



Athletic Awareness

Pembroke Academy
Fred Vezina, Athletic Director



Agenda Items...



- ❖ Policies and Procedures (From Handbook)
- ❖ Communication
 - Coach, AD etc.
 - Social Media
- ❖ Sports Medicine

Covid 19- What else.

This season will be different than seasons past, obviously. Due to the pandemic, athletics has done things to help ensure our athletes have a season. All schedules were reworked to play local schools regardless of division. Most of the schedule involves playing one school for an entire week in all sports. The NHIAA has made all tournaments an open format. That means every varsity team will be able to compete in the postseason. There will be no standings kept.

Face Coverings

Like in the winter, all athletes will be required to wear a face covering while practicing and competing. This follows the recommendations of the NFHS and the NHIAA. Face coverings will be required while competing in the State Tournaments as well. There are a few exceptions to this rule in track & field. All of this information can be found <http://www.nhiala.org/sports-medicine>

All athletes in our cohort and in Division 2 will be following these guidelines.

Eligibility



A. Athletic eligibility is based upon the *previous* interim grade report. This means, for example, that participation in fall sports is based upon a student's grades for the last grade report of the previous year. Winter sports eligibility will be determined by the interim grade report that is issued before the first NHIAA contest of the winter season. Note that a student's eligibility status may change during a particular sports season if the issuance of an interim grade report coincides with that season's calendar. Your grades now affect the next sports season.

Eligibility



B. Students must pass at least **five** courses to maintain eligibility. A passing grade is a 2.0

Eligibility



C. Any student taking fewer than 5 courses in a grading period must pass **all** of his or her courses to maintain eligibility. Anybody taking less than 5 needs to have permission from both the Headmaster and Athletic Director.

Eligibility



D. Students may regain eligibility by making up academic deficiencies, failures or incompletes of the regular school year through academic credit recovery programs and or summer school that are completed prior to the first date of the season. “Incompletes” do not count as passing grades. **Ineligibility stays until the next grade report.**

Alcohol, Drugs, Tobacco



Use of Alcohol, Drugs and Tobacco Any athlete using or in possession of alcohol, drugs or tobacco (**including electronic nicotine delivery devices**) during the season in progress, **will be removed from participation during that season.** Any athlete guilty of a second offense in a calendar year shall be ineligible to participate on any athletic team for a period of 365 days from the time of the **infraction.** Any student who is in the presence of illegal drugs or alcohol is subject to sanctions up to and including removal from the team

Policies and Procedures

Link to policies and procedures document that will be signed off on through Family ID sign-up.

[Athletics policies and expectations](#)

Tardies, Dismissals, Absences



- Tardy: 2 free ones, third is a detention and a **“no play”** for the day. Get to school and class on time!! Excused tardies require a note from doctor or dentist unless otherwise determined by school personnel.
- Dismissals: Return to school with a note from a doctor or dentist to be eligible for that day.
- Individual coaches may have additional policies in place
- **Not in school, not in the game, practice, or team function.**
- **Even if you are remote learning these policies will be followed.**

Transportation



- Due to the pandemic, a bus can only hold 26 students at a time. Usually we need to transport 30 plus athletes. Busing will be an issue. Not enough drivers to go around.
- Due to this predicament, we are allowing athletes and/or parents to drive directly to away games. A google form will be sent through FamilyID **24-48 hours** before the game. It is expected to be filled out **before 1pm** the **day of** the game for the athletic department to make necessary changes.
- If taking the bus, Please take care of it. Masks need to be worn at all times. The driver is the boss, clean up after yourself. They are not responsible for your mess.

Transportation cont.

Athletes are responsible for all school work missed if leaving school early for an away game. Get in the habit of communicating before hand with your teacher, especially if a summative is involved. No teacher likes being asked things at the last minute.

All dismissals and bus departures are online. (I will show you were when we go over schedules later in the presentation). Also athletes can check the bulletin board outside of the gymnasium for all dismissal and departure times.

Uniforms and Equipment



- Please be responsible and respectful of all that is issued to you from the school. Uniforms are on a 5 year cycle.... They need to be cared for and returned at the end of your season.
- Please expect that damaged or lost equipment will cost you money.
- All personal equipment should be cleaned/sanitized daily. Shared team equipment will be done by coaches.

Communication



- Respect a coach's space, allow some time to pass before you address an issue (24 hour rule)
- The coach is the first line of communication, if you come to me first with an issue, I will send you back to the coach
- I'll intervene if needed
- I will not discuss playing time, strategy, and game decisions
- If it is an issue beyond X's and O's that I need to be aware of, feel free to contact me directly

Communication

We have the ability to send mass emails through Family ID. Going forward you will be getting an email from either myself or Ashley Gladu if there are changes to the schedule or any other information we feel is important to you. Please make sure that your primary contact e-mail in Family ID is one that you can access and check readily. A few people have said they are not receiving the emails, please make sure you check your Spam folder or any other program that may filter your emails.

Communication Cont.

If you wish to add another email address to your account on FamilyID please click the link below and follow the instructions. If you have any questions please contact support@familyid.com

[FamilyID Additional Email Address Instructions](#)

Social Media



- ★ It is a great resource if used correctly. Please use for games and schedule information. Post things that are positive. Please be respectful of others.

Schedules



NHIAA website <http://www.nhiala.org>



Big Teams website <http://pembrokeathletics.org/>

Schedules are subject to change. Especially with the bus issues in every district. Any changes, we will notify you as soon as possible.

Please frequently check the “More” tab on Big Teams for important paperwork under Files and Links

Home Fan Attendance

There will be no limit on the number of fans who can attend our home games. We do require fans to wear a face covering and social distance.

Fan Behavior

One rule. Cheer for your team. After having sports cancelled in the spring, the last thing we should be doing is cheering negatively to the opponent or officials. All the athletes should be cheered for positively because at any minute it could all end. If it does, their last memory shouldn't be getting booed.

Be mindful of your surroundings. No heckling of officials.

Remember you are representing Pembroke.

Covid Guidelines- Governor Orders are masks must be worn at all times, and socially distancing is required. This will be in effect at PA.

Away Fan Attendance

Due to the Pandemic some schools are putting restrictions on fan attendance. I will update you with any restrictions they may have the week before we are scheduled to play each school. Please be respectful of any guidelines and protocols other schools may have. Remember, these games are not about the fans, it is about letting our athletes compete. Please do not jeopardize this with failure to comply with guidelines and protocols.

Sports Medicine

I am pleased to announce that Granite State Physical Therapy will be our new provider and Kylie Fleming will be our new trainer.



Kylie Fleming, MS, LAT, ATC, SMTTC
West Virginia University Class of 2018
Florida State University Class of 2020
knflemingatc@gmail.com

Granite State Physical Therapy

- Granite State Physical Therapy offers Outreach Athletic Training Program to local schools and JR Hockey programs in the Capital and Lakes Region. We supply Athletic Trainers for athletic coverage and to help facilitate injured athletes to the care they need in a quick and easy manner.
- We always offer free consultations in our physical therapy office to the athletes in our network and work with many different types of insurance.
- We collaborate with several surrounding hospitals and orthopedic offices to make sure the athlete has the best care and is never lost in the system.
- Our mission is to keep the athlete on the field in a safe and healthy manner.
- Granite State Physical Therapy offices are in Hooksett, Concord, and Gilford.

In the event of Injury...

Athletes and coaches should refer to Athletic Trainer for sports related injuries when an athlete is unable to compete at their full potential due to pain and/or injury.

Athletic Trainer will evaluate and make appropriate recommendations.

If further follow up is needed AT will call parents/guardian for consent and will make referral to an MD.

Concussions.....What is it?

It is a brain injury, caused by a bump or blow to the head or commonly referred as Traumatic Brain Injury TBI

Discourage the use of terms like "Ding or bell rung" to describe even the mildest form of a concussion.

Like other injuries you cannot see a concussion.

Signs and Symptoms can appear immediately or not appear for some time after the injury

What are signs and symptoms of Concussion?

Appearing dazed or stunned

Headache, dizzy or ringing in ears, nausea or vomiting

Unequal pupils and not reactive to light, blurry vision, sensitivity to light and or noise

Confusion, answers questions slowly, unsure of game or score or date

Memory loss- cannot recall events prior to hit or fall or can't recall events after hit or fall

Behavior or personality change, sleepy, fatigued

Loss of consciousness- LOC

Concussion Protocol

If concussion symptoms are present or suspected: Immediate removal from contest.

Evaluation by trained medical professional (ATC, MD trained in concussion treatment)- Dartmouth Hitchcock, Granite Physiatry, Concord Orthopedics

Immediate ER referral if LOC or severe....usually going to be an MD referral even with minor symptoms

Rest until Symptom Free- from Athletics and in some cases School as well.

Concussion Protocol

Return to Learn and Return to Play- Symptom Free First

RTP: Minimum 4 day progression

Step 1: light aerobic exercise (if symptom free- progress to step 2)

Step 2: More intense aerobic exercise

Step 3: Non-Contact Practice

Step 4: Full practice

Concussion Protocol

Step 4.5: final MD clearance with passing ImPact test results

Step 5: Cleared for full participation by ATC

Return to Learn comes before final athletic clearance

Second Impact Syndrome

A condition where the brain swells rapidly after receiving a second concussion before symptoms of the first concussion have subsided.

This rare condition has most often been reported in adolescents, and thought to be related to failure of neurological control of blood flow to the brain. Immaturity of the brain is a risk factor.

Post Concussion Syndrome

Persistent or delayed symptoms resulting from Concussion

Can result weeks or months after Concussion

Coaches Emails

Softball- Ashley Gladu agladu@sau53.org Unified Volleyball- Kim Bates kbates@sau53.org

Baseball- Josh Coughlin jcoughlin@sau53.org Track- Mike Valotto michael@keydatait.com

Girls Lacrosse- Craig Stam cstam@sau53.org

Boys Lacrosse- Matt Dion mdion@sau53.org

Girls Tennis- David Goulet dgoulet50@aol.com

Boys Tennis- Chris Sporcic chrissporcic@comcast.net