



# Meet the Coaches

January 29<sup>th</sup>, 2019



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# Athletic Department



Athletic Director

- Mr. Jason Frey
- 18 years @ Pompano
- AD- 9 years
  - FIAAA Board of Dir.
  - Broward AD Advisory
  - CAA certified
- Coached
  - 8 years of football
  - 13 years of boys soccer
  - 2 years of flag football
  - 2 years of girls Soccer
  - ½ year of Baseball

# Athletic Department



Assistant Athletic Director

- Thomas Didymus
- 9 Years @ Pompano
- PBHS Class of 2004
  - Track/Cross Country
  - Conditioning
- Assistant
  - Coverage
  - Gear
  - Fundraising

# ABC approach



Accepted

Believed in

Cared for

What new @ PBHS  
State of the art Weight Room  
with Turf



Pixellot Camera System  
Newly Designed Gym Floor  
Full LED Scoreboard

ADAC

ACES Athlete Leadership  
training

Captains Club  
Varsity Club

# Expectations of



- Athletes

- Be on time (early)
- Train hard everyday
- Study, keep up grades
- Compete everywhere
- Be organized
- Be a role model
- Be the best YOU

- Parents

- Be supportive of your child
- Be supportive of the team
- Keep track of your child's grades
- Pick up
- Respect the coaches

# Expectations of Coaches



- Treat all members of athletic community with respect
- Practice everyday (Friday)
- Compete
- No foul language, no contact (Mr. Thomas)
- Be organized
- Communicate via REMIND with all
- Improve everyday
- Be a role model
- Be the coach that you would play for



# Responsibilities of the AD



1. Hire coaches
2. Paperwork
3. Set up games
4. Manage games/workers
5. Fundraise
6. Logistics of busing
7. Parent relations
8. Manage athletes
9. Help coaches
10. endless.....

# Remind

- Sign up for your prospective teams
- Sign up for the AD group
- Safe, productive, quick
- Message back
- No numbers

# Paperwork



- Physical (EL2)
  - Consent and Liability (EL3)
- Concussion/ heat acclimation
- PBHS Sportsmanship Policy
  - U-18 Treatment Consent
  - Photocopy of Insurance Card
  - Social Networking Policy

# Athletic Clearance



- [www.athleticclearance.com](http://www.athleticclearance.com)
- See handout
- Only thing that you turn in is the letter with the wet signature
- Must upload the physical (PAGE 2) EL2
- Must upload insurance card
- Must be turned in and cleared before anything!!!! Conditioning is something!

# Insurance



- [www.schoolinsuranceofflorida.com](http://www.schoolinsuranceofflorida.com)
  - Football (only good for football)
  - Activity pass good for all other sports
    - Must upload the card to turn in for the participation

# Paperwork



- Must be ALL complete before any activities
- ALL COMPLETE, TURN IN EARLY TO ENSURE YOU DON'T MISS ANYTHING
- EMAIL ME TO LET ME KNOW YOU TURNED IN SOMETHING OVER THE SUMMER

# Physicals



- Good for 365 days
- Must be on the correct form (EL2)
  - Not the yellow form for school counseling



Preparticipation Physical Evaluation (Page 2 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable and any falsification during the validity period of this form will require page 1 of this form to be resubmitted.



Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner).

Patient's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_
Height: \_\_\_\_\_ Weight: \_\_\_\_\_ % Body Fat (optional): \_\_\_\_\_ Pulse: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_
Temperature: \_\_\_\_\_ Hearing: right: P \_\_\_\_\_ P \_\_\_\_\_ left: L \_\_\_\_\_
Visual Acuity: Right 20/ \_\_\_\_\_ Left 20/ \_\_\_\_\_ Corrected: Yes No Pupils: Equal Unequal \_\_\_\_\_

FINDINGS NORMAL ABNORMAL FINDINGS INITIALS\*

Table with 4 columns: FINDINGS, NORMAL, ABNORMAL FINDINGS, INITIALS\*. Rows include MEDICAL (Appearance, Eyes/Ears/Nose/Throat, Lymph Nodes, Heart, Lungs, Lungs, Abdomen, Genitalia (males only), Skin) and MUSCULOSKELETAL (Neck, Back, Shoulder/Arm, Elbow/Forearm, Wrist/Hand, Hip/Thigh, Knee, Leg/Ankle, Foot).

Fill this out

ASSESSMENT OF EXAMINATOR (PHYSICIAN/PHYSICIAN ASSISTANT/NURSE PRACTITIONER)

I hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusions:

Cleared without limitation
Disability: \_\_\_\_\_
Physically: \_\_\_\_\_
Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

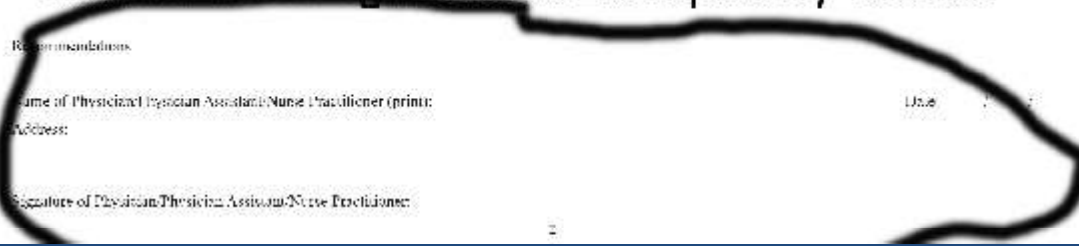
Must be X'd by Doctor

Cleared a Disability with the following limitations:
Referral to: \_\_\_\_\_

Recommendations:

Name of Physician/Physician Assistant/Nurse Practitioner (print): \_\_\_\_\_ Date: \_\_\_\_\_
Address: \_\_\_\_\_

Signature of Physician/Physician Assistant/Nurse Practitioner: \_\_\_\_\_





# Social Networking Policy



- Learn how to use social networks in a responsible way
  - Jobs
  - College
  - Scholarships
  - Harvard just got rid of ten people for social media posts, colleges coaches are looking now, Pro Athletes are losing contracts and lots of money based on a few crazy things, some said in High School!!!!

# Athletic Trainer



- Katherine Wall B.S. ATC LAT
- Played soccer and volleyball in Broward County
- Tore her ACL and knew then this was the career for her
- Bachelors in Athletic Training at Florida Gulf Coast University In 2017.
- 2 years as a trainer, 1 @ Pompano
- Work in Health Medical Center in the Wellness Center assisting in Cardiac and Pulmonary Rehab.
- Received Athletic Trainer of the year for the Northern Division of Broward County Athletics

# Dragonfly



- Register
- Upload of physical and insurance
- Keep track of injuries
- Get workouts to get back on the field
- Consult with our Athletic Trainer
- Helps with emergency situations



**DragonFly MAX** is an electronic health record designed to save you time & ensure the athlete is healthy and ready to participate in athletic competition. We focus on the details so you can focus on what matters...safe and healthy athletes.

Follow the easy steps below to get started using **DragonFly MAX**.

### **"I'M A PARENT"**

1. Visit [www.dragonflymax.com](http://www.dragonflymax.com), click "Do My Forms" and follow prompts to the sign-up page.
2. On the sign-up page, click "Sign Up for Free".
3. Follow the prompts to create your **Parent Account** with **your** email address or phone number.
4. Enter your child's School Code when prompted and confirm this is the correct school.
5. Click "Add A Child" in the DragonFly MAX web site, then follow the prompts to create your **child's profile** and complete his/her participation forms, including uploading any necessary documents.
6. After completing your child's forms, you can review his/her profile OR add another child's profile.

*Now that you're done, download DragonFly MAX from the App Store or Google Play and sign in.*

### **"I'M AN ATHLETE, COACH, OR SCHOOL ADMINISTRATOR."**

1. Download the DragonFly MAX app from either the App Store or Google Play.



2. Click "Get Started" and follow the prompts to create your account.
3. Choose your role in the school (i.e. - Athlete, Coach, Administrator, etc).
  - o If you are a Coach or Administrator, select whether your school IS or IS NOT already using MAX.  
*(Hint: If you have a School Code, then your school IS using MAX)*
4. Enter your School Code (shown below) when prompted, then tap "Request" to join the school.

School Name: Pompano Beach High School  
School Code: PAZ8HJ

Now you're all set! You can find out more about additional features at  
**[DRAGONFLYMAX.COM](http://DRAGONFLYMAX.COM)**

# Concussions



- Football is not the leader in concussions at Pompano Beach
- Must be baselined prior to competition
- Return to play
  - Number of missed days 6 days
  - Must see a Dr two times (makes it tough)
  - Testing in Media Center

# Scholarships



- It is the responsibility of the family to work on scholarships on their own
  - Coaches can/will help but the family is the main avenue
    - Get accepted
    - Go to ID camps
    - Play travel
    - Excel on and off the field
- 5 volleyball, 1 basketball, 1 swim, 2 softball and 1 track playing next year
- New NCAA requirements (2.3 core)
- Full Ride?

# All Sports Passes



- Student cost \$15
- Family Pass \$75
  - Available for purchase Aug 1<sup>st</sup> through August 30<sup>th</sup> on e-store
  - Football games \$4 student / \$5 adult
  - Other games \$2 / \$4

If students are playing we urge them to support the program by purchasing.

# Fall Sports 7/29



- Varsity Football- Coach Firth
- Varsity Cheerleading- Coach Jackson
- Boys/Girls Swim- Coach Judd/Pliske
- Boys Golf- Coach Hammond
- Girls Golf- Coach Campbell
- Cross Country- Coach Brown
- Girls Volleyball- Coach Pico



# Winter Sports



Boys Basketball- Coach Stone (11/4)

Girls Basketball- Coach Jenkins (10/28)

Boys Soccer- Coach Elder (10/21)

Girls Soccer- Coach Aguilar (10/21)

# Spring Sports



- Softball- Coach McGuire (1/21)
- Baseball- Coach Frey (TBA) (1/28)
- Track- Coach Didymus/Brown (1/21)
- Flag Football- Coach Firth/Eagan (2/11)
- Tennis- Coach Messano (1/21)
- Boys Volleyball- Coach Roman/Strachan (1/28)
- Water Polo- Coach Pliske (1/21)
- Girls Lacrosse- Coach Cifuentes (1/28)
- Boys Lacrosse- Coach Johnson (1/28)

# Are you an athlete?



- Athletes play multiple sports year round
- Basketball/Football
- Baseball/Football
- Soccer/Cross Country/Lacrosse
- Basketball/Cross Country
- Cross Country/ Track
- Swimming/ Water Polo



# CMPETE

# Concussion Test



- Fall and Winter people should do in the media center.
- Meet the coaches
- Fall/Spring- Cafeteria
- Winter- Courtyard



# Tours of the Weight Room, Gym, and School

Meet in the main office

