Fall 2020
Newsletter

WATERFORD PUBLIC SCHOOLS

Waterford Athletics

A Message From Chris Landry

Welcome to Waterford High School Athletics.

A comprehensive and balanced inter-scholastic athletic program is an integral part of the total educational process. While the high school athletic program serves as an arena for the student-athlete to display his/her talents, student-athletes must in turn, be willing to accept the responsibility to self, to team, and to school. The value of athletics as an educational tool provides opportunities for mastery of established learning outcomes and exciting skills. The student-athlete will demonstrate self-discipline, emotional control and the ideals of good sportsmanship. They will be given opportunities and experience to develop healthy self-esteem and will demonstrate ethical qualities and be capable of taking their place in society. These are the goals of the athletic department.

Participation in interscholastic athletics is a privilege, not a right.

If you have any questions please feel free to reach out.

Sincerely,
Chris Landry, Director of Athletics and Student Activities

Fall Sports Registration Opens June 1st!

Waterford High School offers a wide variety of athletic options to all students. We sincerely hope that you will take advantage of some of the great opportunities that we offer. Please remember that all candidates must have proof of a current physical and must register using our online registration program called FamilyID. ***Registration for football will close on August 12, 2020. All other fall sports registration will close on August 27th. Please be sure to register before these dates. Please note that certain sports hold tryouts prior to the August 27th registration deadline.***

All sports except football - first practice date is August 27th. Football Organized Team Activity Days - August 13, 14, 15. First practice/conditioning begins August 17th. Full pad practice begins August 27th.

Be aware that some programs do make cuts depending on the number of players trying out. Players should show up in shape and ready to demonstrate their ability and skill.

Registration can be completed by clicking this link:

https://www.familyid.com/organizations/waterford-high-school

Please understand that dates/times/schedules listed in the Waterford Athletics Newsletter are accurate as of June 1 and are subject to change based on the current fluid COVID-19 conditions in CT.

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Fall 2020-2021 Sports Registration Information

Waterford High School sports registration is done conveniently online through FamilyID (www.familyid.com). FamilyID is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through FamilyID, the system keeps track of your information in your FamilyID profile. You enter your information only once for each family member, for multiple uses and multiple programs.

INFORMATION NEEDED TO REGISTER:

It will be helpful to have the following information handy to allow for accurate completion of your online registration:

- Date of last physical exam
- Physical information
- Health insurance information
- Emergency contact information

Please note: Before your student athlete's registration is approved, there must be a current physical examination form signed by a physician on file with the school nurse. Physicals are valid for 13 months from the date of the physical. If the student's physical expires during the season, he/she will not be allowed to practice or play until a new physical exam form is submitted to the nurse's office. **Without an approved registration and current physical examination form on file, the student athlete will not be eligible to participate.** We understand that students may have difficulty getting a doctors appointment for an updated physical due to the COVID-19 pandemic. If we receive any further guidance regarding the current policy from the CIAC, we will notify families of registered athletes. At this time, physicals are still valid for 13 months.

REGISTRATION PROCESS: *(We've included some helpful links on the following page to help with registration/account set-up/FAQ's/etc.)*

A parent/guardian should register by clicking this link:
https://www.familyid.com/organizations/waterford-high-school

Follow these steps:

- To find your program, click on the above link and select the registration form under the word ***Programs****.*
- Next, scroll to the bottom of the page. If this is your first time using FamilyID, click ***Create Account.*** *Click* ***Log In****, if you already have a FamilyID account.*
- Create your secure FamilyID account by entering the account owner First and Last names (parent/guardian), e-mail address and password. Select ***I Agree to the FamilyID Terms of Service****. Click* ***Create Account.***
- You will receive an email with a link to activate your new account. (If you don't see the email, check your e-mail filters (spam, junk, etc.).
- Click on the link in your activation e-mail, which will log you in to FamilyID.com
- Once in the registration form, complete the information requested. All fields with a red* are required to have an answer.
- Click the ***Continue*** *button when your form is complete.*
- Review your registration summary.
- Click the blue ***Submit*** *button. After selecting* ***Submit****, the registration will be complete. You will receive a completion e-mail from FamilyID confirming your registration.*

FamilyID - support and helpful links

If you need assistance with your registration, you may call FamilyID at 781-205-2800 or email **support@familyid.com**.

HELPFUL LINKS:

Registering For The First Time

Registering With an Existing Account

Additional Program Registration FAQ's

FamilyID Support Page

STUDENT-ATHLETES: Please understand that dates/times/schedules listed in the Waterford Athletics Newsletter are accurate as of June 1 and are subject to change based on the current fluid COVID-19 conditions in CT. Coaches will keep players informed of any changes. It is important to get in touch with your coach to make sure you are added to their team Remind group.

Football

A message from Coach Strecker:

The team currently conducts Zoom workouts Monday through Friday. We have an 8 am workout which is repeated at 5 pm. Current eighth graders interested in playing football at WHS are welcome to join us Monday through Friday for Zoom workouts with the team **AFTER** 8th grade promotion. **Eighth graders MUST wait until after promotion night before they will be allowed to participate in the Zoom workouts. Contact Coach Strecker AFTER June 18th.** We will continue to work out online until the present situation change**s** and we can start to get together as a team.

Contact Coach Strecker at **john-strecker@sbcglobal.net** to be added to the Remind App.

All team communications run through Remind. Look for **@waterfordfootball** on Instagram and **@whslancerfb** on Twitter!

Coach Strecker has announced that Waterford Football is scheduled to have three OTA's (Organized Team Activity) on Thursday August 13th - Saturday August 15th from 4:30 pm - 7 pm. This will be for all candidates, including freshmen. Athletes will begin a week of conditioning on Monday, August 17, 2020 from 4:00 pm-7:00 pm in the football locker room. Conditioning will be held from 4:30 pm - 7:00 pm for the remainder of the week. All candidates should bring both sneakers and cleats for conditioning. The first full pad practice of the season will begin on Saturday, August 22, 2020.

Volleyball

A Message From Coach Maynard:

Please email me at **mmaynard70@gmail.com** if you plan on playing volleyball in the fall or if you have any questions.

Volleyball holds 3 days of tryouts. Athletes must attend all three days.

Thursday, August 27th: Freshmen 3pm-4:30pm. Sophomores-Seniors 5pm-7pm.

Friday, August 28th: Freshmen 3pm-4:30pm, Sophomores-Seniors 5pm-7pm.

Saturday, August 29th: Freshmen 8:30am-10am. Sophomores-Seniors 10:30am-12:30pm.

Please bring water, athletic shoes and your volleyball gear for tryouts.

Cross Country

A Message From Coach Gamble:

Please email me at **cgamble@waterfordschools.org** if you intend on joining cross country in the fall. This will enable me to send you important information prior to the season.

Coach Gamble will welcome all candidates for Boys and Girls Cross-Country on Thursday, August 27, 2020 at 3 pm in the field house lobby. Practice will end at 4:30 pm. Candidates should come prepared for conditioning at that time with a wristwatch, running shoes, shorts and t-shirts, as well as personal water supplies. Friday's practice, August 28th, will be from 2:45 - 4:30. Practice on Saturday, August 29th will be from 8:30 am - 10am. General practice times will be from 2:45 p.m. to approximately 4:15 p.m., Monday through Friday (Thursday practices will often start later because the coaches have a weekly Thursday teacher meeting after school). Competitions take place on Tuesdays and some Saturdays.

Sideline Cheerleading

A message from Coach Kirsten:

All students interested in sideline cheerleading at WHS should contact me as soon as possible to obtain information about tryouts.

Coach Kirsten can be reached at **KirstenNECA@gmail.com**

Follow WHS Cheerleading **@KirstenCoach** on Twitter and **@waterfordcheerleading** on Instagram!

Tryouts will be held Monday, Aug. 24 - Friday, Aug. 28 from 4pm - 6:30pm with a parent meeting on Monday, August 24th at 5:30pm to discuss the upcoming season. Students must attend all tryout dates to be considered, unless discussed prior to first tryout day. Practices will begin Tuesday, September 8th. Regular season practices will be held on Monday, Tuesday, Thursday, and Friday from 4:00 pm - 6:30 pm, with games on Friday nights. Please notify Coach Kirsten if you cannot attend the preseason meetings.

Boys Soccer

A message from Coach Bessette:

Make sure you are diligent in your summer preparations. Work on your individual skills and conditioning. Follow the summer conditioning program provided to you.

I can be reached at **jbessette32@gmail.com** with any questions.

Follow WHS Boys Soccer **@waterfordboyssoccer** on Instagram!

Tryouts will take place on 8/27, 8/28 and 8/29 with times and location TBD. Make sure you bring cleats, running shoes and indoor soccer shoes (if you have them). Shin guards are required for contact drills.

There will be a timed two mile run on 8/27 - if you want to be considered for the varsity team, you must finish in under 15 minutes. NO EXCEPTIONS. No returning player is guaranteed a spot on V or JV. Coach Keth and I are expecting healthy competition at every position this fall.

Click on the following link for a letter from Coach Bessette: **BSOC Letter**

Girls Soccer

A message from Coach Ghiglia:

I may be reached during the summer at **cghiglia@waterfordschools.org**. We use the Remind app for all team correspondence so if you are not receiving info please let me know.

Updates and info may also be found using the twitter feed **@lancersgsoc**.

Practice will start on Thursday, 8/27 after school with time TBD and continue on Friday with a double session Saturday. All times to be determined. Freshmen will need to report to the team locker room at a time TBD before the first practice. Players will have to do a mile run to assess fitness level on either day 1 or day 2 of tryouts. The goal is under 7 minutes 30 seconds. There will be a morning and late afternoon session on Saturday, August 29th with times to be determined. Players should bring shin guards, running shoes, cleats and a water bottle to all practices.

Field Hockey

A message from Coach Quiles:

No Experience Necessary! New players should contact me at **mquiles@waterfordschools.org** to receive important information and to ask any questions. I welcome all returning players as well as any new players interested in trying out the best sport on earth!

Mandatory tryouts for field hockey will take place on **August 29 –31**. Time and location to be determined.

Summer conditioning practices may begin by the end of June or early July. Players should dress appropriately for the weather and should bring all necessary equipment including cleats and sneakers, mouth guard, shin guards, eye protection approved for field hockey, a field hockey stick, and their own personal water supply. **Important!** Players must sign up on Family ID as soon as possible! Physicals must be current and on file with the school nurse one week prior to tryouts.

Girls Swimming & Diving

A message from Coach Arnold:

All parents and team members are encouraged to sign up for team text messages. We use an app called **Remind**. It does not allow me to see your numbers. I will only see your name. This has proved to be a valuable communication tool. Please text the number **81010** and in the message box type **@waterfo** and follow the directions in the return text.

If you have any questions, please contact Coach Arnold by email at **barnold@waterfordschools.org**

Coach Arnold will welcome all candidates for the Girls Swimming and Diving team on Thursday, August 27th. This will be on the 2nd day of school. You MUST have an updated physical on file and a completed registration on FamilyID. We will start our practice with athlete check-in and then head to the pool. We will then begin our pool training (please have a one-piece bathing suit, cap, goggles and water/sport drink). Practice will be in the pool until 5pm. We will practice on Friday, August 28th from 2:20-5pm. There will also be practice on Saturday, August 29th in the morning (time TBD). Our practice schedule will be 2:20p.m.-5:00p.m. throughout the season and on Saturday mornings. Our dual meet competitions are generally on Tuesdays and Fridays. We will hopefully be doing team conditioning during the summer. These will be starting when we are allowed back on the WHS campus. Times will be announced when they are determined by the district.

CIAC Rules of Eligibility Information - click the link below

Link to CIAC Brochure

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Athletics Home Webpage
Athletics News Webpage

GO LANCERS!

Follow us on Twitter!

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CIAC - @ciacsports
Waterford Schools - @wps_ct
Superintendent - @WaterfordSuper
WHS Principal - @HauserWHS

We're on Instagram!

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