

**Shrewsbury High School  
Athletic Report  
2018-19**



**Presented to the School Committee  
December 4, 2019**

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# Overview of 2018-19

## **Philosophy**

The Shrewsbury High School Athletic program is governed by the Massachusetts Interscholastic Athletic Association (MIAA) and acts in accordance with the values 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:**

### **High School**

Shrewsbury High School offers 36 different sports, which account for 61 teams and approximately 800 contests played this past year. During the 2018-2019 school year an average of 489 athletes participated in sports per season. In 2018-2019, our coaching staff was comprised of a total 117 coaches (78 paid positions and 39 volunteer coaches).

#### **Team Highlights**

- 28 out of 31 teams qualified for postseason play
- League Championships
  - Girls' Ice Hockey
- District Finalists
  - Boys Tennis
- District/Regional Champions
  - Cheerleading
  - Boys Indoor Track
  - Baseball
- State Finalists
  - Baseball

### **Unified Sports**

The Unified sports programming allows students with and without disabilities to participate on the same team and promotes social inclusion and camaraderie through sports practice and competitions. SHS continued to offer and support the Unified Track program for a sixth year and the Unified Basketball program for the fourth year. Participation in the Unified program continued to grow during the 18-19 school year where Unified Track fielded a team of 83 participants, while the Unified Basketball team fielded approximately 64 members. Both teams competed against other Central Massachusetts high schools. Central Massachusetts has been a leader in this space and currently there are 19 schools in the Midland-Wachusett League that offer Unified sports. The Athletic

Department and the Special Education Department have partnered to share the cost for this programming, and have additionally relied upon strong community donations to support the continued funding of the program. This past fall SHS was recognized as a National Unified Champion School by the Special Olympics and will be highlighted in the 2019-2020 Athletic Report.

### **Middle School**

Oak Middle School has expanded the athletic program during the 2018-19 school year and has implemented field hockey, baseball and softball. Our middle school program consists of seven sports: boys' and girls' cross-country (7 meets), field hockey (12 games), cheerleading, boys' and girls' basketball (14-game schedule/team), boys' and girls' outdoor track (5 meets), baseball and softball (12 games/team). There are currently 13 coaches between the sports, four coaches for cross country, two coaches for basketball, one coach for cheerleading, one coach for baseball, one coach for softball, and three coaches for outdoor track. These sports provide athletic opportunities for approximately 347 OMS students.

The chart below shows numbers of OMS participants by sport.

Boys and Girls Cross Country	120	Boys and Girls Outdoor Track	125
Field Hockey	21	Baseball	18
Boys and Girls Basketball	31	Softball	14
Cheerleading	18		

## **II. Teams, Seasons, Levels and Contests**

During the 2018-2019 school year, Shrewsbury High School offered a total of 36 competitive sports to the student body. There were 61 teams that participated at various levels of play ranging from freshman level to varsity level, and athletes competed in over 800 contests throughout the school year. Our coaching staff totaled 78 positions paid through the appropriated budget with an additional 39 volunteer coaches. As you can see below, SHS currently offers eight junior varsity 2/(freshmen) athletic teams.

Sports Offered/Levels of competition (Varsity, Junior Varsity 1, and Junior Varsity 2/Freshmen)

### **Fall Season**

#### **Boys' Sports**

Football (V, JV1, JV2)  
Soccer (V, JV1, JV2)  
Golf-Coed (V, JV)  
Cross Country (V)  
Crew (V, Novice)  
Unified Basketball-Coed

#### **Girls' Sports**

Cheering (V)  
Soccer (V, JV1, JV2)  
Golf-Coed (V, JV)  
Cross Country (V)  
Crew (V, Novice)  
Unified Basketball-Coed  
Field Hockey (V, JV)  
Volleyball (V, JV1, JV2)

### **Winter Season**

#### **Boys' Sports**

Basketball (V, JV1, JV2)  
Swimming-Coed (V)  
Track (V)  
Ice Hockey (V, JV)  
Skiing-Coed (V)

#### **Girls' Sports**

Basketball (V, JV1, JV2)  
Swimming-Coed (V)  
Track (V)  
Ice Hockey (V)  
Skiing-Coed (V)  
Gymnastics (V)  
Cheering (V)

### Spring Season

### Boys' Sports

Track (V)  
Tennis (V)  
Baseball (V, JV1, JV2)  
Crew (V, Novice)  
Lacrosse (V, JV)  
Unified Track-Coed

### Girls' Sports

Track (V)  
Tennis (V)  
Softball (V, JV)  
Crew (V, Novice)  
Lacrosse (V, JV)  
Unified Track-Coed

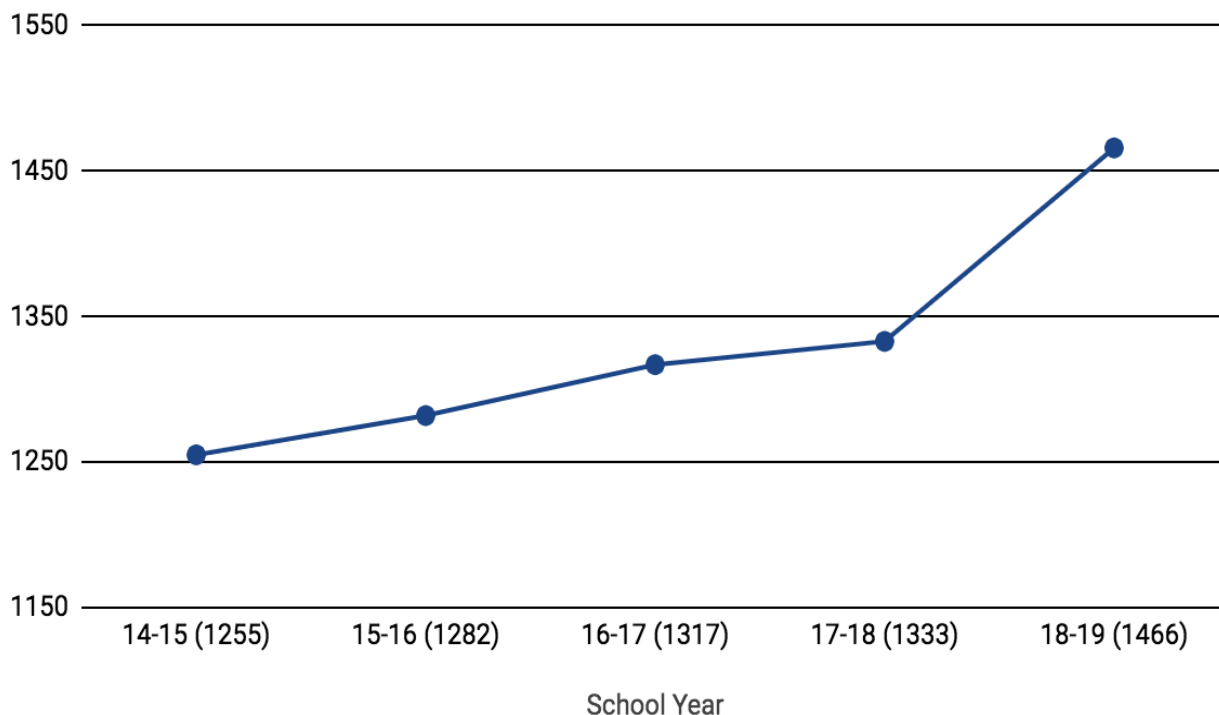
## III. Comparative Data Information Sheet

### Programming and Participation

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

<b>Number of sports offered:</b>	<b><u>14-15</u></b>	<b><u>15-16</u></b>	<b><u>16-17</u></b>	<b><u>17-18</u></b>	<b><u>18-19</u></b>
Boys	15	15	15	15	15
Girls	19	19	19	19	19
<b>Number of teams offered:</b>					
Boys	26	26	26	26	28
Girls	31	31	31	30	31
<b>Number of athletes per season:</b>					
Fall	477 (+16)	483 (+6)	504(+21)	511(+7)	536(+25)
Winter	348 (+53)	378 (+30)	376(-2)	364(-12)	419(+55)
Spring	<u>430 (+32)</u>	<u>421 (-9)</u>	<u>437(+16)</u>	<u>458(+21)</u>	<u>511(+53)</u>
<b>Total</b>	<b>1255 (+101)</b>	<b>1282 (+27)</b>	<b>1317(+35)</b>	<b>1333(+16)</b>	<b>1466(+133)</b>

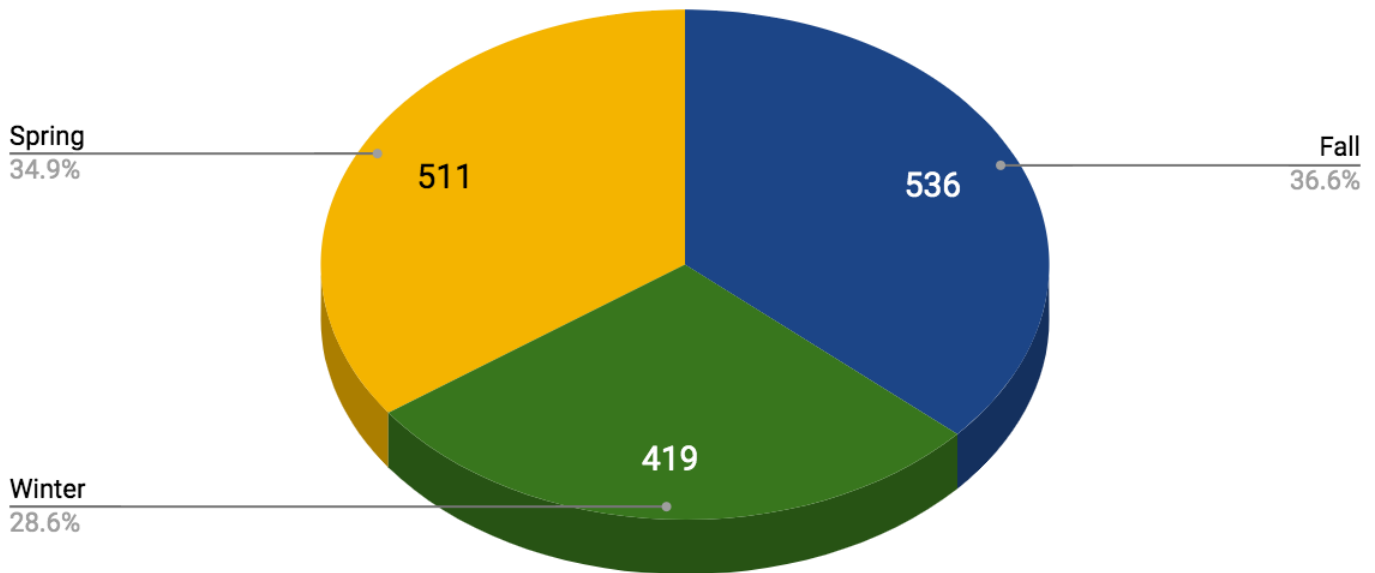
### Participation by year



## Participation of athletes by sport

	<u>14-15</u>	<u>15-16</u>	<u>16-17</u>	<u>17-18</u>	<u>18-19</u>
<b><u>Fall</u></b>					
Football - Boys	87	100	102	117	96[1]
Fall Crew - Boys	50	46	47	43	47
Fall Crew - Girls	39	42	46	43	46
Soccer - Boys	45	40	45	44	65
Soccer - Girls	50	39	46	43	71
X-Country - Boys	41	46	54	50	53
X-Country - Girls	35	36	34	43	30
Golf - Co-Ed	17 [1]	18 [1]	20	20[2]	15[3]
Fall Cheering - Girls	29	34	27	23	22
Field Hockey - Girls	40	38	40	40	39
Volleyball - Girls	43	43	43	43	48
<b><u>Winter</u></b>					
Basketball - Boys	37	37	41	38	39
Basketball - Girls	29	29	38	21	36
Indoor Track – Boys	87	81	79	98	104
Indoor Track - Girls	53	72	66	64	87
Swimming - Co-Ed	8 [14]	15 [16]	13[23]	9[23]	17[19]
Ice Hockey - Boys	44	42	44	44	45
Ice Hockey – Girls	17	21	22	22	23
Skiing - Co-Ed	5 [9]	6 [10]	4[16]	1[16]	2[14]
Gymnastics - Girls	17	15	15	11	19
Winter Cheering	28	34	15	17	14
<b><u>Spring</u></b>					
Spring Track - Boys	92	86	104	119	128
Spring Track - Girls	71	76	81	75	83
Tennis – Boys	10	10	9	16	17
Tennis – Girls	15	16	14	17	11
Baseball – Boys	36	33	35	37	55
Softball – Girls	30	32	27	25	33
Lacrosse - Boys	41	42	45	40	40
Lacrosse – Girls	40	38	44	38	44
Spring Crew – Boys	53	47	37	43	43
Spring Crew – Girls	42	41	41	48	57

## Percentage of athletes per season



## Team records by sport

	<u>14-15</u>	<u>15-16</u>	<u>16-17</u>	<u>17-18</u>	<u>18-19</u>
Golf	13-5	11-6	10-10	13-6-1	12-7
Football	6-5	4-7	9-4	9-2	7-4
Fall Crew- Boys	Top 50%	Top 25%	Top 25%	Top 25%	Top 10%
Fall Crew - Girls	Top 25%	Top 25%	Top 25%	Top 25%	Top 10%
Soccer - Boys	15-4-1	4-6-9	11-4-4	8-7-5	8-8-4
Soccer - Girls	6-10-2	2-13-3	8-8-4	5-11-2	3-14-1
X-Country - Boys	5-1	4-2	3-3	5-1	2-4
X-Country - Girls	2-3	6-2	2-3	3-2	2-3
Field Hockey	10-9-2	4-10-4	10-4-5	14-5-2	9-9-2
Volleyball	15-6	15-7	18-5	17-4	20-4
Basketball - Boys	11-10	11-10	9-11	9-11	7-13
Basketball - Girls	8-12	5-15	3-17	7-13	12-9
Indoor Track - Boys	5-1	3-2	4-0	4-1	2-2
Indoor Track - Girls	4-1	4-1	3-1	3-2	1-3
Swimming	5-5	6-5	7-13	11-13	8-16
Ice Hockey-Boys	17-5	18-2-1	23-0-1	18-2-2	4-12-4
Ice-Hockey-Girls	13-6-3	11-6-4	18-3	20-1-1	14-6-3
Skiing-Boys	25-15	28-4	9-41	0-55	0-50
Skiing-Girls	30-9-1	29-7	40-5	22-14	27-13
Gymnastics	15-0	14-1	8-2	2-6	0-10
Spring Track - Boys	6-0	4-2	4-1	4-0	4-1-1
Spring Track - Girls	4-2	5-2	2-2	3-3	1-4

Tennis - Boys	9-8	12-7	14-5	14-5	15-4
Tennis - Girls	13-3	16-3	18-5	16-3	11-8
Baseball	16-7	15-7	14-8	13-8	18-7
Softball	13-9	15-7	14-8	18-5	12-10
Spring Crew - Boys	Top 50%	Top 25%	Top 25%	Top 10%	Top 10%
Spring Crew - Girls	Top 25%	Top 25%	Top 25%	Top 10%	Top 10%
Lacrosse - Boys	16-6	8-12	14-8	13-9	12-7
Lacrosse - Girls	8-12	8-12	14-8	16-7	9-10

#### Numbers of student-athletes selected to All-Stars

	<u>14-15</u>	<u>15-16</u>	<u>16-17</u>	<u>17-18</u>	<u>18-19</u>
League / Conference [MVP's]	90 [2]	60 [2]	75	98 [4]	73 [4]
T&G/Player of the year	25	19	33[5]	49 [1]	40 [1]
Central Mass	22	14	30	29	18
All-State	6	1	4	5	4
All-New England	1	1	0	0	0
All-American	1	0	1	1	0

#### 2018-19 Championship Teams

##### Winter

- Girls' Ice Hockey CMASS League Champions
- Boys Indoor Track Division I District Champions

##### Spring

- Baseball Division I District Champions  
Division I State Finalists

#### Class of 2019 Collegiate Participants

- 10 members (5 males and 5 females) of Class of 2019 signed National Letters of Intent (NLI) to participate in NCAA athletics. The student-athletes signed NLIs in the following sports: football (3), ice hockey (1) volleyball (1), track and field (2), crew (2) and field hockey (1).
- Additionally, 13 student-athletes from the Class of 2019 reported that they would participate in NCAA athletics for the 2019-2020 school year.

## IV. Athletic Administration and Support Groups

### Athletic Administration

- **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 and

coordinating and offering programming, and have 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 2018-19 school year, there were a total of 9 students participating in the Athletic and Athletic Training 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 Workshops:** 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. In 2018-19, the SHS Athletic Department partnered with AMMPE. Team captains participated in an interactive two-hour training about how to use brain research to boost learning and performance. Particular emphasis was placed on building underdeveloped Executive Function skills and a Growth Mindset. Captains learned about the impact of stress on learning and performance as well as quick, immediate strategies they can apply to practices and games to boost their goal setting, prioritizing, attention, focus, memory, communication, cognitive flexibility, self-monitoring, emotional control and mindset. The process included:
    - Player self-assessments of their executive functions and mindset (pre-training)
    - Initial training-2 hours
    - 6 Follow up sessions-1 hour
    - Post player assessments
    - Player and coach evaluations of the AMMPE Skills Builder
- **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
  - National Women in Sports Day, Gillette Stadium
- **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. Last year, the SHS Athletic Department worked with Worcester County District Attorney's Office to inform student-athletes about the current Opioid Crisis and invited District Attorney Joseph Early to the Fall Pre-Season meeting. Additionally, the athletic trainer conducts concussion education and notes the procedures utilized in the event of an injury. Coaches meet with individual programs to go over program expectations with parents and athletes.

### **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 2018-19 school year marked the thirteenth 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 with equipment and materials not covered through the appropriated budget. The booster association continues 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 brought in approximately \$40,000. 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 and initiated and provided funds to help support the construction of the newly installed turf field.

- **Corporate Donations/Sponsorships** 2018-19 brought forth a very aggressive \$1.8 million dollar campaign that was completed in March 2018 and allowed SHS to proceed forward on the installation of a new synthetic field and track for SHS. The new field was used for the first time on October 12, 2018.
- **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. FOSC conducted a "Fund the Fleet" program with the support of the Athletic Department and the SHS Boosters Association to buy two new team boats for boys and girls crew teams for fall of 2018. 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 2018-19

### Fees 2018-19

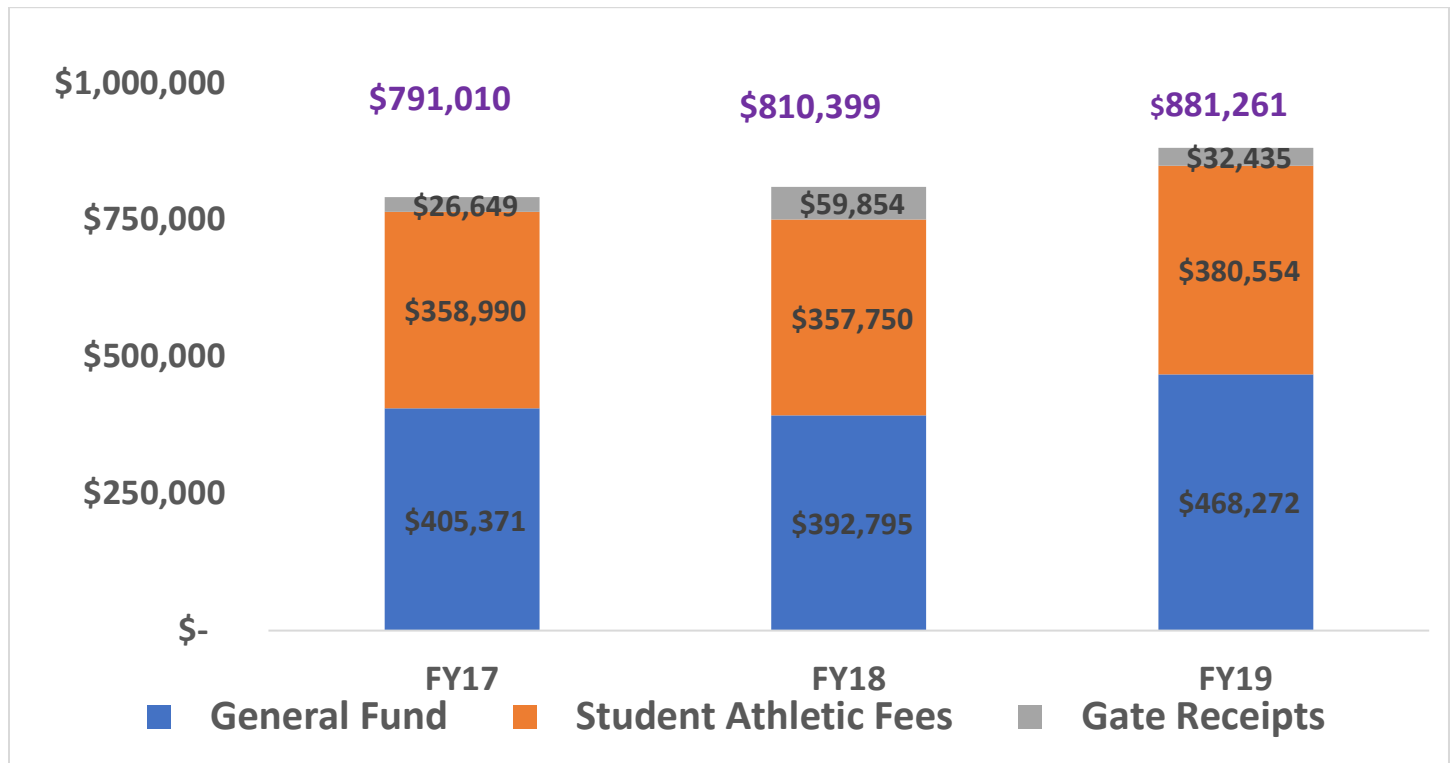
The fall of 2018 marked the thirteenth year of athletic fees. The fee structure and registration process were explained at Parent/Athlete Nights, which are held at the beginning of each season. Athletes and parents were informed that all fees, medical and permission forms are due to the athletic department 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. The athletic department used on-line payment in the form of *SchoolPay* located in the Parent Portal of *PowerSchool*. Total Athletic Fees collected for the 2018-19 school year was \$380,554.

#### Athletic Fee Totals

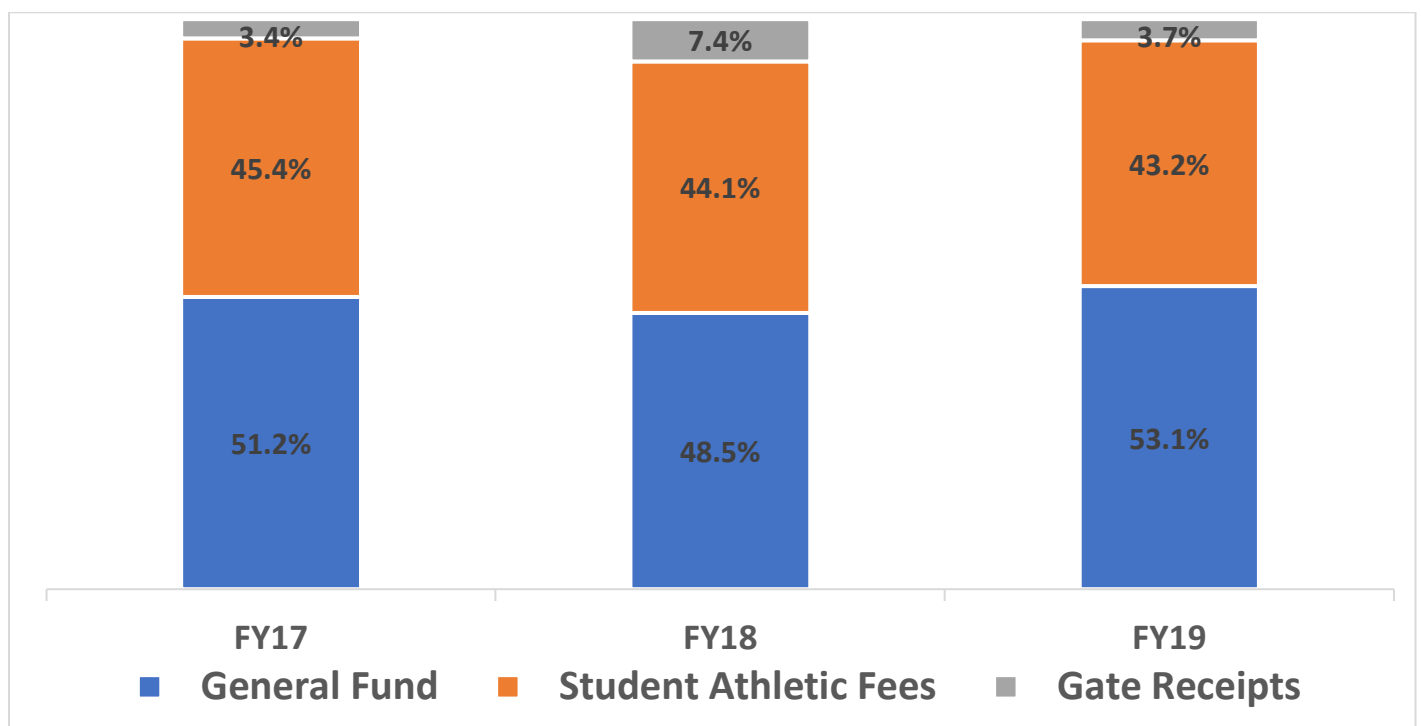
Year	Grand Total
2013-14	\$278,425
2014-15	\$315,202
2015-16	\$324,441
2016-17	\$341,114
2017-18	\$331,809
2018-19	\$380,554

<b>GENERAL FUND APPROPRIATION</b>			
<b>Description</b>	<b>2017 Actual</b>	<b>2018 Actual</b>	<b>2019 Actual</b>
Athletic Transportation HS	\$ 117,345	\$ 119,163	\$ 163,387
Administration	\$ 104,707	\$ 106,801	\$ 111,116
Athletic Train ContServ/Sal	\$ 51,347	\$ 57,000	\$ 58,140
Facility Rental HS	\$ 41,211	\$ 46,862	\$ 46,195
R&M Equipment Athletics	\$ 16,906	\$ 19,070	\$ 20,049
Athletic Uforms & Equip HS	\$ 22,056	\$ 13,276	\$ 22,282
Dues & Memberships	\$ 12,074	\$ 12,755	\$ 13,438
Athletic Supp & Awards HS	\$ 3,512	\$ 7,269	\$ 2,142
Police Details HS	\$ 2,752	\$ 5,358	\$ 2,650
Athletic Insurance HS	\$ 3,536	\$ 3,536	\$ 3,536
Conferences HS	\$ 1,371	\$ 805	\$ 1,337
Doctor Fees HS	\$ 600	\$ 900	\$ 450
Dues & Memberships HS	\$ 675		
Official Fees HS	\$ 27,048		\$ 23,550
Oil & Fuel	\$ 232		
<b>Total General Fund Expenses</b>	<b>\$ 405,371</b>	<b>\$ 392,795</b>	<b>\$ 468,272</b>
<b>ATHLETIC FEE REVOLVING FUND--232335</b>			
Begin Balance	\$ 61,118	\$ 43,242	\$ 17,301
Net Revenue	\$ 341,114	\$ 331,809	\$ 368,639
<b>Total Available</b>	<b>\$ 402,232</b>	<b>\$ 375,051</b>	<b>\$ 385,940</b>
Expenses:			
Coaching Salaries	\$ 319,837	\$ 322,073	\$ 332,066
Purchase of Services	\$ 25,461	\$ 17,614	\$ -
Athletic Supplies	\$ 5,098	\$ 6,383	\$ 38,000
Other Expenses	\$ 8,594	\$ 11,680	\$ 10,488
<b>Total Expenses</b>	<b>\$ 358,990</b>	<b>\$ 357,750</b>	<b>\$ 380,554</b>
<b>Ending Balance</b>	<b>\$ 43,242</b>	<b>\$ 17,301</b>	<b>\$ 5,386</b>

## Total cost



## Breakdown of cost by percentage



<b>GATES RECEIPTS REVOLVING FUND--232314</b>			
Begin Balance	\$ 379	\$ 584	\$ 1,068
Net Revenue	\$ 26,854	\$ 60,338	\$ 31,376
Total Available	\$ 27,233	\$ 60,922	\$ 32,444
Expenses:			
Officials and Announcers	\$ 24,032	\$ 54,981	\$ 30,390
Gate Attendants	\$ 2,617	\$ 3,430	\$ 2,045
Supplies		\$ 1,443	\$ -
Total Expenses	\$ 26,649	\$ 59,854	\$ 32,435
Ending Balance	\$ 584	\$ 1,068	\$ 9
<b>TOTAL ATHLETIC PROGRAM INVESTMENT</b>	<b>\$ 791,010</b>	<b>\$ 810,399</b>	<b>\$ 881,261</b>
<b>Percentages of Funding:</b>	<b>FY17</b>	<b>FY18</b>	<b>FY19</b>
General Fund	51.2%	48.5%	53.1%
Student Athletic Fees	45.4%	44.1%	43.2%
Gate Receipts	3.4%	7.4%	3.7%
	100.0%	100.0%	100.0%
<b>Total Expenditures</b>	<b>FY17</b>	<b>FY18</b>	<b>FY19</b>
General Fund	\$ 405,371	\$ 392,795	\$ 468,272
Student Athletic Fees	\$ 358,990	\$ 357,750	\$ 380,554
Gate Receipts	\$ 26,649	\$ 59,854	\$ 32,435
	\$ 791,010	\$ 810,399	\$ 881,261

## 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. Share the 5-year strategic plan on the replacement of crew shells and equipment.
2. Create a seasonal stipend position for a Site Supervisor/Assistant Athletic Director.
3. Increase middle school athletic offerings (football).
4. Continue Improvement to Athletic Facilities – continue to partner with booster and community groups, local businesses, and alumni in order to raise funds towards the continued renovation and improvement of the athletics infrastructure at Shrewsbury High School. Improvements to the baseball and softball fields, netting around the lower soccer field, and screen protectors around the tennis courts remain a priority.

## **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.