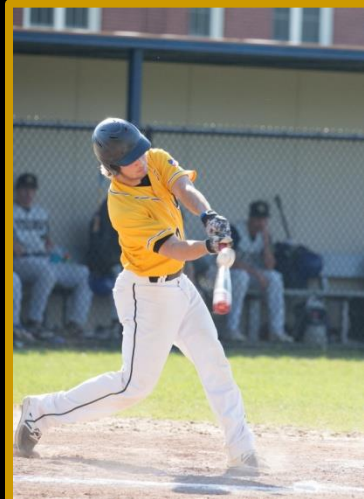




Nauset Spring Athletics



Nauset Regional
High School
Director of Athletics

John Mattson

Parent & Athlete Meeting

- Head Coach Introductions
- Nauset Warriors Booster Club
- Renovation Project – Logistics
- Schedules & Website
- Athletic Department Policies
- Chain of Command & Roles
- Athletic Training Policies
- Safety Protocols
- Team Meetings

Introduction of Head Coaches

Brett LaBonte – Baseball

Harold Pini – Softball

Alexis Mathison – Sailing

Heather Stevens – Girls Lacrosse

Jesse Peno – Boys Lacrosse

Kathleen Tringale – Girls Tennis

Andy Lisle – Boys Tennis

Brian Hicks – Girls Golf

Moira Nobili – Girls & Boys Track & Field

Alanna McMorrow – Unified Track & Field

Nauset Regional
High School
Principal

Patrick Clark

Nauset Warriors
Booster Club
President

Lisa Still

NWBC Various Contributions

1. Turf Field
2. Stadium sound system & 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. Protective face masks
9. HUDL
10. Coaching seminars/training
11. Awards nights
12. Scholarships (\$10,000/year)
13. Coach buses for long-distance tournament games

www.nausetboosters.com



Evening for Champions



Saturday, March 23rd – 6:00PM

Pelham House Resort

Evening for Champions



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Purchase your tickets above or at

www.nausetboosters.com

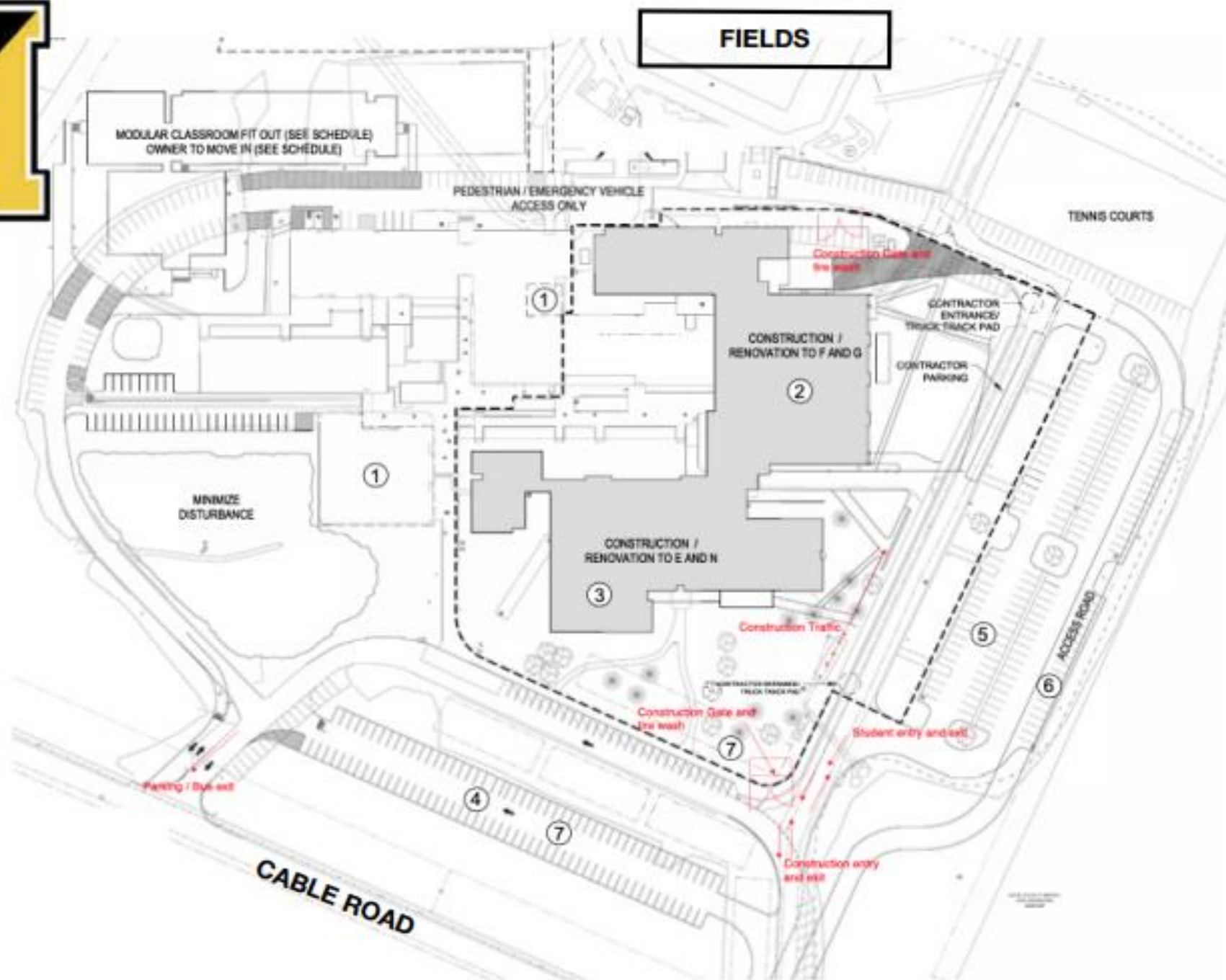
THANK YOU



**NAUSET
WARRIORS
BOOSTER
CLUB**

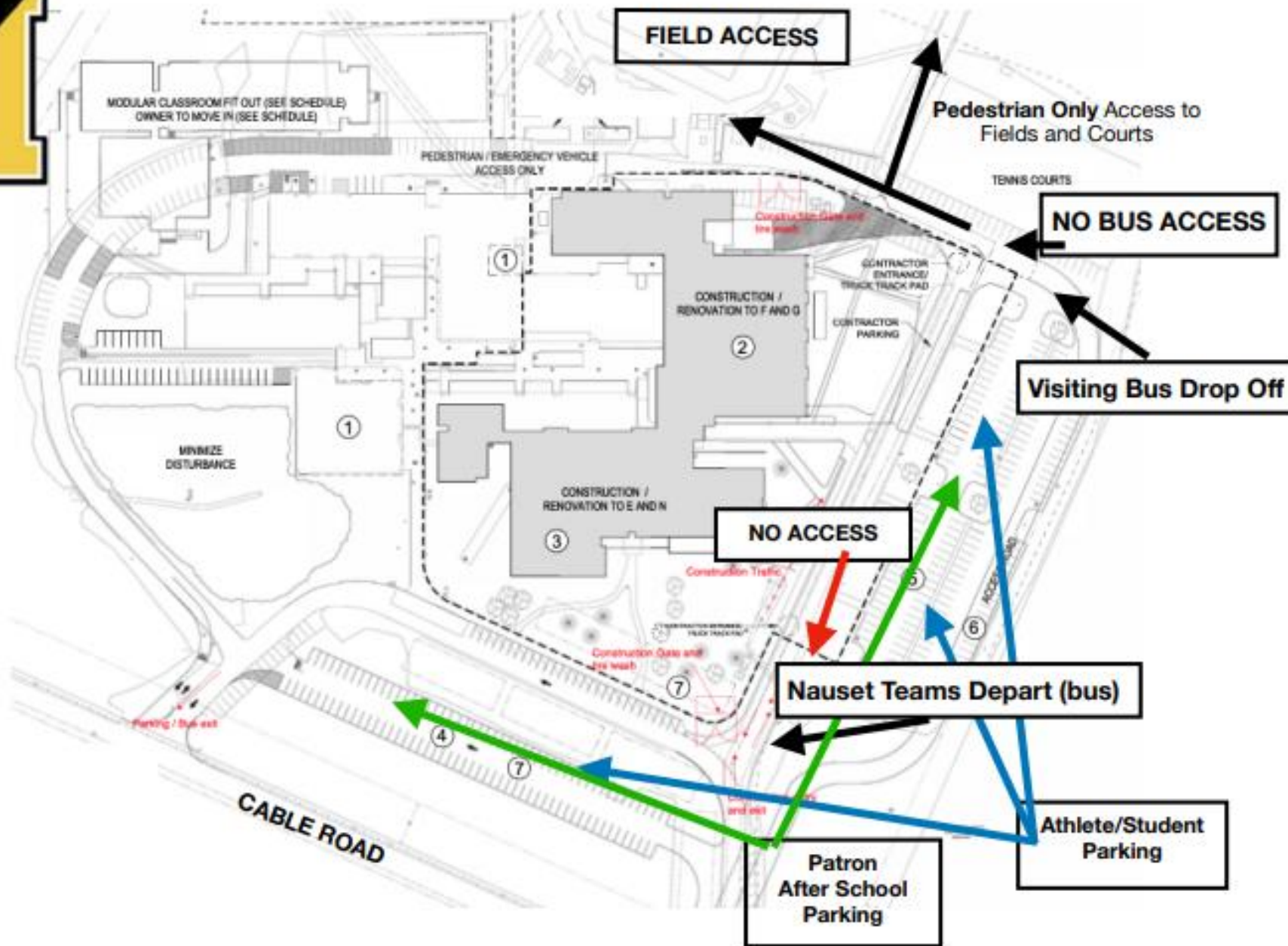
Supporting All High School Sports

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



Navigating Campus

- Accessing Fields
- Student Parking & Patron Parking
- Parent Pick Up (evenings)
- Nauset Bus Departures
- Visitor Bus Arrivals/Drop Off



Students Accessing Fields After School

- Exit through C-Lobby/Modulars onto main road by fields.
- Enter field area through road by the concession stand
- Path from tennis court parking lot to stadium is access/exit point to fields

Patron Parking

- Main student parking lot
- Parking lot out front (walk through the student parking lot to the fields)

Parent Pick Up (Evenings)

- Park in main student parking lot by tennis courts and loop back around and out
- Can also park out front

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

Visiting Team Buses

- Enter student parking lot (after 3:20PM)
- Drop off near tennis courts
- Loop back through tennis court parking lot to exit
- Park in front parking lot

Changing/Storage

- Drop bags off in the morning before 8:35am in the auditorium (not in aud. lobby)
- Changing Areas in Auditorium building
- Concession Stand bathrooms will be available
- Outdoor storage will be available for students who can't take their equipment home each day
- After practice/event, students should go directly home to change (no re-entering school buildings)

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.

***Captains Council – April 3rd @ 12:30PM (1/2 day)**

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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774-353-7205

@NausetATC



Athletic Registration & Prevention

- ONLINE REGISTRATION THROUGH FAMILY ID
 - Link can be accessed by www.nausetsports.org
 - Or by going to www.familyid.com and searching “Nauset”
- Physical Forms: Physicals will expire 13 months from the date of exam, an in-person physical must be completed and submitted for athletics
- Baseline Impact Testing: every 2 years for contact sports, every 4 years for non-contact sports
 - Parents & Student athletes will be notified by email if they need to retake ImPACT testing.

Physician Clearance

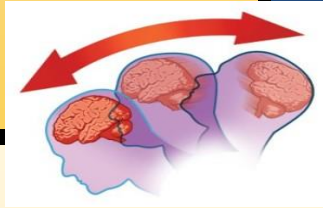
- Those students who see a physician for any medical condition need a note for clearance to return. This includes:
 - Orthopedic injuries (sprains, strains, fractures, concussions) even if not treated by the athletic trainer
 - Illnesses beyond the common cold will complete gradual RTA once cleared by physician
 - Pneumonia
 - Bronchitis
 - Mononucleosis
 - Skin Infections
 - COVID-19

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
- Nausea/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 worsen symptoms or 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.



Concussion Progression

- Injury occurs and student athlete is seen by AT or MD
- Intake exam occurs by AT which includes:
 - vision screening
 - balance testing
 - Pen and paper cognitive testing
- Modifications occur in classroom and are directed by MD
- ImPACT testing will occur when student athlete is near symptom free and starting return to activity progression
- In order to return to play:
 - Symptom free at rest, in school, and with light activity
 - Impact testing within baseline levels
 - Vision and balance screening improved
 - Tolerating all practices

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:

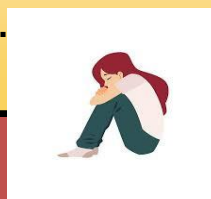
- It is legal for anyone to possess an opioid antagonist, Naloxone, which can be obtained free of charge, and given to someone who is overdosing on opioids.
- If you call 911 because you are with someone who is overdosing, you cannot be prosecuted for possession of anything that was found on the scene.
- When in doubt call 911 for help!
- 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 & clammy
- Body goes limp
- Fingernails & lips have purple or blue color
- Vomiting or gurgling
- 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/resourcesforyouthopioidmisuse
- <https://www.cdc.gov/headsup/youthsports/index.html>

Upcoming Events/Deadlines

- Ice Hockey State Championship – Sunday, March 17th @ 3:00PM – TD Garden, Boston
- Evening for Champions– Saturday, March 23rd @ 6:00PM – Pelham House Resort
- Bohannon Scholarship Applications – Due April 1st (Guidance Office)
- Senior Athlete Night – Wednesday, May 22nd @ 6:00PM – Brewster Baptist Church
- Spring Sports Awards Night – Thursday, June 13th @ 6:00PM – NRHS Turf Field

John Mattson

Director of Athletics

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@nausetsports

BEST OF LUCK
TO ALL OUR
SPRING TEAMS!

Go Warriors!!!

Team Meetings

- Girls Lacrosse – Auditorium Lower Left
- Boys Lacrosse – Auditorium Upper Right
- Baseball – Room 106
- Track & Field – Room 107
- Girls Tennis – Room 112
- Boys Tennis – Room 114
- Softball – Room 205
- Girls Golf – Room 206
- Sailing – Room 210
- Unified Track & Field – Lobby (near



Nauset Spring Athletics

