

JFK Middle School

6th Grade Athletic Orientation

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May 7, 2019

Overview and Philosophy of Modified Athletics in Section XI at JFK Middle School

- For 7th and 8th graders
- We currently have 22 teams at JFK (one team per sport)
- Students can only play one sport per season
- Developmental in nature – basic fundamental skills and teamwork
- Modified athletics programs are the foundation for high school athletics
- Meet educational objectives including the highest level of sportsmanship
- To compete within the spirit of the rules
- To give every opponent due credit and respect
- To win honorably and lose graciously (act like you have been there before) and be excited to be part of a team
- Effort, commitment and learning life lessons are three of the most important attributes
- The Wins will come

Middle School Athletic Teams: Fall

Start Date – September 3, 2019

- Boys Cross Country (7th/8th)
- Girls Cross Country (7th/8th)
- Field Hockey (7th/8th)
- Football (7th/8th)
- Boys Soccer (7th/8th)
- Girls Soccer (7th/8th)
- Girls Tennis (7th/8th)
- Cheerleading (cheering) (7th/8th) (not officially a sport in the fall)

Middle School Athletic Teams: Early Winter

Start Date – November 4, 2019

- Boys Basketball (7th/8th) (2 teams)
- Cheerleading (competition) (7th/8th)
- Girls Volleyball (7th/8th)

Middle School Athletic Teams: Late Winter

Start Date – January 21, 2020

- Basketball – Girls (7th/8th) (2 teams)
- Wrestling – (7th/8th)
- Boys Volleyball – (7th/8th)

Middle School Athletic Teams: Spring

Start Date – March 23, 2020

- Baseball (7th/8th)
- Boys Lacrosse (7th/8th)
- Girls Lacrosse (7th/8th)
- Softball (7th/8th)
- Boys Tennis (7th/8th)
- Boys Track & Field (7th/8th)
- Girls Track & Field (7th/8th)

Device / League / Schedules

- Standings are not kept at the modified level
- Modified athletic schedules are based on geographic location and similar team devices
- Schedules/Directions – Go to [the Section XI Website](#) and/or [Comsewogue School District](#) (hover over Athletics on the navigation bar, then click “Athletic Calendar”)
- Information – Athletics homepage (on the Navigation Bar of the Comsewogue School District Website), SchoolMessenger, Twitter (@wogueathletics) and the Comsewogue Mobile App – subscribe to Athletics notifications

Coaches

- All Coaches are certified coaches in New York State
- All coaches are certified in CPR/AED and First Aid
- Non-physical education teachers need to take three coaching courses within five years
- Non-teachers need to take three coaching courses within five years and have a temporary coaching license
- After the third year of having a temporary coaching license the non-teacher can obtain a professional coaching license once they have completed all three of the required coaching classes

Away Games & Parent Pick-Up

- At Comsewogue all away games/meets will have an away chaperone unless there are two coaches
- All student/athletes must go home on the bus from an away contest
- The only exception is a parent may take their child home if they have written a note and submit it to my office for approval prior to the contest (fax 631-474-8175 or e-mail mdevincenzo@comsewogue.k12.ny.us)
- If an emergency arises a parent can take their child home if they write a note and give it to their coach (this practice should not be the norm, but the exception)
- Late buses are available
- If you choose to take your child home from JFK please pick up your child immediately following practice and/or a game

Current Late Bus Times for Athletics

- Fall & Spring – 4:00, 4:45 and 5:45
- Early & Late Winter – 4:00, 4:45 and 6:15
- Please be aware that you might have to make arrangements to pick up your child after away contests because the bus could get back after the last late bus

Sports Physicals & Forms

- All forms must be filled out prior to the first practice
- Parent consent, emergency contact/medical history and athletic contract
- Sports physicals are good for one calendar year
- All sports physicals must be approved by the school physician
- Sports physicals are offered at the end of the school year, once during the summer and before the start of each season
- We will have a deadline where we no longer will accept sports physicals (the last sports physical offered prior to the start of each season)

Sports Physicals & Forms (Continued)

- If your son/daughter does not have a sports physical approved by the school physician prior to start of the season (we will have a deadline) they will not be able to try-out for a team
- All injuries must be cleared by a physician for the student/athlete to return to a sport (different for a concussion clearance)
 - Example: Matt DeVincenzo is cleared for all interscholastic sports and may participate in physical education
- All clearance notes must be submitted to the school nurse, Mrs. Sue Hughes. The school nurse will give the student/athlete a “pink slip” clearing them for participation that must be given to the coach

Concussions: IMPACT Test

All of our middle school athletes that play a "contact" sport this year will take the "Impact" Test. This is a cognitive base test that provides a baseline. If a student becomes concussed our school physicians will now have something to compare.

The impact test is web based. The only people that will have access to the information are the chief medical officers for concussions, the school district and St. Charles Hospital. All "contact" sport athletes will need to take this test in order to play in their respective sport. The test takes approximately 30 minutes to complete and is free of charge as it is sponsored by St. Charles Hospital Concussion Management Program.

Chief Medical Officers for Concussions

St. Charles Hospital Concussion Management Center: (631) 476-4323

- Danielle DeGiorgio, DO
- Jennifer Gray, DO
- Mark Harary, MD
- Kalliopi Kapsalis Nestor, MD
- Anuja Korlipara, MD
- Hayley Queller, MD

JFK Middle School: (631) 474-8156

- School Nurse: Mrs. Sue Hughes

Sports Physical Reminders

- Private sports physicals must be submitted prior to the scheduled dates and must be filled out on our sports physical form
- Each date has a sixty student limit

Sports Physical Dates for 2019-2020

- Sixth Grade: May 7th (A-L) and 9th (M-Z), 2019 @ 2:00
- Seventh Grade: May 14th (A-L) and May 16th (M-Z), 2019 @ 2:00
- Eighth Grade: May 20th, 2019 (A-L) and May 21st (M-Z) @ 2:00
- Summer and future dates – TBD
- All of these dates and future dates will be on the Comsewogue School District Website Calendar and the Athletics Calendar

Section XI Code of Conduct

A. STATEMENT OF PHILOSOPHY

- The member schools encourage the attendance of students, parents and interested members of the community at all athletic events. We further encourage their active support of these programs by participating in those activities which lend themselves to stimulating student achievement, good sportsmanship, and school spirit. These activities should be positive in nature and within the guidelines of the Section XI Code of Conduct. It is not our intent to reduce the involvement of spectators or the enjoyment of those who participate. Rather, it is our goal to create an atmosphere which is conducive to healthy athletic competition, is safe for those involved, and which provides the ideals of sportsmanship and sound educational practices.

Section XI Code of Conduct (Continued)

B. SPECTATOR CODE OF CONDUCT (Violators of this Code are subject to eviction from the site.)

- 1. Spectators are an important part of the game and shall at all times conform to accepted standards of good sportsmanship and behavior.
- 2. Spectators shall at all times respect officials, coaches and players and extend all courtesies to them.
- 3. Wholesome cheering is encouraged.
- 4. Stamping of feet, taunting, foul and abusive language, inflammatory remarks, and disrespectful signs and behavior are not acceptable. Violations during a free throw attempt will be penalized by repeating the free throw, if missed. The officials will make this decision.
- 5. Faculty supervised pep bands are permitted during dead ball time. However, spectator noise makers or sound devices are prohibited.
- 6. Spectators shall observe and obey the rules and regulations of the school concerning smoking, food and soft drink consumption, and use of lavatory facilities and parking of cars.
- 7. New York State law prohibits alcoholic beverages of any kind on school property; the law further prohibits any person under the influence of alcohol to be on school property.
- 8. Spectators shall respect and obey all school officials, supervisors, and police at all athletic contests.

Sportsmanship

- Rating Cards – Coaches, Athletes and Spectators
- We all have a responsibility to be positive role models

Academics

- Athletics complement academics
- JFK does have a middle school academic eligibility policy for extracurricular activities including athletics
- Emphasis placed on academics
- The most important piece to the puzzle
- Manage your time
- Be organized
- Plan out your day
- Study hard
- Always give it your best effort
- Work hard and good things will happen
- If you need help, ask for it
- Athletics should not be bigger than life
- All practices will not start before 2:30 PM, giving students the opportunity to attend X-time

Discipline/Attendance

- Student/Athletes should set examples for good citizenship on and off the field/court/mat
- Students need to be in school for at least half the day to participate in practice/games
- It is important to attend practice
- Students that cannot attend practice should let the coach know
- During vacations it is expected that student/athletes attend practice if they are not away
- Each sport has different requirements for practices before one can play in a game/meet/match ([on the Section XI website](#))

Communication

- If you have a concern please do not hesitate to contact your son/daughter's coach
- Each coach will have a brief meeting with parents
- It is O.K. for your child to approach his/her coach about concerns or questions they might have
- If you are upset please take a step back and contact your coach the next day
- It is not be the best idea to approach a coach after a game when emotions are high for both the coach and parent
- I have always emphasized the motto that "cooler heads prevail"
- As parents we have such strong emotional ties to our children that it is sometimes better to contact a coach, teacher the next day
- Please do not hesitate to contact me if you feel you need questions answered or you have a concern
- We have great kids here at JFK and all of us have your children, our student athletes, best interest in mind

Athletic Placement Process (APP)

We currently have a selection classification policy that is now called athletic placement process (APP) that permits 7th/8th graders that pass a maturity and physical test to tryout for a junior varsity or varsity team

Parental Support: The Key to Peak Performance (1 of 4)

The role that parents play in the life of a player has a tremendous impact on their child's experience.

- Let the coaches' coach: Leave the coaching to the coaches. This includes motivating, psyching your child up for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for them and their performance usually declines.
- Support the program: Get involved. Volunteer. Help out with fundraisers, booster clubs, anything to support the program.
- Be you child's best fan: Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.
- Support and root for all players on the team: Foster teamwork. Your child's teammates are not the enemy. Support the entire team

Parental Support: The Key to Peak Performance (2 of 4)

The role that parents play in the life of a player has a tremendous impact on their child's experience.

- Encourage your child to talk with the coaches: If your child is having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.
- Understand and display appropriate game behavior: Remember, your child's self esteem and game performance is at stake. Be supportive, cheer and most importantly be appropriate. To perform to the best of his/her abilities, a player needs to focus on the parts of the game that they can control (fitness, positioning, decision making, skill, aggressiveness, etc.). If he/she starts focusing on what they cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he/she will not play up to their ability. If he/she hears a lot of people telling them what to do, or yelling at the referee, it diverts their attention away from the task at hand.

Parental Support: The Key to Peak Performance (3 of 4)

The role that parents play in the life of a player has a tremendous impact on their child's experience.

- Monitor your child's stress level at home: Keep an eye on the player to make sure that they are handling stress effectively from the various activities in their life.
- Monitor eating and sleeping habits: Be sure your child is eating the proper foods and getting adequate rest.
- Help your child keep his priorities straight: Help your child maintain their focus in school, as well as relationships and the other things in life beside athletics. Also, if your child has made a commitment to athletics, help him fulfill his/her obligation to the team.

Parental Support: The Key to Peak Performance (4 of 4)

The role that parents play in the life of a player has a tremendous impact on their child's experience.

- Keep sports in its proper perspective: Sports should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them.
- Remember: Your relationship will continue with your children long after their competitive athletic days are over. Keep your goals and needs separate from your child's experience.
- Have fun: That is what we will be trying to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to.
- Reality test: If your child has come off the field when his team has lost, but he/she has played their best, help him to see this as a "win". Remind them that they are to focus on "process" and not "results". His/her fun and satisfaction should be derived from "striving to win".

Comsewogue Athletic Philosophy

Our Interscholastic Athletic Program will follow four basic principles that will be the foundation of Comsewogue Athletics:

- Commitment/Dedication: Commit to the sport you have decided to participate in and dedicate yourself to be the best you can be.
- Passion: Believe in what you are doing and make it an important part of your life
- Effort: Work hard and good things will happen
- Have Fun: Enjoy what you are doing and make the most of each moment

Next School Year

- Currently, we have twenty two teams for two grades which is proportional to the high school and will hopefully be adding three teams
- We have forty teams at the high school for four grades
- We will have cuts for all of our teams unless the number of students that try-out is within the number that is decided for that team
- A criteria and an approximate number of students that will make the team will be determined and on the website prior to the season
- Tryouts will last approximately 4-5 days
- Only students that have an approved sports physical and are academically eligible will be able to try-out for a team
- Try-out extensions will not be given to students that cannot participate in the try-out process (unless it is an extenuating circumstance)
- We currently have an athletic promotion process (APP) that permits 7th/8th graders that pass a maturity and physical test to tryout for a junior varsity or varsity team
- This is only for student athletes that excel in their respective sport

Thank You!

Thank you for coming and have a great night. Go Warriors!!!

Contact Information and Resources:

- Email: mdevincenzo@Comsewogue.k12.ny.us
- Phone: 631-474-8196
- Twitter: @wogueathletics
- Remind: [Join by going to this link](#) or texting @mdevic to 81010
- Mobile App: Sign up for Athletics push notifications
- Website: Athletics Home Page and Athletics Calendar
- SchoolMessenger: Phone Call and Email Notifications