Who are we and What do we do?

-People-
67 coaches (5 volunteer)
Certified Athletic Trainer
Event Staff
Security
Chaperones
Intramural Staff

-Programs-
21 Sports
47 Teams
My Approach

Varsity
Largest commitment of time, deepest challenges and opportunity for recognition.

Modified
Opportunity for 7-8th graders to represent our community in interscholastic competition.

Recreational Intramurals
Provide opportunity for physical activity.

Instructional Intramurals
Provides opportunity for 5th-12th graders to develop skills.

Junior Varsity
Balance of skill development, opportunity, commitment and challenge.
Modified Sports

Philosophy Statement
Opportunity for 7-8th graders to represent our community in interscholastic competition. While we make every effort to provide opportunities for appropriate competition for each student, we are unable to provide “equal playing time” to all students in all situations.

Attendance
- **Excused absence:** Written notification to coach in advance of family, (non-elective) school or religious absence
- **Unexcused absence:** Any absence that had not had an accompanying written note from a parent/guardian in advance or other outside activities

Commitment
> Attitude
> Focus
> Coachability
> Sportsmanship
New Pilot Program for Modified Sports
**NEW PILOT PROGRAM**

For all sports except football, practices will only be held on Monday, Tuesday, Thursday & Fridays. Game schedules will not be changing and will therefore occasionally land on Wednesdays. On all other Wednesday's, the modified coaching staff will be participating in a new program which will include:

1. Professional development
2. Assisting the JV/Varsity programs
3. Participating in the mentoring of new coaches
Tiered Support of our Modified Sports programs

“Are there cuts in modified sports?”
Hastings Modified Athletic Philosophy

This program is available to all students grades 7th-8th grade. At the modified level, all students are encouraged to participate. However, student-athletes are expected to attend all scheduled practice sessions and games. The emphasis of our modified program is on participation and the teaching of fundamental skills to young athletes with the hopes of better preparing them for the higher levels. Modified practices and games are Monday-Friday.
Hastings on Hudson UFSD
Let's go Yellowjackets!

Hastings Athletics - The Hastings on Hudson UFSD offers three seasons for sports participation (fall, winter and spring). A student may participate in only one sport per season. The following requirements must be met before participating.

Registration for all High School Fall Sports opens on Friday, July 19th.
Registration for all Middle School Fall Sports opens on Sunday, August 4th.
All athletes must complete the sports registration which includes:
(1) Medical questionnaire
(2) Emergency contact information
(3) Current physical (within 12 months of registration)
(4) Athletic Contract

Sports Start Dates:
- Varsity Fall sports start on Monday, August 19th
- Middle School sports start on Wednesday, September 4th

Contact Us

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Process begins with a recommendation from the Varsity Coach

**Step 1** – APP packet must be obtained from the Health Office
**Step 2** – Parent Permission slip returned to Health Office
**Step 3** – Physical complete with adequate maturity scores
**Step 4** – APP Fitness Testing
**Step 5** – Participate in tryouts for their sport
Instructional Intramurals - Spring Pilot

Population: FMS & HHS students
Coordinated by: Coaching Staff
Rationale: Provide opportunities for skill development & participation
Offered: After School

Examples of Programs Offered:
- Running Club
- Volleyball Clinics
- World Cup Soccer
Recreational Intramurals

Population: FMS students
Coordinated by: PE Staff
Rationale: Provide opportunities for physical activity
Offered: Before School

Examples of Programs Offered:
- Kickball
- Wiffleball/Softball
- Basketball
- GAGA

~ 13 students