

**MID HUDSON ATHLETIC LEAGUE
ATHLETIC DIRECTORS WORKSHOP
WEDNESDAY JANUARY 17, 2024 - 9:30AM
DUTCHESS BOCES**

1. APPROVAL OF MINUTES OF LAST MEETING
2. SECTION IX BUSINESS- MR. GREG RANSOM/ MR. JAMES OSBORNE
3. PRESIDENT'S REPORT- MR. TOM CASSATA
4. REGIONAL OFFICE REPORT.- MR. CHRIS MAYO
5. ATHLETIC COORDINATOR'S REPORT- MR. DENNIS BURKETT
6. COMBINING OF TEAMS REPORT
7. MODIFIED REPORT- Mr. GREG WARREN
8. OLD BUSINESS
9. NEW BUSINESS
10. MOTION TO ADJOURN



NYSPHSAA Guiding Principles for Regional Rotations

1. No Section will play in a sub-regional classification for more than two consecutive years.
2. If there is a bye for sub-regionals, the “bye” will always host the regional game.
3. One Section will not host more than 75% of Regional games in a given year in a sport.
4. At-Large teams will have no travel restrictions.
5. The term of rotations should reflect equity for all sections; with a minimum of at least 6 years.
6. Mid-week travel should be limited/ minimized.
7. Contiguous sectional competition should be considered.
8. The number of participating teams in each Region should be considered.
9. If any of the above guiding principles cannot be met, the sport committee must provide rationale as to why.

Process:

- 1) NYSPHSAA Sport Committee meets to develop regional rotation using established guiding principles.
 - 2) NYSPHSAA Staff examines regional rotation for equity and fairness.
 - 3) NYSPHSAA Championship Advisory Committee examines regional rotation and votes to recommend to NYSPHSAA Executive Committee.
 - 4) NYSPHSAA Executive Committee examines regional rotation provides approval or denial

Note:

The current NYSPHSAA Championship Philosophy states:

“NYSPHSAA CHAMPIONSHIP PHILOSOPHY: “NYSPHSAA will sponsor Championships that represent excellence achieved in each sport. In the interest of equitable competition, minimal loss of academic time, financial impact and logistical concerns including, but not limited to, travel, lodging, meals and facilities for competition, the NYSPHSAA will sponsor one championship experience in a sport when six or more of its sections having four (4) or more of their member teams each sponsor that sport. Championships will be conducted according to established guidelines. All sports will be recognized by the NYSPHSAA as either a team sport or an individual sport, or a combination team/individual sport. Variations will be permitted in the NYSPHSAA classification system.”

DATE REVISED:
12/20/23

To: Section Coordinators

From: Bev Hooper, State Field Hockey Coordinator

Re: Modified/ Junior varsity Field Hockey teams hold an important role in the success of field hockey in NYS

Since the "Covid" season, field hockey, as has other sports, struggled to revive Modified/JV programs and increase the number of players at the lower levels. To help grow the sport, the NYS Field Hockey Committee have discussed several ideas that would give opportunities for student athletes to participate in the sport of field hockey. Ways to help struggling programs and give student athletes the opportunity to play the game.

It was discussed at our last meeting that Modified / JV teams who do not have 11 players on their squads are having their games canceled. This is detrimental to the Varsity program and field hockey in general as it does not feed the Varsity level team with quality players or encourage/increase participation. In addition, it has younger players playing at the higher level just to have a varsity team able to compete for that school.

According to the NFHS rulebook, **Rule 1-4-1 states that "Each team shall consist of not more than 11 players, one of whom is the goalkeeper. A team may compete with a minimum of seven players. When a team plays with fewer than 11 players, a goalkeeper shall be one of the players."**

Based on the NFHS rulebook, teams can play if they have fewer than 11 players. The reason games are not being played at the Modified/ JV level should not be because there are not 11 players on game day. It was suggested that our schools utilize a 7 v 7 format which operates under the current Field Hockey Committee and follows NFHS rules, modified by the NYSPHSAA Field Hockey Committee for the 7 v 7's. This would not only grown the sport but accomplish the philosophy of having a Modified/Junior Varsity sports teams for field hockey. There are some sections already in NY that are using the 7 V 7 format with modifications. This format also prepares players with the tools necessary to succeed when transitioning to the 11v11 game.

Some modification could be:

1. At the modified level, do not play penalty corners, instead issue a 25-yard hit in for the offense.
2. At the Junior varsity level, play penalty corners with a full defensive team available.
3. Play 12-minute quarters instead of 15 minutes with substitution on the fly.
4. All players are 5 yards away on all free hits.
5. Both teams will play with equal numbers of players on the field during games.

Modified/ JV teams exist to allow young players in a high school program to develop, learn to compete, deal with wins and losses, plus individual successes, and failures. It gives coaching staffs a chance to evaluate how their players are progressing. Modified/ JV sports are about the young players. Often that's where they discover whether they really like playing the game or not.

Since the Modified / Junior varsity teams are typically used as a place to develop player's skills, strategies, and knowledge, it's the perfect place for somebody to try out new techniques or learn how certain nuances of the game work. The Modified / JV teams will offer more freedom to try a new flick, spin, or swing — without any repercussions.

Let's continue to grow the game of Field Hockey!

GIRLS VARSITY SWIMMING – 16 GAMES
2024 – 2025

Practice Starts: August 26th
 Practices required prior to 1st Scrimmage: 6 | Date of First Scrimmage: Sept. 2nd
 Practices required prior to 1st Game: 6 | Date of First Game: Sept. 2nd
 Labor Day: September 2nd
 Rosh Hashanah: **Sunset Wednesday, Oct. 2nd to Sunset Friday, Oct. 4th**
 Yom Kippur: **Sunset Friday, Oct. 11th to Sunset Saturday Oct. 12th**
 Columbus Day: October 14th
 OCIAA's: Diving: Oct 19 @ Wash'ville | Swimming Oct. 20, 2023 @ Wash'ville and NFA
 Sectionals: Nov. 2, 3, 4, 2023 @ Valley Central
 States: Nov. 17-18 @ Webster Aquatic Center

<u>Girls Swimming / Diving – 16 Matches Maximum</u>	
■ = Pool Diving/Swim ■ = Pool Swim only ■ = No Pool/College Pool	
<u>Division I</u>	<u>Division II</u>
<ol style="list-style-type: none"> 1. NFA 2. Kingston 3. Pine Bush 4. Valley Central 5. Beacon 6. Marlboro 7. Rhinebeck 8. Red Hook 9. Lourdes 	<ol style="list-style-type: none"> 1. Middletown 2. Monroe Woodbury 3. Warwick*** 4. Washingtonville 5. Minisink 6. Cornwall 7. Goshen** 8. FDR 9. Wallkill 10. New Paltz
% Spackenkill to shadow Beacon * Rondout / Onteora to shadow Kingston	***SS Seward to shadow Warwick **Chester Shadows Goshen

Dates:

September: 4, 5, 9, 10, 11, 12, 16, 17, 18, 19, 23, 24, 25, 26, 30
 October: 1, 7, 8, 9, 10,

Notes:

Two divisions. 8 or 9 league meets, 2 – 3 non-league, + Division Championship meet = 11-12

Lack of pools – FDR, Wallkill, – no pools. Goshen uses Goshen Community Pool sparingly. New Paltz uses SUNY New Paltz. Red Hook and Rhinebeck uses Bard College for minimal home meets. Lourdes pool situation TBD.

Scheduling is either Monday/Wednesday or Tuesday/Thursday depending on division.

Shadows: SS Seward Shadows Warwick. Rondout/Onteora Shadows Kingston? Monticello shadows Pine Bush

2024 – 2025

MODIFIED FOOTBALL - 7 GAMES

Practice Starts: Sept. 4 or whenever first day of School takes place
Practices required prior to 1st Scrimmage: 10 | Earliest Date of First Scrimmage: Sept. 18
Practices required prior to 1st Game: 10 | Earliest Date of First Game: Sept. 18
Labor Day: September 2nd
Rosh Hashanah: **Sunset Wednesday, Oct. 2nd to Sunset Friday, Oct. 4th**
Yom Kippur: **Sunset Friday, Oct. 11th to Sunset Saturday Oct. 12th**
Columbus Day: October 14th

MODIFIED B FOOTBALL 11 MAN (7-8) - 7 GAMES

1. Newburgh	1. Washingtonville
2. Monroe-Woodbury	2. FDR
3. Middletown	3. Minisink
4. Kingston	4. Goshen
5. Pine Bush	5. Walkkill
6. Warwick	6. Port Jervis
	7. Beacon

Dates:

September: 19, 24,
October: 1, 8, 15, 22, 29,
November: 5

MODIFIED A FOOTBALL 11 MAN (7-8-9)

1. Valley Central	1. New Paltz
2. Monticello	2. Highland
3. Liberty	3. Marlboro
4. Chester/Florida	4. Red Hook
5. O'Neill	5. Rondout
6. Burke Catholic	6. Saugerties
7. Ellenville	7. Spackenkill
	8. Dover

Modified A 8 Man Football (7,8,9)

1. Fallsburg	6. Pine Plains
2. Liv Manor/Roscoe	7. Pawling
3. Tri Valley	8. Onteora
4. Sullivan West	9. Millbrook
5. Eldred	

11 man Mod A Dates:

September: 18, 25,
October: 1, 9, 16, 23, 30
November: 6

8 man Dates:

September: 19, 24,
October: 1, 8, 15, 22, 29,
November: 5

Notes:

WINTER 2023-2024
MHAL AND SECTION IX CHAMPIONSHIP DATES

Updated – 12/14/23

BOYS SWIMMING

OCIAA CHAMPIONSHIP

DIVING	Site: Washingtonville	February 1, 2024	TBA
DIV 1 SWIMMING	Site: NFA	February 3, 2024	TBA
DIV 2 SWIMMING	Site: Washingtonville	February 2, 2024	TBA

SECTION IX
SWIMMING

	Valley Central High School	
DIVING	February 15, 2024	4:30 PM
FINALS	February 16, 2024	4:00 PM
	February 17, 2024	1:00PM

STATES

March 1-2, 2024	Ithaca College	9AM
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GIRLS AND BOYS BASKETBALL

SECTION IX

Monday, February 19 th , 2024	MHAL Semi-Finals	TBA
Wednesday, February 21 st , 2024	MHAL Championships	TBA
Thursday, February 22, 2024	Seed Meeting	TBA
February 24 – March 4, 2024	Tournament Games at Higher Seed	

BOYS BASKETBALL

March 4-6, 2024	Regional Semi-Final Class AAA	BYE
March 8-10, 2024	Regional Final Class AAA	@Section IX
March 4-6, 2024	Regional Semi-Final Class AA	BYE
March 8-10, 2024	Regional Final Class AA	@Section IX
March 4-6, 2024	Regional Semi-Final Class A	@Section IX
March 8-10, 2024	Regional Final Class A	@Section IV
March 4-6, 2024	Regional Semi-Final Class B	@Section IX
March 8-10, 2024	Regional Final Class B	@Section I/IX
March 4-6, 2024	Regional Semi-Final Class C	@Section I
March 8-10, 2024	Regional Final Class C	@Section I/IX
March 4-6, 2024	Regional Semi-Final Class D	@Section XI
March 8-10, 2024	Regional Final Class D	@Section IX/XI

March 14-17, 2024 State Semi Finals and Finals at Cool Insuring Arena, Glens Falls

GIRLS BASKETBALL

March 4-6, 2024	Regional Semi-Final Class AAA	@Section IX
March 8-10, 2024	Regional Final Class AAA	@Section I
March 4-6, 2024	Regional Semi-Final Class AA	BYE
March 8-10, 2024	Regional Final Class AA	@Section IX
March 4-6, 2024	Regional Semi-Final Class A	@Section I
March 8-10, 2024	Regional Final Class A	@Section IV
March 4-6, 2024	Regional Semi-Final Class B	@Section I
March 8-10, 2024	Regional Final Class B	@Section I/IX
March 4-6, 2024	Regional Semi-Final Class C	@Section XI
March 8-10, 2024	Regional Final Class C	@Section IX
March 4-6, 2024	Regional Semi-Final Class D	@Section XI
March 8-10, 2024	Regional Final Class D	@Section IX/XI

March 14-17, 2024 State Semi-Finals and Finals at Hudson Valley Community College, Troy, New York

WINTER 2023-2024
MHAL AND SECTION IX CHAMPIONSHIP DATES (continued)

WRESTLING

STATE DUAL MEET
Saturday, January 27, 2024 SRC Arena, Syracuse 7:00AM

SECTION IX
Friday, February 9, 2024 Division I at Monroe Woodbury – Sectional Qualifier 4:15PM
Saturday, February 10, 2024 Division I at Monroe-Woodbury 11:00AM
Sunday, February 11, 2024 Division II at FDR 11:15AM

STATES
February 23-24, 2024 MVP Arena, Albany

INDOOR TRACK

SECTION IX
Thursday, February 15, 2024 Seed Meeting – Google Meet 6:00PM

OCIAA DIVISION CHAMPIONSHIP
Friday, January 19, 2024 Division 2,4,6 @ West Point 3-6:15PM
Saturday, January 20, 2024 Division 1,3,5 @ West Point 9AM-3PM

SECTION IX CHAMPIONSHIPS
Friday, February 9, 2024 Class B @ West Point 6-11PM
Saturday, February 10, 2024 Class A @ West Point 1-6PM

STATE QUALIFIER
Saturday, February 17, 2024 @ Armory Track, NYC 4-9PM

STATES
Saturday, March 2, 2024 Ocean Breeze Sports Complex, Staten Island

BOYS AND GIRLS ALPINE SKIING

SECTION IX CHAMPIONSHIP
Wednesday, February 14, 2024 Hunter Mountain Girls GS – 10AM
Boys SL – 10AM
Boys GS – 1PM
Girls SL – 1PM

Weather make-up – Thursday, February 15th

STATES
February 26- 27, 2024 Whiteface Mountain 9AM

BOYS AND GIRLS NORDIC SKIING

SECTION IX CHAMPIONSHIP
Tuesday, February 13, 2024 Minnewaska State Park 12:00PM
Weather make-up – Wednesday, February 14th

STATES
February 26- 27, 2024 Mt. VanHoevenberg 11AM-Feb.26
10AM-Feb.27

CHEERLEADING

SECTION IX CHAMPIONSHIP
Saturday, February 17, 2024 Monroe Woodbury HS 11AM

NYSPHSAA CHAMPIONSHIP

Saturday, March 2, 2024

Visions Veterans Memorial Arena, Binghamton

9AM

**WINTER 2023-2024
MHAL AND SECTION IX CHAMPIONSHIP DATES (continued)**

GYMNASTICS

SECTION IX CHAMPIONSHIP

Monday, February 12th, 2024

Tuesday, February 13th, 2024 *Snow Date

Epik Athletics

3:30PM

STATE CHAMPIONSHIP

Saturday, March 2, 2024

Clarence High School

9AM

BOYS AND GIRLS BOWLING

SECTION IX CHAMPIONSHIP

Monday, February 12, 2024 - Boys

Tuesday, February 13th, 2024 - Girls

Spins Bowl; Poughkeepsie

9AM

STATE CHAMPIONSHIP

March 8-10, 2024

AMF Strike-N-Spare Lanes, Syracuse

10:30AM



Fred Ahart, known affectionately as “Coach” by all who knew him, recognized the value of athletics in cultivating in his students a sense of self worth, determination and perseverance. He understood its value to teach the high standards he upheld for character development and integrity of the athletes and students in his care both on and off the field. Coach firmly believed that athletics was the other half of education and that every child should have the opportunity to participate in sports and sought to encourage and uplift them to reach their full potential in all aspects of their lives.

Fred continually rose beyond the duties of his professions of teacher, coach and athletic director and was generous with all of the resources he had at his disposal. Fred was always ready with words of encouragement, reproach when the occasion warranted, freely giving of his time and energy to the betterment of others, and always ready to donate to a charity or purchase a much needed pair of cleats or basketball sneakers!

Since Fred’s passing in July 2020 we have come to fully recognize the impact Fred had on the lives of those around him. It is in the spirit of Fred’s generosity that we, his family, created “The Coach Fred Ahart Foundation” to honor his memory and continue to fulfill a need within our communities. “The Coach Fred Ahart Foundation” aims to offer opportunities and support to students, athletes, and families in their area of need.

If you would like to contact The Coach Fred Ahart Foundation for donations for a cause or if there is a student athlete that needs equipment; such as basketball sneakers, cleats, duffle bags, ect.... The Coach Fred Ahart Foundation would be happy to help. You may reach out to the foundation at the contacts below.

- thecoachfredahartfoundation@gmail.com
- Ms. Katie Ahart-(845) 649-0742
ahart791@gmail.com, kahart@roscoe.k12.ny.us
- Mrs. Maryanne Clancy-(845) 820-8370
clancy.maryanne@gmail.com
- Mrs. Michelle Ahart-Bosland-(845) 629-6028
ahartboz@gmail.com
- Mrs. Kelly Mull-(717) 903-0017
kelly13mull@gmail.com
- You can also message us on facebook at The Coach Fred Ahart Foundation

Our Best Always,
The Ahart Family