Continue** button when your form is complete.
8. Review your registration summary.

(Include the following step if YOU ARE NOT collecting money via FamilyID)

A completed registration is not approval to participate. All registrations MUST be reviewed and approved by the health office.

Families can view their approval status by:

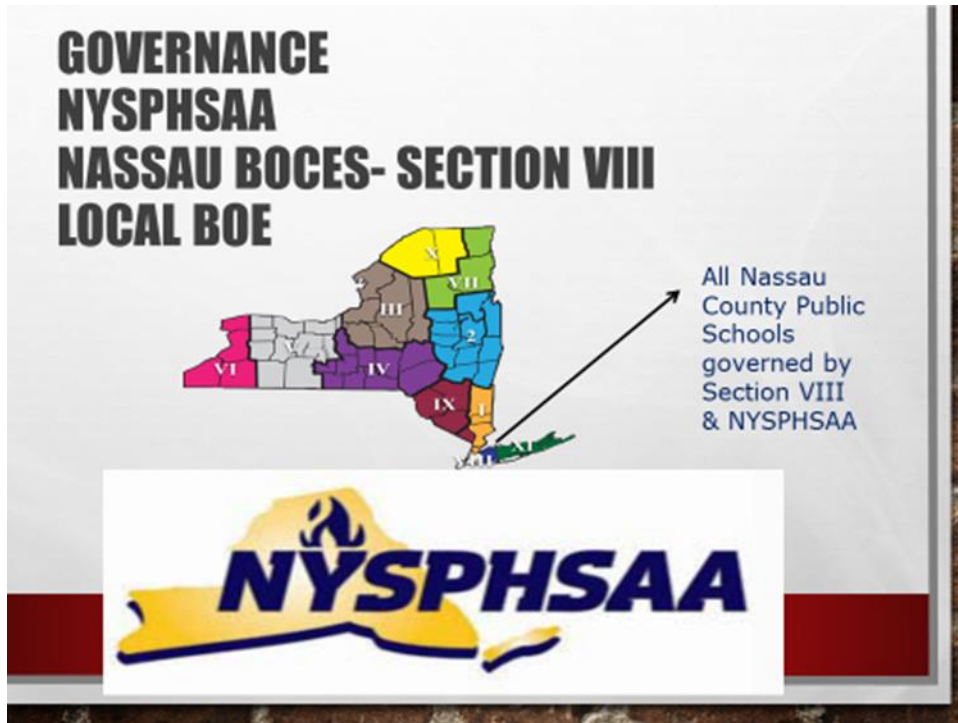
1. Log in to your FamilyID account.
2. On the blue bar at the top of the page, click **Registrations**.
3. Next to your registration, click **Summary**.
4. If an approval status has been added to the program, it will appear at the very bottom of the summary:

| REGISTRATION STATUS : CORRECTION REQUIRED | | PAYMENT STATUS : NONE | | Balance Due |
|--|--|---|-----------------|---|
| Participant | Jason Mamoa | | | This regi correction, (Cancel |
| Account owner email | msimpson@familyid.com | | | |
| Registration date | 10/15/2020 09:53am | | | |
| Organization | FamilyID-Arbiter Sports High School | | | |
| Program | FamilyID- Arbiter High School Fall Athletic Registration | | | |
| Sections | Football | August 01, 2020 to November 30, 2020 | \$0.00 | |
| | Total | | \$200.00 | |
| | Amount paid | | \$0.00 | |
| | Balance Due | | \$200.00 | |
| Memo from FamilyID-Arbiter Sports High School | | | | |
| Approval Status | Approved | | | |
| Links | | | | |

PROGRAM OBJECTIVES

- To support the mission of HWPS -Inspire, Engage, Achieve
- To promote and require sportsmanship at all times
- To provide a stimulating, enjoyable, and engaging atmosphere
- To teach fundamental sports skills and introduce game strategies
- To provide an opportunity for team and individual success
- To encourage self-discipline, time management and a strong work ethic
- To promote a passion for athletic achievement and excellence
- To develop leadership, loyalty, commitment, and respect for oneself and peers
- To have fun, and to promote positive social, mental, and physical ability
- To develop school and community pride





MODIFIED PROGRAM PHILOSOPHY

This program is available to all students in the seventh and eighth grades. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

At the modified level if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem or is problematic because of facility considerations, reducing team size may be necessary. Ultimately, the number of teams at WMS and size of the squad in any sport will be determined by the availability of facilities, and a safe environment.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The New York State Public High School Athletic Association publishes regulations by which practice sessions are governed. Occasionally, practice or contests will be scheduled for

Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Exceptional seventh and eighth graders may be permitted to try out for a junior varsity or varsity team under the State Education Department Program called Advanced Athletic Placement.

PLAYING TIME PHILOSOPHY

Student-athletes in the Woodmere MS Athletic Program earn playing time for game and scrimmage situations by:

- Being a member in good standing of the school community.
- A student-athlete must attend practices and work to the best of his/her ability.
- A student-athlete must be a team player and execute the specific role assigned to him/her by the coach.
- A student-athlete must demonstrate a commitment to fair-play and sportsmanship at all times.
- A student-athlete must support the team by contributing in a positive way to the team's learning environment. In other words, the student-athlete must focus on learning tasks and assignments and not disrupt other players

PARENT RESPONSIBILITIES

Participation in athletics, even at the modified level, requires a substantial commitment by those involved, i.e., athletes, coaches, and parents.

- All WMS athletic programs will meet either five or six days a week depending on practices or games.
- Student-athletes need to prepare themselves for this next level of athletic competition by keeping up with their school work and using their free time wisely.

ELIGIBILITY REQUIREMENTS

WMS student-athletes are required to be a member in good standing in the school academic and social community.

Athletes are reminded that they serve as role models and ambassadors representing HWPS especially WMS.

- Student-athletes must be up-to-date with their academic requirements and performing at an acceptable level for their abilities.
- Student-athletes must also be free of disciplinary problems and referrals.
- When necessary, a review of a student-athlete's case will be handled by the WMS administration and the Director of Athletics.

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

Coaches expect from parents

- Concerns expressed directly from student-athlete prior to parents
- Concerns expressed directly from parent
- Notification of any schedule conflicts well in advance (does not exclude from attendance policy)
- Specific concerns regarding student-athlete

Appropriate concerns to discuss with coaches

- ✦ Treatment of your child, mentally or physically
- ✦ 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

Safety and Security

- Lockerroom procedures
- Security of valuable
- WMS IS NOT an Open Campus

Transportation

All of the student-athletes are required to use district transportation to and from practice. In the event of an extenuating circumstance and you have to pick up your child from practice or a game, you will have to complete a travel release form (email request) to the athletic office.

This must be completed and handed into the coach one day (1) in advance.

Practices & Games

Practices will be held Monday through Friday. Coaches may practice on Saturday if necessary.

All of the Middle School sport schedules are located on the District Athletic Website (www.hwbulldogs.com). The use of the athletic website is encouraged as parents can sign up for email/text alerts for cancellations and game changes. There is also the Nassau County BOCES website to obtain all the Section VIII team schedules:

www.nassauboces.org/athletics.

Academic Standards

The student agrees that in order to be eligible for participation in co-curricular activities, he/she must be passing the majority of his/her courses on a quarterly basis. All subjects will be weighed equally in determining eligibility status. An “incomplete” in any subject will count as a failure until such time as a quarterly passing grade is given. Students who fail two or more subjects in the fourth quarter but pass the courses will be on probation. Students who have two or more failing final grades in June must attend summer school and receive passing grades to be considered probationary. Probationary and ineligibility status will commence upon completion and submission of the contract.

Academic Probation:

Failing two courses in a marking period will result in academic probation. Academic probation will last for five weeks. During this time, the student’s overall average must improve to a passing level or he/she will not be allowed to participate in activities. During this time the student can continue to participate in co-curricular activities provided that he/she has agreed to the conditions outlined in the “Probationary Contract.” The student’s Assistant Principal will oversee the probationary contract and will work with the Coach/Advisor and/or Director of Athletics. The contract must be signed by the student, a parent and returned to the student’s Assistant Principal. At the end of the five week probationary period, the student must demonstrate to the Principal that he/she has met the conditions established in the contract to become eligible for continued participation. After meeting with his/her Assistant Principal, it is the responsibility of the student to petition the Principal and to request to be taken off probation. If the student does not petition the Principal and/or unsatisfactory progress is demonstrated, the student will be declared ineligible for the remainder of the marking period.

Ineligibility:

The failure of three or more courses in a marking period will result in ineligibility to participate. To be reinstated, the student must follow the probationary contract procedure initiated with the student’s Assistant Principal and petition the Eligibility Committee. The Principal may, at his/her discretion, restrict participation in co-curricular activities for reasons that include and/ or transcend the above stated eligibility policy.

Attendance:

A student may not practice or participate in a co-curricular activity, if he/she is not in attendance during a school day before period 5 at WMS. Also, if a student is signed out of school early he/she is ineligible to participate in any co-curricular/athletic activities that day unless the student returns with a document from the appointment stating the reason for leaving school early (e.g. note from a doctor, proof of court appearance, road test, etc.). In order to ensure the safety of all students, when a student is signed out due to illness, he/she cannot return to participate in co-curricular/athletic activities unless they return with a note from a doctor stating they are cleared for participation in the activity.

Behavior Standards/Code of Conduct

The student agrees to abide by the District Code of Conduct policies and the Middle school/High school codes, practices, and procedures as written in the Student-Parent Handbook. Any violation of these codes, practices and procedures may result in suspension from the above named activity/sport in addition to any penalty appropriate to the violation. A student must maintain positive decorum that is beneficial to his/her activity, school and community on **and/or** off campus. Such behavior as insubordination, bullying (including and not limited to electronic or social media), hazing, disrespect, or disruptive classroom behavior, or unsportsmanlike conduct may result in suspension from athletic/co-curricular activities. A decision to participate in any activity on a given day(s) will reside with the Principal or his/her designate.

The student agrees to refrain from use, possession, or sale of electronic cigarette devices, vape pens (or the similar devices), alcohol and drugs, on **and/or** off campus.

The student agrees to abide by any further conditions imposed by activity advisor/coach at all times.

Participation/Training Standards

All activities require a certain level of participation/training, as established by the activity advisor/ coach. Failure to maintain this level of participation may result in disciplinary action, including suspension from the activity.

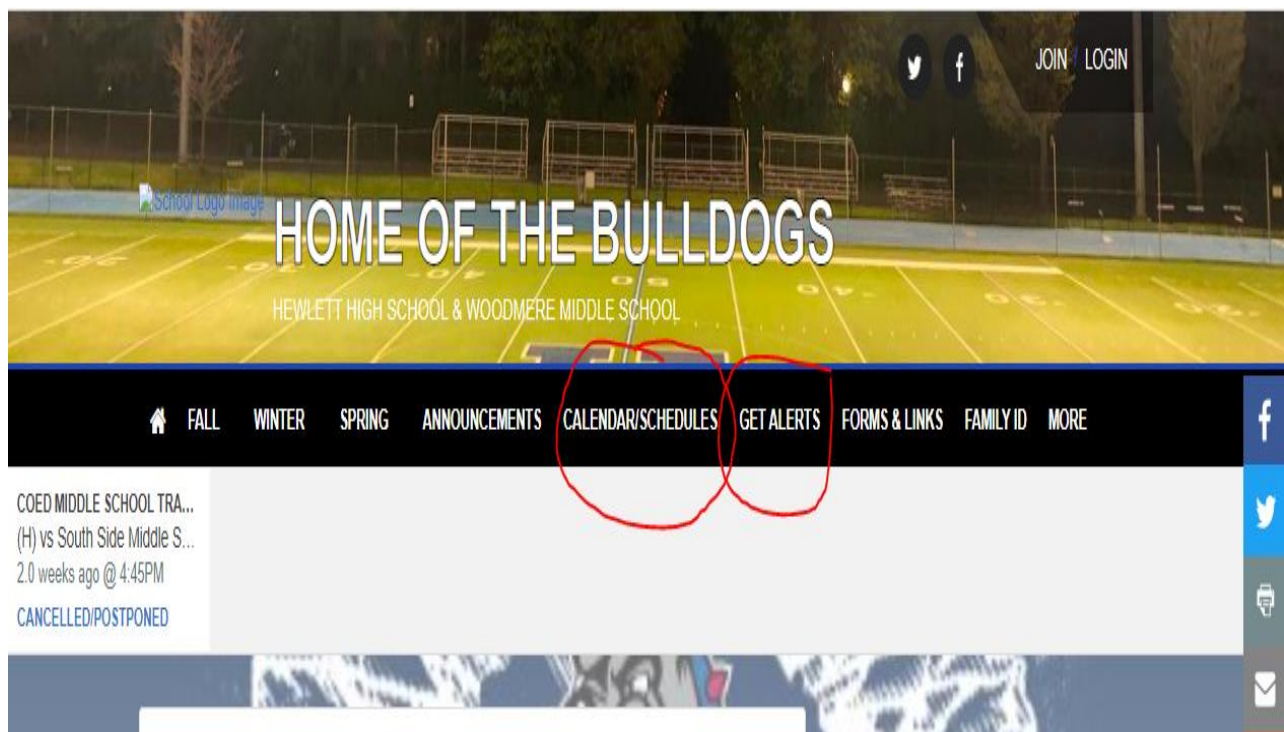
Communication

In the event a situation or concern arises, it is essential for the student-athlete to communicate with their respective coach. If your child has to attend extra-help, or has other conflicts where they would have to miss a portion of practice, the coach needs to be notified in a timely manner by the student-athlete. If the concern is not resolved, the parent should communicate with the coach and eventually the Director of Athletics must be notified if the situation/concern is not rectified.

What about game changes?

How will I be informed of a game/practice change?

- Sign up for alerts at: www.hwbulldogs.com
- Follow us on twitter at: @HWPSBulldogs
- Announcement made via PA,
- Coaches communication system (i.e. Remind, group me, etc.)



Fan Account Set Up/Get Alerts

<https://bigteams.force.com/support/s/article/how-do-i-set-up-my-bigteams-fan-account>

Are there practices during school holiday/recess periods?

Although rare, coaches may hold practices during school holiday/recess breaks. In the event you will be traveling, it is essential that this is communicated to the coach at the beginning of the season.



Vacation Participation

While we understand family time is important our athletes, coaches and programs have a responsibility to participate during school recess periods. Athletes are expected to be in attendance during recess periods. If an athlete is absent during school recess period the following procedures will be enforced.

Athletes must be in attendance at a minimum of 50% of all practices and/or games scheduled during any given vacation/holiday/recess period (including non-league games and scrimmages). If not, the player shall be ineligible to play in the first game following the vacation. This team member will then be able to participate in a game only when they have attended the appropriate number of practices and when the coach feels they are ready to compete.

To be eligible to play in a game (league or non-league) during a vacation/ holiday period, the player must attend a minimum of 50% of those practices during the vacation, which immediately precedes that game.

JULY 1, 2022

The Dominic Murray Sudden Cardiac Arrest Prevention Act, Chapter 500 of the Laws of 2021, and Commissioner's regulation §136.9 are effective July 1, 2022. The Act was written to ensure that schools, students, and parents are provided with critical, lifesaving information on sudden cardiac arrest (SCA) risks, signs and symptoms, to ensure students at risk are evaluated prior to participation in athletics, and that SCA is immediately recognized and treated to prevent death.

The Act requires:

- The Commissioner of Health to develop information, in conjunction with the Commissioner of Education, relating to pupils exhibiting signs or symptoms of pending or increased risk of sudden cardiac arrest;
- Directs the Commissioner of Education to post the information on the Department's website;
- All schools must include such information in any permission form, consent form, or similar document that may be required for a student's participation in interscholastic athletics or reference how to obtain such information from the Department and Department of Health's websites, or on the school's website, if one exists;
- The Commissioner of Education to promulgate regulations requiring that any student displaying signs or symptoms of pending or increased risk of sudden cardiac arrest shall be immediately removed from athletic activities, and shall not resume athletic activity until he or she has been evaluated by and received written and signed authorization from a licensed physician; and retain the authorization on file in the student's permanent health record. Sudden cardiac arrest (SCA) is defined as the abrupt and unexpected loss of heart function.

SCA can be fatal if not treated within minutes, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED).

Public schools, BOCES and charter schools are reminded that they are required, pursuant to Education Law Article 19 §917, to have at least one staff person who has undergone the training mandated in Public Health Law for 1 Until the Department of Health's website becomes available, schools are to post or provide the information from the sample parent letter as the source of information on consent forms available on NYSED Health Services webpage CPR and AED use, assure that AED equipment is provided in an instructional facility where students are present and during any school-sponsored athletic contest or school-sponsored competitive athletic event held at any location. Schools are encouraged to plan for these emergencies and develop protocols and communication plans recommended in Managing Emergency Health Care and Communicable Diseases in the School Setting 2019 (nysed.gov).

Although SCA is rare -- the incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000 -- there are steps parents/guardians and school personnel can take to identify students who may be at risk and help to identify students exhibiting signs or symptoms. These signs or symptoms may be misinterpreted or disregarded by the student or others, but are an important indication that a student should be seen by a healthcare provider for an evaluation. Additionally, a student may have personal risk

factors or family history risk factors that indicate they are potentially at increased risk for SCA and should be evaluated by a healthcare provider prior to participating in athletics.

Preventing SCA before it happens is the best way to save a life. The lists of signs and symptoms, and risk factors listed below, developed in collaboration with the Department of Health and pediatric cardiologists, indicate when a student may be at risk for SCA.

1. Signs or symptoms

- Fainting or seizure, especially during or right after exercise or with excitement or startle
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

2. Risk Factors

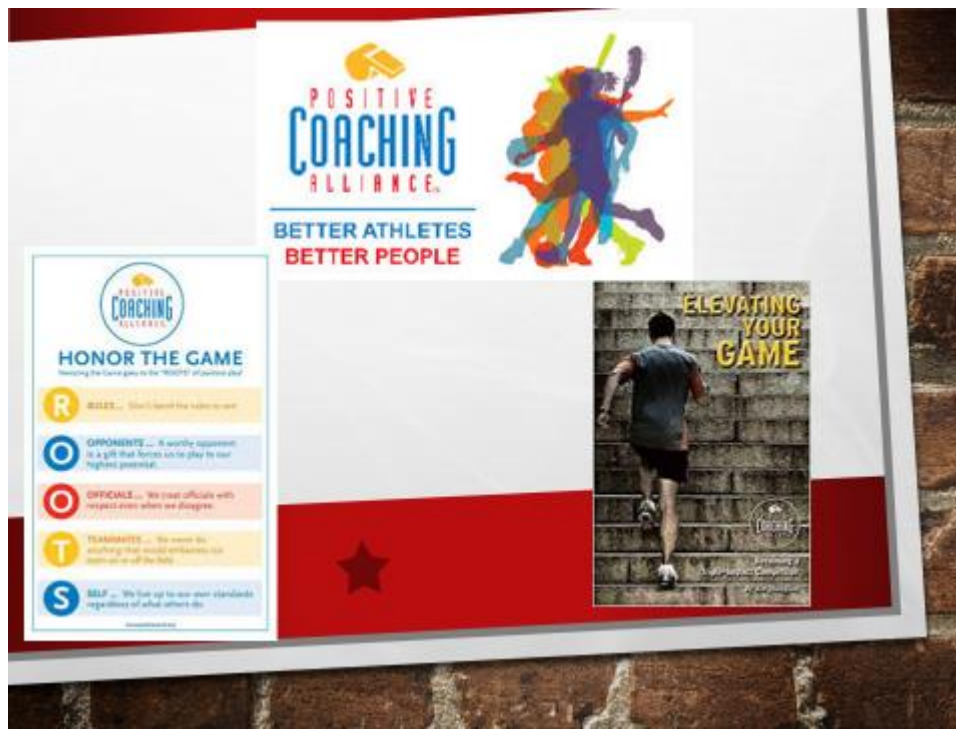
- Personal Risk Factors:
 - Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or “recreational” drugs. 5
 - Elevated blood pressure or cholesterol
 - History of health care provider ordered test(s) for heart related issues
 - Family History Risk Factors:
 - Family history of known heart abnormalities or sudden death before 50 years of age
 - Family members with unexplained fainting, seizures, drowning, near drowning or car accidents before 50 years of age
 - Structural heart abnormality, repaired or unrepaired
 - Any relative diagnosed with the following conditions:
 - ♣ Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
 - ♣ Arrhythmogenic Right Ventricular Cardiomyopathy
 - ♣ Heart rhythm problems, long or short QT interval
 - ♣ Brugada Syndrome
 - ♣ Catecholaminergic Ventricular Tachycardia
 - ♣ Marfan Syndrome- aortic rupture
 - ♣ Heart attack at 50 years or younger
 - ♣ Pacemaker or implanted cardiac defibrillator (ICD)

Any student with such signs or symptoms, family history or personal risk factors should be evaluated by a healthcare provider before participating in athletics.

This is important since SCA can be triggered by athletic activities in students at risk.⁶ It is imperative that students are educated on the risks and symptoms of SCA and encouraged to report any of the signs or symptoms to their coach or athletic trainer, and parent/guardian. Administration, coaches, and athletic trainers will want to foster a culture of acceptance, where the health and safety of the athletes is foremost as early identification and treatment of a student at risk for SCA may save their life.

Any student displaying signs or symptoms of pending SCA must be immediately removed from athletic activities and not resume athletic activities until they have been evaluated by and received written signed authorization to do so from a licensed physician.

SPORTSMANSHIP - POSITIVE COACHING ALLIANCE



SECOND GOAL PARENT

- A SECOND-GOAL PARENT RECOGNIZES THAT THERE IS A LITTLE PICTURE AND A BIG PICTURE IN YOUTH SPORTS
- The Little Picture concerns things like whether the child is playing the right position, the team is winning, coaches strategy etc.

- The Big Picture, which often gets drowned out by the Little Picture, is about what the child is learning from youth sports.
- Second-Goal Parents let coaches and athletes worry about the first goal of scoreboard results. *Second-Goal Parents have a much more important role to play: ensuring their children take away from sports lessons that will help them be successful in life including the opportunity to FAIL.*



SOCIAL MEDIA AND YOUNG ATHLETES

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437#:~:text=Social%20media%20harms&text=Another%202019%20study%20of%20more,and%20depression%20or%20anxiety%20symptoms.>





I look forward to working closely with all of the student-athletes and their parents of the Hewlett-Woodmere Community. If you have any additional questions, feel free to contact the athletic office at: 516-2792-4021.

David Viegas

District Director of Physical Education,
Health, & Athletics