# Greater Lawrence Reggies

Winter Sports 2017- 2018

Athletic Director: Mr. Nelson

## **Opioid Education**

• Substance Abuse Treatment Resource Guide:

Cocaine

Methamphetamines

Hallucinogens

Heroin

Marijuana

Alcohol

**Opioids** 

www.mvaddictiontreatment.org



#### Sobhan Namvar

- Community SupportCoordinator
- Andover Youth Services
- Social Worker at LexingtonHS
- Coaches wrestling at area high schools

## Winter Sport Coaches:

- Boys Basketball: Coach Araujo, Coach Qualters & Coach Mansour
- Girls Basketball: Coach Mansour-Neilon, Coach Mansour & Coach Cardone
- Indoor Track: Coach Santomassino, Coach Colbert & Coach Sarkis
- Wrestling: Coach Nieves & Coach Moralas
- Winter Cheerleading: Coach Hamel & Coach Thompson
- Swim: Coach Eisenberg & Coach Robinson

Many are GLTS staff members:

Coach Nieves

Coach Araujo

Coach Qualters

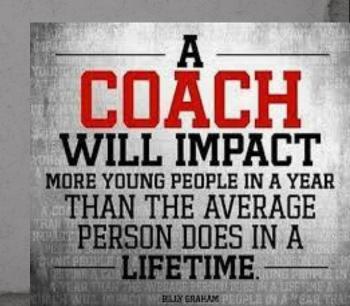
Coach T. Mansour-Neilon

Coach Cardone

Coach Santomassino

Coach Colbert

Coach Sarkis



### In order to be eligible....

- Parent/guardian <u>and</u> athlete must have registered on FamilyID
- Athlete must have provided a valid physical (within 13 months) prior to the season. Physical must stay current if expired during season you are ineligible until a new one is submitted
- Strong Academics: If you failed Shop you are ineligible. If you failed more than one core subject you are ineligible
- Be in good standing in school and in the community as determined by the building principal and athletic director.

# While Registering....

- You reviewed such MIAA/GLTS policies:
  - Harassment Policy
  - Chemical Health Policy
  - Concussion Course Policy
  - Student-Athlete Handbook



### Meg Foley, Athletic Trainer



- Concussions/Head Injuries
- Procedure for Return-to-Play:
- Athletic Injuries
- Communication with athletes, parents, clinic & coaches
- Medical Documentation:
- Training Room Rules:

Questions see/email Meg Foley: mfoley@glts.net

### Signs & Symptoms of a Concussion:

- Physical:
  - Headaches
  - Nausea
  - Dizziness
  - Vomiting
  - Visual Problems
  - Balance Problems
  - Sensitivity to Light
  - Sensitivity to Noise
  - Numbness/Tingling

- Thinking:
- Feel Mentally Foggy
- Difficulty Concentrating
- Difficulty Remembering
- Feel Slowed Down

### Signs & Symptoms of a Concussion:

- Emotional:
  - Irritability
  - Sadness
  - Nervousness
  - Feeling More Emotional

- Sleep:
  - Downiness
  - Sleeping More than Usual
  - Sleeping Less than Usual
  - Trouble Failing Asleep

#### Concussions..

- Tell your coach, myself, school nurse & parent/guardian
- Go to your doctor and get evaluated
- Bring paperwork back to school
- Return to Learn
- Get a Clearance Note
- Do the 5-Day Gradual Return-to-Play Protocol
- If you go to the doctors for a sport related injury, you
   MUST bring a note from the doctor's office clearing
   you to return to sports (not just school)

### Proper Hydration..

• <u>Proper Hydration</u>



## Things to Know....

- All schedules can be found on MASCORES (www.mascores.com) or see the link on the GLTS Athletic Page
- All transfer students, 19 year olds, and 5<sup>th</sup> year Seniors must see Athletic Director immediately
- Practice Schedule is posted on GLTS Website
- Late Bus Schedule: MUST have your ID
  - 3-4:30 buses
  - 5-5:30 buses
  - 2-6:30 buses
  - 1-7:30 bus



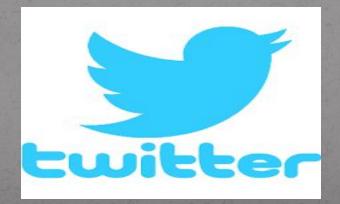
#### **Social Media:**

• Instragram: glts\_reggies

• Twitter: @GLTSReggies

• Facebook: GLTS Athletics







### Reggie Expectations...

The following should be followed to be an athlete at GLTS:

- Work hard
- Be committed
- Be a great teammate
- Show loyalty to your team
- Be coachable
- Take pride in your team & school (Reggie Pride)
- Be positive
- Be drug, smoke, & alcohol free
- Take responsibility for your actions don't just complain
- Win and lose with dignity its called Sportsmanship

# Reggie Respect...

#### Respect!

- Respect your coaches
- Respect your teammates
- Respect opposing team
- Respect officials
- Respect fans/parents
- Respect your school facilities & locker rooms
- Respect yourself carry yourself with confidence, watch the way you talk to others and how others speak to you, and have success in the classroom and in your sport



# Reggie Pride!

Work hard in everything you do and good things will happen..

Good Luck this Season!