



## 8<sup>th</sup> Grade Orientation to Athletics

Welcome to the MVRHS athletic program. It is our hope to meet each of your children on the athletic fields during their time at the high school. We offer a wide variety of sports programs at both the Varsity and Sub Varsity levels.

Fall Sports	Winter Sports	Spring Sports
Cheerleading* co-ed	Basketball:** boys & girls	Baseball
Cross Country: boys & girls	Ice hockey: boys & girls	Lacrosse: boys & girls
Field Hockey	Indoor Track: boys & girls	Tennis: boys & girls
Football	Swimming: boys & girls	Sailing: co-ed
Boys Golf	Wrestling	Softball
Soccer: boys & girls		Track: boys & girls
Unified Basketball		Unified Track

\*Varsity only \*\* Boys freshman team available

### Sport Registration: REGISTER EARLY

All athletes must register for the sport they intend to play via *Arbitersports.com* (formally known as *familyID*), in addition to the student demographics information sheet, (see links below). Registration for each sport season opens one month prior to the first day of practice.

[Sport Registration link](#) - (registration opens 1 month prior to the start of each sports season)

<https://students.arbitersports.com/organizations/martha-s-vineyard-regional-high-school-athletics>

- Fall: First day of practice – Football 3<sup>rd</sup> Friday of August - all other sports the Monday following the start of football
- Winter: First day of practice is the Monday after Thanksgiving
- Spring: First day of practice is the 3<sup>rd</sup> Monday of March

[Registration and demographic information link](#) - (Will open July 1, 2024)

<https://students.arbitersports.com/programs/student-registration-demographics-medical-2024-2025>

### SWAY Concussion Testing:

MVRHS is proud to have one of the best concussion management programs in not only the State of Massachusetts, but in the country: A key ingredient to this program is the knowledge and experience that our athletic trainer and school nurse bring to the program. In addition, a very useful tool is SWAY testing for each athlete who competes in athletics. Every student athlete will be required to take a baseline test which will allow our athletic trainer to have a baseline neurocognitive assessment prior to injury. It is our hope your child never receives a concussion, however, if they were, this baseline will help us insure that they don't return to activity prior to full recovery. Every year every student-athlete will be required to take the baseline test. If injured, SWAY testing will be one of the tools used to assist in the management of the injury, in addition to the child's physician and the experience of our athletic trainer.

### Pre-participation physicals:

Each year every student athlete is required to have a current physical on file with the school. Physicals are good for 13 months. It would be a good idea to record the date your child gets their physical so the next year you will know when it will be required. When you register via *Arbitersports.com* if your child's physical has expired or will expire during the season, you will be notified via email from *Arbitersports.com* once your child's registration has been confirmed. Confirmation of registration may take a couple days after you submit your registration.