Somerville High School

Interscholastic Athletic Guide

Staff Directory

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Joe Laudano, Ta'keame Gomes-Keel, Kevin Prophete, Devon Hairston, Zachary Shea

Staff Directory

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Collin Hogan		
Troy Saulnier		

Staff Directory

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Staff Directory

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Staff Directory

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* Club

Why participate…

The challenge of competing in the Greater Boston League (revival 19-20), one of the most competitive Leagues in the Boston area, the opportunity for post-season and State championships and the excitement of the co-curricular experience.

Offerings…

Somerville High School is a member of the Massachusetts Interscholastic Athletic Association and competes in the Greater Boston League. Somerville sponsors sports in Fall - Football, Golf (Coed), Soccer (B & G), Cross Country (B & G), Volleyball (G) Winter - Indoor Track (B & G), Basketball (B & G), Ice Hockey (B & G*), Swimming (Coed), Spring- Softball (G), Baseball (B), Tennis (B & G) and Volleyball (B), Lacrosse (B & G). We also compete in club Crew (spring), Ultimate Frisbee (spring), and Cheerleading (fall/winter).

*cooperative

Dates and Deadlines
Fall Season

Fall Season	Gender	Dates
Competitive Cheerleading	Co-ed	June 4, 2019
Cross Country	B/G	Aug. 22, 2019
Football	B	Aug. 16, 2019
Golf	Co-ed	Aug. 22, 2019
Soccer	B/G	Aug. 22, 2019
Volleyball	G	Aug. 22, 2019

Fall Sports Registration/Clearance—all athletes despite previous participation must register, be screened and cleared each season, see details below.

Registration opens June 1, 2019

August 16- August 21 sport clearance and medical screening—all must bring physical, insurance card and must impact test (first year athletes and every two year unless with previous concussion history—every season)

- 8/16 Football 10AM (freshmen and first year players) 10AM returners , Cheerleading 12PM
- 8/19 Boys Soccer 10AM, (freshmen and first year players), 11AM (returning athletes) Girls Soccer 12PM (freshmen and first year athletes) 1PM returning athletes.
- 8/20 Girls Volleyball 10AM (freshmen and first year athletes, 11AM (returning athletes), Cross Country 12PM, Golf 1PM

Fall Sports - Grid

Offerings and Levels

Fall

	Boys Cross Country	Girls Cross Country	Football	Girls Volleyball	Co-ed Golf	Field Hockey	Girls Soccer	Boys Soccer
Somerville	**V**/JV	**V**/JV	**V/JV**/F	**V/JV/F**	V	NA	**V/JV**/F	**V/JV/F**

Tryout sports include—boys and girls soccer, girls volleyball, competitive cheerleading, boys and girls basketball, boys and girls ice hockey, baseball, softball, and girls tennis (tryouts are subject to change yearly)

Dates and Deadlines Winter Season

Winter Season	Gender	Start Date
Competitive Cheerleading	Co-ed	Dec. 2, 2019
Basketball	B/G	Dec. 2, 2019
Ice Hockey	B/G	Dec. 2, 2019
I/D Track & Field	B/G	Dec. 2, 2019
Swimming	Co-ed	Dec. 2, 2019

Winter Sports Registration/Clearance—all athletes despite previous participation must register, be screened and cleared each season, see details below.

Registration opens October 1, 2019

November 12-November 15 clearance and medical screening—all must bring physical, insurance card and must impact test (first year athletes and every two year unless with previous concussion history—every season)

- 11/12 Boys Basketball 3PM, Ice Hockey 4PM
- 11/13 Boys Track and Field 3PM, Girls Track and Field 4PM
- 11/14 Swim 3PM, Girls Basketball 4PM , Cheer 5PM

Sport Grid – Winter

Offerings and Levels

Winter

	Boys Basketball	Girls Basketball	Wrestling	Boys Ice Hockey	Girls Ice Hockey	Co-ed Swim	Gymnastics	Boys ID Track	Girls ID Track	Boys Skiing	Girls Skiing
Somerville	**V/JV/F**	**V/JV/F**		**V/JV**	**V**/JV	**V**	NA	**V/JV**	**V/JV**	NA	NA

Tryout sports include—boys and girls soccer, girls volleyball, competitive cheerleading, boys and girls basketball, boys and girls ice hockey, baseball, softball, and girls tennis (tryouts are subject to change yearly)

Dates and Deadlines – Spring Season

Spring Season	Gender	Start Date
Ultimate Frisbee	B/G	March 16, 2020
Baseball	B	March 16, 2020
Crew	B/G	March 16, 2020
Softball	G	March 16, 2020
Tennis	B/G	March 16, 2020
O/D Track & Field	B/G	March 16, 2020
Volleyball	B	March 16, 2020
Lacrosse	B/G	March 16, 2020

Spring Sports Registration/Clearance—all athletes despite previous participation must register, be screened and cleared each season, see details below.

Registration opens February 1, 2020

March 9-11 clearance and medical screening—all must bring physical, insurance card and must impact test (first year athletes and every two year unless with previous concussion history—every season)

- 3/9 Softball 3PM, Baseball 4PM, UF 5PM (new players only)
- 3/10 Boys Outdoor Track and Field 3PM, Boys Volleyball 4PM, Girls Tennis 5PM
- 3/11 Girls Outdoor Track and Field 3P, Crew 4PM, Boys Tennis 5PM
- 3/12 Boys Lacrosee 3PM, Girls Lacrosse 4PM, UF 5PM (returning athletes only)

Sport Grid - Spring

Offerings and Levels											
Spring											
	Baseball	Softball	Boys OD Track	Girls OD Track	Boys Lacrosse	Girls Lacrosse	Boys Volleyball	Boys Tennis	Girls Tennis	Boys Rugby	Girls Rugby
Somerville	**V/JV**/F	**V/JV/**F	**V/JV**	**V/JV**	**V*new**	**V*new**	**V**/JV	**V/JV**	**V/JV**	NA	NA

Tryout sports include—boys and girls soccer, girls volleyball, competitive cheerleading, boys and girls basketball, boys and girls ice hockey, baseball, softball, and girls tennis (tryouts are subject to change yearly)

What you need to know…

PAY to Play – Somerville High School IS NOT a pay to play program. Which means your student can participate for free. However, they may be asked to do fundraising for items such as warm-up, bags, jackets, cleats… etc…

Residence – Students who want to participate in our program must live in Somerville and go to Somerville Public Schools

Age – Freshmen need to be under 16 to play and Seniors under 19 as of September 1 of the current year

Physical – Must remain current and on file with the athletic trainer. DPH requires all physicals to be current while playing.

Insurance/Permission to Play - A signed proof of insurance coverage and parental permission form is required for participation in athletics. Student-athletes should have their own health/accident insurance plan that will cover any injury incurred as a result of their participation in sports at Somerville High School. Please note we do not have DENTAL COVERAGE.

What you need to know…

Secondary Insurance- Student-Athletes are required to carry a primary insurance policy. All claims will be submitted initially to this plan.

The school coverage for student-athletes is a SECONDARY INSURANCE POLICY FOR ATHLETIC RELATED INJURIES. This means that after the primary plan has considered any claims, the secondary plan insurance will take over. In the event that the primary policy does not cover the high school athletic related injuries, the school policy becomes the primary policy. For the school to file for benefits under these policies, the student-athlete (or parent/guardian) must provide copies of all bills and primary coverage explanation of benefits (EOB). These copies must be submitted to the school athletic trainer in a timely manner to prevent delays resulting in late payment of bills.

What you need to know…

<u>Attendance</u>- A student must be in attendance three periods of school to participate in practice, team meeting, function, or in an interscholastic event that day. Students who are not in school on the Friday before a weekend or vacation are ineligible for the entire weekend or the entire vacation. Student-athletes who are suspended in or out of school will not be allowed to participate in practice or an interscholastic event until returning back to the regular classroom. Any exceptions to this policy must be approved in writing from the Director of Athletics/Housemasters prior to the student-athlete being allowed to participate.

<u>Tardy</u> – Being tardy to school does affect the overall grade for students. It is imperative that athlete are on time daily and prepared for the school day. Coaches have the right to limit practice/playing time for being tardy to school.

What you need to know…

<u>Credits</u> – students must pass a minimum of 20 credits in order to participate in athletics. This requirement is only the standard and should not be considered the norm.

If an student-athlete only performed to the minimum s/he would graduate high school with a 1.9 grade point average. This grade point average is less than what the NCAA requires for a student-athlete to get into the eligibility center.

What you need to know…

Rules and Regulations

The student-athlete is subject to rules pertaining to his/her particular sport as established by the coaches, athletic department, GBL and the MIAA. These rules are provided in writing the first week of practice of each individual sport. The student-athlete must participate in practices and games except when injured or when attending other school related responsibilities (study hall, detention, Field Trips). The athlete's responsibility to their team must take precedence over all other social/recreational events.

Student-athletes are expected to represent their teams and Somerville High School with dignity, class and positive sportsmanship at all times. Student-athletes must follow the guidelines and decisions of the MIAA, the GBL, their coaches and officials regarding behavior, rules of the sport, and dress codes on and off the playing arena.

Inappropriate, or conduct by a student-athlete shall be subject to disciplinary action as set forth by the MIAA and GBL. Student-athletes found in violations may be ineligible for further interscholastic competition as stated by the MIAA manual.

You may obtain more information on inappropriate, or conduct and eligibility by clicking on to www.miaa.net/ you will also receive this information in the Student-Athlete Code of Conduct.

What you need to know…

Squad Selection/Try-out

In order to maximize the number of participants in the athletic program at Somerville High School, we encourage coaches to keep as many students as possible without having a negative impact on the integrity and safety of their sport. Time, space, facilities, equipment and other factors may place limitation on their roster size for some sports.

Tryouts for athletic programs are open to all students providing they meet the standards of eligibility requirements. ***Participation in athletics is a privilege***; students try out voluntarily and, for some of our teams, risk being cut. During the tryout period, the coach will provide an explanation of her/her expectations. No student is guaranteed a place on the team simply because of his/her grade level or past participation. Students cut from a team are encouraged to try out for another team if there is space on that team, the final cuts have not been made, and they have not missed the deadline for participation. Students who are cut from a team will be informed as to the reason for the cut if a student so desires. Coaches will explain the decision to students at an appropriate time and in an appropriate setting, usually in a personal meeting with the student.

What you need to know…

Commitment

Student-athletes should expect to practice every week day. Weekend practices vary by sport and should be expected, although in general, coaches will make every effort to avoid a Sunday practice, however, Sunday is a practice day for boys and girls basketball.

Interscholastic athletics demands more of a commitment that most other club or recreational activity. Students should be aware of the time commitment prior to trying out for the team. During tryouts and after team selections, the head coach will distribute and explain expectations related to practice times, locations and game schedules. Students are expected to make all practices, two-hour daily commitment to the team.

At the freshman and junior varsity levels, most teams do not practice or play on the weekends. At the varsity level, weekend and/or evening practices and games are more commonplace, and students should expect regular involvement during these times. Because our teams share facilities and teams use facilities off campus, practice and game hours may vary considerably. At all levels in all sports, students are expected to provide their own transportation to and from practice and most home competitions.

What you need to know…

Playing Time

There are many factors that determine playing time, such as practice, attendance, attitude, commitment, effort and athletic ability. Playing time are decisions made on a regular basis by the coaching staff and it is the coach's responsibility to decide which athletes should start a contest, who should play what role on the team (position), and how long each athlete should play. These decisions are approached seriously from our staff. It is requested that if a student-athlete has a question regarding playing time that s/he approach the coach and request a meeting to discuss the student-athletes strengths and weaknesses.

It is the Athletic Department policy, however, that all student-athletes at the freshman and junior varsity level receive playing time during competition as long as they have met the coaches expectations during practices, attendance, attitude, commitment and effort.

What you need to know…

Family/School Vacations

Every team member is expected to be present for all team practices and games. There is a commitment to practice and play through school vacations. Consequences for not attending practices during school vacations could affect a student-athletes playing time.

What you need to know…

MIAA Bona Fide Team Rule

It is expected that student-athletes have loyalty to their high school team. A bona fide member of the school team is a student-athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to practice or compete with out of school teams. Any student-athlete who violates this standard is ineligible for the next two contests or two weeks (whichever is greater) immediately upon confirmation of the violation. A student-athlete in conflict with the bona fide team rule is also ineligible for the MIAA state tournament for that season (MIAA).

What you need to know…

Individual Team Rule

Each head coach reserves the right to make individual team rules that are specific to the sport. Coaches will develop team rules with the guidelines of the Athletic Department and all athletes are expected to adhere to all the athletic department's policies and team policies.

What you need to know…

Sportsmanship

The MIAA and the Greater Boston League promote good sportsmanship by the student-athlete, coaches and spectators at all times. Cooperation by all supporting the participants and officials in a positive manner is expected. Profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, coaches, spectators or team representatives will not be tolerated and are grounds for dismissal from the program and suspension from participation in athletics for up to one calendar year (MIAA).

What you need to know…

Prohibited…(see student-athlete Code of Conduct for consequences and Hazing Law)

- Hazing – practices that involve harassment, abuse bullying and can be construed as degrading, embarrassing, could cause mental or physical harm.
- Taunting – provoke or challenge someone with insulting remarks, teasing, ridicule
- Bullying - Bullying is the use of force, threat, or coercion to abuse, intimidate, or aggressively dominate others. The behavior is often repeated and habitual. This does include social media.
- Substance abuse- there is not tolerance for use of drugs and alcohol.

Code of Conduct

Student-athlete Responsibility and Code of Conduct

- As student-athletes, you have become leaders representing your school and community. The student-athletes role requires that you as a team member serve as an exemplar of high moral character and demonstrate appropriate academic commitment. Student-athletes are expected to exhibit appropriate behavior on and off the field.

- All equipment issued to the student-athlete is property of Somerville High School. Once issued, it is the athlete's responsibility to take care of equipment and to return it within one week of the end of the season. Failure to do so with result in disciplinary action. The loss of equipment is the financial responsibility of athletes.

10 Things that Require Zero Talent

1. Being on time
2. Work Ethic
3. Effort
4. Body Language
5. Energy
6. Attitude
7. Passion
8. Being Coachable
9. Doing Extra
10. Being Prepared

Code of Conduct

- From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product(including e-cigarettes, VAP 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 of altering one’s mental state.*** It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor.

Code of Conduct

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season. If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season

Code of Conduct

- It is not the policy of Somerville High School to police non-school activities, but if a violation is brought to our attention, the administration will evaluate the incident. If the incident, after being clearly proven, is deemed to have brought discredit upon the team/school, disciplinary action with occur.

- Student-athletes not in attendance at school may not participate or play on the day unless approval is given by the Headmaster/Housemaster. Student-athletes suspended from school will not be allowed to attend, practice or play while on suspension, whether it is out of school or in-house.

Code of Conduct

- Hazing is prohibited at Somerville High School. Any athletes involved with hazing in any capacity will be disciplined in accordance with the law, school code of conduct and will no longer be allowed to participate in interscholastic sport for at least the remainder of the sport season the incident took place.

- Good sportsmanship is the only type of sportsmanship tolerate at Somerville High School. There will be no deviation in the position of the athletic department regarding sportsmanship. Un-sportsmanlike acts will be dealt with in the most severe manner.

- It is expected that student-athletes have loyalty to their high school team. A bona-fide member of the school team is a student-athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to practice or compete with out of school teams. Any student-athlete who violates this standard is ineligible for the next two contests or two weeks (whichever is greater) immediately up on confirmation of the violations. A student athlete in conflict with the bona fide team rule is also ineligible for the MIAA state tournament for that season.

Code of Conduct

- For the privacy and safety of all, the use or appearance of use (showing the device in such a way that could lead an individual to believe they are being photographed or recorded)of any electronic device is not permitted in any locker room or bathroom in the SPS or in any locker room or bathroom at any school sponsored event. Photographing or recording is prohibited in the SPS unless authorized for educational or school purposes.

- In accordance with banned substance policies, as well as our athletic department commitment to fostering the health and welfare of our student athletes, we have agreed to limit beverage consumption during competitive events and practices to water and/or hydrating sports drinks only, except where another beverage is medically necessary. (Please note, WATER ONLY allowed at Dilboy Stadium). Furthermore, no cans or glass containers are allowed on the bench or in the locker room and other participating areas throughout the city.

- The Director of Athletics will be notified of all violations of the Code of Conduct and consequences of the infractions. If deemed necessary further disciplinary actions may occur.

Equipment/Uniforms

Equipment Care and Control

The equipment room manager and coach will issue each student-athlete required uniform(s) and supplies for each particular sport. Student-athletes are responsible for the upkeep and return of all materials issued. Student-athletes will be fined if equipment is not returned. If a student-athlete does not return the equipment they will be subject to no further participation in any future sport. Issue of uniforms and supplies will be done prior to the season; student-athletes must fill out a card and sign it to receive the items. At the end of the season, the equipment room manager and/or coach will collect all uniforms. DO NOT give the uniforms to housemasters. All items MUST be returned by a specific deadline or costs or suspension from future play may be incurred.

What you need to know…

Transportation

The school provides transportation for student-athletes to "away" contests and some "home" contests. All team members are expected to travel to and from these contests using the school-approved transportation. Exceptions to the policy must be requested in writing by the parent/guardians of the student-athlete to the Director of Athletics at least 24 hours before the event.

What you need to know…

Bench Beverage Guidelines

Somerville administrators, coaches and sports medicine personnel routinely advise student-athletes about the health risk of stimulant/supplement fortified sports drinks and strongly discourage their consumption at any time. Notably numerous sports drinks new to the market that not only combine various forms of stimulants but also contain ingredients listed on the NCAA banned substance list due primarily to their inherent health risk rather than any potential performance enhancement. All beverages containing stimulants increase risk of dehydration and may be contraindicated for individuals with asthma and/or taking other medications.

In accordance with banned substance policies as well as the Somerville High School Athletic Department commitment to fostering the health and welfare of our student-athletes, we have agreed to limit beverage consumption during competitive events and practices to water and/or hydrating sport drinks, except where another beverage is medically necessary (Please note, WATER ONLY allowed at DILBOY STADIUM). Furthermore, no cans or glass containers are to be allowed in the bench/locker room/participation areas throughout competition. This guideline will be monitored and enforced by all coaches on staff.

Conflict Resolution…

Conflict Resolution

Athletic involvement is highly emotional and time consuming. Sometimes conflicts arise between students, coaches and occasionally parents/guardians. When conflicts or issues arise, it is important that they be addressed immediately and as directly possible so they can be resolved promptly. Students and their parents should pursue the following process as a guideline when seeking resolution to conflicts or issues between athletes and coach:

Conflict Resolution…

First step: Contacting the Coach

The athlete should present the conflict/issue to the coach as soon as possible. If personal contact is not practical, a student may ask his/her team captain to approach the coach. If the personal or captain rout is not possible, contact may be made by the athlete's parent/guardian at an appropriate time. In order for the contact to be as productive as possible, times that should be avoided are:

- *Prior to, during or immediately following a contest*
- *During an active practice session*
- *When other students or parents are present when it would be readily visible to others that the discussion is taking place*
- *When it is apparent that there is not sufficient time to allow for a complete discussion; this includes the time immediately before leaving for any away contest*

Conflict Resolution…

Second step: Contacting the Director of Athletics

If a satisfactory solution is not reached through direct contact with the coach, the student and/or parent/guardian should contact the Athletic Director. The coach should be informed that this contact is going to be made. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. Since athletic seasons are relatively short, there should be no delay in airing any and all concerns. Issues presented to the Athletic Director will be addressed and communicated to the coach. Parents/guardians and student-athletes may also expect to hear from the Athletic Director as to the disposition of their concerns.

Conflict Resolution

Although there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understanding in the future.

Third step: Contacting the Headmaster

If there is still not a satisfactory resolution, the student-athlete and/or parent/guardian may contact the High School Headmaster. The Director of Athletics should be informed that this contact is going to be made.

Conflict Resolution…

<u>The best solution is to:</u>

- Ask the coach, either over the phone or in person for an appointment to meet
- A parent or student may also leave a note for the coach in the athletic office sport specific mail box or send an e-mail to the coach

On the docket for discussion

- Skipping classes/universal athletic policy
- Credit requirement for participation

What You Should Know

- MIAA District B Sportsmanship Award 2007
- MIAA Sportsmanship Honor Roll
- Somerville High School appeared in *Athletic Management* for their efforts in improving sportsmanship in their district, August 2007
- Former Football Coach, Harry Marchetti was the Boston Globe, Division I Coach of the Year 2006
- Overall 99% competency rate for MCAS
- David Dickerson Boys Indoor Track and Field Coach was the MSTCA Division I Eastern Massachusetts Coach of the Year 2008
- The City of Somerville was named one of the 100 Best Communities for Young People in America ~ America's Promise Alliance
- Somerville High School is home to the Somerville Mediation Program, recognized by the Massachusetts Attorney General as a best practice in youth violence prevention
- Boys and Girls Track and Field, Carl Stauffer was named the MSTCA Division I Eastern Massachusetts Assistant Coach of the Year 2009
- Former Girls Track and Field Coach, Charlie O'Rourke Boston Globe Division I Coach of the Year 2010

What You Should Know

- Basketball Coach, Mark Antonelli was the Boston Globe Division I Coach of the Year 2011
- Boys Soccer MIAA Sportsmanship Award Recipients 2011
- 2013 Somerville High School was listed as one of the top 15 Dream Schools in Massachusetts
- 2013 MIAA State Soccer Finalist
- Soccer Coach, George Scarpelli was the Boston Globe, Division I Coach of the Year 2013, Eastern MA Hall of Fame Induction 2016
- 2014 District B Sportsmanship Award
- Boys Soccer MIAA Sportsmanship Award Recipients 2016
- Director of Athletics, Nicole Viele – District B Ted Damko Award Recipient 2012, District B Athletic Director of the Year 2014, District B Presidential Award 2017
- Football Coach Makonnen Fenton 2017 Patriots Coach of the Week
- Dave Dickerson was named 2017 Northeastern Conference Coach of the Year in Outdoor Track and Field , 2018 Indoor Track and Field Coach of the Year, 2018 Outdoor Track and Field Coach of the Year, 2019 Indoor Track and Field Coach of the Year
- Mike Morgan was named 2019 Northeastern Conference Coach of the Year

50 Ways to Better Your Athletic Experience

- Persistence is more important than talent.
- There is a reason that student comes first in student athlete.
- Respect the game.
- Tuck in your shirt.
- It doesn’t take any talent to hustle. Practice hard every day.
- Be a student of the game. Learn the game. Study its history.
- Help your team win whether you play or not.
- Keep a daily diary of the things you do in practice. This will help you see your progress.
- Never argue with an official.
- Athletics provides you with an opportunity to reveal your character.
- Let your coaches coach you.
- Don’t be too hard on yourself, but don’t give yourself a free ride.
- Maintain grades that are better than the minimum needed to remain eligible.
- Set high standards for yourself and your team.

50 Ways to Better Your Athletic Experience

- Be the first one out for practice.
- Your parents love you very much, but they don’t know more than your coaches. Neither do you.
- Don’t make excuses for yourself. Don’t let anyone make excuses for you.
- Life is not fair.
- Be passionate about your teammates and about your team.
- When you do a drill, do it right every time.
- Love the game.
- Learn to appreciate routine play done to perfection.
- Strive to win, but don’t be afraid to lose.
- Keep your locker room clean.
- Learn your role. Accept it.

50 Ways to Better Your Athletic Experience

- Be willing to do whatever it takes to help the team succeed. Believe that your teammates are willing to do the same.
- Strive to get better at what you do worst every day
- Treat support personnel with respect at all times. Managers and athletic trainers are there to help you. They are not your servants.
- Tell people thank you. Mean it.
- Tie your shoes.
- Body language screams. It never whispers.
- Coaches owe you honesty. Be honest with them.
- Do the right thing even when no one is watching.
- Cheer for your teammates.
- Learn from mistakes.
- Games are supposed to be fun. Hard work doesn’t change that. Winning and losing doesn’t change that.
- You don’t have to be a great athlete to be a good player.
- When you jog to warm up, finish first.
- Accept criticism as an opportunity to improve.

50 Ways to Better Your Athletic Experience

- Make eye contact when your coaches are talking.
- Compete.
- Play the game. Don’t play to the fans.
- Be a leader in word and action, but be a follower when appropriate.
- Learn the difference between a right and a privilege.
- Respect your opponents.
- Be enthusiastic.
- Watch tape with a purpose. There is always something to learn.
- You cannot change what you did yesterday, but you can change what you are going to do today.
- Learn to be humble. The spotlight is never too small to share.
- Thank someone for your gifts, talents, and opportunities every day.