

WINTER TRYOUT INFORMATION - GRADES 9-12

Cheerleading - Coach Kajak - ec-bkaja@spring-ford.net

Winter Basketball Cheer

Tryouts for all 9th-12th grade students: November 10, 11, 12. 3-4:30pm Aux Gym

To try out, players need to have all PIAA paperwork completed, submitted and approved through Big Teams.

Basketball - Boys - Coach Dempsey - jdemp@spring-ford.net

Try-outs for all boys entering 9th -12th grades will begin on Friday, November 14th, 2025, in the high school gymnasiums. To try out, players need to have all PIAA paperwork completed, submitted and approved through Big Teams. Tryouts are mandatory. Try out schedule will be as follows:

Friday, November 14, 2025: 2:45 - 5:30 Main Gym

Saturday, November 15, 2025: 10 - 12:00 Main Gym & 2:00 - 4:30 (Main Gym)

Basketball - Boys - 9th grade - Coach Siuchta - msiuc@spring-ford.net

Open gym 10/21, 10/23,10/27,10/29,11/3,11/5 at the 9th grade center gym. 2:45-4:15

Tryout dates are as follows:

1. November 17th 2:30-4:30 9th Grade Center Main Gymnasium
2. November 18th 2:30-4:30 9th Grade Center Main Gymnasium
3. November 19th- 2:30-5:00 9th Grade Center Main Gymnasium.

Basketball - Girls - Coach McDaniel - mmcda@spring-ford.net

Try-outs for all girls entering 9th -12th grades will begin on Friday, November 14th, 2025, in the high school gymnasiums. To try out, players need to have all PIAA paperwork completed, submitted and approved through Big Teams. Tryouts are mandatory. Try out schedule will be as follows:

Friday, November 14, 2025, 6:00am – 7:00am (main gym) 2:45pm-5:00pm (aux gym)

Saturday, November 15, 2025, 8:00am-10:00am (main gym) 12:00pm-2:00pm (aux Gym)

Throughout the fall, voluntary open gym & workouts will be held on Tuesdays and Thursdays, 2:45-4:15 (10-12 gyms) 4:15-4:45 lifting (PEC) - Listen for announcements on ad changes, postponements.

For any questions regarding tryouts or open gym/workouts, please contact Coach McDaniel at mmcda@spring-ford.net

Bowling - Coach Souder - rsoud@spring-ford.net

Try-outs for the boys and girls bowling team will begin on Monday, November 17th. Any student 9th-12th grade may try-out, however all PIAA paperwork needs to be completed, submitted, and approved through Big Teams prior to tryouts.

Please meet on Monday, November 17th in the Caf Annex of 10-12 Center by 2:30. We will have transportation take us over to Bowlero in Limerick. Plan on getting picked up at Bowlero at 5:15.

Swimming & Diving - Coach Kruppa - akrup@spring-ford.net

Varsity swimming evaluations and try-outs for all grades (9th -12th) will begin during the first practice on Friday, November 14th, 2025 at the Spring Valley YMCA pool.

Prior to attending try-out sessions, all swimmers must have completed and uploaded all required PIAA paperwork via "Big Teams". Swimmers must bring the following equipment to each practice: lock for belongings (locker), swim suit, towel, goggles, water bottle, fins, paddles, pull buoy, swim snorkel, kickboard. Required attire for dryland sessions will be communicated separately.

Participating in the first official practice (11/17/2025) is mandatory. The schedule includes swim open and season practices occurring daily from 3:00-5:00pm as follows:

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| ● Open Session Swim (9 th & 10 th Grade) | Monday | November 10 th |
| ● Open Session Swim (11 th & 12 th) | Wednesday | November 12 th |
| ● Open Session Swim (All) | Thursday | November 13 th |
| ● First Practice/Tryout #1 | Friday | November 14 th |
| ● Tryout #2 | Monday | November 17 th |
| ● Tryout #3 (if necessary) | Tuesday | November 18 th |

A pre-season dryland training schedule will be communicated separately via Parent/Student Square.

Winter Track (Indoor) - Coach Stauffer - dstau@spring-ford.net

Optional practices November 10th and 12th from 3:00-4:30. Meet at the track ready for practice. 1st required practice Friday November 14th from 2:45-4:30. Change in the 10-12 locker rooms and meet outside under the fitness center.

Look for interest meeting announcements/information in mid-October via Parent Square and Skyward.

Must be registered in Big Teams and sign to acknowledge a rules sheet in order to attend practices.

Wrestling grades 10-12 - Coach Landis - dland@spring-ford.net

Wrestling season begins on Friday, November 14th at 3 PM in the wrestling room. Practice will be everyday after school from 3-5 and on Saturdays from 7-9 AM.

Coach Landis - dland@spring-ford.net

9th grade wrestling is included with 7-8th tryout information.

PLEASE ALSO CHECK THE TEAMS PAGE OF THE ATHLETIC WEBSITE.

<https://www.spring-ford.net/high-school-athletics/teams>