

River Hill Winter 2025 Athletics

Try-Outs

Schedule

Date	Boys' Basketball (Main Gym/Aux Gym)	Girls' Basketball (Main Gym/Aux Gym)	Wrestling (Wrestling Room)	Track & Field (Stadium/Track)	Cheerleading
Saturday, November 15, 2025	Varsity:8-10AM JV:10-12PM	*Coaches will share at interest meeting	8-10AM	10am-12pm	8-10AM, Cafeteria
Monday, November 17, 2025	Varsity:3-5PM JV:5-7PM	Varsity:3-5PM JV:5-7PM	3-5PM	3-5PM	3-5PM, Cafeteria
Tuesday, November 18, 2025	Varsity:3-5PM JV:5-7PM	Varsity:3-5PM JV:5-7PM	3-5PM	3-5PM	3-5PM, Cafeteria
Wednesday, November 19, 2025 (If coaches need an additional day of tryouts)	Varsity:3-5PM JV:5-7PM	Varsity:3-5PM JV:5-7PM	3-5PM	3-5PM	3-5PM, Cafeteria

River Hill H.S. Fall Athletics Coaches Contacts: For sport-specific information

Allied Bowling: Roo_Saglimbeni@hcpss.org (Roo Saglimbeni): **Reach out for details.**

Boys Basketball: Matthew_Graves@hcpss.org (Matt Graves)

Girls Basketball: Teresa_Waters@hcpss.org (Teresa Waters)

Cheerleading: Jessica_Garry@hcpss.org (Jess Garry)

Indoor Track & Field: sprinterace1984@gmail.com & ammschmidt@gmail.com (Donnie Richmond & Ammera Schmidt)

Wrestling: Remy2747@gmail.com (Jeff Rermgosakul)

*What to Bring: Water bottle (large size), sneakers (basketball/cheer/track), wrestling shoes/headgear (wrestling), athletic clothing for all; be prepared for outdoors for track. Please contact your sport specific coaches for questions about equipment and scheduling.

***Anyone who is planning to try out for a team should be sure to check with sport specific coaches on schedules/details; once tryouts are completed, all teams will begin official team practices, scrimmages and then games. Winter sports participants should be prepared to potentially play during holiday breaks as well. Refer to your coaches for scheduling details.**

Athletic Registration Information: OPENS OCTOBER 6, 2025

Instructions for Sports Registration: **DUE BY: Monday, November 10 by 3PM (DO NOT SEND DOCUMENTS VIA EMAIL; FOLLOW ALL DIRECTIONS)**

1. Go to <https://www.hcpss.org/connect/> ***Do NOT use your Mobile Phone; use a laptop or computer when registering.**
2. Login to your HCPSS Connect Portal (Parents & Guardian MUST use the parental login. Using your students log in info. will not allow you to register); Once logged in, go to the menu on the left and click the bottom option More Options (Family File, Reports Cards, etc.). If you have more than one student make sure you have selected the student from the drop down menu at the top of the page.)
3. Click on Athletic Registration on the right hand side Menu,
4. Click on Athletic Participation Form on left side tab, once there you can select the correct season/sport;
5. Complete all of the forms: Parent Authorization Form, Sudden Cardiac Arrest Form, Concussion, please complete all additional documents...Do not skip or leave any boxes blank.
6. **Physical Examination Form: Verification of an examination within 12 months of the tryout date for the particular sport must be submitted in each academic year of participation.** Upload ALL pages of the Physical Examination Form. Older physicals will not be accepted. <https://www.hcpss.org/athletics/forms-and-guidelines/> (Physical Forms can be found here to bring to doctor's office) If you are having trouble getting a doctor's appointment try this: <https://riverhill.membershiptoolkit.com/physicals>
7. **Upload a RECENT Utility bill (Dated September 1, 2025 OR later), it must be the actual bill. Older Utility bills will NOT be accepted. Utility examples: BGE, Water OR Cable Bill ONLY**

(Must match address the school has on file for enrollment). ****No Cell Phone, Credit Card or any other Bills will be accepted****

Common Errors:

- **File size may be too big on downloads. Make sure document is under 4MB**
- **Just because forms have been submitted, that does not necessarily mean they have been accepted**
- **AAM will go through to ensure proper dates, signatures, boxes checked off, address matches Synergy address.**

****Reminder** Physicals for Athletics are different from those used to register to attend school. The Athletic Physical includes a Clearance without restrictions by Medical Staff.

Please, make sure physicals have all signatures (Parent/Guardian, Athlete, and Physician) before scanning and uploading.

****Returning Athletes-**If a Student Athlete is returning from Fall to play Winter and/or Spring season and wants to use the fall physical, parent/guardian will need to click the checkbox (option to use physical on file dated) and save. Otherwise, it'll wait for a new one to be uploaded. Reminder, returning athletes will still need to complete permission information and upload a new utility bill.

Academic Eligibility for Athletics

For high school, a full-time student earns academic eligibility to participate in extracurricular activities by maintaining a 2.0 grade-point average (GPA), calculated using credit or non-credit courses, with no more than two failing grades for the marking period which governs eligibility for that activity.

***All Students: 1st Quarter Grades are used for winter athletic eligibility.**

HCPSS Connect

High School Athletic Registration



Howard County Public School System • Office of Accountability • Document: HCPSS104 • Revision Date: 09/21/2020

! -Warning ⌚ -Timesaver 💬 -Note

About High School Athletic Registration

Parents/guardians can now fill out required forms and upload physicals and proof of residency through [HCPSS Connect](#).

WARNING: You must allow popups on your browser for the forms to display.

1. In the left panel, click on **More Options (Family File, Report Cards, etc.)**.



2. Click the **Athletic Registration** link. The Athletic Registration Dashboard displays.

NOTE: Click the **Download Preparticipation Physical Form** link to generate a PDF of the Physical Form to print and complete.

3. Click **Athletic Participation** to begin, and read Sections I, II, and III.
4. In **Section IV – Photo Release**, select whether or not you grant permission.
5. In **Section V**, enter your child's **Insurance Company** and **Policy Number**.
6. Select the **Sport** in which your child wants to participate.
7. Enter your name in the **Parent/Guardian e-Signature** field.
8. Enter your child's name in the **Student e-Signature** field.
9. Click **Save**.

When you save, you will see the remaining forms and the status of each.

Form Name	Complete	Electronic Signature	Date Signed
Athletic Participation Form	Yes	Mary Smith	6/29/2017 9:16:00 AM
Concussion Information Sheet			
Concussion Testing Program			
Insurance Company/Policy Number	Yes	Mary Smith	6/29/2017 9:16:00 AM
Photo Release	Yes	Mary Smith	6/29/2017 9:16:00 AM
Physical			
Residency Verification			
Sudden Cardiac Arrest Information Sheet			
Student Athletic Participation Form	Yes	John Smith	6/29/2017 9:16:00 AM
Student Concussion Information Sheet			
Student Sudden Cardiac Arrest Information Sheet			

10. Use the links in the left panel to navigate to each form. Click **Save** to save the information and remain on that form or click **Save and Next** to save the information and advance to the next form.

NOTE: You will be asked to upload two documents: the completed Physical form and proof of residency. Documents showing proof of residency are a current utility bill (excluding a cell phone bill), or a copy of a lease, rental agreement, or deed of trust. Upload the physical form as one file. These documents can be scanned documents or photos of the document. Acceptable formats are PDF, JPG, and DOC files. If you do not have electronic versions of these documents, take copies of these documents to the school.

- **Concussion Information Sheet** – Read the information provided and enter both your name and your child's name in the e-Signature fields provided at the bottom of the form.
- **Concussion Testing Program** – Read the information provided and enter your name in the e-Signature field provided.
- **Physical** – Click the Browse button to upload the completed Physical. Acceptable formats are PDF, JPG, and DOC files.
- **Residency Verification** – Click the **Browse** button to upload a copy of your proof of residency documents. Acceptable formats are PDF, JPG, and DOC files
- **Sudden Cardiac Arrest Info** – Read the information provided and enter both your name and your child's name in the e-Signature fields provided at the bottom of the form.

NOTE: When all forms have the **Complete** status of **Yes**, your registration is complete. The school will be able to view your documents.

NOTE: Click **Cancel Registration** at any time if the registration should not be considered.