

# McCutcheon High School Freshman Orientation Program 2021



## Athletic Department Philosophy

McCutcheon High School is an InsideOut Initiative (ISOI) High School.

- ISOI = National initiative to transform sports culture
- Character development is the highest value and most enduring impact we can have on athletes.
- Goal accomplishment is a destination. Our purpose (character development) is why we exist.
- “We prepare, plan, & play to win but winning is not our purpose.”
- “Goals have a beginning and an end. Purpose doesn’t. Purpose is what we live for.” Tony Dungy
- Definition of Success:
  - Did you improve?
  - Were you a great teammate?
  - Did you have fun?

## McCutcheon Coaching Staff

### Fall Sports

- Varsity Football
  - FR Football
  - Volleyball
  - Boys Soccer
  - Girls Soccer
  - Boys Tennis
  - Girls Cross Country
  - Boys Cross Country
  - Girls Golf
  - Cheerleading
  - Unified Football
- Ken Frauhiger – [kfrauhiger@tsc.k12.in.us](mailto:kfrauhiger@tsc.k12.in.us)  
Kevin Krooswyk - [kevkkroos52@gmail.com](mailto:kevkkroos52@gmail.com)  
Sara Sutter – [ladymavsvb@gmail.com](mailto:ladymavsvb@gmail.com)  
Boyd Wheeler – [iuwheeler@tsc.k12.in.us](mailto:iuwheeler@tsc.k12.in.us)  
TBA  
Rachel Purser – [rachelpurser13@gmail.com](mailto:rachelpurser13@gmail.com)  
Megan Ulrich – [mlulrich@tsc.k12.in.us](mailto:mlulrich@tsc.k12.in.us)  
Dan Porter – [dlporter@tsc.k12.in.us](mailto:dlporter@tsc.k12.in.us)  
Keith Spaulding – [kspalding23@gmail.com](mailto:kspalding23@gmail.com)  
Aricka Strimel – [astrimmel@hotmail.com](mailto:astrimmel@hotmail.com)  
Cory Rush – [clrush@tsc.k12.in.us](mailto:clrush@tsc.k12.in.us)

### Winter Sports

- Girls Basketball
  - Boys Basketball
  - FR Basketball
  - Boys & Girls Swim & Dive
  - Wrestling
  - Cheerleading
  - Gymnastics
- Jeff Knoy – [jknoy@tsc.k12.in.us](mailto:jknoy@tsc.k12.in.us)  
Tyler Scherer – [tascherer@tsc.k12.in.us](mailto:tascherer@tsc.k12.in.us)  
Ryan Walker – [rjwalker@tsc.k12.in.us](mailto:rjwalker@tsc.k12.in.us)  
Christina Landrum [cllappins@gmail.com](mailto:cllappins@gmail.com)  
Adam Metzger [mametzger@tsc.k12.in.us](mailto:mametzger@tsc.k12.in.us)  
Aricka Strimel [astrimmel@hotmail.com](mailto:astrimmel@hotmail.com)  
Judie Malone – [judiejohnson27@gmail.com](mailto:judiejohnson27@gmail.com)

### Spring Sports

- Baseball
  - Softball
  - Boys Track & Field
  - Girls Track & Field
  - Boys Golf
  - Girls Tennis
  - Unified Track & Field
- Tristan McIntyre [tristanmcintyre@gmail.com](mailto:tristanmcintyre@gmail.com)  
Kelsey Wides – [mccutcheonsoftball@gmail.com](mailto:mccutcheonsoftball@gmail.com)  
Matt Muncy – [msmuncy@tsc.k12.in.us](mailto:msmuncy@tsc.k12.in.us)  
Earl Coleman – [egcoleman@tsc.k12.in.us](mailto:egcoleman@tsc.k12.in.us)  
Josh Frauhiger – [jbfrauhiger@tsc.k12.in.us](mailto:jbfrauhiger@tsc.k12.in.us)  
Rachel Purser – [rachelpurser13@gmail.com](mailto:rachelpurser13@gmail.com)  
Liz All – [ejall@tsc.k12.in.us](mailto:ejall@tsc.k12.in.us)

Specific team information is available under the Freshman Orientation link on our website. After reviewing the team information please email the coaches in regards to team related questions. Never leave your questions unanswered. Mr. Osterman, Mrs. Burns, or I are always available as well.

## **2021 – 2022 Sport Season Starting Dates**

### Fall

- Girls Golf: July 30<sup>th</sup>
- Cheerleading Tryouts: April 21, 22, & 23
- All other Fall sports: August 2<sup>nd</sup>

### Winter

- Girls Swim & Dive: October 25<sup>th</sup>
- Girls Basketball: October 18<sup>th</sup>
- Wrestling: November 1<sup>st</sup>
- Boys Swim/Dive & Boys Basketball: November 8<sup>th</sup>
- Gymnastics: November 16<sup>th</sup>

### Spring

- Track & Field: February 14<sup>th</sup>
- Softball: March 7<sup>th</sup>
- Baseball, Girls Tennis, Boys Golf: March 14<sup>th</sup>

2021 IHSAA Moratorium Week: June 28 – July 4

2022 IHSAA Moratorium Week: July 4 – July 10

2023 IHSAA Moratorium Week: July 3 – July 9

2024 IHSAA Moratorium Week: July 1 – July 7

### **Limited Contact Periods**

Winter/Spring: 8/30 – 10/16

Fall/Spring: 12/6 – 2/5

Fall/Winter: 4/4 – 5/14

During these limited contact periods, out of season teams can practice 2 times per week, 2 hours each session. They are permitted to hold conditioning 2 other days per week.

### **Conference Affiliation**

#### North Central Conference

- McCutcheon competes in 20 conference sports
- Each sport has its own conference championship
- Athletes can be named to All-Conference teams in their sport
- Academic All Conference = senior with a minimum 3.5 GPA
- West: Logansport, Harrison, Lafayette Jeff, Kokomo, & McCutcheon;  
East: Muncie Central, Anderson, Richmond, Arsenal Tech, & Marion

## Required Paperwork & Fees

- **Required Prior to Any Participation:**

- IHSAA Physical (dated after April 1<sup>st</sup>, signed by a licensed doctor with the doctors' license number).
  - Emailed & faxed copies cannot be accepted
  - Drop box available for athletic documents outside of door 4.
- Completion of Final Forms
  - Online documents via [tippecanoe-in.finalforms.com](http://tippecanoe-in.finalforms.com) or (visit our website: [mccutcheonathletics.com](http://mccutcheonathletics.com), click on "More" tab, click on Final Forms).
  - Parent/Guardian & Athlete must complete online documentation every year. (Available starting April 1<sup>st</sup>)

## Participation Fee

- Yearly \$75 fee
- Must be paid before the athlete participates in a contest.
- Parent or athlete can work off the fee or payment plans can be established. Please contact Mrs. Burns at [mburns@tsc.k12.in.us](mailto:mburns@tsc.k12.in.us) for arrangements.

## Academic Requirements

- IHSAA Guidelines: athletes must pass 70% of the classes taken (5 of 7)
- Semester grades take precedence over 9 week grades
- Eligibility/ineligibility period = 9 weeks (no mid-term eligibility)
- Study tables may be created by each coach as they feel necessary
- Team GPAs are averaged, teams are strongly encouraged to average above a 3.0

## McCutcheon Athletic Handbook

Each athlete must agree to abide by all rules established in this handbook. A complete copy can be found on the McCutcheon Athletic Website.

- McCutcheon Code of Conduct
  - Specific provisions deal with violation of rules dealing with alcohol, illegal drugs, & tobacco
  - General conduct rules have been created dealing with appearance, attitude, behavior, and sportsmanship
  - Code of Conduct rules are in effect 365 days a year.
- IHSAA Eligibility Rules
  - These rules deal specially with age, amateurism, enrolment, scholarship, and physical condition

- Attendance
  - 8:00 Rule/Early Departure
    - Student must be in attendance by 8:00 or no after school activities
      - Exceptions = doctor's note or permission from AD
    - Any student that misses part of the day or leaves early = no after school activities
      - Exceptions = doctor's note or permission from AD

### **TSC Random Drug Testing Policy**

- All TSC athletes and cheerleaders are eligible during their season.
- Each athlete and cheerleader is assigned a number during the season.
- Numbers are selected on a random basis every 7-10 days.
- The numbers are selected for the school by the testing lab.
- 5% of the athletes participating in that season are selected each time.
- If an athlete tests "positive", the Drug Ed. Counselor informs the A.D.
- The A.D. will inform the athlete and his/her custodial parents.
- The athlete will have the opportunity to explain the positive test results.
- If the positive results cannot be satisfactorily explained, the athlete and his/her family will be given the opportunity to have the remaining portion of the sample tested at their expense.
- TSC also reserves the right to continue testing any athlete who has tested positive during the school year.

### **TSC Drug Testing Policy – Consequences**

#### 1<sup>st</sup> Offense

- Alcohol and Illegal Drugs – suspension from 50% of the contest season in which the athlete is presently competing, which may carry over into the next season.
- Tobacco – suspension from 30% of the contest season in which the athlete is presently competing, which may carry over into the next season.

#### 2<sup>nd</sup> Offense

- Suspension from athletic participation for 1 calendar year from the date of the suspension.

#### 3<sup>rd</sup> Offense

- Suspension from athletic participation for remainder of high school career.

## **Post-Season Athletic Awards**

- Each sport has specific letter winning requirements (see handbook)
- Athletes who earn a varsity letter may purchase a letter jacket.
  - Jackets and patches are purchased by the athlete/family
  - These items can be purchased at The Athlete or via online ([mccutcheonathletics.com](http://mccutcheonathletics.com)). A form with signature from the AD must be presented to those retailers to purchase letters or a jacket. This form is available in the athletic office or online.

## **Athletic Trainer Services**

- McCutcheon has formed a partnership with IU Health Arnett
- ATCs: Brian Fabries – [bfabries@iuhealth.org](mailto:bfabries@iuhealth.org)
- Hours at MHS: 2:00 – Close
- Team Doctor: Dr. Jeff Wang: [jwang2@iuhealth.org](mailto:jwang2@iuhealth.org)
- FastTrak
  - Monday – Friday, 8:00 AM – 5:00 PM
    - 448-8700
  - Evenings & Weekends
    - 448-8000 or 800-899.8448
- Sports Fellowship-Trained Orthopedic Surgeons
  - Joseph Hubbard, DO
  - Peter Seymour, DO

## **McCutcheon Physical Night**

- April 21<sup>st</sup> , 5:30 – 7:45
- Location: IU Health Hospital (entry 5), take elevator to the 1<sup>st</sup> floor.
- Cost is \$20
- Important: student athletes must have a physical on file before they can participate in summer/off-season activities. A physical must be dated after April 1<sup>st</sup> 2020 to be valid for the 2021-2022 school year.
- Sign up online under the “More” tab at [www.mccutcheonathletics.com](http://www.mccutcheonathletics.com)

## **Summer Open Facilities & Conditioning**

- Each sport sets up their own schedule with the following exceptions:
  - Designated times:
    - Fall Sports = Monday Nights
    - Winter Sports = Wednesday Nights
    - Spring Sports = Tuesday Nights
    - No restrictions for Thursday – Saturday
    - No organized athletic participation or contact ever on a Sunday
- Participation is optional but highly recommended

## Summer Camps

- Many sports will hold one week summer team camps in either June or July.
- McCutcheon Summer Leagues are also available in sports such as basketball, baseball, and football.
- See head coaches for information regarding McCutcheon conditioning, camps, or even off-campus camps.

### The Mav Athletic Booster Club

- The Mav Club is the only booster club for Maverick athletics.
- Mav Club Mission and Goals are to:
  - Raise funds in support of all 22 athletic programs and the student athletes of McCutcheon High School.
  - Increase school spirit and sportsmanship among students, faculty, staff, administration, parents, and the community at large.
  - Help provide the tools necessary for our athletes to compete at the highest levels and graduate with the best possible experience.
- Income is generated from the operation of all Maverick concession stands, fundraising initiatives, and membership fees.
- In the past four years the Mav Club has donated over \$66,000 to help meet team needs by supplementing the Athletic department Budget. This support includes equipment purchases, athletic awards, and college scholarships for athletes. In these tight economic times with budget cuts and losses of funding, the role of the Mav Club has become even more important.
- All parents of Maverick athletes are encouraged to become involved with the Mav Club. Become a member (membership form enclosed). Volunteer to be a Team Rep. Volunteer to serve on one of our committees (Membership, Scholarship, Fundraising, Spirit).
- We are working hard to grow our organization and increase the level of funding that we are able to provide to our Maverick Athletic Teams. **BUT WE NEED YOUR HELP!** Our success depends directly on the involvement of parents like you. If your student is an MHS Athlete, then everything we do is to help him/her. Don't wait. Get involved today.
- The club meets the 2<sup>nd</sup> Monday of each month (except July) at 7:00 p.m in the LGI Room (this past year mostly virtual meetings).
- Email Mav Club President: [mavclubpresident@gmail.com](mailto:mavclubpresident@gmail.com)

## College Recruiting

If your son or daughter is interested in participating in athletics at the next level please review the "Playing Sports Collegiately" information under the "More" tab at [mccutcheonathletics.com](http://mccutcheonathletics.com).

## What Athletes Want From Parents

- 3 B's
  - Be There
  - Be Positive
  - Be Seated
- Parents Role
  - Before Season – ask us why we want to play and what our goals are, and accept those as your own.
  - During Season – provide us with confidence and keep your focus on the team.
  - After a Game – give us space and time.
  - Always – be a source of confidence, never teach us to point blame when goals are not met.
- How to maximize your son or daughter's athletic experience – help them reach their potential
  - Always support the coach in the car and at the dinner table
  - Share concerns about the coach with your coach, not your student athlete.

## Curbing Sports Specialization

- Why Play Multiple Sports:
  - The earlier you specialize = earlier you peak
  - Specialization increases injury risk
  - Specialization increases burnout
  - Increased experiences working with different coaches is the foundation of sports
- Overuse injuries now account for 50% of all injuries in middle school and high school
- 70% of kids drop out by the age of 13 (seldom will you hear the athlete quit because of lack of passion – they say they quit because of parental pressure or unfair treatment by or the dislike of coaches – often they have created new goals).
- College coaches want multi-sport athletes. College coaches will find the athletes they want. College coaches will see how hard you play, react and if you are a good teammate during your second sport.
- Playing a minimum of two sports throughout high school should be your goal!

Be Loyal to Your Coach & Teammates!  
Be Proud to be a Maverick!