



Welcome to BHS Athletics

An Overview For Incoming 9th Graders
and Their Families



Educational Athletics at BHS

■ **BROOKLINE HIGH SCHOOL ATHLETICS**

■ **MISSION STATEMENT:**

- - At Brookline High, the athletic experience is an essential part of many students' overall education. Athletics plays a significant role in developing positive self-esteem and a sense of well-being. To this end, the goal at every level of athletics is to strive for excellence. As with the academic program, the implications of a strong athletic program are far-reaching.
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- While learning fair play, teamwork and self-discipline, student-athletes must be challenged at whatever level of skill they bring to their sports. Every student-athlete, male and female, shall be afforded the opportunity to participate at the most appropriate level to achieve optimal personal growth. Student-athletes must have the opportunity to develop their skills and reach their maximum potential in a well coached environment. All teams will be qualified to participate in their respective leagues.
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- The athletic program must be flexible and reflect Brookline High School's values and culture in order to address the needs of its entire student population. Athletics teaches an appreciation of another's skills and contributions, commitment towards a common goal, and enjoyment in physical activity. Athletics promotes physical and mental health and contributes to the ability to interact socially. It nurtures friendship where one might not expect it and fosters a sense of pride in self and the community that lasts far beyond life at Brookline High.

Goals of the Program

- Provide an opportunity for maximum athletic development of players across the spectrum of ability.
- Promote the social, intellectual, emotional, and physical development of our students.
- Develop an understanding of the value of cooperation and competition.
- Develop good citizenship and respect for rules and authority.
- Have fun.



Academic and Social Benefits

- Many of the disciplines required to succeed in Athletics are the same as those required to succeed in Academics.
- Athletic teams offer immediate and long-term connections to a group with a common set of in-season goals and experiences.
- Participation in Athletics offers “Safe Zone” structures to help insulate against risky behaviors.



Three Seasons of BHS Athletics

- Interscholastic Athletics at BHS is divided into three seasons.
- Each season's athletic offerings include "cut" and "no-cut" sports.
- A student-athlete may participate in only one sport per season.
- A student may join another sport if s/he does not make the roster after trying out for her/his initial sport.



Fall Sports

- BOYSGIRLS

- Cross Country Cross Country

- FootballField Hockey

- Golf (cuts)Soccer (cuts)

- Soccer (cuts)Swimming (cuts)

Volleyball (cuts)

Cheerleading*

(cut status reflects recent trends, subject to change)

Fall Sports Begin in Late August

Most Sports are Scheduled to Begin on Thursday, August 27th

Football Begins on Monday, August 24th

Winter Sports

- BOYSGIRLS
- Basketball (cuts) Basketball (cuts)
- Ice Hockey Ice Hockey
- Skiing- Alpine Skiing - Alpine
- Skiing –Nordic *Skiing – Nordic *
- Swimming (cuts) Gymnastics (cuts)
- Indoor Track Indoor Track
- Fencing* Fencing*
- Wrestling Cheerleading*

(cut status reflects recent trends, subject to change)

Winter Sports begin on the first Monday after Thanksgiving
Next year's start date is Monday, November 30th

Spring Sports

- BOYSGIRLS
- Baseball (cuts) Softball (cuts)
- Crew Crew
- Lacrosse Lacrosse
- Sailing (cuts) Sailing (cuts)
- Tennis (cuts) Tennis (cuts)
- Outdoor Track Outdoor Track
- Rugby Golf
- Ultimate Disc Ultimate Disc
- Volleyball

(cut status reflects recent trends, subject to change)

Spring Sports Begin on the 3rd Monday in March*

Next year's date is March 21, 2016

Exceptions are Crew , Rugby, Ultimate, and Sailing (non-MIAA sports)

Special Access By Age/Gender

- The majority of BHS Sports offer the opportunity for sub-varsity competition beyond the varsity schedule.
- Freshman specific and/or novice teams are offered in the following sports: Baseball, Basketball, Football, Field Hockey, Girls Ice Hockey, Soccer, Softball, Volleyball and Crew.
- Freshman may participate on Varsity or JV, based on ability and coach's discretion.
- Title IX insures that females may participate on traditionally male teams, and vice versa, if the desired sport is not offered for the opposite gender.

Eligibility and Clearance

BHS Student Athletes require pre-participation clearance for each season, including:

- On-line Registration using FamilyID (familyid.com)
- Copy of Recent Physical Exam (must be 13 months current)
- Athletics Fee (\$300 per season/subject to change— partial or full waivers are available with written request)

BHS Student Athletes need to remain eligible:

- Academics—taking 4 full courses in the current quarter and passing 4 full courses in the previous quarter.
- Chemical Health Rule— Student/Athlete found “in the presence of” 24/7 from beginning of fall tryouts until the last day of school: consequence = 25% of contests (1st offense)

Athletics Governance

- Massachusetts Interscholastic Athletic Association (MIAA)

BHS is a member school of the MIAA, and BHS Athletes are subject to all rules, as set forth in the MIAA Handbook available at miaa.net.

- Bay State Conference (BSC)

BHS is a member of the twelve school BSC, which sets the majority of the schedules in most sports, exceptions are:

- Crew (NEIRA); Rugby (MYRO); Girls Golf, Sailing and Skiing (Mass Bay Leagues)

- BHS Athletics Handbook available at brooklinewarriors.net

Commitment Expectations

- **Varsity Level:** 5-6 days/week in-season; 2-3 hours/day, very often including weekends and vacations
- **Junior Varsity Level:** 5-6 days/week in-season; 2-3 hours/day, typically including fewer weekends and vacations
- **Freshmen Level:** 5-6 days/week in-season; 2-3 hours/day, possibly including weekends and vacations
- **Non-Leveled Sports:** Weekend/Vacation commitment level typically dependent on individual athlete's ability level
- **All Seasons Impact Vacations:** Fall season tryouts begin in late August, before school starts; December and February breaks occur during Winter season; April break occurs during Spring season

Bona Fide Team Member Rule

- Bona fide members of a school team are precluded from missing a BHS practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. A student who violates this standard is ineligible for 25% of originally scheduled contests immediately upon confirmation of the violation. (MIAA rule 45.) Waivers are available with prior notice and approval.
- Rule 45 does not cover conflicts with other extra-curricular activities; individual conflicts may be worked out with a coach
- Communication re conflicts is encouraged sooner rather than later

Intramurals

- BHS offers seasonal intramural programs through the Health and Fitness Department
- Intramurals seasons run during fall, winter and spring and are shorter than interscholastic athletic seasons
- Intramurals are offered three days a week (M, W, Th) and there is no expectation of commitment
- Intramurals offerings are subject to change according to student interest
- Recent offerings have included: Indoor Soccer and Ultimate Frisbee (Fall and Spring), Basketball (Fall), Badminton (Spring), Rock Climbing (Fall and Winter), Fitness Center (Fall, Winter and Spring), Spin (Cycling)

Concussion Management and Sports Medicine

- BHS has developed a comprehensive, 5-part concussion management program over the past ten years, including...
- Preseason Awareness Education: nfhslearn.com
- Baseline Testing: ImPact
- Post-Injury Assessment ,Testing and Evaluation
- Academic Support during recovery
- Return-to-play decision-making protocol
- Team Doctor: Dr. Laurence Higgins, BWH
- BHS Athletic Trainer: Alex Jzyk
- Consulting Neuropsychologist: Dr. Neal McGrath

BHS Athletics Online

Website - BrooklineWarriors.net

- Twitter - [@bhs_warriors](https://twitter.com/bhs_warriors)
- Facebook – [Brookline Warriors Athletics](#)
- Instagram – [@BrooklineAthletics](#)

- Schedules
- Athletic Dept. Office + Coaches Contact Information
- Directions to Contest Venues
- Registration and Sports Medicine Resources
- FamilyID.com link