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)

card:

email: jwheaton@amherstschools.org  phone: 716-362-3020
# Amherst District Contacts

<table>
<thead>
<tr>
<th>Athletics</th>
<th>Middle School</th>
<th>Tigers Boosters Club</th>
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</thead>
<tbody>
<tr>
<td>Mr. Jeff Wheaton-</td>
<td>Dr. John Griesmer- Principal</td>
<td>Mr. Neil Faller- President</td>
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<td></td>
<td>Ms. Ramona Reuben- Athletic Administrative Asst.</td>
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<tr>
<td>Ms. Paige Anderson-</td>
<td>Mr. Keith Crombie- Assistant Principal</td>
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<tr>
<td>Mr. Michael “Duke” McGuire- Athletic Supervisor</td>
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<tr>
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<tr>
<td>Mr. Greg Pigeon-</td>
<td>Mr. Neil Faller- President</td>
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<td>Mrs. Nancy Ables-</td>
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<tr>
<td>Mr. Scott Lawniczak- Assistant Principal</td>
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<tr>
<td>Asst. Principal &amp; Dean of Students</td>
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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

<table>
<thead>
<tr>
<th>High School</th>
<th>Middle School</th>
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<tbody>
<tr>
<td>Competitive Cheerleading</td>
<td>Boys &amp; Girls Cross Country</td>
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<tr>
<td>Boys &amp; Girls Cross Country</td>
<td>Field Hockey</td>
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<tr>
<td>Field Hockey</td>
<td>Football</td>
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<tr>
<td>Football</td>
<td>Boys &amp; Girls Soccer</td>
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<tr>
<td>Golf</td>
<td>Boys &amp; Girls Volleyball</td>
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<tr>
<td>Boys &amp; Girls Soccer</td>
<td></td>
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<tr>
<td>Girls Swimming &amp; Diving</td>
<td>HS Sports Photos- September 10</td>
</tr>
<tr>
<td>Girls Tennis</td>
<td>MS Sports Photos- October 8</td>
</tr>
<tr>
<td>Boys &amp; Girls Volleyball</td>
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**Fall Season Start Date** - August 19th (JV/VAR) September 4th (Modified)
# Winter Sports Offerings

<table>
<thead>
<tr>
<th>High School</th>
<th>Middle School</th>
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<tbody>
<tr>
<td>Boys &amp; Girls Basketball</td>
<td>Boys &amp; Girls Basketball</td>
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<tr>
<td>Boys &amp; Girls Bowling</td>
<td>Boys &amp; Girls Swimming</td>
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<tr>
<td>Co-ed Unified Bowling* (tentative)</td>
<td>Wrestling</td>
</tr>
<tr>
<td>Competitive Cheerleading</td>
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<tr>
<td>Boys &amp; Girls Ice Hockey</td>
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<tr>
<td>Boys &amp; Girls Indoor Track</td>
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<tr>
<td>Boys Swimming &amp; Diving</td>
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<tr>
<td>Wrestling</td>
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**Winter Season Start Dates**

- JV/V- November 11th
- Modified- November 18th
# Spring Sports Offerings

<table>
<thead>
<tr>
<th>High School</th>
<th>Middle School</th>
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<tbody>
<tr>
<td>Baseball</td>
<td>Baseball</td>
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<tr>
<td>Softball</td>
<td>Softball</td>
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<tr>
<td>Boys Tennis</td>
<td>Boys &amp; Girls Track and Field</td>
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<tr>
<td>Boys &amp; Girls Track and Field</td>
<td>Boys &amp; Girls Lacrosse</td>
</tr>
<tr>
<td>Boys &amp; Girls Lacrosse</td>
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<tr>
<td>Co-ed Unified Basketball</td>
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**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.
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
LocalMedia and Broadcast Solutions


Coming to Amherst- Fall 2019
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 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
Amherst Tigers Booster Club

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!
Amherst Tigers Booster Club

#ONETIGER

Amherst Tigers Booster Club strives to enhance the athletic experience and environment for student athletes, fans, families and the community.
KEEP CALM AND WIN MEAT

ANNUAL MEAT RAFFLE

JANUARY 25TH 2020
LEGACY BRICK PROGRAM

NATALIE BRECHTEL
OPERETTA ‘19

QUINN DE CICCO
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

onetiger.net
Tiger A Card
Amherst Tigers Booster Club

This card entitles the bearer to Free Admission to all Amherst Tigers regular season athletic events. One entry per game
CONGRATS
ANDREW MOELLER
TIGER CARD WINNER
PARTY IN THE PRESSBOX
next year it could be you!

PARTY IN THE PRESS BOX
9.9.19
NEW SPEAKERS FOR TURF!
TIGER GALA

JUNE 2020

ALL SPORTS

HALL OF FAME

STUDENT ATHLETE RECOGNITION
TIGER GALA

SENIOR ATHLETES-FREE

CAPTAINS CORD/GRAD
10 STUDENTS 2019
WAYS TO GET INVOLVED! Sporting Events
JOIN THE PACK
Tiger Card
Snack Shack/AMAZON PRIME
FOLLOW US ON FACEBOOK

SOUR POWER

Meat

amazon Prime

AMHERST TIGERS
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

BUFFALO SURGERY CENTER
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 higher”—and became operational July 15, 2002.
Comprehensive MSK “center of excellence”
Unmatched patient experiences, continuity of care, and integrated services

46 PROVIDERS
21 SURGEONS / PHYSICIANS
15 PHYSICIAN ASSISTANTS
10 PTs/OTs

- Physical therapy
- MRI/imaging
- Excelsior Express – Orthopaedic Urgent Care

- Sports training and school outreach
- Concussion management
- 130 employees and 85,000 patient visits per year at 3 locations in WNY
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
#proudofofouralum

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.
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.”

-John Wooden
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