SAU39 ATHLETICS

Kelli Braley, CAA — *Director of Athletics*
Ben Arnold — *Asst Athletic Director*
Marcus Jones, MS, N.H.LAT, ATC — *Athletic Trainer*

Hello All,
Spring is right around the corner and we have some important information to share with you about the upcoming season. Please read all the way through to make sure you have the most accurate and complete information.

Registrations:
Registration is open in PowerSchool. Please log into your account, click forms on the left hand side, and then Athletic registration. Students will not be allowed to participate in anything until registered.

If you have unpaid fees or uniforms not returned, your student(s) will be able to try out but will not receive a uniform until previous fees are paid or an arrangement is made with the athletic department and uniforms from earlier seasons are returned.

SHS PROGRAMS OFFERED	AMS PROGRAMS OFFERED
All Try Outs begin March 23rd Baseball-V, JV Softball-V, JV Boys Lacrosse-V, JV Girls Lacrosse-V, JV Boys Tennis- V Girls Tennis- V, JV, 3rd Track and Field- V, JV Boys Volleyball- V, JV Unified Track and Field-V **availability of sub-varsity teams are dependent on enrollment**	All Try Outs Begin March 30th Baseball- Red (available to AMS students grades 7-8) Baseball-White(available to AMS and MVVS students grades 6-8) Boys Lacrosse-available to AMS students grades 6-8) Girls Lacrosse-Red (available to AMS students grades 6-8) Softball Red-(available to AMS students grades 7-8) Softball White- available to AMS and MVVS students grades 6-8) Track and Field-(available to AMS and MVVS students grades 5-8. MVVS students not eligible to participate in TCA championships)

Website:
The websites have been updated with lots of information.
Souhegan--https://saberathletics.com/
Amherst--https://sau39ams.ss20.sharpschool.com/athletics

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Meet the Coaches Night:

SHS Meet the Coaches Night will be March 11th. Coaches will meet in the SHS cafeteria at 5pm and families will join us at 6pm in the SHS gymnasium.

AMS Meet the Coaches Night will be March 12th. Coaches will meet in the AMS cafeteria at 5pm and families will join us at 6pm in the AMS gymnasium.

Communication Expectations:

Communication via SportsYou

SportsYou is a communication platform for coaches, players, and families to share information about scheduling, team activities, and logistical updates. It is not an appropriate forum for expressing opinions about coaching decisions, how things are running, practice structure, or play-time. If you need to contact a coach with a question regarding schedules, clarification on updates posted or other logistical issues please use the chat feature to message coach directly or use their sau39 email address.

Communication Expectations and Steps

While interscholastic athletics can provide some of the most rewarding and inspiring moments in students' lives, there can also be times when things may not go the way a parent or child wishes. If a conflict or issue arises during a season, it is imperative that it be addressed in a timely and appropriate manner so that the concern can be resolved promptly. Both parenting and coaching are extremely difficult jobs. Open communication and clear expectations will enable both groups to work together to provide a greater benefit to the student-athletes.

In many instances, a conversation between a **parent and the student-athlete** can resolve most questions or concerns. The student-athlete who is in attendance daily at practices and games should be able to address rules and roles of the program.

If this conversation does not resolve the problem or answer the question, the next step is for the **student-athlete and coach** to discuss the concern. Many times a misunderstanding can easily be resolved with this direct conversation.

If it is necessary for a **parent, student-athlete and coach** to meet to discuss a concern, the parent should contact the coach to schedule a meeting. Please do not attempt to confront a coach before, after, or during a practice or game. These can be emotional times for both the parent and the coach and would not promote a positive resolution. Please wait at least 24 hours before contacting the coach. It should be understood that playing time, team strategy, play calling, and other student-athletes are not topics of discussion.

If none of the above avenues resolve the concern, then a meeting between the student, parent, coach, and Athletic Director will be scheduled.

Contact the Athletic Director immediately at any time in the case of an emergency or a severe violation of safety or any rules or regulations

Weather Announcements:

Our goal will be to notify families and students by 1pm if there are weather related changes. We will inform coaches first, then the main offices, then will post changes on SportsYou.

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SportsYou:
Your Team pages are the same as last season. Please visit the website to access the pages if you are joining a new or different program. Coaches will be adding schedules shortly.

Important Dates: **subject to change as needed**
As we know, spring brings lots of challenges to scheduling. Weather along with end of year events that are of high importance to our families are all happening in a condensed period of time. I want to make you aware of these dates, what has been done to mitigate conflicts and what the expectations are for our students, families and coaches.

SHS	AMS
March 25- SALT Afterschool Assembly 3:15-3:45pm All spring teams without scrimmages today, are expected to attend this presentation put together by SALT. You will receive more information as we get closer.	**April 25-May 3 Spring Break** No Games. Optional practices may be offered.
April 25-May 3 Spring Break Games and Practices do continue throughout the break and attendance is expected by all team members. For more information about the full extended absences policy, please visit the Athletic Handbook and read through the full expectations on pages 5-6	**May 11-14 6th grade Ecology school Titans/Spartans** We will wait to see if it is necessary to move games. If teams have the numbers to play during this time with students at ecology school then games will be on as scheduled.
May 8- Prom No games scheduled and practices are optional	**May 18-22 6th grade ecology school Olympians/MVVS** We will wait to see if it is necessary to move games. If teams have the numbers to play during this time with students at ecology school then games will be on as scheduled.
May 23-25-Memorial Day Soccer Tournament. The campuses of SHS and AMS will be used for this annual tournament	**5/20 7th and 8th Band/Jazz Concert 6pm** We will wait to see if it is necessary to move games. If teams have the numbers to play during this time with students at ecology school then games will be on as scheduled.
May 25- No School Memorial Day Practices can resume at 4pm	**5/22 8th grade trip to Kimball farms** No away games. Students will return in time for practice and home games
May 26-Underclassmen Awards Underclassmen receiving awards shall not be	**5/25 No School Memorial Day** no practices or games

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penalized for attending the awards	
6/9-Senior Awards This is a tournament date for Softball Semis, Girls Lacrosse Championships, Girls and Boys Individual Tennis Singles Semis and Finals and Boys Volleyball Semis. We are not able to move tournament dates and students who are participating on teams reaching this point and receiving awards at the ceremony will have to make a choice about which to attend.	**5/27 5th and 6th grade Band/Chorus Concert 6p** No away games this date and students in the concert will be able to leave practice early if needed.
June 6-7-NHYLA the campuses of both SHS and AMS will be used for this 2 day state-wide festival. 6/6 is a tournament date for Baseball Quarter Finals. If we are hosting a game, that round it will be played at Southern NH University.	**6/5 8th Grade Block Party 6-8pm** This is a potential playoff date for Baseball, Softball, Girls Lacrosse and Boys Lacrosse. Students and families may be late to this event if they have a game
June 12-Graduation for the Class of 2026 Baseball, Softball, Boys Lacrosse, Boys Volleyball and Track New Englands are all 6/13. If teams make the championship, we will arrange practice times to not interfere with graduation.	**June 6-7-NHYLA** The campuses of both SHS and AMS will be used for this 2 day state-wide festival.
	6/10 8th Grade Graduation This is a potential play off date for Baseball, Softball, Girls Lacrosse and Boys Lacrosse. Students and families may be late to this event or will have to choose, if they have a game

We are looking forward to an exciting and successful spring. Please reach out should you have any questions.

Warmly,
Kelli

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