



Welcome to BHS Athletics

An Overview For Incoming 9th Graders
and Their Caregivers



Brookline Athletic Staff



Athletic Director

Assistant Athletic Director

Assistant Athletic Director

Administrative Assistant

Athletic Trainers

Equipment Manager

Kyle Williams

Amanda Mortelette

Jasmin Washington

Deborah Donaldson

Alex Jzyk & Shelby McDavid

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

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

Vision of the Department



~10 years ago - added Fencing, Squash, Ultimate
Over last four years - added Unified Basketball, Bocce, Track
revived Sailing and Nordic Ski

621 additional participants since FY14
30% growth in last four years

This year, 75% of the 9th grade class registered for a BHS sport

What our year looks like



Fall Season - 800 registrants in 9 sports and 26 teams.

Runs from August 24th through Thanksgiving.

Winter Season - 700 registrants in 12 sports and 30 teams

Runs from November 30th into March.

Spring Season - 900 registrants in 12 sports and 38 teams

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

**Yearly totals - approximately 2400 registrants in
33 sports, 45 programs, and 94+ teams**

Special Access By Age/Gender

- The majority of BHS Sports offer the opportunity for sub-varsity competition beyond the varsity schedule.
- 9th graders 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.
- According to the MIAA handbook, students may participate on teams consistent with their gender identity

Commitment Expectations

- **Varsity Level:** 5-6 days/week; 2-3 hours/day, very often including weekends and vacations
- **Sub-Varsity Level:** fewer weekends and more flexibility over 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

MIAA Rule 45: Bona Fide Rule - prioritize BHS team

TOGETHER WE RISE

PRIDE • TOUGHNESS • HONOR • COMMUNITY

BROOKLINE
WARRIORS



FALL



Fall Sports

Cheerleading (cuts)

Cross Country (variable)

Field Hockey (cuts)

Football

Boys Golf (cuts)

Soccer (cuts)

Girls Swim & Dive (variable)

Unified Basketball

Girls Volleyball (cuts)

(cut status reflects recent trends, subject to change)

Fall Sports always begin in August.
Next year's start date is Monday, August 24th



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BROOKLINE
WARRIORS

WINTER



Winter Sports

Basketball	(cuts)	Nordic Ski	(variable)
Cheerleading	(cuts)	Squash	(cuts)
Fencing	(variable)	Indoor Track	(variable)
Gymnastics	(safety)	Boys Swim & Dive	(variable)
Ice Hockey	(variable)	Unified Bocce	
Alpine Ski	(variable)	Wrestling	(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, November 30th

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WARRIORS

SPRING



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 15, 2027
Exceptions are Crew (2/23) and Rugby (3/10)

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 3rd season of Unified Basketball. We started Unified Track last spring and a successful introduction of Unified Bocce this year.
- We have tremendous participation and support from the school community.
- Next year:
 - **Fall - Basketball**
 - **Winter - Bocce**
 - **Spring - Track**



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.

Concussion Management and Sports Medicine

BHS has developed a comprehensive concussion management program over the past 15 years, including...

- Works in collaboration with nurses, guidance counselors, deans to support students progress
- Preseason Awareness Education: nfhslearn.com
- Post-Injury Evaluation
- Academic support during recovery
- Return-to-play decision-making protocol

Any suspected head contact or injury should be immediately reported to the coach and athletic trainer.

Allied Sports Medicine Support Team

Dr. Gian Corrado

- Team Physician ~10 years
- Chief Emergency Sports Medicine @ MGH

[More about Dr. Corrado](#)



Paggi Physical Therapy

- Adam Paggi ~ 6 years
- Multiple Locations
 - Brookline, BC, Newton

[Paggi Website](#)



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** (\$400 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

Fostering Independence



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

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.

How to be a fan of the Warriors



Cheer positively for our teams.

Official shortage, difficulty finding coaches

BHS Athletics Online

Twitter - **@BHS_Warriors**

- Announcements and game updates

Instagram - **@BrooklineAthletics**

- Celebrations and community building

Department Newsletter - **Behind the Red Doors**

Email BHS-Athletics@psbma.org

Athletic website is part of main BHS website

- Schedules
- Athletic Dept. Office + Coaches Contact Information
- Arbiter Registration and Sports Medicine Resources

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. ³³

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.