



PLANNING PRE-SEASON MEETINGS FOR ATHLETES & PARENTS

Kyle LeMieux, CMAA
Waukesha West HS (WI)

Jeremy Thode, CMAA
Center Moriches HS (NY)

WHEN YOU THINK OF YOUR SCHOOL'S PRE-SEASON/INTRO MEETING FOR STUDENTS & FAMILIES...

**WHAT THOUGHTS, FEELINGS, OR GUT
REACTIONS COME TO MIND?**

**IF YOUR STUDENTS WERE INTERVIEWED
TODAY, WHAT INFORMATION DO THEY
BELIEVE IS MOST IMPORTANT TO SHARE?**

**WHY ARE YOU ATTENDING THIS SESSION
TODAY?**





Hello!

Kyle LeMieux, CMAA

Associate Principal/Athletic Director
Waukesha West High School



KYLE'S JOURNEY



**STUDENT-
ATHLETE**

MUKWONAGO HIGH SCHOOL

FOOTBALL, BASKETBALL,
TRACK & FIELD, BASEBALL



TEACHER/COACH

WAUKESHA NORTH HIGH SCHOOL

YOUTH & HIGH SCHOOL COACH
PHYSICAL EDUCATION TEACHER



EDUCATION

UNIVERSITY OF WISCONSIN-MADISON
B.S. KINESIOLOGY
M.S. ED LEADERSHIP & POLICY ANALYSIS



ADMINISTRATOR

WAUKESHA WEST HIGH SCHOOL

ASSOCIATE PRINCIPAL/
ATHLETIC DIRECTOR



WAUKESHA WEST HIGH SCHOOL

- ❖ 1,175 Students
- ❖ 11% w/ IEP
- ❖ 2% ELL
- ❖ 13% F/R Lunch
- ❖ 3 HS District
- ❖ 30 min West of Milwaukee, WI
- ❖ Classic 8 Conference
- ❖ Significantly Exceeds Expectations on State Report Card



Hello!

Jeremy Thode, CMAA

Director of Health, PE, Athletics &
Campus Safety & Management
Center Moriches High School



JEREMY'S JOURNEY



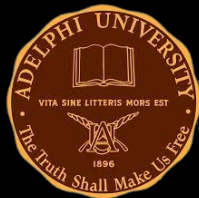
**STUDENT-
ATHLETE**

WALT WHITMAN HIGH SCHOOL
FOOTBALL, WRESTLING, LACROSS



TEACHER/COACH

COMMACK HIGH SCHOOL
FOOTBALL, WRESTLING, GLAX COACH
PHYSICAL EDUCATION TEACHER/AD



EDUCATION

MARIST COLLEGE
ADELPHI UNIVERSITY
STONY BROOK UNIVERSITY



ADMINISTRATOR

CENTER MORICHES HIGH SCHOOL
DIRECTOR OF HEALTH, PE, ATHLETICS
CAMPUS SAFETY & MANAGEMENT



CENTER MORICHES HIGH SCHOOL



- ❖ 1,513 Students ~~K-12~~
- ❖ 21% w/ IEP
- ❖ 21% ELL
- ❖ 20.8% F/R Lunch
- ❖ 1 HS District
- ❖ 90 Min East of NYC
on Long Island
- ❖ Class B School
- ❖ Conf 4 Placement
- ❖ International
Baccalaureate
School

Points to Ponder As You Plan:

- 1) Why do we hold pre-season meetings? What is the purpose?
- 2) Who is your audience?
- 3) Which voices does your audience need to hear?
- 4) Hot topics or common trends in your community?
- 5) What needs to be said?
- 6) At the end of the meeting, what will they know about you as a leader?
- 7) What do you want attendees thinking about?
- 8) How much content have you changed over the years?
- 9) How you spend your time reflects what you value!
- 10) Use your teacher/coach background to your advantage!

A vibrant and detailed image of an ice cream toppings bar. In the background, three large metal tubs hold different flavors of ice cream: one with green and white swirls, one with pink, and one with brown. To the left, there are stacks of white bowls and a banana. The foreground is dominated by a large white tray filled with a variety of toppings. These include: several bright red cherries in a small white dish; a pile of round, chocolate-coated candies; a cluster of colorful gummy bears; a pile of Oreo cookies; a pile of small, round, golden-brown cookies; a pile of colorful, twisted marshmallows; a small white dish filled with multi-colored sprinkles; and a pile of colorful, curly candy strips. The overall scene is bright and appetizing, with a focus on the variety of toppings available.

**WHAT ARE YOUR
TOPPINGS?**

PLEASE VISIT:

www.westwolverines.com/athleticcode

PLEASE COMPLETE THE ORIENTATION SIGN -IN"
TO RECEIVE CREDIT FOR ATTENDING.

PLEASE SIT TOGETHER AS A FAMILY!

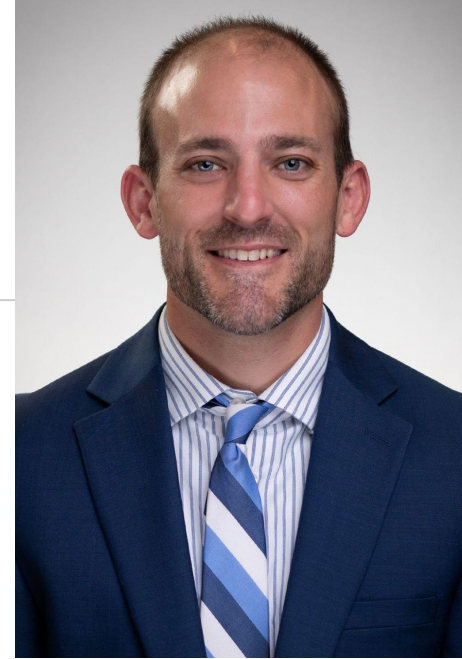
Welcome to Waukesha West High School



FRESHMEN AND NEW STUDENT
ATHLETICS & ACTIVITIES ORIENTATION



Hello!



Mr. Kyle LeMieux, CMAA

Associate Principal/Athletic Director



Hello!

Mr. Steve Fisher

Associate Principal/Activities Director





Hello!

Mrs. Kim Dutelle

Athletic/Activities Assistant





Sports Medicine Partnership



Waukesha West High School



Kids deserve the best.

Meet Your Athletic Trainer

- Athletic Trainer for Waukesha West for just over 16 years
- Started in March 2006
- Certified Athletic Trainer for 21 years.
- Hours: Mon-Fri 2:30-5:30 pm during the school year, plus most home games and travel with varsity football.
- Also available by appointment.



Missy Hansen, MS, LAT

Children's Wisconsin Sports Medicine

- Children's Wisconsin is the official medical partner and provider of athletic training services for Waukesha West High School
- Sideline medical coverage by Children's Wisconsin sports medicine physicians – Dr. Scott Van Valin is the Wolverines Team Doctor.



Scott Van Valin, MD

Children's WI Services Offered

- Quick access to our Sports Medicine Physicians & Orthopedic Surgeons – appointments can be scheduled from the training room
- Sports Concussion Program
- Sports Psychology
- Sports Nutrition
- Physical Therapy
- Convenient Urgent Care and Emergency Room Locations
- Female Athlete Clinic

Locations

Greenfield Clinic

3365 S 103rd Street, Greenfield WI 53227



All of our sports medicine specialists
under one roof – plus, primary care

Delafield Clinic

3195 Hillside Drive, Delafield WI 53018



All of our sports medicine specialists
under one roof – plus, primary care
and urgent care

Children's Consent & HIPAA Forms

- Allows me to treat your son/daughters injury and communicate any necessary information to your coaches, teachers, administrators, etc.
- Can be found on the West registration website.
- Hard copies are available in the training room.
- Please fill these out and turn them back into me or the athletics office prior to the season starting!

Missy Hansen, MS, LAT

Cell Phone: (262) 498-6197

Email: mhansen2@childrenswi.org

Go Wolverines!!





Our Game Plan

- 1) Our Mission*
- 2) Eligibility*
- 3) Code of Conduct*
- 4) Parent Resources*
- 5) Booster Club/Endowment Fund*
- 6) Staying Connected*



Our Mission

*Transforming Aspiring
Adults Through Athletics*

DISCUSSION TIME

Parents: What “adult-like” responsibilities are most important to you?

Students: What “adult-like” responsibilities are you going to need support with?



● ELIGIBILITY

Online Registration

Web-based process links to Infinite Campus information.

This must be completed for **EVERY** new sport season.

BLUE Status

In order to become eligible, athletes/families must:

- Complete online registration
- Submit a signed physical
- Pay \$150 participation fee
- Have 2.0 GPA with <2 F/I



www.westwolverines.com



Championship Culture

RELATIONSHIPS & RESULTS

FAMILY-LIKE CONNECTIONS WITH A RELENTLESS DESIRE TO IMPROVE

Jeff Janssen is going to help you build the culture you want... the one that builds Championship!

How to Build and Sustain a CHAMPIONSHIP CULTURE

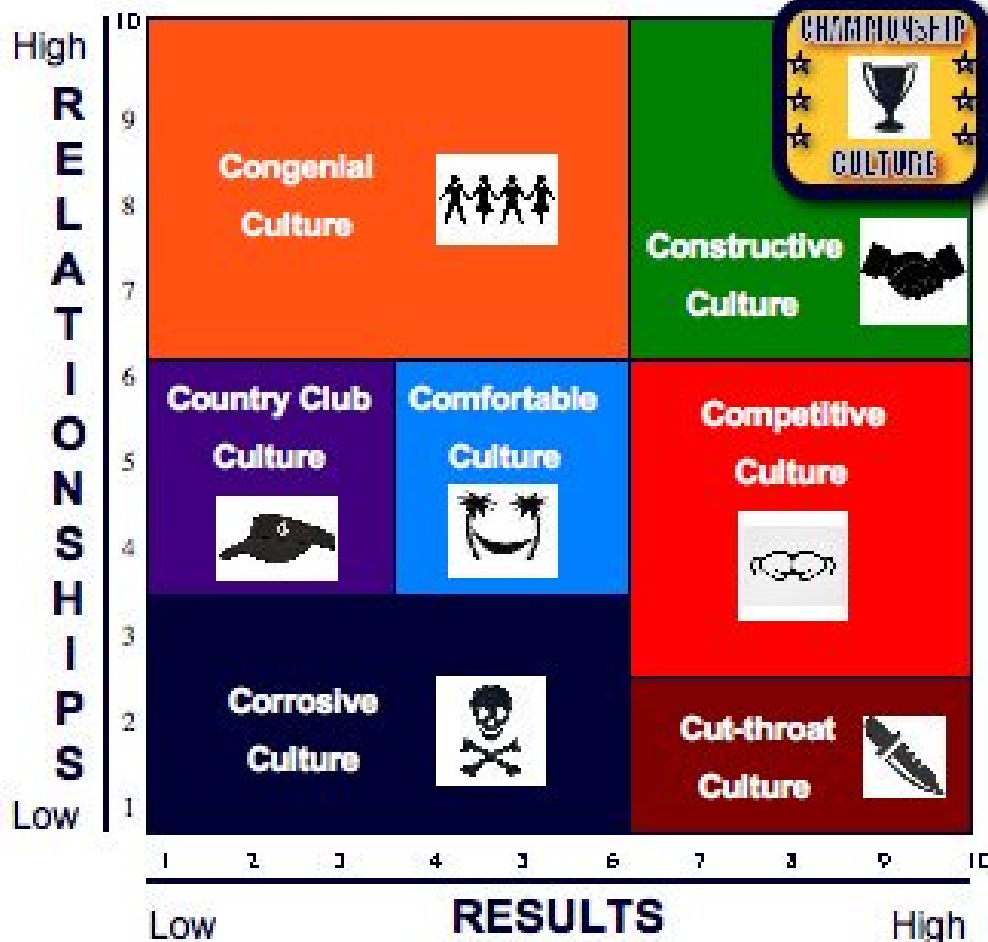
Your 10-Step Blueprint to Build a Winning Culture of Commitment, Accountability, and Ownership



JEFF JANSSEN, M.S.

Author of The Team Captain's Leadership Manual

8 KINDS OF CULTURES™





THE WAUKESHA WEST CHAMPIONSHIP CULTURE

RELATIONSHIP

Do you care about others more than yourself?

Do you trust your coaches and teammates enough to hear their critical feedback?

RESULT

Do you have a growth mindset when you fail?

Do you have a burning desire to improve and succeed?



DISCUSSION TIME

Students: Pick one question from each section and share your response with your parent(s).

A swimmer wearing a white swim cap and goggles is captured mid-stroke in a swimming pool. The swimmer is moving from left to right, with their head above water and mouth open. The pool is divided into lanes by blue and yellow lane lines. The water is a clear blue, and there is a splash of white water around the swimmer's head.

ARE YOU A COMPETITOR IN THE CLASSROOM?



CYCLONE CODE OF CONDUCT

- I can always be heard saying **PLEASE** when asking for something.
- When given something, I will always say **THANK YOU.**
- Likewise when someone says thank you, I will say **YOU'RE WELCOME.**
- To politely interrupt, I will say **EXCUSE ME.**
- I can always be heard saying **YES SIR, NO SIR, or YES MA'AM, NO MA'AM** to my parents, instructors, coaches, advisors, managers, trainers, etc.
- Phrases such as: **GOOD MORNING, BE SAFE, HOW ARE YOU** and **HAVE A GREAT DAY** are all part of who I am.

I AM THE RESPECTFUL CYCLONE!

A photograph of a wooden fence made of vertical posts and horizontal rails, stretching from the foreground into the distance on the left. The fence is situated in a grassy field with long shadows cast across it. In the background, there are bare trees and some dry brush. A blue banner with white text is overlaid at the bottom.

YOUR WORDS MATTER



**Protect Your Eligibility
Exceed Expectations**

A Higher Standard

The privilege of participation means that as a student athlete, you have more to lose.

In everything you do, you represent

WEST!



BOE Policy 2431:

Interscholastic Athletics & District Activities

I. Philosophy

Co-curricular activities and athletics are considered a regular part of the educational program and offer opportunities that are unique. The **privilege** of participating in athletic programs and activities is extended to all students providing they are **willing to assume certain responsibilities**. The greatest benefit for student participants is **to be a credit to themselves, their parents, school, and community**.

BOE Policy 2431:

Interscholastic Athletics & District Activities

- A. A student participating in athletics and activities is bound by the rules of conduct. Students participating in athletics and activities are bound by the requirements of the code **at all times during the calendar year (or 365 days and nights per year)**. The rules of conduct shall be enforced year-round.

BOE Policy 2431:

Interscholastic Athletics & District Activities

- C. Under normal circumstances, students **must attend the**
- last 50% of their classes the day of a practice in order to participate in that practice. On the day of a competition, students must be in attendance for the entirety of the school day.** All absences must conform to the attendance policies. **Students suspended from school may not participate in any rehearsals, practices, or events while under suspension.**

BOE Policy 2431:

Interscholastic Athletics & District Activities

Investigation & Enforcement

- A. Give the student **oral notice** of the alleged violation.
- B. Provide the student an **opportunity to present his/her version** of the incident.
- C. Give the student an **explanation of the information**, which the school authorities have received, that may support a finding that he/she has violated the Rules of Conduct.
- D. The Athletic and Activities Director will have **communication with the parents**.
- E. The Athletic and Activities Director must **make a determination** as to whether the student has violated the Rules of Conduct. If it is determined that the student has violated the Rules of Conduct, the Athletic and Activities Director shall provide the family with **written notice** of this suspension and the reason for said suspension.

G. The students and parents shall have the right to appeal. You have

Code Penalties & Policies

ATHLETICS

First Violation

- ❖ Suspension from participation for up to 20% of the entire season's contests.

Second Violation

- ❖ Suspension from participation in 50% of the entire season's contests.

Third Violation

- ❖ Suspension from participation for one calendar year from the date of notification.

Fourth Violation

- ❖ Permanent suspension from participation in high school athletics and activities

Code Penalties & Policies

ATHLETICS

- ❖ If the student is not participating in athletics at the time of the violation (or insufficient contests remain in the current season), the suspension **shall be enforced at the beginning of the next sport season in which the student participates.**
- ❖ Any student who attempts to make up his/her suspension must **participate in that sport for its duration** after the suspension has been served and finish the season in good standing in order to fulfill the disciplinary requirement.
- ❖ During suspension, athletes will be **expected to attend all practices and team meetings** unless otherwise instructed by the Athletic Director.

Code Penalties & Policies

ACTIVITIES

- ❖ Consequences for code violations shall be up to the discretion of the Activities Director with consultation from the activity advisor.
- ❖ Due to the different nature of activities offered in the district, consequences include but are not limited to:
 - A. Extra duty within the activity
 - B. Community service hours (in school or in the community)
 - C. Removal from one or more events or performances
 - D. Complete removal from the activity
 - E. Other

Dually Participating Students

- ❖ When a student is involved in both athletic and major activities, **consequences must be given in the athletic area.** Consequences imposed in athletics may be taken into account when imposing activity penalties.

Honesty & Cooperation Clause

- ❖ Since honesty is expected, **any finding of dishonesty** during disciplinary investigations or disciplinary procedures **may result in an extension (up to doubling)** of any penalty authorized in this guideline.
- ❖ All students are expected to cooperate with investigations. If a student does not cooperate, as determined by the administration, they could be subject to suspensions from athletic/activity events and/or school.

Self-Reporting

- ❖ The Athletic Director has the discretion to modify the first offense penalty, listed as a 20% suspension, if a student self-reports in advance of the investigation. The self-report would need to happen within 72 hours of the incident, and the student must provide an accurate written statement that is full and complete as verified by the investigation.

DISCUSSION TIME

Students: Have you ever had to admit that you were wrong during an emotional or intense conversation with an adult? If so, how did it go? If not, what concerns you most?

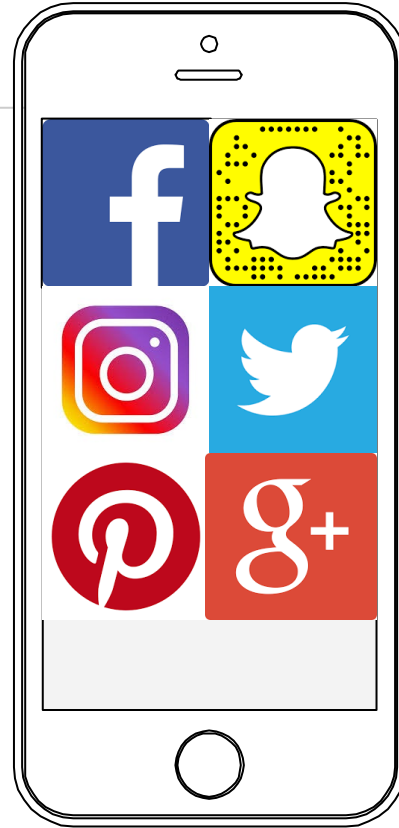
Parents: What advice do you have for your children so that if faced with this situation, they are more likely to be truthful and take ownership?

● YOUR DIGITAL FOOTPRINT

Think before you post!

Are you fully transparent
with your parents about your
online activity?

Road sign- worthy?



DISCUSSION TIME

Students: Explain to your parents when you are most tempted to make choices or say something online that, while you know are not appropriate, you still consider going through with it.

Parents: What situations socially or online give you the most concern for your child? How would you like to work together with your child to avoid or escape these situations?





ROLE OF THE PARENT

Role of the Parent

- ❖ Consistently communicate with your child
- ❖ Check Infinite Campus & Blackboard
- ❖ Contact Teachers
- ❖ Contact School Counselors
- ❖ Connect students with academic support
- ❖ Awareness with social media
- ❖ Be part of the solution

BE PROACTIVE!



Role of the Parent

90% of unsportsmanlike behavior at events is displayed by adults, mostly the parents of student-athletes.

Help model appropriate behavior, and how to manage yourself when not in control of a situation.

Parent Resources

- ❖ Where to find information
- ❖ Our Mission
- ❖ Conflict Resolution
- ❖ Parent Code of Conduct
- ❖ Booster Club Info
- ❖ Endowment Fund
- ❖ NCAA/ Other



**WAUKESHA WEST ATHLETICS
PARENT GUIDE**

A Few Tips to Consider...

Playing time is not a parent/coach discussion point. Ultimately the student-athlete should be receiving timely and specific feedback from coaches about their team standing, and when questions arise, students are expected to arrange communication with coaches to help resolve concerns.

A Few Tips to Consider...

Take a breath when a concern arises. Parking lot conversations and/or long emails rarely lead to an effective solution. Follow our process by waiting 24 hours, then arrange an in-person meeting that will include the athlete, parent, and coach.

Breaking chain of command results in complaints... following the process often brings solutions.



Support West!

BOOSTER CLUB

- 2nd Wednesday Every Month
- Concessions
- Apparel
- Memberships
- Special Events

ENDOWMENT FUND

- Current Balance ~\$100,000
- Raise Money Today For Tomorrow's Wolverines
- Car Raffle, Banners, Stadium Advertising

STAY CONNECTED!



@wolverinespride

WEST ATHLETICS WEBSITE

westwolverines.com

Team Pages

Online Registration

Social Media Connection

Parent Resources

Game Day Page



Have a Great School Year!



Athletic Code Night

Keys To 'Red Devil' Success

What Keeps You Up At Night?



Who Are We?



What is Our Culture?



Why Are We Here?



What Do We Need To Know



How Do We Get There?



What Matters?

If you want to be happy, you have to be happy on purpose. When you wake up, you can't just wait to see what kind of day you'll have. You have to decide what kind of day you'll have.



Center Moriches Coaches Meeting Agenda **2022-23**

WELCOME AND INTRODUCTION

REVIEW COACHES HANDBOOK/BOARD POLICY – REVIEW FORMS AND HANDOUTS

CENTER MORICHES ATHLETIC GOALS

- 
- Develop Student-Athlete
 - Positive Experience
 - Participation & Playing Time
 - Educate – Hazing, Substance Abuse Prevention, Vaping & Social Media
 - Create Leaders & Citizens
 - Build and Sustain Positive Reputation
 - Community Relations – Parents/Boosters/Youth
 - Minimize Cuts-Keep Students Involved & Connected
- 

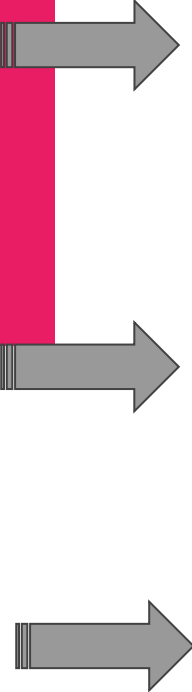
CENTER MORICHES ATHLETIC DEPARTMENT EXPECTATIONS

- 
- Fundamental Development – Athleticism & Fitness
 - Program Development – Youth – Varsity
 - Sportsmanship Character Education & Safety
 - Maximize Playing Time/Experience & Communicate With Parents/Guardians
 - Address Inappropriate Spectators
 - Create Expectations of Athletic Behaviors On/Off Field/Court/Track/Pool

EXPECTATIONS OF COACHES

- Coaching Credentials – TEACH- **NO UNAPPROVED PERSONNEL/ALUMNI**
 - Proper and Comprehensive Evaluation In Tryouts/During Season
 - Meet All Deadlines – Responsibilities & Paperwork (transfers/new to roster/family-id)
 - Understand, Follow & Enforce – Guidelines, Policies & Procedures (max contest)
 - Follow Injury, Safety Procedures & Protocols- Injury Report Submitted 24 Hours
 - Parental Communication
 - Baseline Testing For Concussions
 - Procedure for Coach's Absence & Cancellation of Practices/Contests
 - Immediate & Detailed Communication On Any Potential Issues
 - Ensure Physical, Academic & Eligibility Clearance AT ALL TIMES
 - Coach AT ALL TIMES
 - Attend Meetings Pre/Post Season, Section XI, Coaching, Awards, Meet The Coach Night
 - Greet Teams/Busing/Officials/Seniors/Awards/
 - Professionalism With Student-Athletes/Appropriate Relationships & Communication
 - Social Media Presence-Awareness/Use/Create Exposure
 - Medical Conditions/IEP
- Special Education cdittmeier@cmschools.org ; Nurse mgeraci@cmschools.org
Guidance Counselors lhession@cmschools.org; hmack@cmschools.org
pmarino@cmschools.org

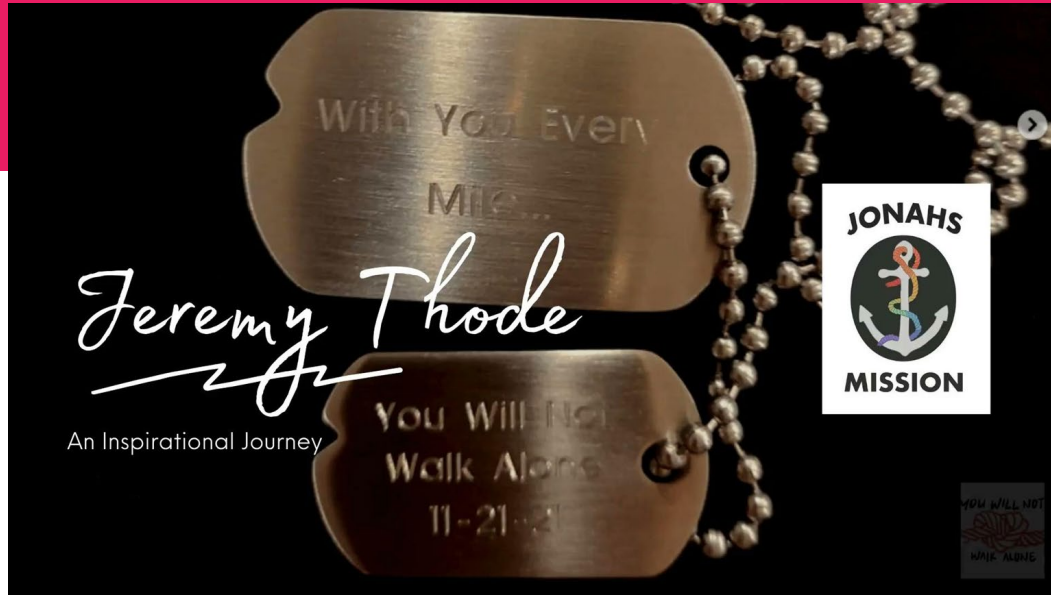
CENTER MORICHES ATHLETIC PROGRAM REQUIREMENTS

- 
- Meet The Coach Night
 - Team & Locker Room Supervision/Use- Security Needs
 - Correspondence To Parents/Athletes- Authorized & Approved
 - Booster Club – Support & Assistance
 - Role Models – Attire/Language/Behavior/Treatment
 - Practice Requirements & Plans- Keep Records
 - Facility & Equipment Safety- Monitor & Communicate Issues
 - AED First Aid Procedures – Coaches/Trainers Role
 - Transfers/Medical/Injuries/APP
 - Player Status – Tryouts/Playing Time/Cuts/Placement/Rubrics/9th & MS
 - Transportation Procedures & Protocol
 - Coaching Professionalism/Accommodations
 - Treatment of Athletes/Parents/Opponents/Officials/Staff
 - Disciplining of Athletes- Know The Code of Conduct- Section XI No Tolerance Rules
 - Purchasing Procedures – Budgeting Next Year- Future Budget Needs
 - Games/Contest/Field/Bus Changes – Game Day Protocol (Pre/Mid/End of Season)
 - Rating Cards – ELECTRONIC ONLY 24 Hours After Contest
 - College Recruitment/College Visits/Vacations
 - Email/Phone Chain/Remind –
 - Emergency Plans/Emergency Contacts/Family ID
 - Record Keeping/Stats/Reporting Scores VARSITY

PERTINENT INFORMATION

- 
- Additional Team Rules (above the pledge)- Must Be Approved
 - Website Additions/Needs/Exposure/Resources
 - Hiring Practices/Evaluation Expectations
 - Out of Season Policy/Concerns
 - Facility Personnel Relationships
 - Player Exit Meeting
 - Fundraising- No Cash
 - Concussion Policy
 - Handling Media
 - Use of Facilities
 - End of Season Awards/Ceremonies/Dinners
- 
- Leadership/Captains Expectations
 - Volunteer Coaches- Must Be Approved & Credentialed- Managers/Interns
 - Academic Eligibility
 - 10/5 Rule (Fall Sports)
 - Homecoming/Spring Fest/Red White Night
 - Dual Participation
 - Title 9 Awareness
 - COVID Related Concerns

How Can We Help?



Lets Celebrate Our Students Athletes



@centermorichesathletics

@Jonahs_mission
@Jonahs_mission



@rdevilathletics

Have A Great Season!

Questions

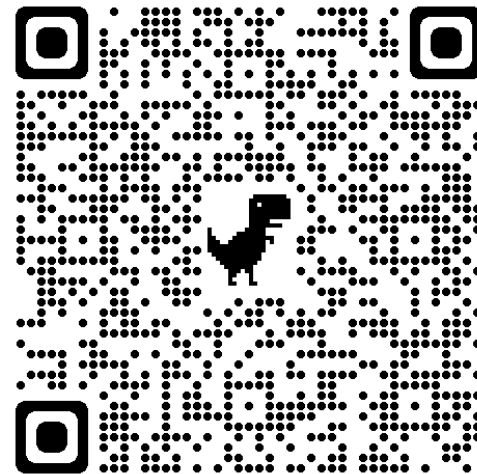
**IF YOU COULD INTERVIEW
YOUR STUDENTS...
WHAT WOULD THEY SAY?**

[Google Meet Link](#)



Thanks!

Any **questions?**



You can find Kyle at

- klemieux@waukesha.k12.wi.us
- 262-970-3911
- www.westwolverines.com

You can find Jeremy at

- jthode@cmschools.org
- 631-878-0052 Ext. 216
- cmschools.org/departments/athletics