

ER Athletics Parent Night

November 14, 2018



Philosophy on Athletics



The development of the mind and body of the individual to support the team's goals:

GROWTH MINDSET

Commitment

Consistency

Courage

Communication

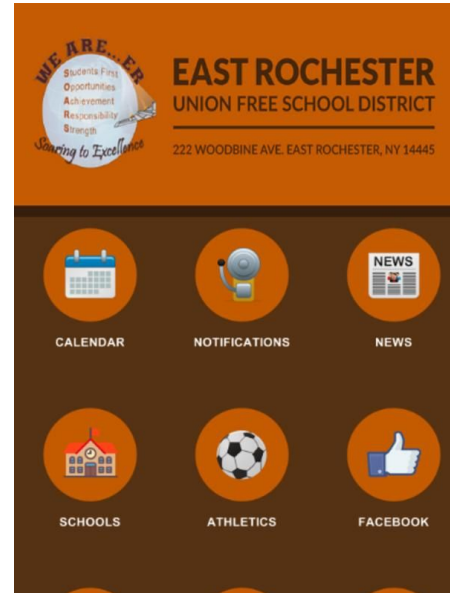
Compassion

Key Information

RschoolToday (under Wayne-Finger Lakes APP Search) Not under Monroe County or Wayne County Leagues

ER Schools App

ER schools.org (athletic page)



2018-2019 Current Offerings

| | Girls | Boys |
|---------------|---|---|
| Fall | Cheer (Mod and Varsity) Field Hockey (Varsity) Soccer (Mod) Tennis (Varsity) Volleyball (Mod, JV, Varsity) XC (Varsity Incomplete) | Football (Mod A, Mod B, Varsity) Soccer (Mod and Varsity) XC (Varsity) |
| Winter | Basketball (Mod, JV and Var) Cheer (Varsity) Indoor Track (Mod, JV and Var) | Basketball (Mod, JV and Varsity) Indoor Track (Mod, JV and Var) Wrestling (Mod, JV, Varsity) |
| Spring | Softball (Mod and Varsity) Track (Mod and Varsity / JV Heats) Field Hockey (Modified) Lacrosse (Varsity?)??? | Baseball (Mod and Varsity) Tennis (Mod, Varsity) Track (Mod and Varsity / JV Heats) |

Sports Sign Ups

Sign ups are approximately 1 month prior to season

Fall Sports Sign Ups (June)

Winter Sports Sign Ups (October)

Spring Sports Sign Ups (February)

Registering on Family ID is not sign ups

APP (Playing Up)

Request must come from the coach

Select 7th Graders to JV / Select 8th Graders to Varsity in extremely talented cases makes sense



Physical Test, Approval from MLA Counselors and AD, Parent Meetings/Discussions and Submission to Section V and League are Mandatory



COMMUNICATION

Athlete to Coach

Parent/Athlete to Coach

Parent/Athlete/Coach to AD

Athletic Trainer:

Jamie Heffron Rochester Regional Health

Mondays and Wednesday 2:30-4:30

Continuous Aches

Concussions

See the trainer before the doctor

Goals: Return to Play or Arrange Dr./PT



**KEEP
CALM
AND
FIND YOUR
ATHLETIC
TRAINER**

Moving Forward



Athletic Review Committee

Hall of Fame, Scheduling, Offerings

Every other month starting in January

Transparency of what leads to decisions that are made

2-3 Athletes, 4-6 Parents, 4-6 Coaches

(Call 248.6380 if interested)