

An aerial photograph of a football field during the day. The field is green with white yard lines and numbers. Large orange and white letters spelling "MUSTANGS" are painted on the right side of the field. A red running track surrounds the field. In the background, there are bleachers and a small building. A large stadium light pole with multiple lamps is in the foreground on the left. The text "Fall Sports Information Night" is written in white serif font across the middle of the field, and "2023" is written below it in a similar font, both underlined.

# Fall Sports Information Night

## 2023

# Activities Department Staff

AD- Brendan Scully- [brendanscully@rsu57.org](mailto:brendanscully@rsu57.org)

Trainer- SMHC Emily Aimi [emilyaimi@rsu57.org](mailto:emilyaimi@rsu57.org)

Trainer- Bayley Pendleton [bayleypendleton@rsu57.org](mailto:bayleypendleton@rsu57.org)

School Nurse- Kayla Pazmany-Kinney

[kaylapazmany-kinney@rsu57.org](mailto:kaylapazmany-kinney@rsu57.org)

Admin Assistant- TBD

# Fall Coaching Staff

Football- Lucas Labbe [lucasmlabbe@rsu57.org](mailto:lucasmlabbe@rsu57.org)

Boys Soccer- Hesham Badawi [heshambadawi@rsu57.org](mailto:heshambadawi@rsu57.org)

Girls Soccer- Rusty Blackington [rustyblackington@rsu57.org](mailto:rustyblackington@rsu57.org)

Field Hockey- Katherine Fournier [katherinefournier@rsu57.org](mailto:katherinefournier@rsu57.org)

Golf- Scott Carbone [scottcarbone@rsu57.org](mailto:scottcarbone@rsu57.org)

Volleyball- Melissa Brandt [melissabrandt@rsu57.org](mailto:melissabrandt@rsu57.org)

Cross Country- Jennifer Blair [JENNIFERBLAIR@rsu57.org](mailto:JENNIFERBLAIR@rsu57.org)

Fall Cheering- Samantha Lang-Rodean [samanthalang-rodean@rsu57.org](mailto:samanthalang-rodean@rsu57.org)



# Massabesic Athletic Boosters

\*Meetings are the third Monday of every month.

\*6pm MHS Library

\*All are welcome!!

\*<https://www.facebook.com/RSU57Boosters>

\*[massabesicathleticboosters@gmail.com](mailto:massabesicathleticboosters@gmail.com)

# Fall 2022-23 Start Date

**The Fall Season Starts on Monday  
August 14th**

**Practice Times for Fall are TBD per  
Coaches schedules to come.**

# MHS Summer 2023

## **Massabesic Middle School**

Boys Basketball- Monday, Wednesday and Friday 5pm - 7pm

Girls Basketball- Tuesday, Thursday 5pm - 7pm Friday 7-9pm

Volleyball- Monday and Wednesday 7-9pm

# MHS Summer 2023

## **MHS Stadium**

Boys Soccer- Tuesday and Thursday 5-7pm

Girls Soccer- Monday and Wednesday 5-7pm

Football- Camp June 12 - 15 2:30pm - 4:30pm

Field Hockey- Camp June 20 - 23rd 7am - 10:30am

# MHS Summer 2023

## **MHS Grass Fields**

Football

On Field Practices- Tuesday & Thursday Installs, 6-7pm

7 v 7- July 7, July 14, July 21, July 28 (All Fridays in July) (Times/Location TBD)

## **East Gym**

Wrestling- East Gym (Starting June 20th) Tuesday / Thursday 4-5:30pm

## **MHS Grounds**

Cross Country- Tuesday & Thursday 8-9:30 AM 6/20-7/27

## **Weight Room**

Football- Weight Room- 6/19 - 7/31, Mon-Thurs. 5-6pm



# Game Schedules

**Athletics and Activities Website**

**<https://www.rsu57.org/o/athletics>**

**\*Athletics and Activities School Calendar**

**\*Weekly updates**

**\*Check on changes**

# rSchool Today Registration:

**\*Parent Permission**

**\*Policy Acceptance**

**\*Insurance Information**

**\*Activity Fee Payment**

**\*Health information**

**\*Emergency Card information**

**Supplemental Insurance Options- Contact the Athletics Department for more information regarding supplemental insurance plans.**

# rSchool Today Online Platform

**\*Schedules**

**\*Player Information**

**\*Calendars**

**\*Game Results**

**\*Web Site**

**\*NO PARTICIPATION FEE**

# Athletic Eligibility

- A. Current Physical On File with our School Nurse (Can be uploaded to rSchool)
- B. Proof of Insurance
- C. Academic- 9th grade clear. 10-12 based on second semester grades
- D. Clearance from previous injury- Nurse / AT
- E. Impact Test- Taken in Grades 9 and 11 (Even if taken this year at MMS)

# Impact Test Information

[www.impacttestonline.com/testing](http://www.impacttestonline.com/testing)

Enter the MCMI Customer Code E77BF97333 (not case sensitive) and then click “VALIDATE”.

# Outlets for Information

MHS Website- <https://www.rsu57.org/o/athletics>

SMAA Website- <https://sites.google.com/site/smaaactivitiesassociation>

Twitter- MassabesicAtheltics @RSU57Mustangs

MHS APP

MPA Website- [Heal Points](#) / [Tournament Brackets](#) / [Bulletins](#) [MPA.cc](#)

# Discipline / Missing Practice / Substance Abuse

\*Unexcused absence from practice for discipline or other reasons will be managed as follows. For each day missed a player will practice before participating in a game.

\*Bona Fide Team Rule

\*Policy JJIC-R [RSU57.org](http://RSU57.org)



## Addressing Concerns

**\*24 Hour Rule-**

**\*Contact Coach-**

**\*If no resolution contact AD**

**\*All meet in person.**

# Additional Information

NCAA Clearinghouse- College Planning  
<https://web3.ncaa.org/ecwr3>

Senior Night Expectations

Team level decision process.

# Substance Abuse Policy

**\*Recently changed for 22-23**

**\*Unsupervised in the presence of / possession / use).**

**\*Consequences by offense.**

# Team Events / Activities

**\*All currently unscheduled team events or activities must have administrative approval before going forward.**

**Anything clearly a full team activity and described as such.**

# Room assignments

Football- Gym

Boys Soccer- Old Cafe

Girls Soccer- New Cafe

Field Hockey- Library

Cross Country- Room 6

Golf- Room 7

Volleyball- Auditorium

Cheering- Room 8