

# *Athletics Update*

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# *Oyster Bay-East Norwich Athletics Philosophy*

We strive to provide an athletic program consisting of a variety of experiences to aid in developing positive habits and attitudes to prepare them for a healthy lifestyle. Our program consists of three levels:

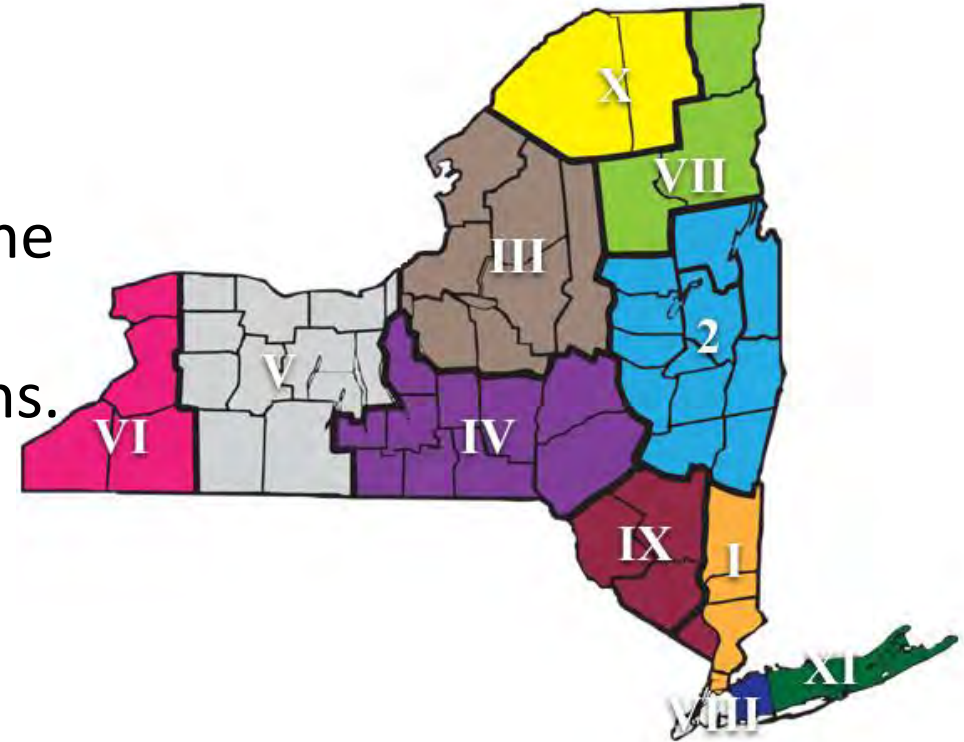
1. **Modified**: Refers to 7th and 8th grade athletics. At this level the emphasis is on teaching and experiencing competition, not wins and losses.
2. **Junior Varsity**: This is the entry level of high school (9-12) athletics. This is still instructional, but playing time is based on skill and learning how to win by executing a strategy.
3. **Varsity**: This is the highest level of competition within the athletic program. The emphasis reaching team goals. Sometimes it may be a season of development or it could be winning championships.

*“We are setting student-athletes up for the next level of life,  
not the next level of athletics.”*

*-Dr. Robert Zayas, NYSPHSAA Executive Director*

# *Oyster Bay, Section VIII, and New York State*

- The New York State High School Athletic Association (NYSPHSAA) is the governing body for athletics and works under the regulations set by the State Education Department.
- NYSPHSAA is broken in to 11 regions called sections. Nassau County is Section VIII.
- Oyster Bay teams compete in the regular season against schools from all across Nassau County and other approved schools.
- Oyster Bay competes against smaller schools for County Championships in Class B, Class C, or Class D.
- Depending on the sport, Oyster Bay can be the only Class D sport or one of 6 Class B schools.







# *It takes a full team to support our student-athletes and teams!*



- Board of Education
- District Administration
- Building Principals
- Department Directors/Supervisors
- Athletic Secretary
- Coaches
- Athletic Trainer
- School Physician
- Grounds Crew
- Custodial Staffs
- Oyster Bay Athletic Booster Club
- Hall of Fame Committee
- Security
- Supervisors/Scorekeepers/Timers
- Business Office
- Health Offices
- Buildings & Grounds Office
- Personnel Office
- Computer Support



# Oyster Bay's Athletic Offerings 2019-2020

## Participants 2018-2019

Level	Teams	Award Winners
Varsity	32	282
JV	10	92
Modified	24	167
<b>TOTAL</b>	<b>60</b>	<b>541</b>

<u>High School Seasons (Varsity &amp; Junior Varsity)</u>					
<u>Fall</u>		<u>Winter</u>		<u>Spring</u>	
Cheerleading (Co-ed)	V	Basketball (Boys)	V/JV	Badminton (Girls)	V/JV
Crew (Boys & Girls)	V/JV	Basketball (Girls)	V/JV	Baseball (Boys)	V/JV
Cross Country (Boys)	V	Bowling (Boys)	V	Crew (Boys & Girls)	V/JV
Cross Country (Girls)	V	Bowling (Girls)	V	Golf (Boys)	V
Field Hockey (Girls)	V/JV	Cheerleading (Co-ed)	V	Lacrosse (Boys)	V/JV
Football (Boys)	V/JV	Fencing (Boys)	V	Lacrosse (Girls)	V/JV
Soccer (Boys)	V/JV	Fencing (Girls)	V	Softball (Girls)	V/JV
Soccer (Girls)	V/JV	Indoor Track (Boys)	V	Tennis (Boys)	V
Tennis (Girls)	V	Indoor Track (Girls)	V	Track & Field (Boys)	V
Volleyball (Girls)	V/JV	Wrestling (Boys)	V	Track & Field (Girls)	V
<i>Basketball (Boys &amp; Girls, 7-12) Open Gym</i>					
<i>Fencing (Boys &amp; Girls) Open Gym</i>					
<i>Golf (Boys &amp; Girls, 7-12) Intramural</i>					
<u>Modified Seasons (7<sup>th</sup> &amp; 8<sup>th</sup> Graders)</u>					
<u>MS Fall</u>		<u>MS Winter I</u>		<u>MS Spring</u>	
Crew (Boys & Girls)	7/8	Basketball (Boys)	7	Baseball(Boys)	7
Cross Country (Boys & Girls)	7/8	Basketball (Boys)	8	Baseball (Boys)	8
Field Hockey (Girls)	7/8	Volleyball (Girls)	7	Lacrosse (Boys)	7/8
Football (Boys)	7/8	Volleyball (Girls)	8	Lacrosse(Girls)	7/8
Soccer (Boys)	7/8	<i>Fencing (Boys &amp; Girls) Intramural</i>		Softball (Girls)	7
Soccer (Girls)	7/8	<u>MS Winter II</u>		Softball (Girls)	8
<i>Golf (Boys &amp; Girls, 7-12) Intramural</i>					
		Basketball (Girls)	7	Track & Field (Boys & Girls) 7/8	
		Basketball (Girls)	8		
		Volleyball (Boys)	7		
		Volleyball (Boys)	8		
		Wrestling (Boys)	7/8		

# Offerings and School Size: Plenty of Options!

Oyster Bay (BEDS number 367) offers  
44 high school teams. How do we stack up?

- 7 MORE teams than **Mineola** (639)
- 5 MORE teams than **Island Trees** (567)
- 4 MORE teams than **Locust Valley** (511)
- 9 MORE teams than **Wheatley** (430)
- 9 MORE teams than **Malverne** (406)
- 13 MORE teams than **Carle Place** (300)
- 7 MORE teams than **Friends Academy** (291)
- 17 MORE teams than **East Rockaway** (268)
- 5 FEWER than **Cold Spring Harbor** (465)



# *The Benefits and Challenges of Our Small School and Offerings:*

## Benefits:

- Promotes various ways for an active and healthy lifestyle
- Students have access to a variety of teams and experiences
- Fewer situations of 'cutting' athletes
- Multiple years of varsity recognition
- Few schools of similar size/class
- All health benefits of athletic participation

## Challenges:

- Interests and sized of each grade vary
- Attracting enough student-athletes for teams
- Talent is spread out each season/team success (wins/losses)
- Conflicts with other extracurricular activities
- Gym and field space
- Sports specialization and other state-wide participation challenges













## *Commitment and Character!*







## *Commitment and Character!*







# *Commitment and Character!*





# Athletic Participation by the Numbers (2018-2019)

Grade	Students	Total Athletes/Students	%
7	123	95	77%
8	106	72	68%
<b>Modified Totals</b>	<b>229</b>	<b>167/229</b>	<b>73%</b>
9	126	69	55%
10	139	75	54%
11	122	65	53%
12	115	73	63%
<b>High School totals</b>	<b>502</b>	<b>282</b>	<b>56%</b>

Athletes at the JV or Varsity Level



# Where our Student-Athletes Train & Compete

## Roosevelt:

Memorial Field

Gymnasium

## Vernon:

All Fields

Gymnasium

Butler building

Track

## High School:

Tennis Courts

Field

Gymnasium

Library

Wrestling Room

Fitness Room

## Park:

Turf

Sagamore Rowing

## Offsite:

Sheridan Lanes

East Meadow Lanes

Bethpage State  
Park

Eisenhower/Cantigue

Mill River CC

St. Anthony's High  
School





# What's new?

## Team Offerings:

- Crew (Fall, Spring, & Modified)
- Competitive Cheer
- Junior Varsity Badminton
- 7 & 8 Boys Volleyball
- Intramurals Offered: 7/8 Fencing, 7/8 Cheer, 7-12 Golf
- Challenger Events for Students with Special Needs
- Signage at Each School
- Hall of Fame Area Additions



## Facilities:

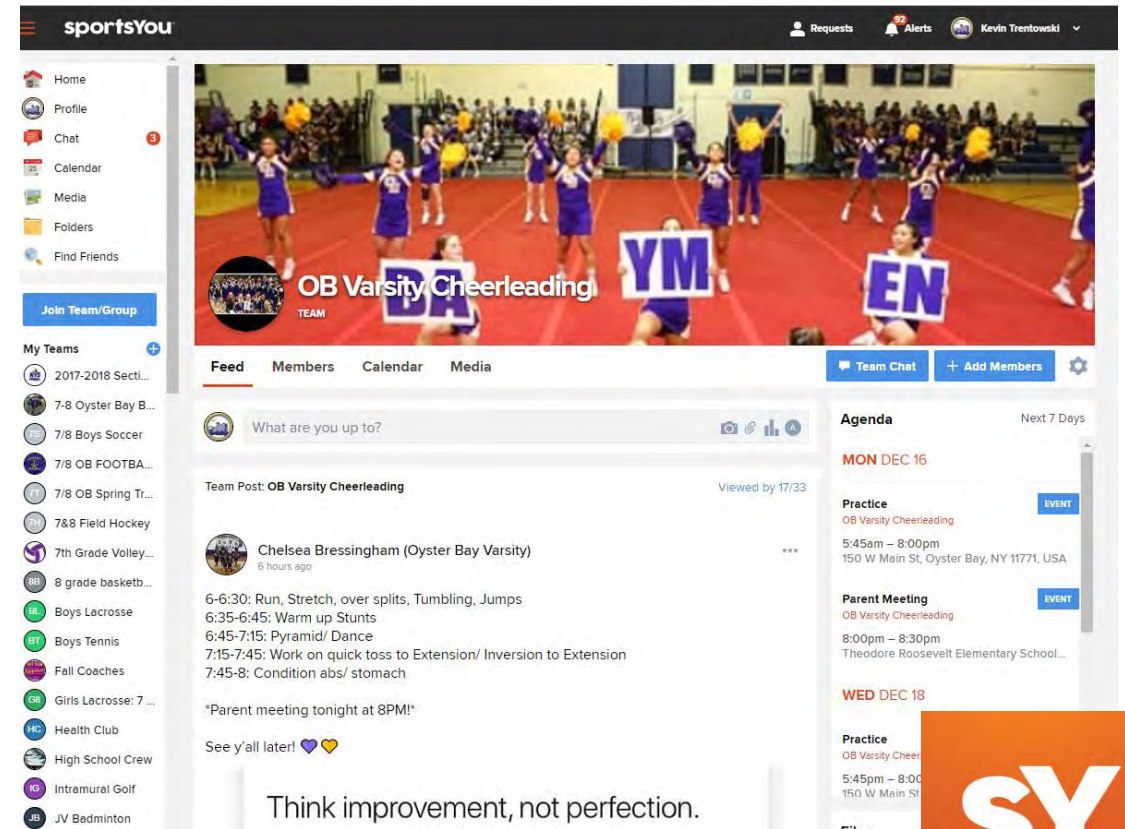
- Fitness Room Upgraded/Resurfaced
- Butler Building Floor Resurfaced
- Infields of Baseball & Softball Fields
- Field House at Vernon
- Dugouts with Shadings
- Portable Shadings at Vernon
- Softball Scoreboard





# Communicating with Athletes and Families

- Webpage Updates
- Mass Emails
- Summer Mailing
- Incoming 7<sup>th</sup> Grade Orientation
- SportsYou App
- Twitter (@KTrentowski)
- Team Parent Meetings
- Lobby TV
- Announcements
- Marquees
- Hudl Accounts

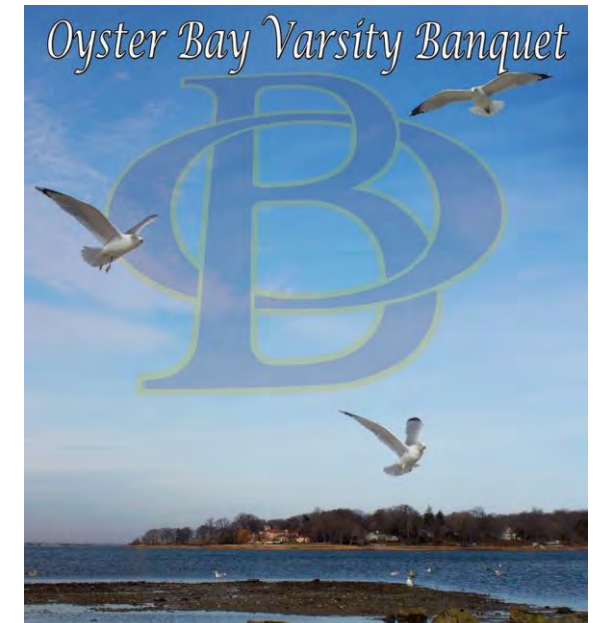


The screenshot shows the SportsYou website interface for the OB Varsity Cheerleading team. The top navigation bar includes the SportsYou logo, a user profile for Kevin Trentowski, and icons for Requests and Alerts. The left sidebar contains a navigation menu with options like Home, Profile, Chat, Calendar, Media, Folders, and Find Friends. Below the menu is a 'Join Team/Group' button and a 'My Teams' list. The main content area features a large photo of cheerleaders in purple uniforms performing on a red mat, with the text 'OB Varsity Cheerleading' overlaid. Below the photo are tabs for Feed, Members, Calendar, and Media. A 'Team Post' by Chelsea Bressingham (Oyster Bay Varsity) is displayed, detailing a practice schedule: 6-6:30: Run, Stretch, over splits, Tumbling, Jumps; 6:35-6:45: Warm up Stunts; 6:45-7:15: Pyramid/ Dance; 7:15-7:45: Work on quick toss to Extension/ Inversion to Extension; 7:45-8: Condition abs/ stomach. The post also mentions a parent meeting at 8PM and ends with 'See y'all later!'. To the right, an 'Agenda' section lists upcoming events: Practice on Monday, December 16 (5:45am - 8:00pm) and Parent Meeting on Wednesday, December 18 (8:00pm - 8:30pm). The bottom of the page features the quote 'Think improvement, not perfection.' and the SportsYou logo.



# Recognizing and Promoting our Athletes

- Varsity Awards Banquet
- JV Athletic Luncheon
- 7/8 Ice Cream Social
- Signing Days
- Local Media Outlets
- Board of Education Recognitions
- “Triple OB” Awards
- Booster Club Scholarships
- Special OB Scholarship Awards
- Youth League Scholarship Awards
- Local Scholarship Awards
- News 12 Scholar Athletes
- Section VIII Awards Dinners
- Athletes of the Month
- Youth Leadership Conference
- Captains Breakfast
- Athletic Showcases at Vernon
- Musicians Performing at Sporting Events
- Student Artwork Displayed
- Hall of Fame







November 2019  
**ATHLETES**  
*of the Month*



**Katie  
Moore**



**Kristen  
Aasheim**

Varsity Volleyball's Athletes of the Month are Katie Moore and Kristen Aasheim. Kristen and Katie are the captains of the team who do a great job of leading by example. Both girls can be found working hard during practice and playing hard during games. Kristen is the Libero on our team, she is a standout defensive player. Katie is a right-side hitter that steps in to set when the setter gets the first ball, she also does an excellent job at spot serving. Both girls are a true asset to this year's volleyball team.  
 Coach Jen Iles and Coach Victoria Wink







May 2019  
**Athletes**  
 of the Month  
**Jason Mushorn**  
 Crew





# What's next?

- Turf Field at Vernon
- Paperless forms for athletic participation
- Possible move from Spring to Fall Golf
- Challenger Competitions for non-graded students
- Possible addition of Boys' Junior Varsity Volleyball in the fall of 2020
- Consider renovating the High School field to maximize space and possibly include turf
- Consider renovating the baseball/softball infields and converting to turf
- Expand role of Athletic Trainer



*Questions  
or  
Comments*



*“We don’t grow when things are easy.  
We grow when we face challenges.”*