



Athletics Open House

June 7, 2022

6:00pm

Joe Ceglia – Athletic Director

Did you know?



We offer 56 teams within 23 sports across 3 seasons

- 26 Varsity, 10 Junior Varsity (JV), 20 Modified
- Over 65% of our students in 7-12th grades participate in interscholastic sports
- 50% of them play multiple sports
- Over 800 athletes across the three seasons

Success

- Our teams compete in a regular season and postseason Section 1 tournament
- Annually have multiple athletes capture superlative awards including All-League/Section/State, Coaches Awards
- In 2021-22 multiple teams captured League titles while our Baseball, Softball, and winter 4 X 800 Boys Relay team won the Section 1 Championship
- Two track athletes are competing at the NYS Track & Field Championships this coming weekend
- Elected two new members to the Rye Neck Athletic Hall of Fame
 - ❑ Ms. Jessica Calvini ('12) - Softball
 - ❑ Coach Nick Ianello ('77) - Football

Information

- Our Athletics Twitter handle is @RNHSathletics
- District Website and Athletics Webpage: <https://www.ryeneck.org/domain/57>

Did you know?



- Rye Neck has a full-time Athletic Trainer and Concussion Management Plan
- Rye Neck partners with FamilyID for online sports registration and SportsYou for team communications
- Over 100 student-athletes qualified for the Athletic Director's Honor Roll
- State-of-the-art Fitness Center/Weight Room and Athletic Facilities



2022-23 Important Dates

- Free Physicals in HS/MS Nurses Office with Dr. Militana
 - Parent must accompany
 - June 15 from 2:00pm - 3:00pm
 - June 22 from 11:30am - 12:30pm

- August 9 – Online Athletic Registration Opens for Modified Sports
- August 26 - Deadline to register for Modified Sports
- September 6, 11:05am - Modified sports information meeting for 7 & 8 grade **students** in the Dining Hall
- September 7 - Modified tryouts/practices begin

FUTURE ALERT!!!

August 21, 2023 - All other Varsity and JV tryouts/practices begin

Important to note for future falls/summer vacations

Starting dates for seasons are included on the district calendar

August, November, March

Email blasts and notifications are sent out well before the start of each season



Modified Sports

Sport	Season	Days	Typical Practice Times	Typical Contest Times	Home Location
Football	Fall	M - F	3:15pm - 5:30pm	4:15 - 6pm	RNHS/MS Fields
Field Hockey	Fall	M - F	3:15pm - 5:00pm	4:15pm - 5:45pm	RNHS/MS Fields
Girls Tennis	Fall	M - F	3:15pm - 4:45pm 4:45pm - 6:00pm	4:15pm - 5:30pm	RNHS Tennis Courts
Boys Soccer	Fall	M - F	3:30pm - 5:00pm	4:15pm - 6pm	FEB for games, DW & FEB for practice
Girls Soccer	Fall	M - F	3:30pm - 5:00pm	4:15pm - 6pm	FEB for games, DW & FEB for practice
Volleyball	Fall	M - F	3:30pm - 5:00pm	4:15pm - 6pm	MS Gym
XC (B & G)	Fall	M - F	3:15pm - 4:30pm	4:15pm - 5:15pm	RNHS Track
Boys & Girls Basketball	Winter	M - F	3:15pm - 4:45pm 4:45pm - 6:00pm	4:15pm - 6:00pm	MS Gym
Winter Track	Winter	M - F	3:15pm - 4:30pm	4:15pm -6:00pm	RNHS Track
Ice Hockey	Winter	Random	Random	Random	Playland and other area rinks
					**times are subject to change. This is informational, not guaranteed



Modified Sports

Sport	Season	Days	Typical Practice Times	Typical Contest Times	Location
Baseball	Spring	M - F	3:30pm - 5:00pm	4:15 - 6:30pm	RN Baseball Field
Softball	Spring	M - F	3:30pm - 5:00pm	4:15pm - 5:45pm	FEB Softball Field
Boys Tennis	Spring	M - F	3:15pm - 4:45pm 4:45pm - 6:00pm	4:15pm - 5:30pm	RNHS Tennis Courts
Boys Lacrosse	Spring	M - F	3:30pm - 5:00pm	4:15pm - 6pm	DW
Girls Lacrosse	Spring	M - F	3:30pm - 5:00pm	4:15pm - 6pm	FEB
Spring Track	Spring	M - F	3:30pm - 5:00pm	4:15pm - 6pm	RNHS Track
					**times are subject to change. This is informational, not guaranteed

- **Monday - Friday**
- **There are no practices or contests on school holidays or when school is closed**
- **Athletes can only be on one team per season. There are 3 athletic seasons per year.**





Philosophy of Program

Education through Athletics

- We believe interscholastic athletics help provide students insight into many life experiences including:
 - Responsibility, COMMITMENT, and cooperation
 - **TIME MANAGEMENT**
 - Sportsmanship, citizenship and respect for others
 - Success and accomplishment as well as disappointment and failure
 - Privilege vs. Right and Interscholastic vs. Recreation

Challenges with today:

- Travel/ Club/ “Elite” teams, Social Media and Personal Coaches/Trainer have negatively impacted mindset
- We, Us, and Team vs. Me, I, and Self
- The education and value of interscholastic athletics is experienced when we approach them as athletes and families thinking, “How can the athlete help the team or contribute to the sport” and not “How is the team or sport benefitting me?”

Philosophy of Program Levels

- Modified – 7th and 8th grade
 - Introduction to the dynamics of interscholastic athletic teams
 - Priority, training, traveling, representing the school/family/community
 - Fundamentals/skill development vs. competitive emphasis
 - Each athlete receives equal playing time when team expectations are met and safety is not compromised
 - Rotation system for some programs
- Junior Varsity (JV)
 - **Fall season starts in AUGUST**
 - Refining skills
 - Preparation for the Varsity level and program success
 - Success is not simply defined by victories
 - Increased emphasis on competition and performance
 - Playing time dependent on skill set, team needs and meeting team expectations



Philosophy of Program Levels

- Varsity
 - Fall season starts in **AUGUST**
 - Athletes who provide the program its best opportunity for success
 - Attaining maximum **TEAM** potential = **Success** (not just wins & titles)
 - Playing time dependent on skill set, team needs and meeting team expectations
- Please Note:
 - We intend to run each team/sport we currently offer
 - Rarely, but at times, we may not have enough participants for a certain level. We see this at the JV level more than others.
 - Try to make it work
- Does not mean team/level is eliminated for future seasons



Reality of High School Athletics

- Only 2% of graduating seniors nationwide receive athletic scholarships
 - <http://www.ncaa.org/about/resources/research/estimated-probability-competing-college-athletics>
- 1% of the 2% mentioned above go on to professional sports
- If athletics provide your son/daughter an entrance into an institution they might not have normally qualified for, it served them well
- Manage expectations – MS/HS Sports – Enjoy the Moment! What's the rush?
- Benefits & Lessons - Education through Athletics
 - Teamwork, Time Management, Sportsmanship, Leadership, Responsibility, Self-advocacy, physical/mental/social health
 - How to work through a challenge and develop communication skills

Specialization vs. Multi-sport

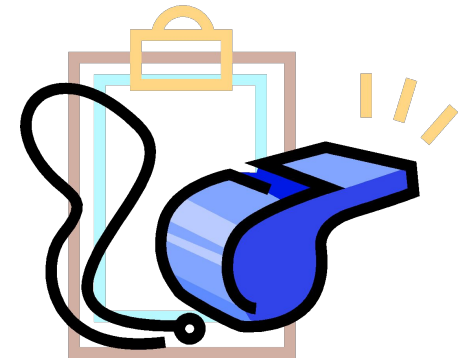
- Steady decline in 3 sport athletes (2 sport decline too!)
- Physical Overuse vs. Muscle Variation
- Different sports/teams – different roles learned
- Healthy body, healthy mind, training different muscles
- Multi-sport develops additional mental performance (different ways of thinking)
- Greater social exposure
- Opportunity to learn more life skills
- **Not at the expense of teammates/teams/coaches within another season. Commitment is important.**
- Univ. of Washington Softball, Clemson Football, Yale Lacrosse



- <http://www.orlandosentinel.com/get-healthy-orlando/os-kids-sports-specialize-20180516-story.html>

Coaches

- All Rye Neck Coaches meet NYS Requirements
 - First Aid/CPR/AED /Concussion Training (Every 2 Years)
 - TEACH Account with NYSED
 - DASA, Violence Prevention and Child Abuse Workshops
 - Fingerprint Clearance through NYSED
 - NFHS Coaching Courses
 - Please remember as you spectate:
 - Time away from family, not getting rich doing it, they are involved in coaching because they want what's best for kids. Nobody is perfect.



What is FamilyID?

- Online Athletic Registration Program
 - 30 days prior to the 1st day of season - NYS Regulation
 - **Valid physical required**
 - 1 family account but can have multiple registrations
 - Outstanding technical and customer support
 - Medical information, Codes of Conducts, Parent Partnership Pledge, Concussion Information
 - **ONLY** one sport please and have correct grade
 - Concussion Information:
 - At home ImPACT baseline testing
 - Incoming 7th, 9th, and 11th graders
 - 100% success rate - Keep it going!!!

SportsYou

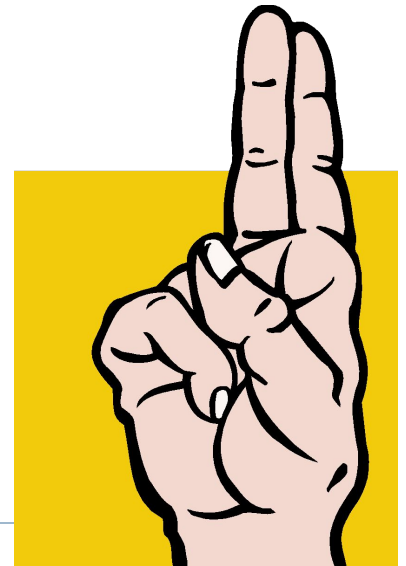


- SportsYou is a secure app and website for messaging, scheduling, and sharing media
 - Team specific codes
 - Teams can be broken up into groups - players, parents, etc.
 - The “Facebook” of Athletics
- Team Calendar
 - You will receive push notifications of any updates to the team schedule
- Coach to Athlete/Parent Communication
 - Allows coaches to send a message to the team and parents



Pledge & Code of Conduct

- FamilyID
 - Student-Athlete Code of Conduct, Parent Partnership Pledge, Attendance Agreement
 - Be sure to read it before you electronically sign it
- Outline of how to handle a concern you may have
 - 24 Hour Rule
- Be the example we want to set for others
 - Sportsmanship
 - Officials/Coaches



Concerns/Questions

- Number 1 “Issue”.....guesses?
 - <https://www.youtube.com/watch?v=u2LR4c3JsmU>
 - <https://www.youtube.com/watch?v=z6FFNhCSA6w>
- 24 hour rule
 - Practice/Games
 - Prior to/after a contest or practice is not appropriate
 - Empower student-athlete to speak with Coach
 - Contact Athletic Office
- Topics that will not be discussed with parent
 - Playing time
 - Game/Team Strategy
 - Captaincy and Awards
 - Modified doesn't have season long captains or superlative awards (All-League, etc.)



Open Gyms & Interest Meetings

- Open Gyms
 - Available to any and all students grades 7-12
 - Held by the coaching staff of program
 - Mostly attended by upperclassmen
 - Often held later at night (7pm) or early mornings (6am)
 - NOT required and does NOT factor into tryout criteria
- Interest Meetings
 - Held anytime prior to the start of a season, typically in the season prior or month prior to start of season
 - Gauge interest level in student body
 - Information on tryouts, the schedule, any team related information is shared

Attendance and participation in Open Gyms or Interest Meetings are NOT mandatory or required for selection to a team or participation.



Tryouts and Cuts

The number of athletes per roster is dependent upon:

- Efficiency of program – Quality vs. Quantity
- Safe environment
- Suitable facilities
- Athletes who get cut may join another program that did not make cuts

Varsity and JV

- At the Varsity and Junior Varsity level, the student-athletes who possess the appropriate skill set to contribute and compete at the designated and safe levels are retained
- Cuts
 - Posting of roster outside Guidance for MS/Modified
 - Posting of roster at the Athletic Center for V/JV



Tryouts and Cuts

- **Modified level**
 - At the modified level, the procedure of cutting student-athletes is not desirable. However, if the number of students trying out for a team creates a situation that is inefficient to manage, poses a safety issue/concern, is problematic because of facility consideration or other constraints, reducing team size may be necessary
 - Multi-team rotation sports for some sports
 - **Commitment to RN team takes priority over non-RN events (i.e. club teams, non RN related activities, music lessons, etc.)**
 - Religious obligations are the exception
 - Get schedule to coach as far in advance as possible
 - Doctor/dentist/ortho appointments - PLEASE avoid conflict

Athletic Placement Process

- Exceptional student-athlete
 - Step 1 – Coach speaks to Athletic Director and completes an evaluation form
 - Step 2 – Parent permission
 - Understand the population on JV/V is very different
 - Different conversations on a bus/locker room
 - Step 3 – Medical Clearance by doctor
 - Tanner rating and growth charts
 - Step 4 – Physical Fitness Test
 - Presidential Physical Fitness and 85% percentile in 4 of 5 components
 - Step 5 – Tryout for the team
- APP is NOT for filling JV rosters

Athletic Placement Process



SEX	AGE	CURL UPS (MINUTE)	SHUTTLE RUN	V-SIT (INCH)	SIT & REACH	1 MILE OR 500 YARD SWIM	PULL UPS	RIGHT ANGLE PUSH UPS
M	11	47	10	4	31	7:32/8:30	6	26
M	12	50	9.8	4	31	7:11/8:30	7	30
M	13	53	9.5	3.5	31	6:50/8:30	7	35
M	14	56	9.1	4.5	33	6:26/8:30	10	37
M	15	57	9.0	5	36	6:20/8:30	11	40
F	11	42	10.5	6.5	34	9:02/9:00	3	19
F	12	45	10.4	7	36	8:23/9:00	2	20
F	13	46	10.2	7	38	8:13/9:00	2	21
F	14	47	10.1	8	40	7:59/9:00	2	20
F	15	48	10	8	43	8:08/9:00	2	20

Equipment/Uniforms

- Athletic equipment and uniforms is school property and have a cost to them
- Per the Athlete's Code of Conduct, student-athletes are financially responsible for all school issued equipment and uniforms and they must return it to the coach at the conclusion of the season
- Families are invoiced for missing items



Athletic Transportation

- All athletes are required to ride school transportation to and from away contests
- **Unique/Emergency situations.....**
 - School function, wake, etc.
 - Complete and submit a “REQUEST For RELEASE FORM” to the Coach
 - Obtain form Online/Athletic Department/Coach
 - For some sports (i.e. merged team and golf) practice and home venues are not on campus and athletes must plan to provide their own transportation for the home events and practice
- Not to be used for club team, travel teams, tutors, etc.



Athletic Director's Honor Roll/Academics



- Student-athletes in 7-12th grade are eligible
- Meets the MS/HS Honor Roll or High Honor Roll criteria for the length of their season for their respective sport(s)
- Student-athletes receive a certificate and letter of acknowledgment
- Athletes are encouraged to utilize extra help, if needed
 - When doing so they need to inform their coach



Eligibility

- 4 years to participate in High School sports from the day you enter 9th grade
- 5 for a 8th grader who played up via APP
- 6 for a 7th grader who played up via APP
- No “redshirting”
- Clock starts if they play up!
 - A retained student’s clock has started
- Transfer issues
 - Going to another school
 - Returning to Rye Neck or to a NY school
- Extension of eligibility
 - Academic gap



Merged Sports

- 2 or more high schools merge their athletes together to form one athletic team for the following reasons:
 - Insufficient number of participants independently
 - Financial constraints
 - Facility needs
- Merged programs are approved by the Board of Education of each school on a year-to-year basis
- Rye Neck is involved in the following merged athletic program:
 - VARSITY
 - Girls Swimming & Boys Swimming with Rye and Blind Brook HS
 - Girls Ice Hockey
 - VARSITY & MODIFIED
 - Boys Ice Hockey with Blind Brook, Harrison HS, and Port Chester

How Parents Can Help

- Encourage your student-athlete to work hard and understand the various roles on a team
 - Model supportive, positive and appropriate behavior at contests towards officials, coaches, athletes and fans
 - Be supportive of your child's coach at home
 - Kids learn their behavior from you
 - Respect a coach and team's work environment and space
 - Benches, dugouts, etc. - Office without walls
- ▶ 27 ● Modified vs. Rec. Program transition



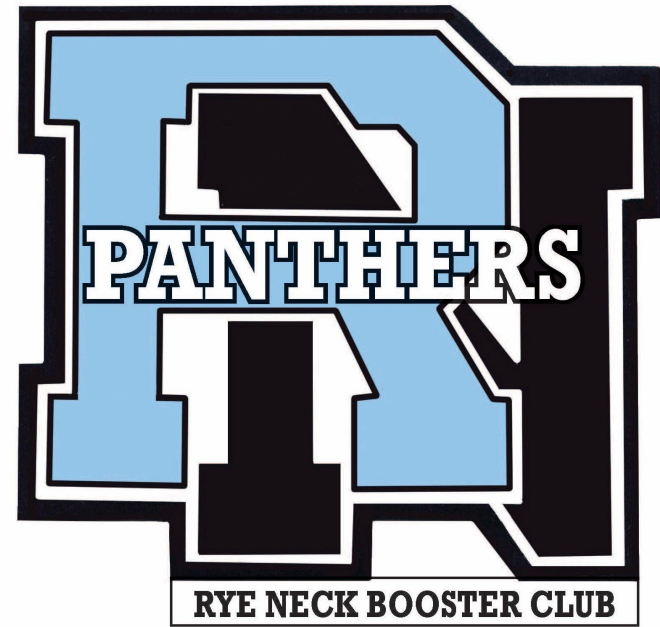
How Parents Can Help

- Empower your child to approach his/her coach and engage in discussion if they have a concern
 - Part of the their maturation and membership to a team
- Prepare your child that he/she may not hear an answer they like - help them understand/strategize, not make excuses
- Help your child manage his/her time and not have their time overcommitted
- Read the Athlete's Code of Conduct, Attendance Agreement AND Parent Partnership Pledge **together** before signing
- Please pick your son/daughter up on time from practice/away trips



Booster Club

- Awards scholarships to outstanding seniors
- Supports and sponsors, Athletic Hall of Fame, Sports Awards Ceremony, other Athletic Department initiatives (Train2BClutcr
- Sells refreshments and apparel at athletic events
- Meetings are posted on district website and calendar
- Please join and participate



Fall



Sport	Season	Varsity	JV	Modified	Merged
Football	Fall	X		X (7/8)	
Field Hockey	Fall	X	X	X	
Cheerleading	Fall	X			
Girls Tennis	Fall	X		X	
Boys Soccer	Fall	X	X	X	
Girls Soccer	Fall	X	X	X	
Volleyball	Fall	X	X	X	
XC (B & G)	Fall	X		X	
Girls Swim/Dive (Merged)	Fall	X			
Total Sports	9				
Total Teams	22				



Winter

Sport	Season	Varsity	JV	Modified
Boys Basketball	Winter	X	X	X
Girls Basketball	Winter	X	X	X
Winter Track (B & G)	Winter	X		X
Bowling (B & G)	Winter	X		
Ice Hockey (MERGED)	Winter	X		X
Girls Ice Hockey (Merged)	Winter	X		
Boys Swim/Dive (MERGED)	Winter	X		
Wrestling (MERGED)	Winter	X		
Total Sports	8			
Total Teams	17			

Spring



Sport	Season	Varsity	JV	Modified	Merged
Baseball	Spring	X	X	X	
Softball	Spring	X	X	X	
Golf	Spring	X			
Boys Tennis	Spring	X		X	
Spring Track (B & G)	Spring	X		X	
Boys Lacrosse	Spring	X	X	X	
Girls Lacrosse	Spring	X	X	X	
Total Sports	7				
Total Teams	19				

THANK YOU



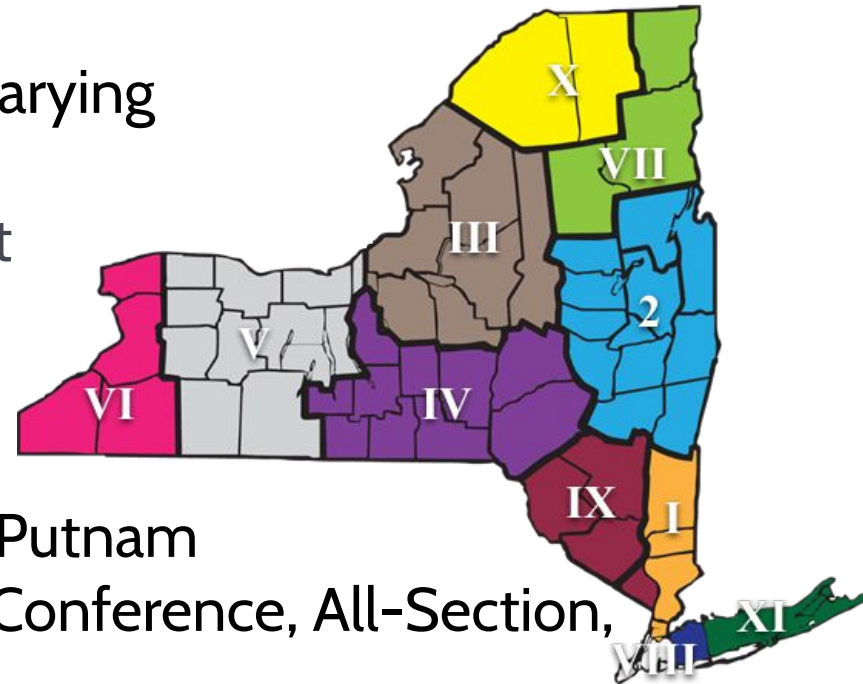
**THANK YOU FOR SUPPORTING
OUR
COACHES
TEAMS
STUDENT-ATHLETES!**

**PLEASE CONTACT THE ATHLETIC DIRECTOR
WITH ANY QUESTIONS AT
JCEGLIA@RYENECK.ORG**

PARENT PACKET

What is Section 1? What is a League?

- Section vs. Conference vs. League
- Section 1 has over 80 Schools of varying sizes
 - Class, AA, A, B, C, D - enrollment
 - Classification #s by sport
- Westchester, Rockland, Dutchess, Putnam
- Award Hierarchy - All-League, All-Conference, All-Section, All-State
 - Not given at the modified level
- Varies by sport
- Modified game schedule is a blend of geography and ability
- Challenge - Official Shortages





How Parents Can Help

- Editorial “What Makes a Nightmare Sports Parent – And What Makes a Great One.” – Steve Henson. 2/15/12
 - Senior Editor and Writer at Yahoo! Sports
 - Parent of 4
 - Over 30 years of coaching and officiating youth and higher level sports

How Parents Can Help

5 Signs of an Ideal Sports Parent

- Cheer everybody on the team, not just your child
 - Parents should attend as many games as possible and be supportive
 - Don't feel the need to come to their rescue at every crisis
- Model appropriate behavior
 - Athletes do as you do
- Know your role as spectator
 - Observe your child's body language/manner behavior in game or on bench (during time-outs) and help them improve
- Be a good listener and great encourager
 - When athlete is ready to talk about a game or has a question about the sport, be all ears. Then provide answers while being mindful of avoiding becoming a nightmare sports parent.
- Above all – be positive.

How Parents Can Help

5 Signs of a Nightmare Sports Parent

- **Undermining the Coach**
 - Athletes need single instructional voice during games
 - Athletes who listen to parents yelling instruction from stand or even glancing at their parents for approval from field are distracted
 - Second guessing coach on the ride home or within the home
- **Living your own athletic dream through your child**
 - Parent taking credit when the child has done well...”We worked on that shot for weeks.”
 - An outcome of a game means more to the parent than the athlete

How Parents Can Help

5 Signs of a Nightmare Sports Parent

- Overemphasizing sports at the expense of sportsmanship
 - The best athletes keep emotions in check and perform at an even keel, win or lose.
 - Parents demonstrative in showing displeasure during a contest are sending wrong message.
- Having different goals than your child
 - Kids generally want to enjoy experience, improve skills and win
 - Parents – “getting a scholarship” or “making the All-Star team”
- Treating your child differently after a loss than a win
 - “Many athletes indicate that conversations with their parents after a game somehow make them feel as if their value as a person was tied to playing time or winning”