



## NAUSET REGIONAL HIGH SCHOOL

P.O. Box 1887, North Eastham, Massachusetts 0265 1-5046

*Patrick Clark, Principal*

ATHLETICS DEPARTMENT

*John Mattson, Director of Athletics*

Dear Nauset Parents & Student-Athletes,

As we near the end of the winter season and approach state tournament play, we are finalizing plans for the upcoming 2023-24 spring sports season! If you are interested in playing a spring sport, we offer softball, baseball, girls lacrosse, boys lacrosse, girls tennis, boys tennis, girls golf, sailing, track & field and unified track & field.

*\*Participation numbers will dictate how many levels (varsity/jv)*

### **REGISTRATION IS NOW OPEN**

In order to play a spring sport, you must register on FamilyID [HERE](#). Upon registration, you will be notified if you need to complete impact testing. The deadline to register is Friday, March 15<sup>th</sup> at 8:00pm.

*\*If you register after this deadline, you are not eligible to try out on day 1 (March 18<sup>th</sup>).*

### **IMPACT TESTING DATES**

March 4<sup>th</sup>, 5<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> from 3:15-4:15pm (old library/new cafe)

### **PHYSICAL**

You will need to have a valid in-person physical (within the last 13 months) on file prior to participation. Please schedule this ASAP so you will be cleared to participate on day 1.

### **TRYOUTS/PRACTICE START DATES**

Please note that the first day of spring sports is Monday, March 18<sup>th</sup>. Tryouts run the first 2-3 days that week. Practice schedules will be posted and shared very soon.

### **NAUSET REGIONAL MS 8TH GRADE PARTICIPATION**

In order to increase opportunities for student-athletes and fill out high school rosters, we are offering NRMS 8th grade participation in the following (6) spring sports:

Girls JV Lacrosse, Boys JV Lacrosse, Girls Tennis, Softball, Sailing & Unified Track & Field

*\*8th graders must tryout/play at the lowest level (v/jv) offered, per MIAA waiver rules*

### **SPRING SPORTS MANDATORY MEETING**

The spring sports parent/athlete meeting is scheduled for Thursday, March 14<sup>th</sup> @ 6:00pm in the Nauset Regional Middle School auditorium. Each team will meet briefly following the general session. This is a great opportunity to meet our coaches and ask program-specific questions.

### **ATHLETIC TRAINER**

Our athletic trainer is Michele Pavlu. For questions regarding registration, physicals and impact testing, please contact Michele at [pavlum@nausetschools.org](mailto:pavlum@nausetschools.org).

## ATHLETIC WEBSITE

Please visit [www.nausetsports.org](http://www.nausetsports.org) for game schedules and other athletic department information. Contact information for our head coaches is listed below. For details or specific information regarding a particular sport, please contact the head coach.

Spring Head Coach Contact Information			
First Name	Last Name	Email Address	Sport
Brian	Hicks	<a href="mailto:hicksb@nausetschools.org">hicksb@nausetschools.org</a>	Girls Golf
Brett	Labonte	<a href="mailto:labonteb@nausetschools.org">labonteb@nausetschools.org</a>	Baseball
Andy	Lisle	<a href="mailto:hightsstennis@gmail.com">hightsstennis@gmail.com</a>	Boys Tennis
Alexis	Mathison	<a href="mailto:mathisona@nausetschools.org">mathisona@nausetschools.org</a>	Sailing
Alanna	McMorrow	<a href="mailto:mcmorrowa@nausetschools.org">mcmorrowa@nausetschools.org</a>	Unified Track & Field
Moira	Nobili	<a href="mailto:mbnobili@comcast.net">mbnobili@comcast.net</a>	Track & Field
Jesse	Peno	<a href="mailto:penoj@nausetschools.org">penoj@nausetschools.org</a>	Boys Lacrosse
Harold	Pini	<a href="mailto:haroldpini@comcast.net">haroldpini@comcast.net</a>	Softball
Heather	Stevens	<a href="mailto:stevensh@nausetschools.org">stevensh@nausetschools.org</a>	Girls Lacrosse
Kathleen	Tringale	<a href="mailto:tringalek@nausetschools.org">tringalek@nausetschools.org</a>	Girls Tennis

## NAUSET WARRIORS BOOSTER CLUB

The NWBC supports all of our high school athletic programs. It is comprised of parent volunteers whose goal is to help provide the best possible experience for our student-athletes. If you are interested in learning more or helping out, please contact Lisa Still, NWBC President - [lstill1@msn.com](mailto:lstill1@msn.com).

We are looking forward to the upcoming season! Thank you in advance for your cooperation and support.

*John Mattson*

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Director of Athletics