

All Sports Parent / Coaches Meeting 8/17/16

“Bath Community Schools athletics are an integral part of the educational experience which promotes a balance of academic, social, and athletic success while developing character, integrity, leadership, sportsmanship and commitment.”

Welcome!

- Introductions
- Erik Harrelson, BHS / BMS Athletic Director
- Lorenda Jonas, BMS Principal & Competition Manager
- Kelly Paquet, Licensed Athletic Trainer

Welcome!

- * Fall Coaches:
- * Cross Country – HS: Brad Abendroth (HC), Brad Pullman
- * MS: Scott Saylor (HC), Roger Dunham

Welcome!

- * Fall Coaches Continued:
- * Football – Matt Stephens (HVC), Alex Schrauben (JVHC), Chris Rypstra, Jim Dudzinski, Jeremy Stephens, Zach Wade, Chad Densteadt

Welcome!

- * Volleyball – Kristen McIntyre (VHC), Aaron Mayes(JVHC), Ashley Miller (Freshman) Kris Forbush, Nicole Wahrer, Madi Margraves
- * MS: Wendy Cate (7th Grade), Betty Wilson (8th Grade)

Welcome!

- * Cheer – Position is posted.
- * Girls Soccer – Position is posted
- * Varsity Baseball – Position is posted
- * Winter & Spring Coaches – Stationed in the lobby to provide contact information, tentative schedule of events, answer questions (HS Wrestling / HS Boys Track absent)

Agenda

- * Housekeeping items
- * Description / Implementation of select BHS / BMS goals
- * Kelly Paquet – Injury procedures / Concussion Protocol
- * Fall sport specific meetings –
 - * Football: remain, XC & VB: Gymnasium

Pay to Participate / Signed Handbook – Concussion Page

- * HS \$100 for the entire year
- * MS \$50 for the entire year
- * \$200 family maximum
- * Due date: Prior to first competition, needed to receive uniform
- * Fee is waived for qualified Free / Reduced lunch recipients. Forms in MS / HS offices once school starts
- * Communicate issues to me directly

Schedules

- * Contests: www.bathschools.net, click “Athletics”, “Sports Schedules”
- * Transportation: www.bathschools.net, click “Departments”, click “Transportation”, “Transportation iCal Calendar”
- * Notification for cancellations, check “Parent Notifications Instructions” PDF on “Athletics”

Attendance / Eligibility

- * Athletes are required to be in school the entire day of an athletic event or practice. Athletes may not participate in a practice or competition if they are marked absent for any period during the day unless official documentation is provided to the athletic office
- * See pages 7-8 for MS Eligibility requirements
- * See pages 7-8 for HS Eligibility requirements

Limited Team Membership

- * HS: A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) days of competition and maximum of the remainder of that season in that school year.

Limited Team Membership

- * MS: A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a junior high/middle school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next two (2) days of competition and a maximum of the remainder of that season in that school year.

Limited Team Membership

- * Fundraising activities, etc. with travel / AAU team: When in doubt, contact the athletic office for verification. Be proactive.

Goal #1

- * Increase strength, speed, flexibility, conditioning of our athletes to be better equipped to compete in the CMAC
- * Summer program:
 - * Kelly Paquet / Coaches:
Attendance better than last year

Goal #1

- * During the school year:
- * Spartan Performance:
 - * HS Coaches / Teams 2 days a week in season
 - * All out of season athletes welcome as well
 - * Physical Education Classes 1 day a week with MS / HS Classes
 - * We need your help!



Spartan Performance

- * Dr. Eisenmann is a diverse research scientist whose framework draws from the areas of auxology (the study of human growth and maturation), human biology, exercise physiology, and epidemiology. He has published 130 peer-reviewed papers and lectured widely on the growth- and maturity-related variation of body size and function, and its impact on pediatric obesity and cardio-metabolic health and physical performance of children and adolescents. In other words, he is interested in how children grow and mature physically, how the body changes in size and composition (muscle mass, body fat, and bone) during childhood and adolescence, how physical capacities (strength, aerobic capacity, etc.) change with age and during puberty, and how these physical traits are related to health indicators (obesity, cardiovascular health) and physical or sports performance.

THE GOAL:

School-wide, year-round comprehensive sports performance program

- 1) Promote physical fitness and health (prevent “undertraining”)
- 2) Decrease risk of injury
- 3) Prevent overtraining
- 4) Enhance performance
- 5) Coach education

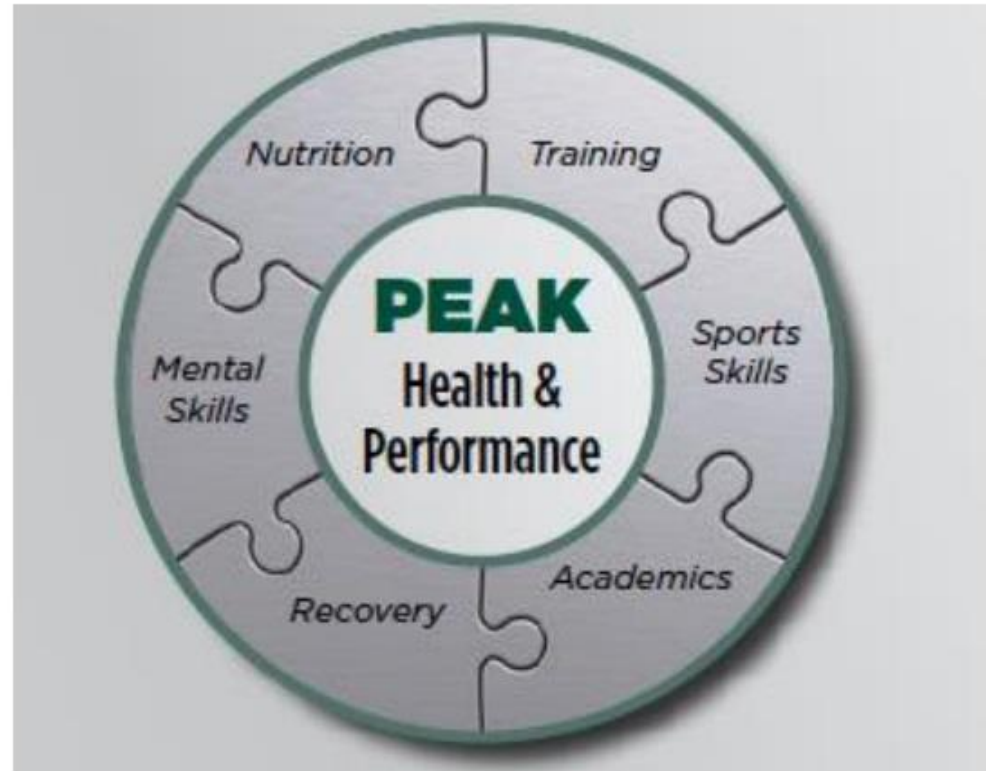
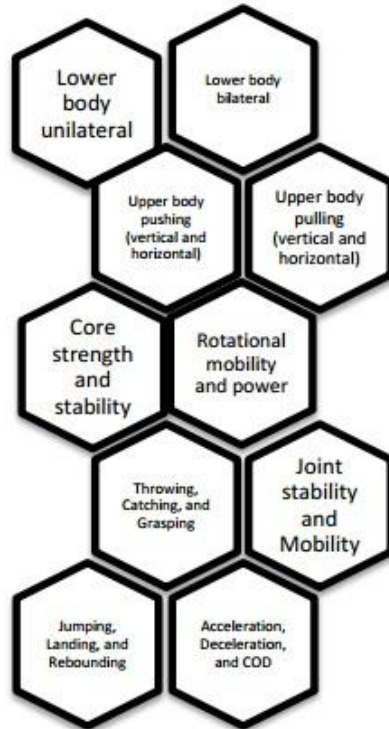
Summer

Fall

Winter

Spring

ATHLETIC MOTOR SKILL COMPETENCIES



Goal #2

- * Increase multi-sport participation
- * Specialization:
- * Why? Parents / athletes believe they're more likely to receive a college scholarship if they specialize in one sport
- * Reality: NCAA Graphic (on next slide)

Estimated Probability of Competing in College Athletics

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Men						
Baseball	482,629	33,431	6.9%	2.1%	2.1%	2.7%
Basketball	541,054	18,320	3.4%	1.0%	1.0%	1.4%
Cross Country	252,547	14,218	5.6%	1.9%	1.4%	2.4%
Football	1,093,234	71,291	6.5%	2.5%	1.7%	2.3%
Golf	152,647	8,654	5.7%	1.9%	1.6%	2.1%
Ice Hockey	35,393	3,976	11.2%	4.6%	0.5%	6.1%
Lacrosse	106,720	12,682	11.9%	2.9%	2.1%	6.9%
Soccer	417,419	23,802	5.7%	1.4%	1.4%	2.8%
Swimming	138,373	9,630	7.0%	2.8%	1.0%	3.2%
Tennis	160,545	8,081	5.0%	1.7%	1.1%	2.3%
Track	580,321	27,514	4.7%	1.9%	1.1%	1.7%
Volleyball	52,149	1,720	3.3%	0.9%	0.7%	1.7%
Water Polo	21,451	1,051	4.9%	2.7%	0.7%	1.5%
Wrestling	269,514	6,982	2.6%	0.9%	0.7%	1.0%
Women						
Basketball	433,344	16,319	3.8%	1.1%	1.1%	1.5%
Cross Country	218,121	15,922	7.3%	2.8%	1.7%	2.8%
Field Hockey	61,471	5,902	9.6%	2.9%	1.1%	5.6%
Golf	72,172	5,076	7.0%	3.0%	2.0%	2.0%
Ice Hockey	9,150	2,140	23.4%	8.7%	1.2%	13.5%
Lacrosse	81,969	10,330	12.6%	3.7%	2.4%	6.5%
Soccer	374,564	26,358	7.0%	2.4%	1.8%	2.8%
Softball	371,891	19,047	5.1%	1.6%	1.5%	2.0%
Swimming	165,779	12,333	7.4%	3.3%	1.1%	3.1%
Tennis	184,080	9,028	4.9%	1.6%	1.1%	2.2%
Track	478,885	27,752	5.8%	2.7%	1.3%	1.8%
Volleyball	429,634	16,647	3.9%	1.2%	1.1%	1.6%
Water Polo	18,899	1,201	6.4%	3.8%	1.1%	1.5%

Sources: High school figures from the [2013-14 High School Athletics Participation Survey](#) conducted by the National Federation of State High School Associations. College numbers from the NCAA [2013-14 Sports Sponsorship and Participation Rates Report](#).

Last Updated: April 13, 2015

Negative Impact of Specialization: Dr. James Andrews

- * Internationally renowned orthopedic surgeon “The Athletes’ Surgeon”
- * Patients: Michael Jordan, John Smoltz, Scottie Pippen, RGIII, Kenny Rogers, Donovan McNabb, Emmitt Smith, Andy Pettite, Drew Brees, Peyton and Eli Manning, Troy Aikman, Roger Clemens, Shaquille O'Neal

Dr. James Andrews & Overuse Injuries

- * Founder of the STOP program to address injuries among youth athletes
- * “ I have seen my patient population and surgical cases get increasingly younger. Children, parents and coaches need to realize that kids need to take a break from playing one sport year round. Sports should be fun for children. Overuse injuries in children is a concerning trend. ”
- * STOP Presentation:



The Problem

- Young athletes are specializing in sports (and positions) at an earlier age, with more than 3.5 million children under the age of 14 treated annually for sports injuries.
(Source: Safe Kids USA)
- Immature bones, insufficient rest after injury, and poor training and conditioning contribute to overuse injuries.
- Overuse injuries account for ***half*** of all sports injuries in middle school and high school.
(Source: Safe Kids USA)

A child's history of injury is.....

1. A risk factor for future injury during both their youth and adulthood.
2. A contributor to long term degenerative diseases, such as osteoarthritis.



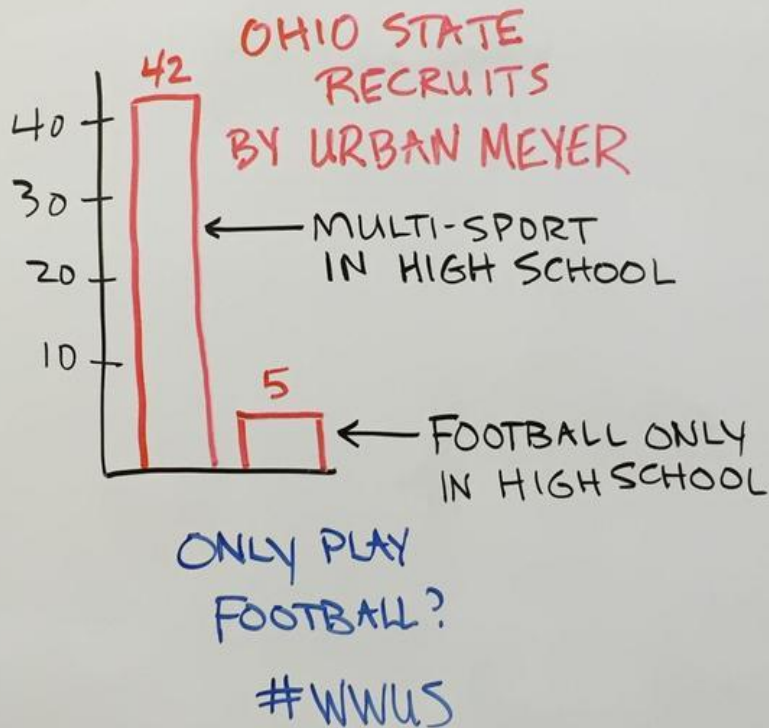
Why are Injuries on the Rise?

- Immature bones
- Insufficient rest after an injury
- Poor training or conditioning
- Specialization in just one sport
- Year-round participation



Multi-Sport Participation

- * **Dom Starsia, University of Virginia men's lacrosse:** "My trick question to young campers is always, 'How do you learn the concepts of team offense in lacrosse or team defense in lacrosse in the off-season, when you're not playing with your team?' The answer is by playing basketball, by playing hockey and by playing soccer and those other team games, because many of those principles are exactly the same. Probably 95 percent [of our players] are multi-sport athletes. It's always a bit strange to me if somebody is not playing other sports in high school."



Multi-Sport Participation

- * Sports Scientists' Research:
 - * Better Overall Skills and Ability: Early participation in multiple sports leads to better overall motor and athletic development, longer playing careers, increased ability to transfer sports skills to other sports and increased motivation, ownership of the sports experience, and confidence.
 - * Smarter, More Creative Players: Multi-sport participation at the youngest ages yields better decision making and pattern recognition, as well as increased creativity. These are all qualities that coaches of high-level teams look for.
 - * Most College Athletes Come From a Multi-Sport Background: A 2013 American Medical Society for Sports Medicine survey found that 88% of college athletes surveyed participated in more than one sport.

Goal #3

- * Exhibiting sportsmanship in all facets of competition:
- * Letter from the MHSAA (8/11/15)
- * “The MHSAA would like to congratulate Bath HS for receiving no negative officials reports of concern, ejection, or sportsmanship during the previous school year. It is a credit to your student-athletes, coaches, administration, staff and community for demonstrating such positive sportsmanship throughout the entire school year”
- * We didn’t get one this year. Extremely disappointing
- * Everyone’s responsibility (mine, parents, coaches, fans of all ages) to portray our community in a positive manner.

Goal #3

- * Helpful tips for parents / spectators:
- * Let the coaches do the coaching for all team members
- * Be your child's best fan; support him or her unconditionally
- * Model good sportsmanship at all times during practices and competition
- * Respect decisions made by contest officials