

Winter Sports Parent/Athlete Meeting



Nauset Regional
High School
Director of Athletics

John Mattson

Nauset Warriors

Parent & Athlete Meeting

- Introduce Head Coaches
- Nauset Warriors Booster Club
- Renovation Project
- Schedules & Website
- Athletic Department Policies
- Chain of Command & Roles
- Athletic Training Policies
- Safety Protocols

Introduction of Winter Head Coaches

Jean Leyton – Girls Basketball

Kevin Harrigan – Boys Basketball

Connor Brickley – Boys Ice Hockey

Zach Wells – Girls Ice Hockey

Moira Nobili – Boys & Girls Indoor Track

Jennifer Stevens – Boys & Girls Swimming & Diving

James Rosato – Wrestling

Nauset Warriors
Booster Club
Treasurer

Mara Archer

NWBC Various Contributions

1. Turf Field
2. Stadium sound system, scoreboard & protective netting
3. Tennis ball machine
4. Basketball shooting machine
5. Volleyball serving machine & Net System
6. Indoor batting cage
7. Supplementing past unfunded teams
8. Coach buses for tournament games
9. Hudl – Athletic Department Package
10. Coaching seminars/training
11. Awards nights
12. Softball batting tunnel/cage
13. Scholarships (\$8,000-\$10,000/year)

www.nausetboosters.com



Help Us Keep Nauset Athletics Fee-Free

The more members we have, the more we can help!

GOLD Card Members (\$75 each)

Recommended for Families of Student Athletes

Specialized Nauset Savings Card with Gold Logo

All Senior Athletes should join for eligibility for Bohannon Scholarship Consideration

BLACK Card Members (\$40 each)

Specialized Nauset Savings Card

Family Memberships give Senior Athletes eligibility for Bohannon Scholarship Consideration

SAVINGS Card ONLY (\$20 each) - no membership

Receive a local discount card for your wallet

www.nausetboosters.com

THANK YOU



**NAUSET
WARRIORS
BOOSTER
CLUB**

Supporting All High School Sports

**SUPPORT THE BOOSTERS & ATHLETIC DEPT:
WWW.NAUSETBOOSTERS.COM**

Building Project



Nauset High School

Building Update

November 2023



Winter Season Message

- Ice Hockey & Swimming & Diving:
Business as usual
- Basketball, Wrestling & Indoor Track:
Flexibility and Patience
- All: Communication is key!

Winter Facilities

- Nauset Regional Middle School
- Eastham Elementary School
- Orleans Elementary School
- Charles Moore Arena
- Willy's Gym
- Nauset Regional High School
- Wheaton College & Reggie Lewis Center

Basketball & Wrestling

- Evening schedule (after middle school sports)
- Arrive to practice/contest dressed & ready to go
- Help clean up after practice/contest
- Leave facility directly after practice/contest
- Expectation is that we leave the facility better than we found it EVERY day
- Say thank you to coaches and staff

Nauset Buses for Away Events

- Will be parked out front by main entrance
- Teams will make their way out front together and board the bus
- Goal is to leave by 2:45PM, before afternoon routes, whenever possible

Athletic Schedules & Website

Go to

www.nausetsports.org

for up-to-date athletic game
schedules, postponements,
results and summaries.



@nausetsports

for live game
scores, postponements,
results and announcements.

Roles of Athletic Program Members

Conflicts occur when a member of one group tries to assume different role.

(parent as official or coach; player as coach or official; coach as parent or official)

1. Athletes: primary focus of the program
2. Coaches: professionals who implement the program
3. Officials: professionals who administer the contest
4. Parents: supporters of players (not just their own) and program

Roles of Student Athletes

1. Demonstrate good sportsmanship, leadership and character, both on and off the playing field
2. Academics come first; athletics are a privilege
3. Respect coaches, opponents and officials
4. Communicate with coaches & teachers about issues that arise during the season
5. Positive attitude and strong work ethic
6. Build relationships with teammates
7. Be a school leader – no bullying, hazing, etc.

Roles of Team Captains

1. Demonstrate good sportsmanship, leadership and character, both on and off the playing field
2. Respect coaches, opponents and officials
3. Build positive relationships with teammates
4. Report team concerns to coaching staff
5. Lead by example: set up equipment, carry water, help teammates, etc.

Roles of Coach

1. Demonstrate good sportsmanship, leadership, professionalism and character
2. Challenge every student-athlete to get better each day
3. Give constructive & positive feedback
4. Make everyone feel part of the team and establish roles
5. Create an environment that promotes positive experiences, open communication and success

Roles of Parents & Fans

1. Good Sportsmanship
2. Support for all athletes and coaches from all teams
3. Address concerns head-on and privately, rather than complaining in the stands
4. Treat officials with respect. They are not perfect and will make mistakes just like the kids, coaches and parents.
5. Follow 24-hour rule

Chain of Command

All student-athletes and parents should follow the proper communication channels:

1. Student-athlete advocates for themselves, meet with coach
2. Parent & athlete meet with coach
3. AD, coach & parent meet
4. Principal, AD, coach & parent meet

Issues not appropriate to discuss with coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

NRHS Athletic Policies

1. Athlete Attendance

2. Transportation

3. MIAA & Vacation Rule

4. Athletic Training

Athlete Attendance

1. Athletes are required to be at every practice and game on time unless they are injured or ill.
2. The coach must be notified if an athlete cannot attend practice or a game.
3. Injured athletes should attend practice and games unless confined to bed or home.
4. Students are instructed to attend all classes each day. Minimum requirement: in school by 10am, cannot be dismissed early (exceptions must be cleared by AD)
5. Must change and participate in PE class (if they have PE) in order to participate in athletics that day

Transportation

- The school provides bus transportation, or a suitable substitute, to most “away” contests. All team members are expected to travel to and from these contests using the provided school transportation. Transportation to practice sites is the responsibility of the individual athletes. Exceptions to this policy must be requested in writing (Athletic Transportation Form) to the Director of Athletics by the student’s parent or guardian prior to the contest. A coach may give permission for a student-athlete to ride home from a game site only with their own parent or guardian.

MIAA Rules & Regulations

- MIAA RULE #100 (Bona fide team member):

A “bona fide team member” of the school team is a student who is regularly present for, and actively participating in, all team practices and competitions. Bona fide team members are precluded from missing a high school practice or competition in order to compete with an out-of-school team.

- CHEMICAL HEALTH RULE:

First Violation:

When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season in violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal parts of an event will be truncated (i.e. all fractional parts of an event will be dropped when calculating the 25% of the season).

1st Violation (25% Suspension)

# of Events in Season	# of Events Penalized
1-7	1
8-11	2
12-15	3
16-19	4
20 or over	5

Vacation Rule

- Athletes who miss consecutive practices or games due to vacations, family trips, etc. will be ineligible for participation until they make up the number of games missed and half of the practices missed during their absence. Mandatory school sanctioned trips are considered excused absences. Exceptions to this rule can only be approved by the Director of Athletics prior to the anticipated absence.

Nauset Regional
High School
Athletic Trainer
Michele Pavlu

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@NausetATC



Student Athlete Sports Medicine Responsibility

- Report injuries when they happen...DO NOT WAIT for them to get worse
- Self advocate with coaches, parents, teachers
- Follow treatment and rehabilitation plan developed by physicians, AT, and PTs
- Check in on your teammates
 - Do not ask when they will be back, ask how they are doing and if you can help
 - If you see/hear something say something
- Self care:
 - Rest: 8-10 hours of sleep a night
 - Hydrate: half your body weight in water
 - Nutrition: multiple small meals of day, protein for recovery

Services Provided in the Athletic Training Room

Services Provided:

- Emergency Care Coverage of Athletic Practices & Games
- Injury & Illness Evaluation
- Treatment & Rehabilitation
- Concussion Evaluation, Treatment, & Return to Play
- COVID-19 Return to Play
- Nutrition Education
- Program Discontinuation & Sports Medicine Referral
- Cold & Heat Therapy

Modalities Offered:

- Electrical Stimulation
- Manual Therapy
- Soft Tissue Mobilization
- Ultrasound
- ImPACT Testing
- Emergency Care Coverage of Athletic Practices & Games

Return to Athletics

- Written physician clearance for concussions, COVID-19, and moderate orthopedic trauma
- All athletes are different and therefore return to play protocols will be individualized for ALL INJURIES & ILLNESSES
- Specific graduated return for concussions & COVID-19
- All return to play is Sport/Age/Gender Specific
- Plan will be developed by athletic trainer in conjunction with treating physician and physical therapists
- Students first, must be attending school in person, full time to begin graduated return to sport

MIAA Concussion Information

Concussion Definition: An indirect or direct blow to the head that causes disruption in normal brain activity. Can be caused by athletics, car accidents, falls, or whiplash.

Signs and Symptoms

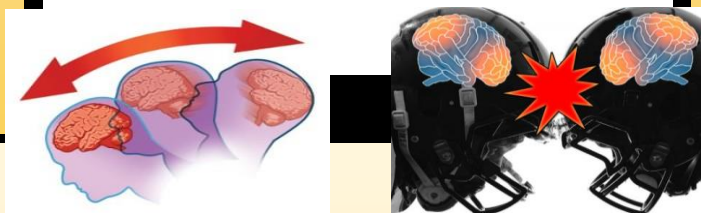
- Headaches
- Confusion
- Vomiting
- Dizziness
- Memory problems
- Feeling foggy/sluggish
- Blurred vision/seeing spots
- Sleep disturbances
- Loss of consciousness
- Irritability
- Sadness

MIAA Regulations

- Anyone with symptoms of a concussion after a direct or indirect blow to head must be taken out of activity for that day
- They cannot return to activity until cleared by a physician, nurse practitioner, physician assistant, athletic trainer, or neuropsychologist

Treatment

- Rest (decreased workload at school and home)
- Reduced screen time
- Gradual return to learn
- Physical therapy for balance, coordination and vision
- Proper nutrition and hydration
- Subthreshold activity: doing things that will not make your symptoms worse and will not cause another injury to head



Complications:

Second Impact Syndrome: When a person has suffered an initial concussion and returns to play prior to the brain healing, and a second direct or indirect blow to the brain occurs, causing immediate brain swelling, herniation, and/or death.

Post Concussion Syndrome: Concussion signs and symptoms and cognitive dysfunction that last more than one month

Chronic Traumatic Encephalopathy: When a protein similar to that found in alzheimer's disease develops on the brain due to repetitive sub-concussive blows, presents in middle aged and elderly patients. Can only truly be diagnosed upon autopsy.



MIAA Opioid Information

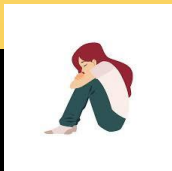
Teens can develop
chemical
dependence in just
3 days



Opioids - a drug that includes both prescription pain medicines (vicodin and percocet) and illegal drugs like heroin and fentanyl. Opioids can be prescribed by a doctor to treat pain after surgery or injury. Their misuse can easily lead to chemical dependency or addiction.

Massachusetts State Laws:

1. It is legal for anyone to possess an opioid antagonist, Naloxone, which can be obtained free of charge, and given to someone who is overdosing on opioids.
2. If you call 911 because you are with someone who is overdosing, you cannot be prosecuted for possession of anything that was found on the scene.
3. When in doubt call 911 for help!
4. Can also suffer penalties for the MIAA Chemical Health Policy



Prevention:

- Ask questions
- Be present
- Lock up medications at home
- Dispose of when done at local fire stations
- Ask for alternative medications
- Set curfews, driving privileges
- Watch for signs and symptoms

Signs and symptoms of addiction:

- Isolation from family and friends
- Irritability
- Drowsiness
- Frequent flu-like symptoms
- New financial difficulties
- Cravings, sweating, shallow breathing, constipation

Complications:

Chemical Dependence:

- The repeated, uncontrollable use of opioids that threatens the overall health of the person affected

Overdose:

- Face is pale; feels clammy to the touch
- Body goes limp
- Fingernails & lips have purple or blue color
- Vomiting or making gurgling noises
- Cannot be awakened or unable to speak
- Breathing and/or heartbeat slows or stops



Treatment:

- Contact your pediatrician/physician
- Reach out to school for support from nurses, guidance counselors, and adjustment counselors
- Medications
- Counseling
- Support from family and friends

Resources

- www.nata.org
- www.drugfree.org
- www.mass.gov/dph.bsas
- [www.mass.gov/dph/resourcesforyouthopioidmis
use](http://www.mass.gov/dph/resourcesforyouthopioidmisuse)
- [https://www.cdc.gov/headsup/youthsports/ind
ex.html](https://www.cdc.gov/headsup/youthsports/index.html)

John Mattson

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Sportsmanship

- 2023 District 9 Sportsmanship Award
 - C & I League, Patriot League & South Shore League

Upcoming Department Events

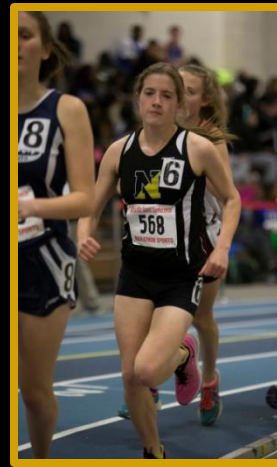
- **Fall Sports Awards Night** –
Tuesday, December 5th at 6:00pm
- **Winter Sports Awards Night** –
Tuesday, March 12th at 6:00pm

BEST OF LUCK
TO ALL OUR
WINTER TEAMS!

Go Warriors!!!

Team Meetings

- Boys Ice Hockey – Auditorium (Lower Left)
- Boys Basketball – Auditorium (Upper Right)
- Indoor Track – Room 106
- Swimming & Diving – Room 107
- Girls Basketball – Room 112
- Girls Ice Hockey – Room 114
- Wrestling – Room 205 (Upstairs)



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