

HOMMOCKS MODIFIED SPORTS

Modified sports are a great way for 7th and 8th grade students to participate on a Hommocks-sponsored team playing a sport they already know or a new one. Modified sports teams practice after school and compete with other Westchester schools at home and away events. The school district Athletic Department oversees the program in compliance with New York State rules and procedures. These rules do not allow 6th grade students to compete in this format.

The Basics: Sports Offered and Seasons

Modified sports are divided into three seasons - fall, winter and spring – and begin on the dates indicated in the table below:

FALL September 8, 2009	WINTER November 23, 2009	SPRING March 22, 2010
Boys' Soccer	Boys' Basketball	Boys' Baseball
Boys' Football	Boys' Ice Hockey (begins November 9 th)	Boys' Lacrosse
Coed Cross Country Running	Boys' Wrestling	Coed Track & Field
Girls' Soccer	Boys' Swimming	Girls' Softball – 2 Teams
Girls' Field Hockey – 2 teams	Coed Indoor Track	Girls' Lacrosse
Girls' Volleyball – 2 teams	Coed Fencing – (8 th grade students only)	
Girls' Swimming	Girls' Basketball	

Getting Involved

Students interested in a modified sport should attend that season's student meeting. Parents can get detailed information by attending a Parents' Information Night. These are scheduled as follows:

	FALL	WINTER	SPRING
Meeting for Interested Students <i>Hommocks Gym</i>	<i>September 9, 2009</i> <i>2: 45 p.m.</i>	<i>November 16, 2009</i> <i>2:45 p.m.</i>	<i>March 9, 2010</i> <i>2:45 p.m.</i>
Parents Information Night <i>Hommocks Library</i>	<i>7: 00 p.m.</i>	<i>7:00 p.m.</i>	<i>7:00 p.m.</i>

Forms and Physicals

Every student needs two (2) forms to participate in modified sports; the **Health History Card** and the **Athletic Program Registration Triplicate Card**. Students will receive these forms and information they need at the student meetings. The forms are also available from the Hommocks Nurse or at the district Athletic office.

Students with a physical exam on file within the past year do not require a sports physical but will need a completed card. If a student needs a sports physical, this can be done by their own provider or the school nurse. Students can sign up for fall sports physicals at school before September 8, 2009.

Students bring the completed forms, with parent signatures, to the nurse in person; parents can bring them in too. The nurse fills out designated portions of the forms to complete the registration.

Making a Modified Sports Team

The Athletic Department does their best to keep as many students as possible in the activity they choose. Safety, manageable numbers and practice space may result in limitations on the number of students in particular sports. Tryouts for these sports take 3-5 days and coaches talk to students individually about their performance. Not every student who tries out will necessarily make a team.

Expectations - Practices and Games

Most practices and games are after school from 3:30 – 5:00 p.m. The coach for each sport will tell students the schedule and expectations for attendance. If a student cannot attend a practice or competition he or she is responsible for telling the coach. Attendance at a minimum number of practices will be required in order to compete.

Many students also participate in recreation and travel teams. When a student signs up for Hommocks Modified sports he or she should understand the commitment to the school team. Practices for other teams cannot count as attendance for a Hommocks sport. Sports participation is a good way for students to develop good time management skills.

Transportation to and from Events

Modified athletes love being cheered on at their events and parents are welcome to attend. For those events away from school, transportation is provided to and from Hommocks. In order to comply with New York State regulations parents can only take their child home from the event with complete, pre-approved paperwork signed and submitted in advance to the Athletic Office.

More Information

In person: attend a Parent Information night or, in season, contact the coach.

On line: www.mamkschools.org/sports/

The Director of Health, Physical Education & Athletics for the Mamaroneck Schools, Bari Suman, is looking forward to another year of Tiger spirit with students demonstrating sportsmanship as they make friends, keep fit, learn new skills and have fun.