



# 2023 Winter Sports Information

Welcome to Upper Cape Tech! Below you will find important information regarding athletics at Upper Cape. Feel free to email me with any questions or concerns regarding athletics.

## 2 Mandatory Requirements:

1. Complete FamilyID Registration

Link: <https://www.familyid.com/organizations/upper-cape-cod-regional-technical-school>

2. Up-to date physical within 13 months to the day. Physicals should be sent to the school and should be emailed to [rburke@uppercapetech.org](mailto:rburke@uppercapetech.org)

Below are the winter sports listed for this year. Included are coaches contact information as well as first practice dates and times. Please **contact the coach** for more specific practice information and details.

| Winter Sport              | Coach            | Contact Information  | Start Date |
|---------------------------|------------------|--|------------|
| Boys Basketball           | HC: Billy Macuch | <a href="mailto:bmacuch@uppercapetech.org">bmacuch@uppercapetech.org</a>           | 11/27/2023 |
| Girls Basketball          | Andre Smith      | <a href="mailto:djdre824@hotmail.com">djdre824@hotmail.com</a>                     | 11/27/2023 |
| Boy's Ice Hockey          | Joe McGuire      | <a href="mailto:josephm@uppercapetech.org">josephm@uppercapetech.org</a>           | 11/27/2023 |
| Swimming (Co-op with ORR) | Sarah Robinson   | <a href="mailto:sarahrobinson@oldrochester.org">sarahrobinson@oldrochester.org</a> | 11/27/2023 |

## Contacts:

Athletic Director: Ben Rabinovitch [brabinovitch@uppercapetech.org](mailto:brabinovitch@uppercapetech.org)

Athletics Secretary: Rossana Burke [rburke@uppercapetech.org](mailto:rburke@uppercapetech.org)

Follow us on twitter! <https://twitter.com/UpperCapeAD>

School website: <https://www.uppercapetech.com/site/Default.aspx?PageID=274>