

# ATHLETICS

## INFORMATION NIGHT



TOUGHNESS

CHARACTER

PRIDE

SERVICE

TEAMWORK



# Welcome to Abington High School Athletic Department

- ▶ Athletic Director - Peter Serino
  - ▶ [peterserino@abingtonps.org](mailto:peterserino@abingtonps.org)
  - ▶ 781-982-0070

# 5 Pillars of Abington Athletics

*Abington High School Student athletes are expected to display the below qualities in all aspects of school life - in the classroom, on the playing fields and in the community....*

## CHARACTER

The strength to be a *role model* and display *sportsmanship* in all situations, even when no one is watching

## PRIDE

A sense of *satisfaction* that comes from achieving something you *worked hard* for as an individual, a team and a community

## SERVICE

*Giving back* to the community through service that fosters *citizenship* and an *appreciation* for their support

## TEAMWORK

A *cooperative* effort towards a common goal, placing the needs of the *team* above individual needs

## TOUGHNESS

The *discipline* to remain *committed* and *focused* in the face of adversity

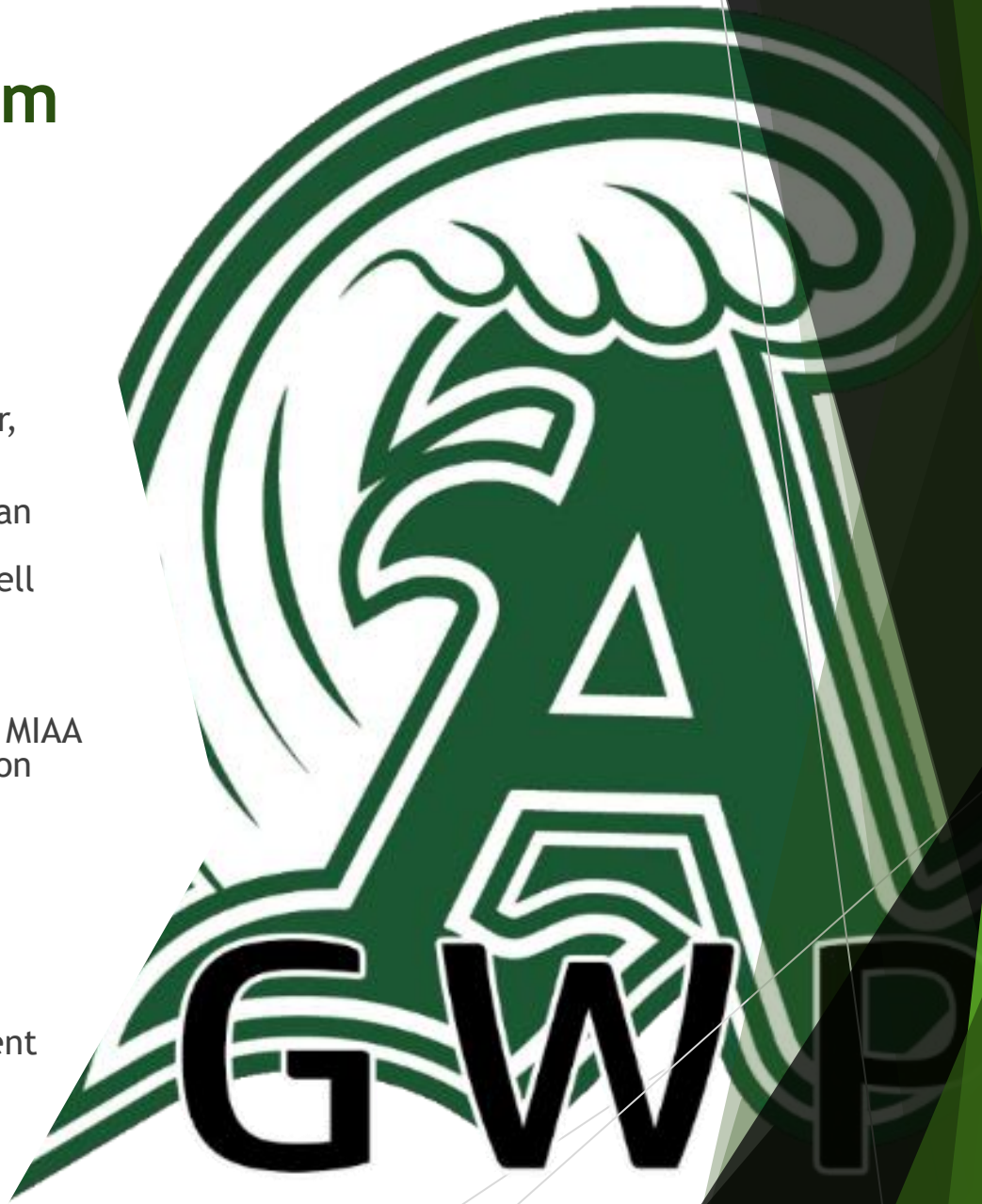
*Winning on the field and in life*





# Athletic Program at a Glance

- ▶ Compete at the V, JV and F levels
- ▶ Compete in the South Shore League
  - ▶ Tobin Division (Abington, Carver, Cohasset, Hull, Mashpee)
  - ▶ Football competes in the Sullivan Division (Abington, East Bridgewater, Middleboro, Norwell, Rockland, Sandwich)
- ▶ Member of the MIAA
  - ▶ Required to follow and enforce MIAA rules to participate in postseason tournaments
- ▶ Divisional Alignments
  - ▶ Varies per sport - based on enrollment
  - ▶ Alignments available on MIAA Website - Year 1 of realignment






# Must Know:

- ▶ Participation is a Privilege that can be taken away - you are STUDENT ATHLETES
- ▶ Schedules on ArbiterLive & Arbiter Sports App
  - ▶ <https://arbiterlive.com/Teams?entityId=51>
  - ▶ This is the only place for schedules - MaxPreps and other websites are not accurate
- ▶ Twitter/X [@Abington AD](https://twitter.com/AbingtonAD)
  - ▶ Best Places for schedule changes and results
- ▶ MIAA Rule 49 - Game Disqualification
  - ▶ Anyone - student or fan removed from a game must take NFHS Sportsmanship class to return



# Schedules

- ▶ Quickest way to get information is from twitter @AbingtonAD  
[www.twitter.com/AbingtonAD](http://www.twitter.com/AbingtonAD)



Tweets	Following	Followers	Likes	Lists	Moments	
9,847	145	2,436	155	0	0	<a href="#">Edit profile</a>



# Arbiter Live for Schedules

- ▶ Get up-to-date schedules and results
- ▶ Email alerts on schedule changes
- ▶ Download schedules right to your phone



The screenshot shows the Arbiter LIVE website interface. At the top left is the 'Arbiter LIVE' logo. To its right is a search bar with the text 'Search for your school' and a red 'Search' button. Below the search bar is a navigation menu with 'Teams' and 'Calendar' options. The main content area is titled 'ALL TEAMS (39)' and displays a grid of sports categories. Each category has a green header with a sport icon and name, and a list of teams below it. The categories shown are Baseball, Hockey, Lacrosse, Track - Indoor, and Track - Outdoor. The 'ABINGTON HIGH SCHOOL' banner at the top right of the screenshot includes the address: 201 Gliniewicz Way Abington, MA 02351-2095.

**Arbiter LIVE** Search for your school Search

**ABINGTON HIGH SCHOOL**  
201 Gliniewicz Way Abington, MA 02351-2095

Teams Calendar

**ALL TEAMS (39)**

- Baseball**
  - Boys Varsity
  - Boys Junior Varsity
  - Boys Freshman
  - Boys 7/8th
- Hockey**
  - Boys Varsity
- Lacrosse**
  - Boys Varsity
  - Boys Junior Varsity
- Track - Indoor**
  - Boys Varsity
  - Girls Varsity
- Track - Outdoor**
  - Boys Varsity

**Basketball**



# School Calendar View



September 2021 ▾



Details



Summary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
	<ul style="list-style-type: none"> <li>3:15p - 5:15p Freshman Orientation</li> <li>3:30p - 5:30p Varsity Boys Soccer vs. Brighton High School</li> <li>4:00p - 6:00p Junior Varsity Girls Soccer at Cardinal Spellman High School</li> <li>4:00p - 6:00p Varsity Girls Soccer at Cardinal Spellman High School</li> <li>4:30p - 6:00p Varsity Girls Soccer at Cardinal Spellman High School</li> </ul>	<ul style="list-style-type: none"> <li>4:00p - 5:30p Varsity Boys Football vs. Hingham High School</li> </ul>	<ul style="list-style-type: none"> <li>3:30p - 4:30p Varsity Boys Golf at East Bridgewater Jr/Sr High School</li> <li>4:00p - 6:00p Varsity Girls Soccer vs. Avon Middle/High School</li> </ul>	<ul style="list-style-type: none"> <li>3:30p - 5:30p Junior Varsity Girls Soccer vs. West Bridgewater Middle/Senior High School</li> <li>3:30p - 5:30p Varsity Girls Soccer vs. West Bridgewater Middle/Senior High School</li> <li>5:00p - 7:00p Varsity Boys Football at Scituate High School</li> </ul>		
5	6	7	8	9	10	11
				<ul style="list-style-type: none"> <li>4:00p - 5:15p Freshman Girls Volleyball at Whitman-Hanson Reg High School</li> <li>4:00p - 5:15p Junior Varsity Girls Volleyball at Whitman-Hanson Reg High School</li> </ul>	<ul style="list-style-type: none"> <li>3:30p - 4:30p Junior Varsity Girls Volleyball at Holbrook Jr/Sr High School</li> <li>3:30p - 4:30p Varsity Boys Golf vs. Rockland High School</li> </ul>	<ul style="list-style-type: none"> <li>9:00a - 10:00a Junior Varsity Girls Soccer at West Bridgewater Middle/Senior High School</li> <li>9:00a - 11:00a Varsity Girls Soccer at West Bridgewater Middle/Senior High School</li> </ul>



# Requirements to play



- ▶ Register on familyid.com
- ▶ Have a baseline concussion test through Concussion Vital
- ▶ Physical within the last 13 months
- ▶ Academically Eligible (passing 5 classes - 25 credits for year and pass 5 classes term 4)
- ▶ User fee \$175
  - ▶ Waivers available upon request
  - ▶ Don't let the fee prevent kids from playing
  - ▶ *Please fill out free or reduced lunch waiver*



***\*\*Note all students get free breakfast & lunch this year but the waiver form must be completed for an athletic fee waiver***

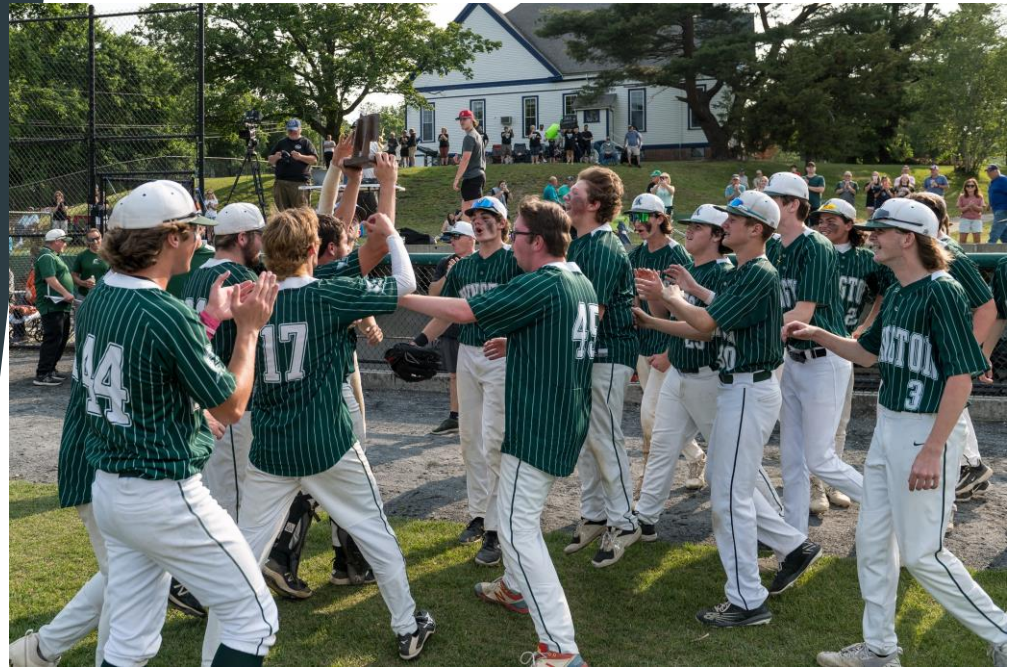
# Get Involved and Play

- ▶ Do not let any issue or concern prevent you from participating in a sport
- ▶ Talk to Mr. Serino
- ▶ We will work with you to ensure you are able to participate



# Playing Time

- ▶ Factors such as practice attendance, attitude, commitment, sportsmanship and athletic skill enter into the playing time decisions of the coach
  - ▶ Will Vary at Each Level
    - ▶ Freshman: All play (not equal)
    - ▶ JV: More Competitive
      - ▶ most play, but not equal
    - ▶ Varsity: Most competitive
      - ▶ Not all play





# Communication

- ▶ All communication should start between the player and the coach
  - ▶ Then move up the chain
    - ▶ Parent Coach
    - ▶ Athletic Director
    - ▶ School Administration - Principal/Assistant Principal
    - ▶ Central Office - Superintendent







POOLS	I.O.L.	FLOR POOL	I.O.L.	POOLS
0	5		5	0
SCORE		MATCH		SCORE

NATIONAL BLUE RIBBON SCHOOL OF EXCELLENCE

- ▶ Bona Fide Team Member rule:
- ▶ Must make a commitment to your high school team
- ▶ Cannot skip a HS practice or game for another team (AAU, club, etc.)
- ▶ 1 game suspension for first offense



# Commitment

# Attendance



Must be in school to participate

Tardy more than 15 minutes after start of school cannot practice or play

- 7:45 for HS (8:45 on WWW)/ 8:10 for MS on traditional days

Excused absences/dismissals that are approved by administration are the only exceptions

Does not automatically excuse the entire day

- Dr. Appointments, Dentist Appointments, Funerals, Court Appearances, Driving tests, College Days are excused with note



# Social Probation

- ▶ If you are placed on social probation you may not be able to participate in athletics - including games and practices





# Athletic Suspensions



- ▶ Students may be suspended from practice or games for academic or behavioral issues
- ▶ Good Citizen Rule:

*As a member of a team you have become part of an entity. You are no longer just an individual; you are a representative of your team, your school and your town. Anything that you do to disgrace, embarrass or demean your team can be grounds for dismissal or suspension from the team as determined by the Athletic Director or school administration. Behavior that is acceptable by school policy is expected of student-athletes both inside and outside of the school day and building.*



# Hazing

- ▶ (Chapter 269, Section 18 of the General Laws) of the Commonwealth of Massachusetts states: The term “hazing” as used in this section and in sections eighteen and nineteen, shall mean 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.
- ▶ *Anyone who is aware of hazing and/or is at the scene where hazing takes place is required to report the crime to an appropriate law enforcement official as soon as reasonably practical. Failure to report such crime is punishable by a fine of not more than one thousand dollars.*





# Chemical Health

- ▶ During the academic year, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product, marijuana, steroids, or any controlled substance. If a student in violation of this rule is unable to participate in interscholastic sports due to injury, academics, or otherwise, the penalty will not take effect until that student is able to participate again. (MIAA 62.1)
- ▶ At Abington High School, this rule is in effect from the first scheduled practice date for any sport in the fall until the completion of the final sport team in the spring or the end of the year, whichever comes last.
- ▶ Any athlete violating this rule in season will not be nominated to be a South Shore League All Star or for All Scholastic recognition.

# Captains

- ▶ Expected to meet with Athletic Director regularly
  - ▶ Before School, After School, Lunch, Bridge Block
- ▶ Selected by each coach/team - policies vary
  - ▶ See coach for specific policy
- ▶ A student can expect to lose his or her position as captain at any time for **90 school calendar days** for the following reason:
  - Violation of the Chemical Health Rule
  - Violation of Category C or D of the Code of Conduct
  - Not living up to the standards of the Captains Code or for other reasons deemed suitable by the Principal or Athletic Director.



# Student Athlete Advisory Committee

- ▶ Small Group of Students from all grades and multiple sports
- ▶ Represent student athletes from various sports
- ▶ Provide input on athletic policy and decisions
- ▶ Meet regularly
- ▶ Complete Community Service Projects
- ▶ Students will receive information on application process in first few weeks of school







# Injuries

- ▶ Must inform coach / Athletic Trainer immediately
- ▶ Concussions
  - ▶ Three forms from DPH
    - ▶ First form required to play - filled out online via [familyid.com](http://familyid.com) registration
    - ▶ Second form filled out by coach if head injury OR Parent/Guardian if outside of school
    - ▶ Third form filled out by PCP to allow an athlete to return to play after a concussion - **MUST** have this form in addition to any Dr.'s note



# Concussion - Parents



1. Complete and return concussion history form to the athletic department.
2. Inform school if student sustains a concussion outside of school hours. Complete new concussion history form following new injury.
3. If student suffers a concussion outside of school, complete head injury form and return it to the school nurse.
4. Complete a training provided by the school on concussions and return certificate of completion to the athletic department.
5. Watch for changes in your child that may indicate that your child does have a concussion or that your child's concussion may be worsening. Report to a physician:
  - A. Loss of consciousness
  - B. Headache
  - C. Dizziness
  - D. Lethargy
  - E. Difficultly concentrating
  - F. Balance problems
  - G. Answering questions slowly
  - H. Difficulty recalling events
  - I. Repeating questions
  - J. Irritability
  - K. Sadness
  - L. Emotionality
  - M. Nervousness
  - N. Difficulty with sleeping

# Concussion - Parents



6. Encourage your child to follow concussion protocol.
7. Enforce restrictions on rest, electronics and screen time.
8. Reinforce recovery plan.
9. Request a contact person from the school with whom you may communicate about your child's progress and academic needs.
10. Observe and monitor your child for any physical or emotional changes.
11. Request to extend make up time for work if necessary.
12. Recognize that your child will be excluded from participation in any extracurricular athletic event if all forms are not completed and on file with the athletic department.



# Concussion - Students

1. Complete Baseline Test prior to participation in athletics.
2. Return required concussion history form prior to participation in athletics.
3. Participate in all concussion training and education and return certificate of completion to the athletic department prior to participation in athletics.
4. Report all symptoms to athletic trainer and/ or school nurse.
5. Follow recovery plan.
6. **REST.**
7. **NO ATHLETICS.**
8. **BE HONEST!**
9. **Keep strict limits on screen time and electronics.**
10. Don't carry books or backpacks that are too heavy.
11. Tell your teachers if you are having difficulty with your classwork.
12. See the athletic trainer and/or school nurse for pain management.
13. Return to sports only when cleared by physician and the athletic trainer.
14. Follow Gradual Return to Play Guidelines.
15. Report any symptoms to the athletic trainer and/or school nurse and parent(s)/guardian(s) if any occur after return to play.
16. Return medical clearance form to athletic trainer prior to return to play.
17. Students who do not complete and return all required trainings, testing and forms will not be allowed to participate in sports.

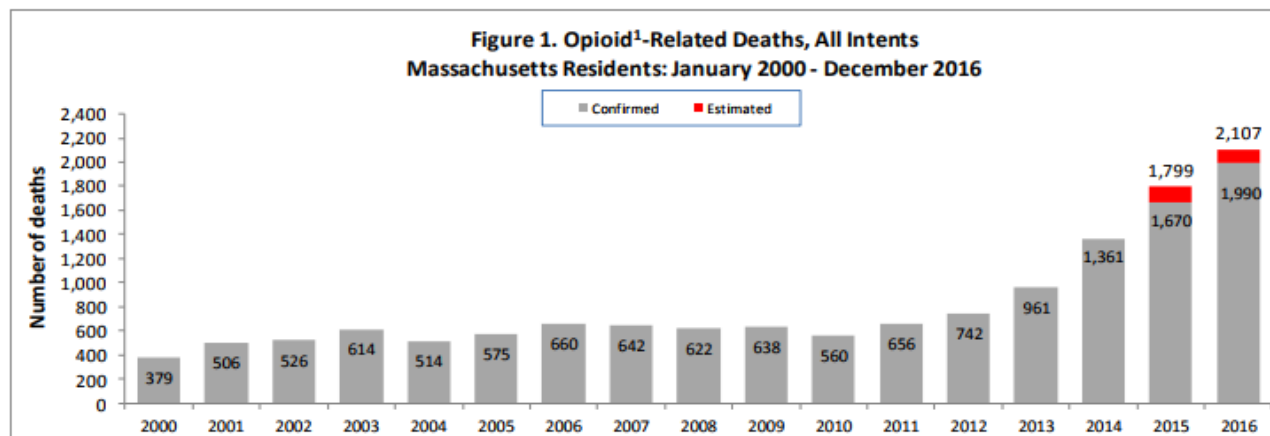


# Opioid Awareness

## Signs of Abuse

- ▶ Mood swings
- ▶ Inability to sleep
- ▶ Changes in behavior and appearance
- ▶ Changes in social status
  - ▶ New friends
  - ▶ Loss of friends
  - ▶ Isolation
- ▶ Confusion
- ▶ Nodding off / lack of consciousness
- ▶ Headaches
- ▶ Nausea / vomiting
- ▶ Constipation
- ▶ Anxiety

This report contains both confirmed and estimated data through June 2017.



# Athletic Training Services

- ▶ Ms. Alicia Reid
  - ▶ Provided to AHS through contract with Signature Healthcare
  - ▶ Available daily after school in Athletic Trainers Office for rehab and evaluation
  - ▶ Will be on campus daily for practices
    - ▶ Communicate injuries with your coach and Athletic Trainer
  - ▶ Use the resource to help you get healthy and stay healthy





# MIAA Heat Guidelines

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELNES
Below 76°F	Normal activities. Provide at least 3 separate rest breaks each hour for a minimum duration of 3 minutes each during workout.
76.1-81.0°F	Use discretion for intense or prolonged exercise, and watch at-risk players carefully. Provide at least 3 separate rest breaks each hour for a minimum duration of 4 minutes each.
81.1-84.0°F	Maximum activity time is 2 hours. For equipment intensive sports: Players should be restricted to a helmet, shoulder pads, and shorts during activity; all protective equipment must be removed for conditioning activities. For all sports: Provide at least 4 separate rest breaks each hour for a minimum of 4 minutes each.
84.1-86.0°F	Maximum length of activity is 1 hour. No protective equipment may be worn during activity, and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of activity.
Above 86.1°F	No outdoor workouts. Cancel exercise, and delay activity until a cooler wet-bulb globe temperature reading occurs.
<i>*if equipment modifications are necessary, no games should occur.</i>	

# AHS Heat Preparedness

- ▶ Ms. Reid
  - ▶ WGBT will be monitored daily
  - ▶ Cold Tub when needed
  - ▶ Cooling Stations when needed
  - ▶ Water and Gatorade Available - bring own refillable bottle each day



# Resources

- ▶ Health Express in Abington for Physicals
- ▶ Convenient MD in Weymouth for Physicals
- ▶ Signature Healthcare - Take advantage of this opportunity, Ms. Reid can help get care quicker and facilitate rehab which results in quicker return to play



# GREEN WAVE BOOSTERS



▶ President Joanne Pease

▶ Meetings are typically held monthly at Abington High School

▶ First meeting is Monday 8/28 7:30 PM



# About The Green Wave Boosters

- ▶ Abington Green Wave Boosters supports and promotes athletics at Abington High School.
- ▶ The Abington Green Wave Boosters supports ALL athletic programs at Abington High School, including girls, boys, varsity, sub-varsity & freshman programs.
- ▶ Over the years, the Boosters have worked closely with the Abington Athletic Department to ensure all student-athletes have a team to play on by funding sub-varsity sports, including junior varsity and freshman teams for both boys & girls.
- ▶ Recent financial contributions to from the Boosters to the Athletic Department include:
  - ▶ Summer strength and conditioning program
  - ▶ Hudl subscription and equipment
  - ▶ Track timing system
  - ▶ Additional Plyo Boxes
  - ▶ Coach busses for travel in tournament
  - ▶ Senior Athletic Banquet
  - ▶ Girls & Boys Basketball Shooting Machine
  - ▶ Guest Speakers
- ▶ The Boosters make a financial contribution to help offset the costs associated with funding Varsity Letter Jackets to those student-athletes who qualify.
- ▶ Teams who win a South Shore League Title (or beyond) the Boosters contributes \$35 / person to pay for League Jackets / Sweatshirts.
- ▶ Other items include paying for fan buses to major away tournament games

**GREEN WAVE  
BOOSTERS**

# Fundraising

- ▶ Thanks to the continued generosity of the Abington Community & beyond, we have been fortunate enough to reach our fundraising goals each year.
- ▶ Fundraisers / Income Generation Includes:
  - ▶ Annual Door-to-Door Drive
  - ▶ Teamwork Trivia
  - ▶ Meat Raffles
  - ▶ Green Wave Gear sales at all home football and basketball games
  - ▶ Green Wave Grill at home football games.

**GREEN WAVE  
BOOSTERS**



# Booster Points?

- ▶ The Boosters award points to student-athletes for volunteerism during the school year.
- ▶ Opportunities to earn points include:
  - ▶ Door-to-Door Drive
  - ▶ Assist the Athletic Department with various administrative needs
  - ▶ Gear / Concession Stand sales during home games
  - ▶ Clean up crew following home games
- ▶ In addition to completing the necessary athletic requirements, student-athletes must also earn **FOUR** Booster Points to obtain their Varsity Jacket
- ▶ Questions on how to earn points, see AD Serino.

**GREEN WAVE  
BOOSTERS**



# FAQs:

- ▶ How do Senior Nights work?
  - ▶ Planned individually by coaches and communicated to team
  - ▶ Athletic Department provides some guidelines to coaches
- ▶ What will the end of season banquet look like?
  - ▶ Will vary based on team and coach
  - ▶ Coach works with captains and team to plan what is appropriate for their team
- ▶ What can I expect to see on twitter?
  - ▶ Coaches share with AD highlights of games to post for varsity games
  - ▶ Believe sub-varsity is developmental and do not regularly share results
- ▶ How do coaches decide what level a student plays at?
  - ▶ Make individual decisions factoring in many variables including but not limited to best situation for individual development, best placement for the team, effort & attitude, skill, maturity
- ▶ Can I excuse my son or daughter's absence / tardy?
  - ▶ No requires approval from main office - typically doctors note, court note - parent note does not excuse



# FAQs:

- ▶ What does my son/daughter need to return from a concussion?
  - ▶ MA DPH return to play form signed by health care professional and to complete the return to play protocol per Athletic Training Staff
- ▶ Why doesn't the coach email the parents practice schedules / changes?
  - ▶ The goal of our athletic program is educational and a large part of it is the growth and responsibility of the students. As a result coaches generally communicate with the team directly - if there are questions about schedules or basic concerns the student should speak to the coach
  - ▶ Parents can always ask questions - but the question should always be asked of the student first, and whenever possible the student should ask the coach

# Fitness Center

- ▶ Before and after school hours will be available
- ▶ Use it in season and out of season
- ▶ Individual Showers in locker rooms
- ▶ Ask a coach or AD for a workout or to supervise





# Team Gear

<https://sideline.bsnsports.com/schools/massachusetts/abington/abington-high-school>

Online Store  
Operational 24/7  
Ships at time of Purchase



# Questions / Concerns

- ▶ Do not hesitate to communicate concerns or ask questions
  - ▶ Always ask the question - don't assume what you are hearing is always the case
- ▶ Help us know what people are saying and concerned about
- ▶ Get the right information
- ▶ Call 781-982-0070
- ▶ Email [peterserino@abingtonps.org](mailto:peterserino@abingtonps.org)



# Individual Team Meetings

- ▶ Golf: HS 2213
- ▶ Cross Country: MS2127
- ▶ Cheerleading: Library
- ▶ Volleyball: Seminar Room
- ▶ Girls Soccer: HS Cafeteria
- ▶ Boys Soccer: MS Cafeteria
- ▶ Football: Auditorium

