

**Saul Mirowitz Jewish  
Community School:  
ATHLETICS  
2018-2019**

Presented by: Gary Lerner  
Athletics Director

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## **Young Athlete Center**

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# Mirowitz 2018-19 Athletics: Goals

- 1) Thriving athletic program
- 2) Teams competing in a variety of sports at all grade levels K-8
- 3) Every student at Mirowitz have the opportunity to participate in athletics regardless of skill level
- 4) Mirowitz student athletes learn valuable life lessons
- 5) Put our student athletes in position for the best chance at success...do we improve?



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# Mirowitz 2018-19 Athletics: What does “thriving” mean?

- 1) Our students are participating, and enjoying the experience
  - 52% of Mirowitz students participated on at least one Mirowitz team
  - Goal is to grow to 60% in 2018-19
- 2) Teams competing in a variety of sports at all grade levels K-8
  - Teams competed in six different sports
  - Addition of more teams in those sports
  - May add one more
- 3) Positive vibe among the students
- 4) Experiencing success!

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# Mirowitz 2018-19 Athletics: Valuable Life Lessons-What we teach

- 1) Fundamentals and the rules of the sport they are participating in
- 2) Sportsmanship at the highest level
- 3) Teamwork
- 4) Respect
  - Teammates, coaches, officials, opponent, spectators
- 5) Responsibility
  - Responsible for being at practices/games
  - Give 100% effort
  - Perform in the classroom (academics before athletics)

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# Fall Sports



## Soccer

- Boys Middle School
- Boys 4th-6th grade
- Co-ed Kindergarten
- Co-ed 1st Grade
- 2nd Grade Boys & Girls
- 3rd Grade Boys & Girls
- 4th-5th Grade Girls

## Volleyball

- Middle School Girls (6th-8th)

## Flag Football

- 4th-6th grade

# Middle School & 4th-6th Boys Soccer

- Head Coach Gary Lerner
- 5-7 game season
- Practices Mon-Wed 4:45pm-6pm beginning August 14
- Length of season (August-October) Games occur any day Monday through Thursday
- Number of students necessary to play per team
  - 10 (4th-6th)
  - 14 (6th-8th)
  - 6th graders will play on both teams
  - 5th graders may play on both teams
- Cost-\$90



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# Kindergarten Through 5th Grade Soccer

## Kindergarten & 1st Grade Co-ed

## 2nd & 3rd Grade (Boys & Girls Separated)

## 4th-5th Combine Girls

- Head Coach-Mike Minoff (Kindergarten or 1st), Scott Levine (2nd) More coaches will be needed
- Practices dates and times to be determined by coaching staff at Mirowitz begin week of August 21
- Length of season (August-October) Game play starts September 9th (Sunday's only)
- Games played at Olivette Athletic Association
- Number of students necessary to play per team
  - Minimum of 8, maximum of 10 (K-1st)
  - Minimum of 10, Maximum of 13 (2nd-5th)
- Cost-\$135

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# Middle School Girls Volleyball

- Head Coach Michelle Iken
- 8-12 game season
- Practices Tues-Thur 4:45pm-6pm beginning August 14
- Length of season (August-October) Games occur any day Monday through Thursday
- Number of students necessary to play per team
  - Minimum of 8
  - 5th grade may play (depends on numbers)
- Cost-\$90



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# Flag Football



## 4th-6th Grade Co-ed

- Head Coach Gary Lerner
- 4 game season
- Practices Sundays from 10:30am-Noon and Mondays 3:30pm-4:45pm beginning October 14
- Length of season (October through early November) Games occur any day Monday through Thursday
- Number of students necessary to play per team
  - Minimum of 9
- Cost-\$80

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# Winter Sports



## Basketball

- Boys
  - 2nd
  - 3rd
  - 4th-6th
  - Middle School
- Girls
  - 2nd-3rd
  - 4th-5th
  - Middle School
- Co-ed
  - Kindergarten
  - 1st

## Floor Hockey

- 4th-6th grade

# Middle School Basketball & 4th-6th Boys

## Boys

- Head Coach Brad Padratzik
- 12-14 game season
- Length of season (Nov-Feb)
- Practices Mon-Wed 4:45pm-6pm beginning Nov. 5th & Sundays 9am-10:20am
- Minimum of 8 players
- Fee of \$150 (\$125 if purchased uniform last year)

## Girls

- Head Coach Gary Lerner
- 12-14 game season
- Length of season (Nov-Feb)
- Practices Tue-Thur 4:45pm-6pm beginning Nov. 6th & Sundays 1pm-3pm
- Minimum of 8 players
- Fee of \$150 (\$125 if purchased uniform last year)

## 4th-6th Boys

- Head Coach Gary Lerner
- 5 game season
- Length of season (Feb)
- Practices Sundays 10:30am-Noon beginning January 27 & Mondays 3:30pm-4:40pm
- Minimum of 8 players
- Fee of \$80 (\$55 if purchased uniform last year)

# Elementary School Basketball

- Coaches needed at all levels
- 8-game seasons, season begins January 6th and ends March 3
- Practices to be determined based on availability and coaches schedules, practices will begin week of December 3rd
- Minimum of 8 players per team
- Registration deadline is November 1st
- Fee of \$150 (\$125 if purchased uniform last year)
- Games played at Clayton Rec Center, except Kindergarten (JCC West)



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# Floor Hockey 4th-6th Grade (Co-ed)

- Head Coach is Gary Lerner
- 5 or 6 game season
- Practices Sundays 10:30am-Noon beginning December 2nd and Mondays 3:30pm-4:40pm
- Length of season (January) Games occur any day Monday through Thursday
- Number of students necessary to play per team
  - Minimum of 8
- Cost-\$80



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# Spring Sports



## Baseball

- Boys
  - 2nd
  - 3rd
  - 4th
- Co-ed
  - Kindergarten
  - 1st

## Softball

- Girls
  - 2nd-3rd Combined

## Golf

- Co-Ed
- Middle School

# Kindergarten Through 4th Grade Baseball

## Kindergarten & 1st Grade Co-ed

## 2nd, 3rd and 4th Grade (Boys)

- Head Coaches needed at all levels
- Practices dates and times to be determined by coaching staff at Mirowitz begin week of March 4th
- Length of season (April-June) Game play starts April 7 (Sunday's only)
- Games played at Shaw Park in Clayton
- Number of students necessary to play per team
  - Minimum of 11, maximum of 13
- Cost-\$125



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# Girls Softball

## 2nd & 3rd Grade Combined

- Head Coach needed
- Practices dates and times to be determined by coaching staff at Mirowitz begin week of March 4th
- Length of season (April-June) Game play starts April 7 (Sunday's only)
- Games played at Shaw Park in Clayton
- Number of students necessary to play per team
  - Minimum of 11, maximum of 13
- Cost-\$125

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# Middle School Golf

**Still exploring all aspects of the golf & soccer program, including course, fees, opponents, equipment. If feasible golf will be a Spring sport with practices beginning first week of March. It will be available to both male and female students in 6th-8th grade.**

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# Concussion Protocol

Common symptoms of a concussion include headache, fatigue, dizziness, confusion, sensitivity to bright lights or loud sounds, difficulty with concentration or memory, feeling sick to your stomach and emesis (throwing up). Athletes may experience one or more symptoms. If an athlete experiences any of these symptoms after a head injury, it should be assumed that the athlete has had a concussion.

1. If you suspect a player may have a concussion, take that player off the court/field, test him/her using the pocket card provided
2. If any symptoms are present, remove the athlete from the game or practice, even if they feel fine later
3. Have another adult sit with the athlete
4. Inform parent, and the school
5. Make sure that they have Doctor clearance before they participate in practices or games
- 6. When In Doubt, Sit Them Out**

# Questions???



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