Welcome to La Salle College High School athletics. Below is vital information for student athletes and parents.

Physicals

La Salle uses a digital system that allows all coaches, athletic trainers, and the athletic department, to keep athletes' medical information and parental/guardian contact information always available. All students must have an active ***Appryse*** account before they can participate in any team activities over the summer.

1. Log on to ***Appryse*** at https://app.appryse.com/enroll/AYUCSC25 and create an account for your son.

2. Download a blank physical form from Appryse. Have this completed by a physician/clinic and submit it to Appryse. All physicals must be reviewed and accepted by the athletic department. ***Please note La Salle requires the APPRYSE form to be used for athletics: PIAA forms, school enrollment physicals, and drivers' license physicals will not be accepted.***

   Physicals for the 2025-2026 must be authorized on or after May 1, 2025

3. ***Once you receive an email that your son's account has been accepted, please log on to Appryse and on the landing page and select the green tryouts/activities button.*** From the dropdown menu on the left, select all teams on which your son would like to try out for. Read the text that appears on the screen until you and your son can sign electronically. Click the "Grant Consent and join" tab to complete enrollment.

Athletics Timeline

A general timeline for athletics appears below. We encourage you and your son to reach out to individual coaches for more information as they are the most reliable source for all team information not available on the Athletics webpage.

May 5, 2025 – Appryse opens for pre-enrollments for the 2025-2026 year. All accounts will remain "inactive" until the spring season for La Salle sports is complete.

June 2, 2025 – Accounts and physicals for the upcoming academic year can be submitted. Summer workouts begin for upperclassmen who have valid Appryse accounts and sports physicals on file.

June 16, 2025- Summer workouts begin for incoming freshman who have valid Appryse accounts and sports physicals on file. Please contact individual coaches for summer workout schedules.

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August 4, 2025 – Fall athletes **must** have an accepted physical and be placed on a tryout roster. Football Heat Acclimitization begins. Golf tryouts begin.

August 11, 2025 – Fall sports begin. Coaches will determine tryout schedules and they will be posted on the sport's webpage.

November 10, 2025 – Winter athletes **must** have an accepted physical and be placed on a tryout roster.

November 17, 2025– Winter sports begin. Coaches will determine tryout schedules and they will be posted on the sport's webpage.

February 23, 2026 – Spring Athletes **must** have an accepted physical and be placed on a tryout roster.

March 2, 2026 – Spring sports begin. Coaches will determine tryout schedules and they will be posted on the sport's webpage.

**Some sports might have different dates. Please check with coaches.*

Teams and Coaches

Fall Sports			
Crew	Michael	Brown	Brownm@lschs.org
Cross Country	Gregory	Bielecki	BieleckiG@lschs.org
Football	Brett	Gordon	Gordonb@lschs.org
Golf	Mike	McCabe	Mccabem@lschs.org
Rugby Sevens	Matthew	Derrick	DerrickM@lschs.org
Soccer	Thomas	McCaffery	McCafferyT@lschs.org
Water Polo	Matthew	del Rio	Delriom@lschs.org
Winter Sports			
Basketball	Ryan	Ansel	anselr@lschs.org
Bowling	Joseph	Ramsey	RamseyJ@lschs.org
Hockey	Walter	Muehlbronner	Wally@lschs.org
Indoor Track & Field	Gregory	Bielecki	BieleckiG@lschs.org
Squash	Jeremy	Butt	ButtJ@lschs.org
Swimming	Stephen	Duncheskie	DuncheskieS@lschs.org
Wrestling	Benjamin	Courtney	CourtneyB@lschs.org
Spring Sports			
Baseball	Kyle	Werman	WermanK@lschs.org
Crew	Michael	Brown	Brownm@lschs.org
Lacrosse	Jack	Forster	ForsterJ@lschs.org
Rugby	Jessica	Nedzwecky	NedzweckyJ@lschs.org
Tennis	Gerard	Brett	BrettG@lschs.org
Track & Field	Gregory	Bielecki	BieleckiG@lschs.org
Volleyball	Tim	Moyer	MoyerT@lschs.org