



Frequently Asked Questions about Varsity, JV & Modified Interscholastic Sports



1. What sports are offered and when?

Fall -

- Boys & Girls Cross Country- (V&Mod)
- Field Hockey- (V,JV,Mod)
- Football-(V&Mod)
- Boys Soccer-(V,JV,Mod)
- Girls Soccer- (V,JV,Mod)
- Girls Swimming- (V) Merged with Sleepy Hollow, Edgemont, Dobbs Ferry & Irvington
- Girls Tennis- (V,JV,Mod)
- Girls Volleyball- (V,JV,Mod)
- Boys Volleyball- (V) Merged with Greenburgh NC & Clarke Academy

Winter -

- Boys Basketball- (V,JV,Mod)
- Girls Basketball- (V,JV,Mod)
- Ice Hockey- (V) Merged with Briarcliff, Westlake, Valhalla & Pleasantville
- Boys Swimming- (V) Merged with Ardsley, Edgemont, Dobbs & Irvington
- Boys & Girls Skiing- (V)
- Boys & Girls Indoor Track- (V,Mod)
- Wrestling- (V,Mod) Modified is merged with Irvington

Spring -

- Baseball- (V,JV,Mod)
- Boys & Girls Golf- (V)
- Boys Lacrosse- (V,JV,Mod)
- Girls Lacrosse- (V,JV,Mod)
- Softball- (V,JV,Mod)
- Boys Tennis- (V,JV,Mod)
- Girls & Boys Track & Field- (V,Mod)
- Girls Flag Football-(V) Merged with Clarke Academy

2. How will student-athletes & families learn about important information regarding Interscholastic Athletics?

Before each Season begins, the Athletic office will send out to the Community a document stating all the important information regarding Season start dates, APP testing date, FamilyID dates (plus the links to sign up), modified meet the coaches meeting date & information on the [APP process](#). Please check out the [Hastings Athletics Website](#).

3. What are Modified Sports and who can participate?

Interscholastic competition in sports for students in 7th & 8th grade.

4. **What are Varsity and JV Sports and who can participate?**

Interscholastic competition in sports for students in 9-12th grade. At Hastings-on-Hudson UFSD, **7th Grade students** may only be elevated to **JV** level and **8th Grade students** may be elevated to **JV or Varsity** level **ONLY** after participating in the [APP process](#).

5. **Accessing the website from your mobile device looks a little different than on the computer/laptop. How do I see everything from my phone?**

Step 1- go to hohschools.org

Step 2- click the menu button (the 3 lines on the top right)

Step 3- click departments

Step 4- click athletics

Step 5- then the main page will pop up

Step 6- to access any of our links (coaches directory, weekly schedules, etc) click on the menu button again (the 3 lines on the top right) and you will see every link under athletics

6. **What steps need to be taken in order to be able to participate in sports?**

- A. All student-athletes **MUST** register on FamilyID. Once registered, the Health Office and the Chief Medical Director must approve the student-athlete before participation is allowed. (please note that student-athletes must register on FamilyID before the start of **EACH** sport season.)
- B. Student-Athletes must have a physical exam within the last 12 months on file in the Health Office. If more than 12 months will pass between the last exam and before the start of the sport season, the Health Office will require the student-athlete to have a new physical exam. Preferably, this exam will be done by his/her private physician. The Health office **must** have all original forms on file.
- C. If your child's FamilyID status is not approved or needing corrections, please reach out to the Health Office directly 914-478-6226, they are the ones who approve and work on the registrations, the athletic office will not have an answer for you as to why they have not been approved yet.
- D. Student-Athletes should attend the modified pre-season interest & "meet the coaches" meeting

7. **How do the student-athletes and parents know when practices are scheduled?**

Here are a couple ways to make you always aware of practice/tryouts and game schedules:

- A. **Reach out to your coaches directly.** Coaches contacts can be found on the Hastings Athletics Website.

- B. **Join the team's SportsYou page.** Coaches will share the SportsYou code with student-athletes. Parents should join as well.
- C. **Go to the Hastings Athletic Website.** It has everything you need to know there. It has the coaches staff directory, the Hastings weekly practice/game schedules, Athletic Game schedules, plus so much more.
- D. In general, practice is usually at 3:30pm everyday. JV/Varsity typically participate 6 days per week for 2-3 hours. Modified typically 5 days per week (no weekends) for 1 1/2 -2 hours. Practice times may change due to lack of space, weather, or unforeseen circumstances that may arise so it is important to follow above guidelines.

8. **When do buses leave for games? Will it interfere with extra help/AIS?**

Buses usually leave at 3:30pm from the Cochran Gym Entrance Area on School Street. Academics come first and students must attend their academic commitments at 2:45-3:15.

9. **Who to contact if you have a question or concern regarding a particular sport?**

Please follow the [Hastings Athletic Department Chain of Communication](#). The fastest and best way to receive answers would be to reach out directly to the coach. The coaches' contacts are located on the Hastings Athletic Website.

10. **What to do if my athlete suffers an injury or concussion in sports at Hastings?**

If a student-athlete is injured at a home or away event, they should notify their coach immediately. The school's Athletic Trainer (AT) will be informed to assess the injury and provide guidance or referrals to the athlete and parents. **An Athletic Trainer is a licensed healthcare professional who specializes in preventing, diagnosing, treating, and rehabilitating activity-related injuries** and helps ensure the safety of school athletics. After evaluation, the AT will assist with treatment and rehabilitation where applicable or refer the athlete for appropriate care.

Concussion: Any athlete diagnosed with a concussion by a doctor must follow the district's Concussion Protocol. After the doctor's diagnosis is submitted to the school nurse, the athlete must stay out of sports until symptom-free. Once cleared and Form B is completed, they may begin the 5-day Return to Play (RTP) process (Form C) with the Athletic Trainer. There are no exceptions to this policy. After completing the RTP, the athlete may return to play without restrictions.

11. **What are the coaches' qualifications?**

The Hastings Athletic Department is on a constant search for the most qualified coaches for each Hastings team. However, due to a national coaching shortage, it is difficult to find coaches. Athletic Departments are always searching for qualified coaches. Coaches invest a lot of time, energy, and resources into trying to provide their student-athletes with the best possible program. It is not an easy job, and the pay is

not equivalent to the time invested, so please respect your coaches at all times. Without coaches, there would be no athletics for the student-athletes! If you know anyone looking to coach, please have them reach out to the Athletic Department.

All coaches must hold the proper NYS Coaching Certifications. Click on the following links to learn more about the NYS Coaching Requirement:

[NYS Coaching Requirements](#)

<https://nysphsaa.org/sports/2024/9/19/Certification.aspx>

11. Can my son/daughter be driven home from away games?

It is desired for the student-athlete to ride the bus home with the team. If necessary, a student-athlete may leave the game with a parent/guardian and/or emergency contact listed on registration with a signed permission slip.

Permission slips can be found on the Hastings Athletic Website under our links. The permission slip must be given to the coach prior to leaving the game. **A student-athlete may only go home with his/her own parent/guardian and/or emergency contact.**



LET'S GO YELLOWJACKETS!!!