

Northern Fall Sports Information

HS Football, and HS Golf will start on August 10, 2026

All other HS Fall Sports will start on August 17, 2026

If you are looking to play a Fall sport this coming 2026 school year, please reach out to the following Fall Coaches for information:

HS Cheer - Coach Nichols- kln1119@yahoo.com

HS Boys Cross Country – Coach Ramsey – dramsey@northernnyork.org

HS Cross Country Girls – Coach Chung - hchung@northernnyork.org

HS Football – Coach Costello - jcostello@northernnyork.org

HS Field Hockey – Coach Martire - amartire@northernnyork.org

HS Boys Golf – Coach Sneeringer - asneeringer@northernnyork.org

HS Girls Golf – Coach Thoreson - mitchellthoreson@yahoo.com

HS Boys Soccer – Coach White - ewhite@wssd.k12.pa.us

HS Girls Soccer – Coach Lawrence - dwaynelawrence@comcast.net

HS Girls Tennis – Coach Seltzer - tseltzer@northernnyork.org

HS Girls Volleyball – Coach Lynes - kbceriani@gmail.com

MS Girls Cross Country – Coach Ramsey - cramsey@northernnyork.org

MS Boys Cross Country – Coach Wirth - lifescouter72@gmail.com

Freshmen Football – Coach Gomez - olijahgomez10@gmail.com

JH Field Hockey – Coach Ritchey - hollyritchey@msn.com and Coach Marshall - tmarshall@northernnyork.org

Sports Physicals

You can find information on sports physicals at

<https://www.northernpolarbears.com/site/Default.aspx?PageID=12670>

- 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, 2026**, to be eligible for the 2026-2027 School Year. Any physical dated before May 1 **WILL NOT** be accepted.

Sports Physical Packet is attached.

If you have any questions, please contact the Athletic Department