

HELIAS ATHLETICS TO IMPLEMENT SUMMER DEAD PERIOD

The Helias High School head coaches have agreed to implement a summer “dead period” for athletics!

Helias Athletic Director Stan Ochsner announced that the coaches have agreed that Saturday, June 28 thru Sunday, July 6, 2008 will be a dead period during which Helias athletic facilities will be closed and no activities or contact between coaches and athletes will be permitted.

“We have a very real concern that high school athletics has become too serious, too demanding, and too time consuming for our athletes, families, and coaches,” Ochsner said. “It has become a snowball out of control with no amount of time or commitment ever being enough. Coaches are working unbelievable hours and in the summer kids, especially those attempting to play more than one sport, have no time for anything else. We believe that needs to change and are delighted that our coaches were so receptive to the idea of backing off at least this much.”

“I have had many parents mention that they no longer take family vacations because of their athletes’ summer schedules. They perceive that missing any of these activities will be detrimental to their child’s chances so they forego important family activities,” Ochsner said. “We think that is a very unfortunate reality. If the only way to give families time to be together is to schedule in breaks, then we need to schedule in breaks.”

Ochsner also said that he believes the mandated break will be good for athletes both physically and mentally. “Kids need a break for their bodies to heal and, like all of us, for their minds to gear down. They need time to be kids.”

The break includes the weekend before the 4th of July, the entire week, and the next weekend, nine days. “We hope families will make plans early to utilize this time for whatever they wish to do and that they enjoy the break. We hope our athletes get away from the weights and running, put the equipment away, and relax. And I hope our coaches spend nine days without even thinking about Helias sports. They work awfully hard all year. They deserve this break,” Ochsner concluded.