

VIKING ATHLETICS

VIKING PRIDE



SPRING SPORTS

A Message from the Athletic Director



Athletic Director
Kevin Marcoux

Welcome to East Lyme Athletics! We are busy preparing for our spring season which is just around the corner. I hope that many of you will take advantage of the many spring athletic offerings that we have here in East Lyme.

Since arriving at East Lyme this summer, I have been impressed by the level of commitment our coaches and players demonstrate on a daily basis. It is evident that the level of success our teams have had this year is due to hard work and preparation. I look forward to continued success this postseason and into the spring seasons.

Please refer to this newsletter for information on registration and tryout/first practice information for Spring sports. Thank you for your continued support of the East Lyme Athletics program and our student-athletes. Creating a positive environment for all student-athletes is one of the most important things we can do. Best wishes for a healthy spring season and we will see you at the fields!!

Sincerely,
Kevin Marcoux, Athletic Director

SPRING SPORTS REGISTRATION IS NOW OPEN

Please remember that all athletes must register online in ArbiterSports. A current physical is required to register. Spring sports begins March 22nd. All athletes should be registered by the start of the season. No late registrations will be accepted for any sports that hold tryouts - must be registered by 3/20 to be approved for tryouts. Please check individual sports offerings and coach contact information pages to know when your student athlete's tryouts/first practice begin. Registration can be completed by clicking this link:

[ArbiterSports
Registration](#)



IMPORTANT INFORMATION ABOUT ARBITER

Throughout the season, notifications may be sent out through ArbiterSports Registration. These notifications may include expired/expiring physical notifications, game admission information, etc. The email sent through ArbiterSports will go to the account owner email address ONLY. If you would like to add additional email addresses please do the following after logging into ArbiterSports:

Choose Profile under your user name at the top of the ArbiterSports page, Click on Personal Information. Next to Additional Notification Email(s), you can add up to 5 additional emails for anyone who you would like to also receive email notification(s) sent out through ArbiterSports. Click Save.(Note you must answer the NCAA question at the bottom in order for it to save your updated information)

If you need to update a registration after you have registered (upload an updated physical, change an emergency contact, etc.), you DO NOT need to re-register your student. Click on Registrations at the top of the webpage. Look at Completed Registrations and choose the registration you wish to update. Click on Add or Update Info. You can now edit/update you registration. Make sure you click Save at the bottom after you have updated your registration. You can also follow the same procedure if your student-athlete chooses to change from their current sport selection to a different one. (Note you must answer the NCAA question at the bottom in order for it to save your updated information)

If you have outdated physicals attached in ArbiterSports, please delete them when you upload a new physical. as there are storage limitations and sometimes a new physical isn't uploaded if too many files are already stored.

REGISTRATION INFORMATION

East Lyme High School sports registration is done conveniently online through ArbiterSports (formerly FamilyID)

ArbiterSports is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through ArbiterSports, the system keeps track of your information in your ArbiterSports profile so you enter your information ONLY ONCE for multiple uses, multiple family members and multiple programs.

INFORMATION NEEDED TO REGISTER:

It will be helpful to have the following information handy to allow for accurate completion of your online registration:

- An electronic copy of most recent physical
- Doctor information
- Health Insurance information
- Emergency contact names and phone numbers
- If you are transferring from another school this [Transfer Form](#)

Please note: Before your student-athlete's registration is approved, there must be a current physical examination form signed by a physician. Physicals are currently valid for 13 months from the date of the physical. If a student's physical expires during the season, he/she will not be allowed to practice or play until a new physical exam form is uploaded/submitted and approved. Without an approved registration and current physical examination form on file, the student-athlete will not be eligible to participate.

REGISTRATION PROCESS: (We've included some helpful links at the end of this newsletter to help with registration/account set-up/FAQ's/etc.)

A parent/guardian can register by clicking this link: [ARBITERSPORTS REGISTRATION](#)

Follow these steps:

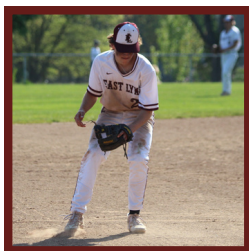
1. Under the word Programs, click on the link for the program you want to sign up for. Scroll to bottom of page to either Sign Up as a Family or Individual if this is your first time using ArbiterSports, or Log In if you already have a Family ID account.
2. Sign Up for your secure ArbiterSports account by entering your family name, email address and password. You will receive an email with a link to confirm your new account. (If you don't see the email, check your spam or junk folders.)
3. Click on the link in your email confirmation, which will log you in to ArbiterSports and then complete the information requested on the registration form. All fields with a red * are required to have an answer. When you have completed the form, click the "Save & Continue" button.

Review your registration summary and click "Confirm Registration" to submit. Once completed, you will receive an email receipt from registrations@ArbiterSports.com. You can also view your completed registration on your Dashboard. You can log into <https://www.ArbiterSports.com> at any time to update your information and to check your registration(s).

SPRING SPORTS & COACHING INFORMATION

BASEBALL

coach: Jack Biggs
jack.biggs@elpsk12.org



Tryout dates/times/locations follow. All dates are mandatory

- All players must have an updated physical and have registered on ArbiterSports
- All players should arrive 10 minutes before their try-out time slot
- All players should bring indoor and outdoor practice gear including a baseball hat, glove, bat, etc. Playing equipment will not be supplied.

Saturday March 22nd - (double session—players need to attend both sessions)

Session 1—(Offense—Hitting) - @ ELHS North Gym

Grade 9 8:00-9:00 am

Grade 10 9:00-10:00 am

Grade 11/12 10:00-11:00 am

Session 2 (Defense) @ ELHS baseball field

Pitchers/Catchers 1:00-2:00 pm

Outfielders 2:00-3:00 pm

Infielders 3:00-4:00 pm

Monday March 24th: @ ELHS baseball field

All Grades 2:30-5:30 pm

Team communication via Google Classroom - code: 4ndjfsp

A parent meeting will take place at a time and date to be announced.



SOFTBALL

coach: Judy Deeb
 jhdeebsb94@aol.com



Softball Tryouts will be held in the North Gym

Saturday March 22 11:00am-1:00pm

Monday March 24 2:30-4:30pm

Tuesday March 25 5:30-7:00pm

Athletes should wear sneakers and bring their gloves and bats.

Pitcher/Catcher conditioning workout will be held on the following:

Saturday March 15 11:00-12:30pm - South Gym

Monday, Tuesday, Wednesday (March 17-19), 11:30 am - 1 pm - North Gym

Thursday March 20 from 2:30-4:00pm - South Gym

Communication is via the TEAMREACH app join code is: "ELSoftball25"

Parents' Meeting Saturday March 22nd. 1:00pm Location East Lyme HS Room B111

GIRLS TENNIS

coach: Jen Brush
 Jennifer.Brush@elpsk12.org



Tryouts will be on March 22, 2025 time TBD.

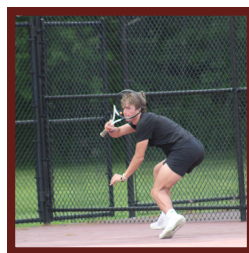
Please bring a tennis racquet & dress for the weather.

Team communication through TeamReach app join code is "ELGT2025"

Parent meeting time and date TBD

BOYS TENNIS

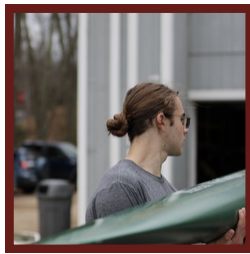
coach: Susan Welshock
 swelshock@gmail.com



Please contact head coach for more information.

BOYS CREW

coach: Mike Shugrue
mshugrue@gmail.com



Crew begins for returning rowers on Saturday 3/15 8-10 am at the boathouse - weather permitting otherwise at ELHS.

All Rowers on Saturday 3/22 8-10 am at the Boathouse weather permitting otherwise at ELHS.

Team communication is via TEAMREACH app join code: "Thor" or Google Classroom - coach will provide code.

Athletes should dress for cold and/or light rain

A Parent meeting will be held at a date and time to be announced

GIRLS CREW

coach: Scott Mahon
scott.mahon@elpsk12.org



Crew begins for returning rowers on Saturday 3/15 8-10 am at the boathouse - weather permitting otherwise at ELHS.

All Rowers on Saturday 3/22 8-10 am at the Boathouse weather permitting otherwise at ELHS.

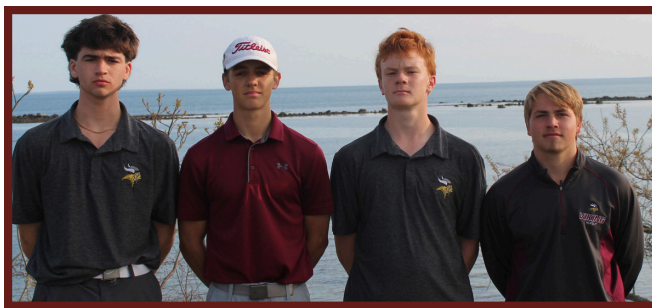
Team communication is via Google Classroom - code: uefm5hh.

Athletes should dress for cold and/or light rain

A Parent meeting will be held at a date and time to be announced

BOYS GOLF

coach: Rudy Bagos
Rudolph.bagos@elpsk12.org



1st practice/Tryouts - Monday March 24, 2025

2:30 pm (will be bussed to either Essex indoor golf or Shennecossett Golf Course)

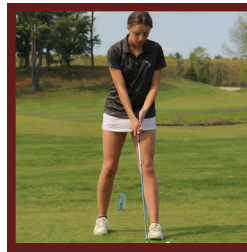
Please bring your golf clubs to first practice

Team communication is via Google classroom - code: aqaaavm

A parent meeting will take place at a time and date to be announced.

GIRLS GOLF

coach: Jeff Handler
Jeff.handler@elpsk12.org

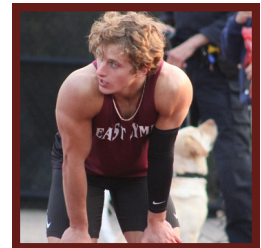


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1st practice/Tryouts - Monday March 24, 2025
2:30 pm (will be bussed to either Essex indoor golf or TBA)
Please bring your golf clubs to first practice
Team communication is via Google classroom - code: 5pbml2m5
A parent meeting will take place at a time and date to be announced.

BOYS OUTDOOR TRACK & FIELD

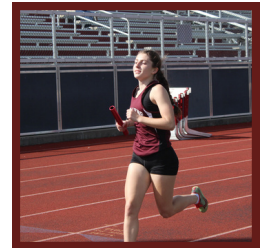
coach: Chris Morth
cmorth@groton.k12.ct.us



No tryouts, all are welcome.
First Practice Thursday 3/22/25 10 am -12 pm ELHS Track
Team communication via TEAMREACH app join code is "ELBT2024". Please bring good shoes and warm clothes. A parent meeting will take place at a time and date to be announced.

GIRLS OUTDOOR TRACK & FIELD

coach: Carl Reichard
carl.reichard@elpsk12.org



No tryouts, all are welcome.
First Practice Thursday 3/22/25 10 am - 12 pm Meet in South Gym then go to the Track
Team communication via TEAMREACH app join code is "ELGITR2025". Please bring good running shoes and training clothes-weather appropriate - warm layers.
Parent meeting will take place at a time and date to be announced

BOYS LACROSSE

coach: Gary Wight
gary.wight@elpsk12.org



First practice date: March 22nd - double session

Time: 8:00-10:00 am and 12:00-2:00 pm

Location: ELHS Turf Field

Equipment needed: Helmet, Gloves, Shoulder Pads, Elbow pads, Stick, and Reversible Pinnie

Team communication via Google Classroom - email coach for code

Parent meeting time and location to be announced

Practice Schedule after 1st practice:

Monday – Friday: 4:30 – 6:30 or 6:30 – 8:30

Saturday: 8-10 am (May change)

Depending on our numbers, the freshmen/ JV may practice separately after the first couple weeks- 2:30-4:30 on the back soccer field.

GIRLS LACROSSE

coach: Phil Schneider
phillip-schneider@att.net



First Practice Saturday, 3/22/25 2:30-4:30 pm ELHS Turf Field (team meeting 1:30-2:30 pm in room B110)

Team communication via Google Classroom. code: wkn2ubi

Parent meeting Thursday, February 20th, 6:30-7:30 pm ELHS Cafeteria

UNIFIED SPORTS - TRACK

coach: Gabrielle Tassone Joy
Gabrielle.Tassonejoy@elpsk12.org

First Practice Monday 3/24/25 8:55 am - 9:15 am on the track

TICKET SALES INFORMATION

Ticket Sales Are Digital

Ticket purchases for lacrosse will be DIGITAL only and must be purchased through the GoFan.co platform. Single game ticket fees will be \$6 for adults and \$4 for Students. Under 5 & 65 and over are free. We will be offering season passes through GoFan at a discounted price. To learn how to purchase, redeem or transfer tickets, check out the GoFan Fan Support Page

ARBITERSPORTS - SUPPORT AND HELPFUL LINKS

If you need assistance with your registration email support@ArbiterSports.com or call 800-311-4060. or visit their Support page

STUDENT ATHLETES

Coaches will keep players informed of any changes in the sports program. It is important to get in touch with your coach to make sure you are added to their communication platform.

FOLLOW US ON SOCIAL MEDIA

Follow us on X

East Lyme Athletics—@ELPSAthletics

Eastern CT Conference - @goeccathletics

CIAC - @ciacsports

We're on Instagram!

ELPS Athletics—elpsathletics

CIAC - @ciacsports

CONTACT ATHLETICS

East Lyme High School

30 Chesterfield Road

East Lyme, CT 06333

Phone: 860-739-6946

[Athletics Home Webpage](#)

[Athletics News Webpage](#)

GO VIKINGS!