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East Haven Athletics Mission Statement

East Haven Athletics is committed to developing well-rounded student-athletes by promoting excellence in competition, character, and classroom performance. Through participation in sports, students build resilience, leadership, and teamwork while learning the values of discipline, respect, and sportsmanship. Our athletes proudly represent our school and community with integrity, pride, and a relentless commitment to personal and collective growth.

About East Haven Athletics

Athletic Participation . . . “A Privilege”

Participation in East Haven Public Schools athletics is a **privilege** extended to students who demonstrate the ability, attitude, discipline, and sportsmanship necessary to represent our school community with pride and integrity. It is not a right guaranteed to all students, but rather an opportunity earned by those who are committed to upholding the values and expectations of our athletic program.

Athletics at both the high school and middle school levels are completely voluntary, and participation is not a requirement. However, with this opportunity comes a responsibility to meet specific standards in academics, citizenship, training, and conduct.

To maintain eligibility, student-athletes must comply with all policies and expectations outlined by the school, district handbook and CIAC. Failure to do so may result in revocation of athletic privileges. As with any privilege, participation can and will be withdrawn if a student does not uphold the values and responsibilities that come with representing East Haven Athletics.

We take great pride in our programs and welcome all students who are prepared to embrace our philosophy and commitment to excellence.

Pre-Season Tryouts and Requirements

We are pleased that you are contemplating to be a candidate for one of our East Haven Public Schools athletic programs. Before you start, there are some important things that you should understand.

It is important that you know that in some sports there is a need to make cuts which is one of the more unpleasant tasks a coach has to do, but is necessary to reduce a squad to a workable size. Before deciding to be a candidate, you and your parents must be prepared to accept the possibility you may not be selected. The Coaches are the sole judges of all candidates. Before you can become involved in a sport, you must:

1. All JMMS & EHA student athletes wishing to tryout for Athletics must complete all online forms utilizing [PowerSchool Athletic Instructions \(English/Spanish\)](#) Additionally, JMMS & EHA students must submit page one of the Middle School Sports Packet at least one week prior to tryouts. Here is the link for the packets: [Middle School Fall Sports Packet](#) ** Middle School Fall Sports Packet will be released on Monday October 27, 2025.
2. All High School student athletes wishing to try out or condition for EHPS Athletics must complete a comprehensive athletic participation registration via Powerschool. Here is the link for instructions: [PowerSchool Athletic Instructions \(English/Spanish\)](#)
3. All athletes must have a yearly physical examination. The physical examination covers all sports and is valid for a 13 month period. All physicals must be submitted to the school nurse two weeks prior to tryouts. Physical may only be given to the school nurse or ATC.
4. All athletes must be academically eligible. Please refer to the 15 point checklist for eligibility. The Principal and Athletic Director both reserve the right to deny athletic eligibility based on a case by case basis.
5. Once all forms are completed, please email the coach of the team you are interested in trying out. The coach will be able to answer all questions regarding tryouts, practices and requirements. Here is the link for Coaches Directory: [Coaching Directory](#)

Important links:

[CIAC Eligibility](#)

[NCAA Eligibility](#)

[CIAC Instructions to download Team Schedules](#)

[Mental Health Plan](#)

East Haven Athletic Department

Phone: 203-468-3353

Anthony Verderame - Athletic Director

Email: averderame@east-haven.k12.ct.us

Twitter: @EHavenAthletics

Marc Aceto - Head Licensed Athletic Trainer

Email: maceto@east-haven.k12.ct.us

Twitter: @EHHSportsmed

Jason Pierce - Athletic Facilitator

Email: jpierce@east-haven.k12.ct.us

TBD - Athletic Secretary

Email: TBD

Teams and Contact Info for East Haven High School & Middle Schools

Fall	Winter	Spring
Cheerleading HS: Deidra O'Connor MS: Kim Amatruda	Basketball- Boys HS: Head- Frank Lyons HS: Fresh.- Matt Coyle MS: Tyler Spano	Baseball HS: Head- Butch Johnson HS: Fresh.- Gary Brasile MS: Chris Bonagiuso
Cross Country HS: Ricky Narracci MS: Mike Archambault	Basketball- Girls HS: Head- Mike Archambault MS: Thomas Charboneau	Golf Head: Ricky Narracci
Football Head: Scott Benoit	Cheerleading HS: Deidra O'Connor MS: Kim Amatruda	Outdoor Track- Boys HS: Jim Vicario MS: John Clifford
Pom Poms Head: TBD	Pom Poms Head: TBD	Outdoor Track- Girls HS: Rusty Dunne MS: _Danielle Stevens
Soccer- Boys HS: Ryan Subtil MS: Gennaro Gagliardi	Ice Hockey Head: Louis Pane	Softball HS: Ed Crisafi MS: Kathleen Bagn
Soccer- Girls HS: Jake Hackett MS: Caitlyn Campbell	Indoor Track- Boys Head- Jim Vicario	Tennis- Boys Head: Tom Walraven
Swimming/Dive Head: Ellyn Diverniero	Indoor Track- Girls Head: Rusty Dunne	Tennis- Girls Head: Ellyn Diverniero
Volleyball HS: Diane Kalman MS: Scott Iwaniec	Wrestling HS: Daryl Delia MS: Jeff Fletcher	

Digital Tickets & Online Streaming Options

Dear EHPS Yellowjacket Community,

EHPS are all cashless venues with tickets only available online via HUDL ticketing. Purchase game tickets here at [EHHS Game Tickets](#)

Please inform your family and friends that they can watch most games from the following online sites.

Soccer, Football, Volleyball and Basketball- NFHS Network (one month subscription about \$12)
[NFHS Network](#)

Hockey- Youtube link from our AV department. Link will be active game day.
[EHPS Athletics Youtube Page](#) or Live Barn where available.

As always, thank you for your understanding and support!

Anthony Verderame, Director of Athletics

East Haven Youth Sports

[East Haven Park & Recreation Department](#)

[East Haven Youth Football](#)

[Sal Tinari Biddy Basketball](#)

[East Haven Youth Soccer](#)

[East Haven Youth Hockey](#)

[East Haven Foxon Rec League](#)

[East Haven Little League](#)

[East Haven Police Athletic League](#)

Powerschool Athletic Instruction

1. Go to Powerschool student/parent portal at <https://ehsd.powerschool.com/>
2. A parent and/or guardian has to sign into the parent portal. **The athletic registration forms are only in the parent portal.** If you do not have access, please contact Tech Services at (203) 468-3911.
3. Once in the parent portal, click on the “forms” tab in the left hand column.
4. Click on East Haven Athletic Registration Forms
5. Select which sport or sport(s) you would allow your child to participate in. There is an option for “All Sports” at the top of the list.
6. Read all the forms thoroughly and apply the signatures and date where indicated.
7. Once all the forms have been read and complete, click “submit” at the bottom of the last form on the right.

Please contact the athletic department with any questions at 203-468-3813.

Instrucciones atléticas de Powerschool

1. Vaya al portal para padres / estudiantes de Powerschool en <https://ehsd.powerschool.com/>
2. Un padre o tutor debe iniciar sesión en el portal para padres. Los formularios de registro atlético están solo en el portal para padres. Si no tiene acceso, comuníquese con Servicios Técnicos al (203) 468-3911.
3. Una vez en el portal para padres, haga clic en la pestaña "formularios" en la columna de la izquierda.
4. Haga clic en Formularios de registro atlético de East Haven
5. Seleccione en qué deporte o deporte (s) le permitiría participar a su hijo. Hay una opción para "Todos los deportes" en la parte superior de la lista.
6. Lea todos los formularios detenidamente y aplique las firmas y la fecha donde se indique.
7. Una vez que se hayan leído y completado todos los formularios, haga clic en "enviar" en la parte inferior del último formulario a la derecha.

Si tiene alguna pregunta, comuníquese con el departamento de atletismo al 203-468-3813

Tryout Procedure & Forms

Welcome to the Middle & High School Sports Season!

We're excited to kick off another great year of athletics at JMMS and East Haven High School! Whether your student is new to our programs or returning for another season, we want to make the sign-up process as easy and straightforward as possible.

To get started, please review the steps below and use the provided links for quick access to important resources:

1. **Contact the Coach** – Reach out directly to the coach of your child's sport to introduce yourself, ask questions, and confirm important dates.
[Link to Coaches](#)
2. **Complete Online Forms** – All athletic forms must be completed through PowerSchool before your child can participate. These forms include emergency contacts, health information, and consent forms.
[Link to Power School Instructions](#)
3. **Review the Middle School Sports Packet** – Please read through the JMMS/EHA Sports Packet carefully. This packet contains important policies, eligibility requirements, and general information. It is available in both English and Spanish.
 - [MS Winter Packet 2025 - 26](#)
 - [Translated copy of Winter Sport Tryout Packet 2025-26 Spanish](#)
4. **Sport Physicals**– All athletes must have a **current and valid physical** in order to try out and participate in athletics. Physicals are valid for **13 months** and must remain valid throughout the entire season of play.

Both **JMMS/EHA** and **EHHS** have access to **Fair Haven Community Health Clinics** located within their schools. Families are encouraged to take advantage of these services. Please use the link below if you would like to enroll your child and access a variety of health services, including sports physicals:

[Link to Fair Haven Community Health](#)

Completing these steps 1 week prior to tryouts will help to ensure your student is ready to participate on time. We look forward to seeing your child on the field, court, mat or track and to another year of teamwork, growth, and school spirit!

Athletic Eligibility, Transfer & Magnet Students

Important Information

We're committed to making sure every student-athlete at JMMS/EHA & East Haven High School starts their season ready to play and that means meeting all eligibility requirements. Whether your student is new to our district, transferring from another school, or attending a magnet program, the steps below will help guide you through the process.

1. **Understand Eligibility Rules** – Review the CIAC eligibility guidelines to ensure your student meets all academic and residency requirements for participation.
[CIAC Eligibility Information](#)
2. **Complete the Required Form**
 - If your student is transferring from another school, please fill out the **Transfer Student Form**.
[Transfer Student Form](#)
 - If your student attends a magnet school but wants to participate in athletics at East Haven, complete the **Magnet School Form**.
[Magnet School Form](#)
3. **Review School Expectations** – All athletes are expected to meet the standards outlined in the EHHS Extracurricular Expectations, as well as academic requirements for JMMS and EHA students.
 - [EHHS Extracurricular Expectations](#)
 - [JMMS/EHA Academics Only](#)

Completing these steps before the season begins ensures there are no delays in your student's ability to join practices and compete. We appreciate your cooperation in helping us maintain fairness, safety, and sportsmanship across all of our athletic programs.

Sports Medicine/Athletic Training Department

Head Licensed Athletic Trainer: Marc Aceto LAT, ATC, CSCS, CAA

My name is Marc Aceto. For 24 years now I have worked at East Haven High School as the Licensed Athletic Trainer. Over the years, I have taken care of the student athletes, now I have the privilege of taking care of the staff as well. I'm extremely excited about the many opportunities and programs that I can establish for the entire school district.

I graduated from Quinnipiac University in 1997 with a Health Science degree with a concentration in Sports Medicine. My entire career I have primarily worked in the high school and physical therapy clinic setting. For 15 years I have worked in a physical therapy clinic, working side by side with Physical therapist and Orthopedic surgeons. This experience has helped me become a better Athletic Trainer with rehabilitation and prevention. Also I am currently licensed as a Certified Strength and Conditioning Specialist since 2000.



Environmental Policies

[Heat & Humidity Guidelines](#)

[Wind Chill Procedures](#)

[Concussion Policy](#)

[Exertional Heat Illness Educational video](#)

[CDC Heads Up Concussion Education Video](#)