

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 Support Coordinator**
- **Andover Youth Services**
- **Social Worker at Lexington HS**
- **Coaches wrestling at area high schools**
- **Works with the Andover Police Department helping families with addictions, opioid related concerns, and other substance abuse issues**

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 Morales**
- **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 and 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..

- Proper Hydration



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 5th 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:

- Instagram: [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!