

Northern Spring Sports Information

HS Spring Sports will start on March 2, 2026

MS Spring Sports will start on March 9, 2026

If you are looking to play a Spring sport this coming 2025-26 school year, please reach out to the following Spring Coaches for information:

Varsity Baseball, Coach Bonin, bronk.bonin@gmail.com

JV Baseball, Coach Beck, bbeck8333@gmail.com

Varsity Softball, Coach Schmitt, d.ryan.schmitt@gmail.com

JV Softball, Coach Clendaniel, mclendaniel@northernnyork.org

HS B&G Varsity Track & Field, Coach Ramsey, dramsey@northernnyork.org

HS Boys Lacrosse, Coach Fitterling, hfitterling2003@gmail.com

HS Girls Lacrosse, Coach Breon, jennaebreon@gmail.com

HS Boys Volleyball, Coach Fleming, flemingrussell01@gmail.com

HS Boys Tennis, Coach Seltzer, tseltzer@northernnyork.org

Jr High Girls Volleyball, Coach Rutter, the4rutters@verizon.net

Jr High Girls Soccer, Coach Lawrence, dwaynelawrence@comcast.net

Jr High Boys Soccer, Coach Clark, bclark@northernnyork.org

Jr High Track & Field, Coach Chung, hchung@northernnyork.org

Sports Physicals and Recerts

You can find information on sports physicals and Recerts at

<https://nhs.northernpolarbears.com/athletics/athletic-training-department/sports-physicals-information-and-forms>

- All PIAA Paperwork MUST be turned in the Friday **BEFORE** the season begins, or you will NOT be able to participate in the first day of Practice or Try-Outs. (If paperwork is brought in on the first day of the season, you WILL NOT be permitted to practice until the following day.)

- Sports Physicals MUST BE completed on the PIAA Physical form itself. Any Sports Physical received on any different physical forms (other than PIAA) WILL NOT be accepted.
- All Sports Physicals MUST BE dated **AFTER May 1, 2025**, to be eligible for the 2025-2026 School Year. *Any physical dated before May 1 WILL NOT be accepted.*
- If you played a **fall or winter sport** for Northern, you would need to hand in a recert packet. If you have not yet played a sport this school year you will need to hand in a full PIAA physical packet.

HS Student Athletes- PIAA physicals are required for students who have not yet participated in a school sport for the 2025-2026 school year. Section 7 recertification forms are only required for students who have already participated in a fall and/or winter sport and have already turned in a physical. Physicals and recert forms are due by Friday, February 27th. Forms can be turned in to Athletic Trainers in the AT room, emailed or dropped off in the athletics office. Forms that are turned in late will result in missing the first day of tryouts/practice on Monday, March 2nd. *Any winter sport athlete must wait to turn in their recert form until the end of their season*

***If you are still in your Winter season, we will not accept your recert form until the completion of your season. ***

MIDDLE SCHOOL ATHLETES - If you played for NYFC, NYFC cheer, or any other club sport you will need a full PIAA packet.

If you have any questions about sports physicals, please contact the Athletic Trainer at gdoran@northernnyork.org