

**MID HUDSON ATHLETIC LEAGUE
ATHLETIC DIRECTORS WORKSHOP
OCTOBER 16, 2024 - 9:30AM
DUTCHESS BOCES**

1. APPROVAL OF MINUTES OF LAST MEETING

2. SECTIONAL REPORT

3. PRESIDENT'S REPORT

4. REGIONAL OFFICE REPORT

5. ATHLETIC COORDINATOR'S REPORT
Please access meeting materials

A REMINDER THAT EVERYONE MUST RESERVE 2 CONTESTS ON YOUR SCHEDULE FOR PARTICIPATION IN OUR 4 DIVISION CHAMPIONSHIP TOURNAMENTS. THIS YEAR IT APPLIES TO VOLLEYBALL .

6. COMBINING OF TEAMS

7. MODIFIED REPORT AND NYSAAA

8. OLD BUSINESS

9. NEW BUSINESS

10. MOTION TO ADJOURN

NYSPHSAA Modified Committee (Zoom)

September 26th, 2024

Fall Meeting Minutes

Central Committee Report – Todd Nelson and Jim Rose

Discussion:

Jim Rose & Todd Nelson

Todd Nelson shared an update regarding the Mixed competition and the PP process regulations. A few major amendments were outlined by the Commissioner of Education in the Spring to the Board of Regents. NYSPHSAA shared concerns regarding both of those amendments and has subsequently advocated for further discussion. Both amendments were pulled from the agenda from the September 9th Board of Regents meeting.

Currently the mixed competition process is still in place. There is currently no testing guidance and schools and sections must still give permission in certain sports. The APP process remains unchanged.

Correspondence

Discussion Items

Nights Rest Rule – Rebecca Gentile

Proposal: We propose revising the Modified Sports Standards Chart, specifically the column on “Minimum time between contests and scrimmages”, to align with the corresponding column in the High School Sports Standards Chart. We would also ask that #15, “Time Interval”, under the “General Eligibility Rules for the Modified Program” be removed from the NYSPHSAA Handbook in order to appropriately align with the Modified Sports Standards Chart revisions.

Discussion: *Minimum time between contests and scrimmages*

Rebecca Gentile outlined the proposed changes along with the subcommittee's rationale. This rationale in part was to align with HS and allow for all scheduled games to be played. Language is going to be reworked to include the above changes and brought back to the modified committee as an action item in the Spring for a Fall 2025 implementation. Let me know if you need anything else.

Modified Sports Standards Chart:

Proposed Revision to the Modified Sports Standards Chart: The column on “Minimum time between contests and scrimmages”, to align with the corresponding column in the High School Sports Standards Chart.

Time Interval:

Proposed Language: “A team may never play three days in a row. There shall not be more than four contests played per calendar week.”

Girls Soccer Report

10/8/24

All seeding information is due 10 AM on October 23rd seeding will begin.

The two teams involved in the MHAL Championship are to submit their season log by 10 AM on the 24th. Seeding will be completed on the 24th.

The seeding information is to be sent to:

1. AAA/AA Dave Doulin, A Jason Pavlich, **B Jason Pavlich and Kristin Leska**, C/D Joe DiMattina. Contact information is in the handbook.
2. Diane Wanser

Section Championship dates and times:

Wallkill High School

Class AAA 11/6 7:30 PM
Class AA 11/6 5:00 PM
Class A 11/2 4:00 PM
Class B 11/2 1:30 PM
Class C 11/5 7:30 PM
Class D 11/5 5:00 PM

For all Championship games both teams should arrive with 2 ball runners.

Sub-Regional Games.

Nyack High School

11/6 Class A 6:00 PM

11/7 Class B 4:00 PM

Regional Games in Section 9.

Wallkill High School

11/9

Class C 11:00 AM

Class D 1:30 PM

Class AA 4:00 PM

Class AAA 6:30 PM

Regional Games in Section 4.

Union-Endicott High School

11/9

Class A time TBA

Class B time TBA

Thank you,

Diane Wanser wand9@hvc.rr.com 845-239-1097

SECTION 9 WRESTLING DATES:

2024-25

ITEMS IN RED ARE NOT YET FINALIZED

MON	10/7/2024	COACHES, ADMINS, & ASSESSORS RECEIVE LOGIN INFO FROM TRACK		
SAT	10/19/2024	EARLY WT CERT REGISTRATION DEADLINE		
WED	10/30/2024	EARLY WT CERT DATE	MIDDLETOWN	1-INS CERT NEEDED
MON	11/18/2024	FIRST DAY OF PRACTICE		
WED	11/20/2024	COACHES MEETING	ZOOM MEETING -LINK WILL BE SENT	
THUR-MON	11/21-25/2024	WT CERTIFICATIONS	NEW PALTZ, WARWICK, NFA, MIDD,MV	5-INS CERTS NEEDED
SUN	1/5/2025	E.STATES ZOOM MEETING	ZOOM MEETING -LINK WILL BE SENT	
FRI-SAT	1/10-11/2025	EASTERN STATES	IMPACT CENTER, CLIFTON PARK -S2	
TUE-WED	1/14-15/2025	S9 DUALS	WALLKILL, NFA, PORT,MINISINK VALLEY	4-INS CERTS NEEDED
SUN	1/26/2025	NYS DUALS SEEDING MTG	NYSWC ZOOM	
SAT	2/1/2025	NYS DUAL MEET CHAMPIONSHIP	SRC ARENA, SYRACUSE	
SAT	2/8/2024	FLATLINE DATE (Weight Loss Plans will stop calculating on this day)		
WED	2/12/2025	D1 SEEDING MEETING	MIDDLETOWN	
THURS	2/13/2025	D2 SEEDING MEETING	HIGHLAND	
FRI-SAT	2/14-15/2025	D1 SECTIONS	MONROE	1-INS CERT NEEDED
SUN	2/16/2025	D2 SECTIONS	FDR HYDE PARK	1-INS CERT NEEDED
MON	2/17/2025	GIRLS SECTIONS	PORT JERVIS	1-INS CERT NEEDED
MON-THURS	2/17-2/20/2025	SECTIONAL TEAM PRACTICES	MINISINK, MONROE, NEWBURGH	3-INS CERTS NEEDED?
THURS	2/20/2025	STATE QUALIFIER EQUIP DIST.	NEWBURGH	
SAT	2/22/2025	NYS TOURN SEEDING MTG	NYSPHSAA OFFICE, LATHAM	
THURS	2/27/2025	GIRLS STATES	MVP ARENA	
FRI-SAT	2/28-3/1/25	STATES	MVP ARENA	
TBA	TBA	FS9 BANQUET	TBA-HIGH SCHOOL (not BANQUET FACILITY)	

PROCEDURE FOR EARLY WEIGHT CERTIFICATIONS:

NYS has officially passed the following:

NYS will allow early weight certs at a date no earlier than the Sunday of Week 17 10/27/24 (Season begins Week 20: 11/18), and that those who wish to participate in the early certs must register with their Section Chairmen, no later than the Saturday of Week 15 (October 19). Each section has the option of participating and can set their own dates and eligibility rules for who can attend.

PRO's:

The reason for this procedure is to allow "elite" and "Heavy" wrestlers the chance to get their weight loss plans in place earlier, so they will have more time to get to their desired MWW sooner. Example: Last year a wrestler who weighed 330 lbs on certification day in November, would not have been eligible to compete at 285 lbs until Day 61 which would have been January 21. If this wrestler had been allowed to certify on 10/30 and have their WLP (Weight Loss Plan) begin sooner, then the first day they would be eligible to compete at 285 would move to January 2. Basically, if you certify 20 days sooner, you can reach your desired MWW 20 days sooner. Example: Last year you may not have been able to compete at your MWW because you could not reach it until after post season had begun. This year, if you certify 20 days sooner, you can reach your desired MWW 20 days sooner and could be eligible for post season.

CON's:

- The wrestlers WLP will begin on the day of the early certification. If a wrestler selects the early cert option, they must accept the result (or appeal it within 3 days) and they CANNOT re-certify again in November with their full team.
- When you certify early your WLP starts sooner. The WLP shows what you need to weigh each day, but you are not actually weighing in until your first contest (probably sometime in early December). If you go a full month of November without officially weighing in, and then weigh in excess of the weight shown on the WLP for the first contest, the WLP will re-calculate and the date to reach your MWW will be recalculated and pushed back later into the season. This would defeat the entire purpose of certifying early.
- Realistically, what may also happen is that the wrestler may not

lose their weight gradually (as no weigh ins are required during November). If for example they were allowed to lose 15 pounds at the rate of 1.5% per week over the month of November, they may have only lost 5 pounds (without having to officially weigh in). As they do not want their plan to recalculate on the date of their first weigh in, they may then cut the other 10 pounds in the last 2 days prior to their first weigh in (so as to not have their plan recalculate). This brings safety issues into effect and again defeats the entire purpose of the 1.5% weight loss plan.

-Scheduling: Each section has scheduling problems as their assessors are involved in fall sport post season events and most will not have the ability of offer multiple days for early assessments (like they do in November). Most will have to limit the number of wrestlers that can do early assessments to be able to get them done in possibly just one day.

□

SECTION 9 EARLY WEIGHT CERTIFICATION PROCEDURE 2024-25:

Date:

Section 9 early certs will only be available on one day:

Wednesday October 30^m at Middletown High School

Wrestlers who certify on 10/30 will have the chance to appeal their result on Saturday 11/2

at Minisink Vally High School. The Saturday date is ONLY for appeals, it is NOT for wrestlers who could not attend the 10/30 date.

IF YOUR WRESTLER CANNOT ATTEND THE EARLY CERT DATE ON 10/30 THEY WILL THEN LOSE THE EARLY CERT OPTION AND MUST CERTIFY DURING THE NORMAL WT CERTIFICATION TIME PERIOD FROM NOV 21-25.

Wrestlers eligible for Early Certs:

The early weight certs are only available to the following wrestlers:

1-Any wrestler who weighs 300 pounds or more

2-Any wrestler who is a returning Section 9 place winner from 2023-24.

(No girls are eligible for Early Certs, as they do not follow the 1.5% plan)

Due to staffing constraints of our assessors, those will be the only wrestlers eligible to certify early.

JUST BECAUSE YOU HAVE A RETURNING PLACER, YOU DO NOT HAVE TO SEND THEM TO EARLY CERTS. Our assessors are doing us a favor in making this option available so the quicker they can get this done, the better for them. We hope that ALL of the returning placers do not apply.

Hydration Failures:

IF YOUR WRESTLER FAILS HYDRATION ON THE EARLY CERT DATE ON 10/30 THEY WILL THEN LOSE THE EARLY CERT OPTION AND MUST CERTIFY DURING THE NORMAL WT CERTIFICATION TIME PERIOD FROM NOV 21-25.

How to apply for Early Certification:

1-Wrestlers who attend early certs must come to Middletown with their printed Individual Profile Form from Track Wrestling.

Coaches will be able to log into Track beginning Monday 10/7. Coaches will have to have all early cert wrestlers entered into their Track rosters and print their Individual Profile forms for them, prior to them attending the Middletown site. Coaches do not need to come with the wrestlers. They can self-transport or parent transport, but that will be up to the rules and regulations of each individual school district.

2-Wrestlers who attend early certs must have a signed Form01-Parent Awareness Form turned into their coach. These forms do NOT need to be turned in at the Middletown site but must be on file with the coaches and Athletic Directors.

3-Coaches must submit Form02-EarlyCertRosterRequest to the Section Chairman by

Saturday 10/19. If the form is not received, then your wrestlers will not be eligible for early certs.

- 8:00 AM **Participant Arrival – Icebreaker**
(Kaplan Gym)
'Grab & Go' Breakfast Available
- 8:30-9:20 AM **Summit Welcome** (Kaplan Gym)
Guest Panel – “How Leadership Skills Learned in Athletics Can Impact Your Future”
Moderator: George St. Lawrence
- 9:30-10:15 AM **Breakout Session 1**
- 10:15-10:30 AM **Break**
- 10:30-11:15 AM **Breakout Session 2**
- 11:15-11:30 **Break**
- 11:30-12:15 PM **Breakout Session 3**
- 12:15-1:00 PM **MSMC SAAC Presentation**
(Kaplan Gym)
- 1:00 PM **Program Concludes**
Grab & Go Box Lunches
(Kaplan Lobby)

All attendees will rotate through 3 sessions. Breakout session locations, topics and presenters include:

- ❖ **Kaplan Gym 1 – Building and Growing a SAAC Program**
Presenter: Jason Semo, Cornwall Athletic Director
- ❖ **Aquinas 216 – Athletics as an Avenue for Success**
Presenter: Anthony Nicodemo, Greenburgh-North Castle Athletic Director
- ❖ **Hudson Hall Auditorium – How to Grow Student Voice**
Presenter: Trevor Purcell, Head Baseball Coach, MSMC

STUDENT-ATHLETE LEADERSHIP SUMMIT

Presented by the Mid-Hudson School Study Council, Mount Saint Mary College and NYSPHSAA Sections I and IX
In an effort to promote and support Student-Athlete Advisory Committee (SAAC) development and growth in the Hudson Valley, Sections I and IX, along with the Mount Saint Mary College Athletic Department, will be presenting this educational opportunity for all member school districts on November 4, 2024, at Mount Saint Mary College. The focus of this inaugural summit will be *Leadership and the Importance of Student Voice*.

- When:** Monday, November 4, 2024
- Time:** 8:00 AM – 1:00 PM
- Where:** Mount Saint Mary College, 330 Powell Ave., Newburgh, NY 12550
- Who:** Two (2) student-athletes per district and one (1) Adult
- Cost:** \$75 per district team of three (3)

HOW TO REGISTER YOUR SCHOOL:

Send an Email to: Lynne.cruger@msmc.edu

Include: Name of School District and PO number, or check on day of workshop.

REGISTRATION DEADLINE – THURSDAY, OCTOBER 17, 2024

Parking may be limited; please use group transportation if possible.

So, what is SAAC? SAAC stands for *Student-Athlete Advisory Committee*. SAACs are committees made up of student-athletes who provide insight into their experiences and offer input on the rules and policies that affect their lives on our campuses. In other words, they represent a student voice!

Guest Panel Members:

Section IX:

Megan Taylor - Vice President, Government Affairs and Public Relations, Genting Americas Inc. Born in Rockland County and raised in Orange County, Taylor is a graduate of Washingtonville HS and the State University of Binghamton in 2006, and Mount Saint Mary College in Newburgh in 2008 where she earned her MBA in Business Administration. At SUNY Binghamton, Taylor was a three-time all-conference award winner and two-time all-region defender on the soccer team. She steered the Bearcats to their historic first NCAA Division I tournament berth in 2004 and is a member of the university's sports Hall of Fame. Megan was also recently named Orange County Partnership's 2024 Woman of Achievement in Economic Development.

Richard Samuels – First year Middle School Physical Education teacher and coach, Washingtonville CSD. Class of 2017 Walkkill HS Graduate and a 2023 graduate of The State University of Cortland. Samuels was an accomplished Track & Field Champion in HS as well as in college. During his running career at SUNY Cortland, he earned USTFCCA Men's Track and Field All-Academic honors as well as garnering second team outdoor and indoor track All-SUNYAC honors. In the 2019-2020 school year Rich also earned All-America honors in the 800 meters. He is the first generation in his family to attend college.

Section I:

Dan Leventhal - Founder and Executive Director of Bronx Lacrosse. As a Teach for America 2015 Corps Member, Dan worked as a special education math teacher at Highbridge Green Middle School in the South Bronx. During his time there, he launched the school's first ever after-school lacrosse program. Seeing an immediate and dramatic impact on the students' behavior and academic performance, and as a means to deepen his connection with his students, he formally launched Bronx Lacrosse in 2018. Shortly after, the program was expanded to reach even more young people in the community. Dan was a member of the Men's Lacrosse Team at Tufts University (2014), which won the 2014 DIII National Championship and was a member of Israel's National Lacrosse Team in the 2014 and 2018 World Games. At Tufts, he worked with Team Impact, a non-profit that connects children facing serious illnesses with college athletic teams. He received his Master's degree in Education from Fordham University and currently resides in Manhattan.

Maggie DePaoli - elementary Special Education teacher in the Brewster Central School District. Maggie graduated with the class of 2019 from Brewster High School and the class of 2023 from Providence College. While working towards her Masters from Columbia University, she is currently an elementary special education teacher at Brewster Central School District. As a stand-out three sport athlete, she has recently been inducted into the Brewster High School hall of fame. She believes that you can be a leader by example, while not a vocal one, but you cannot be a vocal leader without being a leader by example.

"Building and Growing a SAAC Program in Your School" (Session to be held in Kaplan Gym 1)

Presenters: Jason Semo, Cornwall Athletic Administrator and Cornwall SAAC students

The Cornwall Athletic Leadership Council was developed three years ago in an effort to actively develop consistent leadership skills within our athletic department. Consisting of two representatives from each of our varsity teams, the Council collectively embraces strategies, concepts and challenges that support the overall betterment of our department, school and community.

"Athletics as an Avenue for Success: Leading through Sport and the Impact of Inclusion" (Session to be held in Aquinas Hall 216)

Presenter: Anthony Nicodem, Greenburgh-North Castle Athletic Director

The session will provide thoughtful conversations on how a culture of inclusion within athletic programs will lead to the success of both the team and its' individual student-athletes. The goal of the session is to promote student voice and the development of individual leadership skills through athletic participation.

"How to Grow Student Voice" (Session will be held in Hudson Hall Auditorium)

Presenter: Trevor Purcell, Mount Saint Mary College Varsity Baseball Coach, Valley Central HS & MSMC graduate, MSMC HOE

This session will provide conversations and examples of how our MSMC student-athletes play a pivotal role here on campus in multiple capacities. We will discuss community service, leadership opportunities, and the overall impact of being a well-rounded Division III student-athlete.

<u>School Name</u>	<u>Grade 9</u>	<u>Grade 10</u>	<u>Avg 9/10</u>	<u>Total (7-12)</u>
BEACON HIGH SCHOOL	233	201	217	651
JOHN S BURKE CATHOLIC HIGH SCHOOL	74	65	70	209
CHAPEL FIELD SCHOOL	25	32	29	86
CHESTER ACADEMY-MIDDLE/HIGH SCHOOL	77	84	81	242
CORNWALL CENTRAL HIGH SCHOOL	239	257	248	744
DOVER HIGH SCHOOL	106	140	123	369
ELDRED JUNIOR-SENIOR HIGH SCHOOL	37	45	41	123
ELLENVILLE JUNIOR/SENIOR HIGH SCHOOL	113	128	121	362
FALLSBURG JUNIOR-SENIOR HS	118	108	113	339
S S SEWARD INSTITUTE	60	59	60	179
GOSHEN CENTRAL HIGH SCHOOL	247	257	252	756
HIGHLAND HIGH SCHOOL	125	133	129	387
HOMESTEAD SCHOOL SULLIVAN-CCHS	9	3	6	18
JAMES I O'NEILL HIGH SCHOOL	124	111	118	353
FRANKLIN D ROOSEVELT SENIOR HS	289	281	285	855
KINGSTON HIGH SCHOOL	453	459	456	1368
LIBERTY HIGH SCHOOL	170	162	166	498
LIVINGSTON MANOR HIGH SCHOOL	27	32	30	89
MARLBORO CENTRAL HIGH SCHOOL	154	150	152	456
MIDDLETOWN HIGH SCHOOL	766	624	695	2085
MILLBROOK HIGH SCHOOL	62	62	62	186
MINISINK VALLEY HIGH SCHOOL	241	288	265	794
MONROE-WOODBURY HIGH SCHOOL	576	592	584	1752
MONTICELLO HIGH SCHOOL	235	224	230	689
MOUNT ACADEMY (THE)	47	40	44	131
NEW PALTZ SENIOR HIGH SCHOOL	157	169	163	489
NEWBURGH FREE ACADEMY	960	919	940	2819
ONTEORA HIGH SCHOOL	101	97	99	297
OUR LADY OF LOURDES HIGH SCHOOL	201	180	191	572
PINE BUSH SENIOR HIGH SCHOOL	398	386	392	1176
PINE PLAINS - STISSING MOUNTAIN JR/SR HS	63	82	73	218
PORT JERVIS SENIOR HIGH SCHOOL	181	166	174	521
RED HOOK SENIOR HIGH SCHOOL	142	131	137	410
RHINEBECK SENIOR HIGH SCHOOL	82	75	79	236
RONDOUT VALLEY HIGH SCHOOL	129	148	139	416
ROSCOE CENTRAL SCHOOL	16	21	19	56
SAUGERTIES SENIOR HIGH SCHOOL	187	200	194	581
SPACKENKILL HIGH SCHOOL	111	134	123	368
SULLIVAN WEST HIGH SCHOOL	91	77	84	252
TRI-VALLEY SECONDARY SCHOOL	68	68	68	204
TUXEDO - GEORGE F BAKER HIGH SCHOOL	7	21	14	42
VALLEY CENTRAL HIGH SCHOOL	373	327	350	1050
WALLKILL SENIOR HIGH SCHOOL	229	257	243	729
WARWICK VALLEY HIGH SCHOOL	322	344	333	999
WASHINGTONVILLE SENIOR HIGH SCHOOL	304	307	306	917
WEBUTUCK HIGH SCHOOL	46	60	53	159

OCIAA / MHAL - SPORTS TEAMS FORM 2025-2026

PLACE AN X NEXT TO EACH TEAM YOU HAVE. ADD NEW TEAMS BELOW.

If you are adding a team or deleting a team from the OCIAA or MHAL for 2025-2026, please write comment

SCHOOL: _____

ATHLETIC DIRECTOR: _____

FALL	VARSITY	JV	FRESH	MOD A (Grades 7-8-9)	MODIFIED (Grades 7-8)	NEW PROGRAM	COMMENTS
Football	8man/11man	8man/11man	8man/11man	8man/11man			
Boys Soccer							
Girls Soccer							
Girls Swimming							
Boys Cross Country							
Girls Cross Country							
Girls Tennis							
Volleyball - Girls							
Volleyball - Boys							
Field Hockey							
Cheer-Game Day							
Boys Golf - MHAL							
WINTER	VARSITY	JV	FRESH	MODIFIED A (Grades 7-8-9)	MODIFIED (Grades 7-8)	NEW PROGRAM	COMMENTS
Boys Basketball							
Girls Basketball							
Boys Wrestling							
Girls Wrestling							
Boys Swimming							
Boys Indoor Track							
Girls Indoor Track							
Boys Alpine Ski							
Girls Alpine Ski							
Nordic Skiing							
Ice Hockey							
Cheer-Competitive							
Gymnastics							
Bowling							
Unified Bowling							
SPRING	VARSITY	JV	FRESH	MODIFIED A (Grades 7-8-9)	MODIFIED (Grades 7-8)	NEW PROGRAM	COMMENTS
Baseball							
Softball							
Boys Spring Track							
Girls Spring Track							
Boys Tennis							
Boys Golf - OCIAA							
Girls Golf							
Boys Lacrosse							
Girls Lacrosse							
Unified Basketball							
Girls Flag Football							

Return by October 18, 2024

Fax to: (845) 291-7306



WINTER COACHING COURSES 2024-2025

Please email Amanda Zampini at CoachingCourses9@gmail.com to receive registration information and online course materials. This is a blended learning format. All coaches are required to come in for the in person skills component of the course.

Location:

53 Gibson Road, Goshen
Carl Onken Conference Center Room
BEHIND CAREER AND TECHNICAL EDUCATION
BACK OF PARKING LOT NEXT TO O&M

Course Dates

November 18 - B/C
December 2 - A
December 5 - A
December 17 - B/C
January 7 - B/C
January 13 - B/C
January 28 - B/C
February 4 - B/C
February 6 - B/C
February 10 - B/C
February 26 - B/C