

ATHLETIC DEPARTMENT NEWS – August, 2020

The Athletic Department has been busy this summer gearing up for the 2020-2021 athletic seasons. While we are still unsure of what this year will look like, we have a lot of new updates to share with you! The Athletic Department has new staff, updated communication protocol and a brand new strength and conditioning program!

New Staff

To start, let me introduce to you our three new staff members in athletics! Cameron Burns, a 2013 alum of West Catholic, has replaced Sue Armstrong after 28 years, as the Assistant Athletic Director. Cam has interned in the athletic department previously and is part of the women's basketball program as the JV Head Coach. He is going to be a great asset to the athletic department and we are excited to have him on board. Be sure to welcome Cam when you see him!

West Catholic has partnered with The Center for Physical Rehabilitation (CPR) with athletic training and strength and conditioning services. Ryan Vogel is our licensed Athletic Trainer and comes to us with six years of experience. He is available Monday through Friday to all students at West Catholic and he will be at all HOME athletic contests. Away contests are covered by that school's athletic trainer. Should you have any questions about our athletic training services or an injury your athlete has, please contact Ryan Vogel at 616-233-5956 or at ryanvogel@grwestcatholic.org.

Adam Stoyanoff is our Strength and Conditioning Coach and is excited to be in a high school setting, where he knows he has the opportunity to have the greatest impact on high school athletes! He has been coaching for close to 20 years from high school to professional settings and is glad to be here with the Falcons! Be sure to welcome both Adam and Ryan when you see them!

TeamSnap

All of our coaches have been asked to utilize TeamSnap for all communication with parents and athletes. Hopefully many of you are familiar with this application and we encourage you to download the application on your phone and speak with coaches if you have not already received an invitation to join a specific sport. TeamSnap allows for an easy way to look at rosters, contact information, schedules (including practices) and any communication coming from the coaches.

Strength and Conditioning

In partnering with CPR, West Catholic now has a new strength and conditioning program which is free to all our students! It is the goal of our athletic department to build a training program for all athletes, in-season and out-of-season, to attend. Adam Stoyanoff will be working with every coach to schedule opportunities for our athletes to train which will continue to help West Catholic athletics have a competitive edge over our competition. We are extremely excited to give our students this opportunity and watch this program grow!

MHSAA Update

On July 29, the MHSAA announced that Michigan high schools would begin fall sports as normal on August 10 and 12. You can read the article [here](#). There are a few new updates:

1. Football will begin as scheduled on August 10 but pads are not allowed to be worn until the week of August 17.
2. All other fall sports will begin as scheduled on August 12 and must take place outdoors.
3. The only fall sports allowed to compete at this time are cross country, girls golf and boys tennis. All other sports will find out on August 20 if they will be allowed to compete.
4. There is protocol in place for every sport and coaches are well-informed of them. They will discuss with their athletes what to expect during practices and competitions.
5. Masks are not required to be worn during play (although you may), but they are required when standing not participating in the play. Please be sure your athlete has a mask!

Physicals and Concussion Awareness

All students planning to participate in athletics during the 2020-21 school year are required to provide proof of a sports physical before the athlete is allowed to try-out, practice or compete in any sport. Due to COVID-19, the MHSAA has updated the sports physical policy. Please see the two options below:

1. If your athlete had a physical on file last year, dated after April 15, 2019, they do not need to get a physical examination this year. If your athlete is an incoming freshman or a transfer student, please contact your previous school and ask them to send the physical to camburns@grwestcatholic.org. The athlete is required to provide the athletic department with the MHSAA health questionnaire form which can be found [here](#).
2. If your athlete did not have a physical on file last year, they will need a physical examination, dated after April 15, 2020, and the [MHSAA physical form](#) filled out in its entirety before participating in their sport.

All athletes are also required by the MHSAA and Catholic Secondary Schools to read, sign and return the Concussion Information Sheet for each year your athlete participates in athletics. It should be understood that for MHSAA sports, the existing rules meeting completion requirements, concussion removal and return-to-play protocols, first begun in 2010, remain in effect. West Catholic has designated Ryan Vogel, our licensed Athletic Trainer, to evaluate suspected concussions. If a student is withheld from competition due to a suspected concussion, **he or she may not return at all on that day and only on a subsequent day with the written clearance of an MD or DO. A Parent signature is also required on the clearance form provided by the doctor.**

Sport Passes and VIP Parking

Sport passes and VIP parking passes will be made available as soon as we know if we are able to compete and if spectators are allowed. Stay tuned.

Please visit the WC Athletic Department website at grwestcatholicsports.org for updated information regarding team schedules.

We also ask for your patience as we continue to navigate COVID-19. As soon as we know more information, we will be sure to communicate with all of you! If you have any questions regarding the upcoming seasons or West Catholic Athletics in general, please contact Megan Pittman at 616-233-5903 or Cam Burns at 616-233-5912.