

PVMHS ATHLETICS

General Policies & Procedures

Spring 2026





Athletic Department



DENNIS DESROCHES

Physical Education, Health & Athletics Director

desrochesd@peabody.k12.ma.us

978-536-4751

GAYLE OGRABISZ

Athletics Administrative Assistant

ograbiszg@peabody.k12.ma.us

978-536-4752

DOMENIC COLEMAN

Assistant to Athletic Director

colemamd@peabody.k12.ma.us



Spring Head Coaches



Baseball

Mark Bettencourt

pvmhs14@gmail.com

Boys Outdoor Track

Fernando Braz

brazf@peabody.k12.ma.us

Girls Outdoor Track

Phil Sheridan

philsheridan75@gmail.com

Softball

Steve Lomasney

Slomasney@showbba.com

Boys Lacrosse

Jason Marshall

jafrma679@gmail.com

Girls Lacrosse

Jessica Upton

jessicaupton13@gmail.com

Tennis

John Sousa

sousaj@peabody.k12.ma.us

Unified Track & Field

Molly Foster

fosterm@peabody.k12.ma.us

Last Spring Season

Spring Varsity programs:

- 71 wins!
- 68% winning Percentage
- 3 NEC Team Champions
- 2 NEC League MVPs
- 31 All Stars & 15 All Conference
- 2 NEC Coaches of the Year
- 3 Sportsmanship NEC Awards

UPDATES & IMPROVEMENTS



Weight/fitness room. Big additions coming!



Updated Championship decals (every June)



HUDL -NOW LIVE STREAM! Fan.hudl.com



Tower Lights-Stadium inspected and replaced



New Sound System for the Stadium



Turf Maintenance including New Paint



New plaque for Moynihan Stars!



Team Uniforms



New Golf/Maintenance Cart



NEW TANNER TEAM BUS!



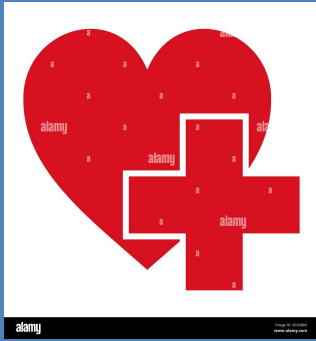
TANNER BUS



? ? What is a Certified Athletic Trainer ? ?

- A healthcare professional who specializes in the prevention and management of athletic injuries.
- Management may include emergency care, evaluation of injuries and providing immediate care, rehabilitation, taping and bracing, and referrals to other healthcare providers.





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
- Laura Mayer
Mayerl@peabody.k12.ma.us
- Ryan Brown
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

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

DOCTORS NOTE

If a student-athlete is seen by a doctor for an injury or illness that restricts their ability to participate in sports, then a doctor's note will need to be provided in order for the student athlete to return to sports.



GAME SCHEDULES

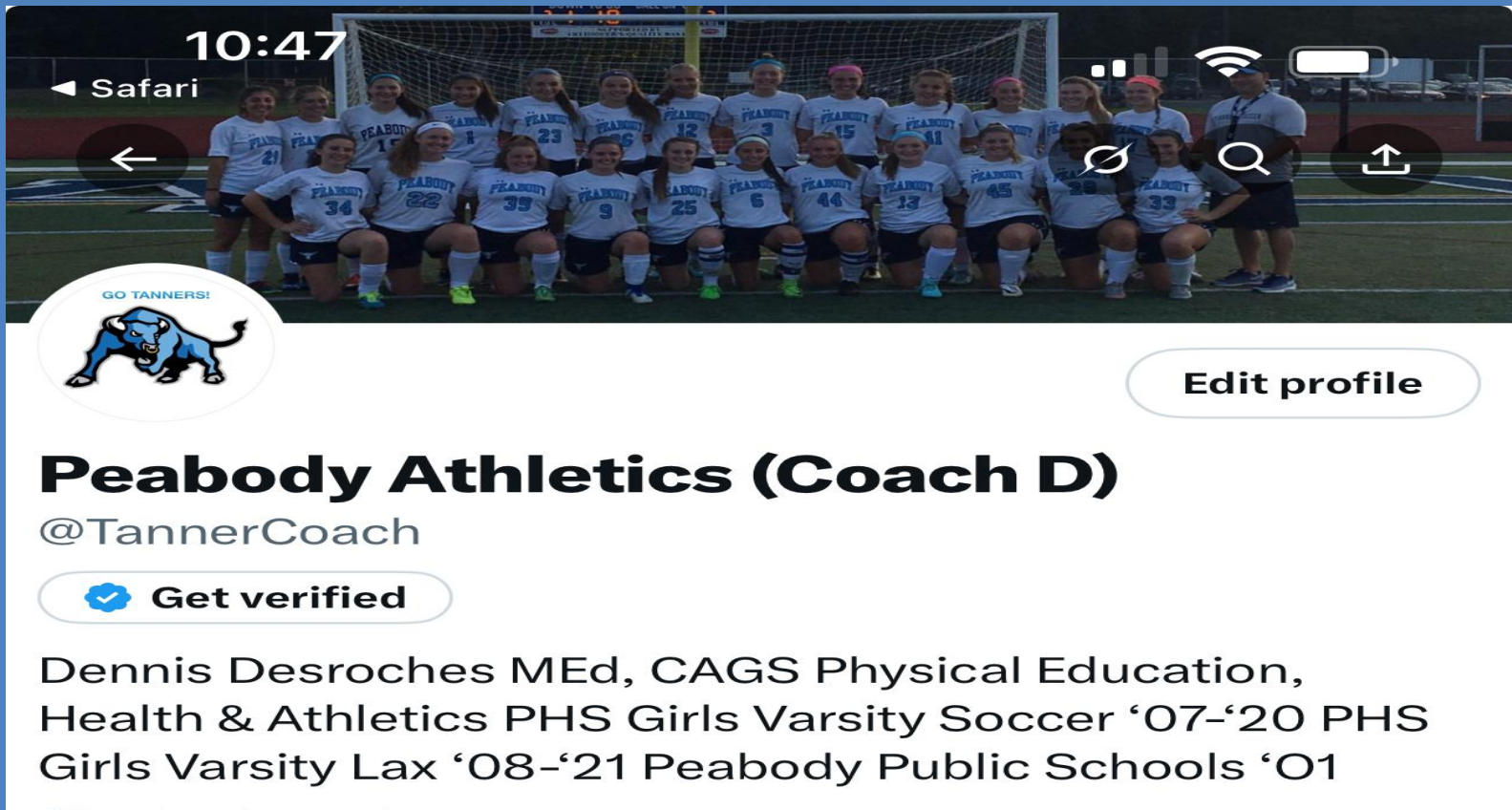
- Go to www.arbiterlive.com
- Type in our school name
- Click on Peabody Veterans Memorial HS
- Scroll down to the sport
- Subject to change!




Updates on “X” (formerly twitter)

Schedule, results, updates daily


@TannerCoach



10:47
◀ Safari

GO TANNERS!


Peabody Athletics (Coach D)
@TannerCoach

 **Get verified**

Dennis Desroches MEd, CAGS Physical Education,
Health & Athletics PHS Girls Varsity Soccer '07-'20 PHS
Girls Varsity Lax '08-'21 Peabody Public Schools 'O1

Edit profile

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 (24 hours)
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 to set a time to speak or meet.

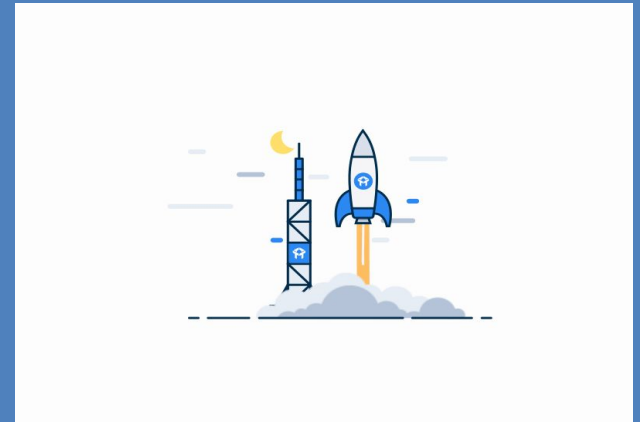
This is the communication protocol – please do not call the Athletic Department before speaking with the coach.

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.
- Email Gayle or AD



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.

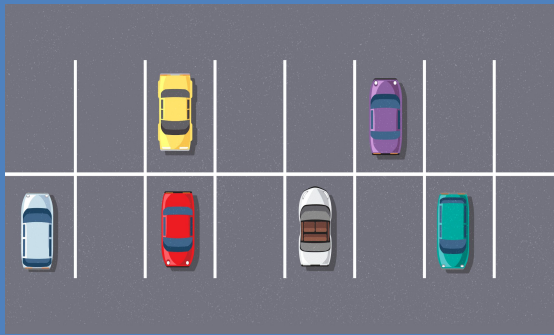
3. VARSITY

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 & Game staff ONLY** will be allowed inside the playing field gates.
- Stadium: Spectators/Fans-please use bleachers. **Coaches and Players only along side of the building. Gates will be secured.**
- 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
- Police will be scheduled and will help keep our facilities safe for all.



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/Lacrosse & 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, money order or online. **NO CASH**
 - Family Max – still requires the user fee form
 - \$175 per sport, \$350 family max

**ATHLETIC FEES MUST BE PAID/ADDRESSED BY
3/23/26**



Handbooks

PLEASE REFER TO THE STUDENT HANDBOOK AND ATHLETICS HANDBOOK available on our district website 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

 Unified Track- Upper Auditorium

GO TANNERS!!!



GO TANNERS!!!

