





# **Welcome to Interscholastic Athletics!**

# Dear Algonquin, Melican, and Trottier Athletic Families,

I invite you to join the *team!* Participation in athletics provides students with opportunities to build friendships, sharpen their skills, compete at the interscholastic level, and—most importantly—have fun. Let's work together to make this season one of growth, achievement, and camaraderie.

"One athlete of character can change a team.
One team of character can change a school.
One school of character can change a community."

# **Get Ready for Middle & High School Winter Sports!**

Here's everything you need to know to get started!

#### **Start Dates**

- Algonquin Regional High School: Begins on Monday, December 1st, 2025
- Melican Middle School: Begins on Monday, December 1st 202, for interested 7th and 8th grade student-athletes
- Trottier Middle School: Begins on Monday, December 1st 2025, for interested 7th and 8th grade student-athletes

Visit the ARHS Athletics page for specific tryout schedules and team information.

### **Tryouts & Team Selection**

Some sports may require cuts based on the number of participants. If you're not selected, you may have the opportunity to try out for another fall team with available roster spots.

## **Participation Requirements**

To be eligible to participate in tryouts, practices, or games, students must:

- 1. Have a valid physical exam on file:
  - Physicals are valid for 13 months to the day.
  - Expired physicals will make athletes ineligible, even mid-season.
  - Interim notes do not meet the MIAA requirement.
  - Physicals can be uploaded during registration, mailed (Attn: Athletics), or dropped off at the main office.
- 2. Complete online registration:
  - o Registration opened October 15th, 2025 at 8am
  - Registration Deadline: November 21st, 2025 at 12 noon
  - Register online through the <u>ARHS Athletics page</u>

Registration will reopen on Monday, 12/1 at 3:00 p.m. Please note that submitting a late registration does not guarantee that an athlete will be processed and cleared in time for the first day of tryouts or practices on 12/1. If a registration is not processed on Day 1, the athlete may still attend practice or tryouts to observe, but they may not participate. Due to the Thanksgiving holiday week, additional time is needed to properly review late registrations and ensure all participation requirements are met. Once the registration is submitted and a current physical is on file, you will receive a confirmation email indicating that the student is approved, and the coach will be notified.

#### **Athletic Fee**

- Algonquin: \$200 per season, per student-athlete
- Algonquin Family cap: \$900
- Payment options: check, cash, or online via the school website (Athletics → Online Payment Center)
- Algonquin Sports Online payments open Friday, December 5, 2025, at 8:00 AM
- Please contact Melican and Trottier Middle Schools for more information regarding the Middle Schools' athletic fees.

## **Winter Sports Night**

Monday, November 24, 2025, at 6:00 PM

- Players and families will meet with coaches in individual team meetings starting at 6:00 PM.
- Please note: there will **not** be a general meeting in the auditorium.

We look forward to a great winter season—thank you for your continued support of Algonquin, Melican, and Trottier Athletics!

Mike Mocerino - Director of Athletics



# **2025-2026 WINTER SPORTS OFFERED AT ALGONQUIN**

<u>Sport</u>	Head Coach	<u>Email</u>
Boys' Varsity Basketball JV1 Basketball JV2 Basketball	Andrew Kinney	akinney@nsboro.k12.ma.us
Girls' Varsity Basketball JV1 Basketball	Kashawn Hampton	khampton@nsboro.k12.ma.us
Boys' Varsity Hockey	Greg Cappello	gcappello@nsboro.k12.ma.us
Girls' Varsity Hockey	Will Downs	wdowns@nsboro.k12.ma.us
Wrestling	Brian Kramer	bkramer@nsboro.k12.ma.us
Swimming	Jean Fedak	jfedak@nsboro.k12.ma.us
Gymnastics	Angela Keith	akeith@nsboro.k12.ma.us
Girls' Indoor Track Boys' Indoor Track	Pat Galvin Corey Pooler	pgalvin@nsboro.k12.ma.us cpooler@nsboro.k12.ma.us
Skiing	Linnea Henningson	lhenningson@nsboro.k12.ma.us
Cheerleading	Xandria DeSimone	xdesimone@nsboro.k12.ma.us





# WINTER 2025-2026 SPORTS OFFERED AT MELICAN MIDDLE SCHOOL

<u>Sport</u>	<u>Head Coach</u>	<u>Email</u>
Boys' Basketball	Paul Flanagan	pflanagan@nsboro.k12.ma.us
Girls' Basketball	James Hight	jhight@nsboro.k12.ma.us

# WINTER 2025-2026 SPORTS OFFERED AT TROTTIER MIDDLE SCHOOL

<u>Sport</u>	<u>Head Coach</u>	<u>Email</u>
Boys' Basketball	Tom St. Pierre	tst.pierre@nsboro.k12.ma.us
Girls' Basketball	Stephanie Wysocki	swysocki@nsboro.k12.ma.us