

# TUHSD Athletic Council

## NOTES

Tuesday, March 29, 2016

**Present:** Americ Alvarado, Christina Amoroso, Lars Christensen, Michael Lubinow (Tam), Brian Lynch, Chris McCune, Valerie Madison (Redwood), Nancy Nemechek (Redwood), Jessica Peisch, Chad Stuart, Jen Venne (Drake), LaSandra White, Sue Chelini

**Guest:** John Chelini

### 1. Introductions

2. **Americ Alvarado:** Americ thanked everyone on behalf of UCSF PlaySafe for their support for ATCs this year. This is the first year with District/UCSF PlaySafe contract. Each parent group supports the contract 50/50 this year. The ATCs are looking at the Grand Jury report and helping with the District response. Our ATC's #1 priority is the safety and health of our student athletes. At the end of the year, we will be presenting UCSF PlaySafe evaluation and numbers for the year.
3. **Grand Jury Report on Concussions:** The Marin County Grand Jury and a variety of other organizations, including CIF, are concerned about concussions and head injuries. The topic has become a bit politicized and much in the forefront of the news. The Grand Jury report was an accurate reflection of what was said. Lars has been asked by the District to develop a response. Sue has begun putting it together. Lars: The good news is that TUHSD is leading the way county-wide with athletic trainers and the concern and knowledge of our ADs. Some of the findings and recommendations of the Grand Jury are not realistic. Concussions are only one very small piece of our responsibilities to our student athletes. Concussions are invisible injuries. Teachers may not be as accommodating as they should be in this respect. Jessica: Since we have the 3 trainers at each site all the time, they have been able to fill in for each other if a concussion has been sustained. It is a positive that all three schools use the same protocol.
4. **Winter Soccer Evaluation (ADs):** Winter soccer worked pretty well for the first season, despite all the initial misgivings. It was no different than spring or fall except for the challenge of daylight. Tam rented lights to extend field time. The overlap of teams with fall and spring seasons was a challenge. Early release was relatively easy at Tam. Drake did have significant complaints about early release. Drake had several teachers very verbose about all early release, but primarily for winter soccer. The MCAL will adjust playoff time from 2:30 to 3:00 for next year after careful records were kept this year about start/end times and time of sunset.

Nate wants to bring to ADs that schedule could be rotated every other week rather than half way through. Early release at Redwood affects all 7<sup>th</sup> periods. Other schools may switch the last periods. Other league schools aren't as affected as TUHSD schools have later schedules. Often coaches are giving release times they WANT to be there, rather than when they HAVE to be there. Nate will do coach and staff surveys at Drake.

LaSandra: There needs to be some level of consistency of early release between the schools. Redwood coaches appreciated having two fields to themselves. For the most part, teams lucked out with weather on game days, except for NCS which was very blustery and rainy. The MCAL should review having soccer finals at Justin Siena. Not many students/fans will attend at Justin compared to having play offs on a Saturday afternoon in Marin. San Rafael HS had a tough go – only one home game all season. SRHS should have their turf field (with lights) by next year. Nate said coaches were not that negative about winter soccer, even Rene Alaya. Coaches do want more back to back games with the lower teams for more connection between varsity and JV, perhaps 4 games at one site on Saturdays. That would work well for community field rentals as well. Some parents didn't feel it was as good a fan experience with colder weather.

5. **Unified Teams Plans:** Jessica: Redwood and Tam played a 10-minute unified basketball game in-between the girls' and boys' varsity games in January. Drake played a similar game against Terra Linda. Redwood TV did a segment on the unified basketball game. The ADs have moved forward with Unified Track at 100 m dash and long jump scheduled April 28 at Drake. A unified athlete with general ed athlete and their times will be averaged. The general ed athlete can only compete in four events at a meet. The current goal is to have unified athlete get the experience at a tri-meet. Opening ceremonies will be at 3:20, followed by the events at 3:30. 100 m girls; 100 m wheelchair, 100 m boys and long jump. Medals will be provided by a Tam parent who owns a trophy shop. Due to transportation issues, most unified athletes are training during SMART period at Redwood. They are being prepared for a gun start, have school uniforms, etc. Drake had a student in the Bridge program suited up in a JV game basketball game against SRHS. At the end, a SRHS athlete handed the ball to him for a shot. The reception by the student bodies for all these events has been amazing. ADs are working with Special Olympics to modify rules as needed.
6. **Off Season Training:** The topics of off season training was discussed several meetings ago. A few incidents have happened over the last few years about off-season programs, creating liability for the District. The ADs, Chris, Sue and Lars met about a month ago with the goal of creating safer, legal off-season training opportunities including open gyms/fields, captain's practices, weight rooms and anything else happening off season.

We started with open gym basketball open to everyone where coaches would have balls out and kids would just play. Open gym became a more individualized and focused as competition has increased. These are not school-sponsored activities: there is no insurance, liability waivers, coaches are not TUHSD coaches.

The first plan is to create RMA "school" for Community Ed so athletes can register anywhere by sport, waivers done, emergency contacts are listed. Coaches/volunteers can access that information and everyone is covered. Flip side: All volunteers who are part of open gym/field must register on the coaching side. We will prepare a hand-out to explain off-season rules and be more transparent to NCS. This does not affect any private community programs that may exist in a sport. The most popular community programs are basketball, soccer and lacrosse. Open field football in the summer is probably the #1 risk.

The weight room is part of the discussion as well. Currently coaches open it to athletes without necessarily having the right skills and supervision

There will be a District-wide coaches training for any coaches who wants to run an off-season program that is currently scheduled for June 6 at 6:00 p.m. in Kreps. There is a LOT of information. Jessica is not sure if we can cut anything out as all is important. Nancy suggested it would be great to include the parent volunteers as well. Nancy: Some groups have created waivers and other material that might be needed so we wouldn't have to reinvent the wheel.

The baseball issue at Tam is a little different. It was not an 'open field'. They were a 'club' team and club teams have to be handled differently. They rented the fields through Community Education. Anything out of season must be pick-up games and not an organized practice. **Captain's practices are no longer legal.** Club teams separate from the school are considered more like Absolut Volleyball. Chris: Non-sport specific weight room training: The ultimate goal on weight room is that there is a person there and people don't have individual trainers. Coaches would not be not coaching, but just supervising... Plan is to make the June 6 meeting mandatory for coaches if they want to hold any off-season activities.

Lars: It is easy to break rules since the rules are so complicated. It only gets muddier and muddier. It is a challenge at the state level, especially, since each section may have different rules.

7. **Athletic Trainer Contract Evaluation:** Sue, Americ and Lars will be preparing an evaluation of the first year of our three-year contract with UCSF PlaySafe for review by the Board in May. The only

concern about this contract expressed last year was the cost of the contract in relation to the district's budget situation. We are a Basic Aid District with growing enrollment meaning that we have the same dollars to educate more students. We may need support of parents and athletes when we go before the Board.

**8. Game sportsmanship, continued:** The Strawberry community has been putting up "No Branson" signs expressing opposition of The Branson School moving to the former Baptist Seminary grounds in Strawberry. Over the past few weeks, many of those signs have been stolen. The community would like the signs back and have asked District schools to be on the watch for them at athletic events involving Branson. So far, no students have been caught stealing the signs and only one such sign has appeared at a Tam basketball game. Admin will contact the Strawberry representative if any of these signs confiscated.

**9. Winter/Spring Sports Update from the sites:**

**Tam:** Girls basketball won MCAL titles, first public school in 20 years to win MCAL girls basketball title. They lost in quarter finals at NCS, but did qualify for NorCals. This was farthest they have ever gone. Amari Allison was the Girls' Basketball Player of Year for IJ and winter IJ Girls' Basketball Player of the Year. There is a new Wrestling coach this year and Tam qualified 8 wrestlers to NCS. One placed 5<sup>th</sup> and medaled. Baseball plays Redwood today. Tam has a new baseball coach who is a staff member ... just the way we like it. Boys' Golf: off to a remarkable start, 9-1 and undefeated in MCAL so far. Boys' lacrosse is playing well. Tam has a JV lacrosse team for first time in 3 year which is good for development of the teams. Girls' lacrosse has the same coach for continuity. They have more losses than wins, but should get better. Softball lost to Redwood yesterday in an inter-district battle. Swimming: Boys and girls are both undefeated in MCAL for far. Many swimmers expect to go to Clovis for CIF. Everyone looking forward to the swim meet on April 1 at Redwood. Tennis boys are on top of MCAL now. They beat Redwood. Track & Field is undefeated as well, but it is early in the season. Boys' Volleyball has new coach who is very enthusiastic. His job is to recruit and develop a program. They beat Novato last week.

**Redwood:** MCAL all-league: So far Redwood has five Players of the Year for Fall and Winter seasons. Wrestling won league & playoff and had state wrestler. Boys' soccer won the league and had a huge upset on that rainy day. Girls' JV basketball won league title... Boys & girls' soccer and boys' basketball all qualified for NCS playoffs. Redwood is excited about the unified teams in basketball and track & field... During the transition of soccer/lacrosse, Redwood had lights on the Ghilotti field. Both teams walked around the community to let them know with no concerns. May Madness coming with all the spring playoffs where all teams will probably qualify and many will host their MCAL/NCS playoffs. Boys' Volleyball beat Drake for the first time in about 8 years. Tomorrow night, baseball hosting San Mateo, which is ranked nationally, at Albert's Park?

**Drake:** Nate was not present and did not provide notes for Chad. He will update spring sports at the next meeting. Boys' basketball won regular season MCAL pennant with new coach. Wrestling did well. Ashley placed #1 in NCS girls' wrestling. She is a senior and placing high in all her meets. Girls' soccer beat both Tam and Redwood. JV girls' soccer won their league pennant.

**10. Five Year Plan Tasks for 2015-16 Update:** The Five-Year Plan has never been approved by the Board since we worked on it last year due to the changes in District administration and the Board of Trustees. We hope to present it for approval at a May Board meeting. Clearly, with the District budget tightening, some of the plans that require additional funding will need to be moved to other years. Due to lack of time, we were unable to review the Five-Year Plan any further.

Confirm future meeting dates:

**Athletic Council:** Tuesdays, 2:30-4:00, Carlisle Creekside  
May 24, 2016

**Athletic Directors Only**, Thursdays, 10:00 a.m., Creekside  
April 28, 2016

**Marin Athletic Foundation**

Golf Tournament: Monday, April 25, 2016, Indian Valley Golf Club  
Outstanding Student Athlete Dinner: Monday, May 9, 2016, Embassy Suites

**NCS Athletic Directors' Association (NCSADA)**

Monday, September 26, 2016

**California State Athletic Directors' Association (CSADA)**

San Diego, April 13-17, 2016

**National Interscholastic Athletic Administrators Association (NIAAA)**

Nashville, Tennessee, December 9-13, 2016