



# NEWINGTON HIGH SCHOOL ATHLETICS

## SPRING SPORT REGISTRATION

*Spring sports begin Saturday, March 18, 2023*

### WHAT DO I NEED TO DO?

#### ➤ CHECK YOUR ELIGIBILITY

##### 1.) Academic Eligibility:

- Student-athletes must have passed **FOUR (4)** classes that earn a quarter credit during the second quarter.

##### 2.) Physical Eligibility:

- For a spring sport, a physical must be from February 18, 2022 or more recent **and** be on file with the NHS nurse prior to Friday, March 17th.
- You must use the State of Connecticut Health Assessment Record 'HAR-3 Rev. 4/2012' (blue form) for a physical. It is available in the NHS main office, NHS nurses' office, your doctor's office, or on the Newington Athletics website.
- The physician must 'check' the box on that blue form that states, "This student may participate fully in athletic activities and competitive sports."

##### **NHS Sport Physicals:**

Newington High School offers sport physicals in the nurses' office, if you do not have health insurance or are otherwise unable to get a physical from your own provider. Student must have written parent permission with them the day of the physical in order for it to be performed.

- Physical Date: **March 14<sup>th</sup>, 2023**
- Students must sign up in the nurses' office by **March 7th**

#### ➤ **ALL 3 ITEMS BELOW MUST BE COMPLETED BETWEEN February 22 - MARCH 17, 2023**

##### 1.) ONLINE REGISTRATION

- Visit [www.newingtonathletics.com](http://www.newingtonathletics.com) and click on the "Registration" tab at the top.
- Click on "Spring Sport Registration", which will direct you to the online registration.
- The online registration is complete when you click the blue "Submit" button on the last page.
- **Any registrations received after Friday, March 17th will result in a late start.**
- Registration status can be found under the "Registration" tab on [www.newingtonathletics.com](http://www.newingtonathletics.com)

##### 2.) Physical:

- To be eligible, student athletes must have a valid physical **on file with the NHS nurses' office**, dated after February 18, 2022, on March 17<sup>th</sup> by noon.

##### 3.) Participation Fee:

- A check for \$100.00\* (one hundred dollars) made payable to: *Newington Athletic Fund*
- Must be turned in to the Athletic Office by March 17th to start on time. **Fees turned in after the deadline will result in a late start.**
- Student-athletes who paid a participation fee in the fall **and** winter will have the participation fee waived for the spring sport. **PLEASE SUBMIT A 3<sup>RD</sup> SPORT WAIVER or STOP INTO THE ATHLETICS OFFICE TO NOTIFY THEM**
- If a student does not appear on regular season roster, checks will be shredded.
- Checks will be deposited after the first day of competition.

**Please see reverse side of this paper for information on pre-season sport meetings held by each coach. If you have any questions or concerns, feel free to visit or call the athletic office (860)666-5611 x1620.**

# Newington High School Athletic Teams

2022-2023 School Year

**SPRING SEASON**

*Spring sports begin Saturday, March 18, 2023*

<b>Sport</b>	<b>Coach's Name</b>	<b>Contact Information</b>	<b>Meeting Date</b>	<b>Time</b>	<b>Location</b>
Baseball <i>(Pitchers &amp; Catchers begin March 11<sup>th</sup>)</i>	Mr. Ben Alaimo	balaimo@npsct.org	Thursday, 2/23	2:35 pm	Room 313
Golf – Girls	Mr. Rich Condon	<a href="mailto:Condon_Richard_L@sbcglobal.net">Condon_Richard_L@sbcglobal.net</a>	Thursday, 2/23	2:35 pm	Room 228
Lacrosse – Boys	Mr. Chris Siewertsen	csiewertsen@gmail.com	Wednesday, 2/22	2:45 pm	Cafe
Lacrosse – Girls	Ms. Alexandra Houldcroft	alihouldcroft@gmail.com	Wednesday, 2/22	5:30 pm	Cafe
Softball	Mr. Steve Markie	smarkie@npsct.org	Thursday, 2/23	3:15 pm	Cafe
Tennis – Boys	Mr. Don Lukowski	donL7533@aol.com	Thursday, 2/23	2:35 pm	Library Classroom
Tennis – Girls	Mr. Sean Hussey	reedbuilders@att.net	Wednesday, 2/22	2:35 pm	Room 105
Track – Boys	Mr. Alex Joseph	alexjr1214@yahoo.com	Thursday, 2/23	3:15 pm	Cafe
Track – Girls	Mrs. Jen Deschenes-Emord	jen.deschenes@gmail.com	Thursday, 2/23	3:15 pm	Cafe
Volleyball – Boys	Mr. Curt Burns	curtburns@att.net	Wednesday, 2/22	2:35 pm	Cafe