

## **IMPORTANT FALL SPORTS INFORMATION**

### ***Parents / Guardians:***

Attached in this packet are a number of important documents:

1. Meeting dates
2. Contact Information
3. Important Instructions

### ***Instructions for the student-athlete who will participate in a fall sport during the 2023-24 school year.***

1. Completely read all paperwork sent home.
2. Bring a completed Section 6 of the CIPPE Form (Health History) with you to your scheduled physical time if you are having your physical done at school.
3. Please wear shorts and a t-shirt to your physical.

### ***Online Registration:***

The Whitehall Athletic Department will be doing online registration through a secure program called Family ID.

### ***Physical Information:***

Sports physicals are now free of charge. Physicals will take place at Coca-Cola Park on June 26, July 10, or July 12. Use the website: [Coca-Cola Park Physicals](#)  
We are also hosting physicals at Whitehall on June 12. You can sign up for these physicals using the FamilyID website. If you are going to get a physical from your own doctor, please take Sections 5 and 6 of CIPPE form to your doctor. You can print these forms at:  
<https://zephyrathletics.com/main/filesLinks/>

***Any student-athlete who has received a physical by his or her own physician has to have had that physical take place on or after June 1, 2023. Please be sure to take Section 5 and Section 6 of the CIPPE form to your doctor. No physicals performed before June 1, 2023 will be accepted regardless of purpose of the prior physical.***

### ***Preseason Parents' Meeting for all sports and all levels:***

All parents and athletes are expected to attend pre-season coaches meetings. These meetings are sport-specific and are held by sport coaches prior to the season. This year they will be held in conjunction with the Whitehall Athletic Department Pre-season Meeting. **The meeting will take place on Tuesday, August 1, 2023. The meeting will begin promptly at 7:00 p.m. in the Middle School Auditorium.** Coaches from all fall sports will be present to host their sport specific meetings that evening as well.

The Whitehall Athletic Department Pre-season meeting will be brief and inform you of some basic athletic department policies and procedures, followed by sport specific meetings in other classrooms. This is an excellent opportunity for parents who are new to interscholastic athletics to hear information on insurance, injuries, and programs, as well as have an opportunity to ask questions which they may have. Sport coaches will distribute and discuss valuable information that will help your student-athlete have a successful sport experience.

Veteran athletic parents and their athletes will also not want to miss this evening as your sport coach will also hold his/her preseason meeting that evening. At this portion of the pre-season meeting parents and athletes will receive information on schedules and practice times, regulations, and expectations. It is a meeting you should not miss

**The first day of practice for all FALL sports is:**

MONDAY, AUGUST 14, 2023

Heat Acclimatization for Varsity Football begins on: Monday, August 7, 2023.

For additional questions, please contact:

**Cheerleading** – Alexis Freedman, Head Cheerleading Coach – 484-866-0713  
freedmana@whitehallcoplay.org

**Cross Country** – Brandon Hampton, Head Coach Cross Country – 570-817-9355  
hamptonb@whitehallcoplay.org

**Field Hockey** – Gabrielle Smith, Head Field Hockey Coach – 484-788-0894  
smithg@whitehallcoplay.org

**Football** – Andy Marino, Head Football Coach – 302-319-1718  
marinoa@whitehallcoplay.org

**Golf** – TBA hartmanb@whitehallcoplay.org – 610-437-5081 ext. 1816

**Boys' Soccer** – Christian Malone, Head Boys' Soccer Coach – 484-264-7830  
42malone@gmail.com

**Girls' Soccer** – Chris Bleam, Head Girls' Soccer Coach – 484-951-3615  
chrisbleam@gmail.com

**Girls' Tennis** – TBA hartmanb@whitehallcoplay.org – 610-437-5081 ext. 1816

**Girls' Volleyball** – Cristal Fernandez, Head Girls Volleyball Coach – 484-860-2271  
fernandezc@whitehallcoplay.org

High School Athletic Office – 610-437-5081 ext. 1816

A comprehensive list of all Whitehall athletic events can be found at [www.zephyrathletics.com](http://www.zephyrathletics.com)