



RIVERHEAD ATHLETICS

HOME OF THE BLUE WAVES

Brian Sacks

Director of Health, Physical Education, & Athletics

brian.sacks@riverhead.net

Visit our website:

www.riverhead.net

www.riverheadathletics.com

Athletic Philosophy

Interscholastic athletics is an extension of our academic programs; therefore is an integral part of the district's total educational program.

The interscholastic competitive environment provides an opportunity for our student-athletes to learn positive life skills, values and ethics in a climate that demands dedication, responsibility, self-discipline, cooperation, positive work ethic and respect for others.

Our programs provide an opportunity for all to share their common interests, celebrate their differences, and appreciate physical competition as a lifelong process.

Athletic Belief

- We are about school community, not all-star teams
- We teach commitment, integrity, loyalty, respect, and teamwork
- We set standards of fairness
- We are about healthy local rivalries that instill pride within our community
- **WE ARE ABOUT FUN!!!**

Student - Athlete

- Academics come first
- Children are here to get an education
- Athletics is a privilege, not a right
- Student responsibility – extra help, communication, practice, and competition

Eligibility

- All students must have a signed permission slip on file
- A student must be in good academic standing
- We follow Section XI's regulations concerning minimum number of practices required before a player is eligible for competition
- A student reaching the AGE OF 19 on or before July 1st is not eligible to participate in athletics

Co-Curricular Academic Policy

- All students are expected to pass all subjects
- Students in danger of or failing 2 subjects will result in being placed on PROBATION
- Students in danger of or failing 3 or more courses are immediately INELIGIBLE
- A student can file an APPEAL through high school administration and should do so as soon as possible

Academic Probation

- Student is failing 2 subjects
- Attend extra help for a minimum of 2 sessions per week **per class**
- Return contract signed by student, parent/guardian, coach/advisor, and teacher
- If the student continues to fail 2 subjects at the next interim period, they will be ineligible

Academic Ineligible

- Student is failing 3 or more subjects
- Student is expected to take this time to go to all the extra help they need to become academically eligible for the next sports season
- Student needs to learn how to budget their time between academics and sports
- Student can file an APPEAL

Code of Conduct

- We adhere to the Section XI student/spectator conduct policy
- We hold athletes and coaches accountable for their actions and behavior
- We focus on the values of sportsmanship

Important Information

- Athletes must register on Rank One Sports for medical clearance and permission slip completed **prior** to each sports season
- Athletes are expected to attend all practices, meetings, and games
- All coaches contact information can be found in their parent packet and on school athletics website
- Student is ineligible to participate in sports if suspended

Important Information

- Students are expected to utilize district transportation for all away contests
- Athletes are responsible for damaged/lost equipment
- If taken to a hospital or doctor for an injury or out for more than 5 days, a signed written release must be approved by the school district physician prior to any return to action (give note to school nurse)
- Due to SAFETY, FACILITIES, STUDENT INTEREST, and COACHING EFFECTIVENESS, some sports need to limit the number of athletes on their roster. These teams will hold tryouts
- All injuries are to be reported to the coach immediately so an injury report can be generated.

HAZING

- Strict NO HAZING POLICY
- Hazing is against the law in NYS
- Hazing is not part of our athletic program
- Each athlete is responsible to report all incidents of hazing to a coach or administrator

Reality of Athletics

- There are more than 7 million athletes playing high school sports
- Less than 2% of graduating seniors nationwide receive athletic scholarships
- Just 1% of the 7 million athletes will get a full scholarship to a Division I program
- Most scholarships offered to high school athletes are “partial” based on need
- Most college coaches will tell you, “Your child stand a better chance of receiving an academic scholarship than an athletic scholarship.”
- Athletics can help athletes get entrance into a college or university that they may not ordinarily qualify for

Reality of Athletics

- Men's Basketball
 - High School senior players who play NCAA Basketball (2.9%)
 - NCAA senior players drafted into NBA – (1.3%)
 - High school senior players drafted by an NBA team (.03%)
- Women's Basketball
 - High School senior players who play NCAA Basketball (3.1%)
 - NCAA senior players drafted into WNBA – (1.0%)
 - High School senior players drafted by a WNBA team (.02%)

Reality of Athletics

- Football
 - High School senior players who play NCAA Football (5.8%)
 - NCAA senior players drafted into NFL – (1.0%)
 - High school senior players drafted by an NFL team (.02%)

- Baseball
 - High School senior players who play NCAA Baseball (5.6%)
 - NCAA senior players drafted into MLB – (10.5%)
 - High school senior players drafted by an MLB team (.5%)
 - This number includes all minor league and major league teams

Varsity Philosophy

- Highest level of competition
- One of many goals is to win
- Best players will play most
- Coach determines playing time by ability/practice
- Academics, attendance, attitude, hard work, ethics, behavior (in/out of school) are all factors

Junior Varsity Philosophy

- Preparation for varsity
- More opportunity for playing time
- Developmental in nature
- Coach determines playing time by ability/practice
- Usually higher numbers on team = less individual playing time

Middle School Philosophy

- More practice to aide in participation
- Safely keep as many athletes as possible
- Completely developmental
- Not always comparable with youth leagues, i.e. Section XI modified rules
- A/B format in some sports

Injuries

- We have a school trainer, he is great, but he is not a doctor
- Any student who suffers an injury requiring additional medical attention (hospital or doctor's office) or illness (lasting more than 5 days) must be cleared to come back to play
- A student may be examined and treated by their own physician
- Upon recovery, the student shall present the SCHOOL NURSE, a note from the doctor with a date the student may return to full participation
- Our school physician must sign off on any return to play notes prior to their participation
- If a student has an injury not associated with interscholastic sports and has been examined and treated by a doctor or ER, a doctor's note will be required before a student can return to full participation

Changing Sports

- A student who is not selected for a team is allowed to change to another sport during the first week of practice
- All students may change from one sport to another sport with permission of parent, coach, and athletic director within a ONE WEEK window from the 1st day of the season

Outside Teams

- Athletes have numerous commitments, some of these may include outside teams, travel teams, community teams, etc.
- All athletes and parents must understand that as a member of our interscholastic teams, their school team is the primary commitment
- Excessive absences, leaving early, etc. for outside practice/games with another team may result in dismissal from school team

Transportation

- Student athletes are required to travel to and from contests on the team bus
- If a parent/guardian wishes to take a student home from a contest, a written form must be signed by the parent/guardian and submitted to the Coach 24 hours in advance
- In extenuating circumstances, you may only transport another person's child if you are directed to do so on a travel release permission slip

What is a Coach?

- A teacher
- A leader
- A positive role model
- A parent
- A counselor
- A mediator

Coaches Role

- Fundamental knowledge of sport
- Consider individual athlete's needs but make final decisions based on the overall good of the team
- Provide parents with contact information
- Provide parents with practice/game schedule
- Provide parents with team expectations, policies, and consequences
- Contact parent/guardian if child is injured
- Contact parent/guardian with concerns or issues involving your child

Parents Role

- Be positive when talking about school teams and coaches
- Encourage your child to set realistic goals for themselves
- Help them work towards achieving their goals (Academic, Social, and Athletic)
- Reinforce the concept of “Student-Athlete”
- Assure that your child attends all scheduled practices and games
- Acknowledge the ultimate authority of the coach to determine strategy, playing time, and player selection

Athletes Expectations of Parents

- “Let players play, coaches coach, and officials officiate”
- “Don’t get on us when we mess up”
- “Get us to practice on time”
- “Push us academically as well as athletically”
- “Don’t criticize our coaches or other players on the team”
- “Feed us healthy food”
- “Our experiences will be different than yours, don’t take our experiences away”
- “Don’t embarrass us”
- “Allow us to have FUN!!”

Appropriate Concerns to discuss with Coaches

- Treatment of your child – mentally and/or physically
- Ways to help your child improve
- Concerns regarding your child's behavior
- Academic issues
- Personal issues

NOT Appropriate Concerns to Discuss with Coaches

- Playing time
- Team strategy
- Play calling
- Other student athletes

How to Discuss Concerns with Coaches

Riverhead School District has a board of education policy discussing the chain of command when dealing with an issue

Do not attempt to confront a coach before or after a contest or practice

- Have the student athlete speak with coach first
- If the concern is not resolved, then the parent should contact the COACH, as stated in parent packet
- If the concern is not resolved, then the parent should contact the ATHLETIC DIRECTOR
- If a meeting is warranted with the athletic director...the coach, parent and student athlete are expected to attend the meeting

Sports Specialization

- Sports specialization may increase injury
- Leading orthopedic surgeons have witnessed “overuse” injuries sky rocket
- Athletes who participate in more than one sport have reduced risk of overuse injuries and stress that lead to BURNOUT
- Cross-training from different sports leads to better overall athleticism
- College coaches prefer multi-sport athletes
- You only go through high school once, so take advantage of participating in as many sports and activities as you can. Each sport offers different experiences, new friends and different competition

Have We Lost Focus in High School Athletics?

- Youth sports culture may be losing perspective. Youth sports should be building a foundation and developing sports fundamentals.
- Big Business – elite teams, select teams, travel teams, personal trainers and coaches... they may tell you what you want to hear...but many times it's not the truth –you are paying them!
- Increase pressure to spend money to hire coaches and trainers to keep up
- Adults living vicariously through their children
- Athletes being pressured by all their coaches on what and how to do things

A Non-Ideal Sports Parent

- Overemphasizing sports at the expense of sportsmanship
- Having different goals than your child
- Treating your child differently after a loss than a win
- Undermining the coach
- Living your own athletic dreams through your child

An Ideal Sports Parent

- Cheer everybody on the team, not just your child
- Model appropriate behaviors
- Know what is suitable to discuss with the coach
- Know your role as a parent
- Be a good listener and a great encourager

9 STEPS TO BECOMING A

GREAT SPORT PARENT

1

DON'T SHOUT OR YELL CRITICISMS AT PLAYERS



2

REMAIN IN THE SPECTATOR AREA



3

DON'T INTERFERE WITH THE COACH



6

KEEP YOUR COMPOSURE



5

CONTROL YOUR EMOTIONS



4

LET THE REFEREE DO THEIR JOB



7

DO NOT INSTRUCT PLAYERS IN GAMES

8

DO NOT ARGUE WITH OPPOSITION PARENTS OR PLAYERS



9

BE A GOOD ROLE MODEL



THANK YOU!

For supporting your child, our teams and all of
Riverhead Athletics

Brian Sacks

Director of Health, Physical Education & Athletics

brian.sacks@riverhead.net