

Pre-Season Coaches Mtg

August 9, 2022



Sentinel High School
Academic and Athletic Excellence

Agenda

- Trainer – Dustin Burton
- Equipment Manager – Mike Matz
- Annual Training
- “Housekeeping”
- Travel
- Attendance
- Code of Conduct
- Communication
- Expectations/Liabilities (Duties of a coach)
- Sportsmanship
- Contact Info



Athletic Trainer



Dustin Burton, cell: (406) 239-8971

Emergency Action Plans

Coaches role – assist (crowd, 911 call, etc)

Venu specific

Physical Clearances – Coach → Dustin → Steph

Air Quality

MT Health Dept.

Site Measurement (Mt. Sentinel)

Outdoor Activity Guidelines Based on Air Quality

Health Effect Category	Good	Moderate	Unhealthy for sensitive groups*	Unhealthy	Very Unhealthy/ Hazardous
Visibility (miles)	13+	9-13	5-9	2-5	Less than 2
NowCast Concentration ($\mu\text{g}/\text{m}^3$)	≤ 12	12 - 35	35 - 55	55 - 150	150 +
Outdoor Activity (15-30 minutes)	No limitations	No limitations	Sensitive groups should remain indoors as much as possible. If outdoors, limit vigorous activity.	Everyone should remain indoors as much as possible. Keep indoor activity levels light to moderate. If outdoors, keep activity levels light.	Everyone should remain indoors as much as possible. Keep indoor activity levels light.
Outdoor Activity (1 hour)	No limitations	Monitor sensitive groups and limit their vigorous activities.	Sensitive groups should remain indoors as much as possible. If outdoors, keep activities light to moderate.	Everyone should remain indoors as much as possible. Find alternative indoor activities in an environment with good air quality. Keep indoor activity levels light.	Everyone should remain indoors as much as possible. Find alternative indoor activities in an environment with good air quality. Keep indoor activity levels light.
Outdoor Activity (2-4 hours)	No limitations	Monitor sensitive groups and limit their vigorous activities.	Sensitive groups should remain indoors as much as possible. If outdoors, sensitive groups should keep activities light and avoid activities over 2 hours. Consider moving practices and events indoors. If events are not cancelled, increase rest periods to allow for lower breathing rates.	Everyone should remain indoors as much as possible. Reschedule events or relocate to an area with good air quality. Keep indoor activity levels light.	Everyone should remain indoors as much as possible. Reschedule events or relocate to an area with good air quality. Keep indoor activity levels light.

Visit www.todaysair.mt.gov for local air quality conditions and more information.

Equipment Manager



Mike Matz, cell: (406) 591-0674

Communication

- Loop me in on all school issued gear orders
- I contact Head Coaches unless there is a different arrangement
- Make sure I have correct contact info.
- Alert me of any items you remove from Equipment Room

Equipment Manager



Check-Out / Check-In Process

- Set up a date & time with me
- I need at least 1 coach to help
- Handling school issued gear in-season
- Check-In options

Annual Trainings



** Includes Coaches & Volunteers

NFHS Fundamentals in Coaching - *5 years*

NFHS Concussion in Sports – *1 year*

NFHS Rules Clinic, sport specific – *1 year*

NFHS Bullying and Harassment – *1 year*

MCPS BloodPathogens – *link*

MCPS Title IX - *link*

CPR/First Aid Certification

“Housekeeping”



Check & Update DragonFly (trainings/player info)

School Pictures (Aug 23-24 @ Cafeteria)

Team Pictures

Equipment Orders – work through Alesia first

Gathering Physical Forms – Coach → Dustin → Steph

Coaches contracts signed

Cut policies, cut score sheets (completed)

Practice Times & Plans

Rosters to Alesia (need to know transfers!)

Travel



Beach Transportation

Andrea has your schedule - double check!

Email Attendance, All Staff 24 hours in advance

Travel roster, Depart time, Class periods

Remind app for players, parents

Make up assignments

Travel Release form

Last one out

Attendance Policy



- Students must be in attendance every scheduled period until coach excuses
- Absences make a student ineligible for practice or participation on that day.
- Absences for exempt reasons; legal, medical or bereavement are excluded with appointment documentation.

Code of Conduct



KNOW THE CONSEQUENCES	1st Violation	2nd Violation	3rd Violation
Suspension from public aspects of activity	1 year	1 year	Ineligible for rest of HS career
w/ approved education program	30 days	60 days	X
w/ self-report & education program	20 days	50 days	X
Continues to engage in activity	Yes	Yes	No



Communication

Use *Remind* (No Social Media/Texting)

Both athletes and parents

Call/email/face-to-face – COMMUNICATE!

Playing time/roles

Clarity with athletes and parents



Expectations

Proper Technique Instruction - PD
Supervision!!

Bus/Locker room/Practice areas/Overnights

Communication

Remind (No Social Media/Texting) for parents & athletes
Know when to call, email, face-to-face



Sportsmanship

- Expected of everyone; Coaches model expectation.
- Show respect for opponents.
- Show respect for ourselves
- Show respect for officials.

Contact Info

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**ANYTHING THAT CAN BE DONE TO IMPROVE
THE CHARACTER OF ATHLETES AND TEAMS
CAN IMPROVE THE CHANCE OF SUCCESS IN
EVERY WAY INCLUDING THE SCOREBOARD**

BRUCE BROWN