

2022-2023 Annual Athletic Meeting

Elizabeth McCoy, Superintendent



John Smith, Principal

Ann Keegan, Assistant Principal

Emily Sullivan, Athletic Director

Katie Crawford, Athletic Trainer

Sue Connelly, Athletic Assistant

2021-2022 Highlights

- State Champions: Boys Golf & Girls Lacrosse
- State Finalists: Boys Outdoor Track and Field & Boys Alpine Ski
- Final Four Appearances: Girls tennis, boys tennis, boys lacrosse
- Girls Swim and Dive 4th place at State - two individual state champions!
- Girls Cross Country 5th place at State
- Elite 8 Appearances: Football, field hockey, boys basketball, girls basketball
- Sweet 16 appearances: boys soccer and boys ice hockey
- Tournament appearances: girls soccer, boys cross country, boys swim & dive, boys indoor track & field, girls indoor track & field, girls Nordic, boys Nordic, girls alpine, gymnastics, baseball, girls outdoor track & field, & sailing
- TVL Champs: girls cross country, field hockey, football, golf, boys indoor track & field, boys lacrosse, girls lacrosse, boys tennis, girls tennis, boys track & field, & girls track & field
- Earned a 6th place finish for the 2021-2022 Globe Ames Award for the winningest athletic program in our division in the state of MA.

2021-2022 Boston Globe Ames Division 4

NO.	SCHOOL	FALL	WINTER	SPRING	ALL	WIN PCT.
1.	Norwell	61-18-7	54-27-1	61-38-0	176-83-8	67.42
2.	Cohasset	41-17-4	51-28-1	50-39-1	142-84-6	62.50
3.	Monomoy	34-25-9	40-36-4	86-36-0	160-97-13	61.67
4.	West Bridgewater	67-24-4	46-31-4	39-41-2	152-96-10	60.85
5.	Westport	37-23-10	28-11-0	25-28-0	90-62-10	58.64
6.	Dover-Sherborn	51-22-6	50-42-1	60-56-0	161-120-7	57.12
7.	Abington	31-35-3	29-30-1	60-30-0	120-95-4	55.71
8.	Manchester Essex	41-34-3	40-46-0	55-30-0	136-110-3	55.22
9.	Fairhaven	33-34-8	38-34-2	56-37-0	127-105-10	54.55
10.	Holbrook	36-25-2	19-19-0	18-19-0	73-63-2	53.62

10 Things That Require Zero Talent, But Will Get You 100% Respect



1. Attitude
2. Being On Time
3. Work Ethic
4. Effort
5. Body Language
6. Energy
7. Passion
8. Being Coachable
9. Doing Extra
10. Being Prepared

Sportsmanship

- Sportsmanship is a top priority for all of our D-S teams. Players, coaches, and spectators should treat opponents, game officials, and visiting spectators with respect.
- ***We all need you to follow through with this!!!***



Chemical Health Rule

- All student athletes will refrain from smoking and using drugs and alcohol. This also includes eCigs and 'Vapes'. The MIAA Chemical Health rule will be strictly adhered to and is now in effect for the entire school year.
- Penalties do carry over from season to season and year to year.
- Abide by the rules...be healthy, be a good teammate and be a good role model!

Academic Eligibility

- If you failed two courses for a final course grade you are ineligible. All 9th graders are automatically eligible.
- Flex Block Extra Help Sessions are a **MUST** for a struggling student! Stay on top of things...remember, it is *student-athlete*, not athlete-student!

Bona Fide Team Rule

- Loyalty to the High School Team- athletes must attend school practices and/or school contests before any non-school event.
- This is an MIAA Policy. Penalties result if this rule is broken and you will become ineligible to participate on school team for a period of time and possibly post-season play.
- You can apply for a waiver but there is no guarantee it would be granted. Plan ahead and apply for these well in advance!

Student Attendance

- **STUDENT ATHLETES MUST BE IN SCHOOL BY THE START OF PERIOD 2 AT 9:30 AM TO PRACTICE OR PLAY IN A GAME.**
- An excused late arrival to school must be approved beforehand by Mr. Smith or Ms. Keegan. If you have a DR first period you can still come in once that DR concludes.
- Any student who is dismissed from school for medical reasons will become ineligible for practice and play that day/evening.
- We will take into consideration extenuating circumstances and/or physician notes.
- If serving any type of suspension, you are not allowed to be at practice or competition that day.

Communication Protocol Parents/Coaches

- *Communication You Should Expect From The Coach...*
 - Philosophy of the coach.
 - Expectations the coach has for all student-athletes on the team.
 - Locations and times of all practices and contests.
 - Team requirements during the season.

Communication Protocol Parents/Coaches

- *Communication Coaches Expect From Parents...*
 - Concerns expressed directly to the coach.
 - Notification of any scheduled conflicts... **well in advance.**
 - Specific concerns with regards to a coach's philosophy and/or expectations.

Communication Protocol Parents/Coaches

- *Appropriate Concerns To Discuss With Coaches...*
 - The treatment of the student-athlete, mentally and physically.
 - Ways to help the student-athlete improve.
 - Concerns about the student's behavior.

Communication Protocol Parents/Coaches

- *Issues **NOT** Appropriate To Discuss With Coaches...*
 - Playing time
 - Team strategy
 - Play-calling
 - Other student-athletes

Communication Protocol Parents/Coaches

- Please do not call a coach at home...their privacy should be respected.
- Please do not attempt to confront a coach before, during, or after a contest or practice.
- Call the Athletic Department to set up an appointment with the coach. Athletic Office number is 508-785-1730.

Communication Protocol

- CHAIN OF COMMAND (Communication)
 - Meeting between player and coach
 - Meeting between player, parent and coach
 - Meeting between player, parent, Athletic Director *and Coach*
 - Meeting between player, parent and Principal.

When there is a conflict, players/parents must follow the above chain of command.

Practice/Game Conclusion

- All parents/guardians are asked to promptly pick up their student-athlete immediately after a practice or game.
- If you are unable to pick up your student, please make arrangements to have someone take him/her home.

Transportation

- We will provide transportation to all away games, meets and matches but not to practice sessions that may take place off campus.
- Unless previously approved by the coach, parent, and AD you must ride on the bus.
- The entire event must be complete to leave early (Bona Fide Team Rule).
- No foul language, music, or inappropriate behavior on the bus will be tolerated.

Locker Room Etiquette:

- *Locker Rooms are not a place to “hang out” - LRs are a place to quickly change, gather your belongings, & get out to your practice/game. You should not be in the LR longer than 5-10 minutes!
- *Absolutely no inappropriate music is to be played in the locker room, no foul language, no rough play or pushing or shoving.
- *If a coach or staff member notices inappropriate behavior going on in the LR then LR privileges will be taken away.
- *Be respectful of all student athletes in the LR and of the LR space in general - clean up!

Athletic Trainer

*We have a new full time athletic trainer on staff, Katie Crawford, who joins us after working in high school and college athletics in Alabama for the past five years. We are excited to have her join our staff!

*Please contact crawfordk@doversherborn.org with any questions or concerns you have regarding injuries.

Concussion Legislation

- DSHS adheres to all applicable laws and regulations pertaining to head injuries.
- Please report all head injuries...this includes ones that happen outside of school.
- A physician and our Athletic Trainer must clear you to return to play after a head injury. Proper State of MA documentation is needed.

Athletic Training Room Etiquette:

- *You cannot enter the ATR without Ms. Crawford present.
- *No swearing, foul language, or inappropriate behavior will be tolerated.
- *Teams are responsible for filling up their own water jugs, make sure you clean up excess water & return water jugs after practice.
- *Be respectful of Ms. Crawford, all student athletes in the ATR, and the ATR space in general - clean up!

Athletic User Fee

- The D-S School Committee policy requires all student-athletes to pay a User Fee of \$335.00 per person per sport. There is a family cap of \$1,340.00 per year (4 sports). This fee does not guarantee playing time and must be paid prior to the first athletic contest.
- If there are any issues or concerns regarding the User Fee, please contact Emily Sullivan via email.

Team Schedules

- Schedules can be found on Arbiter Game
- The MIAA App is no longer available. They have partnered with Arbiter.
- All DSHS game schedules, updates, and changes are available at:

<https://www.arbiterlive.com/School/6096>

Social Media

- Twitter: all of our info goes up on twitter...important reminders, scores, pictures, news, etc. Follow us: @DSRaidersSports
- School athletic website:
<https://www.doversherborn.org/page.cfm?p=1458>



MIAA Athletic Seasons for 2020-2021

Fall Season: August 19th (football), August 22rd (boys and girls soccer & field hockey), August 25th (golf & boys and girls cross country). This season will run until Halloween for non tournament teams and sub varsity programs, until mid November for tournament teams, and until Thanksgiving for football.

Winter Season: November 28th is the first day of girls and boys basketball, girls and boys ice hockey (girls Hopkinton host and boys host with Weston), girls and boys Nordic ski, girls and boys alpine ski, girls and boys swim and dive, girls and boys indoor track, and gymnastics (Medfield host). Winter sports sign up will open sometime in October, and meet the coach night information will be emailed out in October as well. This season will run until February break for non tournament teams and sub varsity programs, and until mid March for tournament teams.

Spring Season: March 20th is the first day of boys and girls lacrosse, baseball, softball, sailing, boys and girls tennis, and boys and girls track and field. This season will run until Memorial Day for non tournament teams and sub varsity programs, and until mid June for tournament teams.

COVID-19:



If you test positive for COVID-19 please contact the school nurse as soon as possible so she can inform the athletic department. The nurse, AT, and coach will go over your return to play protocol with you.

Fall Sport Meetings (Required)

Locations:

- **Football: HS Gym 5:30 pm**
- **Boys Soccer : HS Bleachers Home Side 5:30 pm**
- **Girls Soccer: Cafeteria 5:30 pm**
- **Field Hockey: Away Fan Bleachers 5:30 pm**
- **Golf: virtual at 5:30 pm (link was emailed to all sign ups)**
- **Boys & Girls XC: virtual on August 28th 6 pm**