



Welcome to BHS Athletics

An Overview For Incoming 9th Graders
and Their Caregivers



COMMITTED TO:

PRIDE

COMPETING WITH CONFIDENCE,
RESPECT & DISCIPLINE

TOUGHNESS

PERSEVERING THROUGH ADVERSITY

HONOR

EMBRACING OUR TRADITION OF
SPORTSMANSHIP & CHARACTER

COMMUNITY

REPRESENTING SOMETHING BIGGER
THAN THEMSELVES

Brookline Athletic Staff



Athletic Director

Kyle Williams

Assistant Athletic Director

Amanda Mortelette

Administrative Assistant

Deborah Donaldson

Athletic Trainers

Alex Jzyk & Shelby McDavid

Equipment Manager

Marc Lofchie

Educational Athletics at BHS

- Athletics teaches
 - appreciation of another's skills and contributions
 - commitment towards a common goal
 - enjoyment in physical activity
 - good citizenship and respect for others

- Athletics promotes
 - physical and mental health
 - contributes to the ability to interact socially
 - nurtures friendship where one might not expect it
 - fosters a sense of pride in self and the community that lasts far beyond life at Brookline High.



Do what's best for kids

Support each other

Develop a sense of belonging

Be proactive, positive, and productive

FOCUS - COACHES



2023 BOYS CROSS COUNTRY STATE CHAMPIONS

WARRIORS STAND TOGETHER

 BHS_WARRIORS

 BROOKLINEATHLETICS

What our year looks like



Fall Season - 750 registrants in 9 sports and 26 teams.

Runs from August 19th through Thanksgiving.

Winter Season - 650 registrants in 10 sports and 29 teams

Runs from December 2nd into March.

Spring Season - 800 registrants in 12 sports and 38 teams

Most sports run from mid-March through the middle of June.

Yearly totals - approx 2200 registrants in ~32 sports and 90+ teams.

Fall Sports

Cheerleading	(tryouts in June)	Soccer	(cuts)
Cross Country		Girls Swim & Dive	(variable)
Field Hockey	(cuts)	Unified Basketball	(NEW)
Football		Girls Volleyball	(cuts)
Boys Golf	(cuts)		

(cut status reflects recent trends, subject to change)

Fall Sports begin in the middle of August
Most Sports are Scheduled to begin on Monday, August 19th
Football, Golf, Cheer may begin on Friday, August 16th

Winter Sports

Basketball	(cuts)	Nordic Ski	
Cheerleading		Squash	(cuts)
Fencing		Indoor Track	(possible)
Gymnastics	(safety)	Boys Swim & Dive	(variable)
Ice Hockey	(variable)	Wrestling	(possible)
Alpine Ski	(variable)		

(cut status reflects recent trends, subject to change)

Winter Sports begin on the first Monday after Thanksgiving
Next year's start date is Monday, December 2nd

Spring Sports

Baseball	(variable)	Softball	(variable)
Crew	(variable)	Tennis	(cuts)
Girls Golf	(variable)	Outdoor Track	(variable)
Lacrosse	(variable)	Ultimate	
Rugby		Unified Track	(NEW)
Sailing	(variable)	Boys Volleyball	(cuts)

(cut status reflects recent trends, subject to change)

Spring Sports Begin on March 17, 2025
Exceptions are Crew (2/24) and Rugby (3/12)

Unified Sports

- Students with and without disabilities participate in a variety of sports alongside one another. By bringing people together, as teammates and competitors, Unified Sports breaks down the walls of social exclusion, enabling all participants to gain a new appreciation for one another, dispel misperceptions, develop friendships and pave the way for broader social inclusion in the community.
- Co-supported by the State Special Olympics Program (SOMA) and the State High School Athletic/Activities Association (MIAA).

Unified Sports

- This past Fall was Brookline's first season of Unified Basketball. We had tremendous participation and support from the school community.



Special Access By Age/Gender

- The majority of BHS Sports offer the opportunity for sub-varsity competition beyond the varsity schedule.
- Freshman specific and/or novice teams are typically offered in the following sports: Baseball, Basketball, Football, Field Hockey, Girls Ice Hockey, Soccer, Softball, Ultimate, Volleyball and Crew.
- Freshman may participate on Varsity or JV, based on ability and coach's discretion.
- Title IX ensures that females may participate on traditionally male teams, and vice versa, if the desired sport is not offered for the opposite gender.
- Students may participate on teams consistent with their gender identity

Eligibility and Clearance

BHS Student Athletes require pre-participation clearance for each season, including:

- Online **Registration** using Arbiter Registration
- Copy of Recent **Physical Exam** (must be 13 months current)
- Athletics **Fee** (\$300 per season/subject to change)
 - Financial assistance available through the district website

BHS Student Athletes need to remain eligible:

- **Academics**—taking 4 full courses in the current quarter and passing 4 full courses in the previous quarter.
- **Attendance** – presence in school is the priority
- **Citizenship** – school discipline may carry sport consequences

RULES OF EXTREME IMPORTANCE



MIAA Handbook

Brookline High School Handbook

BHS Athletics Handbook

Bay State Conference

The rules and regulations provide us the structure to have interscholastic competition and MIAA tournaments - and State Champions

MIAA Rule 58 : Academics



BHS Student-Athletes need to be taking 4 full courses in the current quarter and passing 4 full courses in the previous quarter.

9th Grade Students start with academic clearance for fall sports based on passing 8th grade.

Once 1st quarter grades are published (prior to Thanksgiving) they dictate eligibility.

“This is hard. You can do it. We will help.”

Reach out if you are struggling. Communicate sooner rather than later. ²³

MIAA Rule 45: Bona Fide Team Member



Bona fide members of a school team are precluded from missing a BHS practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA.

A student who violates this standard is ineligible for the next scheduled contest immediately upon confirmation of the violation. Waivers are available with prior notice and approval.

A second offense = 25% of season & no postseason.

MIAA Rule 62: Chemical Health



- BHS Student Athletes are also subject to BHS modifications, which include “knowingly in presence of”
- In effect 24/7 - from 1st tryouts in August through end of academic year or spring tourney play (whichever is latest)
- First violation: 25% of season Second violation: 60% of season
- Any beverage containing alcohol; any tobacco product (including smokeless tobacco, e-cigarettes, VAPE pens and all similar devices); marijuana (including synthetic); steroids; or any controlled substance This policy includes products such as “NA or near beer,” inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes altering one’s mental state.

School Attendance



Student - Athlete

Value of Educational Athletics

In order to participate in Athletics, you must participate in School.

Commitment Expectations

- **Varsity Level:** 5-6 days/week; 2-3 hours/day, very often including weekends and vacations
- **Junior Varsity Level:** 5-6 days/week in-season; 2-3 hours/day, typically including fewer weekends and vacations
- **Freshmen Level:** 5-6 days/week in-season; 2-3 hours/day, possibly including weekends and vacations

- **All Seasons Impact Vacations:** Fall season tryouts begin in mid-August, before school starts; December and February breaks occur during Winter season; April break occurs during Spring season

Fostering Independence



- Communication
 - Waivers, attendance
- Conflict resolution
- Schedules and transportation
- Uniforms and Equipment

Conflict Management



- Student-athlete to coach
- Student-athlete to Athletic Director
- Parent - Coach - Athletic Director
- Student - Parent - Administrator

24 hours, not after a game - at a practice - on the sideline

Reach out early, establish a positive relationship

We all want our students to succeed.

Concussion Management and Sports Medicine

- BHS has developed a comprehensive concussion management program over the past 15 years, including...
 - Preseason Awareness Education: nfhslearn.com
 - Post-Injury Evaluation
 - Academic support during recovery
 - Return-to-play decision-making protocol
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- BHS Athletic Trainers: Alex Jzyk and Shelby McDavid
 - Consulting Neuropsychologist: Dr. Neal McGrath

Brookline Sports Medicine

- BHS has two full time athletic trainers: [Alex Jzyk](#) and [Shelby McDavid](#)
- Athletic trainers work to provide comprehensive, multidisciplinary care to the student athletes.
 - Prevent Injuries and Illnesses
 - Clinical Exam and Diagnoses
 - Rehabilitation of Injuries
 - Emergency Care
- We are found in the basement of **66 Tappan Street** and at games and practices of BHS athletics.

BHS Athletics Online

Twitter - @BHS_Warriors

- Announcements and game updates

Athletic website is part of main BHS website

- Schedules
- Athletic Dept. Office + Coaches Contact Information
- Directions to Contest Venues
- Registration and Sports Medicine Resources
- Arbiter Registration link

How to be a fan of the Warriors



Cheer positively for our teams.

Official shortage, difficulty finding coaches