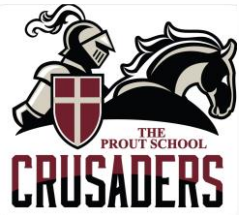
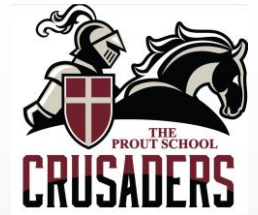


PROUT ATHLETICS
WELCOME TO THE 2023-24 School Year



FALL STAFF



FALL COACHES:

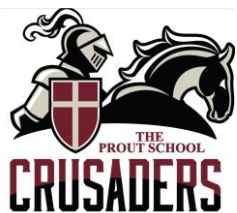
- Girls Soccer- Scott Bessette, Tamea Bacon, Dam Levesque
- Boys Soccer- Byron Lind, Jeff Boldt, Mike Millen
- Girls Cross Country-Joe Tarasevich, Ross MacAndrew
- Boys Cross Country-Mark Skinkle
- Volleyball-Andrew Bevilacqua, Ashley Streichert
- Girls Tennis- Mike Labarbera, Ron Renzi
- Football Co-op—Ty Cosgrove

ATHLETIC DIRECTOR:

- Kelly Moniz- kmoniz@theproutschool.org

ATHLETIC TRAINER:

- Kelsey Russo- krusso@orthopedicsri.com



WINTER STAFF

WINTER COACHES:

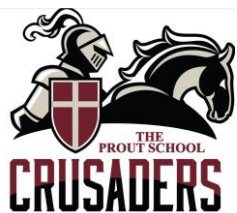
- Girls Basketball- Scott Marquis, Brenda Verdi
- Boys Basketball- Dean Felicetti, Norm Beauregard, Dave Page, Mike Clancy
- Girls & Boys Swim- Joe Tarasevich, Michaela Skerry
- Boys Indoor Track- Mark Skinkle, Zach DeLuca
- Girls Indoor Track- Ross MacAndrew, Joe Tarasevich
- Gymnastics- Shaye Rooney
- Hockey- John Gaffney, Jeff Tkacs, AJ Gemma
- Girls Hockey Co-op
- Competitive Cheer Co-op— Stephanie de Ravel
- Strength & Conditioning- TBD

ATHLETIC DIRECTOR:

- Kelly Moniz- kmoniz@theproutschool.org

ATHLETIC TRAINER:

- Kelsey Russo- krusso@orthopedicsricom



SPRING STAFF

SPRING COACHES:

- Baseball- Ty Cosgrove, Mike LaBarbera, Tim Joyce
- Softball- TBD
- Girls Outdoor Track-Ross MacAndrew, Joe Tarasevich
- Boys Outdoor Track-Mark Skinkle, Zach DeLuca
- Girls Lacrosse-Sue Burnett, Joe Russo, Hailey Ross
- Boys Lacrosse-Mike Millen
- Boys Tennis- TBD
- Golf-Brendon Ray, Donna Nardone
- Boys' Volleyball Co-op

- ATHLETIC DIRECTOR:

- Kelly Moniz- kmoniz@theproutschool.org

- ATHLETIC TRAINER:

- Kelsey Russo- krusso@orthopedicsri.com

REGISTERING FOR ATHLETICS

ONLINE REGISTRATION INCLUDING:

[Prout Online Registration](#)

- Proutschool-ar.rschoolday.com
- CONCUSSION FORM
- ATHLETIC CONSENT FORM

PHYSICAL FORM:

- Good for 13 months from physical date
- Must upload to Magnus via our school nurse

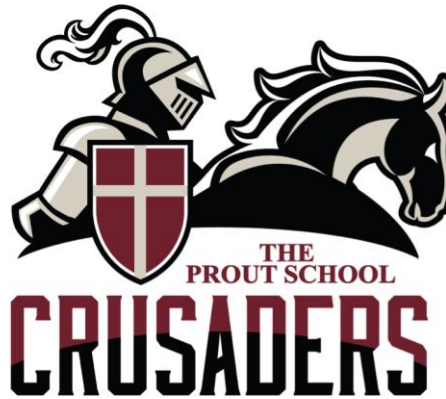
ASSUMPTION OF RISK:

- Must be notarized & turned in to athletic department once in career at Prout

You will get an email stating athlete is cleared once all is complete.



ATHLETIC HANDBOOK



Athletic Handbook 2023-2024

Athletic Director: Kelly Moniz
Principal: David Estes
Dean of Student Development: Andrea Spaziante
Athletic Trainer: Kelsey Russo

The Prout School Athletic Program Player Guidelines

1. A parent's or guardian's completion of the online sports registration is required for students to participate in a sport. This must be done each season of participation. No athlete may participate until cleared by athletic department.
2. A complete physical examination by a physician is required before students may participate in athletics. (Current physical dated within 13 months.) This must be uploaded to the student's Magnus account. Please contact nurses@theproutschool.org with any questions regarding this.
3. Parents or guardians must read and sign the Rhode Island Interscholastic League Assumption of Risk Form. (Blank form is available in online registration.) This form must be notarized. This is required one time throughout years at Prout. A hard copy must be turned in to Athletic Dept.
4. **Athletes must maintain academic eligibility as stated in the Student Handbook. Any athlete deemed academically ineligible will not attend practices and will not be allowed on team sideline during competitions during ineligible period.**
5. Athletes will be on time for all practices and games. Each coach will deem consequence for tardiness and express at team/parent meeting.
6. Any athlete ejected from a game will receive a one-game suspension from the Rhode Island Interscholastic League and is subject to further penalties from the Prout athletic department. Athlete and his/her parent/guardian will be notified in these cases.
7. Athletes should remember that they represent The Prout School at all times. They should wear their team uniform proudly. Athletics is a privilege, not a right.
8. Vulgarity (words or gestures) at practice or games will not be tolerated and is subject to penalties.
9. Athletes who present themselves in an unethical or unchristian manner in school, competition, or community will be subject to penalties or dismissal by the athletic department.
10. The use of alcohol, nicotine, controlled substances, or steroids will result in suspension or dismissal from the team and further participation in athletic programs. It is the responsibility of the parent(s) or guardian(s) to provide treatment for the athletes. Please see more specific information under Rules section.
11. Athletes will attend practice in proper attire as indicated by their coach.
12. Each athlete is responsible for the security of their own equipment and uniform. If any piece of issued equipment or uniform is lost, athletes will not be allowed to compete in any other activities until restitution is made. All athletes have the opportunity to get a sports locker during their season. There is also a locked Athletic Storage Closet for larger items.
13. Any athlete who is disrespectful to a member of the coaching staff, administration, a team member or an official will be subject to suspension or dismissal.
14. Any athlete caught stealing or vandalizing Prout school property or that of another school may be dismissed from the athletic program.
15. Any athlete who leaves school early (without permission of the Administration) will not attend practice or a game.
16. **Any athlete who has detention will serve detention as the first priority. The athlete's eligibility to practice or play will then be determined by the coach. Any athlete who skips detention will risk suspension from the athletic program. Please refer to Student Handbook for other restrictions with assigned detention.**
17. **Athletes are expected to attend a full day of school. Please see attendance policy in Rules/ Regs in this handbook.**
18. The head coach must be notified of all injuries. In particular, the head coach should be notified of injuries which require medical attention. Any injured athlete under a doctor's care (for injury) must get doctor's clearance before returning to play.
19. **Injured athletes should attend practice and competitions. In the event the athlete is unable to attend, the approval of the head coach is required.**
20. Athletes will use school transportation, when provided, to and from athletic events. Any athlete who has special circumstances must file the appropriate waiver one school day prior to the event. All waivers are subject to the approval of the athletic department.
21. **Athletes are expected to attend all try-out dates. Those who do not will not be considered for a varsity spot, unless absence has been excused.**
21. **Playing time is not guaranteed on the varsity level. All JV players can expect to participate in the majority of competitions.**
22. **Not all athletes on a varsity roster will earn a varsity letter. Each coach will provide team specific standards at the parent meeting at the start of each season. Coaches will also provide the list of those earning a varsity letter at the end of the season and will alert those not lettering.**

These guidelines should be saved and referred to throughout the year. If there is a question about a student's participation you should contact the Athletic Director.

Try Outs/Cuts

Participation in athletics is a privilege, not a right. Students try out voluntarily and for some teams, risk being cut. Athletes are expected to attend ALL

Attendance

Regular school attendance is required of all athletes. A student who is absent for any part of the school day without advanced permission from the administrator

Athletes who are dismissed early from school may not participate in any practice or game without a waiver granted by the athletic director or administrator. A student who has been suspended from school, out of school or in school, shall not participate or attend in any role a practice or game during the period of suspension.

Vacation Policy

Athletes who miss consecutive practices or games due to vacations, family trips, etc. will be ineligible for participation until they make up the number of missed practices or games.

In the case of these absences, the coach may choose to not play an individual regardless of eligibility status. For example, if a student misses a full

Substance Use Among Athletes

Alcohol, Narcotics, Tobacco and Controlled Substances

Any member of an athletic team who engages in substance use will face the consequences outlined below in addition to any sanctions assigned by the Prout Administration.

Off Campus

If it is determined by the Athletic Department and School Administration that an athlete has:

1. Consumed, possessed, or transported alcoholic beverages during that sports season
2. Used, possessed, or transported any controlled substances during that sports season
3. Used or possessed any tobacco product, including vaping, during that sports season

First Offense: suspension from team for up to one month

Second Offense: suspension from team for up to the remainder of season

On-campus or at School Sponsored Activity

- a. If it is determined by the Athletic Department and the school administration that an athlete has reported for practice or a scheduled contest, school function, or anywhere on school grounds, while under the influence of alcohol, THC or any illegal substance, that athlete will have the following consequences:

First Offense: suspension from team for up to the remainder of season

Second Offense: suspension from team for remainder of season and potentially the next season of athletic eligibility

- b. If it is determined by the Athletic Department and the School Administration that an athlete has used any tobacco product, including vaping nicotine, at a practice, game, school function or anywhere on school grounds, that athlete will have the following consequences:

First Offense: suspension from team for up to one month

Second Offense: Suspension from team for up to the remainder of that sports season



Policy for handling Athletic Complaints

Meetings

- Player / Coach Meeting 1st
- Parent / Player / Coach Meeting 2nd
- AD / Parent / Player / Coach Meeting 3rd
 - ★ Please never approach a coach before or after game/practice

No Discussion Topics:

- Playing time
- Tactics/Strategies
- Other Students

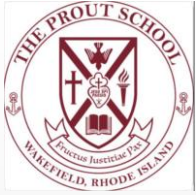
Please Review Entire Policy in Section 3 of Athletic Handbook

Transportation

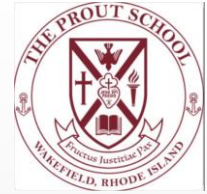
- Weekday Games...Must take bus to competition when one is available
- Weekend Games...no busses available

If you will not be taking a bus home from weekday game when one is being provided, you must fill out a permission form and turn it into your coach 24 hours in advance.

To access form download it from the Athletics Website or see your coach



SPORTSMANSHIP



- Cheer FOR your team, not against the opponent.
- Accept calls and don't argue with officials.
- Treat the other team with respect and never tease or bully.
- Follow the rules of the game.
- Take pride in winning but don't rub it in.
- Accept a loss without whining or making excuses.
- Do not address opponents or their fans.



**WHAT DOES ◇
SPORTSMANSHIP
MEAN TO YOU?**

INJURY FUND

RI Injury Fund



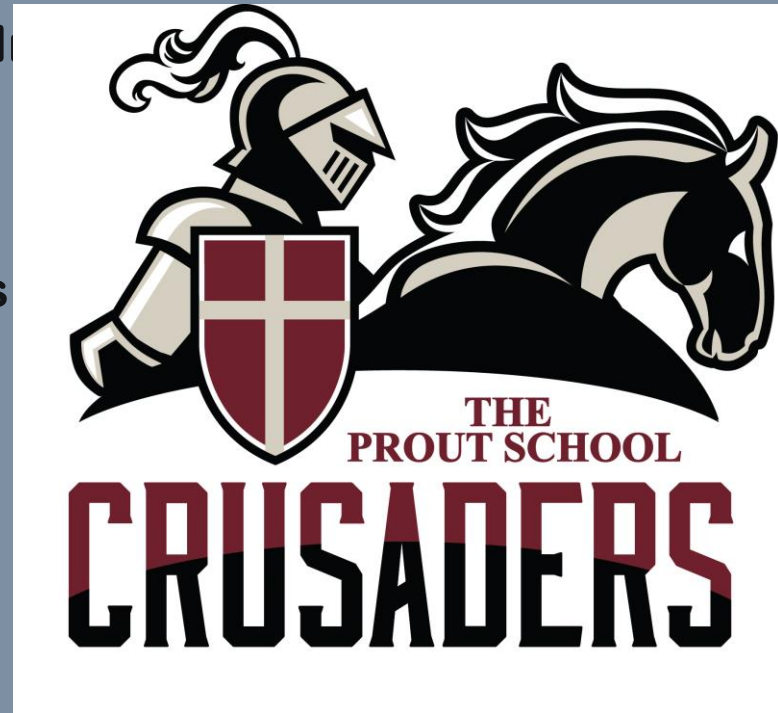
Kelsey Russo

Certified Athletic Trainer

- Prevent, Recognize, Rehabilitate I
- Doctor/Physical Therapy referrals



- Home game/practice coverage
- ATR office hours



Sports Preparation Program for High School Athletes



Join our eight-week program designed to improve student-athletes' health and fitness during the fall season.

WHEN

Beginning the week of September 4th

SCHEDULE OPTIONS

Mon & Wed, 3-4pm

OR

Mon & Wed, 4-5pm

OR

Tues & Thurs, 6:30-7:30am

WHERE

Ortho Rhode Island
10 High Street, Wakefield

Participants receive an individualized assessment by a certified athletic trainer or physical therapist to identify areas of focus, including:

- Dynamic Agility
- Speed
- Strengthening
- Injury Prevention Education
- Health



Kelsey Russo, ATC, CPT
Program Director and Instructor

Cost of participation is \$250 for the full eight-week, 15-session program.

TO REGISTER

call **401-777-7000 ext. 9203** or email
krusso@orthopedicsri.com.

Availability is limited – call today!



Ortho Rhode Island

Caring for your every move.
Caring for your every move.

Ortho Rhode Island is the proud Orthopedic and Sports Medicine

Partner of the Rhode Island Interscholastic League.

Partner of the Rhode Island Interscholastic League.

Fundraising for Athletics

- Snap!Raise
- Golf Tournament
- Hockey Christmas Crusader Classic
- Summer Camps
- Direct Donations
- Concession Stands

Thank you for your generosity and support!

Gym Floor Renovation





Welcome to
the
CRUSADERS

PLAYER OF THE YEAR
KATE WALSH
2008 - 09

PLAYER OF THE YEAR
ELISE WALSH
2009 - 10

PLAYER OF THE YEAR
ELISE WALSH
2010 - 11

FEOLE



CRUSADERS



The New Scoreboard and Shed



NFHS Network Games live streamed



SPONSORSHIPS AVAILABLE



SNAP!

RAISE

Total Raised 2022-23

\$68,704

VOLUNTEERS NEEDED

TEAM SPECIFIC SOCIAL MEDIA

TEAM PARENT

CONCESSION STAND

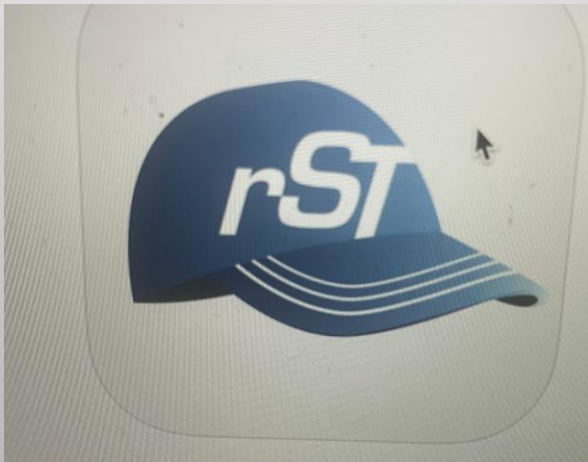
HOMECOMING

FUNDRAISING

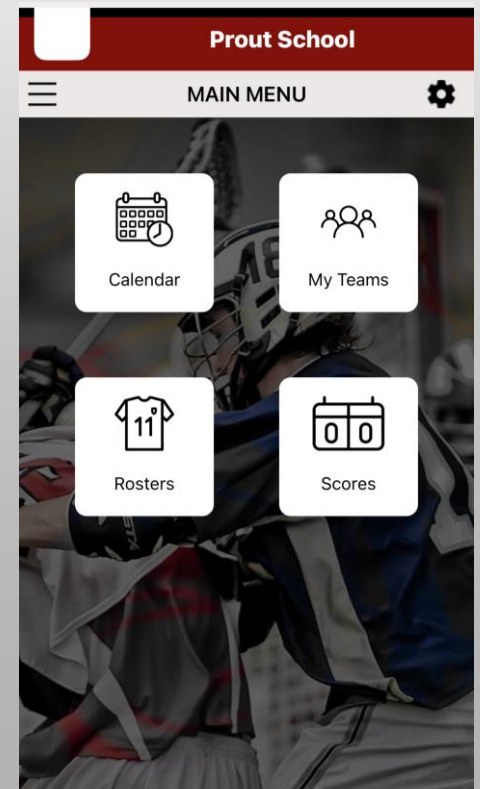
GOLF TOURNAMENT

Activity Scheduler Mobile App

- * Calendar
- * Rosters
- * Schedules
- * Scores
- * Gives coaches emergency contact info



R School Today





SPORTSYOU APP

Main form of communication to/from Coaches

Team specific information

Information on team stores

Notices from athletic department

Reminders Before You Go!

- ★ Register Online
- ★ Current Physical
- ★ Assumption of Risk
- ★ Join SportsYou for your team
- ★ Get Activity Scheduler App

TEAM MEETING Locations

Girls Tennis: Library

Girls Soccer: Auditorium

Boys Soccer: North Commons

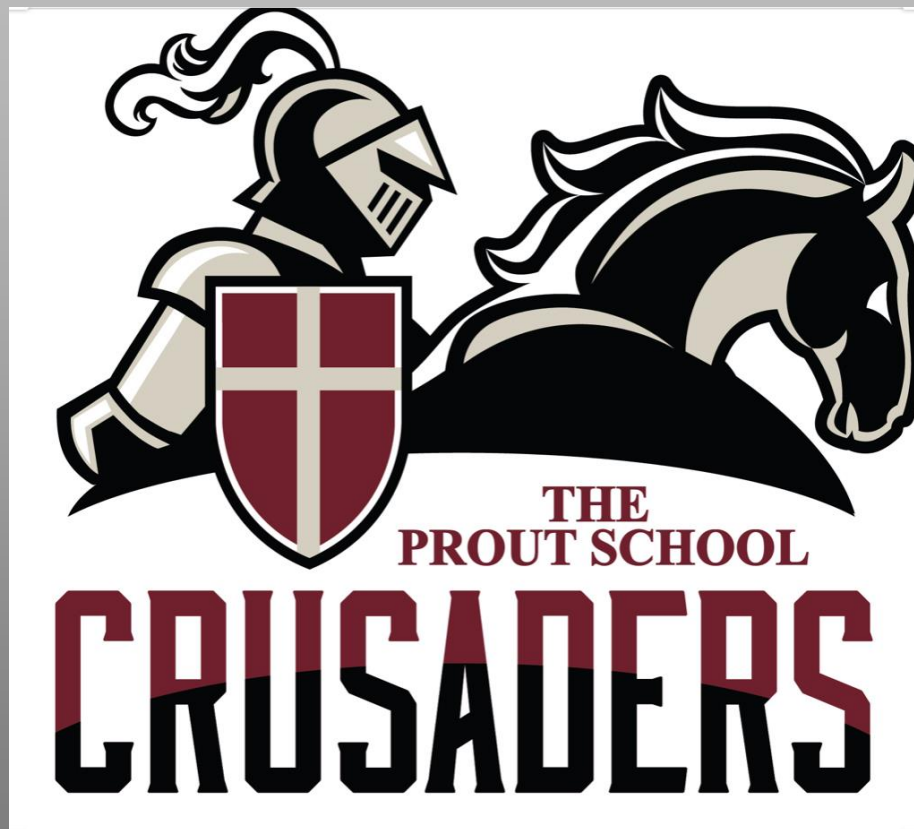
Girls & Boys Cross Country: Team Room

Volleyball: Gym

Cheer: South Commons



GOOD LUCK THIS FALL



#CRUSADER PRIDE!