



Penn Hills School District Athletics Newsletter - February 1, 2022

PHSD Athletics are open to PHSD + Penn Hills Cyber Academy students in grades 7-12, charter/cyber charter school students (in sports their school does not offer) who live in Penn Hills, and homeschool students who live in Penn Hills.

SPRING SPORTS PHYSICALS

- Students who already played a Fall or Winter sport this school year do **NOT** need to get another physical. Only one doctor's physical per school year is required for sports.
- Physical forms are online only through Planet HS at www.planeths.com. Forms must be completely filled out in order to participate on the first day of official practices.
- TIPS FOR COMPLETING ONLINE PHYSICAL FORMS:
 - Create a student account first, choose Penn Hills HS or Linton MS, then link to a parent account. The student's email address and parent's email address must be different/unique.
 - Click on "Athletic Forms" scroll to the bottom of the screen and click on the first blue link (Section 1). There are portions the student and/or parent must sign (type in your initials in the boxes at the bottom of the online form).
 - The doctor's physical is only valid if dated after 6/1/21. A photo of the physical must be uploaded under Section 7.
- Questions? Email Kathy Mascaro at kmasca@phsd.k12.pa.us.

SPRING SPORTS PHYSICAL DATES

(only for students who have not already completed a physical this school year)

DATE & PLACE:	SPORT
WEDNESDAY, FEBRUARY 23, 2022	GRADES – 9TH TO 12TH
SENIOR HIGH NURSE'S OFFICE – 7:15 AM – 7:45 AM	VARSITY BOYS TRACK
	VARSITY BOYS VOLLEYBALL
	VARSITY BOYS RUGBY
WEDNESDAY, MARCH 2, 2022	GRADES – 9TH TO 12TH
SENIOR HIGH NURSE'S OFFICE – 7:15 AM – 7:45 AM	VARSITY BASEBALL
	VARSITY GIRLS SOFTBALL
	VARSITY GIRLS TRACK
TUESDAY, MARCH 15, 2022	GRADES – 7TH & 8TH
LINTON NURSE'S OFFICE – 8:00 AM – 8:30 AM	JR. HIGH SOFTBALL
	JR. HIGH GIRLS TRACK
	JR. HIGH BOYS TRACK
WEDNESDAY, MARCH 16, 2022	GRADES – 9TH TO 12TH
SENIOR HIGH NURSE'S OFFICE – 7:15 AM – 7:45 AM	MAKE-UP DAY FOR ALL ATHLETES THAT MISSED THEIR SPECIFIED DAY!



SPRING SPORTS 2022

Penn Hills High School **Spring Sports 2022 Information**

Varsity/JV Boys Volleyball (open to boys currently in grades 9-12):

- Pre-Season Practice: Tuesday and Friday at the High School Main Gym 2:30-5pm
- 1st Official Practice: Monday, March 7 at 2:30-5:15pm in the HS Main Gym
- Email Coach Jay Mitlo at hoozyer@verizon.net for more info.

Varsity Track & Field (open to girls and boys currently in grades 9-12)

- 1st Official Practice: Monday, March 7 at the High School Track 2:45-5pm
- Email Coach Lee Zelkowitz at lzelko@phsd.k12.pa.us for more info.

Varsity Softball (open to girls currently in grades 9-12)

- Pre-Season Practices: Tuesday & Thursday at the Fralic Center 5:30-7:30pm
- 1st Official Practice: Monday, March 7 at the Fralic Center 5:30-7:30pm
- Email Coach Ashley Banner at adh1053@yahoo.com for more info.

Varsity/JV Baseball (open to boys currently in grades 9-12)

- Pre-Season Practices: Tuesday & Thursday at the Fralic Center 2:45-5:15pm
- 1st Official Practice: Monday, March 7 at the Fralic Center 2:45-5:15pm
- Email Coach Rodney Stubbs at nunustubbs@yahoo.com for more info.

Club Boys Rugby (open to boys currently in grades 9-12)

- Pre-Season Practice: Monday and Wednesday at the Fralic Center 5:30-7:30pm
- 1st Official Practice: Monday, March 7
- Email Coach Matt Rosemeyer at matt@rosemeyer.org for more info.

Linton Middle School **Spring Sports 2022 Information**

Middle School Track & Field (boys and girls currently in grades 7 & 8)

- Pre-Season Practices: Starting Feb 16– Wednesdays at Linton MS Gym 3:15-5pm
- 1st Official Practice: Monday, March 21 at Linton Middle School Gym 3:15-5:30pm
- Contact Coach London Parris at lparris@phsd.k12.pa.us for more info.

Middle School Softball (girls currently in grades 7 & 8)

- Pre-Season Practices: Tuesday & Thursday at the Fralic Center 5:30-7:30pm
- 1st Official Practice: Monday, March 21 at Linton Middle School Gym 3:15-5:30pm
- Contact Coach Mariah Lockard at mlocka@phsd.k12.pa.us for more info.



FALL SPORTS 2022-23

Fall Sports Off-Season Workouts for 2022-23 School Year

Official Fall Season Starts August 15 (August 8 for Varsity Football)

Cheerleading Tryout Clinics (open to boys and girls currently in grades 6-11)

- May 9, 10, 11, and 12 at the Penn Hills HS Auxiliary Gym 5:30-9pm
- **If you want to cheer next Fall/Winter, you must tryout in May!**
- Email Coach Lisa Coffey at phjvcheer@gmail.com for more info.

Varsity Football (workouts/lifting open to students currently in grades 8-11)

- Starting Jan 31: Mon, Tues, Thurs at the Fralic Center from 2:45-5:30pm
- Email Coach Jon LeDonne at jonledonne@gmail.com for more info.

Middle School Football (open to students currently in grades 6 & 7)

- Starting Feb 15: Tuesdays at the Fralic Center from 7:30-9:30pm
- Email Coach Ray Clemons at raymondclemons521@gmail.com for more info.

Varsity Tennis (practices open to boys & girls currently in grades 7-11)

- Free Tennis Lessons Every Friday night at the Mellon Bubble from 6:30-9pm
- Email Coach Rich Parks at firstsetsixone@yahoo.com for more info.

Girls Soccer (practices open to girls currently in grades 7-11)

- Thursdays at the Fralic Center 8-9:30pm
- Email Coach Ashley DeVito at ashleydevito@propelschools.org for more info.

Boys Soccer (practices open to boys currently in grades 7-11)

- Mondays at the Fralic Center 7:30-9:30pm
- Email Coach Ryan Hankey at ryanhankey@gmail.com for more info.

Other Fall Sports (girls volleyball, golf, cross country) will start off-season workouts in the summer.
More information will come out in June about summer workouts!

If you have any general questions about Penn Hills Athletics, please email the Director of Athletics & Activities, Ms. Stephanie Strauss at sstrau@phsd.k12.pa.us.

Penn Hills Athletics schedules for each season are online at www.pennhillsathletics.org.
Create an account to be notified of schedule changes as soon as they happen!

Follow PH Athletics on Social Media!



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