

Introduction to Athletics & Spring Sports Information

March 7, 2023

Agenda

☐ –Introduction to Athletic Program

— –Individual Spring Sports Meetings



Athletic Administration and Staff

Director of Athletics: Jonathan Longley

— jlongley@norwood.k12.ma.us

— **Athletic Dept. Administrative Assistant:** Mildred Maldonado

— mmaldonado@norwood.k12.ma.us

— **Athletic Trainers:** Bob Barksdale

— rbarksdale@marathonpt.com

— **Equipment Manager and Site Supervisor:** Anne-Marie Busler

— abusler@norwood.k12.ma.us

Websites/Social Media

—Website:

—www.norwoodmustangs.com

—Twitter:

—[@NHS_Mustangs](https://twitter.com/NHS_Mustangs)

Instagram:

[@nhs_mustangs](https://www.instagram.com/nhs_mustangs)

State Affiliation

State Affiliation:

- Massachusetts Interscholastic Athletics Association (MIAA)
- www.miaa.net

Athletic Eligibility

☐ *An academically qualified student who does not have any outstanding fees or equipment due from any prior season will only become eligible to tryout/participate in the NHS Athletic Programs if the following requirements are met:*

- Seasonal athletic online registration through the Aspen Parent Portal can be found at www.norwoodmustangs.com
- User Fee-\$200/season* (family cap is \$800/school year)
- Updated Physical Form* Please email updated physical to: athletics@norwood.k12.ma.us

***Hard copies are required**

Attendance Policy

☐ **Absence and Tardy:** “Any student absent from school for any reason may not participate in a practice or a contest on the day of the absence, unless approved in advance by the Principal or Athletic Director. Coaches will make every attempt to check the daily school attendance of their student-athletes.”

MIAA Handbook Policies

☐ Academic Eligibility

- 8th grade grades do not count against NHS starting athletic eligibility
- — After each grading quarter, students must be passing at least **four major courses** (20 credits)

— Season Practice and Competition Schedules

- Spring Sports will start on Monday, 3/20
- Sports seasons run through all three school vacations

One Sport per Season/Tryouts/Team Selection

- — One sport at a time
- — Cuts needed for some sports

MIAA Handbook Policies

☐ **Bona Fide Team Member Rule**

—“A bona fide member of 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.”

MIAA Handbook Policies

☐ **Chemical Health Policy**

- “During the school year, from the start of fall practices in August, through the last day of school or MIAA Tournament Play, whichever ends latest, a NHS student shall not, regardless of quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol, marijuana, or any controlled substance.”
- Use of tobacco, smokeless tobacco, electronic devices (including e-cigarettes and hookah pens) and steroids are also prohibited

MIAA Handbook Policies

☐HAZING

—There is no initiation of any kind to be a member of any team at Norwood High School. Students and/or coaches found in violation will be dismissed from participation in the athletic program. It is the responsibility of all coaches to inform all team members about the hazing law. Under Massachusetts State Law, Chapter 536, Sections 16-19, incidents of hazing must be reported to the appropriate law enforcement officials as soon as reasonably practicable

Athletic Trainers and Training Room

□ Role of Athletic Trainers

- To prevent, treat, and rehabilitate athletic injuries
- Evaluation leads to next step recommendations in healing process (ER, x-ray, MD, PT, etc.)
- Outside Physician Care**
 - If a student-athlete is referred to outside care of physician, student may not, under any circumstances, return to participation until written note from physician clearing the student-athlete for participation is submitted to the Trainer, Athletic Director and/or NHS Nurse

Athletic Trainers and Training Room

—Head Injury and Concussion Information

- Impact Concussion Testing (9th and 11th grade student-athletes)
- Priority given to contact sports but is available for all athletes upon request
- Norwood High School's Guidelines and Return to Participation Protocols
- State Mandated Online Education Course: “Heads Up Concussion in Youth Sports”
- www.cdc.gov/concussion/sports

NHS Boosters Club

□ The NHS Boosters Club, a volunteer group of parents and community members, promotes, supports, and provides recognition to the student-athletes participating in all sports at Norwood High School. The Boosters Club supports the Athletics Program in a variety of ways:

- Scholarships for graduating seniors
 - Varsity team awards
 - Championship banners
 - Athletic enrichment programs for athletes, coaches, and parents
 - Sports equipment and program infrastructure needs
- For more information or if you are interested in joining, please contact Paul Forrest (paul.forrest@festo.com)

Introduction of Spring Coaches

Baseball: Kevin Igoe, kevin.igoe@norwood.k12.ma.us

Bs Track and Field: Matt Curran, mcurran@norwood.k12.ma.us

Gs Track and Field: Alanna Keady, akeady@norwood.k12.ma.us

Bs Volleyball: Paul Nimblett, pnimblett@norwood.k12.ma.us

Softball: Carol Savino, carol.savino@norwood.k12.ma.us

Introduction of Spring Coaches

Bs Lacrosse: Mark Nardelli, mark.nardelli12@gmail.com

Gs Lacrosse: Mike Lodge, mike.lodge@norwood.k12.ma.us

Bs Tennis: John Churchill, jchurchill@norwood.k12.ma.us

Gs Tennis: Myra Durham, myra.durham@norwood.k12.ma.us