

Pocantico Hills Athletic Program 2019

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Modified Athletics

- Modified Athletics are available to students who are in 7th and 8th grade.
- At this level, the focus is on learning basics and fundamental skills of each game. Students learn about commitment, discipline and accountability while engaging in healthy competition.
- Participating in Modified Athletics supports social emotional growth and emphasizes the important of teamwork.

Modified Programs Offered

Fall September-November	Winter November-February	Spring Late March-June
Girls Volleyball Boys Soccer Girls Soccer Football (Merger)	Boys Basketball Girls Basketball Boys Wrestling (Merger)	Boys Baseball Girls Softball Boys Lacrosse (Merger) Girls Lacrosse (Merger)

Participation

	2017-18	2018-19	2019-20
Volleyball	7	9	11
Boys Soccer	14	13	14
Girls Soccer	10	10	9
Football	N/A	3	4
Boys Basketball	9	14	15
Girls Basketball	9	9	12
Wrestling	N/A	N/A	2
Baseball	N/A	9	13
Softball	8	7	10
Lacrosse	N/A	5	2

Mergers

- **Pocantico**
 - Girls Softball with Briarcliff
- **Pleasantville**
 - Girls Lacrosse
- **Sleepy Hollow**
 - Football
 - Wrestling
 - Boys Lacrosse

Details

- Approval Process
- Transportation
- Scheduling
- Uniforms



Season Expectations

Practices

- 3:15 to 5:00
- Monday through Friday
- Weather Changes
- NYSPHSAA Regulations
- Appropriate equipment

Games

- Scheduling
- NYSPHSAA Rules and Regulations
- https://www.pocanticohills.org/groups/17570/calendar?groupId=uHopT25S5R09Rhr0xM3hd7CLSq31_VRByiALQES_41I1
- Officials

Coaching

Expectations

- Hiring Process
- Responsibilities
 - Equipment
 - NYSPHSAA-- Attendance
 - NYSPHSAA-- Practice Guidelines
 - Game Transportation
 - Safety

Current Coaching Staff

- Maureen Gallery
- Jeremy Schneider
- Marlon Calderon
- Allison O'Connor
- Aldo Spano
- Pete Salzarulo
- Angel Richard

Safety

- Appropriate gear and equipment
- Adhere to Rules and Regulations
- Medical Kits
- Coach trainings (CPR, First Aid, Concussion)
- Following protocol with each injury
 - Concussion Protocols



Accountability and Discipline

"Discipline is something we do FOR the athletes, not something we do TO them."

Accountability and discipline come from a culture of being a part of something bigger than yourself and it starts with the little things.

- Pocantico Hills Code of Conduct
- Appropriate use of athletic equipment
- Respect for all teams, players, coaches, parents and officials

Procedures and Protocols

Athletic Binder

- Building Emergency Protocol
- Student Athlete Injury (Concussion Protocols)
- Code of Conduct
- Coaching Evaluations and Records
- Equipment Orders





Recent Accomplishments

- 2018-2019 Girls Basketball – Undefeated Season
- Fall 2019
 - Boys Soccer
 - 5 Wins 4 Loses 1 Tie
 - Girls Soccer
 - 5 Wins 6 Loses 1 Forfeit
 - Volleyball
 - 4 Wins 8 Loses

Update

Current Updates

- Updated Website
- Coaches Packets
- Student Expectation Packet
- Emergency Protocols
- Athletic Binder

Soon to Come

- Digital Sign Ups and Notifications
- Uniforms for 2020-2021





THE TEAM

- Nurse Gay Harmon
 - Updated Physicals
 - Injury Reports
- Custodial Staff
 - Field Preparation
 - Transportation
- Ms. Laura Garrido
 - Team Photos
- Mr. Vince Cook
 - Time Clock- Fall and Winte
- Parents and Volunteers