

WCSD

-Athletics-

Welcome to the 8th grade Sports Informational Orientation

"The mission of the Wappingers Central School District is to empower all of our students with the competencies and confidence to challenge themselves, to pursue their passions, and to realize their potential while growing as responsible members of their community."



Knowledge that you will gain...

- Emphasis of the JV and Varsity programs
- High School Sports Offerings
- Registration
- Eligibility Guidelines
- Practice and Game Attendance
- Parent/Spectator Code of Behavior
- Sports Physicals
- Student Insurance Program
- NCAA Clearinghouse
- Important websites
- Athletic Department Contact Information

Junior Varsity

Interscholastic Sports

At the Junior Varsity level, WE BELIEVE that the emphasis of the programs should be as follows:

- Continued development of individual skills at a more advanced level
- Introduction of more complex team skills, patterns and strategies to be correlated with the varsity program
- Continued opportunity for as much game experience as possible
- The improvement of personal fitness and understanding of training programs specific to the sport
- Exhibit the highest level of sportsmanship possible

Varsity

Interscholastic Sports

At the Varsity level, WE BELIEVE that the emphasis of the programs should be as follows:

- Refinement of team and individual skills and team strategy
- Coordination of team and individual skills to perform at optimum level
- Maximized chances of winning through initial selection of players and their selective utilization in competition
- The publicity of teams and individuals
- Maximum development of fitness, with extensive emphasis on the specific training programs for that activity
- Exhibit the highest level of sportsmanship possible
- In the determination of the team roster, participation on the varsity team during the previous year does not guarantee a spot on the team the subsequent year. It is the coaches discretion and responsibility to select those demonstrating the best level of skill and attitude.
- Participation as a member of an interscholastic team is a privilege, not a right. It is considered an extra-curricular activity and, therefore, participation is not mandatory.

High School Sports Offerings:

- **Fall Sports** (on or around August 26th, 2024) Football ONLY August 24th, 2024

- Game Day Cheerleading (JV, Varsity)
- Boys Cross Country (Varsity)
- Girls Cross Country (Varsity)
- Field Hockey (JV, Varsity)
- Football (JV, Varsity)
- Boys Soccer (JV, Varsity)
- Girls Soccer (JV, Varsity)
- Girls Swimming (Varsity)
- Girls Tennis (Varsity)
- Girls Volleyball (JV, Varsity)
- Boys Volleyball (JV, Varsity)*

- **Winter Sports** (on or around November 18th, 2024)

- Boys Basketball (Freshman, JV, Varsity)
- Girls Basketball (JV, Varsity)
- Boys Bowling (Varsity)
- Girls Bowling (Varsity)
- Competitive Cheerleading (JV, Varsity)
- Gymnastics (Varsity)*
- Boys Indoor Track (Varsity)
- Girls Indoor Track (Varsity)
- Boys Swimming (Varsity)*
- Wrestling (JV, Varsity)

- **Spring Sports** (on or around March 17th, 2025)

- Baseball (Freshman, JV, Varsity)
- Girls Golf (Varsity)*
- Boys Golf (Varsity)
- Boys Lacrosse (JV, Varsity)*
- Girls Lacrosse (JV, Varsity)*
- Softball (JV, Varsity)
- Boys Track and Field (Varsity)
- Girls Track and Field (Varsity)
- Boys Tennis (Varsity)
- Girls Flag Football (Varsity)*

*District Combined Team

2024 Fall Sports Registration:

FALL Sports Start Dates:

High School: August 26, 2024 (August 24, 2024 Football ONLY)

Register through ArbiterSports!!

High School FALL Registration is from **July 27, 2024 to August 18, 2024**

ArbiterSports:

- For John Jay HS

<https://students.arbitersports.com/organizations/john-jay-east-fishkill-high-school-van-wyck-junior-high-school-athletics>

- For Roy C. Ketcham HS

<https://students.arbitersports.com/organizations/roy-c-ketcham-high-school-wappingers-junior-high-school-athletics>

Eligibility Guidelines:

- **ACADEMICS COME FIRST:**

- WCSD had 43 Athletic Teams have a GPA of 90% or higher during the 2023-24 School Year!

One of the main goals of the Wappingers Central School District is to continue to strengthen academic achievement. With this in mind, we have instituted standards requiring students to maintain a defined acceptable level of academic achievement. Any student who does not comply with the academic eligibility guidelines will be denied the privilege of participating in those activities.

- **A student is ineligible based on any of the following criteria:**

- A student does not maintain an overall average of 70% with no more than one failure
- The student fails two or more courses

Eligibility Guidelines Continued:

- **YOU MUST BE IN SCHOOL TO PARTICIPATE:**
 - A student must attend school and all scheduled classes on the day of an activity in order to participate in a co-curricular activity, be it a game, practice, performance, rehearsal, etc. Limited exceptions to this rule may be made by the administration, on a case-by-case basis, for compelling extenuating circumstances. If a student is sent home by the school nurse during the school day, the student shall not participate for the remainder of the day (unless cleared by a physician to indicate otherwise).

Eligibility Guidelines Continued:

- **THINK BEFORE YOU ACT:**
 - When students are given the privilege of representing our school and community in co-curricular activities, we expect them to conduct themselves in an desirable and acceptable manner. For the purposes of eligibility, appropriate student conduct is not limited to school premises, school hours, or only those times when a student is actually participating in the co/extra-curricular activity.
 - Therefore, this expectation of behavior applies at all times and in all public places. To ensure the integrity of the co-curricular programs for everyone, anyone who engages in misconduct or other inappropriate behavior will be subject to discipline or denial of the privilege of participating.

Practice and Game Attendance:

- Athletes are expected to be in attendance at every regularly scheduled team practice and competition, unless excused prior to the practice or contest by the Head Coach. Although the State allows student-athletes to be involved in outside sports, during the season, school practices/contests take priority over these outside teams. (Absences to practices/contests, due to outside involvement will be considered unexcused absences.)
- Except under extenuating circumstances, a student will not be allowed to try out for a team after the conclusion of the first full week of practice (including tryout period).
- Team trips:
 - All athletes are expected to ride the bus, when provided, to and from all athletic contests and practices off campus. However, when extenuating circumstances exist, a parent may request to drive their child, providing the parent signs a district release form, with the permission of the coach.

PARENT/SPECTATOR CODE OF BEHAVIOR/ETHICS

It is the responsibility of the parents/spectator to:

- Keep cheering positive. There should be no profanity or degrading language/gestures.
- Avoid actions that might offend visiting teams or individual players.
- Show appreciation of good play by both teams.
- Learn the rules of the game in order to be a better informed spectator.
- Treat all visiting teams in a manner in which you would expect to be treated.
- Accept and respect the judgment of coaches and officials.
- Encourage other spectators to participate in the spirit of good sportsmanship.
- Avoid the use, abuse and resulting negative influence of drugs, including alcohol and tobacco

[WCSD Athletics Sportsmanship Web Page](#)

PARENTS: YOU'RE
EMBARRASSING
YOUR STUDENT!

Buying a ticket to high school athletic events
doesn't mean you can say or do whatever you want.

Remember you NEVER stop parenting, and your student NEVER stops watching.

Let's #BenchBadBehavior!

BenchBadBehavior.com



ADULT FANS:
TIMEOUT!

Stop throwing fits at high school athletic events.

ENOUGH IS ENOUGH.

It's time to grow up, act your age
and #BenchBadBehavior for good!

BenchBadBehavior.com



NYS Bench Bad Behavior Initiative



HOME GUEST
DAETRONICS
DOWN TO GO BALL ON QTR

Sports Physicals:

- New York State requires that any student in grade 7-12 who wants to try out for an interscholastic sport must first be cleared for participation by the WCSD physician or your private physician.
- It is recommended that the student be examined by the student's private physician. The private physician physical examination must be submitted to the student's school Health Office and uploaded to your ArbiterSports account for review and eligibility determination by the District physician/associate.
- Prior to participation (including tryouts or practice), all students must be approved for participation by the school doctor. A coach shall not permit any student to practice without completed forms including a Health History on ArbiterSports and is **approved**.

Sports Physicals Continued:

- A student will not be cleared to participate in Athletics until the school has reviewed and approved their health record. Medical clearance may be required for new or existing conditions.
- An approval by the school doctor to participate in school athletics is valid for one full year, provided:
 - a. student is not absent from school and or practice for five or more consecutive days.
 - b. student has received no serious injury.
 - c. student confers with the school nurse prior to each sports season and is approved to participate through ArbiterSports.
- If (a) or (b) occurs, the student shall be re-certified by the school doctor or trainer prior to further participation in any sport. A re-examination may be requested by either the coach, the school nurse, or the parent at any time during the season when the health of the participant and his/her fitness to participate is questioned.

Sports Physicals Continued:

- A student who has received a medical waiver from active participation in physical education shall not be allowed to participate in the interscholastic program.
- If a student athlete is sent home by the school nurse during the school day, the child shall not participate in a practice or game that day (unless cleared by a physician to indicate otherwise.)

Concussion Information

What is a Concussion?

- A concussion is a type of traumatic brain injury—or TBI— caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells. (Source: CDC Heads Up Concussion Information, 2023)



Concussion Signs & Symptoms

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to or after a hit or fall

Symptoms Reported by Children and Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

Return To Play: What is the process?

Step 1: Back to regular activities (such as school)

Athlete is back to their regular activities (such as school) and has the green-light from their healthcare provider to begin the return to play process. An athlete's return to regular activities involves a stepwise process. It starts with a few days of rest (2-3 days) and is followed by light activity (such as short walks) and moderate activity (such as riding a stationary bike) that do not worsen symptoms.

Step 2: Light aerobic activity

Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

Step 3: Moderate activity

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight from their typical routine).

Return To Play: What is the process?

Step 4: Heavy, non-contact activity

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

Step 5: Practice & full contact

Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

Step 6: Competition

Young athlete may return to competition.

(Source: https://www.cdc.gov/headsup/basics/return_to_sports.html)

STUDENT INSURANCE PROGRAM (WCSD Policy)

- **Non-Duplication of Benefits:**

Please note that benefits will be provided through the school policy **only after** the claim has been processed through any personal or company policy which the family may have available for the coverage of the student. At that point, the Athletic Protection Plan will provide benefits for non-reimbursed expenses up to the limit indicated by the schedule of benefits which is determined according to the nature and extent of the sustained injury.

- Any question regarding the school insurance policy should be directed to the nurses at the individual schools.

- **Accident Reporting:**

Although the coaches are required to report accidents on a regular basis, it is also the responsibility of the student to report any injury to the nurses office the next school morning, or upon his/her return to school. Failure to do so may result in problems in completing the claim and subsequent adjustment.

NCAA Eligibility Center

Clearinghouse

- To play Division I sports you need to meet the following academics requirements:
 - Graduate high school on time.
 - Complete 16 NCAA-approved core courses in the correct subjects. (4 years-English, 3 years-Math, 2 years-Natural/Physical Science, including one year of lab, 1 year-Additional English, Math, or Natural/Physical Science, 2 years-Social Science, and 4 years-Additional Courses (Any area listed, including foreign languages))
 - Earn a minimum core-course GPA of 2.300 (77-79 average).
 - Earn a combined SAT or ACT sum score that matches your core-course GPA on the Division I sliding scale. Scale can be found their website and in of student athlete handbook.
 - Complete 10 NCAA core courses before your seventh semester (senior year). 7 of the 10 courses must be in English, Math and Science.

NCAA Eligibility Center

Clearinghouse

- To play Division II sports you need to meet the following academics requirements:
 - Graduate high school on time.
 - Complete 16 NCAA-approved core courses in the correct subjects. (3 years-English, 2 years-Math, 2 years-Natural/Physical Science, including one year of lab, 3 years-Extra English, Math, or Natural/Physical Science, 2 years-Social Science, and 4 years-Additional Courses (Any area listed, including foreign languages))
 - Earn a minimum core-course GPA of 2.200 (70-72 average).
 - Earn a combined SAT or ACT sum score that matches your core-course GPA on the Division II sliding scale. Scale can be found their website.
 - You can use all core courses completed starting your ninth-grade year until you enroll full time at a Division II college or university.

Important Websites:

District Athletic website:

<https://www.wappingersschools.org/Domain/14>

ArbiterSports:

- For John Jay HS

<https://students.arbitersports.com/organizations/john-jay-east-fishkill-high-school-van-wyck-junior-high-school-athletics>

- For Roy C. Ketcham HS

<https://students.arbitersports.com/organizations/roy-c-ketcham-high-school-wappingers-junior-high-school-athletics>

Schedule Galaxy:

- For John Jay HS

<https://www.schedulegalaxy.com/schools/718>

- For Roy C. Ketcham HS

<https://www.schedulegalaxy.com/schools/717>

NCAA Eligibility Center Clearinghouse:

<https://web3.ncaa.org/ecwr3/>

Athletic Department Contact Information:

John Jay Athletics:

John Jay Senior High School
2012 Route 52
Hopewell Junction, NY 12533

Ms. Maureen Myers
Athletics Administrator
(845) 897-6700 ext. 30097 or Maureen.Myers@wcsdny.org

Mrs. Peggy Mulvey
Administrative Assistant for Athletic Director
Van Wyck/John Jay Athletics, Physical Education and Health Education
(845) 897-6700 ext. 30096 or Peggy.Mulvey@wcsdny.org

Mr. Mason Sanborn
John Jay Athletic Trainer
(845) 897-6700 ext. 30070

Mr. Kurt Jesman
Director of Physical Education, Health, Intramurals and Interscholastic Athletics
(845) 897-6700 ext. 30095 or Kurt.Jesman@wcsdny.org

Athletic Department Contact Information:

Ketcham HS Athletics:

Roy C. Ketcham High School
99 Myers Corners Road
Wappingers Falls, NY 12590

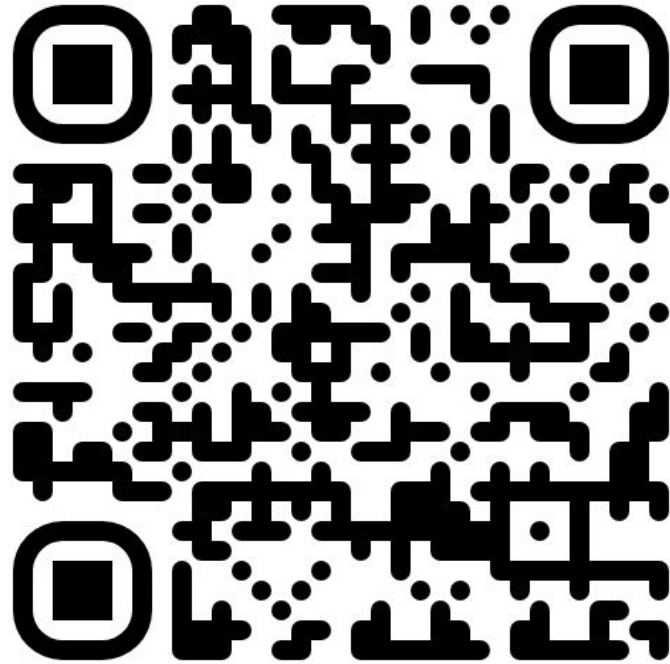
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TO VIEW OUR WEBSITE