

# EAST LONGMEADOW HIGH SCHOOL

180 Maple Street East Longmeadow, MA 01028-2788

OFFICE OF THE  
ATHLETIC DIRECTOR



FAX: (413) 525-5496  
PHONE: (413) 525-5460

Dear Student-Athletes and Families,

Thank you for considering trying out for a sport at East Longmeadow High School. Participation in ELHS athletics should be an educational and rewarding experience for student-athletes, coaches, and families.

Football practice will begin on **Friday, August 16<sup>th</sup>**.

All other athletic practices will begin on **Thursday, August 22<sup>nd</sup>**.

Click: "School Calendar" on the MIAA site to view the time of your 1st practice (1 day before start date).

Please register on **Family ID by Sunday, June 9<sup>th</sup>** so the athletic department can start the clearance process.

All of the following steps must be completed by **Sunday, August 11<sup>th</sup>** in order to participate the first day.

1. Familiarize yourself with the MIAA online schedule. The MIAA schedule is the only accurate schedule: <http://miaa.net/schools/public/eastea3> Please sign-up for schedule alerts on the MIAA website. You can view complete team schedules or the entire school athletic calendar. Be aware that games and practices may be scheduled on vacations, Saturdays, and Sundays.
2. Register your student-athlete at: <https://familvid.com/east-longmeadow-high-school> Registration on FamilyID is critical in order to start the clearance process and should be done **ASAP**. The FamilyID registration is the only medical/emergency information that the coach will receive.
3. Submit a current physical exam to the HS nurse's office (1 per year and valid for 13 months). MIAA rule: If your physical expires in season then you may not participate (penalty=suspension).
4. Produce a valid baseline score on the online concussion vital signs baseline test. The test will be administered at school and must be proctored by a school official (valid for 2 years).
  - Wednesday, June 5<sup>th</sup> or Thursday, June 6<sup>th</sup> for future freshman at 220 in the BPMS Library
  - Tuesday, June 4<sup>th</sup> or Friday, June 7<sup>th</sup> for future juniors at 2pm in the ELHS Library
  - Thursday, August 15<sup>th</sup> any student is welcome at 10am in the ELHS Library
  - Tuesday, August 20<sup>th</sup> any student is welcome at 830am or 1130pm in the ELHS Library
5. Pay just this season's \$149.00 athletic fee online at the ELHS athletic department website: <https://elps.eastlongmeadowma.gov/high-school/athletics>
6. Student-Athlete must be academically eligible. All incoming freshman automatically start the school year as academically eligible. All other students must have a GPA of 2.0 based on all of their classes from the previous academic year.
7. To confirm "approval" to participate feel free to stop by AD office August 15<sup>th</sup> or 20<sup>th</sup> (830am-4pm).

I am looking forward to a positive and enjoyable athletic season. Please feel free to email me with any questions at [kevin.magee@eastlongmeadowma.gov](mailto:kevin.magee@eastlongmeadowma.gov) or call 413-525-5460 X4. If you have any questions or concerns regarding your specific sport please contact the coach. Your coach's email address is listed on the ELHS athletic department website. If the coach is not able to help you with your sport specific question then please contact the athletic director.

Sincerely,

  
Kevin Magee  
Athletic Director

## MISSION STATEMENT

As a community, we will Engage in critical thinking, Learn collaboratively, Honor diversity and Strive for success.

**Engage**

**Learn**

**Honor**

**Strive**

### Top "11" List Of Reminders For Student-Athletes & Parents

1. Based on the co-curricular attendance policy if a student is absent, attends less than a full day of school, or comes in late (after 8:00am) on the day of a game/practice or on the Friday preceding a weekend event, he/she will not be allowed to participate or attend unless his/her attendance has been cleared by the athletic director. If the above happens then the athlete/parent/guardian should contact the athletic director and request a waiver.
2. Participation in athletic programs at ELHS is a privilege, not a right. Students, who reach four hours of administrative disciplinary action during the athletic season as defined by the MIAA, will lose eligibility from athletic activities for one week. Students should model positive behavior on and off the field.
3. Student-athletes are expected to take school-sponsored transportation to athletic events. In rare circumstances if a student's parent/guardian listed on Family ID needs to transport the student to or from the athletic event then please have this approved by the head coach. Students may not drive themselves to events.
4. The MIAA bona-fide team member rule states: "members of a school team are not allowed to miss a HS practice or competition in order to participate in a non-school activity in any sport recognized by the MIAA." There is a potential MIAA waiver (one per season) that students can apply for but this must be done with the AD approximately one month before the activity (penalty is 25% of season game suspension). Saturday and Sunday practices (not games) are exempt from this rule and will be handled by the head coach.
5. If a student-athlete or parent has a concern then they should schedule a time to speak with the coach and/or head coach first (if the main concern is about playing time then the student-athlete is encouraged to be the first person who speaks with the coach). If their communication with the head coach is not productive then they should schedule a time to speak with the AD followed by the Principal. If you ever have a serious concern please be prepared to write an official letter of complaint with your name attached to the statement. In the fall of 2019 ELHS student-athletes will begin filling out end of season anonymous student experience surveys.
6. Please understand the scheduling/rescheduling process is very complex and many things must be taken into consideration these include transportation, referees, facilities, opposing school approval, ELHS school events, coach's availability, trainer availability, holidays, weather, and MIAA/PVIAC scheduling guidelines.
7. Chemical Health: Please note that the regulations apply to student behavior 24 hours a day, 7 days a week inclusive of the first allowable day of fall practice, through the end of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume; possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, VAP pens & all similar devices); marijuana; steroids; or any controlled substance (25% suspension 1st offense and 60% 2nd)
8. Booster clubs are considered a separate entity from the high school. No student-athletes should ever be required to participate in booster club activities and playing time will never be impacted.
9. If the student-athlete ever has an injury while participating on an ELHS team that involves extensive medical bills then please contact the Athletic Trainer for supplemental free insurance that may help with medical bills.
10. Massachusetts General Law 269:17 describes "hazing" as "any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person." Hazing will not be tolerated at ELHS.
11. Support other ELHS athletic teams and cheer for them at their games. Please do not say anything negative towards the opposing team, fans, or officials. Sportsmanship is a priority at ELHS. Student-athletes will receive free athletic passes, but attendance will be restricted if you are not representing ELHS in a positive way.

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## Fall 2019 Sports Night Information for the Parents

Physical Exams must have been done in the past 13 months. If the Physical expires during the season, your athlete will need a new one in order to continue playing. It is your responsibility as a Parent to make sure your child's physical is current and up to date. Physicals are kept on file to be used for future sports clearances. Please check with the health office if you are unsure of the date of expiration of your child's physical. When handing in a new copy of a physical **please indicate your child's sport on the top of the physical** to further assist with organizing all of the paperwork we receive during the preseason.

Health history form (side A of MIAA form) is now included in your Family Id registration. Students will be medically cleared once the Health Office has a current physical and all needed clearances from any specialists. Any and all Medical Concerns or Conditions must be indicated while filling out the Family Id information. If it isn't on Family Id, the athletic department staff, including the Athletic Trainer, and EMT's will NOT know of your child's medical history or needs should they need to be transported via Ambulance. This information must be updated each season. **Remember this is the ONLY information the Athletic Trainer, Coaches and EMT's get on your child's medical history and current conditions.**

\*\*\*\*\*Doctor's notes are needed ANYTIME an athlete is seen by a Doctor regarding an injury or illness. Please make sure the injury/illness/or reason for visit is clearly stated so that we know that the student is cleared to return to sports. The only acceptable clearance notes are those from an MD, DO, PA, NP. No Chiropractors or Physical Therapists. Make your life easier, get a Dr's. note **EVERYTIME** you go, and if your child is being seen by a Physical Therapist have the Dr. write a note saying that the student can be cleared by the Physical Therapist. Please give the notes to the nurse during the school day, or to the athletic trainer after school, so that it can be given to the nurse the next day.\*\*\*\*\*Completed medical forms should be dropped off at the Health Office directly and Doctor's notes can be faxed to (413) 525-9781.

After a diagnosed Concussion Athletes need to be cleared by their PCP to begin the Return to Play Process. The PCP must clear the student to begin the process with me. This process involves first taking the post-concussion testing and returning to within a reasonable level of the original baseline testing (Baseline testing is given at the end of 8<sup>th</sup> grade and before the start of the sports season in 11<sup>th</sup> grade. The baseline testing gives us a basic idea of the student's memory and reaction time. This baseline testing is given so that we have a guideline to refer to when a student sustains a concussion and the post testing is used to determine if the student has returned to the same cognitive level in terms of memory and reaction time that they had before the concussion). After this post-testing the student will begin a progression of physical activities for a total of 6 days (as long as symptoms don't return) before they will be completely medically cleared to return to athletics. This progression is supervised by the Athletic Trainer.

**Please refer to the ELPS district website for the full East Longmeadow Public Schools Policy/Protocol for Management of Sports Related Concussion. The link can be found under the Health Services link.**

If your student is injured at practice and the injury is not reported to the coach or the athletic trainer it is your responsibility as a parent to notify the AD, AT or school nurse of the injury so that we can track the progress of the injury and the student's return to activity. Again, get a note to clear the student once the injury or illness is over.

When filling out the Family ID registration please make sure to fully complete all fields especially those involving emergency contact, previous injuries, medical conditions, medications, health insurance and previous head injuries. As a part of this registration, you and your child must verify that you have reviewed the signs and symptoms of concussion and will report such symptoms to the AT, coach, AD or school nurse.

Per East Longmeadow Public School policy, students exhibiting signs of illness must be free of an elevated temperature (100.5 degrees or higher) for at least 24 hours without the use of fever reducing medication and must be free of symptoms of gastro-intestinal illness (nausea, vomiting or diarrhea) for 24 hours as well before returning to school or sports activities. (If your child is sick, please have them stay home and rest to get better. This is one small, but important, way to prevent illnesses from taking out an entire team with the same illness).

Per East Longmeadow Athletic Training guidelines any suspected rash or skin condition that has the potential to be transmitted to another student, will be required to be evaluated by a physician. The area must be covered and treated with the appropriate measures, under the guidance of that physician. Written instructions including diagnosis, treatment (medication that is being prescribed with any side effects), how long the area must be treated, and what means need to be used for covering it, before they are permitted to return to any competition. Typically the area must be covered for the entire course of treatment.

Please make sure your student has all of their inhalers, epi pens, diabetic supplies and any other medical supplies they may need with them at all times. I do not have these things to give them if they need them in an emergency. In addition, I do not have any over the counter medications (i.e. Advil, Aleve, Tylenol, Benedryl etc.) to give your child.

Any questions or problems feel free to contact:

Diane Savacool, AT, [diane.savacool@eastlongmeadowma.gov](mailto:diane.savacool@eastlongmeadowma.gov), or ext 5305

Tia Mazza, RN, the school nurse, [tia.mazza@eastlongmeadowma.gov](mailto:tia.mazza@eastlongmeadowma.gov), or ext. 5507.

Kevin Magee, AD [kevin.magee@eastlongmeadowma.gov](mailto:kevin.magee@eastlongmeadowma.gov), or ext. 5621

Thanks and have a great season.