

# Waterford High School

# Athletics

## Newsletter



**Home of  
Lancer Nation**

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# A MESSAGE FROM ATHLETIC DIRECTOR CHRIS LANDRY

Welcome to Waterford High School Athletics!

We are currently approaching the end of our fall sports season which means we are very busy in the athletic department preparing for the upcoming winter season. I hope that many of you take advantage of the various winter sports offerings at WHS.

Please take the time to read our newsletter as it contains a lot of important information regarding the WHS athletics program including how to register for sports, coach and coach contact information, eligibility, digital ticketing for admission to events and sports highlights.

Thank you again, for your continued support of the Waterford athletics program and our student-athletes. Creating a positive environment for all student-athletes is one of the most important things we can do.

After such a successful fall season, I look forward to seeing you all this winter season!

Sincerely,

Chris Landry, Director of Athletics and Student Activities

## WINTER SPORTS REGISTRATION IS NOW OPEN

Please remember that all candidates must have proof of a current physical on file in the nurse's office and must register using our online registration program ArbiterSports (formerly FamilyID). Registration for winter sports needs to be completed by November 27th for ice hockey, wrestling, and girls basketball and November 30th for all other sports.

Note that certain sports will hold tryouts and there may be cuts. Coaches will relay tryout information to players in advance.

Registration can be completed by clicking this link: [\*\*ArbiterSports Registration\*\*](#)

## IMPORTANT INFORMATION WHEN REGISTERING IN ARBITERSPORTS

Throughout the season, notifications may be sent out through ArbiterSports Registration. These notifications may include expired/expiring physical notifications, game admission information, etc. The email sent through ArbiterSports will go to the **account owner email address ONLY**. If you would like to **add additional email addresses** so that another parent/guardian receives the notification(s), please do the following:

Choose **Profile** under your user name at the top of the ArbiterSports Registration page. Click on **Personal Information**. Next to **Additional Notification Email(s)**, you can add up to 5 additional emails for anyone who you would like to also receive email notification(s) sent out through ArbiterSports. Click **Save**.

If you need to update a registration after you have registered (upload an updated physical, change an emergency contact, etc), you **DO NOT** need to re-register your student. Click on **Registrations** at the top of the webpage. Look at **Completed Registrations** and choose the registration you wish to update. Click on **Add or Update Info**. You can now edit/update your registration. Make sure you click **Save** at the bottom after you have updated your registration. You can also follow the same procedure if your student-athlete chooses to change from their current sport selection to a different one (if new chosen sport is still available).

If you have outdated physicals attached in Arbiter Sports, please delete them when you upload a new physical. This helps make the updating process quicker & easier for athletics staff and the nurse.

Detailed registration instructions & information needed to register can be found on [PAGE 12](#).



# WINTER SPORTS OFFERINGS & COACH CONTACT INFORMATION

## **Boys Basketball: Bill Bassett - [wbassett@waterfordschools.org](mailto:wbassett@waterfordschools.org)**

Tryouts will take place on Thursday, 11/30. Grade 9 will try out together and grades 10-12 will try out together. Time will be forthcoming from Coach Bassett. Contact Coach Bassett with any questions.

## **Girls Basketball: Kaitlyn Sullivan - [ksullivan@waterfordschools.org](mailto:ksullivan@waterfordschools.org)**

Tryouts will take place on Monday, 11/27, Tuesday 11/28 and Wednesday 11/29. All grades will try out together. Time will be forthcoming from Coach Sullivan. Bring a pair of running sneakers in addition to your basketball sneakers. Contact Coach Sullivan with any questions.

## **Competitive Cheerleading/Sideline Basketball: Kirsten Maskell - [kirstenneca@gmail.com](mailto:kirstenneca@gmail.com)**

Competition/Basketball tryout dates: Monday, 11/27, Wednesday, 11/29, Thursday, 11/30 and Friday 12/1. Times will be forthcoming from Coach Kirsten.

Practice schedule: Mon., Tue., Thu., Fri. from 4:30-7 pm and cheering at all varsity home basketball games.

Please contact Coach Kirsten for pre-season conditioning and tumbling info and to get on her contact list!

## **Indoor Track - Boys & Girls: Jay Criscuolo - [jcriscuolo@waterfordschools.org](mailto:jcriscuolo@waterfordschools.org) & Kevin Blackburn**

First practice date is Thursday, 11/30 from 2:20-4pm. We will meet in the Field House. Join WHS track Remind group: Download the Remind App, create an account & type in the class code @whsletsgo.

Get in shape for track BEFORE the season begins by running, lifting & core work. Workouts will be posted online and at pre-season meetings.

Be prepared every day to practice outside. You will need a long sleeve t-shirt, shorts, sweats, hat, gloves, and running shoes. You will also need a basic sports watch. See or contact Coach Criscuolo or Coach Blackburn for more information. We look forward to meeting you!



# WINTER SPORTS OFFERINGS & COACH CONTACT INFORMATION

## **Wrestling: Chris Gamble - [cgamble@waterfordschools.org](mailto:cgamble@waterfordschools.org)**

Practice will start on Monday, 11/27 in the wrestling room. No tryouts—all are welcome to join (experience or no experience)

Practices are Mondays, Tuesdays, Wednesdays & Fridays from 2:45-5pm, Thursdays from 3:15-5pm & Saturdays from 8:30am-10:30am. Competitions are on Wednesdays & Saturdays (and 1 Friday in January). Contact Coach Gamble with any questions.

## **Boys & Girls Fencing: Hugh Teel - [coachteel152@gmail.com](mailto:coachteel152@gmail.com)**

Preseason conditioning begins Monday, 11/6 from 3:30pm-4:40pm. We will meet in the hallway outside of the Lancer Gym by the trophy case. Conditioning will be Monday, Wednesday & Fridays.

The fencing season begins Monday, 11/27 from 5-7 pm in the Lancer Gym. Contact Coach Teel with any questions or for more information.

## **Boys Swimming & Diving: Amy Poulton - [amyp31993@gmail.com](mailto:amyp31993@gmail.com)**

The Waterford boys swim and dive team will be co-oping with Ledyard High School this year.

Coach Amy will welcome all candidates for the boys swimming & diving team on Thursday, Nov. 30th for our first practice!!

If you are considering, or have decided to join the team, please contact Coach Amy to learn about our team communication and get the Remind app code.

Our daily practice schedule will be 3-5pm on Mo, Tu, Th & Fr and on Wed. from 3:30pm-5:30pm. Saturday practice time is 8am-10am.

Our dual meet competitions are generally on Tuesdays with some various other days. If you have any questions, please contact Coach Amy at the above email address.





# WINTER SPORTS OFFERINGS & COACH CONTACT INFORMATION

## **Boys Ice Hockey: Eric Sager - [ericsager@yahoo.com](mailto:ericsager@yahoo.com)**

The Eastern CT Eagles hockey team is a cooperative hockey program with students from local high schools in southeastern CT. WHS students must sign up on ArbiterSports on the WHS winter sports registration page. All costs and transportation associated with ice hockey are the responsibility of the athlete/family. Contact Coach Sager with any questions. Tryout date/times are as follows: 11/27-11/30: 3pm-4:15pm @ Conn College Rink. 12/1: 4:10pm-5:10pm @ Norwich Rink. 12/2: 5:15pm-6:45pm @ Norwich Rink. Athletes MUST attend all tryout dates.

## **Girls Ice Hockey: Eric Roy - [eroy3425@gmail.com](mailto:eroy3425@gmail.com) or**

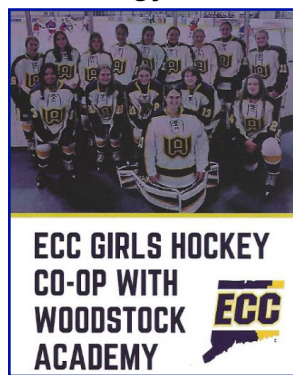
**Sean Saucier - [ssaucier@woodstockacademy.org](mailto:ssaucier@woodstockacademy.org)**

Anyone interested in participating in girls ice hockey in the ECC cooperative hockey program with Woodstock Academy should contact Sean Saucier (athletic director - Woodstock Academy) or Eric Roy (Woodstock girls ice hockey head coach) for additional information. WHS students must sign up on ArbiterSports on the WHS winter sports registration page. All costs and transportation associated with ice hockey are the responsibility of the athlete/family.

## **Gymnastics: Kim Detuzzi - [abcgymstars@aol.com](mailto:abcgymstars@aol.com)**

The High School Gymnastics team is a cooperative program with students from East Lyme, Waterford, and St. Bernard high schools. WHS students must sign up on ArbiterSports on the WHS winter sports registration page.

If you are interested in participating on the gymnastics team please contact Coach Detuzzi for more information. Try outs are at ABC Shoreline Gymnastics 40 Industrial Park Rd. Niantic. Date/time will be forthcoming from Coach Detuzzi. All costs and transportation associated with gymnastics are the responsibility of the athlete/family.



## NEW COACHES AT WHS

WHS would like to welcome our new coaches this year.



(R) Girls & boys swimming & diving head coach

Amy Poulton (middle) and assistant coaches Vanessa Townsend and Andy Gathy.

(L) Girls field hockey head coach Liz Force (left), girls lacrosse head coach Taylor Shannon (middle), and girls tennis assistant coach Joe Steady.



# News and Highlights

## THE DAY ALL-AREA PLAYER OF THE YEAR & ALL-AREA TEAM

Waterford HS had a spring season student-athlete selected by The Day as an All-Area Player of the Year. Congratulations to girls tennis player Sarah Hage who earned this honor for a second year in a row!

The following student-athletes were selected to The Day All-Area Team for their respective spring sport. **Softball:** Anna Dziecinnny & Grace Muti (infield), Paige Jessuck (outfield), Brielle Kenney (pitcher) and Melanie Martin (catcher). **Baseball:** Brian Ingraham (infield), and Anthony Jessuck (outfield). **Track & Field:** Evan Piotrowski (400m), Elliot Childs (300 hurdles), and Elle Dibuono, Sarah Conti, Avery Maiese & Alexa Collins (4x400 relay). **Boys Lacrosse:** Jackson Huta (attack), Ayden Bousquet (SSDM), and Dom Hedge (utility).



9th. They also held their annual Block out Cancer / Eudy Night on October 16th with funds raised helping to support the Josh Eudy Scholarship Fund.

Also on October 16th, the girls swim team held a Pink Out swim meet to help support breast cancer research.

The soccer teams hosted youth soccer night. The girls team hosted youth soccer players on October 17th and the boys will host on October 25th. The girls soccer team also volunteered at the Terri Brodeur Breast Cancer Awareness Walk in October, cheering on the walkers as they passed by.

The WHS Cheerleaders lead the warm up dance at the Walk to End Alzheimers event in September, distributed pink pumpkins along the Terri Brodeur walk in downtown Niantic and volunteered at Addy's Run in October. They will also host cheer youth night on Friday, 10/27 at the football game.



## ECC'S

As of this publication, the girls volleyball team has clinched their 2023 division title. Any further ECC division or championship winners will be published in next season's newsletter.

## LANCERS IN THE COMMUNITY

The Waterford football team hosted youth night on September 21st. Members from youth flag, micros, juniors and seniors attended.

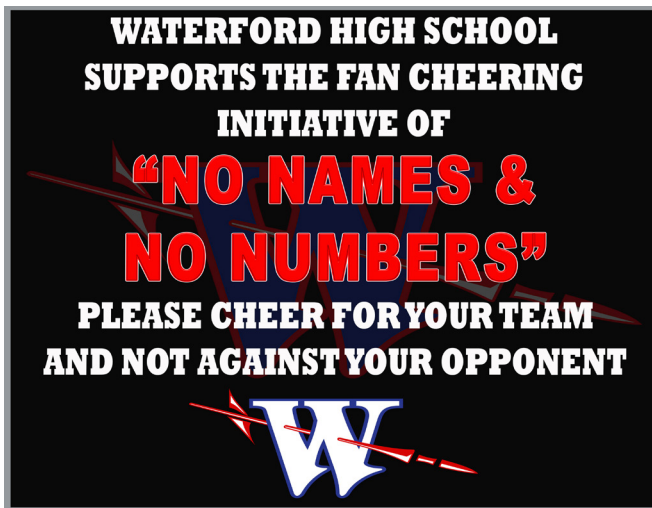
The volleyball team participated in The Day Volleyball Invitational tournament at Mohegan Sun Arena on October





## "No Names, No Numbers" FAN CHEERING INITIATIVE

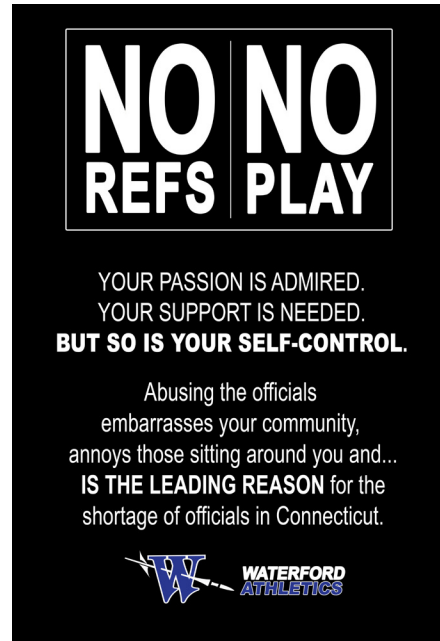
Waterford High School will be supporting the fan cheering initiative, "No Names, No Numbers." The phrase will be used by our student fan group leaders and crowd control personnel to remind all fans that they are not to call out an opposing player either by name or number. Cheer FOR your team, NOT against your opponent which makes the game more enjoyable for everyone.



## WITHOUT OFFICIALS, IT'S JUST PRACTICE

There is a declining number of people getting into officiating in recent years which is not enough to replace those that are leaving the profession. Please

keep in mind that officials, just like our players and coaches are part of the game. Mistakes will be made. It is not intentional. We ask our parents, fans and student sections to support the game and make it a positive environment for everyone. Keep in mind... without officials, It's just practice. #NoRefsNoPlay



## WHS BOOSTERS

The Waterford High School Booster Club is a volunteer organization dedicated to enhancing and promoting our student athletes here at Waterford High School. Their goal is to work actively with the athletic director, school administration, coaching staff, parents, students and community to help improve the sporting experience for all involved.

The Booster Club funds end of year awards for senior athletes, athletic scholarships and other activities/equipment to benefit student-athletes. The Boosters also run the concession stand for home football and basketball games.

The Booster Club is seeking donations for the concession stand for the upcoming winter season. Items such as candy, chips, canned soda, Gatorade, hot chocolate mix, paper plates, hot beverage cups & napkins will be happily accepted. If you would like to donate any of the above items to the concession stand, feel free to drop them off in the main office or at the concession stand during any home varsity basketball game.



# CELEBRATING OUR FALL SEASON SENIORS

A huge thank you to all of our fall senior athletes for your hard work and dedication to the Waterford athletics program!





# SNAPSHOTS FROM THE FALL SEASON





The unified team hosted a cornhole tournament with Bacon Academy and NFA on October 4th and the ECC Unified Soccer Tournament with Killingly, Bacon Academy, Ledyard, NFA and Fitch on October 17th. The Waterford girls soccer team volunteered their time to officiate, keep the music playing and cheer on the athletes. The unified team will also be attending the youth leadership summit in November.

In the winter, the unified team will be spending time in the pool and practicing for the ECC cheerleading competition and basketball tournament.



## CONSIDER JOINING THE WHS UNIFIED TEAM AS A PARTNER

Unified Sports is a registered program of Special Olympics that combines athletes with and without intellectual disability (or other developmental delays) on sports teams for training and competition.

The WHS Unified team is looking for partners to expand our team. The schedule varies season to season. We practice for the unified soccer, basketball and track tournaments. If you would like to be a part of a fun and supportive team, contact Ms. Murphy at [mmurphy@waterfordschools.org](mailto:mmurphy@waterfordschools.org) or stop by Room 201.



**This Is Why We Play Unified**



# Important Information

## TRAVEL RELEASE POLICY

If parents/guardians choose to transport their child to and/or from away contests they must complete the **TRAVEL RELEASE FORM** (click to open link) and turn it in to their coach prior to the contest. **Athletes are not permitted to drive themselves to away contests. Athletes must be picked up by their own parent/guardian or ArbiterSports authorized pickup person. No parent is allowed to transport another individual child to or from WHS athletic away competitions.** EXCEPTION: Individual state or regional qualifying competitions.

## SPORTS PHYSICALS ARE VALID FOR 13 MONTHS

Physicals are valid for 13 months. If the student's physical expires during the season, he/she will not be allowed to practice or play until an updated physical exam form is submitted to the nurse's office. Be sure to check your child's physical date.

## WHS SCHOOL BASED HEALTH CENTER

WHS has a School-Based Health Center (SBHC) located on site. The SBHC provides comprehensive physical and behavioral health and well care to students. An APRN (Advanced Practice Registered Nurse) and two Behavioral Health Clinicians who are experts in adolescent health and employed by UCFS Healthcare offer services. SBHC services and care will supplement and coordinate with services and care provided by private pediatricians. Services are billed to insurance carriers, and assistance is available for those who are not insured.

SBHC's services include yearly well-child examinations, vaccinations, sports physicals, and acute and chronic care visits. The WHS SBHC is a convenient way for student-athletes to obtain a physical when they are unable to obtain a physical in a timely manner with their pediatrician. **You must be enrolled in order to use the SBHC services.**

[Link to SBHC Information](#)

[Link to Electronic SBHC Enrollment Form](#)

[Link to .pdf Enrollment Form](#)

## ELIGIBILITY RULES FOR PARTICIPATION IN SPORTS

First time ninth grade students will automatically be eligible for the first marking period. You have eight consecutive semesters, or four consecutive years of eligibility from the date of initial entry into ninth grade. You may not participate in a specific school sport for more than four seasons in grades 9-12. Student eligibility is determined within 2-3 days after grades are due by teaching staff. Year end grades determine initial eligibility for a fall sport. Student-athletes must pass at least 4 quarter Carnegie units of work as determined by year end grades. First quarter grades determine initial eligibility in a winter sport and second quarter grades determine continuance in winter sports.

### CIAC Rules of Eligibility



The graphic is titled "CIAC Eligibility Rules" with the CIAC logo (Connecticut Interscholastic Athletic Conference) on the left. Below the title, it states: "A student-athlete can not, at any time, represent a school in interscholastic sports unless passing at least four quarter Carnegie units of work or the equivalent." This is followed by a bold warning: "NEVER SCHEDULE A STUDENT-ATHLETE FOR LESS THAN 4 CREDITS!". The graphic then lists four numbered steps in a vertical column, each with a red arrow pointing right:

- 1** First Quarter Grades  
Determine Continuance in a Fall Sport & Initial Eligibility for a Winter Sport
- 2** Second Quarter Grades  
Determine Continuance in a Winter Sport & Initial Eligibility for a Spring Sport
- 3** Third Quarter Grades  
Determine Continuance in a Spring Sport
- 4** Year End Grades  
Determine Eligibility for a Fall Sport  
(A student-athlete must have earned four (4) credits towards graduation)

At the bottom, it states: "Marking Period Grades (not semester grades) are to be used in determining academic eligibility to participate in interscholastic sports. If you have any questions please ask your athletic director."

# WINTER 2023-2024 SPORTS REGISTRATION INFORMATION

Waterford High School sports registration is done conveniently online through ArbiterSports (formerly FamilyID).

ArbiterSports 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 ArbiterSports, the system keeps track of your information in your ArbiterSports 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 currently 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.

**REGISTRATION PROCESS:** (We've included some helpful links at the end of the newsletter to help with registration/account set-up/FAQ's/etc.)

A parent/guardian can register by clicking this link: [\*\*ARBITERSPORTS REGISTRATION\*\*](#)

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 ArbiterSports, click ***Create Account***. Click ***Log In*** if you already have an ArbiterSports account.
- Create your secure ArbiterSports account by entering the account owner's First and Last name (parent/guardian), e-mail address and password. Select ***I Agree*** to the ArbiterSports 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 email filters (spam, junk, etc.).
- Click on the link in your activation e-mail, which will log you into ArbiterSports. 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 ArbiterSports confirming your registration.

**If you need assistance with your registration, email [support@arbittersports.com](mailto:support@arbittersports.com) or call 800-311-4060**



# Helpful Links & Game Information

## ARBITERSPORTS

Please click the following links for help with registration, FAQ's, and additional support.

[Registering For The First Time](#)

[Registering With an Existing Account](#)

[Program Registration FAQ's](#)

[ArbiterSports Support Page](#)

## QUICK LINKS

Check the following links often as changes frequently occur:

[Waterford Athletics Webpage](#)

[Team Practice & Game Schedules](#)

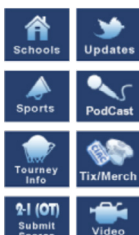
[CIAC Main Webpage](#)

[ECC Main Webpage](#)

## 3 EASY WAYS TO NEVER MISS A GAME

Looking for an easy way to see all of the Lancer's upcoming contests?

Download the CT Sports App onto your phone. It's quick, easy and FREE! (for Apple products only)




Log into CIAC Mobile on your phone. [CIACMobile.com](http://CIACMobile.com) provides instant access to the most up-to-date info on CT High School sports, including: Listing of schools with the ability to save schools as "Favorites", driving directions to athletic facilities, "Today's Games" schedule for each school, game/schedules and results, rosters, brackets, and local sports news from Connecticut newspapers.



Find all of the Lancer's game and practice schedules on [ArbiterLive](#). Search for Waterford High School, and then the sport you are interested in. A link to purchase tickets for upcoming events on the GoFan website is at the top of the page.


# TICKET SALES ARE DIGITAL

**T**icket purchases for B/G lacrosse will be DIGITAL only and must be purchased through the GoFan.co platform. Single game ticket fees will be \$6 for adults and \$3 for senior citizens and students. Senior citizen passes available at the Waterford Senior Center will be accepted for admission. **We will be offering season passes through GoFan at a discounted price. An email will be sent to all families with prices and information at the beginning of the spring season.** To learn how to purchase, redeem or transfer tickets, check out the [Go-Fan Fan Support Page](#).

**WATERFORD ATHLETICS**


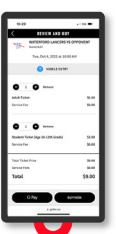
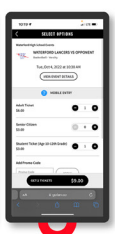

DIGITAL TICKETING REQUIRED FOR THIS EVENT (NO CASH SALES)

Go TO  
[www.GoFan.co](http://www.GoFan.co) IN YOUR BROWSER  
(SEARCH WATERFORD) OR SCAN QR CODE.


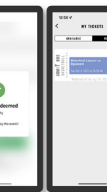
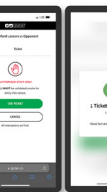
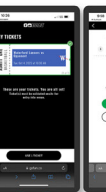



GoFan Box Office Purchase (CREDIT CARD READER) MAY BE AVAILABLE FOR THIS EVENT. SEE EVENT STAFF.






**GOFAN How to Buy Tickets**



**GOFAN How to Use Tickets**



**GOFAN How to Transfer Tickets**



THIS EVENT WILL CHARGE ADMISSION THROUGH HALF-TIME OF THE VARSITY GAME

# WATCH TURF FIELD, POOL & FIELD HOUSE GAMES FROM HOME!

HIGH SCHOOL SPORTS WHEREVER, WHENEVER.

**T**he NFHS Network is the leader in streaming live and on demand high school sports.

The NFHS Network covers 27 different regular season and postseason sports, as well as other high school activities, celebrating the accomplishments of student-athletes, student-broadcasters, and high schools across the country.

Partnered with the National Federation of State High School Associations, 44+ high school state athletic/activities associations, and PlayOn! Sports, the NFHS Network is a joint venture created to provide fans with the ability to stream high school sports on any device, from wherever they are.


All NFHS Network events are available to watch online at [www.NFHSnetwork.com](http://www.NFHSnetwork.com) and through the NFHS Network Mobile Apps for iOS and Android and our TV Apps for ROKU, Amazon Fire, Google TV and Apple TV. Paid subscription required.

Watching high school sports and events has never been easier!

**Annual Pass**  
**\$79.99/yr**  
Billed annually.  
Equal to 12 months at \$6.67/mo.

**45% off**


**Monthly Pass**  
**\$11.99/mo**  
Billed monthly. Cancel anytime.




Choose an Annual Pass to participate in the High School Support Program, which gives schools and athletic programs the financial boost they need right now. [Learn More.](#)


All Passes include:


- Full access to Live regular season and post-season sporting events
- Immediate access to events when they are available On Demand
- Support for participating school's programs





Watch from anywhere


  
iOS


  
Android

  
Any browser

  
Fire TV

  
tvOS

  
Roku

  
Google TV



# STUDENT-ATHLETE SPORTS PHOTO

The Waterford Athletic Department in partnership with our Student Athlete Advisory Board (SAAB) will be taking orders for winter team photos with individual head shots.

The photo is an 8 x 10 with the student-athlete and team. The cost will be \$22. Winter athletes will receive an email after the season begins so be on the lookout!



2022-2023

**WATERFORD  
LANCERS**





# STUDENT-ATHLETE ACTION PHOTOS

Throughout the year, our athletics administrative assistant Wendy Morris takes numerous photos of our student-athletes during varsity games. These photos are used to promote our student-athletes on the athletics social media pages as well as the website, lobby/cafe monitors, and our newsletter.

The photos are added to a sport specific Google folder and the link to the folder is either emailed or sent through the Remind app to all student-athletes registered for that particular sport. Students are reminded when the link is sent, that they should forward the link to their families so that they can enjoy the photos as well. Be sure to ask your child to forward the link if they haven't already.

Please note: There are students who take photos for yearbook or photography experience and are part of the lancer media team who share their photos with our student-athletes. These photos are not shared through the athletic department.



**CHRIS LANDRY, DIRECTOR OF  
ATHLETICS & STUDENT ACTIVITIES  
WATERFORD HIGH SCHOOL**  
20 ROPE FERRY RD.  
WATERFORD, CT 06385

PHONE: 860-437-6956  
FAX: 860-437-6968

CONTACT:  
CHRIS LANDRY:  
[CLANDRY@WATERFORDSCHOOLS.ORG](mailto:CLANDRY@WATERFORDSCHOOLS.ORG)  
WENDY MORRIS, ATHLETICS ADMIN. ASST.  
E-MAIL: [WMORRIS@WATERFORDSCHOOLS.ORG](mailto:WMORRIS@WATERFORDSCHOOLS.ORG)

**ATHLETICS HOME WEBPAGE**  
**GO LANCERS!**

CIAC Rules of Eligibility Information - click the link below:

[Link to CIAC Brochure](#)



**Follow us on Instagram!**

Waterford Athletics - [@lancer\\_sports1](#)

Athletics Admin. Asst - [@Wendy\\_morris](#)

CIAC - [@ciacsports](#)

ECC - [@goeccathletics](#)