



HALF HOLLOW HILLS MIDDLE SCHOOL ATHLETICS

6TH GRADE ORIENTATION
DEBRA FERRY –
ATHLETIC DIRECTOR



THE HALF HOLLOW HILLS PHILOSOPHY

- ***THE MISSION OF THE HALF HOLLOW HILLS DISTRICT ATHLETIC PROGRAM IS TO FOSTER THE QUEST FOR EXCELLENCE BY CREATING AN EDUCATIONAL AND COMPETITIVE EXPERIENCE WITH AN ATMOSPHERE OF SPORTSMANSHIP. WE STRIVE TO DEVELOP AND REALIZE INDIVIDUAL AND TEAM POTENTIAL BY PROMOTING HIGH STANDARDS OF COMPETENCE, CHARACTER, CIVILITY AND CITIZENSHIP.***

ATHLETIC FRAMEWORK

Competence	Character	Civility	Citizenship
Skill development	RESPONSIBILITY	RESPECT	LOYALTY
Knowledge of the game	ACCOUNTABILITY	FAIRNESS	COMMITMENT
Fitness/Conditioning	DEDICATION	CARING	TEAMWORK
Healthy Behaviors	TRUSTWORTHINESS		ROLE-MODELING
STRATEGIES	SELF-CONTROL		

ACADEMICS

- **ACADEMICS COMES BEFORE ANY SPORT TEAM**
- **CHILDREN ARE IN SCHOOL TO GET AN EDUCATION**
- **ATHLETICS IS AN EXTENSION OF THE CLASSROOM**
- **ATHLETICS IS A PRIVILEGE, NOT A RIGHT. IF A STUDENT IS NOT PERFORMING TO THEIR ABILITY IN THE CLASSROOM, HE/SHE WILL JEOPARDIZE THEIR SEASON**
- **WE ARE LOOKING TO DEVELOP WELL ROUNDED STUDENT – ATHLETES**

STUDENT-ATHLETE **RESPONSIBILITIES**

- **BULLYING -BEING A GOOD TEAM MEMBER**
- **SCHOOL BEHAVIOR**
- **LOCKER ROOM RESPONSIBILITIES**
- **MAINTAIN GOOD ACADEMIC STANDING**
- **ALL ISSUED EQUIPMENT IS THE RESPONSIBILITY OF THE ATHLETE. ANY LOST UNIFORM OR PIECE OF EQUIPMENT WILL HAVE TO BE REPLACED AT THEIR EXPENSE – INDEBTED LIST**
- **ATTEND ALL PRACTICES AND GAMES. INTERSCHOLASTIC ATHLETICS IS NOT INTRAMURALS**

SOCIAL MEDIA ~ WHAT IS YOUR CHILD USING? DO YOU KNOW?

- **72% OF TEENS REPORT BEING CYBERBULLIED IN THE LAST YEAR**
- **4/5 TEENS SLEEP WITH PHONE WITHIN REACH**
- **TEENS AVERAGE ONLY 42 MINUTES OF PHYSICAL ACTIVITY A DAY**
- **94% OF PARENTS SAY THEY HAVE SPOKEN TO THEIR CHILDREN ABOUT APPROPRIATE/INAPPROPRIATE ONLINE BEHAVIOR**
- **SNAPCHAT ~ FACEBOOK ~ INSTAGRAM ~ TWITTER ~ KIK ~ PINTEREST ~ VINE ~ TUMBLR ~ OOVVOO ~**

SPORTSMANSHIP

- **SPORTSMANSHIP INVOLVES APPROPRIATE RESPECT TOWARDS COACHES, FELLOW PLAYERS, OPPONENTS, OFFICIALS AND SPECTATORS. DISREGARD FOR THIS WILL RESULT IN DISCIPLINARY ACTION.**
- **HERE AT HALF HOLLOW HILLS OUR ATHLETES ARE TAUGHT TO CONDUCT THEMSELVES WITH CLASS AND DIGNITY.**
- **SPECTATOR SPORTSMANSHIP – CHEER FOR HHH NOT AGAINST THE OPPONENT**

TIPS TO MAKE ATHLETICS A POSITIVE EXPERIENCE FOR YOUR CHILD

- **BE A CHEERLEADER, NOT A COACH. RESIST THE POST-GAME ANALYSIS. “PARENTAL PRAISE OPENS THE DOORS OF COMMUNICATION AND MOTIVATES.... CRITICISM CAN DO THE OPPOSITE.”**
- **ENCOURAGE SPORTS SAMPLING. “DIFFERENT PERSONALITIES, ABILITIES AND DEVELOPMENTAL LEVELS MIGHT BE A BETTER MATCH WITH DIFFERENT SPORTS,”**
- **MULTI-SPORT PLAY HAS ALSO BEEN FOUND TO REDUCE BURNOUT AND OVERUSE INJURIES.**

“EARLY SPECIALIZATION”

- **STUDIES OF COLLEGE-LEVEL AND OLYMPIC ATHLETES FOUND THAT THE MAJORITY OF THEM PLAYED MULTIPLE SPORTS GROWING UP AND DID NOT SPECIALIZE EARLY**
- **RESEARCH SHOWS THERE ARE PHYSICAL RISKS INVOLVED WITH SPECIALIZATION.**
- **70% OF YOUNG ATHLETES DROP OUT OF SPORTS BEFORE THEY ARE 13. THEY CITE PRESSURE AS THE MOST OVERRIDING REASON.**

PARENTAL PERSPECTIVE

- **TEACH AND DEVELOP SKILLS**
- **LEARN TO WORK WITH OTHERS**
- **WIN CHAMPIONSHIPS**
- **SCHOLARSHIP OPPORTUNITIES**

REALITY OF ATHLETICS

- **ONLY 2% OF GRADUATING SENIORS NATIONWIDE RECEIVE ATHLETIC SCHOLARSHIPS.**
- **1% OF THOSE 2% ATHLETES MENTIONED ABOVE GO ON TO PROFESSIONAL SPORTS.**
- **IF ATHLETICS PROVIDES FOR YOUR SON/ DAUGHTER AN ENTRANCE INTO AN INSTITUTION THEY MIGHT NOT HAVE NORMALLY QUALIFIED FOR..... IT SERVED THEM WELL.**

CANDLEWOOD AND WEST HOLLOW ATHLETICS

FALL

START DATE:

SEPT. 5TH

<i>Field Hockey 7/8 Grade</i>
<i>Football 8th Grade</i>
<i>Football 7th Grade</i>
<i>Soccer 7th Grade Boys</i>
<i>Soccer 8 Grade Boys</i>
<i>Soccer 7th Grade Girls</i>
<i>Soccer 8th Grade Girls</i>
<i>X-Country B/G 7/8</i>

CANDLEWOOD AND WEST HOLLOW ATHLETICS

EARLY WINTER START DATE: NOV. 6TH

WINTER

LATE WINTER START DATE: JAN. 22ND

<i>Early Winter Sports</i>
<i>Basketball 7th Grade Boys</i>
<i>Basketball 8th Grade Boys</i>
<i>Volleyball 7th Grade Girls</i>
<i>Volleyball 8th Grade Girls</i>
<i>Late Winter Sports</i>
<i>Basketball 7th Grade Girls</i>
<i>Basketball 8th Grade Girls</i>
<i>Wrestling 7/8</i>
<i>Volleyball 7/8th Grade Boys</i>

CANDLEWOOD AND WEST HOLLOW ATHLETICS

SPRING

SPRING START DATE: MARCH 26TH

<i>Spring Sport</i>
<i>Baseball 7th Grade</i>
<i>Baseball 8th Grade</i>
<i>Lacrosse 7/8th Grade Boys</i>
<i>Lacrosse 7/8th Grade Girls</i>
<i>Softball 7th Grade</i>
<i>Softball 8th Grade</i>
<i>Spring 7/8th Grade Boys Track</i>
<i>Spring 7/8th Grade Girls Track</i>
<i>Swim & Dive 7/8th Grade Boys and Girls @ HSW</i>

MS ATHLETICS

- **PRACTICE TIMES: MONDAY – SATURDAY**
 - **MONDAY - FRIDAY 2:50 – 4:30**
- **LATE BUS: 4:45**
- **TRY-OUTS – SOME TEAMS HAVE TO CUT SOME DO NOT**
- **TRANSPORTATION – ATHLETES MUST RIDE THE BUS TO AND FROM CONTEST**
- **INJURIES – MUST REPORT TO COACH / NURSE**
- **COMMUNICATION WITH COACHES AND VICE VERSA**
- **MEDICAL CLEARANCES (YEARLY PHYSICALS/**

MEDICAL CLEARANCE DATES: HAVE YOUR CHILD STOP IN THE NURSES OFFICE FOR PAPERWORK OR CALL THE NURSES OFFICE

- **CANDLEWOOD – PHONE # 592-3301**

- **BOYS – MAY 19TH & JUNE 7TH**
- **GIRLS – MAY 23RD & JUNE 6TH**

- **WEST HOLLOW – PHONE # 592-3401**

- **BOYS – MAY 31ST & JUNE 7TH**
- **GIRLS – JUNE 2ND & JUNE 6TH**

SCHOOL NURSE INFORMATION

- **CANDLEWOOD**

- **NURSE:**

- **EVANNE ORLEAN EMAIL:**

- **EOLEAN@HHH.K12.NY.US**

- **WEBSITE – [CLICK HERE](#)**

- **PHONE - 592-3301**

- **WEST HOLLOW**

- **NURSES:**

- **KAREN DUENAS**

- **EMAIL – KDUENAS@HHH.K12.NY.US**

- **DONNA INGOGLIA**

- **EMAIL: DINGOGLIA@HHH.K12.NY.US**

- **WEBSITE – [CLICK HERE](#)**

- **PHONE – 592-3401**

ATHLETIC OFFICE INFORMATION

- **ATHLETIC DIRECTOR**

- **DEBRA FERRY**

- **PHONE - 592-3066**

- **E-MAIL – DFERRY@HHH.K12.NY.US**

- **ADMINISTRATIVE ASSISTANT**

- **MICHELE FELDMAN**

- **PHONE – 592-3066**

- **E-MAIL – MFELDMAN@HHH.K12.NY.US**

WHAT IS IT ALL ABOUT?

