



Athletic Newsletter

Incoming 9th through 12th grade

Summer 2022

ONLINE ATHLETIC REGISTRATION IS NOW OPEN

Start Dates/Tryouts for **2022-2023**

9-12th grade Fall Sports

Registration for the 2022-23 school year is now open. Please keep in mind if your child will be participating in sports for the 2022-23 school year, the student must pass a PIAA physical exam. Physicals must be administered by a doctor **June 1, 2022 or after** and they cannot tryout for a sport unless the online registration and physical is complete at least 2 weeks before tryouts begin. Online registration includes a CIPPE Physical (PIAA section 7), this will be uploaded to your online registration. Instructions for registration were emailed out on June 1st and on the tab below under Registration.

- **Fall** registration is due 2 weeks before your first practice/tryouts
- **Winter** registration is due by November 4, 2022
- **Spring** registration is due by February 20, 2023

A missed tryout opportunity may occur if you fail to meet the deadlines

**** This year section 7 is uploaded by you to your Planeths account, no forms to be turned in.**

Below you will find the link to registration information:

- [Student Central Kick Off Letter](#) - this gives you the basics of how the system works
- [Getting Started Guide for Students & Parent/Guardian](#) - this will give you step by step instructions.

Fall Starting Dates: 2022-2023 ** dates are subject to change

- August 8, 2022 - High School Football Mandatory Heat Acclimation and Varsity Boys Golf
- August 15, 2022 - High School Regular Season/First Practice
- September 6, 2022 - Middle School Sports, First Practice/Tryouts



SPECIFIC HIGH SCHOOL TRYOUT INFORMATION

Girls Tennis—Coach Reagan

If you are interested in participating in girls tennis please email Coach Reagan at treag@spring-ford.net

Girls Volleyball - Coach Allander

If you are interested in participating in girls tennis please email Coach Allander at coachallander@gmail.com

Field Hockey—Coach Anderson

Please email jande@spring-ford.net for team information and to be added to our google classroom page. Please include name and grade of your daughter in email. Tryouts start August 15th and are mandatory.

Boys Golf—Coach Hollingsworth

Varsity tryouts will be at Turtle Creek August 8th, tee times will be announced. JV tryouts will begin on August 15th 9 am at Waltzs.

Boys Soccer— Coach Chambers

Please contact springfordsoccer@gmail.com for team information and to be added to Teamsnap. Please include name and grade of your son in email. Tryouts start August 15th and are mandatory.

Girls Soccer— Coach Raub

Please email coachraub@gmail.com for team information and to be added to Teamsnap. Please include name and grade of your daughter in email. Tryouts start August 15th and are mandatory.

Girls Golf—Coach Brennan

Any girl in grades 8-11 interested in being on the girls golf team in the fall of 2022 should contact Coach Brennan at jbren@spring-ford.net

HIGH SCHOOL COACH CONTACT INFORMATION

| 2022-23 | Last Name | First Name | Email |
|------------------------------------|---------------|------------|--|
| Cross Country Coach-HS | TBD | | |
| Head Cheerleading- Fall-HS | Householder | Dawn | dawnhouse@comcast.net |
| Head Cheerleading Fall - 9th Grade | Needles | Joy | jneed@spring-ford.net |
| Football Coach-HS | Brubaker | Chadwin R. | cbrub@spring-ford.net |
| 9th Grade Football Coach | TBD | | |
| Field Hockey Coach-HS | Anderson | Jennie | jande@spring-ford.net |
| 9th Grade Field Hockey Coach | Iezzi | Lucinda | liezz@spring-ford.net |
| Golf Coach-HS-Boys' | Hollingsworth | Gerald | gholl@spring-ford.net |
| Golf Coach-HS-Girls' | Brennan | John A. | jbren@spring-ford.net |
| Soccer Coach-Boys'-HS | Chambers | Mark | springfordsoccer@gmail.com |
| Soccer Coach-Girls'-HS | Raub | Tim | coachraub@gmail.com |
| Tennis Coach-Girls'-HS | Reagan | Todd M. | treag@spring-ford.net |
| Volleyball Coach-Girls'-HS | TBD | | |

Once you complete the online registration and uploaded your physical, your coaches will be able to see that you have completed your registration and would like to tryout.

TIPS FOR REGISTRATION—PLANETHS

Below are a few tips to help you navigate through the athletic registration process.

- If the system is timing out when you try to complete the forms, click “Keep me signed in” when you initially sign in.
- If switching between student accounts, be sure to click the name at the top and sign out before you try to switch.
- PIAA Section 6 Health History can be completed online, Section 7 CIPPE Physical must be uploaded, you can no longer drop them off at the school. You can also upload the Eligibility form and First Aid if you are unable to complete them online.
- Feel free to contact Customer Support for Big Teams at: support@bigteams.com

SUMMER/PRE-SEASON WORKOUT INFORMATION

Girls Tennis—Coach Reagan

Check under “Teams” on the athletic website.

Boys Soccer—Coach Chambers

Strength and agility workouts begin June 27th and will be Monday from 11-11:45am and Wednesday from 9-9:45am in the fitness center. Outdoor trainings for the summer will be Thursday from 6:00-7:30pm in the stadium.

9th Grade Football—Coach TBD

9th grade football has strength / skills / speed workouts from 7:00-9:30am on Tuesday and Thursday mornings throughout the summer.

Girls Volleyball—Coach Allander

Optional summer skills workouts and court time will be available Tuesdays and Thursdays from 2pm to 4pm starting July 5th. At the 9th grade center gym.

Field Hockey—Coach Anderson

Field hockey will have summer workouts on the turf from 8-10 am on Tuesday and Thursdays throughout summer. Following those workouts will be strength workouts from 10-10:45

Girls Soccer—Coach Raub

Workouts over the summer, for the time being, will be from 5:30-7, based on field availability on Mondays and Wednesdays. Any player who wishes to attend should email me at Coachraub@gmail.com, and I will add them to the team’s TeamSnap account.

Varsity Football—Coach Brubaker

Varsity football has strength / skills / speed workouts from 8-10:30a on Monday, Tuesday, and Thursday mornings throughout the summer.

Cross Country—Coach TBD

Please check the web site once additional information is available.

Please make sure your contact emails are correct in skyward. Communication goes out through your skyward email.

FREQUENTLY ASKED QUESTIONS

- How do I register for sports?
 - In order to tryout for sports you will need the following items:
 1. Online Registration Completed through Planeths.com —Instructions for this is on the Athletic Web Page: <https://www.spring-ford.net/high-school-athletics>
 2. PIAA Section 7 CIPPE Physical Form—you can find this on the Athletic Web Page on the right side under Athletic Forms. The physical must be administered by a doctor on or after June 1, 2022 and uploaded to your Planeths account. Any physicals dated before that date cannot be accepted.
 3. Registration completed late may result in a missed tryout opportunity.
- Where do I turn my forms in to?
 - Forms are no longer turned in, you will need to upload your forms to your Planeths account.
- When do sports start and where does my student report?
 - Start/tryout dates are listed in this newsletter and on our web page.
- Where does my student report?
 - Please contact the coach by email for detailed instructions.
- What does my student need to bring to practice?
 - Please contact the coach by email for specific information about the sport.
- Who is the coach?
 - Coaches are listed on the web site .
- Will physicals be held at the school?
 - We will not be holding physicals at the school. You can use a Urgent Care or Patient First. The prices are different for each location so you may want to call around.

Student Activity Fee

Student Activity fee information is found on the Athletic web page under Student Activity Fee. The Activity Fee will be collected through School Pay, you will be notified by email after the rosters for each team has been set. Payments must be made online, no cash or checks accepted. Once teams are set you will receive an email from the Athletic Office.