



# Welcome to BHS Athletics

An Overview For Incoming 9<sup>th</sup> Graders  
and Their Families



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

Richkaard Verrier

Administrative Assistant

Deborah Donaldson

Athletic Trainer

Alex Jzyk

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**

**2022-23 FOCUS - COACHES**



2022 GIRLS CROSS COUNTRY STATE CHAMPIONS

TOGETHER WE RISE

 BHS\_WARRIORS

 BROOKLINEATHLETICS





2023 GIRLS INDOOR TRACK STATE CHAMPIONS

WARRIORS STAND TOGETHER

 BHS\_WARRIORS

 BROOKLINEATHLETICS





2022 BOYS CROSS COUNTRY STATE CHAMPIONS

**TOGETHER WE RISE**

 BHS\_WARRIORS

 BROOKLINEATHLETICS





2023  
U.S. HIGH SCHOOL  
TEAM SQUASH  
CHAMPIONSHIPS  
BOYS' DIVISION VI  
CHAMPIONS

2023 BOYS SQUASH DIVISION VI NATIONAL CHAMPIONS

WARRIORS STAND TOGETHER

# What our year looks like



Fall Season - 640 registrants in 8 sports and 25 teams.

Runs from August 18th through Thanksgiving.

Winter Season - 600 registrants in 10 sports and 29 teams

Runs from November 27th into March.

Spring Season - 760 registrants in 11 sports and 38 teams

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

Yearly totals - approx 2000 registrants in ~29 sports and 90+ teams.

# Fall Sports

Cheerleading (tryouts in June)

Cross Country

Field Hockey (cuts)

Football

Boys Golf (cuts)

Soccer (cuts)

Girls Swim & Dive (variable)

Girls Volleyball (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 21<sup>st</sup>

Football, Golf, Cheer begin on Friday, August 18<sup>th</sup>



# Winter Sports

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

(cut status reflects recent trends, subject to change)

Winter Sports begin on the first Monday after Thanksgiving  
Next year's start date is Monday, November 27<sup>th</sup>

# Spring Sports

Baseball (variable)

Crew (variable)

Girls Golf (variable)

Lacrosse (variable)

Rugby

Sailing (pending)

Softball (variable)

Tennis (cuts)

Outdoor Track

Ultimate

Boys Volleyball (cuts)

(cut status reflects recent trends, subject to change)

Spring Sports Begin on March 18, 2024  
Exceptions are Crew (2/26) and Rugby (3/13)

# 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 insures 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:

- On-line **Registration** using FamilyID
- 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.<sup>20</sup>



# 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](http://nfhslearn.com)
  - Post-Injury Evaluation
  - Academic support during recovery
  - Return-to-play decision-making protocol
- 
- BHS Athletic Trainer: Alex Jzyk
  - Consulting Neuropsychologist: Dr. Neal McGrath

# Intramurals

- BHS offers seasonal intramural programs through the Wellness Department
- Intramurals seasons run during fall, winter and spring and are shorter than interscholastic athletic seasons
- Intramurals are offered three days a week (M, W, Th) and there is no expectation of commitment
- Intramurals offerings are subject to change, driven by interest
- Offerings have included: Indoor Soccer, Basketball, Badminton, Rock Climbing, Fitness Center, Spin (Cycling)

# 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
- FamilyID.com link

# How to be a fan of the Warriors



**Cheer positively for our teams.**

Official shortage, difficulty finding coaches