

**ORANGE COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION
ATHLETIC DIRECTORS WORKSHOP**



**MONDAY, March 16, 2026 - 9:30 A.M.
Orange Ulster BOCES
Zoom**

AGENDA

1. Approval of Minutes of Last Meeting (February 10, 2026)
2. Section IX Report – Greg Ransom / Jim Osborne
3. OCIAA President’s Report – Mr. Mike Bellarosa
 - A. Executive Committee Positions
 - B. NYSPHSAA Voting Items
4. OCIAA Athletic Coordinator’s Report – Mr. Christopher P. Mayo
Items of Concern:
 - A. 2026-2027 OCIAA Calendar
 - B. Dropped Teams – Spring
 - C. Fall Schedules 2026 - Vote
 - D. Football schedules – Jason Semo
 - E. OCIAA Scholar Athlete Breakfast
 - F. Tyler Muise MVP Award
 - G. Sharon Delmonico Athletic Trainer of the Year Award
 - H. Heat Acclimatization Guidelines and Lightning Policy
 - I. Spring/Summer Coaching Courses – FA/CPR & Theory and Techniques
 - J. Student Athlete Leadership Summit
 - K. Combining of Teams – Tim Bult
5. Old Business
6. New Business
7. Next Athletic Directors Workshop – Tuesday, April 21, 2026, at 9:30 am
@ Orange-Ulster BOCES Carl Onken Center Room B/C

Section IX Meetings – Tuesday, March 17, 2026, at 9:30 am via Zoom
and
April 9, 2026 at 9:30 am @ Orange-Ulster BOCES Carl Onken Center Room B/C
8. Adjourn



OCIAA Voting Items – March 2026

1. Field Hockey:

Motion to approve: a two-year pilot program to allow 9 vs 9 players at the JV and/or Modified level using a regulation field with adjusted rules. Some adjustments would be:

- Narrowing the width of a regulation field.
- Play 12-minute quarters instead of 15 minutes with substitution on the fly.
- Play penalty corners with a full defensive team available.
- All players at the Modified level are 5 yards away on all free hits.
- Both teams will play with an equal number of players on the field during games.
- No overtime with teams with less than 11 v 11 games.
 - Effective Start Date: Fall 2026

2. Cheerleading Classification Numbers:

Motion to approve: Classification Cut-Off numbers for Competitive Cheerleading.

- The proposal updates the same philosophy as has been currently used for classifications: top 75, bottom 100 and splitting the rest into two divisions, along with a CO-ED division.
- Viewing our current numbers, due to changes in enrollment as well as teams participating, the below new numbers are being recommended.
- Class A- 973 and up; Class B-972 to 613; Class C-612 to 274; Class D -273 and below; Co-Ed- One Class
- Effective Start Date: 2026-2027 Winter Competitive Season

3. Softball Warm-up time limitations:

Motion to approve the NYSPHSAA Softball State Committee request to adopt a standardized pregame timeline and protocol for all regular season contests to start at the scheduled time for that game. The committee unanimously recommends implementing a 30-minute pregame clock for the visiting team beginning upon the visiting team's arrival at the field.

- Rationale: Due to concerns from umpires, coaches, and the state committee, it is necessary to set a timeline and rules to ensure warmups and games start on time in addition to sportsmanship being demonstrated.
- Effective Start Date: Spring 2026

4. Championship Philosophy Committee Items:

- a. Motion to approve: Creating standard criteria for how athletes may qualify for state championships in which athletes qualify by time. The criteria would state: A qualifying standard must be set by the committee each year prior to the start of their season, with

approval from the Central/Executive Committee. Only automated timing results may be used for qualifying standards; no hand timing results may be used. Athletes may only qualify for the state championships at a state qualifier meet. The following athletes would qualify in each event:

- The first-place finisher
- Any place finisher within the top 5 that achieved the qualifying standard at any time during the season
- No exceptions or waivers would be granted for athletes that did not compete in the state qualifier meet.
- Effective Start Date: Fall 2027

b. Motion to approve: amending the designated participation range in the NYSPHSAA Championship Philosophy to a recommended maximum of 8% of varsity participation in that sport. Sports could exceed 8% with Central/Executive Committee approval. The 5% floor would be removed. Percentage of participation would be one of several criteria used to determine tournament expansion, along with logistics, scheduling, venue capabilities, financial impact, etc.

- Effective Start Date: Fall 2027

Fall Schedules 2026 –

- Motion to approve OCIAA Fall 2026 Schedules

OCIAA Calendar for 2026 – 2027:

- Motion to approve OCIAA Calendar for 2026-2027 school year.

New York State Public High School Athletic Association



Executive Committee Meeting – February 4, 2026

FIELD HOCKEY – Establish a Pilot Program for Modified and Junior Varsity Teams

- Action Item
- Discussion Item
- Informational Item

Presenter:

Bev Hooper, NYSPHSAA Field Hockey State Coordinator

Proposal:

Consider approval of a two-year pilot program to allow 9 vs 9 players at the JV and/or Modified level using a regulation field with adjusted rules.

Some adjustments would be:

1. Narrowing the width of a regulation field.
2. Play 12-minute quarters instead of 15 minutes with substitution on the fly.
3. Play penalty corners with a full defensive team available.
4. All players at the Modified level are 5 yards away on all free hits.
5. Both teams will play with an equal number of players on the field during games.
6. No overtime with teams with less than 11 v 11 games.

Effective Start Date:

Fall 2026

Rationale:

The field hockey state committee has reported the sport is struggling with Modified and JV programs. Modified and JV teams who do not have 11 players on their teams are having their games canceled. A two-year, 9v9 pilot program would help keep programs alive and competing while also reinstating programs that were previously dropped due to low participation. Modified and JV sports focus on player development, and programs should not be eliminated simply because they lack a full roster of 11 players.

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.”

Proposal Originated:

Field Hockey Committee - January 9, 2026

Notes:

The Field Hockey Committee voted 9-0 in unanimous support of this proposal.
No budgetary impact.

DATE REVISED: January 16, 2026

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

It appears throughout the state, field hockey seems to be struggling with the Modified and JV programs. 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 and JV teams who do not have 11 players on their squads are 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. The Field Hockey committee is suggesting to pilot for 2 years a 9 V 9 game at the Modified and JV level using a regulation field with minimum adjustments and adjusted rules for this level game.

Some adjustments would be:

1. Narrowing the width of a regulation field.
2. Play 12-minute quarters instead of 15 minutes with substitution on the fly.
3. Play penalty corners with a full defensive team available.
4. All players at the Modified level are 5 yards away on all free hits.
5. Both teams will play with an equal number of players on the field during games.
6. No overtime with teams with less than 11 v 11 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 staff a chance to evaluate how their players are progressing. This pilot program may bring Modified and JV programs that have been dropped due to low enrollment back. Modified/ JV sports are about young developing players. Let's not drop a Modified or JV program because they don't have 11 players on their team. Let's allow the smaller schools or programs the opportunity to play.

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

New York State Public High School Athletic Association



Executive Committee Meeting – February 4, 2026

Competitive Cheerleading: Classification Cut-Off Numbers

- Action Item
- Discussion Item
- Informational Item

Presenter:

Jen Simmons, NYSPHSAA Cheerleading State Coordinator

Proposal:

The NYSPHSAA Cheerleading Committee is recommending the following Classification Cut-Off numbers for Competitive Cheerleading. The proposal updates the same philosophy as has been currently used for classifications: top 75, bottom 100 and splitting the rest into two divisions, along with a CO-ED division. Viewing our current numbers, due to changes in enrollment as well as teams participating, the below new numbers are being recommended.

Class A – 973 and up – 75 schools
Class B – 972 to 613 – 110 schools
Class C – 612 to 274 – 110 schools
Class D – 273 and below - 100 schools
Co-Ed – One Class

Effective Start Date:

2026—2027 Winter Competitive Season

Rationale:

The Cheer Committee felt that the numbers needed to be reviewed, as once again the number of teams in one division was much higher than the others and was no longer close to our initial class divisions number of teams. So after the two years at the current numbers, the participating schools BEDS numbers were reviewed. To reinforce our initial philosophy, The Cheer Committee agreed that most of our smaller schools were once again not able to compete and be successful against the larger schools with the current divisional breakdown. The current numbers left: Class A with 68 schools, Class B with 129 schools, Class C with 109 schools and Class D with 89 schools.

Proposal Originated:

NYSPHSAA Cheerleading Committee

Budgetary Impact:

None.

Notes:

All Section Cheerleading Representatives, reviewed and approved these new numbers

DATE REVISED: January 12, 2026

**SOFTBALL– ESTABLISH PREGAME TIMELINE AND PROTOCOL
FOR REGULAR SEASON GAMES**

- Action Item
- Discussion Item
- Informational Item

Presenter:

Dr. Jim Wright, NYSPHSAA Softball State Coordinator

Proposal:

The NYSPHSAA Softball State Committee is requesting approval to adopt a standardized pregame timeline and protocol for all regular season contests to start at the scheduled time for that game.

Effective Start Date:

Spring 2026

Rationale:

Due to concerns from umpires, coaches, and the state committee, it is necessary to set a timeline and rules to ensure warmups and games start on time in addition to sportsmanship being demonstrated.

The committee unanimously recommends implementing a **30-minute pregame clock** for the visiting team beginning upon the visiting team’s arrival at the field. This period would allow time for personal preparation and adequate on-field warm-up. In alignment with existing state tournament procedures, the **home team is expected to complete its warm-up activities prior to the visiting team’s arrival** to prevent delays and reduce gamesmanship.

Recognizing that some facilities require additional walking time from the parking area to the playing field, reasonable accommodations may be made when those circumstances exist.

The overarching goal of this proposal is to **ensure games begin promptly**, respecting the time commitments of umpires, coaches, student-athletes, and spectators while maintaining fairness and consistency across all programs.

The 30-minute clock will be monitored by game officials.

Proposal Originated:

NYSPHSAA Softball Committee on December 3, 2025

Budgetary Impact:

None

Notes:

The NYSPHSAA Softball State Committee voted 11-0 in favor of this proposal at its December 3rd meeting.

Championship Philosophy -
Establish Standard Qualifying Criteria for Championships in Which
Athletes Qualify by Time

- Action Item
 Discussion Item
 Informational Item

Presenter:

Todd Nelson, Assistant Director
Joe Altieri, Assistant Director
Chris Joyce, Director of Foundation & Marketing

Proposal:

Consider approval to create standard criteria for how athletes may qualify for state championships in which athletes qualify by time. The criteria would state:

- A qualifying standard must be set by the committee each year prior to the start of their season, with approval from the Central/Executive Committee.
- Only automated timing results may be used for qualifying standards; no hand timing results may be used.
- Athletes may only qualify for the state championships at a state qualifier meet. The following athletes would qualify in each event:
 - o The first-place finisher
 - o Any place finisher within the top 5 that achieved the qualifying standard at any time during the season
- No exceptions or waivers would be granted for athletes that did not compete in the state qualifier meet.

Effective Start Date:

Fall 2027

Rationale:

The membership has expressed concerns with the number of athletes qualifying in events for individual championships. Each sport has different qualifying standards, and many allow athletes to qualify at any time during the year, which makes it difficult to control the number of qualifying athletes in each event from a particular section. The criteria listed in the proposal would help limit the number of athletes within an event without sacrificing the quality of the meet. A majority of the time a section will send two athletes per event, with allowances for exceptional athletes that may bring the total number of qualifiers up to five.

By requiring athletes to qualify only at the state qualifier meet, it ensures quality competition with a field of athletes that have all earned their right to participate.

For clarity, an example of who may qualify in a race is provided below:

100M Dash

Athlete 1: 10.69

Athlete 2: 10.81 – qualifying standard during the year

Athlete 3: 10.96

Athlete 4: 11.03 – qualifying standard during the year

Athlete 5: 11.14

Athlete 6: 11.32

Athlete 7: 11.58

Athlete 8: 11.70

A race contains 8 athletes. Athlete 1 qualifies as the winner of the race. Athletes 2 and 4 qualify for hitting the qualifying standard during the year and finishing in the top 5. No other athletes qualify from this race.

Proposal Originated:

NYS PH SAA staff at the request of the Championship Philosophy Committee

Budgetary Impact:

A change in costs to sections will likely occur but will vary by sport and by section.

Notes:

This would currently apply to Boys and Girls Swimming & Diving, Skiing, Indoor Track & Field, and Outdoor Track & Field. Diving and field events would be included because they are events within a championship in which athletes qualify by time.

Current qualification processes are:

Boys and Girls Swimming & Diving:

A qualifying standard is the 5-year average of the 20th place finisher in that event.

Adjustments may be made to keep the total number of participants at or below the 8% threshold.

Skiing:

In each Alpine and Nordic: one school team per section, three individuals per section, and at-large competitors selected based on a formula considering the number of programs in a Section and the winning Section from the previous year's meet.

Indoor Track & Field:

Each section may send the top two competitors per event, plus the third-place finisher if they have met the qualifying standard. The qualifying standard is the 5-year average of the 6th place finisher. Sections are permitted one entry per relay event.

New York State Public High School Athletic Association



Outdoor Track & Field:

A qualifying standard and super standard must be set by the committee each year prior to the start of their season, with approval from the Central/Executive Committee.

Athletes may only qualify for the state championships at a state qualifier meet. The following athletes would qualify in each event:

- The first place finisher
- The next highest place finisher that achieved the qualifying standard at any time during the season
- Any place finisher within the top 5 that achieved the super qualifying standard at any time during the season
- No exceptions or waivers would be granted for athletes that did not compete in the state qualifier meet.

Attachments:

None

**Championship Philosophy - Amend Championship Philosophy Regarding
Percentage of Championship Participation**

- Action Item
 Discussion Item
 Informational Item

Presenter:

Todd Nelson, Assistant Director
Joe Altieri, Assistant Director
Chris Joyce, Director of Foundation & Marketing

Proposal:

Consider approval to amend the designated participation range in the NYSPHSAA Championship Philosophy to a recommended maximum of 8% of varsity participation in that sport. Sports could exceed 8% with Central/Executive Committee approval. The 5% floor would be removed. Percentage of participation would be one of several criteria used to determine tournament expansion, along with logistics, scheduling, venue capabilities, financial impact, etc.

Effective Start Date:

Fall 2027

Rationale:

The current criteria of 5-8% no longer meets the needs or fits the operations of the association. An upper limit is necessary to ensure high-quality competition, but the lower limit has not been followed nor does it contribute to achieving the goal of a quality championship event. Removing a minimum percentage of participation will also prevent the unnecessary expansion of tournaments in pursuit of reaching the 5% minimum. If a sport felt there was a legitimate reason to exceed the 8% limit, they could provide justification and submit a proposal for review by the Championship Advisory Committee and approval by the Central/Executive Committee. The 8% recommended limit should be one of several factors when considering expanding tournaments, and is not intrinsically a reason to expand. Other factors such as event logistics, scheduling, venue capabilities, financial impact, etc will be considered when evaluating proposals regarding the number of participants in championship tournaments.

Proposal Originated:

NYSPHSAA staff at the request of the Championship Philosophy Committee

Budgetary Impact:

Reduction in costs in events where participants may shrink, and increased awareness of financial impact with future participation proposals from sport committees.

Notes:

The following sports are currently over the recommended 8% threshold and would need to revise their criteria or provide justification for approval: skiing, gymnastics, boys swimming & diving, girls wrestling.

ORANGE COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION 2026-2027 CALENDAR – Draft

<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY/EVENT</u>	<u>LOCATION</u>
17 Aug (Mon)		Football may start (Varsity/JV/Freshmen)	
24 Aug (Mon)		All Other Sports may start (Varsity/JV/Freshmen)	
18 Aug (Tue)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
17-22 Aug		Fall Sports Rules Interp. Meeting (Varsity/JV/Mod)	<u>Virtual</u>
7 Sept (Mon)		Holiday (Labor Day) - Office closed	
3-8 Sept		First Day - Modified Fall Sports may start if school is open	
11-13 Sept. (Sunset to Sunset)		Holiday (Rosh Hashanah) – No league scheduled games	
14 Sept (Mon)	8:30 AM	NYSPHSAA Mandated Workshop	Otterkill Golf Club
15 Sept (Tues)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
21 Sept (Mon)		Holiday (Yom Kippur) – No league scheduled games – Office Closed	
7 Oct (Wed)	9:00 AM	Executive Committee Meeting	Orange-Ulster BOCES Carl Onken
12 Oct (Mon)		Holiday (Columbus Day) - Office closed	
13 Oct (Tues)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
11 Nov (Wed)		Holiday (Veterans Day) – Office closed	
9-13 Nov		Winter Rules Interpretation Meeting (Varsity/ JV/Mod)	<u>Virtual</u>
16 Nov (Mon)		Winter Sports may start (Varsity/ JV)	
17 Nov (Tues)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
23 Nov (Mon)		Modified Winter Sports may start	
25-27 Nov (Wed-Fri)		Thanksgiving Holiday – Office closed	
15 Dec (Tues)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
16 Dec (Wed)	9:00 AM	Executive Committee Meeting	Orange-Ulster BOCES Carl Onken
23 Dec- 3 Jan		Winter Recess	
18 Jan (Mon)		Holiday (Martin Luther King Day) – Office closed	
19 Jan (Tues)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
26-29 Jan (Tue-Fri)		Regents Week	
9 Feb (Tues)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
15-19 Feb (Mon-Fri)		President’s Day Feb. Recess	
23 Mar (Tues)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
24 Mar (Wed)	9:00 AM	Executive Committee Meeting	Orange-Ulster BOCES Carl Onken
8-12 Mar		Spring Rules Interpretation Meeting (Var/JV/Modified)	<u>Virtual</u>
8 Mar (Mon)		Spring Sports may start (Varsity/JV)	
15 Mar (Mon)		Modified Spring Sports may start	
26 Mar - 2 April		Spring Recess	
20 Apr (Tues)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
18 May (Tues)	-----	School Budget Vote Day	
20 May (Thurs)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
26 May (Wed)	9:00 AM	Executive Committee Meeting	Orange-Ulster BOCES Carl Onken
31 May (Mon)		Holiday (Memorial Day) – Office closed	
3 June (Thurs)	9:00 AM	OCIAA Scholar Athlete Breakfast	TBA
15 June (Tues)	9:30 AM	OCIAA Athletic Directors Workshop	Orange-Ulster BOCES Carl Onken
15-24 June		Regents Exams	
18 June (Fri)		Juneteenth – Office Closed	

<u>SECTION IX MEETING DATES</u>		<u>Section IX Start Dates – High School</u>	
Thurs. Sept. 10, 2026	Orange-Ulster BOCES Carl Onken – 9:30 AM	Football - Mon., Aug. 17, 2026	
Mon. Sept. 14, 2026	Otterkill Golf Club (NYSPHSAA Mandated Workshop) – 8:30 AM	Other Fall Sports – Mon., Aug. 24, 2026	
Tues. Oct. 6, 2026	Orange-Ulster BOCES Carl Onken – 9:30 AM	All Winter Sports - Mon., Nov. 16, 2026	
Thurs. Nov. 5, 2026	Zoom Meeting – 9:30 AM	All Spring Sports - Mon, March 8, 2027	
Tues. Jan. 5, 2027	Orange-Ulster BOCES Carl Onken – 9:30 AM		
Tues. March 9, 2027	Zoom Meeting – 9:30 AM		
Thurs. April 6, 2027	Orange-Ulster BOCES Carl Onken – 9:30 AM	<u>Section IX Start Dates – Modified</u>	
Tues. May 11, 2027	Orange-Ulster BOCES Carl Onken – 9:30 AM	All Fall Sports – 1 st day school	
Thurs. June 10, 2027	TBA (In-person)	All Winter Sports - Mon., Nov. 23, 2026	
		All Spring Sports - Mon, March 15, 2027	
<u>NYSPHSAA Meetings:</u>	<u>SAT Test Dates</u>	<u>ACT Test Dates</u>	<u>PSAT Test Dates</u>
Oct. 21, 2026	September 12, 2026	Sept 19, 2026	Oct. 10, 2026
Feb. 3, 2027	October 3, 2026	Oct 17, 2026	
May 5, 2027	November 7, 2026	Dec 12, 2026	
July 27-28, 2027	December 5, 2026	Feb 27, 2027	<u>AP Exams</u>
	March 13, 2027	April 10, 2027	May 3-7, 2027
	May 1, 2027	June 12, 2027	May 10 – 14, 2027
	June 5, 2027		



LEARNING FOR LIFE

TO: Athletic Directors
FROM: Christopher P. Mayo, Interscholastic Athletic Coordinator
DATE: February 10, 2026
RE: OCIAA Senior Scholar-Athlete Award



The Senior Scholar-Athlete Award is given to a girl and boy in each OCIAA/MHAL member school. The guidelines for selection are:

- A. Top 20% class ranking
- B. Participation in at least one varsity sport
- C. Above average athlete
- D. Outstanding Citizenship

The High School Principal, Director of Guidance, and the Athletic Director should be involved in the selection process. **The deadline for submissions is on or before Friday, April 21, 2026.**

A Google form will be emailed to you this month for you or your winner(s) to complete no later than April 21.

If you have any questions, please call me at 294-5799.

CPM/mo



OCIAA Tyler Muise MVP Award Application

Nominee: _____

School District: _____

Sports Program: _____

Years Participated: _____

Athletic Director Signature: _____

The Tyler Muise MVP Award celebrates the unique ways in which students with special needs positively impact an interscholastic athletic program. These students give their time and effort to enhance the experience of all those around them and ask for nothing in return. The OCIAA is proud to honor the recipient of the Tyler Muise MVP Award at the annual OCIAA Senior Scholar Athlete Breakfast.

Requirements:

1. Nominee shall be a current special needs student that enhances an interscholastic athletic program with their support or participation.
2. A letter of recommendation for this award shall be sent from both the School District (Athletic Director, Coach, Teacher or Administrator), and a Captain of the team the student participates with.

Full Applicant package should be returned to us by May 1, 2026.

Return Documents to:
Regional Office of Interscholastic Athletics | 4 Harriman Drive | Goshen NY 10924
Fax: 845-291-7306 | email: christopher.mayo@ouboces.org



Sharon Delmonico Athletic Trainer of the Year Nomination Form

Nominee:

School District:

Athletic Director Signature:

Checklist: Completed Form _____

Letters of Recommendation _____

Personal Statement _____

Professional Portfolio _____

Supporting Documents _____

Testimonials (optional) _____

Due Date 4-20-26

Sharon Delmonico Athletic Trainer of the Year Award Application

All of the following needs to be included for consideration:

a. Personal Statement (500–750 words)

The nominee must submit a personal statement addressing:

- Their philosophy of athletic training.
- Specific achievements or initiatives they've implemented.
- How they've positively impacted the school and athletic community.

b. Professional Portfolio

The nominee must provide evidence of their work, which may include:

- Examples of injury prevention or rehabilitation programs they've implemented.
- Documentation of protocols or policies developed for the athletic department.
- Records of certifications, continuing education, or professional development.

c. Three letters of recommendation:

- One from a student-athlete describing the nominee's impact on their safety, recovery, and overall well-being.
- One from a coach detailing the nominee's collaboration, professionalism, and influence on the athletic program.
- One from the athletic director highlighting the nominee's leadership, innovation, and contribution to the school's athletic department.

d. Testimonials (Optional)

Additional optional testimonials (up to three) from parents, school nurses, administrators, or community members may be included.

e. Supporting Documents

- Proof of certifications (e.g., NATA or state license).
- Resume or CV highlighting relevant experience and education.

Criteria for High School Athletic Trainer of the Year Award

1. Excellence in Athletic Training Services

- Demonstrates outstanding knowledge and application of injury prevention, assessment, treatment, and rehabilitation.
- Maintains a safe and healthy environment for student-athletes during practices, games, and other athletic events.

2. Professionalism and Ethical Standards

- Adheres to the highest standards of professionalism and ethical practice.
- Displays exceptional communication skills with students, coaches, parents, and school administrators.
- Maintains confidentiality and integrity in all interactions.

3. Commitment to Education and Advocacy

- Provides education to student-athletes, parents, and staff on injury prevention and wellness.
- Actively advocates for athletic training and the well-being of student-athletes within the school and community.

4. Leadership and Collaboration

- Serves as a key leader in developing and implementing athletic safety protocols.
- Works effectively with coaches, administrators, and healthcare providers to ensure comprehensive care for student-athletes.
- Demonstrates the ability to manage high-pressure situations with confidence and skill.

5. Professional Development and Innovation

- Participates in continuing education opportunities to stay current in the field of athletic training.
- Implements innovative techniques or programs to improve athlete care and performance.

6. Impact on the Athletic Community

- Positively influences the athletic program, fostering trust and respect among athletes, parents, and staff.
- Shows a measurable impact on reducing injuries or improving recovery times.

- Encourages and mentors others interested in pursuing careers in athletic training.

7. Recognition and Contributions

- Actively participates in professional organizations or events related to athletic training.
- Has received recognition for exceptional performance or contributions to the field.
- Demonstrates a history of meaningful contributions to the school's athletic programs and community health initiatives.

Application Process for High School Athletic Trainer of the Year Award

1. Eligibility

- The nominee must be a certified and licensed athletic trainer serving at the high school level.
- Must have at least two consecutive years of service at the current school.

2. Nomination Process

Who Can Nominate:

- Athletic directors or school administrators.

Required Materials:

- Completed nomination form (provided by the award committee).
- Three letters of recommendation:
 - One from a student-athlete describing the nominee's impact on their safety, recovery, and overall well-being.
 - One from a coach detailing the nominee's collaboration, professionalism, and influence on the athletic program.
 - One from the athletic director highlighting the nominee's leadership, innovation, and contribution to the school's athletic department.

3. Application Components

a. Personal Statement (500–750 words)

The nominee must submit a personal statement addressing:

- Their philosophy of athletic training.
- Specific achievements or initiatives they've implemented.
- How they've positively impacted the school and athletic community.

4. Selection Process

Step 1: Review Committee Evaluation

- A panel of judges (including athletic directors, trainers, and educational leaders) will evaluate applications using a scoring rubric.

Step 2: Interview (Optional)

- Finalists may be asked to participate in a short interview with the review committee to further discuss their contributions.

Step 3: Final Decision

- The committee will select the winner based on the strength of their application, impact on the athletic community, and alignment with the award criteria.

5. Timeline

- Application Opens: 3-1-26
- Submission Deadline: 4-20-26
- Finalist Announcement: 5-4-26
- Award Ceremony: June 4th @ Otterkill Country Club
Senior Scholar Athlete Breakfast.

6. Award and Recognition

- A plaque honoring the recipient.
- Recognition at a school board meeting or athletic banquet

Criteria for Athletic Trainer Scholarship for Student Athletes

This scholarship criteria ensures that recipients not only demonstrate academic and athletic excellence but also show a strong commitment to advancing the field of sports medicine and athletic training.

1. Academic Achievement

- Minimum GPA: Maintain a cumulative GPA of 3.0 or higher on a 4.0 scale.
- Demonstrate a strong academic record, particularly in science courses (e.g., biology, anatomy, or kinesiology).

2. Career Goals

- Must plan to major in sports medicine, athletic training, kinesiology, or a related field in college.
- Submit a personal statement (500–750 words) detailing:
 - Why they are pursuing a career in athletic training or sports medicine.
 - Their passion for helping others and contributing to the field.
 - How the scholarship will help them achieve their goals.

3. Involvement in Athletics

- Active participation in high school sports as an athlete or a student assistant in the athletic program.
- Demonstrated understanding and appreciation for the role of athletic trainers in injury prevention and recovery.

4. Service and Leadership

- Evidence of leadership within the athletic program or broader school community. Examples include:
 - Mentoring younger teammates or student-athletes.

- Volunteering with sports-related events or community health programs.
- Participation in activities that reflect a commitment to the well-being of others, such as first-aid training, student athletic training assistant roles, or similar experiences.

5. Recommendations

- Two letters of recommendation:
- One from a coach or athletic trainer describing the student's character, work ethic, and dedication to sports medicine or athletic training.
- One from a teacher or school counselor highlighting the student's academic achievements and potential in the field.

6. Community and Extracurricular Involvement

- Participation in extracurricular activities, clubs, or volunteer work that supports their interest in health, sports, or community service.
- Preference for students who have shown initiative in promoting wellness or injury prevention in their school or community.

7. Additional Requirements

8. Must be accepted to or currently enrolled in a college or university with a declared major in sports medicine or athletic training.
9. Provide proof of acceptance or enrollment upon request.

8. Scholarship Website

- Community Foundation of Orange, Sullivan and Rockland
- <https://cfosrny.org/our-funds/scholarships/sharon-delmonico-memorial-scholarship-fund/>



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. 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.
REQUIRED	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. For Football: 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. For All Sports: 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. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: 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.

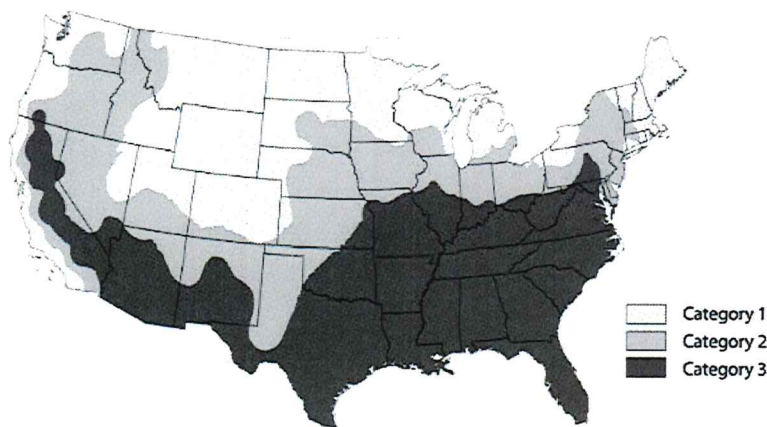


Fig. 2. Heat safety regions.

Use this link to determine the category of your location.

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

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

2025-2026
Section 9 Coaching Courses

Course Dates

Fall 2025: **Philosophies and Principles of Coaching:** October 20, 22, 27, 29.
Winter 2026: **Health Sciences:** December 9, 11, 16, 18
Spring 2026: **Theory and Techniques:** April 7, 9, 14, 16

Location

All classes will be held at Cornwall High School- 10 Dragon Drive, New Windsor NY

Time

6:00pm - 8:00pm

Registration Links

[Philosophies and Principles of Coaching](#)

[Health Sciences](#)

[Theory and Techniques](#)

Contact

Jason Semo, 845-534-8009 ext.7504 jsemo@cornwallschools.com



Spring Coaching Courses 2026

Interested in completing your coaching certification this spring?
Our 2025-2026 Coaching Courses will be offered in a **blended learning format**, combining online coursework with an **in-person skills session** (attendance is mandatory for in-person dates).

To Register:

Email **Amanda Zampini** at CoachingCourses9@gmail.com to receive registration details and access to the online course materials.

In-Person Location:

Carl Onken Conference Center Room
53 Gibson Road, Goshen, NY

Located behind the Career and Technical Education building, at the back of the parking lot next to O&M

In-Person Skills Session Dates:

April 13, 2026
April 27, 2026
May 12, 2026
June 8, 2026



Summer Coaching Courses 2026

Interested in completing your coaching certification this summer?
Our 2025-2026 Coaching Courses will be offered in a **blended learning format**, combining online coursework with an **in-person skills session** (attendance is mandatory for in-person dates).

To Register:

Email **Amanda Zampini** at CoachingCourses9@gmail.com to receive registration details and access to the online course materials.

In-Person Location:

Carl Onken Conference Center Room
53 Gibson Road, Goshen, NY

Located behind the Career and Technical Education building, at the back of the parking lot next to O&M

In-Person Skills Session Dates:

July 20, 2026
July 27, 2026
July 29, 2026
August 3, 2026
August 4, 2026
August 18, 2026

8:00 AM	Participant Arrival & Check In (Kaplan Gym Lobby) 'Grab & Go' Breakfast Available
8:30-9:20 AM	Summit Welcome (Kaplan Gym) Ice Breaking Activities
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	Closing Session - Kaplan Gym

1:00 PM Program Concludes

Grab & Go Box Lunches – pick up in Kaplan Gym Lobby

- Athletes may eat on campus or take lunch for the bus ride home

Participants rotate through all 3-breakout session Session Locations & Topics:

Kaplan Gym 1
Strengthen Your Inner Game

Desmond 101 – Multi-Purpose Room (Guzman Hall)
Student Athletes as Global Leaders

Hudson Hall Auditorium
Athlete → Athleader: Learning how to be the best leader in athletics and beyond

2ND ANNUAL STUDENT-ATHLETE LEADERSHIP SUMMIT

Presented by: Mid-Hudson School Study Council, Mount Saint Mary College & 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 MHSSC member school districts on Monday, April 20, 2026, at Mount Saint Mary College. The focus of the summit will be **Fostering Student-Athlete Growth & Leadership**

- When:** Monday, April 20, 2026
- Time:** 8:00 AM – 1:00 PM
- Where:** Mount Saint Mary College, 330 Powell Avenue Newburgh, NY 12550 (GPS Address)
- Who:** Team of (2) student-athletes per district and (1) Adult
- Cost:** \$100 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 # or email & a check on day of workshop.

REGISTRATION DEADLINE – MARCH 27, 2026

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!

Welcome to the Summit! Jesse Merchant (Section I) & Suzanne Lenzian (Section IX)

OPENING SESSION – KAPLAN GYM

TITLE: Ice Breakers & Activities for YOUR Team: Haliann Fitzgerald and the Valley Central Student Leaders

<p><u>KAPLAN GYM BREAKOUT SESSION:</u></p> <p><u>TITLE:</u> <i>Strengthen Your Inner Game</i></p> <p><u>PRESENTER:</u> Susan Cooney, Mindset Performance Coach -- Utica University Men's Basketball (Coachsusancooney@gmail.com)</p> <p><u>DESCRIPTION:</u> A reflective, skills-based workshop that helps athletes understand what's happening inside them so they can perform with greater clarity, steadiness, and purpose. Through simple awareness practices, breathing resets, and guided regulation drills, athletes learn how pressure influences their mind and body, how to return to neutral when emotions rise, and how to respond rather than react. This workshop builds the quiet skills behind confidence, composure, and consistency — reminding athletes that the inner work is what creates the outer results.</p>	<p><u>DESMOND 101 MULTI-PURPOSE ROOM BREAKOUT SESSION:</u></p> <p><u>TITLE:</u> <i>Student Athletes as Global Leaders</i></p> <p><u>PRESENTERS:</u> Michael Lowell, MSMC Asst. Athletic Director, Women's Lacrosse Coach, SAAC Advisor & MSMC SAAC Student Leaders</p> <p><u>DESCRIPTION:</u> How student athletes and SAAC leaders can use their acquired skills to make an impact on their campuses, locally and nationally.</p>
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<p><u>HUDSON HALL AUDITORIUM BREAKOUT SESSION:</u></p> <p><u>TITLE:</u> <i>Athlete  Athleader: Learning how to be the best leader in athletics and beyond</i></p> <p><u>PRESENTERS:</u> Bari Suman, Dave Halbreich & Mamaroneck Student Athletes</p> <p><u>DESCRIPTION:</u> Our goal is to give you the necessary tools you will need to fulfill your leadership role confidently and successfully, making a positive impact on the culture and performance of your program. This workshop will focus on:</p> <ul style="list-style-type: none">• Purpose of this Team Captain Workshop• Duties of a Team Captain• The 3 C's of Captainship• Do's and Don'ts of being a Team Captain• Ways to win the "team culture" game• Creating your own commitment to excellence	<p><u>KAPLAN GYM - CLOSING SESSION (12:15 – 1:00)</u></p> <p><u>TITLE:</u> <i>Student-Athlete Leadership and Decision Making</i></p> <p><u>PRESENTER:</u> Dr. Brooke Yerger, Associate Professor of Sports Management – Mount Saint Mary College</p> <p><u>DESCRIPTION:</u> The closing session, led by Dr. Yerger, will discuss the role of student-athletes in developing campus culture.</p>
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OCIAA 2025-2026 WINTER SPORTS CHAMPIONS

<u>SPORT</u>	<u>DIVISION</u>	<u>CHAMPION</u>	<u>COACH</u>
Alpine Skiing - Boys	Division I	Sullivan West	Lionel Billard
	Division II	Warwick	Matt Carcaterra
Alpine Skiing - Girls	Division I	Monticello	Steve Duarte
	Division II	Cornwall	Bryan Bentley
Basketball – Boys	Division I	Kingston	Ron Kelder
	Division II	Goshen	Sal D’Angelo
	Division III	Beacon	Patrick Schetter
	Division IV	O’Neill	Pete DeLeo
	Division V	Eldred	Bill Furler
	Division VI	Chapel Field	Brad McDuffie/Mike Bonagura
Basketball – Girls	Division I	Newburgh	Matthew Greenbaum
	Division II	Cornwall	Dan Lang
	Division III	Beacon	Carolann DelBene
	Division IV	O’Neill	Darren Sorenson
	Division V	Seward	Joe DiMattina
	Division VI	Eldred	Anthony Margarum
Indoor Track – Boys	Division I	Monroe-Woodbury	Matthew Hemmer
	Division II	Warwick	Michael Potter
	Division III	Beacon	Jim Henry
	Division IV	Rondout	Jake Maloney
	Division V	Sullivan West	Sean Reuss
	Division VI	Tri-Valley	Tyler Eckhoff
Indoor Track – Girls	Division I	Monroe-Woodbury	William Mpaskiakos
	Division II	Cornwall	David Feur
	Division III	Liberty	Rich Feeny
	Division IV	Rondout	Andrew Ugolino
	Division V	O’Neill	John Flynn
	Division VI	Tri-Valley	Travis Wolfe
Swimming – Boys	Division I	Kingston	Chris Sammons/Phil Lettre
	Division II	Monroe-Woodbury	Justin Wright
	OCIAA League Champion DI	Kingston	Chris Sammons/Phil Lettre
	OCIAA League Champion DII	Warwick	Frank Woodward
Wrestling-Boys	Division I – A	Middletown	Jason Lichtenstein
	Division I – B	Minisink	Kevin Gallagher
	Division I – C	Wallkill	Anthony Ng
	Division II – A	Port Jervis	Jon Foley
	Division II – B	Chester	Jimmy Ehlers
	Wrestling-Girls	Section IX Team Champion	Minisink

SECTION IX 2025-2026 WINTER SPORTS CHAMPIONS

SPORT

Competitive
Cheerleading

SECTION CHAMPION

Class A Newburgh
Class B Warwick
Class C Dover
Class D Seward
Co-Ed Goshen

COACH

Adelaide Burns
Elizabeth Sullivan
Amanda Davies-Bogin
Francesca Allen
Kim Milazzo