



MONTY TECH

FALL ATHLETIC NEWSLETTER

2022



IMPORTANT INFORMATION FOR ALL ATHLETES!!!

FROM THE ATHLETIC DIRECTOR

All students participating in the Athletic program must have **ALL** necessary forms filled out before they may begin practice. Forms needed to sign up for an athletic team will be available at the Main Office throughout the summer. They may also be downloaded from the Monty Tech website:

www.montytech.net Look under "Athletics"- "Forms", to get the forms needed. Look them over carefully and fill out the ones that pertain to you. They are also available on the table outside the Athletic Director's office.

FORM 1:

CLEARANCE FOR PRACTICE CARD

This card is very important. Put your name on the front (top) of the card and the sport(s) you will be playing this school year. On the back (bottom) is the emergency information that is needed in case of an injury. Please fill it out **completely** and **neatly**. Your Parent/Guardian should sign the back (bottom) of the card. I will check off the information on the front (top) of the card, when I receive it, and give the card to your coach. **You need to fill out only one card each school year.**

FORM 2:

STUDENT/PARENT PARTICIPATION AGREEMENT

This form should be read carefully and filled out by both the student and the parent/guardian. It should be turned in with Form 1. Cross out the sports you **will not** be playing. **You need this form only once each school year.**

Form 3: (Sheet)

PHYSICALS – The form to get a school physical is needed if you plan on having your physical at Monty Tech. School physicals will be August 8th and 15th in the Nurses' Office.

You must call the Athletic Director's Office and reserve a slot for your physical. You should wear shorts and a t-shirt. **You must have this form signed by your parent/guardian for you** to obtain a physical at Monty Tech, or have them come in with you at the time of the physical. You should be at the school ½ hour before the physical to complete the pre-physical information. If you get a physical over the summer by your own doctor, please bring a copy of the completed physical form with you to the "Meet the Coaches Night", or you may send it to my office. Remember you must have a physical **on record at the school** before you may begin practice. Physicals must be done yearly. The school's telephone number is: 978-345-9200 ext. 3660. AD Office Fax: 978-345-7605

LATE BUSES

Late buses for all athletic teams will begin on Wednesday, August 24 2022. Buses will leave Monty Tech at 6:00 p.m., during the first week. After the first week, they will be scheduled for Monday, Wednesday and Thursdays, at 4:15 and 6:00, and Tuesday and Fridays at 6:00 only. These buses will take you to the center of the town you live in.

ATHLETIC INSURANCE

Athletes, who would like added athletic insurance, may sign up on the **Bob McCloskey Insurance** website. You can obtain full 24-hour/365 day coverage, including dental for about \$60.00. The Monty Tech athletic policy is **not** 100% coverage. The web site to sign-up is: www.bobmccloskey.com

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FOOTBALL

The 2022 Football season will be upon us very soon. This summer is very important for another successful season. If you need new shoes, get them now and break them in. All players should be doing daily running (sprints and distance). The school doctor will give physicals on Aug. 8th and 15th. **No one** will practice without proof of a physical within the last 13 months. You **must** complete the **Clearance for Practice Card** and the **Student/Parental Participation Form** before the start of practice. You and one parent need to do the **Head Injury/Concussion** course on the www.nfhslearn.com website. There is no cost. If you are in Grades 10 – 12, use the user name and password you had last year. If you are in Grade 9, you will have to register for the course and choose a password. The last two forms you need are the **Disclosure Form for Concussions** and the **Opioid Use/Misuse** package/form. All the forms can be found at the Athletic Director's office as well.

EQUIPMENT ISSUE:

Monday – August 15 Equipment and Locker issue.
3:30 – 5:30 (at Field House)

"Meet the Coaches Night" – August 11 6:00 p.m. in the Auditorium

MANDATORY TEAM MEETING:

Thursday, August 18 4:00 – 6:00 (In big gym) **All players must attend, Freshmen through Seniors. FUNDRAISER WILL BEGIN!!**

PRACTICE SCHEDULE:

Friday, August 19 – **Helmets only!** 4:00 – 6:00 p.m.
(Helmets, Practice Jerseys, Shorts, Cleats, and mouthpieces only)
Doors open at 3:15 – Be on field at 4:00

Saturday, August 20 - **Helmets only!** 9:00 – 11:00 a.m.
Doors open at 8:15 – Be on field at 8:45 a.m.

Sunday, August 21 – **OFF**

Monday, August 22 – **Helmets only!** 4:00 – 6:00 p.m.
Doors open at 3:15 p.m. Be on field at 4:00 p.m.

Tuesday - Friday August 23 – 26 – Practice from 3:30 - 6:00
Uppers only. Doors open at 2:45 p.m.

Saturday, August 27 – Scrimmage @. Littleton 10:00 am

Sunday, August 28 – **OFF**

Monday – Thursday, August 29– Sept. 1 - Practice from 3:30 – 6:00 with **Full Pads**.

Friday, September 2 – Scrimmage @ Lunenburg 7:00 pm

Saturday/Sunday, September 3/4: **OFF**

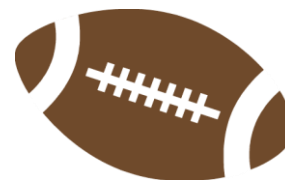
Monday, September 5 – Labor Day 9:00 – 11:00 a.m.
Doors open at 8:15 a.m.

Practice after school the remainder of the week.

Friday, September 9 First Game vs. Murdock at 7:00 p.m.

"MEET THE COACHES NIGHT"

August 11 6:00 p.m. (IN AUDITORIUM)
All players (9 – 12) must attend with a parent/guardian.



Call Coach Secino, if you have any questions. 978-771-8087
Email: secino-anthony@montytech.net



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BOYS SOCCER

PRE-SEASON PRACTICE SCHEDULE:

Practices begin Monday, August 22 and will run from 3:00 – 6:00.

There will be some weekend practices as we prepare for the season. Other information will be given out at the first meeting which is the “Meet the Coaches Night” on August 11 – 6:00 p.m.

First Game is on Sept. 8 vs. Bay Path

Players should bring the following items to practice:

Cleats, running shoes, 4 pair of socks, 2 pair of shorts and shirts, shin guards, light jacket or sweatshirt, mouth pieces will be issued.

No one will practice without proof of a physical within the last 13 months. You **must** complete the **Clearance for Practice Card** and the **Student/Parental Participation Form** before the start of practice. You and one parent need to do the **Head Injury/Concussion** course on the www.nfhslearn.com website. There is no cost. If you are in Grades 10 – 12, use the user name and password you had last year. If you are in Grade 9, you will have to register for the course and choose a password. The last two forms you need are the **Disclosure Form for Concussions** and the **Opioid Use/Misuse** package/forms. All forms can be found at the Athletic Director’s office as well.

“MEET THE COACHES NIGHT”

August 11 6:00 p.m. (IN AUDITORIUM)
ALL PLAYERS MUST ATTEND WITH
A PARENT/GUARDIAN.

Call Coach Pelletier, if you have any questions. 508-331-1804
Email: pelletier-brad@montytech.net



GIRLS SOCCER

Soccer season will be here before you realize it. The time to begin preparing for soccer is mid-July thru the summer into mid-August. Informal workouts are usually organized by returning players during the summer. These workouts are open to all Monty Tech students, grades 9 – 12. Official on field activities will begin on August 22. All players should be prepared to attend all soccer practices and meetings from that point going forward. Please be aware that all players must participate in Try-Outs during this period of time, as the Varsity team, and JV team selections will be made by the coaches.

No one will practice without proof of a physical within the last 13 months. You **must** complete the **Clearance for Practice Card** and the **Student/Parental Participation Form** before the start of practice. You and one parent need to do the **Head Injury/Concussion** course on the www.nfhslearn.com website. There is no cost. If you are in Grades 10 – 12, use the user name and password you had last year. If you are in Grade 9, you will have to register for the course and choose a password. The last two forms you need are the **Disclosure Form for Concussions** and the **Opioid Use/Misuse** package/form. These form are available in the Main Office at the school or you can download them from the Monty Tech website or pick them up at the Athletic Director’s office.

Have a Great Summer!!

PRE-SEASON PRACTICE SCHEDULE:

Practices begin August 22 and will run from 3:00 – 6:00 daily, There will be some weekend practices as we prepare for the season. Other information will be given out at the first meeting at the “Meet the Coaches Night” beginning at 6:00.

“MEET THE COACHES NIGHT”

August 11 6:00 p.m. (IN AUDITORIUM)
ALL PLAYERS MUST ATTEND WITH
A PARENT/GUARDIAN.

Call Coach Scaduto, if you have any questions 508-463-6062.
Email: scaduto-timothy@montytech.net



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FIELD HOCKEY

On the first day of practice players will need the following:

Sneakers, cleats, sticks, extra socks, shin guards, mouthpieces and beverages. Sticks, mouthpieces and shin guards will be provided to players, who need them.

It is expected that all players will do their own conditioning over the summer. It should consist of long distance running 1 to 2 miles, sprints, stick handling, drives and stops. On the first day of practice you will be tested on those conditioning drills. You will have to meet some requirements to be considered for a starting varsity position. The more work you do over the summer, the easier it will be when school starts.

Run! Run! Run! Summer conditioning is on Wednesday's – 5:00 – 7:00 and Saturdays from 8:00 am to 10:00 am until school starts.

PRE-SEASON PRACTICE SCHEDULE:

Practices begin August 22 and will run from 3:00 – 6:00 daily. There will be some weekend practices as we prepare for the season. The Varsity & JV squads will be chosen on Friday, August 26 after practice.

No one will practice without proof of a physical within the last 13 months. You **must** complete the **Clearance for Practice Card** and the **Student/Parental Participation Form** before the start of practice. You and one parent need to do the **Head Injury/Concussion** course on the www.nfhslearn.com website. There is no cost. If you are in Grades 10 – 12, use the user name and password you had last year. If you are in Grade 9, you will have to register for the course and choose a password. The last two forms you need are the **Disclosure Form for Concussions** and the **Opioid Use/Misuse** package/form. These forms are available in the Main Office at the school, or you can download them from the Monty Tech website or pick them up at the Athletic Director's office.

"MEET THE COACHES NIGHT"

August 11 6:00 p.m. (IN AUDITORIUM)
ALL PLAYERS MUST ATTEND WITH
A PARENT/GUARDIAN.

Call Coach Skinner, if you have any questions 978-413-1135



CROSS COUNTRY

All runners should be running and working out **AT LEAST** three days a week over the summer. Start slow; 2 – 3 miles every other day and build up to 5 miles by the middle of August. Distance is more important than speed early in the season and during training. It is also very important that all athletes do **DYNAMIC** stretching before a run, and **STATIC** stretching after a run. Be able to run 4 miles the first day of practice!!

PRE-SEASON PRACTICE SCHEDULE:

August 22 – August 26: 3:00 p.m. – 5:00 p.m. daily

A Cross-Country Summer Workout may be downloaded from the Monty Tech website under "Athletics".

No one will practice without proof of a physical within the last 13 months. You **must** complete the **Clearance for Practice Card** and the **Student/Parental Participation Form** before the start of practice. You and one parent need to do the **Head Injury/Concussion** course on the www.nfhslearn.com website. There is no cost. If you are in Grades 10 – 12, use the user name and password you had last year. If you are in Grade 9, you will have to register for the course and choose a password. The last two forms you need are the **Disclosure Form for Concussions** and the **Opioid Use/Misuse** package/form. These forms are available in the Main Office at the school or you can download them from the Monty Tech website or pick them up at the Athletic Director's office.

"MEET THE COACHES NIGHT"

August 11 6:00 p.m. (IN AUDITORIUM)
ALL PLAYERS MUST ATTEND WITH
A PARENT/GUARDIAN.

Call Coach Caouette, if you have any questions. 413-427-5810
Email: caouette_andrew@montytech.net





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GOLF

PRE-SEASON PRACTICE SCHEDULE:

Practices will begin on Monday, August 22 through Friday, August 26 from 3:00 – 5:00 p.m. Players should meet at the **Practice Putting green** at the Gardner Golf Course at 3:00 p.m. On Monday, August 22 and Tuesday August 23 practice will be from 3:00 – 5:00 p.m. When school starts on August 24, a van will take players to the course and pick them up at the end of practice. They will return to Monty Tech in time for the 6:00 late bus. Parents may pick students up at the course, if they prefer. If you are picking up your child, you will have to be there by 5:00 or they will go back to school with the coach. Buses home will not be provided after matches, home or away. Get out and play as much as possible before the first week of practice. Golfers should work on physical fitness as much as possible: Push-ups, sit-ups, squats and any form of aerobic exercise. Hard work in July and August will pay off on the course. Golfers must have their own clubs. Proper golf etiquette and attire are required at all times. No gym shorts, denim, tee shirts, or boots. You need a collared shirt, sneakers/golf shoes, belted shorts/pants and a hat/visor.

No one will practice without proof of a physical within the last 13 months. You **must** complete the **Clearance for Practice Card** and the **Student/Parental Participation Form** before the start of practice. You and one parent need to do the **Head Injury/Concussion** course on the www.nfhslearn.com website. There is no cost. If you are in Grades 10 – 12, use the user name and password you had last year. If you are in Grade 9, you will have to register for the course and choose a password. The last two forms you need are the **Disclosure Form for Concussions** and the **Opioid Use/Misuse** package/forms. These forms are available in the Main Office at the school or you can download them from the Monty Tech website or pick them up at the Athletic Director's office.

“MEET THE COACHES NIGHT”

August 11 6:00 p.m. (IN AUDITORIUM)

All players must attend with a Parent/Guardian

Call Coach Farr, if you have any questions. 978-430-7396
Email: farr-gary@montytech.net

VOLLEYBALL

PRE-SEASON PRACTICE SCHEDULE:

Practices will begin on Monday, August 22 from 3:00 – 6:00 p.m. daily. Perspective players should have sneakers, shorts and a t-shirt. Please be on time. Players must get rides on Monday and Tuesday. Buses start on Monday, August 29.

No one will practice without proof of a physical within the last 13 months. You **must** complete the **Clearance for Practice Card** and the **Student/Parental Participation Form** before the start of practice. You and one parent need to do the **Head Injury/Concussion** course on the www.nfhslearn.com website. There is no cost. If you are in Grades 10 – 12, use the user name and password you had last year. If you are in Grade 9, you will have to register for the course and choose a password. The last two forms you need are the **Disclosure Form for Concussions** and the **Opioid Use/Misuse** package/form. These form are available in the Main Office at the school or you can download them from the Monty Tech website or pick them up at the Athletic Director's office.

Conditioning sessions will be held on the following dates, from 8:00 – 11:00 am. Come to one or all of them.
July 28, 29, August 4, 5, 11, 12, 18, 19.

“MEET THE COACHES NIGHT”

August 11 6:00 p.m. (IN AUDITORIUM)
ALL PLAYERS MUST ATTEND WITH
A PARENT/GUARDIAN.

Call Coach Duong, if you have any questions. 978-424-5889
Email: duongsandyt@gmail.com





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VARSLITY CHEERLEADING

Welcome to Monty Tech Cheering. As a cheerleader you will have an obligation to yourself, your teammates, your peers and Monty Tech to uphold certain principals and morals. Thus, I feel it necessary to make sure that we are all on the same page. This will ensure a smooth, successful season for everyone.

Expectations:

1. To be enthusiastic about being on the squad.
2. Come to EVERY practice and game. (3 misses and you **WILL BE** dismissed from the squad.)
3. Have a great attitude and the will to work hard.
4. Keep your grades up.

What you need:

- * Cheering Sneakers (All White) Purchase on your own.
- * 3 pair of no-show athletic socks (you must provide your own)

Things to Know for the Upcoming Season

* Cheerleaders will be required to participate in a mandatory fundraiser during the season.

* **Competition/Games:** Everyone who would like to cheer may do so **AT GAMES**. **NOT** all girls will go to competition. You **MUST** earn your place through effort, good attitude, fantastic attendance and progressive skills.

TRYOUT INFO:

Conditioning will be held on Wednesday August 10 and 17 from 3:00 – 6:00 pm in the gym.

Tryouts will be held on Monday, August 22, and Wednesday, August 24 in the big gym from 3:00 – 6:00 p.m. EVERYONE, in grades 9 – 12, including Freshmen must attend BOTH DAYS OF TRYOUTS.

Coach- TBD. Please call Athletic Office @ 978-345-9200 x3606 or email reid@montytech.net, if you have any questions or concerns.

This will be the year of NO EXCUSES! If you cannot fully commit to the squad, please do not join the team. To be a good squad it takes dedication, commitment and effort. Please do your part.

“MEET THE COACHES NIGHT”

August 11 6:00 p.m. (IN AUDITORIUM) ALL PERSPECTIVE CHEERLEADERS MUST ATTEND WITH A PARENT/GUARDIAN

No one will practice without proof of a physical within the last 13 months. You **must** complete the **Clearance for Practice Card** and the **Student/Parental Participation Form** before the start of practice. You and one parent need to do the **Head Injury/Concussion** course on the **www.nfhslearn.com** website. There is no cost. If you are in Grades 10 – 12, use the user name and password you had last year. If you are in Grade 9, you will have to register for the course and choose a password. The last two forms you need are the **Disclosure Form for Concussions** and the **Opioid Use/Misuse** package/form. These form are available in the Main Office at the school or you can download them from the Monty Tech website or pick them up at the Athletic Director’s office.

MONTY TECH SCHEDULES/FORMS:

TO DOWN LOAD FORMS:

- * Go to the Monty Tech home page: www.montytech.net
- * Click “Athletics”
- * Go to “Forms” and download forms needed.

TO GET SCHEDULES:

- * Click schedules. (They will be up around August 1.)

MEET THE COACHES NIGHT

THURSDAY, AUGUST 11

6:00 (IN THE AUDITORIUM)

ALL ATHLETES MUST ATTEND WITH AT LEAST ONE PARENT/GUARDIAN. MONTY TECH AND MIAA RULES WILL BE DISCUSSED. HEAD INJURY/CONCUSSION INFORMATION AND THE ISSUE OF OPIOID USE AND ABUSE WILL BE GIVEN OUT, AS REQUIRED BY THE STATE. TEAMS WILL THEN SPLIT UP TO MEET COACHES AND RECEIVE INFORMATION ABOUT THE UPCOMING SEASON.

