



St. Stephen's

EPISCOPAL SCHOOL

June 30, 2026

Dear Upper School Students and Parents,

As we prepare for another year of Spartan Athletics, this document outlines how to access important information for the upcoming athletic seasons. Please read through the details below, and let me know if you have any questions.

MySSES Team Pages, Schedules, Rosters and Communication

Rosters on [MySSES](#) have been updated with information gathered in the Spring and throughout the summer. All students planning to participate on athletic teams this year have been listed on their program's varsity roster. Once athletic teams are decided in the first few weeks of each season, the online rosters will be updated to reflect team placement.

If your child is not on a fall sport team roster and wants to participate, please email Jon McCain at jmccain@sstx.org. You will not have access to the team schedule or information from the team coach if your child is not rostered appropriately.

If you're unsure how to access your child's team page, [watch this short tutorial](#). We will continue to utilize MySSES Team Pages to communicate with students and parents this year. Students and parents should check their notification settings to ensure they will receive appropriate information from our athletic administrators and coaches. [Watch this short tutorial](#) or follow the steps below to update your notifications and manage information coming from campus. If you have any questions, please contact Chelsea Richards at crichards@sstx.org.

1. Login to MySSES on your desktop.
2. Click on your name on the purple bar in the top right corner of the window, then click "Settings".
3. Under Account Settings on the left side, click "Notifications".

4. Ensure that your email address and cell phone number are accurate at the top of the page.
5. Toggle on notifications you'd like to receive via email or cell or both. It is recommended that you choose to receive announcements from your child's team. Do this by finding the "Announcement Posted" category, then click "Setup Options". Under "My Child's Groups", click "Athletic Groups", then click save to close the box.

Magnus Health & Sports Medicine Athletic Training Reminders

If you have questions about medical clearance details for Athletic Teams, Devil's Canyon Adventure Programs, Dance or Soccer Academy this fall, please contact Sports Medicine Director [Kathy Rainey](#), AT.

NEW for 2026-27: All Upper School students participating in a sport or activity listed above are required to have a physical from a medical provider dated after January 1, 2026, and uploaded to Magnus Health. The physical form for your medical provider is available for download in the student's Magnus Health account with a unique identifier. Please check your student's Magnus Health account and ensure you have not checked that this does not apply to your student and that you have uploaded a new physical for 2026 as a 10th, 11th or 12th grade student.

The following online sections in Magnus Health must also be completed prior to athletic practices starting in August:

- Conditional Questions
- Consent to Health Treatment Form
- Conditional Questions
- Consent to Health Treatment Form
- Proof Of Insurance Form
- Vital Health Record

Physicals for 9th Graders or 10th, 11th, and 12th Grade Sports Physical Exam (all students participating in athletics or above listed activity)

Pre-Athletic Participation Awareness

Preseason: We will follow acclimatization guidelines for heat during August practices. Athletes should bring a water bottle to practice and hydrate throughout the day. We

monitor the WetBulb Globe Temperature (WBGT) index and modify practices as appropriate via Perry Weather.

Preseason Camps

Preseason camps will begin for some sports on Monday, August 3. Preseason camps are not mandatory and all students will have a chance to be evaluated and placed on a team after school officially begins. Please check your team page on MySSES for detailed information, including practice times and team announcements.

Upper School Fitness Credit Requirement

A friendly reminder that Upper School students are required to earn 6 fitness credits for graduation over four years. Returning students can check their fitness credits by viewing their year-end transcript on MySSES. If you were new to St. Stephen's in 10th, 11th or 12th grade, your fitness credit requirement is listed in the Student Handbook.

Fall Athletic Coaching Staff

I'm excited to introduce our fall Upper School varsity coaching staff.

- Paul Carrozza, Cross Country, pcarrozza@sstx.org
- Chelsea Richards, Field Hockey, crichards@sstx.org
- Alex Hurlburt, Boys Volleyball, alex@thevolleyballinstitute.com
- Paula Trejos, Girls Volleyball, ptrejos@sstx.org
- Jay Patterson, Football, jpatterson@sstx.org
- Kate Rogge, Cheerleading, kate.rogge@yahoo.com

Please feel free to contact coaches or me with any questions you may have about the upcoming season.

Jon McCain
St. Stephen's Athletics Director