2026 ATHLETICS OPEN HOUSE

TUESDAY, NOVEMBER 24TH, 2026

JOSH MacCREERY – DIRECTOR OF ATHLETICS

JMACCREERY@MILLBURYSCHOOLS.ORG

Athletic Department

- Josh MacCreery, Athletic Director
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Agenda

- MIAA Rules & Expectations
- Chemical Health
- Communication Protocols
- Fan Expectations
- Athletic Trainer
- Boosters

MIAA Rules and Expectations

- MIAA Rules
  - Bona Fide Team Member rule
    - Cannot miss team practice/game for outside sport
- Social Media - use responsibly
- Team bus rides

Chemical Health Violations

62.1

“From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, *use, consume,* ***possess****, buy/sell, or give away* any beverage containing alcohol; any tobacco product **(including e-cigarettes, VAP pens and all similar devices)**; marijuana (including synthetic); steroids; or any controlled substance….”

Minimum PENALTIES:

“First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. “

Chemical Health Violation Penalties

- 1st Violation - 25% suspension
  - (20 game season = 5 game suspension)
- 2nd Violation - 60% suspension
  - (20 game season = 12 game suspension)
- Any violations will carry over to the next season

Communication

- Teaching life skills of communication and self-advocacy
- Protocol
  - Athlete---Coach
  - Athlete/Parent---Coach
  - Athlete/Parent---AD
  - Athlete/Parent---Administration
- Conversations after games
- Retribution

Playing Time

- Between a Student-Athlete & Coach only
- Philosophies
  - Junior High - Technical instruction/how to play properly
  - JV - Technical instruction, along with Tactical (how to compete)
  - Varsity - Tactical & putting the best players in the position to be successful
- Nothing is owed - everything is earned

Fan Expectations

Respect decisions made by contest and school officials

Refrain from taunting, booing, heckling & the use of inappropriate language

Recognize & acknowledge outstanding performances by athletes on both teams

Attendance at this contest is not a license to verbally assault others or to be generally offensive.

Respect athletes, coaches, officials and fans

Be a fan...not a fanatic!

#WOOLIEPRIDE


We want officials to be
RESPECTED
So that sports can continue
to be a part of our schools


WOOLIES
WAYS PARENTS CAN SUPPORT OUR ATHLETES
#WOOLIEPRIDE

Cheer for ALL players on the TEAM

- You are now part of the program; support all the kids like your own
- Think WE > ME (it’s much more enjoyable)
- Focus more on collective; it’s not AAU

Support the officials

- Officiating is difficulty
- That is someone’s father/mother/son/daughter
- Treat with respect

Speak + about the Coaches

- The car ride home
- Coaches need to think of the team first, not individuals
- Teach self-advocacy

Encourage & Support your Child

- Kids put enough pressure on themselves-be their rock
- Don’t coach from the bleachers
- Adversity will happen in a season
- “I love watching you play”

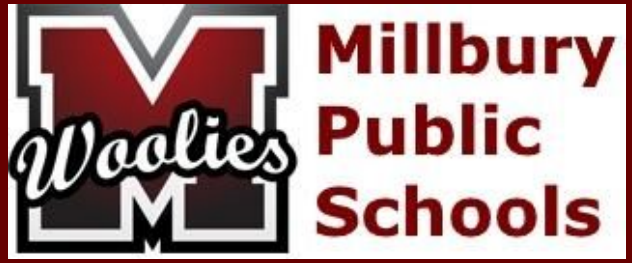
Ask Questions - Not Opinions

- You are not at practice everyday - it’s somewhere in the middle
- Managing & leading a TEAM is difficult

Athletic Website & Resources

- Athletic Website
  - Here is the link to our Athletic Homepage
  - Follows the Twitter feed for updates/announcements
- Instagram
  - woolie_pride
- Twitter Feed
  - @Woolie_Pride

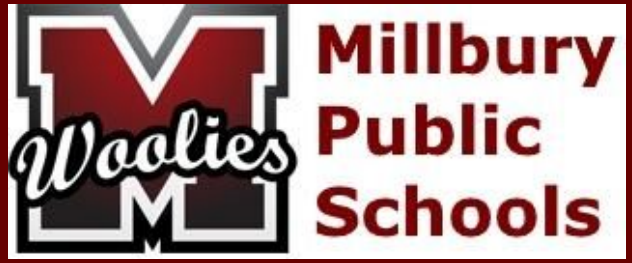




Jordan Sliwoski, MS, LAT, ATC, NASM-CES

Master of Science in Rehabilitation Science
Licensed Athletic Trainer
Athletic Trainer Certified
National Association of Sports Medicine - Corrective Exercise Specialist

What is an athletic trainer?



"Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession."

- National Athletic Trainers' Association

- Education
- Prevention
- Examination
- Diagnosis
- Care
- Rehabilitation
- Return to Play

How am I Helping MPS?

- **FREE Resource**
  - No Co-pay, No insurance!
  - Not all injuries require a doc visit or an x-ray!
- **Injury prevention & education**
  - Team weight room
- Goal is to keep you on the field or the court!
- **Peace of mind**



Peace of Mind



Damar Hamlin - Buffalo Bills - Cardiac Arrest 1/2/2023

- Emergency Action Plan (EAP) for each facility
  - Athletics website
- CPR/AED Certification
- Team medkits & AEDs
- Proper equipment & technique/form
- Safety measures at practices/events
- ME!

Availability

- Office located next to the weight room
- Hours: after school through last event or start of last practice
    - Injury check-ins after school (or email me to schedule time)

Instagram: @WooliesATC

Email me for any questions or concerns!



Winter & Spring Meet the Coaches Night

Once a Woolie, Always a Woolie

Building something bigger than sports.

Joe Lagor | President, Millbury Booster Club

Why the Booster Club exists

We support student-athletes, build school spirit, and connect our schools, families and community.

STUDENTS

Better opportunities

TEAMS

Tools and resources

COMMUNITY

Woolie pride

A volunteer-powered team

7 board members

Joe Lagor, President
Tom Gerolomo, Vice President
Brian Bertrand, Treasurer
Diane Skarin, Apprentice Treasurer
Kelly Canney, Secretary
Jess Bertrand, Social Media Coordinator
Nicole Lagor, Merchandise Manager

16 voting members

Families and community members helping shape our impact

Low requirements to become a voting member to make a difference

Everyone can contribute — you do not need to be on the board.

How we raise the money

EVENTS

Calendar raffle

Mum sale

Golf tournament

Meat raffle

GAME DAYS

Football concessions

Basketball concessions

Track concessions

PARTNERS

Corporate sponsorships

Community partnerships

Every event is powered by volunteers and local support.

More than $100,000 back to athletes

EQUIPMENT

Basketball shooting machine

Record banner for track

Softball and tennis machines

EXPERIENCES

Fan bus, playoff support

Team and senior recognition

Paid admissions for students

OPPORTUNITIES

Scholarships

Leadership seminars

Student lead events

MILLBURY BOOSTER CLUB

We need YOU

One shift. One idea. One connection.

VOLUNTEER

Help at a concession stand or fundraiser

SHARE IDEAS

Tell us what could help athletes

JOIN IN

Sign up at the table tonight

Millburyboosters@gmail.com

WOOLIE PRIDE • STUDENTS • FAMILIES • COMMUNITY

Tell us what you think

Scan the QR code to complete our short survey.

Your feedback helps guide what comes next.

Students and parents: we want to hear from both of you.

Stay connected

Follow the Millbury Booster Club for events, updates and ways to help.

Visit website

FACEBOOK

Visit website

INSTAGRAM

Save the date: December 9

Millbury Booster Club Meeting

“Ask the AD” • 6 PM

Bring your questions.

Be part of the conversation.



MILLBURY BOOSTER CLUB

Once a Woolie, Always a Woolie

Stronger teams. Stronger community.

More opportunities for our athletes.

Visit the sign-up table tonight • Millburyboosters@gmail.com