

TUHSD Athletic Council

NOTES

Tuesday, January 24, 2017

Present: Americ Alvarado, Christina Amoroso, Jessica Peisch, Chris McCune, **David Rice**, Nate Severin, Howard Wynn (Tam Boosters), Jen Valle (Drake Athlete Committee), Howard Wynn (Tam Boosters),

1. **Athletic Trainers Update (Americ):** UCSF is now at full strength with full time (5-days/week) ATC at Drake with Andrew Blood replacing Fernando and Gina. Jessica Dominguez is now full time at Tam. Fernando will still be with UCSF. Andrew will begin as soon as the paperwork goes through. Thursday will be an appreciation social for the Concussion Committee created after the Marin Grand Jury report came out. Concussion laws now cover youth sports as well interscholastic. Americ and the trainer from SRHS have been on the committee to create protocol for youth sports. Our ATCs are reaching out to spring teams to offer ImPact testing. The only limitation is having a computer lab that is large enough. We might be able to do ImPACT testing on cell phones in the future. Jen T suggested that the District data might look disproportionately high in concussion numbers because we have been keeping the numbers so accurately over a long time. The concussion group includes Marin General, Kaiser, the MCOE and other agencies. They are collecting data about all diagnosed head injuries and those that have been diagnosed as concussions. Our numbers are always higher because we have ATCs every day and do more with parents and athletes.
2. **Staffing Plans:** Sue has submitted staffing plans for District consideration. The District is in a tight budget mode and none of the proposed staffing plans are guaranteed, no matter how worthy.

- a) **Field Hockey at Tam and Drake:** There has been a demand for field hockey at Tam and Drake. The start up costs for field hockey are high with investment in new equipment. However, ongoing costs are lower than most teams since their season is so short. San Marin and Novato are also considering adding field hockey which could give us 6 teams in the MCAL if Tam and Drake are approved.
- b) **Freshman Soccer:** Both Tam and Redwood had significant cuts in soccer, almost as many as they kept. Chris M: Can we just play games on Saturdays for a month or two in-house rather than a full season. It would give kids a chance to play with their high school teams and develop skills. He knows local soccer groups will support it. Make our own 3-team league. Christina: Is concerned for Tam. She does not think they have a reasonable practice space/time without jeopardizing Varsity and JV.

Dominican does have a non-competitive after-school program that we could direct Tam-district athletes toward it. It doesn't give the camaraderie of being a member of their high school team. Howard:
Can we expand JV teams to A/B and have scrimmages between the freshmen.

Jen V: She saw with water polo take too many kids sat on the bench when too many were kept on the team at Drake. Competitive athletes didn't play in any games and were discouraged. Athletes go to competitive teams outside of school when they didn't have any experience. Howard: Set the expectation that they wouldn't play in JV games, but all could practice together. Nate: Drake could make it work since they have 3 turfed spaces.

Jen T: It is sad to hold one school back because two of the schools don't have the facilities. The AC wants to go ahead and propose a staffing plan for freshman soccer. Chris is more interested in frosh/soph option. Chris wants Tam to succeed since they have the biggest soccer youth programs. We should test the waters.

Jen T: Can Redwood have priority to using the Hall turf field during the season? That is not our call. Jen V: Shouldn't the teams share the turf and black top. Let's make it work. It seems like we are trying to make it NOT work and looking at the obstacles. Nate: Renee (Drake boys' varsity coach) did practice a few mornings with boys' soccer.

Conclusion: Sue will work with Chris on revising the proposal to submit. There is so much demand for it.

- c) **Staffing Plan: Moving ADs to full time to accommodate additional teams.** With the District budget as it is, it is unlikely we could get the ADs to be full time. We should continue to pursue this for future years. Novato and San

Marin ADs are full time as of this year. A staffing plan will be proposed to put the ADs on an extended year calendar due to the earlier start times on the CIF/NCS calendars and later start time on the TUHSD calendar.

- d) **Unified teams:** We are proposing a stipend of \$500 per seasonal sport, currently only basketball, for the SpEd coaches.

3. **Weight Rooms/Bridge Athletics Update:** High Performance Night will be Jan. 31. Bridge Athletics (BA) will talk about training tips, their app, and flexibility/mobility assessment with progression of what athletes should be doing. They are doing exercises with body weight rather than dumb bells. What does athletic training actually look like? They have been a lot more sign ups – worried about too many coming. They are not really catering to a whole team coming in the morning. Starting up that week opening the weight room in the morning. Drake Fund is paying \$4,000 for High Performance Night, app access and BA partnership for a year. Tim Parnow, weight room manager, has a stipend of \$500/semester. It is a pilot program so we will see how it works. BA has done a good job of taking feedback and adjusting to Drake needs. The program is for everyone, not just athletes. It will probably cost less next year since won't have to go through the training. Supervision: Renee 2 days/week and Tim 3 days/week from 6:00-7:30. No whole teams coming in the morning.

4. **Unified Teams/PAASS Update:**

- a) **Basketball:** There were great unified games last Friday night. Drake won the game with Redwood with a long buzzer beater that brought the house down.
- b) **Spring Activities:** We will likely have one combined track meet. At this time, we don't know about any unified swimmers in the TUHSD schools. It is a lot of effort for families to get to NCS. Last year, one athlete from Drake competed at NCS.

5. **Fall/Winter Season Sports Updates:**

a) **Drake:**

- a) Wrestling team has increasing numbers with passionate coach. There was an exciting match with Tam last week where Drake won by one point. Wrestling coach is building the program.
- b) G Soccer plays Redwood today. 8-3-3 so far. League 5-3-2 Tied MC last weekend. JV team doing well.
- c) B basketball currently 4-3 in league.
- d) G Basketball had big win against Redwood last Friday
- e) B soccer in 1st place right now.
- f) Unified going great. Buzzer beater

b) **Tam:**

- a) B basketball won Casa Grande tournament and tournament MVP. B Basketball has turned around school culture in the past few years. Exciting to see student body thoroughly engaged in the game. Fans have been great this year.
- b) G basketball won MCALs last year and looks to be strong team this year. They are tied w/Redwood for 1st place now. Fully anticipates qualifying for post season.
- c) B soccer is now in tied for 2nd place w/Redwood.
- d) G soccer: Standings change weekly between R/MC/Tam/Branson/Drake. All those teams will be in playoffs.
- e) Preps of week from both b soccer and g soccer.
- f) Wrestling lost to Drake by 1 point. Exciting match to watch. Karim Shakur is a star wrestler. He is a celebrity at wrestling invitationals. There are 10 freshmen on the wrestling team so looks like great future. Hosting the super match next week.
- g) Still need JV G lacrosse coach. Scholastic pennant for G golf and G VB in the Fall.

c) **Redwood**

- a) 4 MCAL Players of the Year in the Fall
- b) All teams will qualify for MCAL and NCS playoffs this winter.
- c) G soccer, 1-4 don't know yet how they will be.
- d) Wrestling is undefeated so far – hope will win some contests at the super match.
- e) Scholastic award for football. More difficult for FB to win scholastic since so many players. Scholastic awards require at least 3.0 overall and they take the highest 3 schools submitted

6. **Additional items that may come up:**

- a) **Chris:** Can we start exploring/revisiting higher pay for coaches. All other school districts pay more.

Confirm future meeting dates:

Athletic Council: Tuesdays, 2:30-4:00, Carlisle Creekside
April 18, 2017

Athletic Directors Only, Mondays, 12:30, Creekside
May 8, 2017

Marin Athletic Foundation

Golf Tournament: Monday, April 24, 2017, Indian Valley Golf Club

Outstanding Student Athlete Dinner: Monday, May 8, 2017, Embassy Suites

NCS Athletic Directors' Association (NCSADA)

Monday, September 18, 2017

National Interscholastic Athletic Administrators Association (NIAAA)

Orlando, Florida, December 9-12, 2017, Phoenix AZ

California State Athletic Directors' Association (CSADA)

San Diego, April 19-23, 2017, Reno NV