



MARAUDERS

Dear Parents,

Welcome to the Bay Shore Girls Winter Track Team. Congratulations on your child being chosen to represent Bay Shore High School. You should be proud of the effort and skill he/she has demonstrated in making the team.

TEAM PHILOSOPHY

EXPECTATIONS OF STUDENT ATHLETE

1. Arrive on time.
- 2.

4. Work Ethic
5. Coachable
6. Commitment

PRACTICE SCHEDULE

Sincerely,

The Bay Shore Winter Track Coaching Staff

BAY SHORE GIRLS WINTER TRACK

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EMERGENCY ACTION PLAN

If an emergency occurs on our field, Coach Borromeo, Coach Borbet, or Coach Rucci would notify emergency personnel, while one of the coaches remained with the athlete. One of the coaches would escort the athlete in the ambulance if a parent/guardian were not present.

Practices:

É" Cnn" Cvjngvgu" o ggv" kp" vjg" i { o "nqdd{ "gcej" fc{ "vq" uvtgvej. " igv" wr fcvgf" pgyu. "cpf" vq" hkp f out what the workout will be.

É" Gxgt { qpg" o wuv" twp" ykvj" c" ötwppkpi " dfff { ö0

É" Y jgp" qp" vjg" tqcfu. " vjg" unqygt" i tqwr" yknn" dg" ugpv" qww" hktuv. " uq" vjg" hcuvgt" i tqwr" yknn be behind them in case of an emergency.

É" Vjg" eqcej" yknn" ngcxg" ykvj" vjg" ncuv" i tqwr" uq" jglujg" yknn" ecvej" o quv" qh" vjg" i tqwr during the run, in case of an emergency.

É" Eqcejgu" yknn" hqnnqy. " gkvjgt" twppkpi. " qp" c" dkmg. " qt" d { " ect0

É" Cnn" cvjngvgu" ctg" kpvtwevgf" vq" nqqm" hqt" vjg" eqcej" y jg" ku" hqnnqy kpi " vjg" i tqwr0

É" Cnn" twppgtu" ctg" kpvtwevgf" vq" ecnn" ; 33" kh" vjg" rqnkeg" qt" cp" c o dwncpeg" ku" pggfgf0

É" Yg" twp" o quv" qf our off campus workouts in the residential section of Bay

UjqtglDtki jvy cvgtu. " qt" cv" Ictfkpgtøu" Rctm0

É" Vjg" UejqqnlCvjngvke" Qhhkeg" yknn" dg" pqvkhkgf" kp" ecug" qh" cp" g ogt igpe { 0

É" Vjg" rctgpvul i wctfkcpu" yknn" dg" pqvkhkgf" kp" ecug" qh" cp" g ogt igpe { . " htq o " vjg information in the first aid kit.

É" Vjg" eqcej" yknn" hqnnqy " wr" ykvj " rctgpvul i wctfkcpu0

É" Cp" ceekfgpvkpekfgpv" tgrqtv" yknn" dg" hkngf" ykvj" vjg" uejqqn0

At an away contest, one of the coaches would remain with the team and return on the bus. Coach Borromeo would remain with the athlete, unless his/her parent is present.

1. Contact emergency medical personnel (if necessary)
2. Contact parent/guardian (if not present)
3. Call Athletic Director/Incident Report
4. Follow Up (w/Nurse for clearance)

VARSI TY LETTER CRITERIA

RESULTS

Y g" yknn" rwdnkuj "c" uw o o ct { "qh" gcej " o gg v. " ykvj " gxgt { qpgøu" vk o gu" cpf" vgc o " ueqtgu0" Dc { "Ujqtg" jcu" an athletic website that will be updated on a daily basis (www.bayshoreschools.org/athletics)

*Rngcug" vcmg" c" o q o gpv" vq" tgc f" vjg" Dc { " Ujqtg" øUvwfgpv" Cvjngvg" cpf" Rctgpvøu" Jcpfdqqmø" vjcv" ecp" dg" hqwpf" qp" qwt" fkvtkeøu" y gdukv g < " www.bayshoreschools.org Iq" vq" øFgrctv o gpvuø" cnd click on the health Physical Education and Athletics link. Vjku" ku" cp" gzegmngpv" eq o rtgjgpukxg" jcpfdqqm" tgi ctfkpi" qwt" fkvtkeøu" rqnkekgu" governing academics, and the interscholastic athletics program.

www.bayshoreschools.org (go to athletics link for

Bay Shore Girls Winter Track

2017-2018 Schedule (tentative)

Date	Meet	Place	Time	Bus Time
Sun. Dec. 03	Etquuxgt"öCö	at Suffolk CC - West	11:45-2:30pm	10:45am
Sat. Dec. 09	Etquuxgt"öDö	at Suffolk CC - West	2:30-	

**Bay Shore Girls Winter Track
2017-2018 Yes/No**

Parent-Athlete-Coaches Meeting

*November 20th
6:30pm in the Little Theatre
@ Bay Shore High School*

*Schwab's 2nd Wind will be selling training shoes and spikes for the upcoming Winter Track Season. He gives us a discount and usually gives a t-shirt to everyone who buys shoes!!! Remember shoes are good for 3-4 months or 300-400 miles. New shoes can help prevent injuries. **Spikes should have rubber bottoms (no plastic bottoms) so you can use them without spikes at Suffolk CC, and with spikes at the Armory.***

This is a Mandatory Meeting, otherwise your daughter will not compete in the meet on Sunday – December 3rd.

The information packet is being sent online to all parents and athletes whose e-mail addresses I have. Please make a copy and bring it to the meeting.

Contracts and Emergency Information Cards must be returned by Wednesday – November 29th.

Any Senior Athletes who want help with colleges, please stay with your Parents after the meeting.

*Any parent who wants results and info sent to them, please e-mail Coach Borromeo asking to be placed on the mailing list.
(aborromeo@bayshore.k12.ny.us)*



Sign up for important updates from Mr. A. Borromeo.

Get information for Bay Shore Senior High School right on your pho