

Owego Apalachin Athletics Spring 2019

Parent & Student Athlete Online Information Session

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Owego Apalachin Central School District

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 Laura WasylIn for the current month's schedule at lawasylIn@gmail.com

Current Officers

President – Laura WasylIn

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 (see concussion management protocol)

Medical Resources

Dr. Phykitt (CMO)

- Must oversee and sign off on **ALL** Concussions and Return to Play, **regardless if cleared by family physician.** (see concussion management protocol)

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

Physicals & Additional 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!

Nutrition, Supplements, Performance Enhancing Drugs

- Creatine, Red bull, highly caffeinated beverages, and 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

Tobacco Rule (updated Spring 2019)

- No Tobacco (including vapes, juul's, e-cigarettes and any nicotine delivery device).
- Penalty will now be equal to Alcohol discipline.

(see athletics Handbook)

Duty To Warn Video

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

Sports Late Bus

- Late Bus leaves OFA at 5:15 pm
- Will arrive at AES approximately 5:35 - 5:45

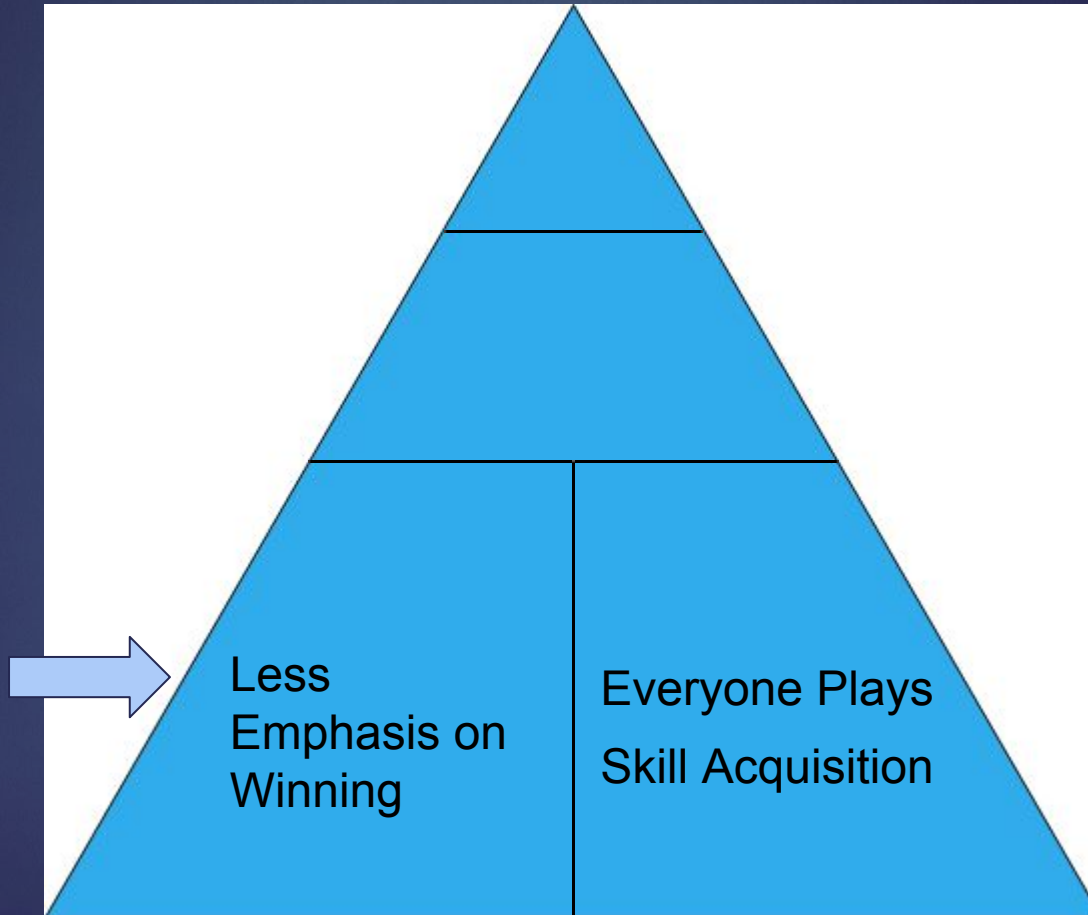
IMPORTANT NOTE:

- There is no school supervision at AES, please be there to pick your children up on time.

Player Development (Modified)

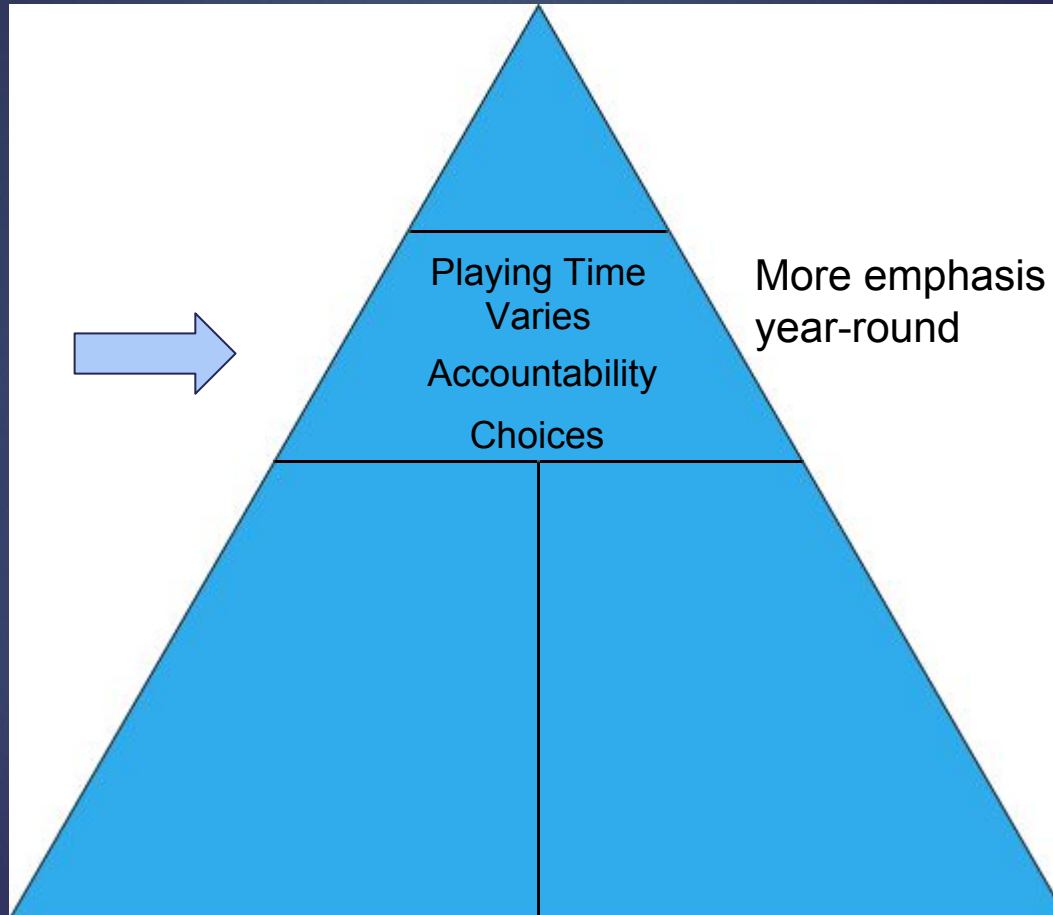
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**Modified
Sports**



Player Development (Junior Varsity)

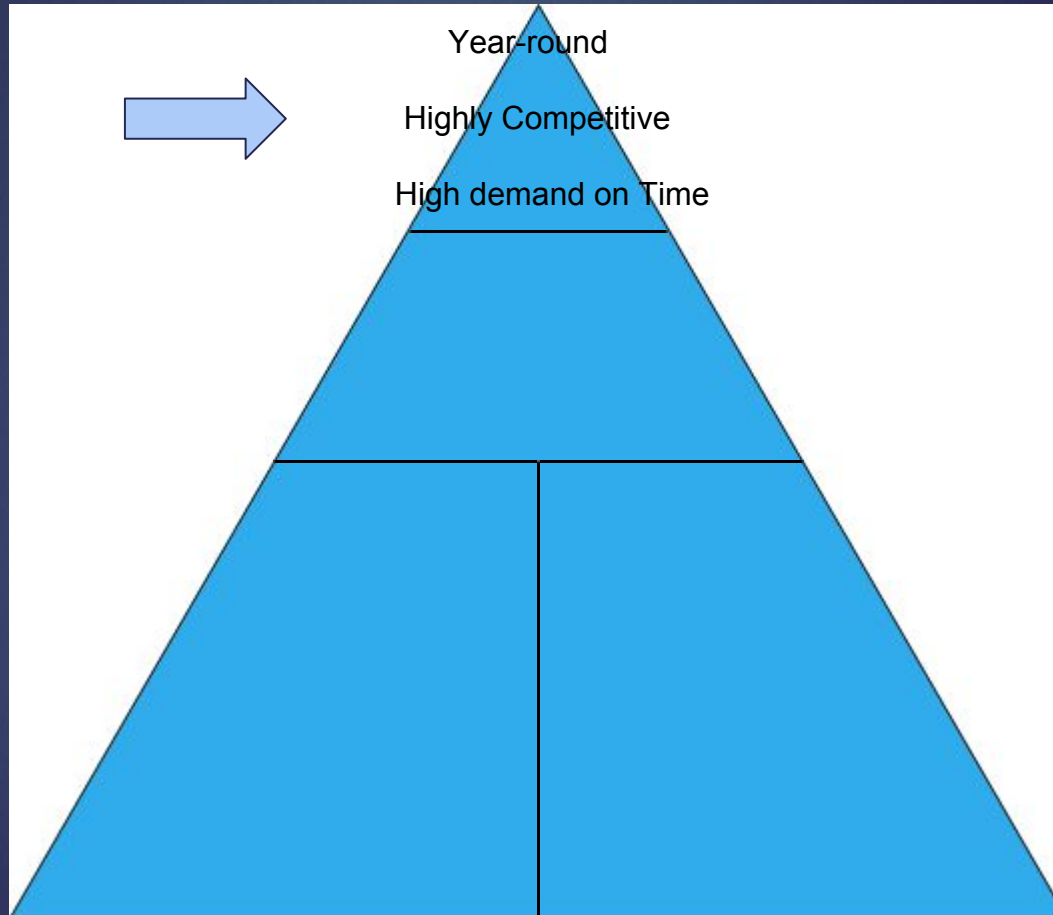
**JV
Sports**



Player Development (Varsity)

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**Varsity
Sports**



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...

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- 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

- 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, Behavior, 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 school sport takes precedence

Social Media/Networking

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- 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 individual 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
- Zero Tolerance
- Immediate removal from team

Respect For All - Parents Code

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- 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 Events, 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.

Unsolicited Advice

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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
 - These don'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, athletics department and community 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.

Owego Apalachin Athletics



22 SPORTS, 1 TEAM