

WELCOME
2021 FALCON FALL
SPORTS PARENT MEETING



It's a Great Day to be a Falcon!



2021 Fall Sports Parent Meeting

PARTNERSHIP

FALCON ATHLETIC POLICIES

MEET YOUR COACHES

TEAM BOOSTER CLUBS



FALCON SPRING COACHING STAFF

- Athletic Trainers - Nathan Cogdill & Lauren McElroy
- Football - Dan Lee (HC), Nick Isola, George Meyer, Marc Debellis, Matt Revel, Charles Diskin, Anthony Arcaro, Jon Grasso
- Field Hockey - Sarah Cummings (HC), Kerry Curran, Grace Martini
- Boys Soccer - Steve Mackenzie(HC), Joe Yannone, Gordon Deal
- Girls Soccer - Christian Jessop (HC), Eugene Giaquinto, Casey Rupon, Kaitlyn Carduner
- Girls Tennis - Matt Olszewski (HC), Abbe Fleming
- Boys XC- Nick Puleio (HC), Traci Rickert
- Girls XC - , Mary Howroyd (HC), Mark Straneri
- Girls Volleyball - Victoria Stec (HC), Brian Hinz, Kailey Gallagher
- Cheer - Erica Brown (HC), Sarah Pramberger, Laura Sidler
- Unified Soccer - Kathy Dillon (HC), Sandy Mascali



Mission Statement

The Monroe Township School District in collaboration with the members of the community shall ensure that all children receive an exemplary education by well trained committed staff in a safe and orderly environment.

Vision Statement

The Monroe Township Board of Education commits itself to all children by preparing them to reach their full potential and to function in a global society through a preeminent education.



FALCON PHILOSOPHY

Provide a Competitive Athletic Environment





FALCON PHILOSOPHY

**Want Varsity Teams to Win Through
Education-Based Athletics**





FALCON PHILOSOPHY

**Want Sub Varsity Teams to Develop Varsity
Athletes**





FALCON PHILOSOPHY

HAVE FUN!!!





EDUCATION BASED ATHLETICS

INTEGRITY

COURAGE

RESPONSIBILITY

RESPECT

SPORTSMANSHIP

COMPASSION



CONFLICT
RESOLUTION

WORK
ETHIC

PERSERVERANCE



2-3 SPORT ATHLETES





ELIGIBILITY

NJSIAA Eligibility Policy

- All Fall Sophomore-Senior Athletes must have earned a minimum of 30 credits from their previous year to be eligible for participation
- All Freshmen are eligible for the Fall & Winter Seasons!
- Spring
 - All Student-athletes must earn at least 15 credits to be eligible for the Spring Season



COVID - 19 PROTOCOLS

ATHLETES

- Masks and social distancing will be adhered to
- Masks are optional when participating in aerobic or anaerobic activities
- If your son/daughter is not feeling well, keep them home!

SPECTATORS

Indoors/Volleyball

- Must be masked
- Social Distance
- No limit on Spectators

Outdoors

- Masks are Optional



STAY TUNED!



FALCON ATHLETICS

NOTHING GOOD

EVER HAPPENS

AFTER

10 PM



HELPFUL HINTS

- Talk to your child
- Ask where they are going
- Call the home of where they are going, talk to the host parent(s)
- Call/Text your child on their cell phone
- Call back!
- Police Each Other - Parents
- Host a movie night with all the soda, pretzels, & ice cream they can eat (or Healthier Foods)



INJURIES

See Mr. Cogdill or Ms. McElroy Immediately

**If you visit your own doctor,
Athlete will need a note to return
to play.**

Notify our ATC's IMMEDIATELY



FALCON ATHLETICS

CONCUSSIONS

- **NJSIAA CONCUSSION POLICY**
- **ImPACT CONCUSSION TESTING**
 - Valid for 2-years
 - Athlete must take it to participate
- **“Concussions in Sports - What You Need to Know”**

www.nfhslearn.com



FALCON ATHLETICS

STEROID TESTING

www.njsiaa.org

List of Banned Substances





FALCON ATHLETICS & COLLEGE ATHLETICS





FALCON ATHLETICS & COLLEGE ATHLETICS





Estimated Probability of Competing in College Athletics

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Men						
Baseball	482,629	33,431	6.9%	2.1%	2.1%	2.7%
Basketball	541,054	18,320	3.4%	1.0%	1.0%	1.4%
Cross Country	252,547	14,218	5.6%	1.9%	1.4%	2.4%
Football	1,093,234	71,291	6.5%	2.5%	1.7%	2.3%
Golf	152,647	8,654	5.7%	1.9%	1.6%	2.1%
Ice Hockey	35,393	3,976	11.2%	4.6%	0.5%	6.1%
Lacrosse	106,720	12,682	11.9%	2.9%	2.1%	6.9%
Soccer	417,419	23,602	5.7%	1.4%	1.4%	2.8%
Swimming	138,373	9,630	7.0%	2.8%	1.0%	3.2%
Tennis	160,545	8,081	5.0%	1.7%	1.1%	2.3%
Track	580,321	27,514	4.7%	1.9%	1.1%	1.7%
Volleyball	52,149	1,720	3.3%	0.9%	0.7%	1.7%
Water Polo	21,451	1,051	4.9%	2.7%	0.7%	1.5%
Wrestling	269,514	6,982	2.6%	0.9%	0.7%	1.0%
Women						
Basketball	433,344	16,319	3.8%	1.1%	1.1%	1.5%
Cross Country	218,121	15,922	7.3%	2.8%	1.7%	2.8%
Field Hockey	61,471	5,902	9.6%	2.9%	1.1%	5.6%
Golf	72,172	5,076	7.0%	3.0%	2.0%	2.0%
Ice Hockey	9,150	2,140	23.4%	8.7%	1.2%	13.5%
Lacrosse	81,969	10,330	12.6%	3.7%	2.4%	6.5%
Soccer	374,564	26,358	7.0%	2.4%	1.8%	2.8%
Softball	371,891	19,047	5.1%	1.6%	1.5%	2.0%
Swimming	165,779	12,333	7.4%	3.3%	1.1%	3.1%
Tennis	184,080	9,028	4.9%	1.6%	1.1%	2.2%
Track	478,885	27,752	5.8%	2.7%	1.3%	1.8%
Volleyball	429,634	16,647	3.9%	1.2%	1.1%	1.6%
Water Polo	18,899	1,201	6.4%	3.8%	1.1%	1.5%



FALCON ATHLETICS & COLLEGE ATHLETICS & GUIDANCE

**Does your son/daughter aspire to be a Collegiate
Student - Athlete?**

Notify your Guidance Counselor ASAP!





COMMITMENT

- We expect the same from our athletes and you the parents
- Tonight you will receive practice and game schedules, please plan personal appointments appropriately



COMMITMENT

**Our coaches have a tremendous
commitment to their respective program
and Monroe Twp. HS**





FALCON ATHLETICS

CUT POLICY

- Based on Team/Sport
- Head Coach/AD Meet
- Develop a Rubric





CUT POLICY

- There may be a numbers issue
- There may be a talent issue
- There may be both
- Equal playing time is NOT Guaranteed
- Ask your coach





COMMUNICATION

- Please refrain from daily emails to coaches
- Excessive Texting is discouraged





Parent Communication & 24 Hour Rule

Please allow 24 hours after a contest to approach a coach with any concerns you may have. If you are not satisfied with the meeting you may express your concerns to the Athletic Department in writing.



**I SEE YOUR DAD IS STILL YELLING
AT YOU FROM THE STANDS**



**YEAH HE THINKS I'M GOING
PRO NEXT YEAR!**

MFREE



SPORTSMANSHIP

- Monroe strives to be the beacon of good sportsmanship for Middlesex County and the GMC
- Student Athlete Leadership Council (2021-22)
- Disqualification Rule
- Player's Play, Coaches

Coach, Officials Officiate,

Parents watch and have fun



**THAT MOMENT WHEN
YOU REALIZE**



**IT'S YOUR MOM THAT'S
SCREAMING AT THE REF**



SPORTSMANSHIP

National Federation of High Schools

www.nfhslearn.com

“The Role of
Parents in Sports”

Six best words you can say to your child after a game?...



FALCON ATHLETICS

- **Visit our new Athletics Home Page - Forthcoming**
 - **General Information**
 - **Photo Gallery**

Follow us on Twitter
@monroeathletic



FALCON ATHLETICS

**New Athletic Scheduler
rSchool Today**

Sign up for e-alerts under “Notify Me”

Download rSchool App for your phone



FALCON ATHLETICS

FALCON BOOSTER CLUB

The Booster Club is the only organization that provides support for ALL Monroe Township High School athletes. The funds that the club collects through membership dues and fundraising activities are used to provide financial support to recognize our student athletes.

PLEASE JOIN!



“I LOVE TO WATCH YOU PLAY”

I  TO WATCH
YOU PLAY



THANK YOU!!!

Go FALCONS!