



**Northeast Metro Tech**  
**Athletics Start Date/Tryout Information**  
**Winter 25-26**



Students who wish to try out or participate in athletics must be eligible, [register online through Arbiter](#), and have a current physical (within 13 months) on file with the Athletics Office. Knights athletics information can be found on the [NEMT website](#) under the Departments tab.

Sport	Start Date/Tryout & Time	Location	Contact
Basketball (Boys)	Monday, Dec. 1: 2:30 - 5:30 p.m. (all levels) Tuesday Dec. 2: 2:30 - 5:30 p.m. (all levels) Wednesday, Dec. 3: Freshman 2:30 - 3:30 p.m. / JV Varsity 5:30 - 7:00 p.m.	Northeast Gym	Jay Seigal jseigal@northeastmetrotech.com
Basketball (Girls)	Monday, Dec. 1: 5:00 - 7:00 (Meet in room B208)	Northeast Gym	Al Turco aturco@northeastmetrotech.com
Cheer	Thursday, Dec.4: 2:45 - 5:30 (Meet in cafe at 2:30) Friday Dec. 5: 2:45 - 5:30	Northeast Cafeteria	Aimee Rooney arooney@northeastmetrotech.com
Hockey (Boys)	Monday, Dec. 1: 5:00 - 6:00 p.m. Tuesday, Dec. 2: 8:30 - 9:30 p.m.	Allied Veterans Skating Rink 65 Elm St. Everett, MA 02149	John Higgins jhiggins@northeastmetrotech.com
Hockey (Girls)	Monday, Dec. 1: 5:00 - 6:00 p.m. Tuesday, Dec. 2: 4:00 - 5:00 p.m. Wednesday, Dec. 3: 7:00 - 8:00 p.m. Thursday, Dec. 4: 4:00 - 5:00 p.m. Friday, Dec. 5: 4:30 - 5:45 p.m.	LoConte Memorial Rink 97 Locust St. Medford, MA 02155	Brittany Lanzilli blanzilli@medford.k12.ma.us
Indoor Track	Monday, Dec. 1: 3:00 - 5:45 p.m. Tuesday Dec. 2: 3:00 - 5:45 p.m. (Non cut - All participants make the team)	Northeast Cafeteria	Erin Henrick ehenrick@northeastmetrotech.com
Swim & Dive	Monday, Dec. 1: 3:30 - 5:00 p.m. Tuesday Dec. 2: 2:45 - 5:00 p.m. Wednesday Dec. 3: 2:45 - 5:00 p.m. (Meet in the gym at 2:30)	Woburn Boys and Girls Club 1 Charles Gardner Ln Woburn, MA 01801	Kelly Miller kmiller@northeastmetrotech.com
Wrestling	Monday, Dec. 1: 3:15 - 5:15 p.m. Tuesday Dec. 2: 3:15 - 5:15	Northeast Cafeteria	Bruce Rich brucerich01@gmail.com

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