Nauset Regional High School
Director of Athletics
John Mattson
Introduction of Fall Head Coaches

Cathy Nagorski – Girls Soccer
John McCully – Boys Soccer
Yoeun Sim – Volleyball
Cheryl Poore – Field Hockey
Brian Hicks – Boys Golf
Jennie Suydam – Cheerleading
Bruce Strunk – Football
Moira Nobili – Boys Cross Country
Katie McCully – Girls Cross Country
Alex Perry – Strength & Conditioning
Nauset Warriors
Parent & Athlete Meeting

- Nauset Athletics Philosophy
- Nauset Warriors Booster Club
- Chain of Command & Roles
- Schedules & Website
- Athletic Department Policies
- Athletic Trainer
- Athletic Department Events
- Team Meetings
Nauset Regional High School Principal

Dr. Christopher Ellsasser
Nauset Athletics Philosophy

1. Promoting multiple sports

2. Community Service

3. Limiting fundraising
Playing Multiple Sports

1. Experience different coaching, teammates, different environments, different challenges
2. Builds well-rounded individuals with strong character
3. Avoid burnout
4. Reduce overuse injuries
5. No pressure to play year round and in offseason
Community Service

1. Give back to the community that gives so much to us

2. Each team will provide a service to the community as part of their season

3. Athletic Department will be collecting canned goods for Lower Cape Outreach on Fall Sports Awards Night on 12/12
Limit Fundraising

1. Lessen the burden on families and the community

2. Needs to be purchased through school budget

3. NWBC here to support all programs
Nauset Warriors
Booster Club
President

Jen Heamer
NAUSET WARRIORS BOOSTER CLUB
Supporting All High School Sports

2019 - 2020 YEAR
WHO WE ARE:

• President: Jen Heamer
• Vice President: Rhonda Sandison
• Secretary: Pam Miller
• Treasurer: Faith Rushnak
• Director of Athletics: John Mattson

• Committee members:
  – Nauset cards – Bruce Riley & Rhonda Sandison
  – Evening for Champions – Kevin Lowey
  – Concession stand – Mike Moore & Dawn O’Neil
  – Boosters Gear – Lisa Still

• Contact information is on our website: Nausetboosters.com
  Follow us on Facebook!
What do we do

• Turf field
• Bohannon College Scholarships for seniors
• Varsity jackets, awards & certificates for every season
• Senior awards night (including the plaques & watches for 10 sport athletes)
• HUDL evaluation system
• Sports photographer & sports books for all seasons
• Hall of Fame night
• Sports gear (tournament fee’s, safety helmets, equipment, training equipment & so much more)
• Money for coaches to attend training workshops & seminars
• & so much more!
How do we do it?
NAUSET CARDS

- Blitz Weekends
- Sell to a friend/family
- $5 of every card goes to your team's fund!

<table>
<thead>
<tr>
<th>Business</th>
<th>Offer Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stone Oven</td>
<td>10% OFF Pizza Orders</td>
</tr>
<tr>
<td>Whisk</td>
<td>10% OFF Food Order - Year Round</td>
</tr>
<tr>
<td>Snow’s</td>
<td>$5 OFF $50 Purchase</td>
</tr>
<tr>
<td>Frank’s CITGO</td>
<td>$15 off Service of $150 or More</td>
</tr>
<tr>
<td>Good Eats 6</td>
<td>10% off Food and Soft Drink Purchases</td>
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<tr>
<td>Ferretti’s</td>
<td>75¢ Off any Sandwich (Limit 1 per visit)</td>
</tr>
<tr>
<td>Butler’s</td>
<td>10% OFF any purchase</td>
</tr>
<tr>
<td>Willy’s</td>
<td>5% Off any 3 Month or Longer Membership</td>
</tr>
<tr>
<td>Stone Oven</td>
<td>10% OFF Pizza Orders</td>
</tr>
<tr>
<td>Frozen Ice Creamery</td>
<td>10% off any order</td>
</tr>
<tr>
<td>Ben &amp; Jerry’s</td>
<td>$2.00 Off Any Shake, Smoothie or Sundae - (N. Eastham)</td>
</tr>
<tr>
<td>Wendy’s</td>
<td>Free Small Frosty with any combo purchase, Hyannis, Orleans &amp; Yarmouth</td>
</tr>
<tr>
<td>Caruso’s</td>
<td>10% Off Entire Food Purchase $10 max per table - Eastham</td>
</tr>
<tr>
<td>Royal Thai</td>
<td>10% Off Cash Purchase (Eastham) $10 max per table</td>
</tr>
<tr>
<td>Prestige</td>
<td>10% Off Food Order - $10 max per table</td>
</tr>
<tr>
<td>Subway</td>
<td>10% Off Any Dry Cleaning Service</td>
</tr>
<tr>
<td>E. Hennich</td>
<td>$1 OFF Foot Long .36¢ off six inch</td>
</tr>
<tr>
<td>Sam’s Deli</td>
<td>$1 Off any Lunch Sandwich (Limit 1 per Visit)</td>
</tr>
<tr>
<td>Klein’s Deli</td>
<td>10% Off Food Order - $10 Max per Table</td>
</tr>
<tr>
<td>Orleans Bowling Center</td>
<td>$1 off per game</td>
</tr>
<tr>
<td>Laurino’s Pizza</td>
<td>$5 Off 1 Large Pizza (Sun-Thu)</td>
</tr>
<tr>
<td>Jimmy’s Pizza</td>
<td>$3 OFF Large Pizza, $1 OFF 10 inch sub</td>
</tr>
<tr>
<td>Local Breaks</td>
<td>10% Off Entire Food Purchase $10 max per table</td>
</tr>
</tbody>
</table>

*Offers not valid with any other discount or offer. Limit of 1 use per visit per day. Offers valid at listed locations only.*

For additional information visit [www.NausetBoosters.com](http://www.NausetBoosters.com)
SIGN SPONSORS

• Gold Sponsor – $3000.00 per year for 2 years in exchanged for a 4’x8’ color laminated sign on the stadium visitors’ bleachers. Cost of the sign will be paid by sign sponsor directly to Vaughan Art at an approximate cost of $650.00. Signs will be placed on a first paid basis.

• Silver Sponsor - $2000.00 per year for 2 years in exchanged for a 3’10”x6’ two signs both one sided color laminated along the stadium entrance fence back to back. Cost of the signs will be paid by sign sponsor directly to Vaughan Art at an approximate cost of $950.00. Signs will be placed on a first paid basis.

• Bronze Sponsor - $1000.00 per year for 2 years, in exchanged for a 3’x5’6” color laminated sign along home and visitor bleachers. Cost of the sign will be paid by sign sponsor directly to Vaughan Art at an approximate cost of $475.00. Signs will be placed on a first paid basis.
MEMBERSHIP

• **Gold: $75**
  Recommended for Nauset Families
  Custom Nauset Savings Card
  2 FREE Admission at *Home Varsity Events
  NWBC Member Sticker
  *Not valid for home ice hockey*

• **Black: $40**
  Recommended for Nauset Families
  Custom Nauset Savings Card
  NWBC Member Sticker

**Discount Card ONLY: $20**
* This is NOT a Booster membership *
HOW CAN YOU HELP?

• Volunteer in one of the ways mentioned in the last slide
• Join us at our monthly meetings held the 1st Monday of every month (rotating between the Nauset library and Brewster Ladies library)
• Come to our Evening of Champions event on March 16th! Mark it on your calendars – it’s well worth it!
• Volunteer on any of our great committee’s: Evening of Champions, Concession stand, sports book &/or selling gear
• Buy Nauset gear from the Boosters. We have a great team of ladies that are purchasing gear for Nauset sports. The sales from this gear goes directly to the athletes. If you have requests on things you are looking for speak up and tell us!
Roles of Athletic Program Members

Conflicts occur when a member of one group tries to assume different role.

(parent as official or coach; player as coach or official; coach as parent or official)

1. Athletes: primary focus of the program
2. Coaches: professionals who implement the program
3. Officials: professionals who administer the contest
4. Parents: supporters of players (not just their own) and program
Roles of Coach

1. Demonstrate good sportsmanship, leadership and character
2. Challenge every student-athlete to get better each day
3. Give constructive & positive feedback
4. Make everyone feel part of the team and establish roles
5. Create an environment that promotes positive experiences, open communication and success
Roles of Student Athletes

1. Demonstrate good sportsmanship, leadership and character, both on and off the playing field
2. Academics come first; athletics are a privilege
3. Respect coaches, opponents and officials
4. Communicate with coaches & teachers about issues that arise during the season
5. Positive attitude and strong work ethic
6. Build relationships with teammates
7. Be a school leader – no bullying, hazing, etc.
Roles of Parents & Fans

1. Good Sportsmanship
2. Support for all athletes and coaches from all teams
3. Address concerns head-on and privately, rather than complaining in the stands
4. Treat officials with respect. They are not perfect and will make mistakes just like the kids, coaches and parents.
5. Follow 24-hour rule
Chain of Command

All student-athletes and parents should follow the proper communication channels:

1. Student-athlete advocates for themselves, meet with coach
2. Parent & athlete meet with coach
3. AD, coach & parent meet
4. Principal, AD, coach & parent meet
Issues not appropriate to discuss with coaches

1. Playing time

2. Team strategy

3. Play calling

4. Other student-athletes
Athletic Schedules & Website

Go to www.nausetsports.org for up-to-date athletic game schedules, postponements, results and summaries.
@nausetSports

for live game scores, postponements, results and announcements.
NRHS Athletic Policies

1. Athlete Attendance

2. Transportation

3. Athletic Department Procedures

4. Concussion Protocol
Athlete Attendance

1. Athletes are required to be at every practice and game on time unless they are injured or ill.

2. The coach must be notified if an athlete cannot attend practice or a game.

3. Injured athletes are required to attend practice and games unless confined to bed or home.

4. Students must be in attendance at school by 10AM each day and cannot be dismissed early. Exceptions such as Doctor’s appointments must be cleared by Director of Athletics.

5. Athletes must change & participate in PE class in order to be eligible to compete in a game or practice
Transportation

- The school provides bus transportation, or a suitable substitute, to most “away” contests. All team members are expected to travel to and from these contests using the provided school transportation. Transportation to practice sites is the responsibility of the individual athletes. Exceptions to this policy must be requested in writing (Athletic Transportation Form) to the Director of Athletics by the student’s parent or guardian prior to the contest. A coach may give permission for a student-athlete to ride home from a game site only with their own parent or guardian.
NRHS Uniform Rule

• Athletes must wear uniform throughout the entire athletic contest.

• Black, gold and white are the only colors allowed under team uniforms. Should athlete wear another color, he/she may be asked not to participate in athletic contest.

• All wardrobe ordered by teams need to be approved by the coach and Director of Athletics.

• Anything that would draw individual attention is prohibited.
MIAA Rules & Regulations

• **MIAA RULE #100 (Bona fide team member):**
  A “bona fide team member” of the school team is a student who is regularly present for, and actively participating in, all team practices and competitions. Bona fide team members are precluded from missing a high school practice or competition in order to compete with an out-of-school team.

• **CHEMICAL HEALTH RULE:**
  **First Violation:**
  When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season in violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal parts of an event will be truncated (i.e. all fractional parts of an event will be dropped when calculating the 25% of the season).
# 1st Violation (25% Suspension)

<table>
<thead>
<tr>
<th># of Events in Season</th>
<th># of Events Penalized</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-7</td>
<td>1</td>
</tr>
<tr>
<td>8-11</td>
<td>2</td>
</tr>
<tr>
<td>12-15</td>
<td>3</td>
</tr>
<tr>
<td>16-19</td>
<td>4</td>
</tr>
<tr>
<td>20 or over</td>
<td>5</td>
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</tbody>
</table>
Vacation Rule

• Athletes who miss consecutive practices or games due to vacations, family trips, etc. will be ineligible for participation until they make up the number of games missed and half of the practices missed during their absence. Mandatory school sanctioned trips are considered excused absences. Exceptions to this rule can only be approved by the Director of Athletics prior to the anticipated absence.
Social Media

• Student-athletes are reminded to be careful of what they text, email or post on social media sites.

• Never post anything when you are upset, sad, or have other conflicting emotions.

• Social media is a great communication tool, but always think before you push “send” or “post”
Athletic Trainer

Michele Pavlu
Athletic Registration & Prevention

- **ONLINE REGISTRATION THROUGH FAMILY ID**
  - Link can be accessed by [www.nausetsports.org](http://www.nausetsports.org)
  - Or by going to [www.familyid.com](http://www.familyid.com) and searching “Nauset”
  - [@NausetATC](http://twitter.com/NausetATC)

- Physical Forms: Physicals will expire 13 months from the date of exam, a new physical must be submitted prior to the old expiring
- Proper fitting equipment, hydration, nutrition
- Emergency preparedness: Location of Equipment
Concussions Signs & Symptoms

**PHYSICAL:**
- Headaches
- Dizziness
- Nausea
- Blurred vision
- Balance Problems or coordination

**COGNITIVE:**
- Confusion or Disorientation
- Memory Loss
- Difficulty concentrating & focusing
- Difficulty reading

**SLEEP:**
- Difficulty falling asleep or staying asleep
- Sleeping more than usual
- Fatigue
- Drowsiness

**EMOTIONAL:**
- Irritability
- Lack of interest
- Isolation
- Sadness
- Nervousness
- Anxiety
Massachusetts Concussion Regulations

• If an athlete shows any concussion signs and symptoms following a direct or indirect blow to the head they must be removed from all physical activity/game/practice that day

• Coaches and/or athletes should seek medical attention from an ATC on site and all head injuries should be reported to the ATC at Nauset by coach and/or parent in a timely manner

• Said student athlete cannot return to activity until evaluated by a medical professional (Athletic Trainer and/or physician)

• ImPACT testing will not be completed until a student athlete is diagnosed with a concussion by a medical professional

• All student athletes who suffer from a concussion will complete a full graduated return to academics prior to gradual return to athletics
Why All the Regulations?

SECOND IMPACT SYNDROME: occurs when an athlete has suffered an initial head injury and returns to play prior to the brain healing, a second direct or indirect blow to the brain occurs causing immediate brain swelling, herniation/shifting, or death.

POST CONCUSSION SYNDROME: concussion signs and symptoms & cognitive dysfunction that lasts beyond one month.

CHRONIC TRAUMATIC ENCEPHALOPATHY: when a protein similar to that found in Alzheimer’s disease develops on the brain due to repetitive sub-concussive hits. Usually occurs during mid-life and elderly patients.
Return to Athletics

- All athletes are different and therefore return to play protocols will be individualized for ALL INJURIES
  - Return to play following concussions:
    - No Signs and symptoms at rest and with light activity
    - Cognitive testing (ImPACT or Standardized Assessment of Concussion)
    - Visual Occulomotor Screening (VOMS)
    - Balance testing (Balance Error Scoring System)
    - Cooperating with return to academic protocol and completing school work
- Sport/Age/Gender Specific
- Plan will be developed by athletic trainer in conjunction with treating physician and physical therapists
What you Can Do to Help

• Make sure correct paperwork is filed
  – Report of Head Injury Form
  – Massachusetts Head Injury Clearance Authorization form
  – Note from MD when cleared to return to activity
• Support your child, players, teammates suffering from injuries
• Check in with your teammates
• Patience with all treatment
• Communication with guidance counselor, administration, and teaching staff
• Self advocate
• Report bullying and/or hazing
Massachusetts Opioid Legislature

- **Role of Athletics:** Those who partake in the annual required head injury safety program must also receive educational materials regarding opioid use/misuse.
- **Continued education post-injury and post-surgically.**
- **Reporting potential misuse.**
  - Athletic Health Care Team: athletic trainer, school nurse, guidance, school psychologist, adjustment counselor, team physician, and administration.
Opioid Education

**Definition:**
- Powerful prescription pain killers
  - oxycontin, percocet, vicodin

**The Problem:**
- Expensive prescription medications that once addicted look for cheaper options to relieve pain, or get the same high: heroin & fentanyl

**How They Work:**
- Reduce intensity of pain signals reaching the brain
- Affect areas controlling emotion, diminish the effects of painful stimuli
Prevention

• Lock up medications
• If your child needs medication while at school reach out to school nurse, it is state law that controlled medications are kept and administered by the school nurse at all times
• Following surgery student athletes cannot return to school until off of all prescription opioids.
• Educate yourself and your child when prescribed medication
  • What they are used for?
  • Side Effects?
  • Is there another option?
• Do not fill Opioid Prescription, ask for smaller dose, or utilize over the counter alternatives:
  • Tylenol
  • Ibuprofen
REMINDERS

• Opioids not prescribed for a specific purpose or that are not your own are illegal and against chemical health policy
• Very addictive, especially for teens and the developing brain
• Opioid dependence can begin in as little as 4 days in teenagers
• Fentanyl is deadly even in smallest dose
• All drugs (nicotine, smoking, marijuana, CBD, vaping, alcohol) can affect lung function, overall health and be detrimental to athletics and are against the MIAA chemical health policy
• If taking supplements please read ingredients carefully many contain compounds that are non compliant and red flags in the NCAA
Resources

- www.nata.org
- www.drugfree.org
- www.mass.gov/dph.bsas
- www.mass.gov/dph/resourcesforyouthopioidmisuse
- https://www.cdc.gov/headsup/youthsports/index.html
Athletic Department Events

• Thursday, December 5\textsuperscript{th} Winter Sports Preseason Meeting

• Thursday, December 12\textsuperscript{th} Fall Sports Awards Night

• Thursday, March 12\textsuperscript{th} Winter Sports Awards Night
Athletic Department Events

• Thursday, March 19th Spring Sports Preseason Meeting

• Saturday, March 21st Evening for Champions

• Sunday, May 17th Senior Athlete Appreciation Night

• Thursday, June 11th Spring Sports Awards Night
Senior Athlete Appreciation Night

May 17th, 2019
Brewster Baptist Church
Dedication – ?
Faculty Booster Award – ?
Video Tribute
Scholarships
Plaques & Awards
NAUSES REGIONAL HIGH SCHOOL
CLASS OF 2019

SENIOR ATHLETE AWARD
JAMISON RUSHNAK

WARRIORS
BASKETBALL • SOCCER
Athletic Directors

10+ Award

*Compete in 10 out of 12 possible athletic seasons*
Fall Sports Awards Night

Thursday, December 12th
6:00 in Auditorium

Collecting Canned Goods for Lower Cape Outreach!
John Mattson  
Director of Athletics

mattsonj@nausetschools.org  
508-619-5209  
@nausetsports
THANK YOU FOR YOUR DONATIONS & SUPPORT!

Go Warriors!!!
Breakout Rooms

• Football – Auditorium
• Boys Soccer – Library
• Girls Soccer – N110
• Field Hockey – Gym
• Golf – Classroom A208
• Girls Cross Country – Classroom B205
• Boys Cross Country – N103
• Cheerleading – N102
• Volleyball – E200 (Health Room)
2019 Nauset Regional HS
Fall Sports Preseason Meeting