

**UPDATED 10.1.25**



### **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!

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#### **Start Dates**

- Algonquin Regional High School: Begins on Monday, December 1st, 2025
- Melican Middle School: Begins on Monday, December 1st 2025
- Trottier Middle School: Begins on Monday, December 1st 2025

Visit the [ARHS Athletics page](#) for specific tryout schedules and team information.

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#### **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.

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## **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:
    - Registration opens October 15th, 2025.
    - Registration Deadline: November 21st, 2025
    - Register online through the [ARHS Athletics page](#)
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## **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 **Thursday, December 5, 2025, at 8:00 AM**
  - Please contact Melican and Trottier Middle Schools for more information regarding the Middle Schools' athletic fees.
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## **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**

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



### **WINTER 2025-2026 SPORTS OFFERED AT MELICAN MIDDLE SCHOOL**

<b><u>Sport</u></b>	<b><u>Head Coach</u></b>	<b><u>Email</u></b>
Boys' Basketball	TBA	
Girls' Basketball	TBA	

### **WINTER 2025-2026 SPORTS OFFERED AT TROTTIER MIDDLE SCHOOL**

<b><u>Sport</u></b>	<b><u>Head Coach</u></b>	<b><u>Email</u></b>
Boys' Basketball	Tom St. Pierre	<a href="mailto:tst.pierre@nsboro.k12.ma.us">tst.pierre@nsboro.k12.ma.us</a>
Girls' Basketball	Stephanie Wysocki	<a href="mailto:swysocki@nsboro.k12.ma.us">swysocki@nsboro.k12.ma.us</a>