



Section IX Athletics

Gregory Ransom, Executive Director

Section IX Athletic Council Meeting

Tuesday, October 8, 2024

Orange- Ulster BOCES

9:30am

- (1) Call to Order- Greg Ransom
- (2) Review of Meeting Materials
- (3) Consent Agenda-list attached
- (4) Financial Report - Linda Trapani
- (5) Section IX NYSPHSAA Representatives – David Coates & Suzanne Lenzian
 - (a) Consider approval of adding a 3rd Classification and Classification Cut-off numbers for Flag Football, Spring 2025
 - (b) Consider approval of Girls Lacrosse Classification Cut-Off Numbers for 2025
- (6) NYSPHSAA Office Report
- (7) Combining of Teams – Tim Bult & Frank Alfonso
- (8) Fall Chair Reports:
 - a. Cross-Country Jim Glover & Joe Cahill
 - b. Field Hockey Deb Beam
 - c. Football Dave Coates & Tom Cassata
 - d. Game Day Cheer Kelly Hall
 - e. Girls Soccer Diane Wanser
 - f. Boys Soccer Pete Ferguson & Tony Martelli
 - g. Girls Swimming Chris Sammons
 - h. Girls Tennis Urvashi Gupta & Matt Hayden
 - i. Volleyball Steve Boucher
- (9) Chair Reports:
 - a. Boys & Girls Modified Sports Greg Warren & Amanda Zgroddek
 - b. Safety Janet Carey
 - c. Student-Athlete Advisory Committee Suzanne Lenzian
 - d. Eligibility Tom Cassata
 - e. Officials Coordinator Dennis Burkett
 - f. Sportsmanship Adam Kless
 - g. Unified Sports Rich Silverstein
 - h. NYSAAA John Giametta
- (10) Old Business
 - a. NYSAAA Representative
- (11) New Business
 - a. Representation Rule: 6 to 3, Indoor Track & Gymnastics.
(Skiing was permanently moved from 6 to 3 by NYSPHSAA Executive Committee vote)
 - b. Valley Central CSD request to move from Class B to A in Classification for Girls & Boys Lacrosse for 2025.
 - c. Section IX Ice Hockey Chairperson.
- (12) Adjournment of Section IX Meeting

Next Meeting Date:

Thursday, November 7, 2024 – Zoom Meeting at 9:30am

Section IX Athletic Council, Inc.

Orange County Trust Company, Period Ending 08/30/2024

RECONCILIATION REPORT

Reconciled on: 09/04/2024

Reconciled by: Linda Trapani

Any changes made to transactions after this date aren't included in this report.

Summary

USD

| | |
|---|-------------------|
| Statement beginning balance | 126,682.11 |
| Interest earned | 7.30 |
| Checks and payments cleared (22) | -33,722.04 |
| Deposits and other credits cleared (32) | 129,242.54 |
| Statement ending balance | <u>222,209.91</u> |
| Uncleared transactions as of 08/30/2024 | 1,377.32 |
| Register balance as of 08/30/2024 | 223,587.23 |
| Cleared transactions after 08/30/2024 | 0.00 |
| Uncleared transactions after 08/30/2024 | 13,696.51 |
| Register balance as of 09/04/2024 | <u>237,283.74</u> |



Section IX Athletics

Gregory Ransom, Executive Director

Section IX Athletics- Consent Agenda Items:

1. Section IX September 5, 2024 Meeting Minutes
2. Consider approval to add Language to the NYSPHSAA Representation Rule
3. Consider approval to revise language for the NYSPHSAA Oversight Committee
4. Consider approval of Football Classification Cut-Off Numbers for 2025
5. Consider approval to implement a 15-point deciding set tiebreaker when Teams split 1-1
In the NYSPHSAA Girls Volleyball State Volleyball pool play & semifinals.
6. Consider approval to include Game Day Rules and Regulations in the NYSPHSAA Handbook
7. Consider approval to regulate & impose a rule that bans choreography development of a routine to be used for Competitions prior to the beginning of the season's official start date
8. Consider approval to create automatic qualifying standards for the Division 2 Indoor Track/Field relays.
9. Consider approval for a new regional rotation in the sports of Girls & Boys Basketball, Boys Lacrosse, Baseball & Softball 2025-2029 using the guiding principles approved by the Executive Committee.
10. Consider approval for a new regional rotation in the sport of Flag Football for 2025-2030 using the guiding principles approved by the Executive Committee.
11. Consider approval of NFHS Waivers for Softball playing rules.
12. Consider approval for a new regional rotation in the sport of Girls Lacrosse for 2025-2029

New York State Public High School Athletic Association



Central Committee Meeting – July 30-31, 2024

Flag Football: Additional Classification and Classification Cut-Off Numbers

- Action Item
- Discussion Item
- Informational Item

Presenter:

Jen Lapinski, NYSPHSAA Flag Football Coordinator
Marissa Dauria, NYSPHSAA Flag Football Coordinator

Proposal:

The NYSPHSAA Flag Football Committee is recommending a third classification be established using the following classification cut-off numbers.

| | | |
|---------|------------|------------|
| Class A | 1018 – Up | 75 schools |
| Class B | 1017 - 601 | 75 schools |
| Class C | 600 - Down | 75 schools |

Effective Start Date:

Spring 2025

Rationale:

Flag Football has seen a tremendous amount of growth across the state over the past 3 years. This past school year we had 185 teams competing across 10 sections. In the 2025 season 225 teams have committed to compete in 10 sections. The 225 exceeds the criteria of a team sport needing 201 teams to compete in 3 classes for a NYSPHSAA State Championship.

Proposal Originated:

NYSPHSAA Flag Football Committee

Budgetary Impact:

An additional class will increase the number of games needed at the NYSPHSAA semifinal and finals. NYSPHSAA anticipated the growth and requested a second location for the NYSPHSAA semifinals to hold 2 semifinal games. Homer was part of the bid submitted by Cortland and would host the additional class semifinal games. All 3 finals would be played at Cortland High School. The total cost to NYSPHSAA for facilities on the Cortland/Homer bid is \$2900. There would be an increase in officials for the additional semifinal and final games. Sections would also see an increase with 3 additional games and an additional regional game.

Notes:

The NYSPHSAA Flag Football Committee voted unanimously in favor of this proposal.

CAC Feedback:

CAC voted 10-0 in support of 3 classes but asked the state committee to meet and discuss re-considering using a more balanced distribution.

DATE REVISED: July 9, 2024

New York State Public High School Athletic Association



Central Committee Meeting – July 30-31, 2024

Girls Lacrosse: Classification Cut-Off Numbers

- Action Item
- Discussion Item
- Informational Item

Presenter:

Liz Parry, NYSPHSAA Girls Lacrosse Coordinator

Proposal:

The NYSPHSAA Girls Lacrosse Committee is recommending the following change to the Classification Cut-Off numbers.

| | | |
|---------|--------------|------------|
| Class A | 1036 and Up | 79 schools |
| Class B | 1035 – 728 | 80 schools |
| Class C | 727 – 450 | 84 schools |
| Class D | 449 and Down | 83 schools |

Effective Start Date:

Spring 2025

Rationale:

This proposal evens the number of teams in each class and is the same classification cut-off numbers as Boys Lacrosse.

Proposal Originated:

NYSPHSAA Girls Lacrosse Committee

Budgetary Impact:

None

Notes:

The NYSPHSAA Girls Lacrosse Committee voted unanimously in favor of this proposal.

Attachments:

None

CAC Feedback:

CAC voted 10-0 in support of this proposal.

| SPORT | LEVEL | HOST SCHOOL | COMB. SCHOOL #1 | RECO | RATIONALE | IS# | YEAR |
|-----------------------------|--------------|--------------------|------------------------|-------------|------------------|------------|--------------|
| Boys Basketball | Varsity | Livingston Manor | Roscoe | Yes | LM 9, RCS 4 | Team | Winter 24-25 |
| Boys Basketball | JV | Livingston Manor | Roscoe | Yes + | LM 6, RCS 7 | Team | Winter 24-25 |
| Boys Basketball | Modified | Livingston Manor | Roscoe | Yes + | LM 9, RCS 5 | Team | Winter 24-25 |
| Girls Basketball | Varsity | Livingston Manor | Roscoe | Yes | LM 7, RCS 4 | Team | Winter 24-25 |
| Girls Basketball | JV | Livingston Manor | Roscoe | Yes | LM 4, RCS 6 | Team | Winter 24-25 |
| Girls Basketball | Modified | Livingston Manor | Roscoe | Yes + | LM 8, RCS 7 | Team | Winter 24-25 |
| Boys Indoor Track | Varsity | Livingston Manor | Roscoe | Yes | LM 1, RCS 2 | Indiv - 7 | Winter 24-25 |
| Girls Indoor Track | Varsity | Livingston Manor | Roscoe | Yes | LM 1, RCS 1 | Indiv - 7 | Winter 24-25 |
| Comp. Cheerleading | Varsity | Livingston Manor | Roscoe | Yes | LM 9, RCS 1 | Team | Winter 24-25 |
| Baseball | Varsity | Livingston Manor | Roscoe | Yes | LM 8, RCS 5 | Team | Spring 2025 |
| Baseball | Modified | Livingston Manor | Roscoe | Yes | LM 9, RCS 7 | Team | Spring 2025 |
| Baseball | Varsity | Livingston Manor | Roscoe | Yes | LM 7, RCS 5 | Team | Spring 2025 |
| Softball | JV | Livingston Manor | Roscoe | Yes | LM 7, RCS 6 | Team | Spring 2025 |
| Softball | Modified | Livingston Manor | Roscoe | Yes | LM 7, RCS 5 | Team | Spring 2025 |
| Boys Golf | Varsity | Livingston Manor | Roscoe | Yes | LM 2, RCS 3 | Indiv - 6 | Spring 2025 |
| Girls Golf | Varsity | Livingston Manor | Roscoe | Yes | LM 1, RCS 1 | Indiv - 4 | Spring 2025 |
| Boys Outdoor Track | Varsity | Livingston Manor | Roscoe | Yes | LM 1, RCS 2 | Indiv - 4 | Spring 2025 |
| Girls Outdoor Track | Modified | Livingston Manor | Roscoe | Yes | LM 1, RCS 1 | Indiv - 4 | Spring 2025 |
| Girls Outdoor Track | Modified | Livingston Manor | Roscoe | Yes + | LM 4, RCS 1 | Indiv - 4 | Spring 2025 |
| OCIAA Approve Email 9/17/24 | | | | | | | |
| MHAL Approve Email 9/18/24 | | | | | | | |
| S9 Approve-email | | | | | | | |
| sub-varsity + | | | | | | | |

| SPORT | LEVEL | HOST SCHOOL | COMB. SCHOOL #1 | RECO | RATIONALE | IS# | YEAR | |
|--------------|----------|-------------|---------------------|-----------|---------------|------|-----------|---|
| Girls Soccer | Modified | Seward | Chester | Yes | Sew-6/Chest-6 | Team | Fall 2024 | |
| Boys Soccer | JV | Port Jervis | Eldred | Yes | Eldred-3 | Team | Fall 2024 | |
| Boys Soccer | Varsity | Port Jervis | Eldred | Yes | Eldred-4 | Team | Fall 2024 | No Class Change |
| Girls Tennis | Varsity | Liberty | Tri-Valley | Yes | Lib-7 / TV-2 | Team | Fall 2024 | Class C |
| | | | OCIAA Approve Email | 9/11/2024 | | | | Team # changes from Div 2 -> Div 1 so not eligible for TEAM Title |
| | | | MHAL Approve Email | 9/11/2024 | | | | |
| | | | S9 Approve-email | 9/11/2024 | | | | |

Timothy J. Bull

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| | | | | | | | | |
|----------------|------------------|------------------|------------|-----|-----------------------|------|-----------|-----------------|
| Field Hockey | Varsity | Pine Plains | Rhinebeck | Yes | Rhinebeck-0 | Team | Fall 2024 | Stay Class C |
| * Field Hockey | Modified | Pine Plains | Rhinebeck | Yes | Rhinebeck-0 | Team | Fall 2024 | |
| Football | Varsity (8-Man) | Millbrook | Webutuck | Yes | Mill-10, Web-8 | Team | Fall 2024 | Stay Class C |
| * Football | Modified (8-Man) | Millbrook | Webutuck | Yes | Mill-18, Web-6 | Team | Fall 2024 | |
| Girls Soccer | Varsity | Millbrook | Webutuck | Yes | Mill-10, Web-6 | Team | Fall 2024 | Move to Class B |
| * Girls Soccer | Modified | Millbrook | Webutuck | Yes | Mill-8, Web-8 | Team | Fall 2024 | |
| | | OCAA Approve | 6/18/2024. | | | | | |
| | | MHAL Approve | 6/20/24 | | | | | |
| | | S9 Approve-email | 7/10/24 | | Need to tell OCIAA/S9 | | | |

| | | | | | | | | |
|------------|-------------|---------|-----------------------|----------------|-----------------------|------|-----------|--|
| * Football | Modified-11 | Warwick | Greenwood Lake | Yes | G.L - 3 | Team | Fall 2024 | |
| | | | COT Spec Approval --> | 6/21/24 | | | | |
| | | | OCIAA/MHAL Minutes | 8/20 & 8/21/24 | | | | |
| | | | S9 Minutes | 8/21/24 | Need to tell OCIAA/S9 | | | |

| | | | | | | | | |
|------------------|----------|-------------|--------------------|---------|-----------------------|------|-----------|------------|
| Football - 8 Man | Varsity | Pine Plains | Rhinebeck | Yes | Rhine-6 & PP-18 | Team | Fall 2024 | Stay 8-man |
| Football - 8 Man | Modified | Pine Plains | Rhinebeck | Yes | Rhine-5 & PP-15 | Team | Fall 2024 | |
| | | | OCAA Approve Email | 7/16/24 | | | | |
| | | | MHAL Approve Email | 7/16/24 | | | | |
| | | | S9 Approve-email | 8/12/24 | Need to tell OCIAA/S9 | | | |

Game Day Cheerleading - Fall 2024

1. There are 3 Game Day invitationals scheduled in Section 9:
 - a. September 28th - James I. O'Neill HS
 - b. October 7th - Minisink Valley HS
 - c. October 16th - Cornwall HS
2. Our Section 9 Game Day Cheerleading Championship is scheduled for October 29th at Monroe Woodbury HS. To be eligible for the Section IX Game Day Championship, teams must have participate in a minimum of 3 competitions prior to the Section Championship.
3. Please have your cheer coaches (Varsity, JV, Modified) fill out the [24-25 Coaches Contact form](#). Without up to date information, we can not send them important notices.
4. Rule Books - please make sure your cheer coaches (at least one per level) have an updated copy of the NFHS Spirit Rule Book
5. TRAININGS - GAME DAY & COMPETITIVE

It is really imperative that all of our Section 9 cheer coaches take the NYS Cheer Training through RefReps. Even if they completed the course last year, there are new updates. It is important that our coaches stay up to date with the changes in New York State cheer and educate themselves in order to strengthen Section 9 cheer.

Here is the latest memo from NYS:

https://docs.google.com/document/d/13vGZwhARSUQ1an9lwqdSQKg-Zc4e_E170vV36OLxn3U/edit?usp=sharing

| Good afternoon, Coaches,

Hoping that your Fall season is going well. I wanted to send along to you the Section IX Competition Schedule. It will be here before we know it!!

As of now we have the following dates:

January 4, Dover

January 11, Minisink

January 18, Warwick

January 25, Highland

February 1, Monroe

February 8, Valley Central

February 15, TBD

February 22, Section IX Cheer Championship at Monroe

March 8, NYSPHAA State Cheer Championship

Registration links to all will be distributed as soon as they are available.

A few reminders:

- Please remember to take the trainings that are available, Be informed. The following was shared on 9/13/24 from Kelly & I. "Only a few coaches have reached out for the directions to enroll in the updated Ref Reps training course. Remember there are useful updates to the course. Our goal is to make sure all coaches are aware of these changes. I'm linking the latest memo from Casey Goll."
- https://docs.google.com/document/d/13vGZwhARSUQ1an9lwqdSQKg-Zc4e_E170vV36OLxn3U/edit?usp=sharing
- Make sure your certifications are up to date. For your reference, below is referenced in our bylaws.
 - Coaching Certification: All Competitive Cheerleading coaches will have to have the following to be certified coaches for the Winter season as per SED regulations: All non-certified teacher coaches will have to apply for a temporary coaching certificate. Any outside clinician that works with a team for more than 5 days during the season will also have to apply for a temporary coaching certificate.
 - First Aid and CPR/AED

- Fingerprinting
 - Child Abuse Course
 - Concussion Management Course
 - DASA Training (if applying for a temporary coaching license)
 - USA Cheer Safety (formerly known as AACCA)
 - All non-PE coaches will have to begin to take the three required courses:
 - Philosophies and Principles of Coaching - first year
 - Theories and Techniques - by 3rd year
 - Health and Sciences - by 5th year
- Please make sure to have the 24-25 edition of the NFHS Spirit Book. If you do not have one, please ask your AD to order for you/your program coaches.
 - Winter season does not start until Monday, November 18th. No routine choreography or tryouts should take place before that date.
 - An invitation to the Winter pre-season meeting will be sent out in the near future.

We have some Game Day competitions here in Section IX coming up - if you are not participating in Game Day, bring your team to watch and find out a bit more what it's all about and how much fun it can be! O'Neill is 9/28; Minisink is 10/7; Cornwall is 10/16; Sections is 10/29 at Monroe.

Thank you to each and every one of you for all you do for our student athletes here in Section IX!!

Cheers,

Patti Archiere

Section IX Chairperson, Competitive Cheer

NYS Cheer Course Registration

Note: If you view the course on a phone/ipad with the Safari browser, you may not have access to the example plays and resources. Refrefps is looking into this issue. If you are unable to see the Example Plays/Resources Column on the right side of any given module, you may need to zoom out.

New Registrants

Note to coaches: Please only register for this course if you plan on taking it, as your local section is charged for the course.

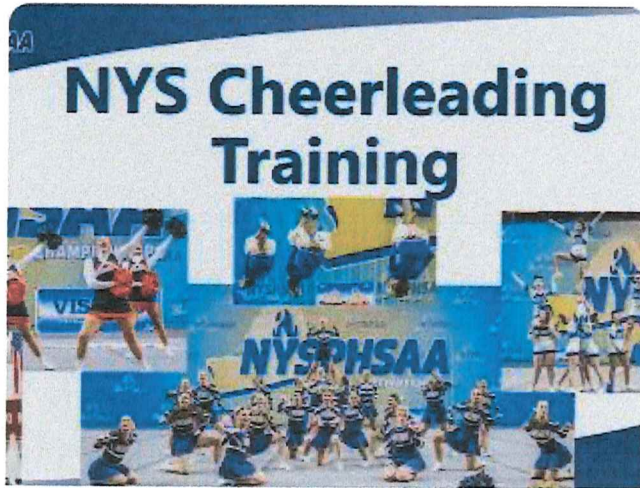
- Go to [NYS Cheer Course](#)
- Register by completing all information.
 - Select a Position - If you are both a coach AND a judge select JUDGE
 - Select a Section -
 - If you are a judge for 2/7 select Section 2
 - If you are a judge for 3/10 section Section 3
- **Allow for up to 48 hours to be assigned to the course. You will receive an email notification that you have been assigned to the course.**
- Course will be found on your dashboard in “All Courses and Packs” - Click on that



All Courses and Packs

Total number of courses and packs.

- Click on the course to enter. It will take you to the Course Navigation video - watch this to learn about the course and available resources.



NYS Cheerleading Training Course

Cheerleading

Registered Last Year (2023-2024)

Note to coaches: Please only register for this course if you plan on taking it, as your local section is charged for the course.

- Go to [NYS Cheer Course](#)
- Login to your account and you should see this screen then continue by clicking "Welcome back, [Your Name]"



Welcome to NYSPHSAA - Cheer!

Congratulations! Your account was successfully updated and you are now a member of the organization. You can now access all the features and resources available in the organization. Welcome aboard!



- On the left side under Account select "Profile"

ACCOUNT

 Profile

- Select "Account"

Profile

Here is your account information.

 My Organizations  **Account**  Redeem  Password  My Rewards

- Confirm your First Name does not contain your section
- Confirm your Position and Section are correct
 - Position - If you are both a coach AND a judge select JUDGE
 - Section -
 - If you are a judge for 2/7 select Section 2
 - If you are a judge for 3/10 section Section 3

Position

Judge

Section

Section 5

- **Allow for up to 48 hours to be assigned to the course. You will receive an email notification that you have been assigned to the course.**

2024-2025 Course Updates Summary

Game Day Modules

- Course Navigation - Course now allows for modules to be completed in any order
- Format & Scoring Overview -
 - Updated to explain when zeros may be given on the score sheet or scores can be affected when props and/or skills are not incorporated
 - Example Play Added - NY Game Day vs UCA/NCA
- Situational Sideline - Added Example Play - Props
- Crowd Leading Cheer -
 - Clarified Overall only applies to sections judged on that score sheet
- Fight Song - Clarified Overall only applied to section judged on that score sheet
- Scripting - Added 3 Example Play Videos of Full Routine Comparisons
 - Currently only Example 2 is available - other examples will be added as they are completed.

Safety Modules

- Game Day Format Violations - Added Format Violation for Music

Competitive Modules

- From Game Day - Situational Sideline Example Play - Props (applies to competitive Cheer)
- Cheer - Skills in the Cheer -
 - Added Example Play - Crowd Leading Cheers
 - Added Example Play - Performance Cheers
 - Added Example Play - Mixed/Hybrid Cheers
- Tumbling - Added Example Play - Tumbling Team Comparisons
- Stunt Difficulty - Video is completely redone to explain adjustments to drivers
 - Added Example Play - Additional Stunt Information
 - Slides for this are built into the Stunt Difficulty Slides PDF
- Pyramid Difficulty - Video is completely redone to explain adjustments to drivers
 - Added Example Plays:
 - Braced Skill Progression
 - Max Participation & Extra Groups in Pyramids

SECTION 9 WRESTLING DATES:

2024-25

ITEMS IN RED ARE NOT YET FINALIZED

| | | | | | |
|--|-----------|----------------|---|--|---------------------|
| | MON | 10/7/2024 | COACHES, ADMINS, & ASSESSORS RECEIVE LOGIN INFO FROM TRACK | | |
| | SAT | 10/19/2024 | EARLY WT CERT REGISTRATION DEADLINE | | |
| | WED | 10/30/2024 | EARLY WT CERT DATE | MIDDLETOWN | 1-INS CERT NEEDED |
| | MON | 11/18/2024 | FIRST DAY OF PRACTICE | | |
| | WED | 11/20/2024 | COACHES MEETING | ZOOM MEETING -LINK WILL BE SENT | |
| | THUR-MON | 11/21-25/2024 | WT CERTIFICATIONS | NEW PALTZ, WARWICK, NFA, MIDD,MV | 5-INS CERTS NEEDED |
| | SUN | 1/5/2025 | E.STATES ZOOM MEETING | ZOOM MEETING -LINK WILL BE SENT | |
| | FRI-SAT | 1/10-11/2025 | EASTERN STATES | IMPACT CENTER, CLIFTON PARK -S2 | |
| | TUE-WED | 1/14-15/2025 | S9 DUALS | WALLKILL, NFA, PORT,MINISINK VALLEY | 4-INS CERTS NEEDED |
| | SUN | 1/26/2025 | NYS DUALS SEEDING MTG | NYSWC ZOOM | |
| | SAT | 2/1/2025 | NYS DUAL MEET CHAMPIONSHIP | SRC ARENA, SYRACUSE | |
| | SAT | 2/8/2024 | FLATLINE DATE (Weight Loss Plans will stop calculating on this day) | | |
| | WED | 2/12/2025 | D1 SEEDING MEETING | MIDDLETOWN | |
| | THURS | 2/13/2025 | D2 SEEDING MEETING | HIGHLAND | |
| | FRI-SAT | 2/14-15/2025 | D1 SECTIONS | MONROE | 1-INS CERT NEEDED |
| | SUN | 2/16/2025 | D2 SECTIONS | FDR HYDE PARK | 1-INS CERT NEEDED |
| | MON | 2/17/2025 | GIRLS SECTIONS | PORT JERVIS | 1-INS CERT NEEDED |
| | MON-THURS | 2/17-2/20/2025 | SECTIONAL TEAM PRACTICES | MINISINK, MONROE, NEWBURGH | 3-INS CERTS NEEDED? |
| | THURS | 2/20/2025 | STATE QUALIFIER EQUIP DIST. | NEWBURGH | |
| | SAT | 2/22/2025 | NYS TOURN SEEDING MTG | NYSPHSAA OFFICE, LATHAM | |
| | THURS | 2/27/2025 | GIRLS STATES | MVP ARENA | |
| | FRI-SAT | 2/28-3/1/25 | STATES | MVP ARENA | |
| | TBA | TBA | FS9 BANQUET | TBA-HIGH SCHOOL (not BANQUET FACILITY) | |

PROCEDURE FOR EARLY WEIGHT CERTIFICATIONS:

NYS has officially passed the following:

NYS will allow early weight certs at a date no earlier than the Sunday of Week 17 10/27/24 (Season begins Week 20: 11/18), and that those who wish to participate in the early certs must register with their Section Chairmen, no later than the Saturday of Week 15 (October 19). Each section has the option of participating and can set their own dates and eligibility rules for who can attend.

PRO's:

The reason for this procedure is to allow "elite" and "Heavy" wrestlers the chance to get their weight loss plans in place earlier, so they will have more time to get to their desired MWW sooner. Example: Last year a wrestler who weighed 330 lbs on certification day in November, would not have been eligible to compete at 285 lbs until Day 61 which would have been January 21. If this wrestler had been allowed to certify on 10/30 and have their WLP (Weight Loss Plan) begin sooner, then the first day they would be eligible to compete at 285 would move to January 2. Basically, if you certify 20 days sooner, you can reach your desired MWW 20 days sooner. Example: Last year you may not have been able to compete at your MWW because you could not reach it until after post season had begun. This year, if you certify 20 days sooner, you can reach your desired MWW 20 days sooner and could be eligible for post season.

CON's:

- The wrestlers WLP will begin on the day of the early certification. If a wrestler selects the early cert option, they must accept the result (or appeal it within 3 days) and they CANNOT re-certify again in November with their full team.
- When you certify early your WLP starts sooner. The WLP shows what you need to weigh each day, but you are not actually weighing in until your first contest (probably sometime in early December). If you go a full month of November without officially weighing in, and then weigh in excess of the weight shown on the WLP for the first contest, the WLP will re-calculate and the date to reach your MWW will be recalculated and pushed back later into the season. This would defeat the entire purpose of certifying early.
- Realistically, what may also happen is that the wrestler may not

lose their weight gradually (as no weigh ins are required during November). If for example they were allowed to lose 15 pounds at the rate of 1.5% per week over the month of November, they may have only lost 5 pounds (without having to officially weigh in). As they do not want their plan to recalculate on the date of their first weigh in, they may then cut the other 10 pounds in the last 2 days prior to their first weigh in (so as to not have their plan recalculate). This brings safety issues into effect and again defeats the entire purpose of the 1.5% weight loss plan.

-Scheduling: Each section has scheduling problems as their assessors are involved in fall sport post season events and most will not have the ability of offer multiple days for early assessments (like they do in November). Most will have to limit the number of wrestlers that can do early assessments to be able to get them done in possibly just one day.

□

SECTION 9 EARLY WEIGHT CERTIFICATION PROCEDURE 2024-25:

Date:

Section 9 early certs will only be available on one day:

Wednesday October 30th at Middletown High School

Wrestlers who certify on 10/30 will have the chance to appeal their result on Saturday 11/2

at Minisink Vally High School. The Saturday date is ONLY for appeals, it is NOT for wrestlers who could not attend the 10/30 date.

IF YOUR WRESTLER CANNOT ATTEND THE EARLY CERT DATE ON 10/30 THEY WILL THEN LOSE THE EARLY CERT OPTION AND MUST CERTIFY DURING THE NORMAL WT CERTIFICATION TIME PERIOD FROM NOV 21-25.

Wrestlers eligible for Early Certs:

The early weight certs are only available to the following wrestlers:

1-Any wrestler who weighs 300 pounds or more

2-Any wrestler who is a returning Section 9 place winner from 2023-24.

(No girls are eligible for Early Certs, as they do not follow the 1.5% plan)

Due to staffing constraints of our assessors, those will be the only wrestlers eligible to certify early.

JUST BECAUSE YOU HAVE A RETURNING PLACER, YOU DO NOT HAVE TO SEND THEM TO EARLY CERTS. Our assessors are doing us a favor in making this option available so the quicker they can get this done, the better for them. We hope that ALL of the returning placers do not apply.

Hydration Failures:

IF YOUR WRESTLER FAILS HYDRATION ON THE EARLY CERT DATE ON 10/30 THEY WILL THEN LOSE THE EARLY CERT OPTION AND MUST CERTIFY DURING THE NORMAL WT CERTIFICATION TIME PERIOD FROM NOV 21-25.

How to apply for Early Certification:

1-Wrestlers who attend early certs must come to Middletown with their printed Individual Profile Form from Track Wrestling.

Coaches will be able to log into Track beginning Monday 10/7. Coaches will have to have all early cert wrestlers entered into their Track rosters and print their Individual Profile forms for them, prior to them attending the Middletown site. Coaches do not need to come with the wrestlers. They can self-transport or parent transport, but that will be up to the rules and regulations of each individual school district.

2-Wrestlers who attend early certs must have a signed Form01-Parent Awareness Form turned into their coach. These forms do NOT need to be turned in at the Middletown site but must be on file with the coaches and Athletic Directors.

3-Coaches must submit Form02-EarlyCertRosterRequest to the Section Chairman by

Saturday 10/19. If the form is not received, then your wrestlers will not be eligible for early certs.



FUNDRAISING EVENT SUPPORTING THE "COACH" FRED AHART FOUNDATION

Keeping a Legacy Alive

- Friday November 29, 2024

-6:00pm -10:00pm

-Rockland House

159 Rockland Road Roscoe, NY 12776

-Raffle calling to begin at 8:30 pm,
Cash bar, and Mystic Entertainment



Currently accepting baskets, prizes, and cash donations. Drop off at 18 Maynard Street, Roscoe, NY 12776 or mail to The Coach Fred Ahart Foundation, PO Box 293, Roscoe, NY 12776. All proceeds benefit students, athletes, and families in need.

With your generosity and the support of The "Coach" Fred Ahart Foundation, we are able to create opportunities for everyone.

Follow us on Facebook:

@Coach Fred Ahart Foundation for event updates and basket previews!

For more information, please contact Katie Ahart at (845) 649-0742 or email us at: coachfredahartfoundation@gmail.com



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