



MONTY TECH

FALL ATHLETIC NEWSLETTER

2016



IMPORTANT INFORMATION FOR ALL ATHLETES!!!

FROM THE ATHLETIC DIRECTOR

All students, participating in the Athletic program, must have **ALL** necessary forms filled out before they may begin practice. Forms needed to sign up for an athletic team will be available at the Main Office throughout the summer. They may also be downloaded from the Monty Tech website:

(www.montytech.net) Look under "Athletics"- "Forms", to get the forms needed. Look them over carefully and fill out the forms that pertain to you.

FORM 1

CLEARANCE FOR PRACTICE CARD

This card is very important. Put your name on the front (top) of the card and the sport(s) you will be playing this school year. On the back (bottom) is the emergency information that is needed in case of an injury. Please fill it out **completely** and **neatly**. Your Parent/Guardian should sign the back (bottom) of the card. I will check off the information on the front (top) of the card, when I receive it, and give the card to your coach. You need to fill out only one card each school year.

FORM 2

STUDENT/PARENT PARTICIPATION AGREEMENT

This form should be read carefully and filled out by both the student and the parent. It should be turned in with Form 1. Cross out the sports you **will not** be playing. You need this form only once each school year.

Form 3 (Sheet)

PHYSICALS

This form is needed, if you plan on getting a school physical. The school doctor is scheduled to give physicals on - Thursday, August 18 at 1:00 p.m. and Friday, August 19 at 9:00 a.m..

You must call the school and reserve a slot for your physical by Friday, August 12. You should wear shorts and a t-shirt. **You must have this form signed by your parent/guardian and you** to obtain a physical at Monty Tech or have them come in with you at the time of the physical. You should be at the school ½ hour before the physicals to complete the pre-physical information. If you get a physical over the summer by your own Doctor, please bring a copy of the completed physical form with you to the "Meet the Coaches Night" or you may send it to my office. Remember you must have a physical on record at the school before you may begin practice. Physicals must be done yearly. The school's telephone number is: 978-345-9200 ext. 3660.

LATE BUSES

Late buses for all athletic teams will begin on Wednesday, August 31, 2016. Buses will leave Monty Tech at 6:00 p.m., during the first week. After the first week, they will be scheduled for Monday, Wednesday and Thursday's, at 4:15 and 6:00. And Tuesday and Friday's at 6:00 only. These buses will take you to the center of the town you live in. You must sign up in the Main Office before 1:00 p.m. daily for the bus.

ATHLETIC INSURANCE

Athletes, who would like added athletic insurance, may sign up on the **Bob McCloskey Insurance** website. You can obtain full 24-hour/365 day coverage, including dental for about \$60.00. The Monty Tech athletic policy is **not** 100% coverage. The web site to sign-up is: www.bobmcloskey.com

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FOOTBALL

The 2016 Football season will be upon us very soon. This summer is very important for another successful season. If you need new shoes, get them now and break them in. All players should be doing daily running (sprints and distance). The school doctor will do physicals on Aug. 18 at 1:00 p.m. **NO** one will practice without proof of a physical within the last 13 months. You **must** complete the **Student/Parental Participation** form and the **Clearance for Practice** card before the start of practice. These forms/cards are available in the main office at the school, out side Mr. Reid's office or you can download them from the Monty Tech website. The weight room will be closed starting 8/8/16 until the season starts. The Football Camp is the week of August 8 – August 11 from 5:00 – 8:00 p.m. Brochures are available in the Main office at the school.

EQUIPMENT ISSUE:

For players attending camp only:

Wednesday – August 3 5:30 – 7:00 (at Field House)
or Monday, August 8 4:00 before camp starts.

All other players:

Monday – August 15

Grades 10 – 12: 3:00 – 5:30 (at Field House)
Grade 9: 4:30 – 5:30 (at Field House)

MANDATORY TEAM MEETING:

Thursday, August 18 4:00 – 6:00 (In new gym) All players must attend., Freshmen through Senior.

PRACTICE SCHEDULE:

Friday, August 19 – Helmets only! 4:00 – 6:00 p.m.
(Helmets, practice jerseys, shorts, cleats and mouth pieces only)
Doors open at 3:15 – Meet on field at 4:00

Saturday, August 20 - Helmets only! 9:00 – 11:00 a.m.
Doors open at 8:15 a.m. – Meet on field at 9:00 a.m.

Sunday, August 21 - **OFF**

Monday, August 22 – Helmets only! 4:00 – 6:00 p.m.
Doors open at 3:15 p.m. Be on field at 4:00.

Tuesday, August 23 Grade 10 – 12 only 3:00 – 5:15
Wednesday, August 24 Grade 10 – 12 only 3:30 – 6:00 p.m.
Doors open at 2:15 p.m. on Tuesday and 2:45 on Wednesday.

Thursday/Friday August 25-26 Practice 9:00 a.m. – 11:30 a.m.
Full Pads!! Walkthrough 2:00 – 3:00 p.m.
Helmets only! Doors open at 8:00 a.m.
Lunch will be provided. Players may not leave The campus.

Saturday, August 27 – Scrimmage @ Lunenburg – 10:00 a.m.

Sunday, August 28 - **OFF**

Monday, August 29 3:15 – 5:45 Full Pads. Doors will open at 2:30 p.m.

Tuesday, August 30 – Scrimmage with Franklin CT 4:00 p.m.

Wednesday/Thursday, August 31/September 1
3:15 – 5:45 after school.

Friday, September 2 – Scrimmage with Marion 7:00 p.m.

Saturday/Sunday, September 3-4: **OFF**

Monday, September 5 – Labor Day 9:00 – 11:00 a.m.
Doors open at 8:15 a.m.

FOOTBALL CAMP – Aug. 8 – Aug. 11 5:00 – 8:00
Brochures in the Main Office at Monty Tech.
Cost is \$80.00

"MEET THE COACHES NIGHT"

August 15 6:00 p.m. (IN AUDITORIUM)
All players (9 – 12) must attend with a parent/guardian.





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BOYS SOCCER

PRE-SEASON PRACTICE SCHEDULE:

Practices begin August 25 and will run from 3:00 – 5:45 daily.

There will be some weekend practices as we prepare for the season. Other information will be given out at the first meeting at the “Meet the Coaches Night” on August 15.

First Game is on Sept. 7 @ Assabet

Players should bring the following items to practice:

Cleats, running shoes, 4 pair of socks, 2 pair of shorts and shirts, shin guards, light jacket or sweatshirt, mouthpieces will be issued.

You **must** complete the **Student/Parental Participation** form and the **Clearance for Practice** card before the start of practice. These forms/cards are available in the main office at the school or you can download them from the Monty Tech website.

“MEET THE COACHES NIGHT”

August 15 6:00 p.m. (IN AUDITORIUM)
ALL PLAYERS MUST ATTEND WITH
A PARENT/GUARDIAN.

GIRLS SOCCER

Soccer season will be here before you realize it. The time to begin preparing for soccer is mid-June thru the summer into mid-August. Informal workouts are usually organized by returning players during the summer. These workouts are open to all Monty Tech students, grades 9 – 12. Official on field activities will begin on August 25. All players should be prepared to attend all soccer practices and meetings from that point going forward. Please be aware that all players must participate in Try-Outs during this period of time, as the Varsity team, and JV team selections will be made by the coaches. Players are reminded that a doctor’s physical, parental permission form and other forms will be due at the “Meet the Coaches Night”. All paperwork must be reviewed and signed by the Athletic Director before you attend practice or Try-Outs. Have a Great Summer!!

PRE-SEASON PRACTICE SCHEDULE:

Practices begin August 25 and will run from 3:00 – 5:45 daily. There will be some weekend practices as we prepare for the season. Other information will be given out at the first meeting at the “Meet the Coaches Night” beginning at 6:00.

“MEET THE COACHES NIGHT”

August 15 6:00 p.m. (IN AUDITORIUM)
ALL PLAYERS MUST ATTEND WITH
A PARENT/GUARDIAN.

Call Coach Scaduto, if you have any questions.
Telephone Number: 508-463-6062





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FIELD HOCKEY

On the first day of practice players will need the following:

Sneakers, cleats, sticks, extra socks, shin guards, mouthpieces and beverages. Sticks, mouthpieces and shin guards will be provided to players, who need them.

It is expected that all players will do their own conditioning over the summer. It should consist of long distance running, sprints, stick handling, drives and stops. On the first day of practice you will be tested on those conditioning drills. You will have to meet some requirements to be considered for a starting varsity position. The more work you do over the summer, the easier it will be when school starts.

Run! Run! Run!

PRE-SEASON PRACTICE SCHEDULE:

Practices begin August 25 and will run from 3:00 – 6:00 daily. There will be some weekend practices as we prepare for the season. The Varsity & JV squads will be decided on Friday, August 26 after practice. The Varsity team will practice both Monday and Tuesday, August 29/30 from 3:00 – 6:00 p.m. Practice will resume as scheduled for Varsity and JV on the first day of school from 3:00 – 5:45p.m.

You **must** complete the **Student/Parental Participation** form and the **Clearance for Practice** card before the start of practice. These forms/cards are available in the main office at the school or you can download them from the Monty Tech website.

“MEET THE COACHES NIGHT”

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CROSS COUNTRY

All runners should be running and working out **AT LEAST** three days a week over the summer. Start slow; 2 – 3 miles every other day and build up to 5 miles by the middle of August. Distance is more important than speed early in the season and during training. It is also very important that all athletes do **DYNAMIC** stretching before a run, and **STATIC** stretching after a run. Be able to run 4 miles the first day of practice!!

All runners must go to: runnersworld.com and design a training program online. Go under the “Training “ tab and design your desired workout and/or distance. You should design your training program around a 10K regiment, with one day reserved for a long run.

PRE-SEASON PRACTICE SCHEDULE:

August 25: 9:00 a.m. – 11:00 a.m.
August 26: 9:00 a.m. – 11:00 a.m.
August 29 – Sept. 2: 3:00 p.m. – 5:00 p.m.

A Cross-Country Summer Workout may be downloaded from the Monty Tech website under “Athletics”.

You **must** complete the **Student/Parental Participation** form and the **Clearance for Practice** card before the start of practice. These forms/cards are available in the main office at the school or you can download them from the Monty Tech website.

“MEET THE COACHES NIGHT”

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GOLF

PRE-SEASON PRACTICE SCHEDULE:

Practices will begin on Thursday, August 25. Players should meet at the Practice Putting green at the Gardner Golf Course at 11:00 a.m. Practice will be held on Friday, August 26 at the same time. When school starts on August 31, a bus will take players to the course and pick them up at the end of practice. They will return to Monty Tech in time for the 6:00 late bus. Parents may pick students up at the course, if they like. Buses home will not be provided after matches, home or away. Get out and play as much as possible before the first week of practice. Golfers should work on physical fitness as much as possible: Push-ups, sit-ups, squats and any form of aerobic exercise. Hard work in July and August will pay off on the course.

You **must** complete the **Student/Parental Participation** form and the **Clearance for Practice** card before the start of practice. These forms/cards are available in the main office at the school or you can download them from the Monty Tech website.

“MEET THE COACHES NIGHT”

August 15 6:00 p.m. (IN AUDITORIUM)
ALL PLAYERS MUST ATTEND WITH
A PARENT/GUARDIAN.



VOLLEYBALL

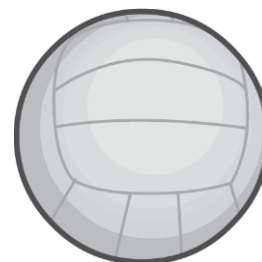
PRE-SEASON PRACTICE SCHEDULE:

Practices will begin on Thursday, August 25 from 3:00 – 6:00 daily. Perspective players should have sneakers, shorts and a t-shirt. Please be on time.

You **must** complete the **Student/Parental Participation** form and the **Clearance for Practice** card before the start of practice. These forms/cards are available in the main office at the school or you can download them from the Monty Tech website.

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VARSLITY CHEERLEADING

Welcome to Monty Tech Cheering. As a cheerleader you will have an obligation to yourself, your teammates, your peers and Monty Tech to uphold certain principals and morals. Thus, I feel it necessary to make sure that we are all on the same page. This will ensure a smooth, successful season for everyone.

Expectations:

1. To be enthusiastic about being on the squad.
2. Come to EVERY practice and game. (3 misses and you WILL BE dismissed from the squad.)
3. Have a great attitude and the will to work hard.
4. Keep your grades up.
5. Have "tough skin".

What you need:

- * Cheering Sneakers (All White)
Purchase on your own.
- * 3 pair of no-show athletic socks (you must provide your own)

Things to Know for the Upcoming Season

- * **Summer group workouts** will take place on Tuesdays and Thursdays starting July 12 and run through August 18 from 4:00 – 6:00 on the track. Girls should Make **EVERY EFFORT TO ATTEND.**
- * All Freshmen will be required to purchase their own uniform and warm-up. The total for this is \$350.00. This must be paid by the end of the season. Several fundraising opportunities will be available to offset the cost.
- * **Competition/Games:** Everyone who would like to cheer may do so **AT GAMES. I WILL NOT** take all girls to competition. You **MUST** earn your place through effort, good attitude, fantastic attendance and progressive skills.
- * **Car Wash:** We will be having a car wash on Saturday, August 13 from 8:00 – 12:00. I am looking for parent volunteers to help out with this fundraisers as well.

TRYOUT INFO:

Tryouts will be held on Tuesday, August 23 and Wednesday, August 24 in the new gym from 6:00 – 7:30. **EVERYONE, in grades 9 – 12, including freshmen, must attend BOTH DAYS OF TRYOUTS.**
Please call Coach Aubuchon at: 978-771-8419, if you have any questions or concerns.

This will be the year of NO EXCUSES! If you cannot fully Commit to the squad, please do not join the team. To be a good squad takes dedication, to be a great squad takes dedication and effort. Please do your part!

You **must** complete the **Student/Parental Participation** form and the **Clearance for Practice** card before the start of practice. These forms/cards are available in the main office at the school or you can download them from the Monty Tech website.

MONTY TECH SCHEDULES/FORMS:

TO DOWN LOAD FORMS:

- * Go to the Monty Tech home page: www.montytech.net
- * Click "Athletics"
- * Go to "Forms" and download forms needed.

TO GET SCHEDULES:

- * Click schedules. (They will be up by August 1)

MEET THE COACHES NIGHT

MONDAY, AUGUST 15

6:00 (IN THE AUDITORIUM)

ALL ATHLETES MUST ATTEND WITH AT LEAST ONE PARENT/GUARDIAN. MONTY TECH AND MIAA RULES WILL BE DISCUSSED. HEAD INJURY/CONCUSSION INFORMATION AND THE ISSUE OF OPIOID USE AND ABUSE WILL BE GIVEN OUT, AS REQUIRED BY THE STATE. TEAMS WILL THEN SPILT UP TO MEET COACHES AND RECEIVE INFORMATION ABOUT THE UPCOMING SEASON.

