

# 2021 Spring Season

## Preseason Meeting and Meet the Coach Night

(April 13, 2021)

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Jeff Parcels, Athletic Director  
Sean Powers, Athletic Trainer



# Registration Process for the Spring Season

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1. Parent/Guardian and student-athlete must register together on [FAMILYID](#).
2. Ensure the Athletic Department has an updated Physical Form on file. Physicals are good for 13 months only. It is your responsibility to ensure the updated form is on file with the athletic office well in advance of tryouts. Feel free to scan/email a copy to Mr. Parcels in the Athletic Office ([jparcells@medwayschools.org](mailto:jparcells@medwayschools.org)). All forms received in the athletic office will be forwarded to the school nurse after the physical date is noted.



# Registration Process for the Spring Season

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3. Pay the Athletic User Fee (\$255 - Family Cap is reached after you have paid for five full fees) via check or online at [UniPay](#). You can send your check to MHS, Attn: Jeff Parcels, 88 Summer St., Medway, MA 02053. If paying by check, please put the student-athlete name and sport in the 'Memo' section of check).
4. Ensure you are academically eligible to participate on an athletic team. To be eligible to try out for a spring athletic team, you cannot have failed more than one course during the third marking period. You can also become ineligible when fourth quarter grades are posted if you have more than one course failure.



# Spring Season Sports for 2021

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**Here are the Spring Season sports that begin on April 26:**

- **Baseball (Fr, JV, Vars)**
- **Softball (Vars)**
- **Boys Track and Field (Vars)**
- **Girls Track and Field (Vars)**
- **Boys Lacrosse (JV and Vars)**
- **Girls Lacrosse (JV and Vars)**
- **Boys Tennis (Vars)**
- **Girls Tennis (JV and Vars)**
- **Cheer (Vars)**
- **Ultimate Frisbee (Club Varsity)**

# 10 Things That Require Zero Talent

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1. Being On Time
2. Work Ethic
3. Effort
4. Body Language
5. Energy
6. Attitude
7. Passion
8. Being Coachable
9. Doing Extra
10. Being Prepared

# Sportsmanship

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- Sportsmanship is a top priority for all of our Medway teams. All of our players and coaches should treat opponents and game officials with respect at all times.
- ***We all need you to follow through with this!!!***





## MIAA Chemical Health Rule

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- All athletes will refrain from smoking and using drugs and alcohol. This also includes eCigs and ‘Vapes’. The MIAA Chemical Health rule will be strictly adhered to and is now in effect for the entire school year.
- This rule went into effect on 9/18/20 when the fall season began and lasts until the end of the school year/last event.
- Penalties do carry over from season to season and year to year.



# Academic Eligibility

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- To be eligible to try out for the Spring Season, you cannot have failed more than one course during the third quarter. You can also become ineligible when fourth quarter grades are posted if you have more than one course failure.
- Extra Help Sessions and utilizing 'H/Flex Block' is so important for a struggling student. Communicate with your teachers if you are not understanding things! Remember, you are known as a *student-athlete*, not an *athlete-student*!





# MIAA Bona Fide Team Rule

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- Loyalty to the High School Team- athletes must attend school practices and/or school contests before any non-school event.
- This is an MIAA Policy. Penalties result if this rule is broken and you will become ineligible to participate on school team for a period of time and possibly post-season play.
- You can apply for a waiver but there is no guarantee it would be granted.



# Student Attendance for Athletics

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- Any student who is dismissed from school for medical reasons or did not participate in school remotely will become ineligible for practice and play that day.
- We will take into consideration extenuating circumstances and/or physician notes with proper communication ahead of time.
- If serving any type of suspension, you are not allowed to be at practice or competition that day.
- Each coach will keep a record of who was in attendance at each team session. You must 'sign-in' using a QR code each day so please have a cell phone.
- If you are ill or experiencing any of the COVID-19 symptoms (fever of 100, cough, shortness of breath, loss of taste or smell, digestive issues) you must stay at home and not attend any athletic event.



# Communication Protocol Parents/Coaches

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- *Communication You Should Expect From The Coach...*
  - Philosophy of the coach.
  - Expectations the coach has for all student-athletes on the team.
  - Locations and times of all practices and contests.
  - Team requirements during the season.



# Communication Protocol Parents/Coaches

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- *Communication Coaches Expect From Parents...*
  - Concerns expressed directly to the coach.
  - Notification of any scheduled conflicts... **well in advance.**
  - Specific concerns with regards to a coach's philosophy and/or expectations.



# Communication Protocol Parents/Coaches

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- *Appropriate Concerns To Discuss With Coaches...*
  - The treatment of the student-athlete, mentally and physically.
  - Ways to help the student-athlete improve.
  - Concerns about the student's behavior.



# Communication Protocol Parents/Coaches

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- *Issues **NOT** Appropriate To Discuss With Coaches...*
  - Playing time
  - Team strategy
  - Play-calling
  - Other student-athletes



# Communication Protocol Parents/Coaches

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- Please do not call a coach at home...their privacy should be respected.
- Please do not attempt to confront a coach before, during, or after a contest or practice. *'24 hour rule'*
- Call the Athletic Department to set up an appointment with the coach. The Athletic Office number is 508.533.3239.



# Communication Protocol Parents/Coaches

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- CHAIN OF COMMAND (Communication)
  - Meeting between player, parent and coach
  - Meeting between player, parent, Athletic Director *and Coach*
  - Meeting between player, parent and Principal.

***When there is a conflict, players/parents must follow the above chain of command.***





# Lockers / Locker Rooms

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- Due to COVID-19 precautions, lockers will not be issued to student-athletes this year. The locker room can be used for changing and bathroom use but at a level of 50% capacity.
- Students who do use the locker room may not leave any items in the lockers or in the room. The locker room is being used for changing purposes only and you must bring all of your belongings to your practice area.
- You can drop off your gear for practices in the Aerobics Room each day but please do that as you enter school each day.



# Lockers / Locker Rooms

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- Let's keep the locker rooms CLEAN! The locker rooms will be disinfected and sanitized from the custodial staff each night.
- Bring everything you need with you to school...***parents/guardians should not be dropping things off during the school day as we will not be accepting any bags from the outside once the school day begins!!***

***It is imperative to clean and disinfect your practice/contest clothing and gear after each practice/contest session.***



# Practice Sessions

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- Practice seasons can take place Mon-Sat of the first week and then practice sessions will only take place during weekdays for sub-varsity teams and varsity teams may have a Saturday practice session.
- Our practice sessions will be limited to 2 hour sessions. Some practices will be shorter due to facility usage.
- Hand sanitizer will be issued by each team member/coach before each practice session begins and will be available throughout practices and at the conclusion of each practice session.
- Masks must be worn at all times and fully cover the nose and mouth.
- All team members/coaches are required to bring their own labeled water bottle to practice and the athletic department will not be providing any water during practices or contests.
- Benches will not be used at any practices.



# Practice Sessions

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- Disinfectant wipes will be used to sanitize equipment and balls after each practice session.
- Our athletic trainer will be available at all athletic practice sessions for events held at MHS.
- All coaches, team members and athletic department staff must wear a face covering at all times and it must cover the nose and mouth with the exception of what is allowed per EEA/MIAA Sport Modifications. All student-athletes and coaches should provide their own face covering and gaiters are not allowed per TVL rule.
- When not actively in a drill or teaching session, team members must remain socially distanced at all times (min of 6 feet).
- There should not be any re-entry into the school or locker room area after a practice session has ended.



# Practice Sessions

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- If anyone has or begins to show symptoms of COVID-19, he/she will report directly to the Athletic Trainer or Coach. The coach will assist in calling home as anyone showing signs must be picked up immediately by a family member..

**If you are ill or experiencing any of the COVID-19 symptoms (fever of 100 or higher, cough, shortness of breath, loss of taste or smell, digestive issues) you must stay at home and not attend any athletic event.**



# Games, Meets and Matches...

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- The Tri-Valley League Principals have voted to allow for each student-athlete to have two adult family members as spectators for each home game. The same rule is in effect for visiting spectators if the school is allowed to do so from their local boards of health and school committee.
- Team benches and/or chairs will be used during contests and proper social distancing must take place on the sidelines per EEA/MIAA rules.
- There will be hand sanitizer available at the scorers table/bench areas for contest officials and the scorers table will be sanitized between events.
- Hand sanitizer will be available to both teams throughout the contest and must be used prior to the start of the contest.
- Disinfectant wipes will be used to sanitize equipment and balls throughout the contest.



# Games, Meets and Matches...

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- Our athletic trainer, or a substitute AT, will be available at all athletic contests on the high school campus.
- All coaches and event staff must wear a face covering at all times with the exception of what is allowed per EEA/MIAA.
- All sideline areas and team members must remain socially distanced at all times.
- All team members/coaches of both teams are required to bring their own labeled water bottle and the Medway athletic department will not be providing water.
- If anyone has or begins to show symptoms of COVID-19, he/she will report directly to the Athletic Trainer for assessment. Anyone with symptoms must be picked up by a family member and if at an away contest will not be allowed to travel home on the team bus.



# Practice/Contest Conclusion

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- All parents/guardians are asked to promptly pick up their student-athlete immediately after a practice or contest. We do not want groups of kids congregating outside of a practice or contest area.





# Athletic Training Room Procedures

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- Before entering the Athletic Training Room you must wash hands/use hand sanitizer (outside of office on wall) and scan the QR Code for the Athletic Training Room. When you scan the code you will need to input your name and reason for visit.
- There is a 3 person limit in the Athletic Training Room at all times.
- Anyone in the Athletic Training Room must wear a face covering at all times.
- You must wash your hands/use hand sanitizer after leaving the room.
- Our athletic trainer will wash hands and disinfect tables and equipment between each student-athlete visitor.



# Transportation

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- Medway Public Schools will continue to offer transportation to all away athletic contests that are not at a home location. All guidelines regarding social distancing and mask wearing must be adhered to at all times.
- Transportation will not be provided to off-campus practice sessions or for events at our 'home facilities'. If carpooling with non-family members everyone must be wearing a mask for the entire trip and windows must be cracked for proper airflow (EEA guidelines).
- Masks or face coverings must be worn at all times while traveling on school transportation. No eating or drinking will be allowed on school transportation.
- Windows must be open at least two inches for each occupied seat while traveling on school transportation.



# COVID-19 Return to Play Protocol

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- We utilize a Return to Play Protocol (RTP) that follows the guidance of the MIAA and is very similar to the one sponsored by the MA Chapter of the American Academy of Pediatrics (MCAAP). All families will be required to sign-off on this protocol. These documents are located on our webpage.
- If you test positive, you would need to isolate for 10 days and then, after physician clearance to begin a gradual return to play, would have an additional 7 days of return to play activities monitored by our athletic trainer and/or his designee before being fully cleared to return to full competition.



# COVID-19 Quarantine Protocol

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- Our quarantine protocol follows the guidance from the state epidemiologist at the MA Department of Health.
- If a team member, or an entire team, comes into close contact with someone who has tested positive for COVID-19, that person/group of people would need to quarantine for 10 days. You may get tested on Day 5 in order to come back sooner. If your test comes back negative, and you do not have any symptoms, you would be able to return to team activities on Day 8. If you choose to not get tested, you would be able to return to team activities on Day 11.
- If you have any questions pertaining to this protocol, please reach out to our school nurse.



# Concussion Legislation

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- Medway HS adheres to all applicable laws and regulations pertaining to head injuries.
- Please report all head injuries...this includes ones that happen outside of school.
- A physician and our Athletic Trainer (Sean Powers) must clear you to return to play after a head injury. Proper State of MA documentation is required. A gradual return to play protocol must be followed after physician clearance.
- All student-athletes will take the ImPACT Baseline Concussion Test twice during their four years here at Medway. Sean Powers will be working with coaches to ensure the completion of this test.
- All student-athletes and parents/guardians will need to sign off that that you have read or watched the 'Heads Up' Concussion Information/Video pertaining to head injuries and concussions during the FamilyID registration process.



# Opioid Misuse Prevention

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- Massachusetts is in the midst of an opioid epidemic. Athletes in particular, due to their risk of injury and the resulting pain, may be at risk for misusing prescription opioids.

Please familiarize yourself with information on how to prevent Opioid misuse with your son/daughter. Here is a great resource and information guide:

[https://www.medwayschools.org/UserFiles/Servers/Server\\_547022/Image/Department/athletics/OpioidMisusePreventionAthletes.pdf](https://www.medwayschools.org/UserFiles/Servers/Server_547022/Image/Department/athletics/OpioidMisusePreventionAthletes.pdf)



# Athletic User Fee

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- Medway School Committee policy requires all student-athletes pay a User Fee of \$255.00 per person/per sport. There are discounts for students on free or reduced lunch and that fee is \$51.00. This fee does not guarantee playing time and must be paid prior to the first athletic contest. There is a family cap of five fees paid (\$1,275). The extra fees for hockey, golf and ski do not count toward the cap.
- If there are any issues or concerns regarding the User Fee, please contact Dr. Murray via email.



# Team Schedules

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- Schedules, scores and rosters via MIAA with the exception of Ultimate Frisbee (non-MIAA sport).
- The MIAA App is a great resource. Visit your App Store to download and add Medway High School as a favorite!
- Sign up for updates for your favorite teams via:  
<http://miaa.net/schools/public/MedwMe2>





## Follow us on Social Media!

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- Twitter: all of our information goes up on Twitter...important reminders, scores, etc.  
Follow us: @MedwayAthletics
- Instagram: medwayathletics



#MaskUpMedway



- The health and safety of all of our student-athletes, coaches and officials is our number one concern!
- Please wear your masks and properly distance yourselves at all times.

**Have a great season and GO MUSTANGS!**