



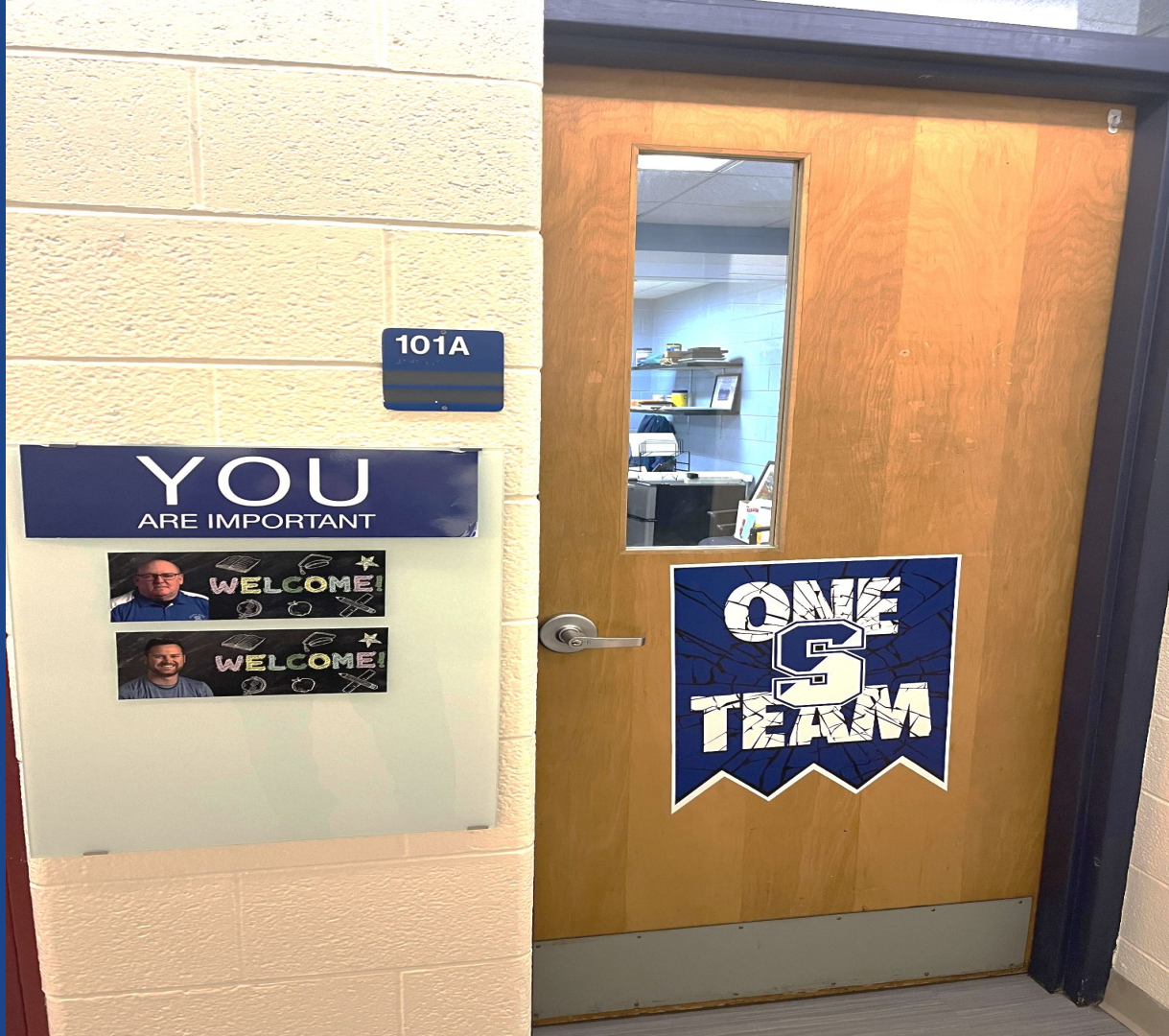
# Scituate High School Athletic Department

Athletic Director - Scott Paine

Asst. Athletic Director / Athletic Trainer  
Chris Alves

***GO SAILORS!***

MR. PAINE  
&  
MR. ALVES  
ROOM



YOU ARE  
WELCOME  
ANYTIME!!!

# Scituate High School Administration

Superintendent - William Burkhead

Principal - Marc Loranger

Asst. Principal - Bill Luetze

Asst. Principal - Lisa Kirk

Administrative Asst. - Michelle Patterson

***GO SAILORS!***

# Scituate High School Fall Athletic Programs

- Cheerleading
- Cross Country - Boys and Girls
- Field Hockey
- Football
- Golf - Boys
- Soccer - Boys and Girls
- Volleyball - Girls

***GO SAILORS!***

# Scituate High School

## Fall '23 Head Coaches

Cheerleading - Debra Mendes-Arey  
Boys Cross Country - Charlotte O'Driscoll  
Girls Cross Country - Kathleen McCarthy  
Field Hockey - Andy Barlow  
Football - Herb Devine  
Boys Golf - Will Seward  
Boys Soccer - Ross Maki  
Girls Soccer - Matt Jones  
Girls Volleyball - Jen Harris

***GO SAILORS!***

# Scituate High School

## Winter Athletic Programs

- Basketball - Boys and Girls
- Cheerleading
- Gymnastics
- Hockey - Boys and Girls
- Indoor Track - Boys and Girls
- Skiing - Boys and Girls
- Swimming and Diving - Boys and Girls
- Wrestling - Coed

***GO SAILORS!***

# Scituate High School Spring Athletic Programs

- Baseball
- Lacrosse - Boys and Girls
- Softball
- Track & Field - Boys and Girls
- Tennis - Boys and Girls
- Volleyball
- Ultimate Frisbee - Club
- Sailing - Club

***GO SAILORS!***



# Scituate High School Athletic Programs Governing Documents

- [Scituate High School Handbook](#)
- [Scituate High School Athletic Handbook](#)
- [MIAA Handbook](#)
- [Patriot League Handbook](#) - In the process of being updated

***GO SAILORS!***

# SHS Academic Eligibility Policy

To be eligible, a student must earn a grade of “C-“ or better in at least five full-time courses during the last marking period preceding the contest (e.g. second quarter marks and not semester grades determine third quarter eligibility). (a course is considered to be full-time if it meets five times within the seven day rotating schedule, regardless of its status as a year-long , semester or quarter course.) A student cannot at any time represent a school unless that student is taking at least 5 classes. If a student does not meet requirements of a C- or better in at least five full-time courses but meets the MIAA requirements (a passing grade, and full credit, in the equivalent of four traditional year-long major courses) the student will be required to attend “H Block Support.” This allows the student to participate in their activity and will be offered support to assist in improving grades to meet SHS standards. This “H Block Support” will be used as long as the student does not meet the requirements of C- or better in at least five full-time courses. If the student refuses “H Block Support,” they will not be allowed to participate in their activity.

Academic eligibility of all students shall be considered as official and determined on the published date when the report cards for that ranking period are to be issued to the parents of all students within a particular class. Incomplete grades may not be counted toward eligibility until they are made up. No special privileges such as extra examinations, delayed marks, makeup opportunities, or other opportunities not granted to every student in the school are to be granted to athletes.

Participants are excused for being late to meetings, practice and games if they have been receiving extra help from a teacher or are making up work. Each student should bring a note from the teacher to his/her coach.

# SHS Attendance Eligibility Policy

Participants must attend school all day on the day of the activity. Participants must be in first block no later than 8:15 am (which is the start of the school day). Participants must attend all scheduled classes. If a student is absent on Friday, s/he may not participate in weekend school activities. In addition, students are expected to be in school on time the morning following a school sponsored activity or forfeit the right to participation in the next scheduled event. For teams that do not practice every day, students must be in first block no later than 8:15 on non-practice/game days in order to participate in the next scheduled event.

# SHS/MIAA Chemical Health Policy

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 or consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance.” Scituate High School students in the presence of others who are using, selling, distributing, or in open possession of these substances will be subject to disciplinary action up to and including the full application of this policy..

# Scituate High School Important Links

[Athletic Schedules](#)

[Athletic Event Tickets](#)

[Athletic Registration](#)

***GO SAILORS!***

# Athletic Registration / Participation Requirements

Step 1) Register on Arbiter @

[https://www.familyid.com/organizations/search?utf8=%E2%9C%93&query=Scituate&query\\_state=MA&button](https://www.familyid.com/organizations/search?utf8=%E2%9C%93&query=Scituate&query_state=MA&button)

Step 2) Submit (and maintain) an annual Physical (expire after 13 months):

- a. Upload directly onto FamilyID registration
- b. Email or turn in hard copy to Athletic Office (Chris Alves)  
or Nurses' Office (Ellen Claflin)
- c. Fax to 781 545 5784

\*\* 8th graders - upload or bring hard copy to tryout

Step 3) Complete Baseline Concussion Screening through ImPACT Applications @

[www.impacttestonline.com/testing](http://www.impacttestonline.com/testing) using Scituate High School code: 7FHIHFLR6M

- Valid for two (2) years

A woman with her hair in a bun is sitting on a bed, looking down with her hands on her face, appearing distressed. The background is a bright room with a window. Overlaid on the image are several text labels representing common symptoms of migraines.

**Headache**

**Insomnia**

**Dizziness**

**Trouble  
Concentrating**

**Fatigue**

**Memory  
Difficulties**

**Irritability**

**Sensitivity  
to Light**

**Intolerance of  
Stress or Emotions**

# Head Injury - Return to Play Progression

## Head Injury - Return-To-Play Progression

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Stage*	Physical Activity
1	No Activity
2	Light Exercise: <70% age-predicted maximal heart rate
3	Sport-specific activities without the threat of contact from others
4	Noncontact training involving others, resistance training
5	Unrestricted training
6	Return to Play

\* Stages should be separated by at least 24 hours



# ATHLETIC TRAINING

## ICEBERG

### WHAT PEOPLE SEE:

- TAPING
- HANDING OUT WATER
- ICING
- STANDING ON SIDELINES

IT'S NOT THE 10%  
THAT PEOPLE SEE

BUT THE 90% THAT  
PEOPLE DON'T SEE

### WHAT HAPPENS BELOW THE SURFACE:

- EMERGENCY ACTION PLANNING
- EMERGENCY CARE
- TRIAGE SPECIALIST
- INJURY EVALUATION
- INJURY PREVENTION
- INJURY SCREENING
- INJURY EDUCATION
- THERAPEUTIC EXERCISE
- MANUAL THERAPY
- MODALITIES
- CONCUSSION MANAGEMENT
- COUNSELING
- MORAL SUPPORT
- ENCOURAGEMENT
- INVENTORY & SUPPLY ORDERING
- CONTINUING EDUCATION
- MANAGE DME & EQUIPMENT
- PROVIDE A SAFE SPACE
- NUTRITION & WELLNESS EDUCATION
- COLLABORATE WITH OTHER MEDICAL PROFESSIONALS
- DEVELOP POLICIES AND PROCEDURES
- INJURY AND REHABILITATION DOCUMENTATION
- MANAGE MEDICAL RECORDS



A close-up photograph of a woman with dark hair pulled back, wearing a grey jacket and a purple medal around her neck. She has a serious, somewhat sad expression. The background is dark and out of focus.

**ATHLETIC TRAINER  
SAID IT WAS A SPRAIN**

**HAD TO GO TO THE ER DOC TO CONFIRM:  
OUT 3 WEEKS WITH A SPRAIN**

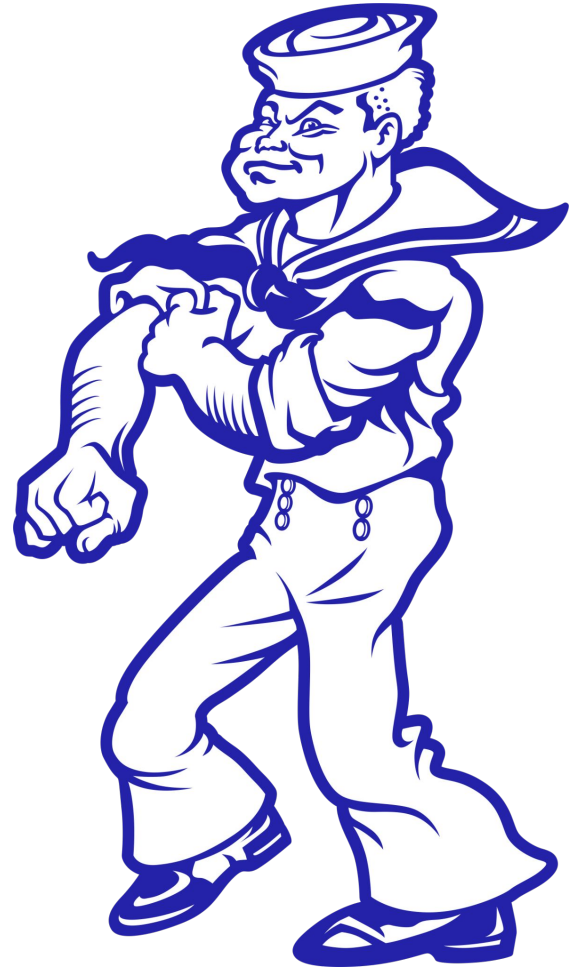
# College Recruitment

- Register on [NCAA Eligibility Center](#)
- Link on school athletic page
- Recommended by Junior year
- Talk to your coach



**SHS Athletics**  
**brings you**

**HUDL**



# SPORTSMANSHIP

***GO SAILORS!***



# The Mission Statement

The **Mission Statement** explains who we are and highlights our fundamental reason for existing. When others read the mission statement they should understand what our core role is as a district. The mission creates fundamental questions for all organizations to ask:

- What is it that we do as a school district?
- Who does the district serve?
- What are the core values of our school community?
- What are the strengths and challenges in our district?

The Strategic Planning Committee reviewed all collected data from parents, community, and staff and then engaged in a great deal of conversation regarding the aforementioned questions and developed the following mission statement:

Together, **WE inspire, support, and challenge** all learners to reach their unique potential



# Core Values

The Scituate Public Schools' **Core Values** should remain constant in an ever-changing world. These values provide the foundation for our work and influence how we conduct ourselves and engage with others. The following set of core values were established:

**WE reach every student by:**

Ensuring Equity

Nurturing Perseverance,  
Growth, and Achievement

Valuing Love,  
Inclusion, and Trust

Investing in Safety

Engaging with the Community



# Breakout Rooms

Boys Soccer - Lower PAC

Volleyball - PAC Lobby

Cross Country - Library

Golf - Harbor Room

Girls Soccer - Upper PAC

Field Hockey - Cafeteria

Cheerleading - Cafeteria

***GO SAILORS!***