



ABINGTON HEIGHTS ATHLETIC DEPARTMENT

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Reminders for 2023 Winter Sport Athletes/Parents ANNOUNCEMENT - 11/13/2023

We're excited for the 2023-2024 Winter Sports Season to begin next week!

Please review the following important reminders for all athletes/parents:

Friday, November 17, is the First Practice/Tryout Date for all PIAA Sponsored Winter Sports including: Boys & Girls Basketball, Indoor Track, Swimming & Diving and Wrestling. Click here for [tryout and coach contact information for all winter sports](#). Freshman Girls Basketball tryouts were originally scheduled for Friday, but will not begin until **Monday, November 20th**.

In order for athletes to be cleared in time for Tryouts, we **strongly recommend** all athletic forms on PlanethS.com (StudentCentral) to be submitted by the end of the day **today, Monday, November 13**, for pre-approval by the Athletic Department. This process can take **up to 24-48 hours**, so please be patient. Email ahsdathletics@ahsd.org with any questions.

**** IF A STUDENT'S FORMS ARE NOT COMPLETED (BY BOTH THE PARENT AND THE STUDENT) AND PRE-APPROVED BEFORE THE FIRST DATE OF PRACTICE, HE/SHE CAN NOT PARTICIPATE. ****

A reminder of the different levels of sports we offer for the fall (important when selecting sport on PlanethS):

Varsity/JV (Grades 9-12):

- Boys and Girls Basketball
- Boys & Girls Swimming and Diving
- Boys Wrestling
- Boys and Girls Unified Bocce
- Powerlifting

Freshman (Grade 9):

- Boys and Girls Basketball

Jr. High (Grades 7-8):

- Boys Basketball
- Girls Basketball
- Boys & Girls Indoor Track***
- Boys Wrestling***
- Powerlifting

*** = 9th graders have the option to play down on the Jr. High team. Contact the coach in the appropriate sport if you have any questions.

An email with all of this information was sent out to all parents/students of students entering grades 7-12 on October 12th. If you did not receive this email, kindly email us at ahsdathletics@ahsd.org.