

**Shrewsbury High School
Athletic Report
2016-17**



**Presented to the School Committee
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**Todd Bazydlo, Principal
Jason Costa, Athletic Director**

Overview of 2016-17

Philosophy

The Shrewsbury High School Athletic program is governed by the Massachusetts Interscholastic Athletic Association (MIAA) and subscribes to the value the association places on the importance of athletics in students' social and emotional development. We adhere to the MIAA Educational Athletics Committee's belief that:

“Interscholastic athletic competition is an extension of the classroom and an educational activity that provides outstanding opportunities to teach life lessons. Through participation in such programs, young people learn values and skills that help prepare them for the future. Leadership, goal setting, teamwork, decision making, perseverance, integrity, sacrifice, healthy competition and overcoming adversity are inherent in the interscholastic athletic framework and also support the academic mission of schools. Student-athletes earn the privilege to participate by succeeding academically, and the resulting positive outcomes continue far beyond graduation. Athletic programming exists to prepare young men and women for the next level of life, not the next level of athletics. Wins are achieved through athletics by developing successful athletes and teams, but more importantly, wins are achieved through the educational experience by developing successful and responsible students, leaders and community members.”

Programming

Shrewsbury High School continues to offer a diverse range of sports for the student body averaging 439 athletes per season. The Athletic Department supports 34 different sports, which account for 60 teams and approximately 700 contests played this past year. In 2016-2017, our coaching staff was comprised of 70 positions at the high school level.

SHS has continued to offer and support the Unified Track program for a fourth year and Unified Basketball for the second year. The Unified sports programming allows students with and without disabilities to participate on the same team. During the 16-17 school year the Unified Track team fielded a team of 25 participants, while the Unified Basketball team fielded a team of approximately 15 members. Both teams competed against other Central Massachusetts high schools. The overarching goal of Unified Sports is to allow students access to athletic programming, while developing understanding and camaraderie. Central Massachusetts has been a leader in this space and currently there are 17 schools in the Midland-Wachusett League that offer Unified sports. It is important to note the first two years of SHS Unified Track program were subsidized by the Massachusetts Special Olympics. Since the expiration of the grant, the Athletics Department and the Special Education Department have partnered to share the cost of this programming, and have additionally relied upon strong community donations to support the continued funding of the program.

Our middle school program consists of two sports: boys' and girls' cross-country and boys' and girls' basketball. There are currently 7 coaches between the two sports, 5 coaches for cross country and 2 coaches for basketball. These two sports provide athletic opportunities for approximately 150 students. The boys' and girls' cross country fielded a total of about 125 students and the basketball program had approximately 26 participants.

Highlights

The Athletic Department provided the same scope of programming in our 11th year with athletic fees. This was made possible by combined financial support from the school budget as well as the SHS Boosters Association, Friends of Shrewsbury Crew, various organizations and the sponsorship program. The community support for athletics continues to be strong. Highlights from this past year include:

- 29 out of 31 teams qualified for postseason play
- League Championships
 - Cheerleading
 - Football
 - Gymnastics
 - Girls' Ice Hockey
 - Boys' Ice Hockey
 - Boys' Indoor Track
 - Girls' Tennis
- District Finalist
 - Baseball
 - Girls' Tennis
- Advanced to the Division State Championship
 - Football
- State Champions
 - Boys' Ice Hockey

II. Teams, Seasons, Levels and Contests

During the 2016-2017 school year, Shrewsbury High School offered a total of 34 competitive sports to the student body. There were 60 teams that participated at various levels of play ranging from freshman level to varsity level and athletes competed in over 700 contests throughout the school year. Our coaching staff totaled 70 positions paid through the appropriated budget with an additional 32 volunteer coaches. The Athletic Department contracted with a part-time trainer for each of the three seasons for the 16-17 season and SHS has moved the trainer position to a full-time school position for the 2017-18 school year. As you can see(below) SHS currently offers three freshmen athletic teams.

Sports Offered/Levels of competition (Varsity, Junior Varsity, and Freshmen)

Fall Season

Boys' Sports

Football (V, JV, FR)
Soccer (V, JV)
Golf-Coed (V, JV Club)
Cross Country (V)
Crew (V, Novice)

Girls' Sports

Cheering (V, JV)
Soccer (V, JV)
Golf-Coed (V, JV Club)
Cross Country (V)
Crew (V, Novice)
Field Hockey (V, JV)
Volleyball (V, JV)

Winter Season

Boys' Sports

Basketball (V, JV, FR)
Swimming-Coed (V)
Track (V)
Ice Hockey (V, JV)
Skiing-Coed (V)

Girls' Sports

Basketball (V, JV, FR)
Swimming-Coed (V)
Track (V)
Ice Hockey (V)
Skiing-Coed (V)
Gymnastics (V)
Cheering (V, JV)

Spring Season

Boys' Sports

Track (V)
Tennis (V)
Baseball (V, JV)
Crew (V, Novice)
Lacrosse (V, JV)

Girls' Sports

Track (V)
Tennis (V)
Softball (V, JV)
Crew (V, Novice)
Lacrosse (V, JV)

III. Comparative Data Information Sheet

Programming and Participation

The following tables show a five-year overview of programming and participation. (Note: numbers in brackets indicate the number of girls on a co-ed team.)

Number of sports offered:	<u>12-13</u>	<u>13-14</u>	<u>14-15</u>	<u>15-16</u>	<u>16-17</u>
Boys	15	15	15	15	15
Girls	19	19	19	19	19

Number of teams offered:					
Boys	26	26	26	26	26
Girls	31	31	31	31	31

Number of athletes per season:					
Fall	450 (-8)	461 (+11)	477 (+16)	483 (+6)	504(+21)
Winter	325 (-51)	295 (-30)	348 (+53)	378 (+30)	376(-2)
Spring	<u>384 (-17)</u>	<u>398 (+14)</u>	<u>430 (+32)</u>	<u>421 (-9)</u>	<u>437(+16)</u>
Total	1159 (-76)	1154 (-5)	1255 (+101)	1282 (+27)	1317(+35)

Number of one, two, and three sport athletes:			
One-sport athletes	443 students	Girls (211)	Boys (232)
Two-sport athletes	263 students	Girls (116)	Boys (147)
Three-sport athletes	116 students	Girls (65)	Boys (51)
Total number of athletes -	822 students	Girls (392)	Boys (430)

822 student-athletes represents **46%** of the Shrewsbury High School's population.

Participation of athletes by sport:	<u>12-13</u>	<u>13-14</u>	<u>14-15</u>	<u>15-16</u>	<u>16-17</u>
Football - Boys	95	100	87	100	102
Fall Crew - Boys	38	43	50	46	47
Fall Crew - Girls	48	50	39	42	46
Soccer - Boys	44	44	45	40	45
Soccer - Girls	44	47	50	39	46
X-Country - Boys	29	36	41	46	54
X-Country - Girls	32	24	35	36	34
Golf - Co-Ed	18 [2]	20 [2]	17 [1]	18 [1]	20
Fall Cheering - Girls	27	21	29	34	27
Field Hockey - Girls	31	34	40	38	40
Volleyball - Girls	42	40	43	43	43
Basketball - Boys	45	40	37	37	41
Basketball - Girls	38	38	29	29	38
Indoor Track – Boys	53	47	87	81	79
Indoor Track - Girls	50	37	53	72	66
Swimming - Co-Ed	10 [17]	8 [14]	8 [14]	15 [16]	13[23]
Ice Hockey - Boys	41	44	44	42	44
Ice Hockey – Girls	25	21	17	21	22

Indoor Track - Boys	6-1	5-2	5-1	3-2	4-0
Indoor Track - Girls	5-1	5-1	4-1	4-1	3-1
Swimming	8-3	2-8	5-5	6-5	7-13
Ice Hockey-Boys	14-5-2	21-2-1	17-5	18-2-1	23-0-1
Ice-Hockey-Girls	11-9-1	13-7-3	13-6-3	11-6-4	18-3
Skiing-Boys	N/A	14-26	25-15	28-4	9-41
Skiing-Girls	N/A	32-13	30-9-1	29-7	40-5
Gymnastics	6-6	12-0	15-0	14-1	8-2
Spring Track - Boys	5-2	4-3	6-0	4-2	4-1
Spring Track - Girls	5-1	4-3	4-2	5-2	2-2
Tennis - Boys	13-4	12-6	9-8	12-7	14-5
Tennis - Girls	17-3	17-4	13-3	16-3	18-5
Baseball	14-8	12-9	16-7	15-7	14-8
Softball	13-8	13-9	13-9	15-7	14-8
Spring Crew - Boys	Top 25%	Top 50%	Top 50%	Top 25%	Top 25%
Spring Crew - Girls	Top 25%				
Lacrosse - Boys	17-6	20-5	16-6	8-12	14-8
Lacrosse - Girls	17-6	15-7	8-12	8-12	14-8

Numbers of student-athletes selected to All-Stars

	<u>12-13</u>	<u>13-14</u>	<u>14-15</u>	<u>15-16</u>	<u>16-17</u>
League / Conference [MVP's]	95 [5]	99 [4]	90 [2]	60 [2]	75
T&G/Player of the year	34	58	25	19	33[5]
Central Mass	23	20	22	14	30
All-State	1	5	6	1	4
All-New England	1	3	1	1	0
All-American	1	4	1	0	1

2016-17 Championship Teams

Fall

- Football Midland-Wachusett League "A" Champions
Central Massachusetts Champions
State Finalist
- Cheerleading Midland-Wachusett League "A" Champions

Winter

- Girls' Ice Hockey CMASS League Champions
- Gymnastics Midland-Wachusett League "A" Champions
- Cheerleading Midland-Wachusett League "A" Champions
- Boys' Ice Hockey Massachusetts State Champions
Central Massachusetts Champions
Quinn Conference Champions
Bulldog Challenge Champions
- Boys Indoor Track Midland-Wachusett League "A" Champions

Spring

- Girls' Tennis Midland-Wachusett League "A" Champions
- Baseball John Ahearn Memorial Tournament Champion

Class of 2017 Collegiate Participants

- 5 members (5 male) of Class of 2017 signed National Letters of Intent (NLI) to participate in NCAA athletics. The student-athletes signed NLIs in the following sports: football, baseball, and lacrosse.
- Additionally, 8 student-athletes from the Class of 2017 reported that they would participate in NCAA athletics for the 2016-2017 school year.

IV. Athletic Administration and Support Groups

Athletic Administration

- **Middle School Program** Last year Oak Middle School provided cross-country in the fall for both boys and girls. Both teams had a successful season and had approximately 125 runners participating in the program and competed in a 6-meet schedule. During the winter season, basketball was offered for boys and girls with each team averaging 26 athletes. Both basketball teams continue to be very competitive and each competed in a 16-game schedule. The excitement and energy generated on the cross-country course and on the basketball court was outstanding.
- **Coaches' Education** The landscape of coaching high school athletics is becoming more complex as there are numerous mandates to complete prior to coaches working with student-athletes. New coaches are required by the MIAA to complete the state coaches' education course. The course reviews and outlines expectations and responsibilities of being a coach. Coaches also have to complete a concussion course to help assist them in identifying students who may have suffered a concussion. Lastly, all coaches are required to be certified in CPR, First Aid and AED. The addition of these mandates has added to the complexity of managing the Athletic Department. The training is important in helping coaches support our student-athletes, however the trainings create additional logistics of managing requirements, coordinating and offering programming, and has increased the financial burden of coaches and the athletic department paying for the trainings.
- **Athletic Internship** SHS offers student internships in the athletic program throughout the school year. Students can be assigned to assist the athletic director, work with an individual team as manager/statistician, or work with the athletic trainer to develop a baseline understanding of sports medicine. Three students received 2.5 credits per semester for their work while three other students volunteered time during their schedule. Internships have provided outstanding opportunities for students to investigate and experience working in an Athletic Department. During the 2016-17 school year, there were a total 6 students participating in the Athletic Internship program.
- **Student Leadership** Each year the athletic department works to promote and develop student leaders in our community. The athletic director works in close partnership with the MIAA, school administration, school counseling department, and the coaching staff to provide opportunities for student-athletes to develop their leadership capacity. Below is a list of events that students attend with the Athletic Director.
 - **SHS Captains Workshop:** Each summer the captains of each sport are required to attend a 4-hour leadership workshop at SHS. The workshop reviews expectations for captains, conducts team-building activities, helps develop student-leader communication with coaches and teammates, and captains participate in scenarios and simulations that require thinking quickly and critically when faced with a dilemma.
 - **SHS Leadership Training:** Shrewsbury High School teamed up with Algonquin Regional High School for two-day leadership training. Twenty SHS sophomores and juniors participated in various leadership simulations and scenarios.

- **MIAA programming:** The athletic director provides opportunities for students to attend the following programming sponsored by the MIAA and typically accompanies student-athletes to these events.
 - Student Ambassador, Midland-Wachusett League
 - Sportsmanship Summit, Gillette Stadium
 - New England Student Leaders Conference, Worcester State University
 - National Women in Sports Day, Faneuil Hall
 - Midland-Wachusett League Community Service Event *Community Harvest*, Grafton
- **Evaluation of Coaches** All head coaches are evaluated annually by the athletic director. Coaches are required to fill out a reflection sheet and then meet with the athletic director at the conclusion of the season. The athletic director then completes and shares the written evaluation with the head coach. Head coaches evaluate the performance of assistant coaches and share their findings with the Athletic Director.
- **Coordinate and Manage Visits of College Recruitment** Numerous college recruiters contact the athletic department to schedule meetings with student-athletes. The athletic director manages all recruiting visits with student-athletes. Coaches and/or the athletic director attend meetings with students and college/university representatives.
- **Pre-season meetings** Prior to the start of each season, student-athletes and their families are required to attend a pre-season meeting with the athletic director (3 per year). The meetings last approximately 45 minutes and review the expectations for student-athletes and their parents. Additionally, the athletic trainer conducts concussion education and the procedures utilized in the event of an injury. Coaches meet with individual programs to go over program expectations with parents and athletes.
- **Awards Night** The athletic department conducts an annual awards night each June. The ceremony recognizes the achievement of each team and outstanding individual accomplishments. The entire coaching staff attends the event to celebrate the conclusion of the school year and meet one last time with members of their team.

Support Groups

- **Shrewsbury High School Athletic Boosters Association** This past year has been very active for our parent-run SHS Athletic Boosters Association. Their primary functions are to raise funds to support athletic programming, foster overall spirit for SHS sports teams, organize parent volunteers to provide support for contests, provide post contest-refreshments for athletes, and help coordinate end of the season banquets for individual teams to bring formal closure to their season. The Athletic Boosters Association has provided funding for replacement uniforms and equipment. The athletic program is very appreciative for the parental support it receives. The athletic department will continue to partner and work with the dedicated parent volunteers to help support and maintain a quality athletic program.

The SHS Athletic Boosters Association held monthly meetings during the year. The 2016-17 school year marked the ninth year in which all athletic teams at SHS became members of the Boosters Association. One of their primary functions is to raise money to help provide student-athletes equipment and materials not covered through the appropriated budget. They continue to provide funding for uniforms, equipment, senior scholarships, athletic fee scholarships, athletic awards, and other athletic needs by holding three major fundraisers each year. In the fall, the annual “Gold Card” fundraiser brings in approximately \$35,000. Between the Boosters’ seasonal fundraisers, the annual golf

tournament, and hosting USA Gymnastics events, the group was able to assist with provisions needed to maintain an athletic program.

- **Corporate Donations/Sponsorships** Last year the athletic department received a \$20,000 donation from Central One Federal Credit Union. The donation was used to supplement funds that were cut during previous budget cycles. As a result, Shrewsbury High School was able to maintain its complete program of offerings for student athletes. Central One has also generously donated \$750,000 towards the Turf Field project at SHS.
- **Friends of Shrewsbury Crew (FOSC)** Financial need and increased participation led to a need for an additional source of funding for the crew program. FOSC purchases specific pieces of equipment, including costly shells. The athletic program is very appreciative of all that the Friends of Shrewsbury Crew does to benefit athletes in the crew program.

V. Athletic Financials 2016-17

Fees 2016-17

The fall of 2016 marked the eleventh year of athletic fees. The fee structure and registration process was explained at Parent/Athlete Nights, which are held at the beginning of each season. Athletes and parents were informed that all fees, medical and permission forms are due to the athletic department on a specified date. There were seven athletes who were unable to pay the athletic fee due to hardships. The Boosters Association and private donations sponsored these students. Checks were returned to students who decided not to participate or were cut from a sport. During the winter and spring seasons, the athletic department used an on-line payment in the form of *SchoolPay* located in the Parent Portal of *PowerSchool*. Individual sport statistics for the 2016-17 school year could not be recorded due to the mid-year change in processing fees. However, the 2017-18 Annual Athletics report should allow for the reporting of sport-specific fee collections and for more data to be collected. Total Athletic Fees collected for the 2016-17 school year was \$341,114.

Athletic Fee Totals

Year	Grand Total
2012-13	\$275,898
2013-14	\$278,425
2014-15	\$315,202
2015-16	\$324,441
2016-17	\$341,114

GENERAL FUND APPROPRIATION			
Description	2017 Original Budget	2017 Actual	Difference
Athletic Transportation HS	\$ 110,000	\$ 117,345	\$ (7,345)
Administration	\$ 104,707	\$ 104,707	\$ 0
Athletic Train ContServ	\$ 42,000	\$ 51,347	\$ (9,347)
Facility Rental HS	\$ 42,000	\$ 41,211	\$ 789
R&M Equipment Athletics	\$ 15,300	\$ 16,906	\$ (1,606)
Athletic Uforms & Equip HS	\$ 13,362	\$ 22,056	\$ (8,694)
Dues & Memberships	\$ 12,750	\$ 12,074	\$ 676
Athletic Supp & Awards HS	\$ 8,322	\$ 3,512	\$ 4,810
Police Details HS	\$ 4,500	\$ 2,752	\$ 1,748
Athletic Insurance HS	\$ 3,607	\$ 3,536	\$ 71
Conferences HS	\$ 1,372	\$ 1,371	\$ 1
Doctor Fees HS	\$ 1,000	\$ 600	\$ 400
Dues & Memberships HS	\$ -	\$ 675	\$ (675)
Official Fees HS	\$ -	\$ 27,048	\$ (27,048)
Oil & Fuel	\$ -	\$ 232	\$ (232)
	\$ 358,920	\$ 405,371	\$ (46,451)
<i>Additional Appropriation Transfer</i>	\$ 46,451	\$ -	\$ -
Total General Fund Expenses	\$ 405,371	\$ 405,371	\$ -

ATHLETIC FEE REVOLVING FUND			
Begin Balance	\$ 61,118		
Net Revenue	\$ 341,114		
Total Available	\$ 402,232		
Expenses:			
Coaching Salaries	\$ 319,837		
Purchase of Services	\$ 25,461		
Athletic Supplies	\$ 5,098		
Other Expenses	\$ 8,594		
Total Expenses	\$ 358,990		
Ending Balance	\$ 43,242		

GATES RECEIPTS REVOLVING FUND			
Begin Balance	\$ 379		
Net Revenue	\$ 26,854		
Total Available	\$ 27,233		
Expenses:			
Officials and Announcers	\$ 24,032		
Gate Attendants	\$ 2,617		
Total Expenses	\$ 26,649		
Ending Balance	\$ 584		
TOTAL ATHLETIC PROGRAM INVESTMENT	\$ 791,010	All Expenses	

VI. Future Considerations

The Shrewsbury High School Athletic program provides significant opportunities for student-athletes and decidedly contributes to our positive school culture. As we reflect upon the program, we have identified areas that need to be considered as we move forward. Below are four areas in need of consideration:

1. New Uniforms - work on developing a regular refurbish or replacement schedule for school uniforms
2. Increase Freshman Athletic Offerings
3. Increase Middle School Athletic Offerings
4. Continue Improvement to Athletic Facilities - partner with booster and community groups, local businesses, and alumni in order to raise \$1 million towards the renovation and improvement of the athletics infrastructure at Shrewsbury High School.

VII. Conclusion

The Shrewsbury Athletic Program cultivates social and emotional well-being for our students. By participating in sports, students-athletes learn essential skills that they will use throughout the rest of their lives. Some of the skills include teamwork, responsibility, leadership, and perseverance. We hope to continue to build upon our program and offer the best opportunities to showcase the talent of our student-athletes.