

**MID HUDSON ATHLETIC LEAGUE  
ATHLETIC DIRECTORS WORKSHOP  
MARCH 20, 2024 - 9:30AM  
DUTCHESS BOCES**

1. APPROVAL OF MINUTES OF LAST MEETING
2. SECTION REPORT-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
  - Please access meeting materials**
  - **Age appropriate 9th graders on modified teams**
  - **Upperclassmen on junior varsity rosters**
6. COMBINING OF TEAMS- MR FRANK ALFONSO
7. MODIFIED REPORT AND NYSAAA- MR. GREG WARREN
8. OLD BUSINESS- DISCUSSION ON CREATION OF A BOYS VOLLEYBALL LEAGUE SEASON IN 24-25
9. NEW BUSINESS
10. MOTION TO ADJOURN

## Section IX Football Alignments 2024 – 2025

<u>Class AA: (1025 and up)</u> <u>Division 1</u> 1. NFA 2. Middletown 3. Monroe-Woodbury 4. Kingston 5. Pine Bush 6. Valley Central	<u>Enrollment</u>	<u>Class A: (665-1024)</u> <u>Division 1</u> 1. Warwick 2. Washingtonville 3. Minisink 4. FDR  <u>Division 2</u> 5. Goshen 6. Cornwall 7. Wallkill 8. Lourdes  * Monticello Independent	<u>Enrollment</u>
<u>Class B: (385-664)</u> <u>Division 1</u> 1. Beacon 2. Saugerties 3. Liberty 4. Port Jervis 5. New Paltz 6. Marlboro <u>Division 2</u> 7. Rondout 8. Spackenkill 9. Red Hook 10. Highland 11. Fallsburg	<u>Enrollment</u>	<u>Class C: (261 – 384)</u> 1. Dover 2. O’Neill 3. Chester / SS Seward  <u>Class D: (up to 260)</u> 1. Burke	<u>Enrollment</u>
<u>Football (5 Classes)</u>  AA    1025 and Up A      665 – 1024 B      385 - 664 C      261 – 384 D      260 and Below	<u>8 Man Football</u> <u>Division 1</u> 1. Sullivan West                    237 – Class D 2. Tri Valley                            234 – Class D 3. Eldred                                110 – Class D 4. Liv. Manor/Roscoe                103 – Class D  <u>Division 2</u> 5. Ellenville                            383 – Class C 6. Onteora                                350 – Class C 7. Pine Plains/Rhinebeck            332 – Class C 8. Millbrook/Webutuck               262 – Class C 9. Pawling                                266 – Class C		



**Section 9 Football  
Sectional Championship  
Site/ Facility Bid**

**Football (2024)**

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Venue/School Name

Superintendent Signature: \_\_\_\_\_

Athletic Director Signature: \_\_\_\_\_

Due Date: May 28, 2024

**BID INFORMATION**

BID RELEASE DATE: **March 19th and 20th, 2024 @ OCIAA & MHAL Meeting dates**

BID RETURN DUE DATE: **May 28, 2024**

\* All bids must be delivered to:

Section 9 Football Co-Chairman

David Coates: [david.coates@ecsdm.org](mailto:david.coates@ecsdm.org)

Tom Cassata: [tcassata@rhcsd.org](mailto:tcassata@rhcsd.org)

Football Committee Review Date: **June 7, 2024**

Section 9 Executive Committee Approval Date: **June 11, 2024**

Possible Section 9 Championship Dates:

**Friday, November 15, 2024**

**Saturday, November 16, 2024**

**Sunday, November 17, 2024 (Snow Date)**

Please circle the classifications that you would be willing to host:

**Class AA   Class A   Class B   Class C   8 Man**

# Section 9

## Championship Site Bid

### FOOTBALL

Thank you for your interest in hosting the Section 9 Championships for football. The Section 9 Executive Council and the Football Committee have an established proud tradition of coordinating and producing exceptional championship experiences for our athletes, coaches, officials and spectators. Each passing season, we remain dedicated to providing equitable and safe competition for all of our member schools. All Section 9 schools are encouraged to apply as a championship site.

#### Process:

Each year all Section 9 Championship sites for football will be open for bid by any Section 9 member school. Section 9 retains sole control over the administration of the Sectional Championships and is the sole rights holder. All expenses and revenues are collected and dispersed by Section 9 Representatives. All site bids will be for a one year period, unless rationale is provided for a shorter or longer term, and must be endorsed by the Section Executive Director. The Section 9 Executive Council will approve all Sectional Championship sites/ facilities, taking into consideration the recommendations of the Section 9 Football Committee.

#### SECTION IX Neutral Site Policy:

It is the responsibility of the sport chairperson to consider the viability of all championship sites located within Section IX. Every consideration will be made to avoid potential scheduling issues with facilities for sectional and championship games.

The sport committees will make recommendations to the Executive Director to place all sectional finals at sites that are of the highest quality for the athletes, officials, and spectators. ***Once these sites for the sectional finals are established, they will not be changed due to a host team's potential involvement in the finals.***

#### Host Team's Potential Involvement in the Football Championships as a Lower Seed:

**Please be advised.** In the event that a host team is involved in a championship game as a lower seed the following will be strictly adhered to:

Example: #1 seed vs #2 seed @ #2's home field for the Section 9 Championship Game

- The host team **will not relinquish** their home locker room, spectator seating or home sideline
- The host team will be indicated as the visitor in uniform, on the scoreboard and will call the coin toss.
- The host game announcer will remain neutral.
- Both teams will have equal access to the pressbox amenities and space.

In an attempt to provide the Section 9 Football Committee with a comprehensive understanding of each bidding District's athletic facility, please provide further attention to the following areas for committee review: **Facility Review, Game Management, Facility Rental Cost, Facility Contact Person**

Each proposal will be scored from **1 (Not favorable for the event) 3 (acceptable) to 5 (Excellent for the event)** on the following bulleted criteria below by the Section 9 Football Committee:

### Facility Review

- Field
- Size of facility
- Seating Capacity
- Home and Away Spectator seating areas
- Provision of all amenities, such as, playclocks, scoreboards, and PA systems
- Locker Rooms for Home and Away
- WiFi - Streaming Capabilities, Broadcast ready
- Pressbox availability and accommodations
- Handicap accessibility
- Parking: Teams, Officials, Spectators
- Ability to Charge Admission, Ticket Areas
- Concessions

### Game Management

- Medical emergency measures, AED, Athletic Trainer, Ambulance, Police
- Security and Game Personnel
- Security measures in place for both teams, officials and spectators (crowd control, emergency action plans and inclement weather delay plans for teams, spectators and officials)
- Entrance to the facility for Teams, Officials and Spectators

### Proposed Facility Cost

- Include Facility Report (Total Costs assumed by Section 9 to rent facility)
- Sample Facility Rental: [2020 Middletown Football Site Proposal](#)

### Facility Contact

- Event/ Facility Director: \_\_\_\_\_
- Name: \_\_\_\_\_
- Position (i.e. coach, athletic director, facility manager, etc.): \_\_\_\_\_
- Telephone Number: \_\_\_\_\_
- E-Mail: \_\_\_\_\_



## HEAT INDEX PROCEDURES

### Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb Globe Temperature Indicator (see chart below) on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com). Schools may also use a Wet Bulb Globe Temperature Indicator (see chart below) on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb Globe Temperature Indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Globe Temperature Indicator is in the recommended range (yellow – WeatherBug or green, yellow, orange, red – WBGT), the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator is in the required range (red – WeatherBug or black – WBGT), the contest will be suspended.

Please refer to the following chart when using **Weather Bug app**, to take the appropriate actions:

	Feels Like Temp(Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
<b>REQUIRED</b>	Heat Index Alert: Feels Like Temp (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Please refer to the following chart when using **Wet Bulb Globe Temperature Indicator**, to take the appropriate actions:

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F < 27.8°C	< 79.7°F < 26.5°C	< 76.1°F < 24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <b>For Football:</b> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <b>For All Sports:</b> Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <b>For Football:</b> No protective equipment may be worn during practice, and there may be no conditioning activities. <b>For All Sports:</b> There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥ 32.1°C	≥ 86.2°F ≥ 30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

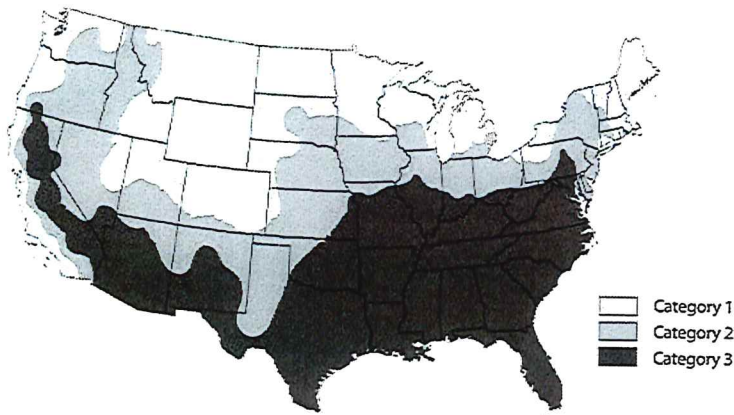


Fig. 2. Heat safety regions.

Use this link to determine the category of your location.

Link: <http://www.castlewilliams.com/wbgt-regions.html>

Approved May 1, 2010  
Updated May 3, 2023



**NYSPHSAA**  
**THUNDER & LIGHTNING POLICY**

*(Effective 10/25/04)*  
*(Revised October 20, 2008)*

Applies to regular season through NYSPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

- a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
- b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
- c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.



## **Tornado Policy**

- Tornado Watch-indicates tornados are possible. Event staff must continue to monitor the situation.
- Tornado Warning-Tornado siren sounds signaling tornado sighted or tornado indicated by radar

## **GUIDELINES/PROCEDURES**

- If a tornado warning is initiated, immediate event delay shall be implemented, and all participants, spectators and athletic staff shall seek shelter immediately. Once inside a secure location, tune to local weather alert radio to be informed of the storm location, path and duration of tornado warning.
- Warning may be extended, or a new warning issued at any time, so continue to monitor.
- Safe shelter from tornado inside lowest building level, away from exterior walls/windows, with windows closed.

All Clear-tornado warning will expire after duration specified by the National Weather Service and the site director will notify all involved that the warning has ended, and the event may resume.

July 2022

# Program Implementation: Getting Started

## Introduction

### Who is Responsible?

The Athletic or Activities Administrator must oversee and coordinate **Anyone Can Save A Life** for after-school programs. However, he or she may want to enlist the help of a Program Champion to oversee training and implementation of the program. This person could be the school athletic trainer, school nurse, a coach or community member who knows the inner-workings of the athletic and activities program.

## Athletic Administrator Implementation Checklist

- 1. Review the in-person training DVD and on-line training at [AnyoneCanSaveALife.org](http://AnyoneCanSaveALife.org)
- 2. Choose the training method you will utilize in your school community (Option 1 or Option 2)
  - OPTION 1**
    - Conduct In-Person Training (DVD)**
      - Utilize the EAP on Page 10 – Provide a hard copy of the EAP prior to the training and COLLECT the completed EAP
    - OPTION 2**
      - Conduct On-line Training ([www.anyonecansavealife.org](http://www.anyonecansavealife.org))**
        - The EAP will be generated electronically – The final step when the coach completes the EAP will be inputting the ADs email address. The completed EAP will be sent electronically to the AD and the Coach
- 3. Train Coaches
- 4. Ensure Coaches turn in their completed EAP
  - a. In-Person Training — Collect the hard copy of the EAP
  - b. On-Line Training — EAP will be sent via email to the AD and Coach
- 5. Provide CPR and AED Training
  - a. Contact local EMS if assistance is needed, or
  - b. Utilize the **Anyone Can Save A Life Training DVD**
- 6. Ensure you have access to at least one AED and that it is located in a central location close to your event and practice sites
- 7. Complete the EAP for Events
  - a. Talk through each site specific plan with your Event Staff