



SANDWICH HIGH SCHOOL & STEM ACADEMY ATHLETICS
2018 Spring Sport Registration & Tryout Information

IMPORTANT REMINDERS: Without registering online, proof of a physical, and payment of the appropriate participation fee, student-athletes will not be able to tryout for a sport at Sandwich HS. There will be no exceptions made.

COACHES WILL PROVIDE ADDITIONAL DATES & TIMES ON THE FIRST DAY OF TRYOUTS.

SANDWICH HIGH SCHOOL:

Baseball

Head Coach: Brian Tomasini (btomasini@sandwich.k12.ma.us)

- ☐ First tryout/practice: Mon. 3/19 starting in the SHS Cafeteria
- ☐ 3:45pm: Grades 8 - 12

Lacrosse, Boys

Head Coach: Mike McNeill (mmcneill@sandwich.k12.ma.us)

- ☐ First tryout/practice: Mon. 3/19 at DeConto Stadium
- ☐ 2:15pm: Grades 8 - 12
- ☐ Weather dependent - pay close attention afternoon announcements and Twitter for updates

Lacrosse, Girls

Head Coach: Kelsy Beaton (hambee2@aol.com)

- ☐ First tryout/practice: Mon. 3/19 at DeConto Stadium
- ☐ 2:15pm: Grades 8 - 12
- ☐ Weather dependent - pay close attention afternoon announcements and Twitter for updates

Sailing, Coed

Head Coach: Scott Childress (schildress@sandwich.k12.ma.us)

- ☐ First tryout/practice: Mon. 3/19
- ☐ Contact head coach for information regarding location

Softball

Head Coach: Jean Russell (jrussell@riverviewschool.org)

- ☐ First tryout/practice: Mon. 3/19 at Sandwich High School Gymnasium
- ☐ 6:15pm: Grades 8 - 12

Tennis, Boys

Head Coach: Jeff Carter (jcarter@sandwich.k12.ma.us)

- ☐ First tryout/practice: Mon. 3/19 at Sandwich High School Gymnasium
- ☐ 2:15pm: Grades 8 - 12

Tennis, Girls

Head Coach: Peter Trimble (ptrimble@sandwich.k12.ma.us)

- ☐ First tryout/practice: Mon. 3/19 at Sandwich High School
- ☐ 2:15pm: Grades 8 - 12

Outdoor Track & Field, Boys & Girls

Head Coach: Lori Horan (lhoran@sandwich.k12.ma.us)

- ☐ First tryout/practice: Mon. 3/19 at Sandwich HS Track
- ☐ 2:15pm: Grades 8 - 12

- ❑ Weather dependent - pay close attention afternoon announcements and Twitter for updates

UNIFIED Coed Track & Field

Head Coach: Kate Carl (kcarl@sandwich.k12.ma.us)

- ❑ First day: Mon. 4/2 at Sandwich HS Track
- ❑ 2:15pm: Grades 7 - 12

STEM ACADEMY (Interscholastic):

STEM Baseball

Head Coach: Marty Russo (mrusso@sandwich.k12.ma.us)

- ❑ First practice: Mon. 3/26 at Henry T. Wing School
- ❑ 2:15pm: Grades 7 & 8
- ❑ Practices and home contests will take place at the Henry T. Wing School (33 Water Street)
- ❑ On home contest and practice days, the bus to the Wing School departs Sandwich HS at 2:15pm. Parents are required to pick-up team members at the **Wing School** following home contests and practices.
- ❑ Transportation to away contests will be provided by bus. Parents are required to pick-up team members at **Sandwich HS** following away contests.

STEM Softball

Head Coach: Jessica Whittier (jwhittier@sandwich.k12.ma.us)

- ❑ First practice: Mon. 3/26 at Sandwich High School (JV Softball Field)
- ❑ 2:15pm: Grades 7 & 8
- ❑ Practices and home contests will take place at Sandwich High School (JV Softball Field)

STEM ACADEMY (Instructional):

STEM Instructional Fitness

Instructors: Mike Pimentel, Kristen Gorrasi, & Compass Athletics Staff

- ❑ First day: Tue. 4/3 at Compass Athletics (3 Jan Sebastian Dr.)
- ❑ Last day: Tue. 5/22
- ❑ Tuesday and Thursday afternoon sessions for 6 weeks
- ❑ Open to grades 7 & 8 (limited to the first 20 boys & 20 girls)
- ❑ Transportation via bus will be provided. Parents are required to pick-up participants at Compass Athletics.

STEM Instructional Diving

Instructor: Amy Ferreira (aferreira@sandwich.k12.ma.us)

- ❑ First day: Tue. 4/3 at Sandwich HS Pool
- ❑ Tuesday & Thursday afternoons
- ❑ 2:15-3:45pm: Grades 7 & 8
- ❑ Last day: Wed. 5/22

STEM Instructional Swimming

Instructor: Elisa Sullivan (esullivan@sandwich.k12.ma.us)

- ❑ First day: Mon. 4/2 at Sandwich HS Pool
- ❑ Monday & Wednesday afternoons
- ❑ 2:15-3:45pm: Grades 7 & 8
- ❑ Last day: Mon. 5/21

Sport Physicals

- In order for a student-athlete to participate in tryouts, proof of a physical must be delivered to Athletics, every season.
- Physicals are valid for 13 months. Physicals set to expire during the season of play must be updated in order to continue to play and avoid participation lapses.
- Physicals performed by a primary care/private physician are recommended.

- Please make additional copies of physicals.

Participation Fees for Athletics

- The high school participation fee rate for the 2017-18 school year is \$150 per sport, with a family cap of \$600. The family cap is for high school sports only and are not associated with elementary school athletics, STEM Academy athletics, or high school club & activity fees.
- The STEM Academy participation fee rate, as well as Unified Track & Field) for the 2017-18 school year is \$100 per interscholastic sport (i.e., field hockey, soccer, basketball, baseball, softball, etc.) and \$50 per instructional activity (i.e., volleyball, fitness, swimming, etc.).
- Checks should be made payable to “*SHS ARA*” or “*Sandwich HS Athletic Revolving Account*” and delivered to the athletics secretary or administrator for athletics.
- Athletic participation fee waivers for families on the “Reduced or Free Lunch List” must be applied for in writing and directed to the administrator for athletics via e-mail at nmurphy@sandwich.k12.ma.us.

TRYOUT INFORMATION & FAQ's

Q: Does everyone make the team if they tryout?

A: Unfortunately, not everyone will make a team. Safety, coach-to-athlete ratio, equipment availability, facility space and time availability, budgetary restrictions, and access to other resources are all factors that determine how many student-athletes will be placed on a team.

Q: I'm going on vacation. Do I have to be at all tryout sessions?

A: Spending time with your family is important, but you may jeopardize your chances of making a team if you cannot be at all tryout sessions for a particular sport. Direct vacation-related questions & issues to the head coach.

Q: Am I eligible to tryout if my grades from 8th Grade are below 70%?

A: Yes, everyone entering as a freshman may tryout, however, you must maintain a 70% overall average to remain eligible.

Q: If I tryout for a team and don't make it, can I tryout for another?

A: Yes, student-athletes are eligible to participate in another sport provided they are present at the next available practice. A student may not tryout for a team after final cuts have been made, unless receiving prior approval from the administrator for athletics. In such cases, no displacement of a current team member on the roster may occur.

Q: What is the best way for parents and student-athletes to receive and view important information regarding SHS Athletics?

A: The best way to stay informed is to utilize the SHS Athletics website. The SHS Athletics website will be updated daily to provide you with a great resource for all things Blue Knight & Squire Athletics. Another great way to stay connected is via Twitter. Follow SHS & STEM Academy Athletics at: [@swich_athletics](https://twitter.com/swich_athletics)

Q: Does Sandwich High School Athletics have a booster group?

A: Yes! The Sandwich High School Athletics Boosters Club (SHSABC) is open and available to the parent/guardian of any Sandwich High School student. The SHSABC provides support for all Sandwich High School sport programs. To join the SHS Athletic Boosters, or to request additional information, e-mail shsathleticbooster@gmail.com.

We all look forward to your involvement with SHS & STEM Academy Athletics. Blue Knight & Squire Pride!

