



# *Athletics*

*December 16, 2014*

*Board of Education Presentation*

Topics:

1. General Athletic Department Information
2. Research Request: Crew
3. Research Request: Football Information

# *Athletic Department*

## *Mission Statement*

To provide an interscholastic athletic program with an educational value for all students, while focusing on the development of individual skills as well as fostering an atmosphere of teamwork, citizenship and sportsmanship. It will emphasize discipline, leadership, respect, loyalty and cooperation.



# *New York State Public High School Athletic Association (NYSPHSAA)*

- Governing body for all guidelines and requirements for athletics throughout the state.
- Handbook with guidelines and regulations is followed by Athletic Director and coaches.
- Section VIII is the Nassau County zone and meets throughout the year to discuss rules, safety, and other issues that arise.
- Promotes “The 4 C’s of Educational Athletics:”
  - Competence
  - Character
  - Civility
  - Citizenship



# *Athletic Offerings:*

## *58 Teams*

<u><i>High School Fall</i></u>	<u><i>High School Winter</i></u>	<u><i>High School Spring</i></u>	
<b>Girls' Cross Country</b> <b>V: 8</b> <b>Boys' Cross Country</b> <b>V: 25</b> <b>Cheerleading</b> <b>V: 15</b> <b>Field Hockey</b> <b>V: 17/JV: 12</b> <b>Football</b> <b>V: 20/JV: 19</b> <b>Girls' Soccer</b> <b>V: 18/JV: 15</b> <b>Boys' Soccer</b> <b>V: 19/JV: 17</b> <b>Girls' Tennis</b> <b>V: 16</b> <b>Girls' Volleyball</b> <b>V: 14/JV: 12</b>	<b>Girls' Basketball</b> <b>V: 12/JV: 9</b> <b>Boys' Basketball</b> <b>V: 13/JV: 17</b> <b>Cheerleading</b> <b>V: 25</b> <b>Boys' Indoor Track</b> <b>V: 44</b> <b>Girls' Indoor Track</b> <b>V: 20</b> <b>Wrestling</b> <b>V: 14</b> <b>Girls' Bowling</b> <b>V: 7</b> <b>Boys' Bowling</b> <b>V: 9</b> <b>Girls' Fencing</b> <b>V: 24</b> <b>Boys' Fencing</b> <b>V: 27</b>	<b>Baseball</b> <b>V: 16/JV: 16</b> <b>Boys' Golf</b> <b>V: 16</b> <b>Softball</b> <b>V: 15/JV: x</b> <b>Boys' Tennis</b> <b>V: 9</b> <b>Girls' Track &amp; Field</b> <b>V: 24</b> <b>Boys' Track &amp; Field</b> <b>V: 24</b> <b>Girls' Lacrosse</b> <b>V: 20/JV: 14</b> <b>Boys' Lacrosse</b> <b>V: 21/JV: 21</b> <b>Girls' Badminton</b> <b>V: 15</b>	
<u><i>Middle School Fall</i></u>	<u><i>Middle School Winter I</i></u>	<u><i>Middle School Spring</i></u>	
<b>Boys' &amp; Girls' X-Country</b> <b>7/8: 38</b> <b>Football</b> <b>7/8: 28</b> <b>Field Hockey</b> <b>7/8: 24</b> <b>Girls' Soccer</b> <b>7/8: 24</b> <b>Boys' Soccer</b> <b>7/8: 22</b>	<b>Girls' Volleyball</b> <b>7: 16</b> <b>Girls' Volleyball</b> <b>8: 16</b> <b>Boys' Basketball</b> <b>7: 16</b> <b>Boys' Basketball</b> <b>8: 15</b> <hr/> <th style="text-align: center;"><u><i>Middle School Winter II</i></u></th>	<u><i>Middle School Winter II</i></u>	<b>Baseball</b> <b>7: 12</b> <b>Baseball</b> <b>8: 15</b> <b>Softball</b> <b>7: 11</b> <b>Softball</b> <b>8: 12</b> <b>Boys' &amp; Girls' Track</b> <b>7/8: 30</b> <b>Girls' Lacrosse</b> <b>7/8: 32</b> <b>Boys' Lacrosse</b> <b>7/8: 29</b>
	<b>Wrestling</b> <b>7/8: 21</b> <b>Girls' Basketball</b> <b>7: 16</b> <b>Girls' Basketball</b> <b>8: 14</b>		

# Offerings By the Numbers

## 2013-2014

	Varsity	Junior Varsity	Middle School	Total
<b>Teams</b>	28	11	19	<b>58</b>
<b>Contests</b>	360	165	185	<b>710</b>
<b>Team Members</b>	281	147	194	<b>622</b>
<b>"Triple OB" Winners in 2014: 40</b>			<b>2013- 2014 Scholar Athlete Teams: 22</b>	
<b>Coaches: 70</b>			<b>2014 Fall Scholar Athlete Teams: All 8</b>	



# 2014-2015 Budget: \$722,000

## Personnel:

- Coaching Salaries: \$413,000
- Supervision: \$49,000

## Key Operating Costs:

- State & County Athletic Fees: \$110,000
- **Equipment: \$76,000**
- Contracted Services: \$44,000

All athletic offerings allow *ALL students* to participate with no cost, other than personal equipment



# *Participation Requirements*

## *Medical Clearance:*

Through family physician or provided by the School Doctor OR an update form if a clearance is on file. A physical expires after 1 year.

## *Parent Permission/Student Code of Conduct:*

Stating his/her awareness of rules, standards, and responsibilities as a student-athlete. Signed by parent and student athlete.

## *Consent Card:*

Agreement that participation in Athletics is voluntary and that the school nor the district assumes any financial responsibility in case of accident incidental to participation in athletics.



*Research Request #1:  
Possible Addition of Oyster Bay Crew*





# Crew: General Information

## About the sport:

- a. Runs in both the fall & spring seasons
- b. Separate male & female teams
- c. All races are 1500M
- d. Single, Doubles, Quads, 4, & 8 person races
- e. Races are individual, team scores are not kept (as they are in track, for example)
- f. Not a NYSPHSAA sanctioned sport; US Rowing Rules
- g. Local and over-night regattas .
- h. New York State Championships held in Saratoga each spring

## Program Alternatives:

- a. Operate as Oyster Bay High School Crew Team:
  - i. School run program: Locally offered at: Friends Academy, Our Lady of Mercy, Chaminade, & St. Anthony's . **Pay to participate**
  - ii. School offering/run by association: Locally: Cold Spring Harbor & Manhasset; **students pay to join** associations (\$1,500 per year); Association covers most costs associated with the program.
- b. Sponsor a Club Team: Regional members & more competitive.
  - i. Could be done at Sagamore Rowing using their staff & equipment. Currently approximately 12 OBHS students participating at various boat houses in the area.

# Discovery #1:

*Oyster Bay operating its own High School Crew team*

## Start-up needs:

1. Location: Eagle Dock, Shore Road in Cold Spring Harbor:  
Docking Fee: \$5,000 annually, if space is available
2. Competition Boats, as recommended: Total: \$116,000

Type	Cost
Single	\$8,000
Double	\$8,000
Quad	\$15,000 (x2= \$30,000)
4	\$15,000 (x2= \$30,000)
8	\$40,000

3. Launch Boat: (safety ratio: 1 boat and coach per 10 rowers):  
\$5,000+ (x 2 = \$10,000+)
4. Additional Start Up Costs:

Uniforms: \$75 each (x20= \$1,500)	Life Jackets: \$80 (x20= \$1,600)
Oars: \$500 (x16= \$8,000)	Team Tent: \$1,000 (x2 = \$2,000)
Rowing Machine: \$1,000 (x 5 = \$5,000)	Trailer: \$10,000
Boat Slings: \$150 (x 4= \$600)	Misc. Equipment: \$1,000

# Discovery #1: (Continued)

## *Oyster Bay starting its own High School Crew team*

### Annual Fees:

- a. Coaching
  - a. Director/Head Coach: \$12,000 - \$50,000
  - b. +1 Assistant Coach: \$6,000 per season (x 2 =) \$12,000
- b. Maintenance/reconditioning = \$9,600 budgeted (*Friends Academy/Cold Spring Harbor*)
- c. Regatta fees = \$4,000 budgeted (*Friends Academy*)
- d. Storage fees (for about 10 boats) = \$5,000/year (*CSH*)
- e. Membership: \$1,500 (x 15 = \$22,500)

### Travel & Lodging:

- a. Rooms and meal money for overnight regattas: \$14,000

### Busing:

- a. Practices:
  - 8 weeks (fall)= \$12,000
  - 10 weeks (spring)= \$15,000
- b. 8 away regattas throughout the year: \$10,000

# Discovery #1: Findings

## *Oyster Bay operating their own High School Crew team\**

Although we would have to lock in a 'home' site, the financial estimate for running our own year-round program, using Eagle Dock's fees as an example, with 15 students would be:

**\$320,000 + the first year (fall + spring)**

**\$160,000 +**

\*\*Estimate does not include vehicle/driver to transport boats to regattas.

### Remaining Questions:

- a. Does this estimate give us enough boats to operate both the boys & girls teams each day?
- b. Where would we safely store boats and rowing machines during the off-seasons? (CSH: Storage container)
- c. Insurance coverage?

# Discovery #2:

## *Oyster Bay Crew Team competing under Sagamore Rowing*

Fees to Join Sagamore Rowing: \$22,500 (15 rowers)

a. \$750 per season = \$1,500 per student, per year

b. Does not include winter training (\$1,025 per athlete)

### 1. Start Up Costs:

OB Uniforms: \$75 each (x20= \$1,500)	Life Jackets: \$80 (x20= \$1,600)
Oars(OB colors): \$500 (x16= \$8,000)	Team Tent: \$1,000 (x2 = \$2,000)
Rowing Machine: \$1,000 (x 5 = \$5,000)	Misc. Equipment: \$1,000

### 2. Busing:

- Shuttle to Roosevelt currently provided
- Away regattas: 4 day trips; 4 overnight: \$8,000

### 3. Travel and lodging:

- Rooms (\$5,000) + meals (\$9,000) = \$14,000

### 4. OB Supervisor:

- Fall: 8 weeks/80 hours + 6 Regattas = \$4,500
- Spring: 10 weeks/100 hours + 8 Regattas = \$5,800
- 10 Regattas 6 day regattas & 4 overnights during year: \$5,000
- Winter or summer supervision

# *Discovery #2: Findings*

*Oyster Bay Crew Team competing under Sagamore Rowing*

Joining Sagamore Rowing with 15 students and using their equipment for a year-round program:

\$85,000 the first year (fall + spring)

\$65,000 + reconditioning/new equipment subsequent years (fall & spring)

## Remaining Questions:

- a. Where would we safely store rowing machines during the off-seasons?
- b. Would we have to cap the max number or increase the budget if more students are interested?
- c. What if philosophical and/or management disagreements regarding operations and other issues arise?

# Crew Summary

## Discovery 1

Oyster Bay owns and operates its own team each fall & spring

### First Year

\$320,000+

\*Vehicle/driver to transport boats

### Subsequent Years

\$160,000+

\*PLUS vehicle/driver to transport boats

## Discovery 2

Pay for 15 students to row at Sagamore each fall & spring

### First Year

\$85,000

### Subsequent Years

\$65,000+

\*\*PLUS reconditioning/new equipment



# *OB's Most Recent Athletic Additions*



## **Boys' Lacrosse**

Year 1, 2008; 1 Team/30 players:  
Budget Expense: \$7,500  
Equipment donations totaling \$5,000  
Total: \$12,500

Year 7, 2014: 3 Teams ~70 players:  
~\$31,000 per year  
New equipment/upgrades rotated  
with all teams; not annually

## **Girls' Lacrosse**

Year 1, 2009; 1 Team/30 players:  
Budget expense:  
Total: \$10,600

Year 6, 2014: 3 Teams ~70 players:  
~\$31,000 per year  
New equipment/upgrades rotated  
with all teams; not annually





# *Research Request #1: Possible Addition of Oyster Bay Crew*



## *Questions and Discussion*

*Research Request #2:  
Oyster Bay Football Data*



# Long Island Football

## By the Numbers

- All 57 Nassau Schools have a football program (Wheatley & Carle Place combine.)
- 4 conferences of 14 teams each based by enrollment.
- Teams are seeded pre-season for scheduling purposes.
- Each school plays 8 conference games plus 3 preseason scrimmages.
- Conference Playoffs & Long Island Championships can add up to 4 more games to a season.
- Nassau experimented with a 5<sup>th</sup> Conference in 2012 & 2013 for 'developmental' purposes.
- NYSPHSAA constantly updating safety standards through education, techniques, and rules.

# Oyster Bay Football Data

## Participation

Season	OB Youth Football (Rough Riders/Generals)	Middle School	Junior Varsity	Varsity	Yearly Total
2011	108	31	22	26	79
2012	96	32	22	24	78
2013	79	28	19	20	67
2014	65	27	20	23	70

Oyster Bay Middle School & High School numbers have historically hovered around this level

Cost of Oyster Bay Football, full program: ~\$66,000

Middle School: \$16,000

Junior Varsity: \$16,000

Varsity: \$34,000

# Oyster Bay Athletic Department

## Universal Safety Protocol

1. Certifications for coaches:
  1. Coaching Certification: 3 courses, unless certified in Physical Education
  2. Concussion Management: National Federation of High Schools (NFHS) or Centers of Disease Control
  3. First Aid/EpiPen
  4. Cardiopulmonary Resuscitation(CPR)/Automated External Defibrillator (AED)
  5. Dignity for All Students Act (DASA) Training
  6. Child Abuse Identification and Reporting Workshops
2. **Part-time Athletic Trainer attends home contests & playoffs.**
3. **Emergency Plans in place.**
4. **Recertification of equipment annually to meet National Operating Committee on Standards for Athletic Equipment (NOCSAE.)**
5. Return-to-Play post-head injury (we are looking to add a Clinical Psychologist to consult with for ImPACT follow-up and more concise recovery plans.)
6. NYSPHSAA Heat Index, Thunder & Lightning, and Wind Chill Procedures.

**Bold items** represent part of the New York State High School Athletic Association's (NYSPHSAA's) response to the tragedy in Shoreham-Wading River.

# *Oyster Bay's Head Injury Management*

## Oyster Bay Protocol

### Preseason:

- Provide information to athletes/parents
- ImPACT baseline testing

### Head Injury; concussion suspected:

- Remove child from play
- Wait until symptom-free
- ImPACT post-injury test
- Clinical Neuropsychologist /Credentialed ImPACT Consultant analyzes results
- Doctor clearance
- Return to Play process with Athletic Trainer(5 days)
- School Doctor's clearance

### Eligible to play

## State Education Requirement

### Preseason:

- Provide information to athletes/parents

### Head Injury; concussion suspected:

- Remove Child from play
- School Doctor's clearance

### Eligible to play

# Injuries at Oyster Bay

## Head Injuries:

As a general rule, when we are not sure of the severity of a head injury we take the athlete out until fully cleared.

Year	Number of students treated/removed	Athletics-related	Football related
2013-2014	16	10	4
2014-2015 ( <i>to date</i> )	10	7	6

## The Trainer's Office:

The Athletic Trainer is available at the high school before practices to treat athletes either for injury management or injury prevention.

Season & Year	Total Students	Football Treatments	Sport with the most Treatments(amount)
Fall 2013	254	40	Field Hockey (69)
Winter '13-'14	279	N/A	Boys' Basketball (78)
Spring 2014	234	N/A	Girls' Lacrosse (74)
Fall 2014	157	17	Field Hockey (46)

# *Football-Specific*

## *Safety Precautions at Oyster Bay*

### Pre-season Planning:

- Proper training for fitting/sizing helmets
- Riddell Revolution Helmets: Recertified/replenished
- School Doctor or EMT scheduled for all home games (MS- Var.)
- Do not use Selection Classification

### Practice Modifications:

- No live contact player-to-player
- Tackling technique (NFL's "Heads Up Tackling")
- 2-hand touch & "form-fit tackling" to stop play when player is wrapped
- Neck exercises
- Weight training (preseason & in season)

### Recent Rule Changes for Games:

- "Targeting" above the shoulders is illegal
- "Defenseless Player" rules in place

### Looking Ahead:

- Continue to follow NYSPHSAA's lead in sport safety requirements
- Applied for relief in schedule, along with several other schools
- Possibility of combining with another NYSPHSAA school



# *Community Events*



*Saturdays in the Fall*

# *Research Request #2: Oyster Bay Football Data*



**I  
Believe**



## *Questions & Discussion*