

# Dwight-Englewood School

# Middle School Orientation

## Dwight-Englewood Middle School Athletics Program Overview

★ = Designated as a “No-Cut” program

<i>Fall</i>	<i>Winter</i>	<i>Spring</i>
Boys Soccer ( <i>A/B levels</i> )	Boys Basketball ( <i>A/B levels</i> )	Boys Baseball
Girls Soccer	Girls Basketball	Girls Softball
Girls Tennis	★ Fitness Training	Girls Lacrosse
Girls Volleyball		Boys Tennis
★ Coed Cross Country		Coed Ultimate Frisbee
★ Intramural sports ( <i>activity period – Tuesdays &amp; Thursdays</i> )		★ Coed Track & Field

The experience of playing sports on a competitive team is a uniquely valuable one that our students may not have elsewhere in their lives. Athletics at Dwight-Englewood should be viewed as an integral component of the overall educational experience. The major objectives of the program are to provide wholesome opportunities for student-athletes to develop positive attitudes and habits. Student-athletes at Dwight-Englewood learn the lifelong value of involvement in sports; the values of good sportsmanship, personal commitment, physical activity, teamwork, skill development, sacrifice, decision- making and appreciation for the notion that participation in athletics is a privilege.

For some children, the middle school athletic program may be their first experience with a specific sport and with competitive athletics; for others, it may represent a move from a club or town recreation league. With this in mind, we strive to provide a safe learning environment for students to acquire the skills and concepts for the sport in which they are participating. *We aim for as many “no-cut” sports as possible, taking into consideration field space, playing time, and level of competition.* Winning is great, but not the priority.

### *Helpful Advice:*

Quick Views of the Practice and Game Schedule are posted on the D-E Athletic webpage – Note: No Parent “Log-In” is required for viewing this information.

Follow these prompts to the D-E Athletic webpage: [www.d-e.org](http://www.d-e.org) > School life > Athletics

Or go to: [www.d-e.org/athletics](http://www.d-e.org/athletics)

Located to the right side of the page, under the heading “Middle School Athletic Announcements,” you will find the “Practice and Game Schedule,” (updated weekly) and other documents that can be downloaded.

With the exception of the first week of tryouts, athletic teams meet four (4) days per week, with practices and games being scheduled on any given school day. There is a one (1) “Day-Off” rotation for each team, which is determined by the schedule of games and the school calendar. Below is what parents and students should use as an approximate timeframe for practice. Please keep in mind that these times

may include shuttle bus time to and from practice facilities.

📅 Mondays & Fridays – 3:40 to 5:15 PM

📅 Tuesdays – 2:40 to 4:10 PM

📅 Thursdays – 2:50 to 4:10 PM

The starting and ending time of games both home and away will vary. Those details can be found by clicking the Calendar link on the D-E Athletic webpage. Please note there are occasions when a game will end late and result in your child returning to campus after the departure of the “Late Bus.” On these occasions, parents must make alternate plans for transportation home. (Please refer to transportation info below).

Attendance and Extracurricular Events/Activities - Students are allowed to participate in extracurricular events/activities (e.g. games, performances, etc...) only if they arrive in school by 10:00 AM on the day of the event. Exceptions may be made only with the permission of the Principal. In addition, a student that doesn't participate in their Health and Wellness class for medical reasons or because they didn't change into appropriate attire for class may not participate in extracurricular events/activities.

#### *Cancelled:*

Weather conditions may influence daily games and practices, the athletic office will email teams and parents of any changes. We make decisions regarding the cancellation of practices or games by 1:30 PM. Please understand that there will be circumstances when unexpected weather conditions may roll into our area, which may cause a later decision. While the Varsity and Junior Varsity teams have priority in use of the facilities, middle school coaches may have classroom meetings for strategy discussions or fitness training sessions. After such announcements, please encourage your child to contact you via cell phone, text/email, or school office phone.

#### *Game Schedule and Directions: - (Check this site on a frequent basis)*

Whether a game is scheduled at home or away, the starting time will range between 3:00 PM to 4:15 PM. You can always see our most up-to-date schedule on our school website. Follow the same prompts listed above to the D-E Athletic webpage and click on the “Calendar & Directions” or “Team Pages” tab. Using the dropdown box will give you access to a sport specific schedule or calendar view. These schedules are subject to change.

#### *Taking your child home AFTER games:*

After games, a parent may take their OWN CHILD home from the game site. Before a child is released to go home, the coaching staff requires that you see them, personally, before departing.

#### *Parent/Guardian Carpool Plans:*

If you want YOUR CHILD TO GO HOME WITH ANOTHER PARENT – a written note or email must be presented to the coaching staff or you must speak with the coach via your child's cell phone before the event.

#### *Returning to campus from an AWAY game and transportation home from school:*

Traffic, weather conditions and any delay to the start of a game will have an impact on travel time. The coaching staff will encourage your son or daughter to call you 15-30 minutes before our return to campus. Please use this lead time to assist you in picking up your child promptly after games. The anticipated time for the bus to return back to school can vary, but you can view transportation details, as well as directions to the game site on our athletic webpage.

**\*\* Important Note \*\*** - There are occasions when transportation from a game will result in your child returning to campus after the departure of the Late Bus. On these occasions, parents must make alternate plans for transportation home. You should refer to the weekly “Practice and Game Schedule,” located in the Middle School Athletic Announcements section of the D-E Athletic webpage for specific information. That schedule is updated each week and will indicate (with an asterisk) all events that will result in the players returning to campus after the departure of the Late Bus.

### *Taxi/Uber/Ride Share*

It is the parent's/guardian's responsibility to research ride-share companies and their practices and procedures in order to decide what is best for their family. The School has no liability for any risks or consequences of these decisions. Parent/guardians must email the Athletic Administrative Assistant, Michelle Ottomanelli, at [athletic\\_office@d-e.org](mailto:athletic_office@d-e.org) and Coaches with requests by 10:00 a.m. the morning of an athletic contest. Students MAY NOT make this request. Requests after that time may not be processed or accommodated. The email should have specific details and reasons for necessity. The procedure requires that your child meet the taxi/Uber/Lyft driver with a member of the coaching staff prior to departing the contest site. The safety and well-being of the child is foremost on our minds. Please understand that the taxi/Uber/Lyft driver must pick up the child at the same time as the team departs, as the coaching staff cannot leave your child unattended at the game site. If your child is not picked-up when the school/team bus is ready to depart, your child will be required to travel back to the school on the school/team bus.

### *Pick-up times and places*

Please pick up your child in front of Umpleby Hall. The coaching staff will encourage your child to call you 15-30 minutes ahead of our scheduled return to the school campus. The lead time will help you in planning a prompt pick up of your child.

### *Required Physical Exam and Health Forms*

All students must have documentation of a current physical examination and other required forms on file via Magnus Health SMR (Student Medical Record) before the start of practice in any sport. If your physical exam expires during the school year, a new physical exam form will be required in order to continue to participate in athletics. Please note that some forms are completed entirely online. Other forms may require a doctor's signature and will need to be printed out. Once signed, the form can be scanned and uploaded to Magnus. Parents/guardians can access the Magnus Health SMR account through the online D-E Parent Resource Board. **NO STUDENT MAY PARTICIPATE IN ANY PRACTICE UNLESS HIS OR HER PHYSICAL FORM IS UPLOADED & FILED IN THEIR MAGNUS HEALTH SMR ACCOUNT FOR THE SCHOOL NURSE TO REVIEW.**

### *Athletic Trainer*

The school employs licensed & certified athletic trainer(s) (ATC) who supervise all aspects of the sports medicine program for the athletic department. Services include injury assessment, treatment, taping, rehabilitation and follow-up care. The athletic training room opens at 1:00 PM each day and before and after weekend home games. Athletic training room guidelines are posted inside the training room. All injuries must be reported to the athletic trainer immediately following the injury. The ATC may recommend that the student see a physician for additional diagnosis and/or treatment. Parents/guardians are encouraged to call the ATC if there are any questions regarding their child's injury.

### *Athletic Injuries*

Participation in athletics is voluntary and there is always a risk of injury and/or death to the student. Efforts are made to mitigate and prevent harm and/or injury through the rules and practice of the game; however, accidents do occur. All injuries should be reported to the athletic trainer and school nurse. All efforts will be made to notify parents/guardian immediately of any injury sustained to their child during practices and/or games.

### *Physician Note/Prescription*

Any student-athletes seeing a doctor for an illness/injury that may impact the safety or well-being of the child (whether school related or non-school related), must inform the athletic trainer and the school nurse. Prior to resuming participation in practices or games the athletic trainer and school nurse must receive written clearance by that same doctor, not a family member nor a physician in another specialty. This is standard practice and ensures the proper care of the student.

*A note from the doctor must include the following:*

- ↳ Diagnosis
- ↳ Recommendations for treatment/rehabilitation (if any)
- ↳ Physical education (Health and Wellness) / athletic restrictions (if any)
- ↳ Date of next follow-up appointment (if any)
- ↳ Date of clearance

### *D-E Concussion Protocol*

If an athlete suffers a trauma to the head, or a blow to the body, resulting in their exhibiting symptoms of concussion, then the athlete will be removed from the game/practice. The athlete will then be referred to a physician who is trained in concussion management, for authorization to either resume immediate participation or begin a “return to play” protocol. The school athletic trainer or nurse will provide additional information regarding D-E’s protocol/procedures in concussion management. Questions may be directed to the Athletics Director at: [vettor@d-e.org](mailto:vettor@d-e.org).

### *Medical Insurance*

The parent/guardian’s health insurance is primary in case of an accident or injury occurrence during practice or play of interscholastic sports. The School provides the secondary insurance. After your insurance company has made payment, the school’s accident insurance, in most cases, would cover any remaining balance upon submission of the applicable insurance claim form. The insurance claim form must be submitted in a timely manner. Please call the school athletic trainer or school nurse if you have any additional questions regarding medical insurance.

### *Equipment and Uniforms*

Students will be issued uniforms at the start of each season. Uniforms must be returned at the conclusion of the season or, if lost or stolen, parents will be billed the appropriate costs for replacement, which is generally in the \$150 range.

Students are responsible for bringing and wearing the appropriate equipment as required by the coach and the rules governing the sport. Examples below:

- ↳ Personal Water Bottles, gym bag, towel, extra athletic attire
- ↳ Sneakers and/or Cleats, bats, gloves, field sticks
- ↳ Protective Equipment, Including: Mouthguard, Goggles, Facemasks, Athletic Cup/Supporters, Pads & Helmets

*\* Note:* Students may not wear jewelry of any nature during their Health and Wellness class, athletic practices, or games. This includes all new and existing items attached to the body by piercings. Therefore, students must remove all jewelry before participation. In addition, students who do not participate in their Health and Wellness class may not be permitted to participate in practices or games after school.