

OWEGO APALACHIN ATHLETICS WINTER 2018-19

PARENTS & STUDENTS ONLINE INFORMATION SESSION

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Booster Club

Sports Booster Club Mission:

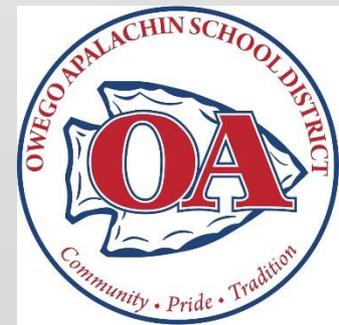
To cultivate and promote community involvement in, and support of, athletic programs within the Owego Apalachin Central School District; to recognize student athlete accomplishments; to encourage greater participation by the student body, cooperating with and supporting existing district standards.

Meetings:

* Monthly. Contact athletics office for the current month's schedule.

Current Officers:

- * **President** – Laura Wasyln
- * **Vice President** – Kristine Maslin
- * **Secretary** – Rebecca Bowers
- * **Treasurer** – Jan Nolis



Athletic Training

- Proper Nutrition & Hydration
- Proper Rest
- Strength and Conditioning Exercise
 - Injury Prevention
 - Performance Enhancement
- Concussions
 - Concussion Education and Sign-Off is in the Handbook.
 - OACSD Concussion Management Protocol
 - Return to Play Guidelines
 - July 1, 2012 – Concussion Management and Awareness Act



Medical Resources

Dr. Phykitt (CMO)

- Must oversee and sign off on ALL Concussions and Return to Play, **regardless if cleared by family physician.**

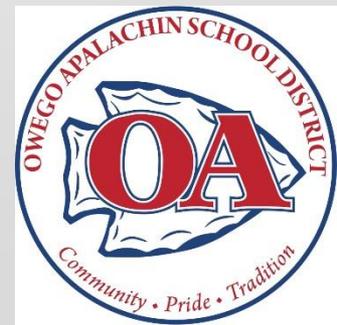
Guthrie Clinic – Main Campus, Sayre, Pa.

- Monday, Tuesday, and Friday Morning
- Call at 7AM for an early AM appointment
- (570-887-2239)
- Family Medicine Clinic
- Wednesday and Thursday: Walk-in's 3-4 PM
- Saturday Walk-in's 9-11AM

Athletic Trainer

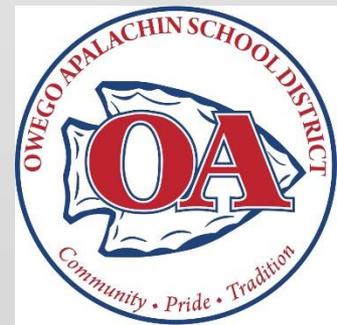
- Kaitlin Osborne
- Full-time coverage
- Will treat and care for all athletes while here
 - Kaitlin_Osborne@UHS.org

ImPACT Testing



Nutrition and Supplements

- Creatine, Red bull, highly caffeinated beverages other PED's are dangerous for athletic performance and are not recommended for use.
- They cause elevated heart rate, dehydration and renal (kidney) complications.
- Water, Gatorade, chocolate milk are great for recovery after workouts and games.
- Steroids, HGH and other PED's (performance enhancing drugs) are illegal unless prescribed by doctor for medical reasons



Physicals & Addt'l Required Paperwork

- Every parent/student-athlete must have completed their physical and all online paperwork in order to participate.
 - Electronically Sign and submit all paperwork online through Rank One Sports.
 - No hard copy paperwork will be accepted
- This includes the Health Update
 - 1 health update per sport season, regardless of physical date
- No Physical/Health Update and electronically signed paperwork – No Participation!



Duty to Warn Video:

www.youtube.com/watch?v=5s2mGA8tDnA



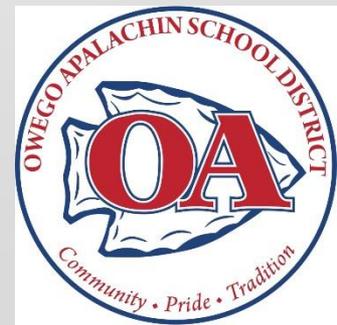
Sports Bus

- Late Bus leaves OFA at 5:15 pm
- Will arrive at AES between 5:35 - 5:45
- **IMPORTANT NOTE:**
 - There is no school supervision at AES, please be there to pick your children up on time.

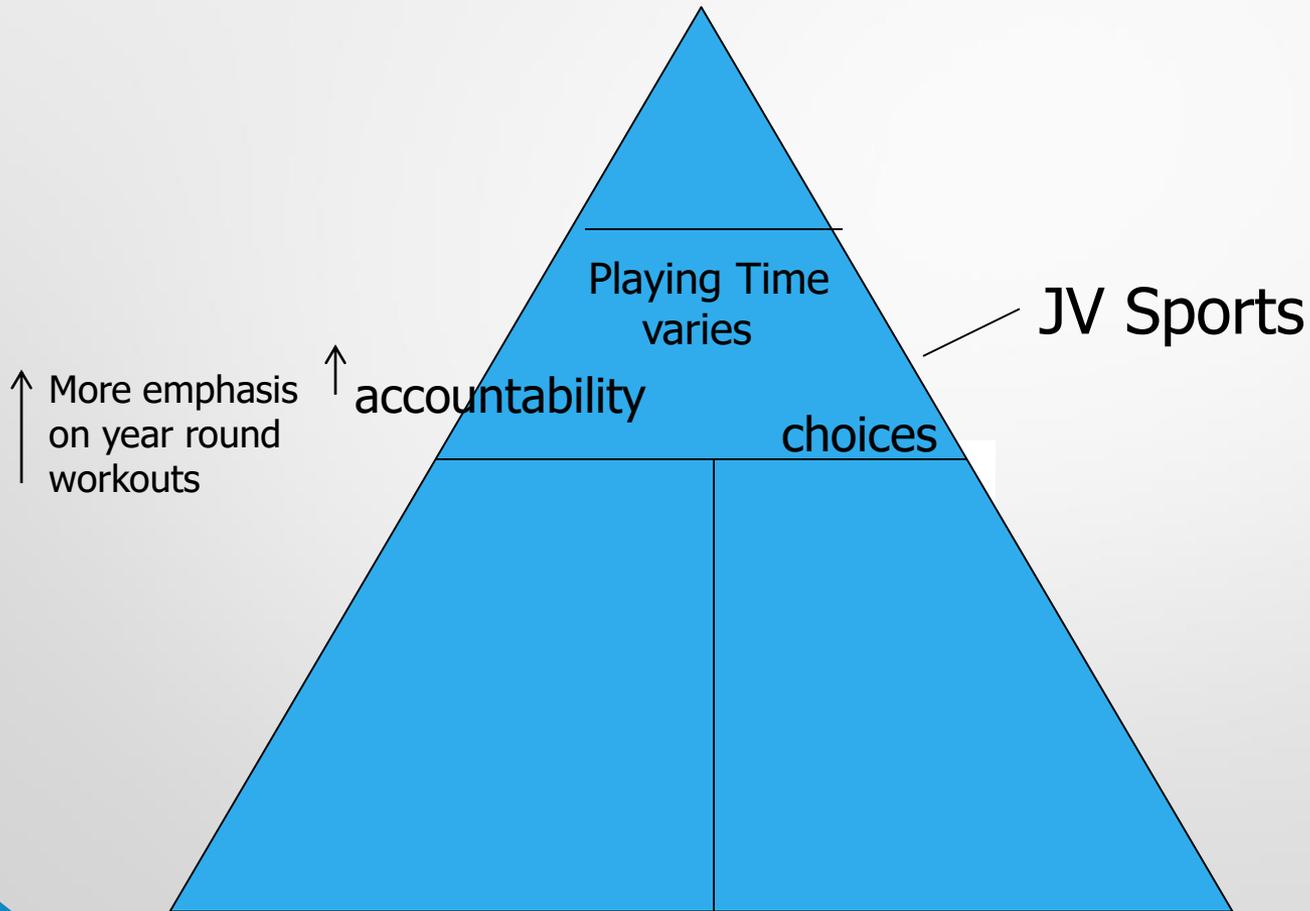


Player Development - Modified

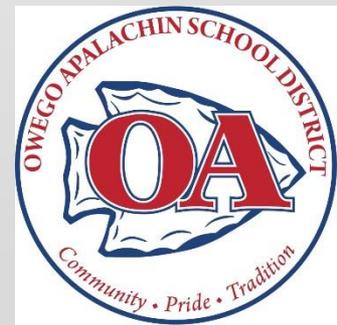
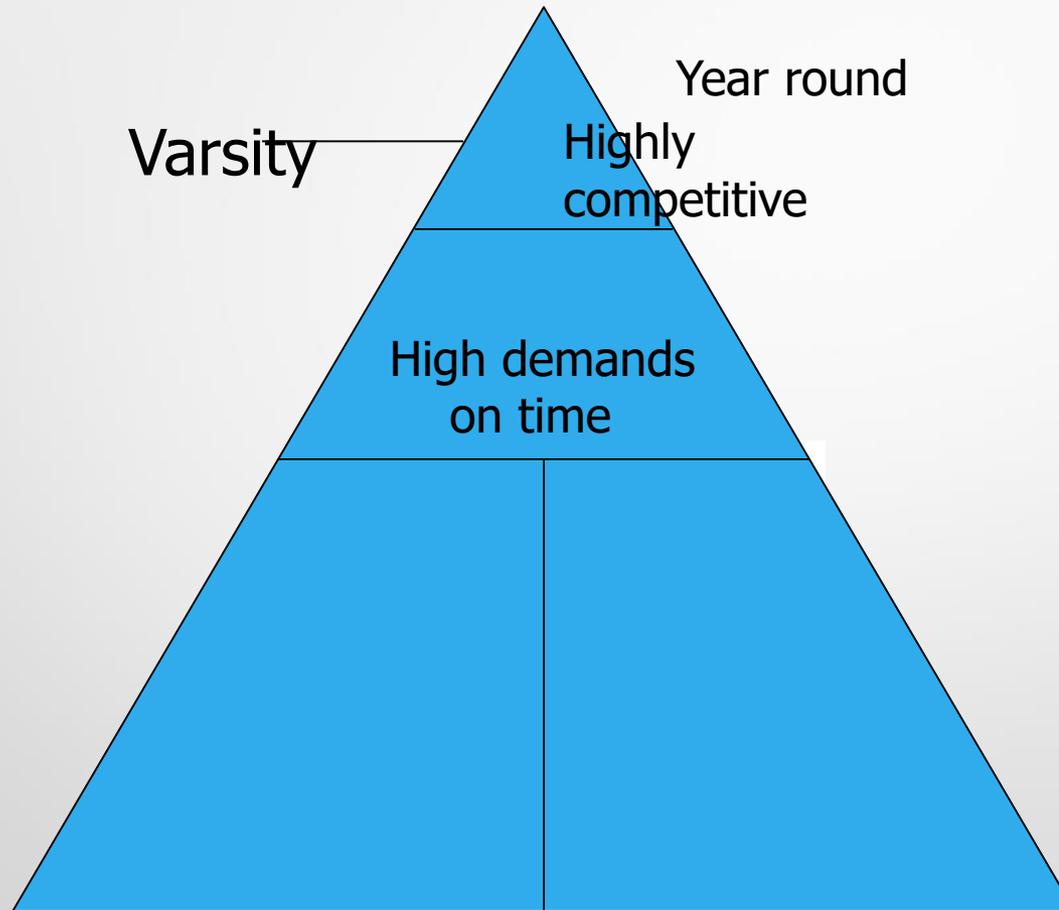
Modified
Sports



Player Development - Junior Varsity



Player Development - Varsity



Commitment to Academic & Athletic Excellence

- Students:
 - Set high expectations for yourself.
- College Bound Student-Athlete
 - Resource Link on Athletics Website
 - Consult with your Head Coach & Athletics Director
- Every year counts academically and athletically
- Hold ourselves, students & athletes accountable for commitment and work ethic



Living the Dream...

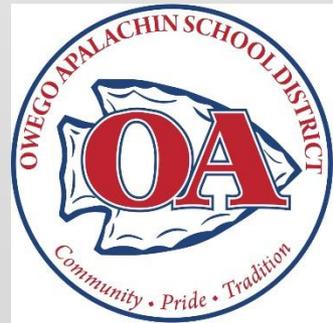
- 1% of student athletes across the country receive some form of athletic scholarships
- .1% of 1% of College athletes sign a professional contract
- 45%-55% of students receive academic scholarships or grants of some kind

Don't put all your eggs in 1 basket



Athletic Department Policies & Procedures:

- No Tobacco (including vapes, juul's, e-cigarettes and any nicotine delivery device), Alcohol, or illegal drug use
- Full day attendance in school in order to participate in practice or games.
- Coaches will have additional program rules
- Parent and Guardian Code of Ethics (Handbook)
- STAC Sportsmanship Policy (Handbook)
- Athletics Handbook (Expectations and Rules)
 - Read and sign electronically – Rank One Sports Link on athletics website
- Respect campus rules and regulations (Parking, etc...)



Vacation Rule/Participation in Outside Organizations

- Vacations – (see Athletics Handbook)
- Participation in Outside Organizations –
 - Proactive Communication with Coach and Athletics Dept.
 - Proactive Planning
 - Flexibility
 - In-season sport takes precedence



Social Networking

- All coaches, students, parents, and fans are expected to conduct themselves in a professional manner.
- No person can speak on behalf of or falsely represent, our district, athletics department, team, or student.
- Our code of conduct extends to cyberspace and anyone violating our policies is subject to disciplinary action.



Hazing/Bullying

The Law:

A person is guilty of hazing in the first degree when, in the course of another person's initiation into or affiliation with any organization, he/she intentionally or recklessly engages in conduct which creates substantial risk of physical injury to such other person or a third person and thereby causes such injury.

- Class A misdemeanor
- Immediate removal from team

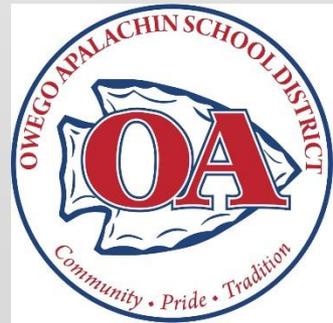


Respect for All – Parents Code

- Be a PARENT, not a COACH!
- Playing time is a non-issue...
 - Coach Management of roster (Mod/JV/Varsity)
- Respect is expected for and from every coach, student, staff member, parent, official, and fan.

When attending games, Home or Away...

- Be Loud, Be Proud, Be Positive!
- Do Not approach your coach in a negative way on the day of a game, or as they are walking to and from practice.
 - Schedule an appointment with your coach
- Do not approach officials before, during or following a game
- If you are confronted by anyone for any reason, do not reciprocate.
 - Please direct that person to the athletic director or school administration.
- Chain of Command
 - Coach → AD → Superintendent.



Unsolicited Advice

A parent SHOULD focus on these questions:

- Did you play hard?
- Did you do your best?
- What do you remember from the game?
- Did you have fun?
- What are you going to work on?

And NOT these:

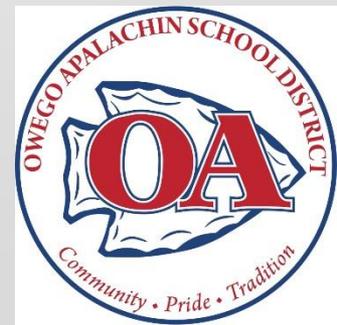
- How much did you play?
- Any individual stats?

Avoid talking negatively about the coach in front of your child.



Some things to realize...

- Playing time comes from hard work and talent
- Being negative about others will not be tolerated
- Summer camps, off-season leagues/workouts are just opportunities to get better
 - Doesn't guarantee you a spot on the team
- Being older doesn't mean you'll play a lot, someone is always chasing you
- The coach does not have favorites, they want to be successful as bad as you do and will play those they think will make the team successful at that point in time.
- Focus, intensity and doing the little things in practice gets you in the game.



Let's Have a Great Season and Commit to the Same Goals...

- Build rapport between parents, athletics department and community.
- Positive Communication with parents for the mutual support and benefit of the students.
- Create an experience for athletes personal growth in character, behavior, teamwork and communication that exceed their athletic accomplishments.
- Develop and cultivate character.



Athletics Communication

OACSD District Website:

<http://www.oacsd.org>

Athletics Website:

<http://www.oacsd.org/Athletics.aspx>

Schedule Galaxy:

<http://www.schedulegalaxy.com>

Twitter:

[@OFAAthletics1](#)

