

# PVMHS ATHLETICS

## General Policies & Procedures

### Spring 2024





# Athletic Department



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*Physical Education, Health & Athletics Director*

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*Athletics Administrative Assistant*

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**DOMENIC COLEMAN**

*Assistant to Athletic Director*

[colemamd@peabody.k12.ma.us](mailto:colemamd@peabody.k12.ma.us)



# Spring Head Coaches



Baseball

Mark Bettencourt

[pvmhs14@gmail.com](mailto:pvmhs14@gmail.com)

Boys Outdoor Track

Fernando Braz

[brazf@peabody.k12.ma.us](mailto:brazf@peabody.k12.ma.us)

Girls Outdoor Track

Phil Sheridan

[philsheridan75@gmail.com](mailto:philsheridan75@gmail.com)

Softball

Steve Lomasney

[Slomasney@showbba.com](mailto:Slomasney@showbba.com)

Boys Lacrosse

Jason Marshall

[jafrma679@gmail.com](mailto:jafrma679@gmail.com)

Girls Lacrosse

Michelle Roach

[mroach16@outlook.com](mailto:mroach16@outlook.com)

Tennis

John Sousa

[sousaj@peabody.k12.ma.us](mailto:sousaj@peabody.k12.ma.us)

Strength & Conditioning

Doug Santos

[doug32santos@gmail.com](mailto:doug32santos@gmail.com)

# Last Spring Season

## Spring Varsity programs:

- 70 wins!
- 67% winning Percentage (70-35-0)
- 3 NEC Team Champions
- 2 NEC League MVPs
- 27 All Stars & 15 All Conference
- 2 NEC Coaches of the Year
- 2 Sportsmanship NEC Awards

# DALTON AWARD STANDINGS

Ernest Dalton Boston Globe Editor for HS Sports 1938-1970

Boston Globe Dalton Award Standings 2022/2023

## Dalton Division 1 Top 10 (of 62 schools)

NO.	SCHOOL	FALL	WINTER	SPRING	ALL	WIN PCT.
1.	Franklin	84-15-3	69-31-3	89-33-0	242-79-6	74.92
2.	Andover	88-18-12	83-27-6	88-46-0	259-91-18	72.83
3.	Wellesley	68-30-17	82-44-4	105-51-0	255-125-21	66.21
4.	Lexington	56-44-8	74-36-4	103-39-0	233-119-12	65.66
5.	Needham	72-31-11	81-39-6	87-53-0	240-136-17	63.23
6.	Methuen	65-48-0	85-34-6	75-54-0	225-136-6	62.13
<b>7.</b>	<b>PEABODY</b>	<b>71-37-7</b>	<b>77-57-0</b>	<b>70-35-0</b>	<b>218-133-7</b>	<b>61.87</b>
8.	Lin-Sud	55-37-13	57-46-3	85-39-0	204-129-16	60.74
9.	Chelmsford	66-41-5	63-44-5	77-47-0	210-135-10	60.56
10.	B-Raynham	42-55-3	57-39-3	79-35-0	178-129-6	57.83

# UPDATES & IMPROVEMENTS



Revamped weight/fitness room



Updated Championship decals (every June)



HUDL -record game footage, (looking at live links)



Tower Lights



New Sound System for the Stadium



Turf Maintenance including New Paint



Team Uniforms

\*Track repair, sand pits

Discus Cage



# Sarah Wardlaw, MS, L/ATC, CES

## Certified Athletic Trainer

### A LITTLE BIT ABOUT ME

I HAVE BEEN A PEABODY TANNER FOR 4 YEARS NOW, AND BEGAN WORKING FOR MGB IN 2022. I GRADUATED FROM ENDICOTT COLLEGE IN 2019 WITH A BACHELOR'S IN ATHLETIC TRAINING, AND I ALSO HAVE A MASTER'S DEGREE IN NUTRITION AND FUNCTIONAL MEDICINE FROM THE UNIVERSITY OF WESTERN STATES. I HAVE EXPERIENCE WORKING WITH YOUTH, HIGH SCHOOL, AND COLLEGIATE ATHLETES OF ALL SPORTS. I LOOK FORWARD TO ANOTHER YEAR WITH THE TANNERS! PLEASE DO NOT HESITATE TO REACH OUT TO ME WITH ANY QUESTIONS, COMMENTS, OR CONCERNS.



### HOURS



I am a contracted, hourly employee so my schedule for the week will vary and is based on the home event schedule. I normally arrive at the school at 2pm and will stay until the end of games or practices. My weekend schedule will depend on the events being held.

### SERVICES



When I am not providing medical coverage for an event on the field, the court, or the ice, I may be providing evaluations, rehabilitation, and injury prevention in the athletic training room. The athletic training room is located across from the gym between the locker rooms.

### CLEARANCE/RETURN



Any time an athlete sees a physician for an injury or illness, written documentation is required to return to sport. Documentation should include diagnosis and whether or not the student is cleared to participate in sport with no restrictions.

### DOCUMENTATION



I will be documenting care of student-athletes in the same medical record system used by MGB providers. This allows me the ability to communicate confidential information to physicians and other providers safely as needed.

### REFERRALS



I can help facilitate referrals to Sports Medicine physicians and physical therapy facilities including the Concussion Clinic throughout the MGB system. Please don't hesitate to inquire further about these resources.

### COMMUNICATION

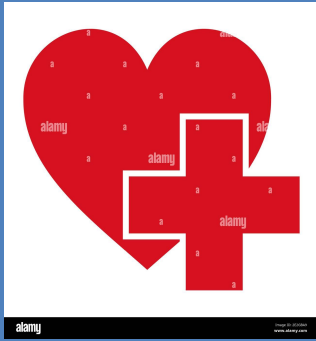


I will be communicating with the athletic director and school nurse daily of any new injuries to help facilitate any care the student-athlete may need during the academic day. I also update coaches with any injury restrictions, limitations or clearances.

**MGB EMAIL:**  
swardlaw@partners.org  
**SCHOOL EMAIL:**  
wardlaws@peabody.k12.ma.us



MASSGENERALBRIGHAM.ORG



# Physicals

- Student Athletes must have a valid physical on file with the athletic department (within 13 months) per the MIAA
- If it expires during the season, an updated one will need to be provided
- Practicing without a physical will result in a suspension of one contest for every day practice without a valid physical on file with athletics





# HEALTH CENTER



PVMHS HEALTH CENTER

1-978-536-4720

- Anna Berrien  
[berriana@peabody.k12.ma.us](mailto:berriana@peabody.k12.ma.us)
- Laura Mayer  
[Mayerl@peabody.k12.ma.us](mailto:Mayerl@peabody.k12.ma.us)
- Ryan Brown  
[brownr@peabody.k12.ma.us](mailto:brownr@peabody.k12.ma.us)

# Concussions - What are they?

- A type of traumatic brain injury, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head or brain to move rapidly back and forth
- This results in chemical and metabolic changes in the brain that cause signs and symptoms
  - CDC



# Concussions - Signs & Symptoms

- Headache, “pressure” in the head, nausea/vomiting, dizziness, blurred vision, balance problems, light or noise sensitivity, difficulty concentrating, confusion
- Trouble recalling events before the hit, appearing dazed or stunned, forgetful or acting confused, moving clumsily, mood, behavior, or personality changes, LOC
- S/S may present immediately, or after several hours or days

# Massachusetts State Law on Head Injuries

Requires all schools and school districts to have a sports-related head injury protocol in place

States “any student, who during a practice or competition, sustains a head injury or suspected concussion, or exhibits signs and symptoms of a concussion, or loses consciousness, even briefly, shall be removed from the practice or competition immediately and may not return to the practice or competition that day”

Requires a licensed medical professional to evaluate the athlete (MD, NP, ATC, neuropsychologist, or PA)

Annual training is required by all involved in athletics - parents and student-athletes included - found on family ID

# PVMHS Concussion Protocol

If a concussion is suspected the student-athlete will:

- Be required to be evaluated by a physician (MD, NP)
- Turn in a diagnosis note to the athletic trainer
- Be given school accommodations as needed
  - The athletic and guidance departments will work with your child's teachers to assure that they are provided any accommodations the doctor recommends
- Follow up with the athletic trainer daily to assess symptoms

# Returning to Play

- Student-athletes must be symptom free for 24 hours before beginning stage 2
  - It is now recommended that athletes can begin with light aerobic exercise while still being symptomatic
- Student-athletes must return to school without accommodations prior to beginning the return to play protocol
- Student-athletes must obtain a clearance note from a physician

# PVMHS Return to Play Protocol

- Stage 1: 15-20 minutes of light aerobic exercise
- Stage 2: 30 minutes of moderate aerobic exercise
- Stage 3: 45-60 minutes of noncontact, sports-specific activities in practice
- Stage 4: Full practice with full contact
- Stage 5: Full return to activity/return to competition

\*Athlete must remain symptom free\*

# GAME SCHEDULES

- Go to [www.northeasternma.org](http://www.northeasternma.org)
- On the right will be a list of the schools
- Click on Peabody Veterans Memorial HS
- Click on the “eye” and scroll down to the sport
- Subject to change





## EXPECTATIONS AND CONDUCT AT GAMES/MEETS/MATCHES



We kindly remind you that all competition is being conducted according to the rules of the Massachusetts Interscholastic Athletic Association (MIAA). We are all expected to assist in the promoting and achieving of good sportsmanship by taking personal responsibility for keeping contests at a high level of fair, clean, wholesome competition. Unruly behavior, taunting or intimidating the officials or opponents is unacceptable and is subject to removal from the venue and can result in game cancellation.

# Academic Eligibility

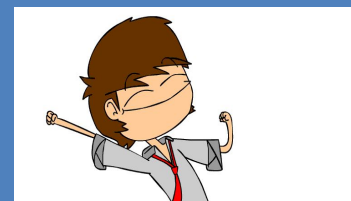


- Academic check – approve all student/athletes grades
- Students must have 20+ credits to participate in athletics
- Coaches will routinely monitor student/athlete academic progress
- Attendance reports will be provided to the coaches daily

We are STUDENTS FIRST! Athletics are second.



ACADEMIC SUCCESS!



99% OF ALL STUDENTS WHO REGISTERED FOR ATHLETICS ARE ACADEMICALLY ELIGIBLE TO PARTICIPATE IN SPRING SPORTS!

LAST SPRING, ALL OUR TEAMS MET THE MIAA STANDARD OF ACADEMIC EXCELLENCE!

GREAT WORK TANNERS!!!

# Social Eligibility



## Attendance:

(Please see the student handbook)

- Must be in school to participate in that days practice or game.
- **Dismissals** -you must have a documented excuse in order to participate in that days scheduled practice and/or game.
- **Tardiness**- Must arrive to school on time. If after 7:30 am, you must have a documented excuse or you cannot participate in that days practice or game.

## Discipline

- Must be in compliance with the PVMHS discipline criteria in order to avoid penalties.
- Examples
  - Detention cannot participate the day of the detention
  - In-House Suspension equals 15 days ineligibility
  - Out of School Suspension equals 25 days ineligibility



# Chemical Health Rule



From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), A student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco products (including E cigarettes, VAPE pens and all similar devices); Marijuana; steroids; or any controlled substance. This policy includes products such as “NA or near beer”.

## Consequences:

1. If a violation is confirmed after a hearing with the principal you will lose 33% of your season and the right to be a captain of any high school team.
2. If a 2nd violation is confirmed after a hearing with the principal you will lose the next consecutive interscholastic contests (regular season or tournament) totaling 60% of contests in that sport.

SEE STUDENT HANDBOOK



# MIAA Bona Fide Team Player Rule

Athletes CANNOT miss a practice or game for the HS to participate in a practice or game for a non-school athletic activity/event in any sport not recognized by the MIAA.

- First Offense = suspended 1 game/meet/match
- Second Offense= suspended 25% of the season and ineligible for tournament play.
- Students can apply for a BonaFide player rule waiver



# TRANSPORTATION



- All athletes are required to ride the bus to and from all contests.
- An athlete CANNOT drive themselves to a contest.
- In the event of an emergency – a signed note requesting permission to drive YOUR child home can be done through the Athletic Office prior to the game date.



# Chain of Communication

Please communicate in a positive manner.

1. If the athlete has an issue or concern, the athlete should ask to speak with the coach
2. The parent and athlete can seek to have a meeting with the coach
3. Parent, Player & Coach can schedule to meet with the AD
4. Call the Athletic Director Mr. Desroches @ 978 536-4751 or email [desrochesd@peabody.k12.ma.us](mailto:desrochesd@peabody.k12.ma.us) to set a time to speak or meet.

**This is the communication protocol – please do not call the Athletic Department before speaking with the coach.**

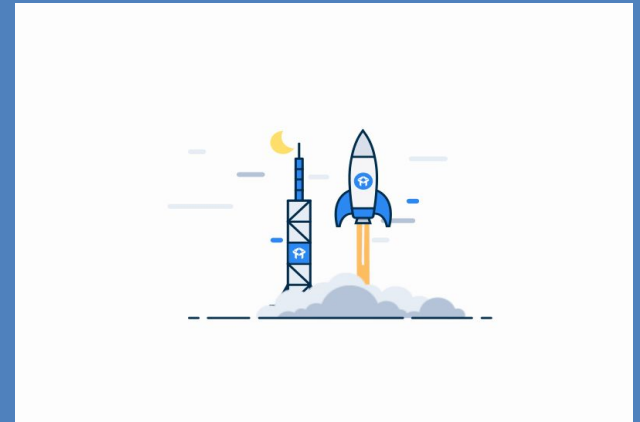


# Booster Clubs

**An organization that is formed to help support and BOOST the efforts of a sports team.**

Examples of duties: Volunteer hours, Fundraising, and financial assistance/donations to help cover some items that may not be covered in the athletic budget. Some examples:

- Equipment Donations
- Banquets & Venue
- Catering
- Gifts
- Awards
- Warm-ups/sweatshirts
- Concessions at games
- Promotion of their sports, programs , posters
- Extra Scrimmages/Jamborees (refs & transportation)



The Athletic Department covers costs of the necessary equipment to effectively and safely operate the athletic programs.

Booster clubs work and communicate directly with the head coach and then the athletic department.

If interested in joining a booster club, please contact the head coach of the desired team.

THANK YOU to all the booster clubs for your support of our programs! It is greatly appreciated!

# Fundraiser\$

- Fundraisers must be approved by the school principal and the school superintendent.
- Must provide a detailed expense report including money raised and net gains.
- Fundraiser forms are available in the Athletic Office.



# Playing Time



## General Rules

### 1. Freshman/JV2

It is our goal to provide FAIR playing time to all players with understanding and adherence to the teams expectations and rules.

### 2. Junior Varsity/JV1

It is our goal to provide FAIR playing time to all players with understanding and adherence to the teams expectations and rules. Some players, who are progressing towards varsity, may see more minutes in closer contests.

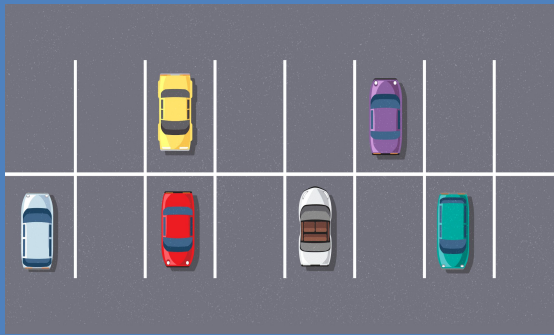
### 3. VARSITY

Playing time is based on performance in practice/games and is ultimately the coach's decision. We will strive to put our team in the best situation to make our team successful. Performance in practice & games, opponents, attitude and effort can influence decision making. Underclassmen on the varsity roster who do not see significant minutes in a varsity contest may be offered minutes, if available, in a sub varsity contest.

# Stadium & Fields



- **PLAYERS & COACHES ONLY** will be allowed inside the playing field gates.
- Stadium: Spectators/Fans-please use bleachers. Coaches and Players only along side of the building.
- Please keep our facilities as well as off site facilities clean.
- Please abide by off site facilities rules: Tennis Courts, Kiley Field, Ross/CyTenney Park, Emerson Park, Carroll Savage and Higgins Fields.
- Absolutely NO PARKING or driving allowed inside the campus gates or on our fields. Emergency Vehicles (Police, Fire and EMT), Handicap & Authorized Vehicles only. Per School & Police Dept



# PARKING AT PVMHS

Please park in the parking lots that surround the campus, stadium and fields.

## **Stadium (turf field):**

Park in main adjacent parking lot

## **Baseball, Soccer & Football grass fields:**

Park in McVann Ice Rink lot towards the back and walk up path. (easiest access and shortest walk to fields).

Or

Park in the back parking lot behind the school outside the yellow gate. (Longest walk).  
Handicap, Emergency and Authorized vehicles only inside the gates (per school dept.).

Police detail will be scheduled for events to ensure campus safety for all and to monitor the rear gate.

**NO PARKING** INSIDE THE GATES OR ON OUR FIELDS! SUBJECT TO “TAGGED” or “TOWED”.



# LOCKER ROOMS

- Players and Coaches only
- NO PHONE USE ALLOWED!
- Locker rooms are for storage, changing & showering.
- Do not gather or hang around in the locker rooms! It only leads to problems. Get in, Get out!
- Supervision is required

# SOCIAL MEDIA



- Make good decisions!
- Facebook, Twitter or X, Flickr, Snapchat, Tumblr, Instagram – lots of ways to say or do something you should not
- If you have to stop and think if it is “OK” – it's probably not!

# Athletic Participation Fee

1. **Complete the User Fee Form**
2. Address the athletic fee by one of the following:
  - Apply for the Waiver (qualify free/reduced lunch program)
  - Pay the fee by check or money order **NO CASH**
  - Family Max – still requires the user fee form

**ATHLETIC FEES MUST BE PAID/ADDRESSED BY  
3/26/24**



# Handbooks

PLEASE REFER TO THE STUDENT HANDBOOK AND ATHLETICS HANDBOOK available on our district website [peabody.k12.ma.us](http://peabody.k12.ma.us) for further rules/protocols and detailed explanations.

# Team Meetings

 Baseball-Gym Large Bleachers (scoreboard end)

 Softball- Gym Large Bleachers (lockerroom end)

 Track & Field -Lower Auditorium

 Girls Lacrosse-Cafeteria

 Boys Lacrosse- Cafeteria

 Tennis- Upper Auditorium

## GO TANNERS!!!



GO TANNERS!!!

