



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
 FAX: (607) 692-8256

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. Winter sports are great activities to participate in the cold months to stay fit and active. For the winter 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.

Winter Sports

Girls Varsity Cheerleading, Boys Modified/JV/Varsity Basketball, Girls Modified,/JV/Varsity Basketball, Boys & Girls Varsity Indoor Track & Field, Girls Modified Volleyball, Modified,/JV/Varsity Wrestling

Coaches

Listed are the Winter 2018/2019 Coaches. If you have specific questions, please e-mail the coach directly.

Cheer-	Mrs. Shofkam	varsity	msynder@wpcsd.org
Boys Basketball-	Mr. Tillotson	modified	gtillotson2@wpcsd.org
	Mr. Samsel	modified	ssamsel@wpcsd.org
	Mr. Ligeikis	junior varsity	evan.ligeikis@gmail.com
	Mr. Morgan	varsity	smorgan@wpcsd.org
Girls Basketball	Mr. Poyer	modified	mpoyer@wpcsd.org
	Ms. Wayne	modified	awayne@wpcsd.org
	Ms. Driscoll	junior varsity	sdriscoll@wpcsd.org
	Mr. Kraly	varsity	tkraly@wpcsd.org
Indoor Track & Field	Ms. Hayes	varsity	mhayes@wpcsd.org
	Mr. Erb	modified	terb@wpcsd.org
Volleyball	Mrs. Ellerson	modified	tellerson2@wpcsd.org
	TBD	modified	
Wrestling	TBD	modified	
	Mr. MacNeill	jv/varsity	bmacneil@wpcsd.org

Dates

Coaches will give athletes sport specific information about first day of practice schedules

- Start Date of JV and Varsity Sports- **Monday, November 5th**
- Start Date of Modified Sports- Modified Session I Boys Basketball and Girls Volleyball-**October 22nd**
Modified Session II Boys Wrestling and Girls Basketball-**January 3rd**

Meetings

- Meeting for Parents/Guardians- Sports teams and coaches will set up meeting times for parents and guardians to discuss season topics.

Season Meeting Topics

- Sportsmanship, anti-Bullying, preventing hazing
- Character education
- Academic goals
- Practice and contest schedules
- School policies and team guidelines
- Equipment, supplies and proper care of uniforms
- Procedures for illness, injuries and concussion management
- 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

All athletes must have a physical exam in order to participate in practices and contests. Please contact nurse the TRA for modified and HS for JV/Varsity if student athlete still needs a physical exam.

Practices

Practice sessions during the school week are either 3:30 pm-5:30 pm or 5:30 pm-7:30 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 sports bus will come 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 provided on Family ID or in the Athletic Office

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

Websites

- www.wpcsd.org
- <http://www.iacathletics.org/>
- www.sectionivathletics.com
- <http://www.uhs.net/care-treatment/orthopedic-services/>
- <http://www.nysphsaa.org>
- www.p12nysed.gov/sss/schoolhealth/schoolhealthservices/

Key Ingredients to Success

- Growth mindset
- Confidence and positive attitude
- Sportsmanship and respect
- Effective effort and hard work
- Skill ability and game strategy
- Proper training and conditioning
- Proper nutrition and adequate rest
- Safe and healthy environment
- Abstain from drugs, alcohol and tobacco
- Healthy and well lifestyle
- Academic eligibility