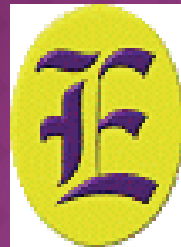


ATHLETIC PARENTS
PRE-SEASON
WELCOME



August 2, 2009

5:00 pm

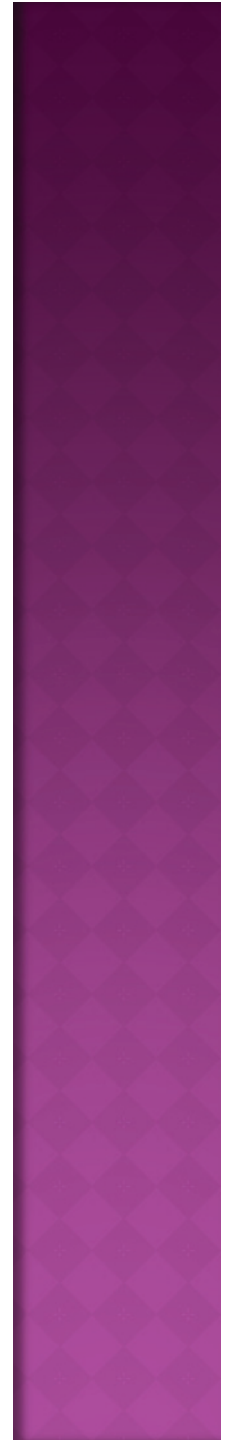
High School Cafeteria

WELCOME

- ◉ **Welcome to the 2009-2010 School Year.**
- ◉ **Athletic Sports Offered at Ephrata:**
- ◉ *Fall:*
 - *Boys Soccer (JH), Cheerleading (JH), Cross Country (JH), Field Hockey (JH), Football (JH), Girls Tennis, Girls Volleyball, Golf*
- ◉ *Winter:*
 - *Bowling, Boys Basketball (JH), Girls Basketball (JH), Rifle, Swimming, Winter Track, Wrestling (JH)*
- ◉ *Spring:*
 - *Baseball, Boys Lacrosse, Girls Lacrosse, Girls Soccer (JH), Softball, Boys Tennis, Track and Field (JH), Boys Volleyball*

SPORTS SIGN-UPS

- ◉ Sign-ups for each season are conducted in schools (Athletic Office - HS) (Main Office - MS & IMS).
- ◉ Winter Sports Sign-ups:
 - **October 19 - 23**
- ◉ Spring Sports Sign-ups:
 - **February 8 - 12**
- ◉ Fall Sports Sign-ups:
 - **May 17 - 28**



GENERAL ATHLETIC INFORMATION

Eligibility

EASD & PIAA:

- ⦿ **Must be enrolled in EASD or in an approved home school, cyber or charter school.**
- ⦿ **19th Birthday may not be before July 1 of the upcoming school year. (16th birthday for JH).**
- ⦿ **Must be passing 4 credits and may not be failing 2 or more classes (weekly eligibility).**
- ⦿ **Must pass 4 credits and may not fail 2 or more classes for marking period (out 15 schools days).**
- ⦿ **General Note on Academic Eligibility:**
 1. Students failing 2 or more subjects are ineligible to participate from Sunday to Sunday of the following week.
 2. Practice is permitted, however, students must stay after school in one of the classes they are failing and get a note from the teacher to be turned into the coach before being allowed to practice each day. **NO NOTE = NO PRACTICE!**

ATHLETIC PHILOSOPHY

- ◉ *The athletic department philosophy is to inspire and motivate our student athletes to achieve success both athletically and academically. Our coaches will work as a cohesive unit and serve as positive role models to accomplish the overriding goal of providing our community with productive citizens.*
- ◉ **We will accomplish this by:**

Creating a positive atmosphere that emphasizes care and respect for one another, passion for what we are doing, and pride in our efforts / accomplishments.

Developing a relationship based on trust and loyalty.

Instilling self-confidence and a successful attitude by emphasizing the importance of every student - athlete within all our teams.

Teaching the life skills (perseverance, dedication, teamwork, etc.) found within each of our athletic programs.

Stressing success as a by-product of hard work - emphasize the team concept.

Continually encouraging student-athletes to give their full effort while displaying school spirit and sportsmanship.

ATHLETIC OBJECTIVES AT DIFFERENT LEVELS

- ⦿ Participation, fun, and basic fundamentals are the essential objectives at the JH level in all sports.
- ⦿ Skill development and participation practice are essential objectives at the JV level.
- ⦿ Competitiveness, trying to obtain success as a team are essential objectives at the varsity level.
- ⦿ Reality, teams go through building phases using younger players at the varsity level, the objectives remain, but the focus in these situations may be different (more development).



GENERAL ATHLETIC INFORMATION

- Parent/Student Handbooks will be provided at pre-season team meetings and discussed at the first day of practices by the coaches/AD.
- Important information regarding school policies, procedures, and expectations are detailed in the handbook.
- Last page of handbook must be signed by student-athlete, parent/guardian, and returned (each season they participate in a sport).

SPORTSMANSHIP

- ◎ Sportsmanship is a vital part of a successful inter-scholastic athletic experience.
- ◎ Sportsmanship is an expectation for all student-athletes, coaches, and spectators.
- ◎ Inappropriate acts will result in disciplinary actions, including suspension and possible dismissal from a team.



ATHLETIC PHYSICALS INFORMANTION

- PIAA requires all student-athletes to have a complete physical which can not be dated prior to June 1 for the given school year.
- Once the original physical is completed, if the student-athlete selects to participate in another sport within that same school year, a **RECERTIFICATION** form is needed.
- The Recertification form is completed by parents/guardians and is certifying that the student was not seriously ill or injured since the original physical.
- The student-athlete may not participate in the additional sport until the recertification form is completed.

GENERAL ATHLETIC INFORMATION

⦿ Attendance:

1. Student must be in school by 8:00 am to be eligible to participate in that day's activities.
2. Only a legal or medical note will be acceptable alternatives to this police.

⦿ Needs to Participate:

1. Athletic Physical (or recertification)
2. Acknowledgement of Risk Form
3. Signed Athletic Handbook Form

GENERAL ATHLETIC INFORMATION

Parent-Coach Communication Plan:

- ◎ It's purpose is to clearly state the process in which communication is required to occur between parents and coaches. It focuses on:
 1. Appropriate issues for discussion.
 2. Inappropriate issues for discussion.
 3. Steps to follow when concerns arise.
- ◎ Entire plan is found in the ***Parent-Student Handbook*** given out prior to each season at the pre-season meetings.

INJURY REPORTING

- ◎ If an injury occurs...
 1. Let the coach know immediately.
 2. Athletic trainer must also be made aware of the injury.
 3. Injured athletes can only return to competition after they are cleared by the school's athletic trainer or school physicians.

- ◎ *If an athlete goes outside these steps and is treated by another physician or specialist, an athlete may not return to action until the athletic trainer receives a note clearing the athlete from the physician who treated the injury.*

- ◎ *Also, if an athlete is on a medical excuse removing them from PE class participation, the athlete is also out for the same period of time for their athletic team.*

COLLEGE RECRUITING: 101

- ◉ College Athletics levels:
 1. Division I
 2. Division II
 3. Division III
- ◉ Divisions I and II are similar in regards to recruiting.
- ◉ All three levels are similar in regards to competitiveness. The time commitment is extremely different between the three levels, but all three levels are very competitive.

COLLEGE RECRUITING: 101

◎ Steps for preparing for college recruiting:

1. Develop a plan and set realistic goals.
2. Register with NCAA initial-eligibility clearinghouse.
3. Focus on academics and take the necessary standardized tests.
4. Make sure your guidance counselor is aware of your plans so proper class scheduling and requirements are all met.
5. Keep everything in perspective and enjoy the process.

COLLEGE RECRUITING: *HARSH REALITY*

- ⦿ The average athletic scholarship is usually a single-digit percentage of the total college cost.
- ⦿ Only 2% of interscholastic athletes are awarded athletic scholarship monies.
- ⦿ Scholarships are typically split and distributed among team members (especially in non-revenue sports like baseball, softball, etc.)

GENERAL ATHLETIC INFORMATION

⦿ Athletic Schedules:

Most up-to-date schedules are available at:

www.highschoolsports.net

- ⦿ You can sign-up on this site to automatically receive email notification of schedule changes and updates.
- ⦿ Site is available on the EASD website under “*Calendar of Events*” or on the athletic website under “*Athletic Schedules*”.

GENERAL ATHLETIC INFORMATION

- ⦿ Student-athletes are responsible for all equipment and uniforms assigned to them. Any lost or damaged equipment is the financial responsibility of the student-athlete.
- ⦿ Any student owing an obligation (financial or time) are ineligible to participate in any activity until the obligation is resolved.
- ⦿ Prior to the beginning of each season there is an event “**Meet the Mounts**” where athletes and coaches from all teams during that season are introduced.
- ⦿ Transportation is provided to all athletic contests. If you would like your son/daughter to ride with you home from a contest, a written and signed note is needed.

GENERAL REMARKS

- ◉ To continue to be competitive, we need to continue to encourage our student-athletes to put in the time needed.
- ◉ This time commitment does not mean student-athletes should be focusing on only one sport.
- ◉ Supporting and encouraging our student-athletes to attend off-season workouts, team camps, clinics, youth camps, as well as regularly attending the weight room, will go a long way in continuing our competitiveness on the athletic field while also helping to grow successful, well-rounded student-athletes.

GENERAL REMARKS

- ◎ Many of our teams have booster clubs to help support them, please consider joining and becoming an active member.
- ◎ Ideas and suggestions for athletic improvements, school/community spirit events, and ways to improve the overall experience for our student athletes are always welcome.
- ◎ Contact me at: t_long@easdpa.org