

Algonquin Regional High School Athletics

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Welcome to Algonquin Athletics!

At Algonquin Regional High School, there are tremendous opportunities waiting. In addition to high academic standards and a variety of extracurricular activities, athletics play a major role in the lives of over 70% of the student body.

In order to participate in athletics there are some simple requirements. You must provide us with:

- **A current physical exam** - Physical exams will be required every thirteen months to the date of the exam. For example: if a student-athlete has a physical exam dated September 25, 2017 that exam will expire on October 25, 2018. When a physical is expired, the student-athlete becomes ineligible to practice or compete until they present proof of a current physical exam to the athletic department. No exceptions or extensions to this rule will be made. A physical must be valid for the start of tryouts for any season a student wishes to participate in.
- **Athletic Registration** - must be completed on-line by a parent/guardian. You may register for a sport by going to the school website – www.nsboro.k12.ma.us/algonquin - athletics tab. On-line registration will open Monday, June 15th. **Deadline to register is Tuesday, September 8th by 12:00 noon**
- **Athletic Fee** - of \$200 per season/per student-athlete once the team has been selected. Acceptable payment methods: check, cash or online on the school website (under the athletics tab – school on-line payment center). Athletic fees should be submitted directly to the athletic office. Family cap of \$900.

NO student may participate in any tryout/practice or game without a valid physical on file at the school and a completed on-line registration. These responsibilities must be taken care of before the first practice/tryout session in order to participate.

All physical exams must be processed through the athletic department. Physical exam forms can be mailed to the school, attention: athletics prior to the opening of the fall sports season. The athletic department will hold limited summer hours and will be back in full swing on Monday, August 17th.

Tryouts for fall sports will begin on Monday September 14th. Subject to change! Depending upon the number of candidates who try out for a team cuts are a possibility in some sports. There is the opportunity to try out for another fall sports team that does not have cuts or still has openings on their roster. Tryout schedules will be posted on our Algonquin website under athletics.

Fall All Sports Night will be held on **Thursday, September 10th** at 6:30pm in the auditorium. At 7:00pm players and parents will attend individual team meetings. – **Subject to change!**

I strongly encourage you to join the “team” at Algonquin. Participation in athletics provides students with an opportunity to make new friends, improve your skills, compete at the interscholastic level, and have fun.

*** Next page includes all fall sports offered and varsity coaches contact information***

See you in the fall,
Mike Mocerino - Director of Athletics

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FALL 2020 SPORTS OFFERED AT ALGONQUIN

<u>Sport</u>	<u>Head Coach</u>	<u>Email</u>
Varsity Football JV1 Football Freshman Football	Mark Allen	m24allen@msn.com
Boys' Varsity Soccer Boys' JV1 Soccer Boys' JV2 Soccer	Ken Morin	coachken21@gmail.com
Girls' Varsity Soccer Girls' JV1 Soccer Girls' JV2 Soccer	John Clifford	Clifford.johnc@gmail.com
Boys' Cross Country Girls' Cross Country	Nate Uttaro Pat Galvin	nuttaro@nsboro.k12.ma.us pgalvin@nsboro.k12.ma.us
Girls' Varsity Field Hockey Girls' JV1 Field Hockey Girls' JV2 Field Hockey	Dan Welty	dwelty@nsboro.k12.ma.us
Girls' Varsity Volleyball Girls' JV1 Volleyball Girls' JV2 Volleyball	Janice Henningson	henningson5@verizon.net
Boys' Golf	Mike Groccia	mgroccia@nsboro.k12.ma.us
Varsity Cheerleading JV1 Cheerleading	Katelyn Norsworthy	cheerleading.arhs@gmail.com
Unified Basketball	Zbysia Giegucz	zgiegucz@nsboro.k12.ma.us