



Whitney Point Central School District

Department of Athletics, Health and Physical Education

Whitney Point Central School District
 P.O. BOX 249, Whitney Point, NY 13862
 Phone: (607) 692- 8245
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The Mission of the Whitney Point Central School District is to provide an excellent education ensuring that all children maximize their potential, become contributing citizens, and pursue lifelong learning.

Director- Murphee Hayes
mhayes@wpcsd.org

Secretary- Teresa Ellerson
tellerso@wpcsd.org

Dear Student Athletes and Families,

We are very pleased that you have shown an interest in athletics. Spring sports are great activities to participate in to stay fit and active. For the spring season we wanted to send home important information you need to know. The goal of the following information is to foster a positive experience for the student athletes. Sports programs offered were determined by the number of student athletes interested and available funds. If you have any questions or concerns, please feel free to contact the athletic office at 692-8245.

Spring Sports

Boys Modified/JV/Varsity Baseball, Varsity Golf, Boys Modified/Varsity Lacrosse, Girls Varsity/Modified Lacrosse, Girls Modified/JV/Varsity Softball, Boys & Girls Modified/Varsity Track & Field. Levels offered are based on student interest.

Coaches

Listed are the Spring 2019 Coaches. If you have specific questions, please e-mail the coach directly.

Baseball-	Mr. Richards	modified	crichards@wpcsd.org
	Mr. Morgan	JV	smorgan@wpcsd.org
	Mr. Samsel	Varsity	ssamsel@wpcsd.org
Golf-	Mr. Poyer	varsity	mpoyer@wpcsd.org
	Boys Lacrosse	Mr. Jordan	modified
Girls Lacrosse	Mr. Erb	varsity	terb@wpcsd.org
	Ms. Driscoll	modified	sdriscoll@wpcsd.org
	Mrs. Montesano	varsity	dmontesano@wpcsd.org
Softball	Mr.Horton	varsity	dhorton@wpcsd.org
	Mr. Kraly	JV	tkraly@wpcsd.org
Track & Field	Mr. Leet	modified	eleet@wpcsd.org
	Mr. Hartley	modified	jhartley@wpcsd.org
	Mr. Rounds	modified	tounds@wpcsd.org
	Ms. Hayes	varsity	mhayes@wpcsd.org
	Mrs. Priscott	varsity	vpriscott@wpcsd.org

Dates

- Start Date of JV and Varsity Sports- **Monday, March 4th**
- Start Date of Modified Sports-**Monday March 18th**- Modified Track & Field, **Monday, March 25th**-Modified Girls Lacrosse & Modified Boys Lacrosse **Monday, April 1st**- Modified Baseball & Modified Softball

Meetings

- Meeting for Parents/Guardians- Monday, March 11th at TRA Auditorium at 5:30 pm
 Each coach will arrange for a meeting and/or send information home with their team and the parents.

Preseason Meeting Topics

- Coaching philosophy

- Season goals
- Practice and contest schedules
- School policies, team guidelines and sportsmanship
- Equipment, supplies and proper care of uniforms
- Procedures for illness and injuries
- Scheduling conflicts
- Try-outs and team selection criteria for JV and Varsity programs
- Ways athletes can enhance their abilities and skills
- Way to communicate between the coach, player and parents
- Eagles Nest and sports boosters

Sports Physicals

Sports physicals have been offered throughout the school year. For any athlete who has not yet fulfilled this requirement, please contact your care provider for an appointment and the school nurse call 692-8210 HS or 692-8236 TRA before the season begins. The UHS provided is scheduled to do exams on Tuesdays. All athletes must have a physical exam in order to participate in practices and contests.

Practices

Practice sessions during the school week are either 3:30 pm-5:30 pm or 5:30 pm-7:30 pm or 7:30-9:00 pm indoors. When the weather cooperates the outdoor practices are from 3:30 pm-5:30 pm Coaches will be notifying athletes about their sports specific practice schedule.

Transportation

During the school year there will be a sport bus at 5:30 pm Monday thru Thursday. On Fridays the sport bus will depart at 5:00 pm Transportation to and from practice will be the athlete's responsibility for the later practice sessions and after contests.

Forms

In order to participate students must complete all the necessary forms that will be Posted on Family ID or provided by athletic department

- WPCSD Interscholastic Athletic Code of Ethics and Conduct
- Academic Policy
- Interval Health History for Sport Participation
- Emergency Medical

Websites

- www.wpcsd.org
- <http://www.iacathletics.org>
- www.sectionivathletics.com
- <http://www.nysphsaa.org>
- <http://www.uhs.net/care-treatment/orthopedic-services/sports-medicine/>
- <http://www.keepyourheadinthegame.org/>
- <http://www.collegesportsscholarships.com/ncaaclearinghouse.htm>

Key Ingredients to Success

- Confidence and positive attitude
- Effective effort and hard work
- Academic focus and passing courses
- Skill ability and game strategy
- Proper strength and conditioning training
- Adequate hydration, nutrition and rest
- Abstaining from drugs, alcohol and tobacco
- Safe and healthy environment