Welcome Amherst Tigers



2019-2020 ATHLETIC KICKOFF MEETING

STUDENTS, PARENTS AND COACHES

Thanks for attending!



There is no better place to be than here and NOW

Tonight you will...

- •Be introduced to our team of Administrators, Coaches and other essential athletic department staff members (boosters, community, etc.)
- Gain an understanding of our expectations for student athletes and parents.
- Learn about our athletic offerings and how to register to play a sport.
- Understand what is means to take PRIDE in being a TIGER!

#ONETIGER

#MindBodySoul

About the Director



Jeff Wheaton, CAA

Director of Health, Physical Education and Athletics

- Coach (14 years), HPE Teacher (9 years), Administrator (4 years)
- What I Believe:
 - ALL students can learn and achieve at high levels
 - Athletics is the **CORNERSTONE** of the K-12 education system & community
- Notable Achievements:
 - Program Development (athletic offerings, marketing, facilities improvements)
 - Section V Leader (sport coordinator, team sport rep, PD committee member)



Amherst District Contacts



Mr. Anthony Panella- Superintendent

Athletics

Mr. Jeff Wheaton- Director of Health, PE & Athletics
 Ms. Ramona Reuben- Athletic Administrative Asst.
 Ms. Paige Anderson- Athletic Trainer
 Mr. Michael "Duke" McGuire- Athletic Supervisor

Middle School

Dr. John Griesmer- Principal **Mr. Keith Crombie**- Assistant Principal

High School

Mr. Greg Pigeon- Principal
Mrs. Nancy Ables- Assistant Principal
Mr. Scott Lawniczak- Asst. Principal & Dean of Students

Tigers Boosters Club

Mr. Neil Faller- President

About Tiger Athletics



Members of ECIC League, Section VI Athletics & NYSPHSAA

We offer 75 teams, across 19 different sports

- Multiple individual and team NYSPHSAA Scholar-Athletes
- High participation rate throughout the entire athletics program
- Focus on Educational-Based Athletics Philosophy



Fall Sports Offerings

High School	Middle School
Competitive Cheerleading	Boys & Girls Cross Country
Boys & Girls Cross Country	Field Hockey
Field Hockey	Football
Football	Boys & Girls Soccer
Golf	Boys & Girls Volleyball
Boys & Girls Soccer	
Girls Swimming & Diving	HS Sports Photos- September 10
Girls Tennis	MS Sports Photos- October 8
Boys & Girls Volleyball	

Fall Season Start Date- August 19th (JV/VAR) September 4th (Modified)



Winter Sports Offerings

High School	Middle School
Boys & Girls Basketball	Boys & Girls Basketball
Boys & Girls Bowling	Boys & Girls Swimming
Co-ed Unified Bowling* (tentative)	Wrestling
Competitive Cheerleading	
Boys & Girls Ice Hockey	
Boys & Girls Indoor Track	
Boys Swimming & Diving	
Wrestling	

Winter Season Start Dates

JV/V- November 11th Modified- November 18th



Spring Sports Offerings

High School	Middle School
Baseball	Baseball
Softball	Softball
Boys Tennis	Boys & Girls Track and Field
Boys & Girls Track and Field	Boys & Girls Lacrosse
Boys & Girls Lacrosse	
Co-ed Unified Basketball	

Spring Season Start Dates

JV/Varsity- March 9th Modified- March 16th

Parent/Spectator Code of Behaviors/Ethics



- 1. Keep cheering positive. There should be no profanity or degrading language/gestures.
- 2. Avoid actions that might offend visiting teams or individual players.
- 3. Show appreciation of good play by both teams.
- 4. Learn the rules of the games in order to be a better-informed spectator.
- 5. Treat all visiting teams in a manner in which you would expect to be treated.
- 6. Accepted the judgement of coaches and officials.
- 7. Encourage other spectators to participate in the spirit of good sportsmanship.
- 8. Avoid the use, abuse and resulting negative influence of drugs, including alcohol & tobacco.

Athletics Concern Procedure



STEP 1: Player speaks to coach

STEP 2: Player and parent speak to coach (scheduled meeting)

STEP 3: Player, parent and coach speak to Athletic Director (scheduled meeting)

STEP 4: Player and parent speak to building level administrator (scheduled meeting)



By following this procedure we are allowing our student-athletes to advocate for themselves.

Often times, concerns are resolved at step 1.

2019-2020 Athletics Theme





What is #MindBodySoul?

With an emphasis on the whole person/athlete, we must develop sound practices that support the physical, mental and emotional well-being of our student-athletes.

"The greatest wealth is health." - Virgil



What is LocalLive?

- LocalLive provides schools the ability to engage their community through live and on demand video content.
- Friends and family members will have the opportunity to view contests and events from their electronic device, in real-time or replay (public and private settings available).



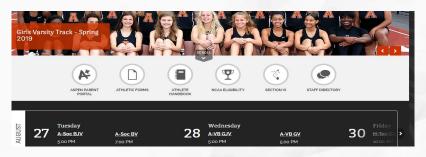






How do we view Amherst LocalLive?

- Viewers will go to the ACSD LocalLive site at https://events.locallive.tv/schools/guest/amherstny
- LocalLive can be viewed from any electronic device, including the LocalLive App (free to parents, faculty, and students)
- The Amherst Athletics page will include a LocalLive icon button once we are live.







Athletics Communication

Athletics Webpage: www.amherstschools.org/athletics

Social Media: Follow us on Twitter @AmherstTigers1

Contest Schedules: www.arbiterlive.com and search Amherst Central High School

Academic Eligibility: Aspen Parent Portal- email from administration

Sport Signups: Aspen Parent Portal (step by step directions on athletics site)

As always... if you have a question/concern, please don't hesitate to contact your coach and/or the athletic office. (716) 362-3021



Welcome Mrs. Marti Precurato-Grubb #ONETIGER

Email- boosters@amherst.org

Phone- (716)324-1847

Website- www.onetiger.net

Amherst Tigers Booster Club



onetiger.net

Mission

"To support, encourage, and enhance all athletic programs that benefit the students of Amherst Central School District"





Amherst Booster Club

- Support
- Increase visibility
- Encourage participation & spectatorship
- Improve athletic facilities
- Promote Tiger spirit
- WE BOOST!



onetiger.net



boosters@amherstschools.org 716-324-1847

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TIGER APPAREL onetiger.net











AMHERSTTIGERS



ANNUAL MEAT RAFFLE

JANUARY 25TH 2020



LEGACY BRICK PROGRAM

onetiger.net

NATALIE BRECHTEL OPERETTA '19

QUINN DECICCO GOAL RECORD SOCCER 2018

MATTHEW CULLEN "JULIAN" OPERETTA 19

OLIVIA CINQUINO 2019 GRAD



THE AMHERST BOOSTER CLUB CAN HELP YOU COMMEMORATE INDIVIDUAL MEMORIES WITH A LEGACY GRANITE BRICK



www.onetiger.net for how to order yours today





















PARTY IN THE PRESS BOX

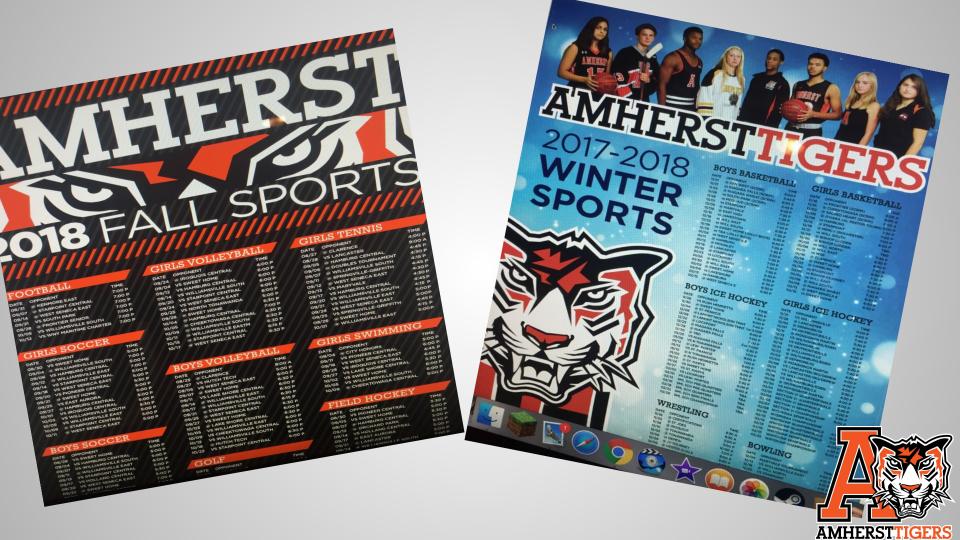
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Snack Shack onetiger.net















TIGER GALA

JUNE 2020

ALL SPORTS

HALL OF FAME

STUDENT ATHLETE RECOGNITION







TIGER GALA

SENIOR ATHLETES-FREE

CAPTAINS CORD/GRAD





STUDENTS



WAYS TO GET INVOLVED! Sporting

Events
JOIN THE PACK
Tiger Card

Tiger Card Snack Shack/AMAZON PRIME FOLLOW US ON FACEBOOK









Thank you for your support!



onetiger.net

Our friends from Excelsior Orthopaedics



Paige Anderson, Athletic Trainer

Josette Fisher, Director of Sports Medicine & Wellness

Melinda Yoder, Nutrition Specialist

WHO WE ARE





Excelsior Orthopaedics, LLP was formed through a 2002 merger of the Western New York Orthopaedic Group and Amherst-Tonawanda Orthopaedics. We are a comprehensive, private, orthopaedic group practice located in Western New York. In June of 2001, members of Amherst-Tonawanda Orthopaedics and Western New York Orthopaedics opened discussions toward creating one comprehensive orthopedic practice with a strong presence in Erie and Niagara Counties. The newly merged group was named Excelsior Orthopaedics—from the Latin "forever rising bigher"—and became operational July 15, 2002.





Comprehensive MSK "center of excellence"

Unmatched patient experiences, continuity of care, and integrated services

46
PROVIDERS

3925

21

SURGEONS / PHYSICIANS

15

PHYSICIAN ASSISTANTS 10

PTs/OTs

SISTANTS

- Physical therapy
- MRI/imaging
- Excelsior Express –Othopaedic Urgent Care
- Sports training and school outreach
- Concussion management
- ▶ 130 employees and 85,000 patient visits per year at 3 locations in WNY

WHO WE ARE

Excelsior Orthopaedics Core Values

PATIENT CENTERED

- We deliver quality care
- We are compassionate in all patient interactions
- We do what is the best interest of the patient

ACCOUNTABLE

- We take ownership
- We act with integrity
- We achieve results
- We deliver on our commitments to each other

INNOVATIVE

- We encourage ideas
- We embrace and drive change
- We are progressive
- We continuously improve

TEAM FOCUSED

- We support, value, and empower our team members
- We work collaboratively
- We promote diversity
- We embrace a positive and supportive culture

SERVICE DRIVEN

We prioritize the needs of our patients, our teams, and our community above our own.

Our Services

- General orthopedic evaluation and treatment
- Excelsior Express (Urgent Care Services)
- Physical and Occupational therapy
- Podiatry
- Imaging including digital x-ray, ultra sound, and MRI
- Durable medical equipment
- Excelsior Outpatient Total Joint Program
- Outreach Athletic Training
- Excelsior Sports Training Program
- Patient Education Seminars

Our Locations

- Amherst: 3925 Sheridan Drive Amherst NY, 14226
- East Amherst: 8750 Transit Road, Suite 105 East Amherst, NY 14051
- Niagara Falls: 10175 Niagara Falls Blvd., Niagara Falls NY 14304
- Tonawanda: 2075 Sheridan Drive Tonawanda, NY 14223
- Alden: 12845 Broadway Alden, NY 14004
- Orchard Park: 260 Redtail Rd., Orchard Park, NY 14127
- Ellicottville: 6133 U.S. Route 219 Ellicottville, NY 14731

Excelsior Express Urgent Care

- Office Hours
 - Monday through Friday: 8:00AM 9:00pm
 - Saturday's: 9:00AM-2:00PM

Phone: 716 250-9999

Call Ahead to Make an Appointment

Emily Bitka#proudofouralum





High School

Lettered four times in both lacrosse and soccer, and one time in hockey

Was the lacrosse team captain as a junior and senior

Posted a career save percentage of 65% over 57 games

Was a ECIC First Team All-League, WNY First Team, and All-Metro Team One lacrosse player

Was voted Metro Newcomer of the Year in 2012

Was voted to the All-Amherst Bee team from 2012-14

Was voted to the WNY National Team from 2012-13

Was a First Team US Lacrosse All-American in 2014

Amherst Lacrosse team won the Section 6 Championships in three of her four years.

Emily Bitka#proudofouralum





College

Signed National Letter of Intent to play at D1 University of Albany- lettered 2 years Transferred to D2 Slippery Rock in Fall of 2016

2 Year Captain

2 Time IWLCA All Region Selection

2 Time All PSAC

2018- First Goalie in PSAC History to be named the Athlete of the Year

2018- Named to the IWLCA All American Team

2018- Voted the MVP of the IWLCA National Senior All Star Game

Broke the NCAA Div 2 Record for Ground Balls and for Ground Balls Per Game

Holds several Slippery Rock University Lacrosse Records

January 2019- Present

Assistant Women's Lacrosse Coach at Stevens Institute of Technology

"A coach will impact more people in one year than the average person will in an entire lifetime."

— Billy Graham

"Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming."



Closing Remarks

Thank you to our guest speakers, student-athletes, coaches and parents for attending!

#ONETIGER #MindBodySoul

HAVE A OUTSTANDING 2019-2020 SCHOOL YEAR

#GOTIGERS

JV/Varsity Football- Meeting following Kick Off in South Gym