



CANTON BULLDOGS



Welcome to the 2021-22 CHS Athletics year! We are so excited to get things going in Bulldog-land this school year! This document should provide you with some valuable information about the CHS Athletic Department. If questions remain after reading it, feel free to contact Danny Erickson in the Athletic office at 781-821-5050 x 6 or ericksond@cantonma.org.

The information towards the beginning of this document is general to the CHS Athletics student experience. The document concludes with information regarding the CHS Athletics student experience concerning the impacts of Covid-19.

Follow us on Twitter and our CHS Athletics Blog- Check them both out at our CHS Athletics website- <https://www.cantonma.org/chs/departments/athletics/index>

Blog address- This will give you the most up-to-date CHS Athletics info including postponements, registration reminders, etc.- <http://chsbulldogsathletics.blogspot.com/>

Twitter Handle: @CantonAthletics

Physical Exams and Registration-

- Any student who plans on playing/trying out for a sports program needs to have a physical exam on file in the Athletic Director's office before the first day of practice/tryouts.
- Physical exams are considered acceptable for 13 months, after which time, a new one must replace the old one in order to maintain eligibility without interruption.
- A good practice is to send a copy of your physical **to the athletic office** immediately after the exam.
- Along with the physical, anyone playing CHS sports must have a parent/guardian register him/her. The easiest way to accomplish this requirement is by visiting the [Registration Page of our website](#) and clicking on the online registration link. This page is seasonal.
- All student athletes must also take an online class on concussions. Here is the link- [Required Concussion Course](#).
- In order to be eligible for the first day of **fall practices (except football and cheer)**, a student must be registered by **Wednesday, August 18th at noon. Football is registration must be completed by Monday, August 16th at noon. Fall Cheer tryouts were last June.** If you miss the deadline for first day participation, it is NOT too late to register, but it will take 24-48 hours for student athletes to be cleared to play after that point.

User Fees- This year's user fee for athletics will be \$195/student/sport with an annual family cap of \$780.* These fees are due early in each season. The fall fee is due on September 10th. Students who do not pay the fee by 9/10/2021 will not be allowed to participate until payment is made. [Click here for User Fee Form...](#) or you can pay with your [FamilyID](#) account.

*A Facilities Rental Fee also exists for Ice Hockey, Swimming and Gymnastics.

Booster Club- The Canton High School Athletic Booster Club is gearing up for its 14th year of activities. They need your help. Become a member today. Online membership registration is available at our website...just click on the [Booster link](#). It is our goal to have 100% parent membership so do your part today. Our club has a strong board of caring parents in place. Please consider joining and attending our meetings. It is a rewarding parental experience. Please reach out to the athletic office to volunteer to help. We will point you in the right direction!
ericksond@cantonma.org

Save the Date There will be a mandatory meeting on **Tuesday, September 14th at 7:00pm** at CHS (*exact location yet to be set*) for any student wishing to participate in CHS Athletics this school year. At least one parent/guardian is asked to attend this important meeting with his/her child.

The information night will provide an overview of the upcoming 2021/22 school athletic year. Thanks to the Athletic Booster Club, we are thrilled to announce that Dr. Greg Dale from Duke University will be returning to CHS as the featured speaker that night. This will be Dr. Dale's 4th trip to CHS over the past 15 years. Everyone who has been lucky enough to see him has been impressed and inspired. [Click Here for some information on him.](#)

First Day of Fall Sports Information- [Click Here](#) for first day information for each of our sports.

Fall Coaches' Emails- Any questions? Email today!

Cheerleading- Coach Stephanie Parker - parkers@cantonma.org

Boys and Girls Cross Country- Coach David Hiltz - hiltzd@cantonma.org

Field Hockey- Coach Chrissy O'Connor- chrissy'o'connor@cantonma.org

Football- Coach Anthony Fallon - anthonyfallon@cantonma.org

Golf- Coach Mike Barucci - baruccim@cantonma.org

Boys Soccer- Coach Danny Erickson - ericksond@cantonma.org

Girls Soccer- Coach Idris Senyonjo- idrissenyonjo@cantonma.org

Girls Volleyball- Coach Pat Cawley- patriciacawley@cantonma.org

Athletic Trainer- Kristen Aguiar- aguiark@cantonma.org

Contest Schedules

The 2021-22 school year will feature many changes at the MIAA level. (The MIAA is the Massachusetts Interscholastic Athletic Association. They oversee high school athletics in the state.) One big change will be how we share our contest schedules. The OFFICIAL schedules for CHS Athletics can be found at this link- [2021-22 Contest Schedules](#).

Be Prepared

After a long summer, fall sports tryouts can provide quite a shock to the system. Some important tips to make sure day one of your fall sports experience is a good one:

- If you haven't trained throughout the summer, don't fake it. Your coaches will know and you will only put yourself at risk.
 - Eat smart the days leading up to the season and be sure to fuel up in the morning before practice.
 - HYDRATE. It is typically pretty hot during tryouts so make sure you hydrate prior to, during and after your session.
 - Beware of new cleats! Break them in first- don't just wear them for the first time to your first practice.
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Be a Good Communicator

As the fall season approaches, remember that no issues or conflicting commitments are too big to be solved with a discussion. If you have any issues or conflicts with any upcoming practices, tryouts, etc., it is always better to reach out to the head coach AHEAD of time. Coaches may not be happy with the conflict but all of us would rather know of any issues earlier than later. Reach out. Email addresses are above.

Covid-19 Related Information

With the start of the 2021 Fall season just a week away, there are some Covid-19 related protocols and practices that are in place for the start of the season. As you know, we are currently in a rapidly changing set of circumstances surrounding Covid-19, so changes to these protocols can be expected. We will continue to follow Federal, State, DESE, MIAA and local BOH recommendations as we move through our 2021-22 athletic seasons. We will also keep you up-to-date on all updates.

Here are some protocols that are in place at this time:

- Any **CHS Athletics activity (practice, contest, meeting, film, etc.) held indoors, requires each participant to wear a mask.** This applies to vaccinated and unvaccinated individuals. This means that Volleyball and Cheer activities, which are mainly held indoors, will require those participating to wear masks. Outdoor sports should make every attempt to hold all team activities outdoors.
- Gaiters are not permitted. Must be a multi-layered mask worn properly.
- Indoor masking requirements apply to **locker rooms and team rooms** as well. This includes the team rooms at the Field House. As a result, teams are asked to avoid use of these areas when other alternatives exist. If these areas are used, masks must be worn.
- Student athletes **MUST** bring their **own water bottle and water** for all practices and contests. We will make large water jugs available for re-filling but student athletes may NOT share individual water bottles. Although this is a protocol we followed last year, we did not have to deal with late summer temperatures so it is so important that student athletes plan out their hydration plan each day.
- **Masks must be worn at all times while on a bus or in a van** to/from an away contest.
- Student **quarantines will be managed through the CHS nurses office.** They will involve a new *Test and Stay* approach which will be explained school-wide soon.

As mentioned above, these protocols may be amended as conditions change.