



# Athletic Newsletter

Incoming 9th through 12th grade

July 2023

## ONLINE ATHLETIC REGISTRATION IS NOW OPEN

Start Dates/Tryouts for **2023-2024**

**9-12th grade Fall Sports**

Registration for the 2023-23 school year is now open. Please keep in mind if your child will be participating in sports for the 2023-24 school year, the student must pass a PIAA physical exam. Physicals must be administered by a doctor **June 1, 2023 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 3, 2023
- **Spring** registration is due by February 19, 2024

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

**\*\* Section 7 is uploaded by you to your Student Central/Big Teams 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: 2023-2024 \*\* dates are subject to change**

- August 7, 2023 - High School Football Mandatory Heat Acclimation and Varsity Boys Golf
- August 14, 2023 - High School Regular Season/First Practice
- Check the Middle School newsletter for starting dates



## 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](mailto:treag@spring-ford.net)

**Girls Volleyball - Coach Fuller** Tryouts will be the week of August 14<sup>th</sup> with the first scrimmage on 8/19 and pre-season the week of 8/21. Players are required to attend tryouts in order to be considered for the JV or Varsity teams. If you have questions or are interested in participating in girls volleyball this fall, please email Coach Fuller at [gfull@spring-ford.net](mailto:gfull@spring-ford.net) or call/text to 610-329-3167

**Field Hockey—Coach Anderson** Please email [jande@spring-ford.net](mailto: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 14<sup>th</sup> and are mandatory.

**Boys Golf—Coach Hollingsworth** Varsity tryouts will be at Turtle Creek August 7<sup>th</sup>, tee times will be announced. JV tryouts will begin on August 14<sup>th</sup> 9 am at Waltzs.

### **Boys Soccer— Coach TBD**

**Girls Soccer— Coach Raub** Please email [traub@spring-ford.net](mailto:traub@spring-ford.net) for team information and to be added to Teamsnap. Please include name and grade of your daughter in email. Tryouts start August 14<sup>th</sup> 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 2023 should contact Coach Brennan at [jbren@spring-ford.net](mailto:jbren@spring-ford.net)

**Boys and Girls Cross Country—Coach Rehtin** Anyone interested in joining boys or girls cross country for the fall of 2023 should contact Coach Rehtin at [lrech@spring-ford.net](mailto:lrech@spring-ford.net)

As a reminder, students cannot try out until their online registration is cleared. Please log into Student Central/Big Teams and check to be sure your student has been cleared for tryouts. A missed tryout opportunity may occur if the registration is not complete.



## HIGH SCHOOL COACH CONTACT INFORMATION

2022-23	Last Name	First Name	Email
Cross Country Coach-HS	Rechtin	Larry	lrechtin@spring-ford.net
Head Cheerleading- Fall-HS	Householder	Dawn	dawnhouse@comcast.net
Head Cheerleading Fall - 9th Grade	Needles	Joy	<a href="mailto:jneed@spring-ford.net">jneed@spring-ford.net</a>
Football Coach-HS	Brubaker	Chadwin R.	cbrub@spring-ford.net
9th Grade Football Coach	Brumfield	Josh	jbrumf22@gmail.com
Field Hockey Coach-HS	Anderson	Jennie	jande@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	Sharpe	Jeremy	
Soccer Coach-Girls'-HS	TBD		
Tennis Coach-Girls'-HS	Reagan	Todd M.	treag@spring-ford.net
Volleyball Coach-Girls'-HS	Fuller	George	gfull@spring-ford.net

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.

## SUMMER/PRE-SEASON WORKOUT INFORMATION

**Girls Tennis—Coach Reagan** Check under “Teams” on the athletic website.

**Boys Soccer—Coach Sharpe**

**9th Grade Football—Coach Brumfield** 9<sup>th</sup> grade football has strength / skills / speed workouts from 7:00-9:30am on Tuesday and Thursday mornings throughout the summer.

**Girls Volleyball—Coach Fuller**

- Optional weightlifting sessions will be Mondays and Wednesdays 10-11am starting the week of June 12th.
- Optional open gyms will also start in June. Please follow our Instagram feed (@sfgirlsvball) for dates and times to be announced soon.
- Back by popular demand, we will be hosting our middle school summer clinic in July for girls AND boys who will be going into grades 4-8. Please follow our Instagram feed (@sfgirlsvball) for dates and times to be announced soon.
- Please email any questions to Coach Fuller at [gfull@spring-ford.net](mailto:gfull@spring-ford.net) or call/text to 610-329-3167.

**Field Hockey—Coach Anderson** Field hockey will have summer workouts on the turf from 8:15-9:45 am on Tuesday and Thursdays throughout summer. Following those workouts will be strength workouts from 10-10:45

**Girls Soccer—TBD** Workouts over the summer, for the time being, will be from 6:00-8, based on field availability on Tuesdays and Thursdays. Any player who wishes to attend should email me at [traub@spring-ford.net](mailto:traub@spring-ford.net), 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 Rehtin** Optional XC practices will be M-F starting on June 19th 7-9am at the 10-12 center. Meeting under the fitness center.

**Cheerleading—Coach Householder** Summer practice will be June 26-28th, July 10th—July 12th, July 24th-July 26th, and August 7th and 8th. Cheerleaders will be hosting two car washes at Limerick Auto Body on July 8th and August 5th from 10:00-1:00.

**Winter Indoor Track and Spring Track—Coach Stauffer** Summer lifting open gym time will be available Tuesdays and Thursdays from 1-1:45 pm and Wednesdays from 9-9:45 am. All are encouraged to attend. Throwers (new or experienced) will have optional practice one day a week -either Tuesday or Thursday- from 11:30 until the optional lift time. More info to follow.

**Girls Golf—Coach Brennan** Golf clinics will be available for those coming out for the team on June 26, July 17, and July 24. All will be held at Linfield National Golf Club, at 3pm. Each clinic session is voluntary.

## TIPS FOR REGISTRATION—STUDENT CENTRAL

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.
- To LINK Accounts the student account is created using the students email and it is case sensitive. Be sure you enter (example: MMCDAMIC00@rams.spring-ford.net), the initial password is “bigteams” all one word and lowercase.
- Feel free to contact Customer Support for Big Teams at: [support@bigteams.com](mailto:support@bigteams.com)
- All students have an account created using their student email. This is case sensitive.
- \*\* If you registered last year, the system will save your link and contact information, if you don’t know your password contact Big teams to reset.

## 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 Student Central —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 Student Central 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 Student Central 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.

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



Get a jump on your membership renewal by completing your 2023-2024 SF Booster Club Membership now. It is easy to do online at [MEMBERSHIP 2023-24 \(sfboosterclub.net\)](https://sfboosterclub.net)

**SF Spiritwear-** We are also having a HUGE SALE on our SF Rams stadium seats! You can find them and other great SF spiritwear at [SHOP NOW \(sfboosterclub.net\)](https://sfboosterclub.net) We have bucket hats (NEW), garden flags (NEW), string bags, car decals (NEW), tees, and more. We also have GOLD tees that can be pre-ordered now. These are perfect for your HS child to use for a gym uniform this fall. They will arrive soon!

**Shopping for a Cause-** We have a new easy way to support SF Athletics. It's simple, download the ShopRaise mobile or desktop app and every time you make a purchase at a participating retailer, a percentage will support the SF Booster Club. Click to download and start supporting us with every purchase. <https://shopraise.com/support/sfboosterinc>





If you plan on purchasing tickets for our regular season home games this year, we have switched to **Ticket Spicket** for on-line, contactless sales. We will not accept cash or sell paper tickets at the gate this year, so you will need to download the free **Ticket Spicket** app to purchase tickets. Below are some resources to help you navigate this new platform. Tickets are still \$5, but there is a convenience fee which results in an individual ticket costing \$5.75. Also the passes are only good for the regular season games, not post-season play.

HS sports that we charge admission for:

Fall sports—V Football, V/JV Field Hockey, V/JV Boys and Girls Soccer, V/JV Volleyball

Winter sports— V/JV Boys and Girls Basketball, Wrestling

Spring sports—V/JV Girls and Boys Lacrosse, V Softball, V Baseball

We look forward to seeing you at our events this school year!

Ticket Spicket Resources:

[Event Ticket Letter](#)

[Quick Start Guide](#)

[Account Creation](#)

## SENIOR CITIZEN GOLD CARDS

Spring-Ford residents **who are** senior citizens (age 62+) can obtain a “Gold Card”, to attend all home sporting events (excluding playoff games and tournaments) for free. If you wish to apply for a Gold Card, call 610-705-6000 or ask at the ticket booth.