



Fall Sports Information Night

2024

New CHS Athletic Members

Gabrielle Brooks - Activities/Athletics Admin Assistant

- Going into year 7 at CHS and excited for this new role!
- Coaches XC
- Stays active by running, lifting weights, yoga, & stand-up paddle board with her dog



Kaleigh Heath - Head Athletic Trainer

- Grew up in Jericho Vt
- Been an AT since 2016
- Working with secondary school aged population for 5+ years



StudentSquare & Uniforms



StudentSquare is an extension of ParentSquare that uses students Colchester accounts.

Another way to make sure students get notified of communication from coaches and the school!

PLEASE RETURN YOUR UNIFORM AT THE END OF THE FALL SEASON

Gabby will be reaching out students and families by December about missing uniforms from the Fall Season.

If we do not receive your uniform, then you may be invoiced with the amount it costs to replace it!



Introduction

Oluwadare Sowunmi, Activities Director

- Bronx, NY
- Athletics and Activities
- DEI Member (VPA)
- Athletic Administrator
- Goals Give students best experience
- Proud to be a Laker



Mission Statement

- Extracurricular activities provide students with the opportunity of total education.
- Extracurricular activities are an extension of the classroom.
- The purpose of extracurricular activities is to show lifetime values such as commitment discipline, hard work, leadership, teamwork, and physical fitness, all of which are the foundation for academic success.



Participation-Paperwork

- All signups are online via Arbiter Registration
- Students must have a physical dated within the past two years



CHS-Coaches

- What defines a good coach?
 - Did myself and teammates get better?
 - Did the coach promote a positive experience?
 - Were players supported?
 - Did coaches hold athletes accountable?
- At the end of each season coaches will undergo a evaluation from student-athletes



Chain of Command

24 Hour Rule- Practice and Games

Student-Athlete meets with:

Coach

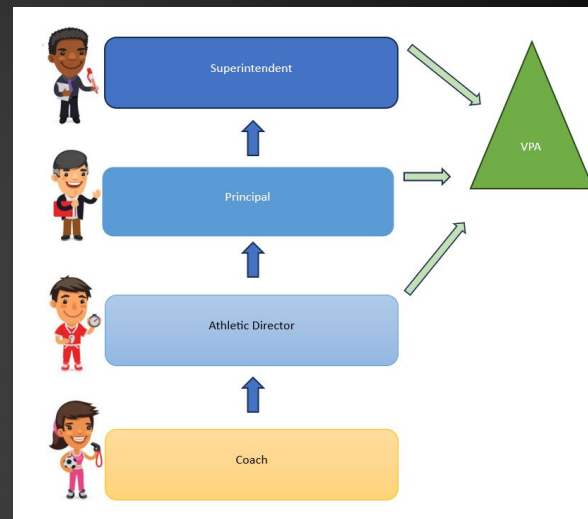
Coach, Parent,

Coach, Parent, AD

Coach, Parent, AD and Principal

Coach, Parent AD, Principal, and Superintendent

*****All VPA related concerns must go through an athletic director or principal**



Playing Time

- Playing time is not guaranteed at the varsity level
- At the JV level playing time is guaranteed but may not be equal among all players

Sportsmanship

Accountability

Skill Level

Player Development

Sportsmanship

Work Ethic



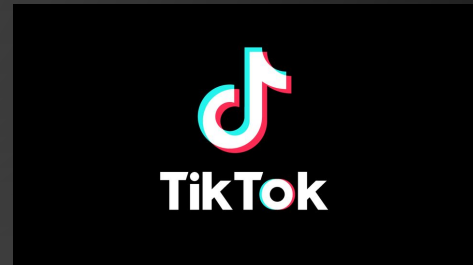
CHS Student-Athletes

- You are a representation of your school, your family, and your respective team
- Carry and present yourself the right way in and outside of school
- Misconduct or bad sportsmanship at a game, event, in school, practice can affect your playing time
- Coaches may have team contracts that are specific to their team



Social Media

- Be very mindful
- Think before
- Positive post
- 1st offense
2 week suspension
- 2nd offense
4 week suspension
- 3rd offense
Removal of extracurricular
Activity



Academic Eligibility Policy

Fall Grade Audit Dates

Monday, September 16th

Monday, October 14th

One week reminder

**Failing a class will be ineligible to
play in games**



Eligibility Form

Once you are back into good academic standing before getting reinstated you and your teacher must sign this eligibility form

STUDENT ATHLETE _____

GRADE LEVEL _____

SPORT / ACTIVITY _____

COACH _____

CHS ATHLETICS ELIGIBILITY FORM

CHS Teachers: In an effort to ensure that our student-athletes are continuing to meet our academic standards we ask that you please take a moment to complete this form and have the student return it to the Athletic Director

SUBJECT	GRADE	STAFF SIGNATURE	COMMENTS

STUDENT SIGNATURE: _____ Date Submitted to AD: _____

Attendance

- Must be in class by 4th mod to to practice or compete on game day
- Unexcused absence will result in failure to compete or practice on that day
- If a student is suspended from school they are not allowed to participate in extracurriculars



Drugs, Alcohol and Tobacco

- First offense with drugs and alcohol lose 20 percent of remaining games
- First offense with tobacco lose 10 percent of the games
- Second offense for both release from team or club



Spectator Behavior

- Respect opposing student athletes
- Cheer on our student athletes respectfully
- Respect officials and their calls



How Parents Can Support

Let the coach be a coach

Support our Booster Club
Members

Encourage your kids to be better
than they were yesterday!





Mission Statement

CABA aims to help foster an environment that inspires our student athletes, coaches, families, and our entire Laker Nation, to collectively create a positive and school spirited atmosphere for all Laker athletic programs.

Our focus is to help build academic excellence, positive sportsmanship, and athletic conditioning and opportunities through financial support and community engagement.

Students, Spirit, Support

What we do:

- Purchase uniforms for teams (*except football, wrestling & hockey*) on a rotation.
- Purchase additional team equipment in conjunction with the Athletic Director
- Scholarships available for New Englands, Nationals, and Seniors
- Sponsor the Winter Formal
- Large Scale Changes: weight room, covered benches, scoreboards, new tower, golf cart, etc . . .
- ***And we always welcome new ideas . . . locker rooms, new stands (visitor and home), ???***

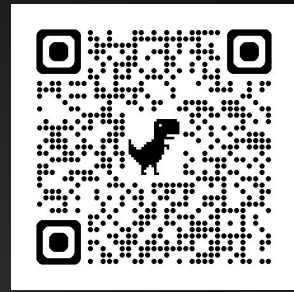


What we need from you:

- Join our Team: CABA meets the second Tuesday of each month. Liaison/Family - please come and get involved!
- Team Liaison/Parent/Family Member to organize student & family concessions volunteers for your athletes team



Concessions: Sign Up Genius



Concessions is one of our fundraisers and is a FUN way for our ALL of our teams to show their LAKER PRIDE! Each team (families/athletes) is responsible for covering 2-3 events.

Apparel



Contact Us!



CHSCABA@gmail.com



caba_vt



Colchester Athletic Boosters
Association

Break Out Rooms

Boys Soccer - Room 101/103

Girls Soccer - Room 105/107

Golf - Room 109

Volleyball - Room 117/119

Field Hockey - Room 113/115

Cross Country - Room 111