

Welcome!!

Methuen High School

Class of 2024

[Pep Rally Video](#)
[Ranger Pride Video](#)

Key Staff at Methuen High School

Principal: Richard Barden '96

Associate Principals: Kristen Thomas, Kwesi Moody, Sheila Hornby and Kevin O'Loughlin '91(Grade 9)

Athletic Director: Matt Curran '94

Athletic Trainer: Al Delano '91

Governing Bodies in Athletics

The Massachusetts Interscholastic Athletic Association- As an MIAA member school, Methuen High School agrees to abide by all rules and regulations of the MIAA

The Merrimack Valley Conference- Methuen High School is a proud member of the MVC and competes with member schools each season

Methuen School Committee-Additional policies, regulations and rules may be set by the School Committee and Principal provided they are not less restrictive than those stipulated by the MIAA

We Offer 30 Varsity Programs

Fall

Cheer
Swim and Dive
Golf
Girls Volleyball
Boys Cross Country
Girls Cross Country
Boys Soccer
Girls Soccer
Field Hockey
Football
Unified Basketball

Winter

Cheer
Boys Basketball
Girls Basketball
Boys Hockey
Girls Hockey
Boys Indoor Track
Girls Indoor Track
Gymnastics
Wrestling

Spring

Boys Tennis
Girls Tennis
Baseball
Softball
Boys Lacrosse
Girls Lacrosse
Boys Outdoor Track
Girls Outdoor Track
Boys Volleyball
Unified Track

***We offer at least 1 no cut sport each season**

We Offer 30 Sub Varsity Programs

Fall

Swim and Dive
Golf(JV)
Girls Volleyball (FR/JV)
Boys Cross Country (JV)
Girls Cross Country (JV)
Boys Soccer (FR/JV)
Girls Soccer (FR/JV)
Field Hockey (FR/JV)
Football (FR/JV)

Winter

Boys Basketball(FR/JV)
Girls Basketball(FR/JV)
Boys Hockey (JV)
Girls Hockey
Boys Indoor Track
Girls Indoor Track
Gymnastics
Wrestling (JV)

Spring

Boys Tennis
Girls Tennis
Baseball (FR/JV)
Softball (FR/JV)
Boys Lacrosse (FR/JV)
Girls Lacrosse (FR/JV)
Boys Outdoor Track
Girls Outdoor Track
Boys Volleyball (JV)

Sub Varsity Teams pending participants
***We offer at least 1 no cut sport each season**

Cut vs No Cut Sports

No Cut Sports at Methuen High School:

Cross Country, Indoor Track and Outdoor Track

(These sports do not have a tryout, all students are rostered if they wish to play)

Please note:

- Most athletic programs had little to no cuts last year(90% played first choice)
- Provided it does not have a negative impact on participants, coaches tend to roster as many student-athletes as possible
- Soccer, Wrestling, Golf, Lacrosse, Field Hockey, Football (No Cuts at Freshman Level)

Participation Requirements

- All student athletes must complete a Participation Form (Paper or Online)
- A current physical on file with the School Nurse and the Athletic Office
- Physicals are valid for 13 months (May 1, 2020 expires June 1, 2021)
- Any student who has an expired or invalid physical will NOT be permitted to participate in athletics under any circumstance
- There is no cost or user fee to participate in Athletics at MHS
- All students must be academically eligible to participate, MIAA requirements are: Athletes must be passing at least four year long classes
- All incoming freshman are academically eligible for the Fall Athletic Season

Playing Time

At the freshman and junior varsity level, the goal of the athletic program is to develop the individual to his/her fullest potential. Participation and the development of individuals is the priority, with learning to compete also a priority. The number of participants must allow the coach a reasonable participation rate.

At the varsity level the focus shifts towards fielding competitive teams with the goal of achieving the highest level of success. This emphasis may result in uneven playing time among athletes, with some not playing in every game. The coach makes the decision on who starts, plays and for how long.

Philosophy

We do not believe in a win at all cost mentality. We believe in promoting the pillars of Educational Athletics set forth by the MIAA when competing in high school athletics at Methuen High School.

Pillars of the MIAA:

Community Service

Wellness

Coaches Education

Sportsmanship

Leadership

2020 Athletic Highlights

- Over 1,500 combined Community Service Hours complete by our athletes last year
- 1 MIAA Educational Athletic Awards for Community Service (Field Hockey)
- 2 Moynihan Lumber/Eagle Tribune Scholar Athletes of the Month (Xavier Metivier, Kaia Hollingsworth)
- 1 Eagle Tribune Scholar Athlete of the Year Nominee (Claudia Crowe)
- All athletes undergo IMPACT testing to assist with Concussion Awareness and Prevention
- 5 MVC Championships (Swim, Field Hockey, Cheer x 2, Gymnastics)
- MVC Sportsmanship Award Winners (Volleyball)
- 27 MVC All Conference Team Members
- 3 Globe or Herald All Scholastic Team Members
- Alumni: Jacob Wallace (MLB Draft), Calvin Kattar (UFC), Amanda Conway (Norwich)
- 64 Alumni playing at or committed to play NCAA Athletics
- NCAA Athletes: Division 1 (12), Division 2 (14), Division 3 (38), JUCO 2
- Community Service Projects: Backpack program, Sock Drive for Vets, Toy Drive, School Supplies

Key Start Dates

8/21/20: Football Begins for returning players (Soph-Seniors)

8/24/20: Cross Country, Field Hockey, Soccer, Golf, Swimming/Diving and Girls Volleyball all begin

9/02/20: First Day of School for Students (Note Athletic Start Date)

All tryout information will be posted on **www.methuenrangers.com**

Athletic Schedule

- Most Athletic Programs practice 5-6 times per week
- All teams compete at least once a week
- Teams may compete 2-3 times per week
- Game times vary sport to sport
- Games/Matches begin the first week of September
- The Fall Athletic Season ends for most programs in mid November
- The Winter Athletic Season begins the Monday after Thanksgiving (12/2/19)
- The Spring Athletic Season begins the 3rd Monday in March (3/16/20)

Location of Fall Athletics

Cross Country: (All) Meets on the campus of MHS, practice runs are both on and off campus

Field Hockey: (FR/JV) MHS Baseball Field and (V) Nicholson Stadium

Football: (All) Nicholson Stadium

Soccer: (All) Nicholson Stadium and Tenney Soccer Fields

Golf: (All) Merrimack Valley Country Club and Whirlaway

Swimming/Diving: (All) Greater Lawrence Technical High School Swimming Pool

Girls Volleyball: (All) Methuen High School Fieldhouse

Cheer: Central Administration Building (MHS when needed)

Location of Winter Athletics

Cheer: Central Administration Building

Boys Basketball: Frosh/CGS, JV/Timony, Varsity/MHS

Girls Basketball: Frosh/Tenney, JV/Tenney, Varsity/MHS

Indoor Track: Practice/MHS, Meets/Boston University and Reggie Lewis

Wrestling: Practice/Timony, Meets/MHS

Gymnastics: Practice and Meets/Interstate Gymnastics

Girls Hockey: Practice and Games/MHS

Boys Hockey: Practice and Games/MHS

Location of Spring Athletics

Baseball: Frosh/Vets Park, JV/Potters Field, Varsity/MHS

Softball: Frosh, JV and Varsity/Burnham Road

Boys Lacrosse: Frosh, JV and Varsity/Nicholson Stadium

Girls Lacrosse: JV and Varsity/Nicholson Stadium

Outdoor Track: Methuen High School

Boys Volleyball: Methuen High School

Boys and Girls Tennis: Methuen High School

FAQ

Q: If my child gets cut from a fall sport, what are their options?

A: If cut from a fall sport, they may run Cross Country (if roster space is available Field Hockey or Soccer may be an option)

Q: Can my child play a sport and be in the Band, a Club or a School Play?

A: Yes, we encourage kids to engage in as many activities as possible, provided it does not have a negative impact on their academics or team commitment.

Q: We have a trip planned for school vacation, will this impact athletics?

A: Yes, during Dec/Feb/April vacations all of our teams practice and most have games/meets.

Q: What happens if my child is injured during an athletic event?

A: Our trainer, Al Delano, works with athlete, parent, coach, nurse, physicians etc.

FAQ continued

Q: My child did not attend school today, can they still participate in athletics?

A: No, in order to participate in athletics, they must be here at least ½ of the school day.

Q: Are there exceptions in regards to the school attendance/athletic participation rule?

A: Yes, students may be granted permission by the Athletic Director to participate in athletics despite missing school, process must be followed (at the discretion of the AD)

Q: What are captains practices?

A: Captains practices is when members of a team get together and practice, play, workout etc. (MHS is not affiliated with these practices/student led)

Q: What are off season workouts?

A: Off season workouts are open to all students and are wellness based, not skill based. No direct coaching of a sport occurs. (These are supervised by an adult)

Methuen High School Athletics

Athletic Website: www.methuenrangers.com

Twitter: @methuensports

Facebook: Ranger Nation

Methuen High School Twitter: @MPS_MethuenHigh

Upcoming Info....

Check out the Twitter, Facebook and the Athletic Website
(www.methuenrangers.com) for:

- Online Registration for Athletes
- Discounted Ticket Prices for Students and Families to home events
- Fall Athletic Information Night
- Summer Workouts for MHS Athletes
- Camp and Clinic Information
- Volunteering with our Boosters

Fall 2020 Sign Ups are Online

Visit: www.methuenrangers.com

Cross Country: Main Lobby

Field Hockey: Main Lobby

Football: Auditorium

Boys Soccer: Outside of the Fieldhouse

Girls Soccer: Outside of the Ice Rink

Golf: Main Lobby

Swimming/Diving: Main Lobby

Girls Volleyball: Guidance Department Lobby