



Hamburg Central School District

Family Information Night

HCS D Athletics

March 27, 2024 7pm HHS Auditorium

Welcome

Acknowledgements

Custodial, Clerical, Nurses, Faculty Managers, Coaches, Student Athletes, Families, IT staff, HS administration

Bulldog Boosters

Parents/Guardians

Inspiring today. Empowering tomorrow.



Hamburg Bulldog Boosters

President - Amy Kane



[Boosters Website](#)

[Bulldog Boosters Projects](#)

Being a Bulldog

Educational Athletics - We need to live this!

DASA - Treatment of other Students

Officials

Opposition

The greatest gift an athlete can be given is a great opponent

Eligibility

Academics

Physical Education Class

Health - Injury Protocols - Reanne Dressler, Trainer

Concussion

Return to play

Doctor's Release



Being a Bulldog

Doing your job - on the field, off the field

Student Handbook

Social Media Use and Misuse

Alcohol/Tobacco/Vaping/Drugs

Cross Training Athletics, Mike Masters

How do we talk to our student athletes?

Challenge of separating the person from performance

Mental Health for Student Athletes

*Tina LaMendola, Paul Thompson

tlamendola@hcsdk12.org,

pthompson@hcsdk12.org

Normalizing of mental health



Intro

Paul Thompson: Social worker at the middle and high school.

Advanced Certificate in Sports Social Work, Coach Hockey, and Modified lacrosse

Tina and I developed curriculum two years ago to help with the stigma behind athletics and mental health.

Senior Story



Last Year Recap Mental Health Talks

Recap of last year and how the curriculum is progressing

- Other districts buying in
- Starting to train coaches
- Talking with parents about athletes mental health issues
- Multi-year rotation for coping strategies and psycho education for athlete specific mental health challenges



Covering This Year, Gaining Edge on Comp.

The focus for this year will be sports anxiety in your sport and how to deal with it.

We will cover:

- Why sports anxiety happens and what it looks like for the common athlete, [How to judge performance for athletes, coaches and parents.](#)
- How to manage the anxiety utilizing self-talk, goal setting, and understanding your motivation for playing.
- Gain resources for where to get additional help for your athletic performance anxiety.



Check This Out



Inspiring today. Empowering tomorrow.



Being a Bulldog

Arbiter Live

Changes of schedules

Pictures -April 23, 24

Communication with Coaches

NCAA Eligibility Center

Athletics office - 716-646-3344

tadams@hcsdk12.org,
lmcgahey@hcsdk12.org,
akane@hcsdk12.org

schaffee@hcsdk12.org,
jmcfall@hcsdk12.org

District Nurse - Erin Agle

eagle@hcsdk12.org

District Trainer - Reanne Dressler

rdressler@hcsdk12.org



Being a Bulldog

District Issued Equipment,
Uniforms

Capital Project Update

Go Get 'em Bulldogs!!

