



## **SOTA Preseason Parent / Athlete Meeting for After School Sports**

- **Benefits of Sports**
- **Concussion Management**
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- **Communication Guidelines**
  - **Sportsmanship**
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## **Benefits of playing sports in school**

- **Student athletes have better attendance**
- **Student athletes have higher self-esteem and discipline**
- **Student athletes develop teamwork and leadership skills**
  - **Student athletes create stronger connections with the community, their peers ,and their school**
- **Student athletes are more likely to graduate from high school and pursue higher education**
- **Student athletes that play more than one sport establish an even higher GPA while in school**
- **Student athletes are more likely to continue being physically active throughout their adult life**



## **Concussion Management**

- New law effective July 1<sup>st</sup> 2012
- Law states that students who suffer a concussion must be sidelined and symptom free for at least 24 hours.
- Students must be cleared to play by a physician in writing before they can return to practice and games
  - R.T.P. (Return to play protocol) must take place for students that have been concussed and can only begin when students have been symptom free for 24 hours. Our Athletic Trainer ( Dave DiPasquale) at SOTA will be part of the R.T.P. process and will assist each team with the ImPact baseline test at the beginning of each season
- Website resource –**[www.nysphsaa.org/safety](http://www.nysphsaa.org/safety)**
- (site contains: parent info sheet, summary of concussion law, concussion checklist)



- Participating in athletics is both a **Privilege and Responsibility**

Student athletes are expected to refrain from the use of all tobacco products

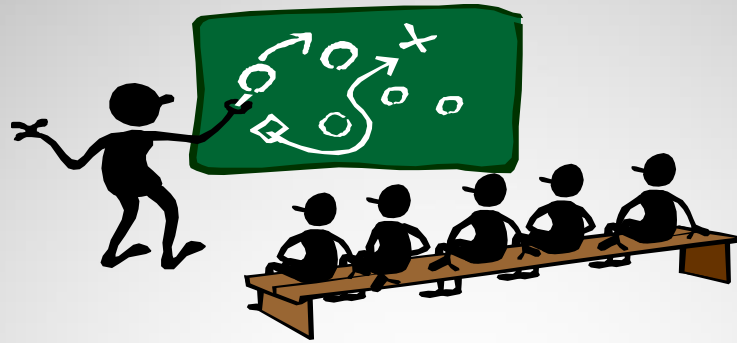
Student athletes are expected to refrain from consuming, possessing, or transporting alcoholic beverages

Student athletes are expected not to use, possess, or provide illegal drugs and over the counter drugs not prescribed to them

(Including performance enhancing drugs)

Student athletes must be in school for at least  $\frac{1}{2}$  a day to participate in practice and/ or games

Student athletes are not allowed to wear their uniforms in any other location except for games /contests. There will be a replacement cost for anyone that loses a uniform.



## Communication Guidelines

- 24 hour rule
- Chain of command-
  1. Discuss issue with student/athlete
  2. Contact coach by phone or e-mail ,not during or after game
  3. Contact A.D.

# Sportsmanship Expectations

- Keep cheering positive! There should be no profanity or degrading language or gestures
- Avoid actions which offend opposing teams or individual players
- Show appreciation of good play by both teams
- Treat all opposing teams in a manner in which you would expect to be treated
- Learn the rules of the game in order to become a better informed player/spectator
- Win with class and lose with class  
Congratulate opponents after a game!

# A+ Academic Eligibility F

Eligibility Criteria In determining continued eligibility, the official report card is the basis. Students on probation are eligible to participate with 1- F must attend academic tutoring 2 times per week for 3 weeks. Students that are in-eligible with 2 or more F's can't participate in any games but are eligible for practices must attend tutoring (2x per week) for 3 weeks. Students that receive 3 or more F's on their official marking period report will not be eligible to try-out for a team.

1. Maintain a C average (2.0 GPA) in all subject areas.
2. Maintain a 90% daily in class attendance.
3. Demonstrates good school and community citizenship.

**(\*After initial grade check Sept. 25th is first official check.)**

# NCAA Eligibility Clearinghouse

What is it ?

Student athletes who wish to participate in inter-collegiate sports at the Division I or II levels must meet the standards of the NCAA

What are the requirements?

Students must maintain a 2.0 GPA in 16 core courses approved by the NCAA and score at a minimum level on the SAT



# NCAA Eligibility Clearinghouse

How do I prepare?

- Freshmen & Sophomores need to focus on establishing a strong GPA in the core areas (English, Social Studies, Math, Science)
- Juniors need to make an appointment to review your GPA to date and focus on areas of improvement (Submit official transcripts to NCAA)
- Seniors need to submit NCAA Initial-Eligibility Clearinghouse form early in the fall to have clearance approved
- Mr. Murphy (ext. 1791) is the NCAA Clearinghouse representative at SOTA

# Transportation



- Student /athletes are not allowed to drive to contests. In an extreme situation special arrangements may be made with a private auto form signed by the principal, parent, coach
- Students may ride home with parents if prior arrangements are made in writing with the coach
- Students may ride home with another parent if it meets approval of the coach and there is prior written permission of the student's parent
- Conform to the bus procedures and regulations of the Rochester City School District's Transportation Department
- **Students will be issued Two Plus Two Activity Pass for RTS service home until 9:00pm if necessary.**

## Selection Classification vs. Athletic Placement Process

### Selection Classification (Current)

**Waivers:**

Waivers of maturation permitted by school medical director. Waivers of physical fitness test permitted by NYSED. If a student does not meet the maturation or physical fitness test, the student could apply for a waiver.

**Approval:**

Students were not required to receive administrative approval to selectively classify.

**Medical Clearance:**

The district medical director determines a student's physical maturity level.

**Physical Fitness Test:**

Student had to meet 5 of 5 sport specific test components. If the student did not meet 5 of 5, the student could apply for a waiver.

### Athletic Placement Process (Implemented Fall 2015)

**Waivers:**

There are no waivers. A student must meet the appropriate standards of physical and emotional maturity, size, fitness, and skill, in order to qualify. If a student does not meet the maturation or physical fitness test, the process stops; the student cannot go any further.

**Approval:**

The athletic administrator should confirm that the student is suitable for consideration, which includes the likelihood that the student would play in at least 50% of the games. Additionally, because of the increased time demands of participation at the high school level, the student's academic performance (as determined at the local level) should be at or above grade level. Furthermore, administration should assess the student's emotional readiness to socialize with high school-aged students. If the student is not academically or socially ready, the student should not proceed through the APP.

**Medical Clearance:**

The district medical director will determine a student's physical maturity level, and compare the physical size of the student in relation to that of the students against whom the student wishes to compete. If the student is determined to have attained the appropriate physical maturity level and comparable physical size for the desired sport and level (see Appendix C and H), the student may proceed with step 5.

**Physical Fitness Test:**

The President's Physical Fitness Test has been selected as the test for this process (there is no longer sport specific test components), and the student must meet the 85th percentile level for their age in 4 out of 5 test components. If the student does not meet 4 of 5, the student cannot apply for a waiver.

**Note:** *The above items are not intended to be inclusive of "all" changes to the Selection Classification Process, but merely to highlight four of the most important revisions. Document developed by NYSPHSAA.*

# Fundraising



**Contact: Accounts Clerk to  
set up or activate team  
account—**

**Linda Gutzmer in Room  
M-166**

- See Mr. Michelsen for details

- Dates and Info to Remember:



- Team & Individual pictures by SOTA Photo Club 3 weeks into each season.
- 2015-16 Culminating Sports Banquet – June 7th @ 5:00pm at SOTA
- Up to date game schedules on:  
[www.schedulestar.com](http://www.schedulestar.com) or  
[www.mobileschedulestar.com](http://www.mobileschedulestar.com)

**2015 SOTA Fall Coaches Roster & Practice Sites and Times**

**Fall Sports begin: 8/17**



TEAM	COACH	PHONE #	PRACTICE SITE/TIME
Girls Varsity Soccer	Ms Vann	737-9156	School #46 / Mon- Fri : 3:30-5:30 am / Sat. 9:00 -11:00am
Girls JV Soccer	TBA		School #46 / 3:30-11:30 am / Sat.9:00 -11:00am
Boys Varsity Soccer	Mr. Dirks	506-7097	School #1 & Douglass (3:30 -5:30pm)
Boys Varsity V-Ball	Mr. Cronberger	472-5203	School #33 Gym (3:30pm -5:30pm)
Girls Varsity/JV V-Ball	Ms. Vandermallie/Jackie Nash	469-6479	SOTA Gym: (3:00 -5:00pm)
Girls Varsity Tennis	Mr. Priel	329-7219	Cobbs Hill Tennis Courts (3:30 - 5:00pm)
Co-ed Varsity X-Country	Ms. Capezuto	455-5404	Cobb's Hill / (3:30 -5:00 pm)
SOTA Varsity&JV Football	Mr. Milletello	288 -3130	East H.S. / (3:30- 6:00pm)
Girls Varsity Swimming	Ms. Baerman	690-3525	East H.S. / 3:30 - 5:00 pm.
Varsity Cheerleading	Ms. Floyd	288-3130	East H.S. / 3:30 -5:30pm).
<b>JV &amp; Varsity Sports begin on</b>	<b>Aug. 17th</b>		
<b>Modified Sports</b>	<b>Begin: Sept. 8th</b>		

TEAM	COACH	PHONE #	PRACTICE SITE/TIME
Girls Modified Soccer	Ms. Landy	845-323-9819	School #46 /MAG
Boys Modified Soccer	TBA		School # 46/ MAG
Girls Modified Volleyball	Ms. Newman	281-7473	School #33 / 3:30 pm-5:00 pm
Boys Modified Volleyball	Mr. Pittinaro	820-3841	School #33 / 3:30 pm-5:00 pm
*Modified Football	Mr. Mitchell	(646-709-1948	East H.S./ Wed. 8/26 : 3:30- 6:00