SHEPHERD HILL ATHLETICS

FALL 2021-22 PRESEASON MEETING

WEDNESDAY, SEPTEMBER 1ST, 2021 – COVID-19

JIM SCANLON – ATHLETIC DIRECTOR

JSCANLON@DCRSD.ORG

GETTING PRETTY TIRED
OF LIVING THROUGH
HISTORICAL EVENTS
boredpanda.com

This year is NOT last year…

Restrictions
Modifications
Cancellations

BUT… we are not back to normal… yet!

Adjusted mindsets
Mutual compassion
Flexibility
Vigilance
RENEWED PASSION

WHAT'S THE SAME?

- Shepherd Hill Regional High School remains steadfastly committed to providing quality, educational athletic programming,"…contributing to the future success and happiness of our students."
- Healthy, positive activity and opportunities to compete
- Pride and unity in wearing the maroon and gold uniform
- SH Athletics firmly believes interscholastic athletics play a CRITICAL role in re-engaging our students and holding them accountable as we return to school and rebuild the interpersonal connections to support educating the whole student

WHAT'S THE SAME?

- ✓ Online registration form
- ✓ Academic eligibility
- ✓ Physical exam
- ✓ Athletic registration fee
- ✓ Try outs
- ✓ MIAA Rule 45 – Bona Fide Team Rule
- ✓ MIAA Rule 62 – Chemical Health Rule

WHAT'S THE SAME?

- Fall Registration → CLOSED
- Academic eligibility → must not be failing 3 or more classes last quarter or for the year
  - 2 "F's" will require a principal waiver | 3+ "F's" will be ineligible until next report cards
- Per the MA DPH and MIAA, all student-athletes must have a current physical exam (dated & signed within the last 13 months) on file with the School Nurse
  - ✓ MD notes and summaries/charts do not count
  - ✓ MA DPH mandates in-person physical exams (telehealth/telemedicine do not count)
  - ✓ Physicals should be clearly labeled and dropped off at SH, emailed to School Nurses Kareen Powaza (kpowaza@dcrsd.org) and Rachael Goetz (rgoetz@dcrsd.org), or faxed to (508) 943-5956
  - ✓ PLEASE submit *as soon as possible*

WHAT'S THE SAME?

- Athletic registration fee remains $150 per student, per season
  - Online through UniPay (select Dudley-Charlton RSD – SHRHS Athletic), paper check made out to SHRHS, or cash
  - Fee will apply across all four seasons, with a family cap of $500 maximum per academic year
  - Fees are subject to change
- Try outs will be held at SHRHS
  - Coaches will communicate tryout dates/times/locations and team expectations
  - Fees do not guarantee placement on a particular team or playing time throughout a season
  - Refunds will be provided to those individuals who are cut from a team
  - Refunds will ***not*** be provided to those individuals who voluntarily leave a team or are dismissed

WHAT'S THE SAME?

MIAA RULE 45 – BONA FIDE TEAM RULE

- A bona fide memberof the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

PENALTIES

- First Offense
  - Student-athlete is suspended for 25% of the season, effective immediately
- Second Offense
  - Student-athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation
- Extraordinary and unusual circumstances
  - Please see Mr. Scanlon to discuss waiver options

WHAT'S THE SAME?

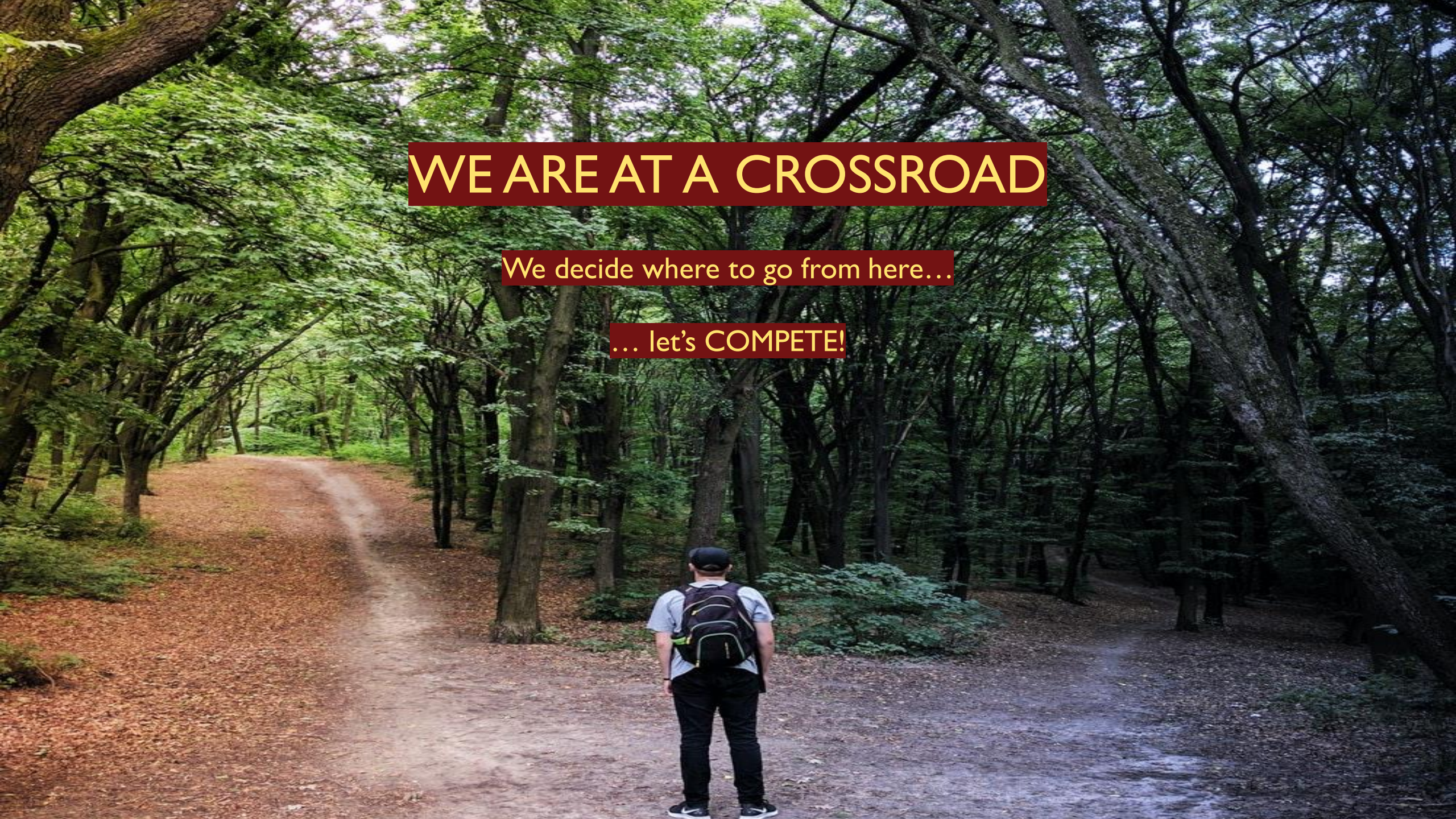
MIAA RULE 62 – CHEMICAL HEALTH RULE

- From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, vape pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; or any controlled substance. This policy includes products such as "NA or near beer", inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one's mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by their doctor.

PENALTIES

- First Offense
  - 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 contests(regular season and tournament) totaling 25% of all interscholastic contests in that sport.
- Second and Subsequent Offenses
  - 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 contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport.

1st Offense - 25%	
# of Events / Season	# of Events / Penalty
1-7	1
8-11	2
12-15	3
16-19	4
20 or over	5
2nd Offense - 60% *(and every subsequent offense)*	
# of Events / Season	# of Events / Penalty
1-3	1
4	2
5-6	3
7-8	4
9	5
10-11	6
12-13	7
14	8
15-16	9
17-18	10
19	11
20 or over	12
2nd Offense w/Dependency Program - *40% if in the program throughout the penalty period.*	
# of Events / Season	# of Events / Penalty
1-4	1
5-7	2
8-9	3
10-12	4
13-14	5
15-17	6
18-19	7
20 or over	8

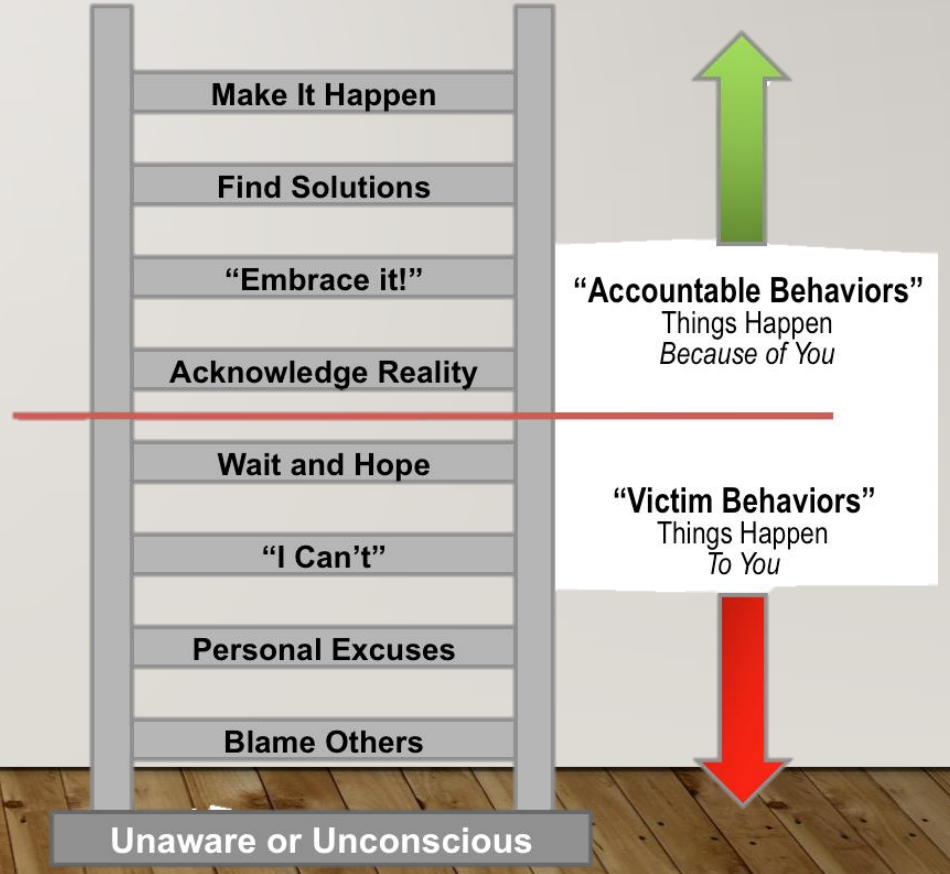

WE ARE AT A CROSSROAD
We decide where to go from here…
… let's COMPETE!

WHAT'S NEW?!

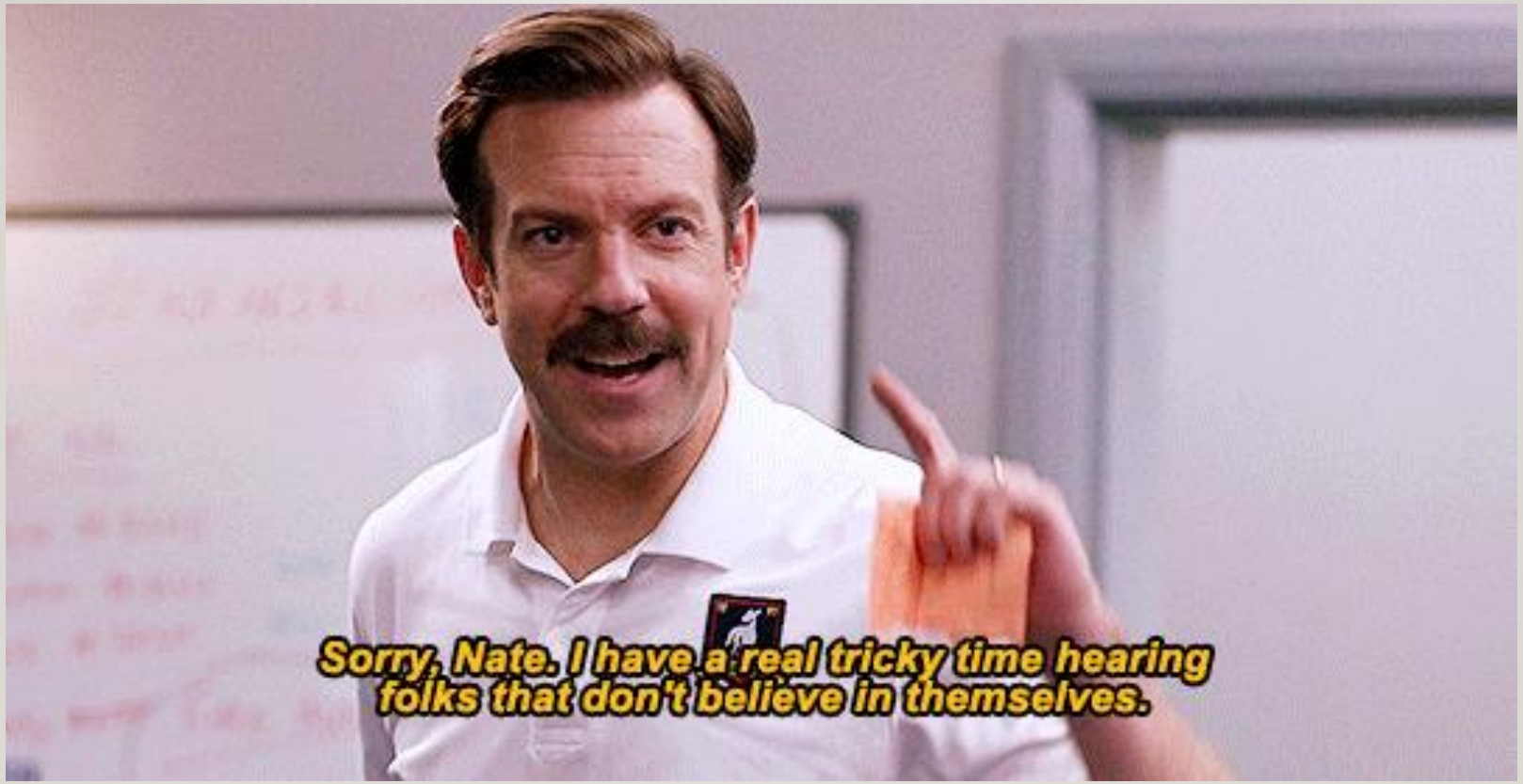
- ***"ACCOUNTABILITY IN ACTION"***
- ***RENEWED PASSION***
- Semi-return to "the way things used to be"
- Mid-Wach B
- CMass Tournaments
- Minor modifications → mitigating strategies
- Revised COVID procedures & guidelines

WHAT'S NEW?!

- SH Athletic Department Motto: *"ACCOUNTABILITY IN ACTION"*
  - Everyone plays a part
  - Accountability goes in every direction
    - Student → ← Student
    - Captain → ← Team
    - Coach → ← Captain/Team
  - Holding each other accountable in class, at practice, in competition in everything we do and say



RENEWED PASSION



WHAT'S NEW?!

- Semi-return to "the way things used to be"

- Normal schedules
- Normal opponents
- Normal gameday routines (mostly)*
- Locker rooms
- Athletic Training Room
- Water
- Spectators
- TOURNAMENTS!!

→ Mid-Wach B (Fitchburg, Nashoba, Marlborough, North Middlesex, Groton-Dunstable, Hudson, Oakmont)

→ CMass Tournament (regional to replace "Districts")
Statewide MIAA Tournament (new format)

WHAT'S NEW?!

- Minor modifications → mitigating strategies

- MIAA = no restrictions/modifications to gameplay (*no handshake line)
- DESE/MIAA = masks required INDOORS and on buses by all
  - students, coaches, officials, spectators
  - games, practices, team meetings, equipment pick-up, etc.
  - whole building → weight room, locker rooms, gymnasium, etc.
- Hand sanitizer, attendance, contact tracing (*if necessary)
- Revised COVID procedures & guidelines per DESE

SPORTS OFFERED – FALL

FRIDAY, AUGUST 20TH TO THURSDAY, NOVEMBER 25TH

- ✓ Football
- ✓ Cross Country
- ✓ Golf
- ✓ Field Hockey
- ✓ Soccer
- ✓ Volleyball
- ✓ Cheerleading

*Due to the ongoing pandemic, these sport offerings & timeline are subject to change at any time.

*Cutoff date for Central MA tournament → Sun. 10/17/21

*Central MA tournament → Mon. 10/18/21 through Thu. 6/17/21 - Sun. 10/31/21

*Cutoff dates for MIAA tournaments → Sat. 10/30/21 – Mon. 11/8/21 (*depends on sport)

* MIAA Fall tournaments → Mon. 11/1/21 - Sat. 12/4/21 (*depends on sport)

SPECTATORS/PARENTS/GUARDIANS

- What can parents do to support this season?
  - Be role models and embrace changes
  - Be patient and supportive – allow students to self-advocate; playing time is not a discussion
  - Act as ambassadors for our towns and school district – let the kids play, coaches coach, etc.
  - Be health care workers
    - If a student has a fever above 100 degrees and/or any other signs/symptoms of COVID-19, or if a student does not feel well, they should NOT attend school, practices, or games

ATHLETIC TRAINER INFORMATION

- Full-time, Certified Athletic Trainer
- Mrs. Chelsea Stafford (Staney)
  - Office: (508) 943-6700 ext. 178
  - Email: cstafford@dcrsd.org

- Mrs. Stafford will provide coaches and student-athletes with athletic training room procedures and athletic training services/protocols
- All athletic staff, including Mrs. Stafford, are required to wear a mask INDOORS at all times
  - Mrs. Stafford will be the primary contact after school for a student-athlete displaying signs/symptoms of COVID-19, and will wear appropriate PPE when dealing with such
- SH Athletics will follow all DCRSD policies for suspected COVID-19 cases, and will immediately notify parents/guardians if their child has been isolated due to signs/symptoms

TRANSPORTATION AND OTHER CONCERNS

- SH Athletics will be providing bus transportation for all teams in the Fall 2021 season
  - DESE/CDC Guidelines
  - Masks must be worn at all times while on the bus

- *****Parents (not students) MUST email the coach <u>and</u> AD at least 24 hours prior to a game if they intend to transport their own student*****

2021: A work in progress, but we're back at it!

ATHLETIC SCHEDULES

- For up-to-date athletic game schedules, postponements, and cancellations:
  - Go to https://www.arbiterlive.com/School/20890
  - Select your team
  - Be sure to click the "Follow Team" feature at the top right
- Follow us on Twitter and Instagram for highlights, updates, and important information
  - @SHRamsAthletics (Twitter)
  - @shepherdhillathletics (Instagram)

TICKETING & LIVESTREAMS

- NEW FOR 2021-2022!
  - ❖ Pixellot/NFHS → automated broadcasts; coaching tools; college film
  - ❖ Main Stadium Turf and Main Gymnasium
  - ❖ Small subscription fee (monthly / annual) → more info to come!
  - ➢ Digital Ticketing → purchase tickets to games right on your phone
  - ➢ Redeem at the gate & skip the line; no need for cash! (*small convenience fee)
  - ➢ Potential for season passes

Pixellot
AUTOMATIC PRODUCTION

NFHS NETWORK
THE PLACE FOR HIGH SCHOOL SPORTS

SHEPHERD HILL BOOSTER CLUB

- JOIN THE TEAM!!
  - Adult and Student Memberships Available
  - Help support the great programming at Shepherd Hill
  - Fundraising, Volunteering, Spirit… please get involved!!

Academics • Activities • Athletics
Clubs • Music & The Arts

We need and value your input. Contact us at:

- Email: shboosterclub@dcrsd.org
- Facebook—Shepherd Hill Regional School Booster Club
- Twitter @Hillbooster
- SHRHS website: https://www.dcrsd.org/schools/shepherd-hill-regional-high-school/booster-club

Help Us Support the Mantra of Pride & Unity!

2021/2022 Booster Board

President ..... **Mike Wildes** and **Paul Raucci**
Vice President ..... **Kersti Hopkins**
Treasurer ..... **Leah Adamuska**
Secretary ..... **Terry Salonis** and **Leah Paine**
School Council ..... **Amy Chabot** and **Melissa Giarnese**
Volunteer Coordinator ..... **Kersti Hopkins** and **Maria Poirier**
Concessions Coordinator ..... **Paul Raucci**
SH Baseball Fields Chair ..... **Kristin Kustigian**
Merchandise Coordinator ..... **Kristie Laabs**

SH BOOSTER CLUB

"Supporting Academics, Music & the Arts, Athletics, Clubs & Activities"

RESOURCES

- Centers for Disease Control and Prevention (CDC)
- MA Executive Office of Energy and Environmental Affairs (EEA)
- MA Department of Elementary and Secondary Education (DESE)
- MA Interscholastic Athletic Association (MIAA)
- Dudley-Charlton Regional School District (DCRSD)
- Shepherd Hill Athletics
  - Registration portal
  - Registration fee link
  - Athletic injury policies
  - Concussion policies

COACH CONTACTS

- **Football**
  - Coach Buchanan: dbuchanan@dcrsd.org
- **Cheer**
  - Coach Andre': landre@dcrsd.org
- **Boys Soccer**
  - Coach Cormier: tcormier@dcrsd.org
- **Boys Cross Country**
  - Coach Harmon: lharmon@dcrsd.org
- **Volleyball**
  - Coach Smith: nsmith@dcrsd.org

Field Hockey

Coach Kent: kent.vanessal@gmail.com

Golf

Coach Skermont: nskermont@dcrsd.org

Girls Soccer

Coach Brotherton: abrotherton@dcrsd.org

Girls Cross Country

Coach Fossas: nfossas@dcrsd.org