



SOUTHWICK REGIONAL SCHOOL



RAMS ATHLETICS

The Athletic Program provides enrichment opportunities through student participation as players, managers, or trainers in many areas of the program. We offer a variety of sports at multiple levels. Students in grades 7-12 are eligible to participate and teams will be selected based on ability regardless of grade level. Varsity teams will compete at the highest level and JV and sub-varsity teams will be created pending number of student-athletes participating, available facilities, and financial feasibility.

The program provides the following values in unmeasured terms of specific objectives:

1. Gives the exceptional student an opportunity to develop his/her superior ability.
2. Promotes team unity and school spirit.
3. Provides a safe way to experience success and failure.
4. Provides the student with an opportunity to learn about themselves mentally, emotionally, physically, and spiritually.

Southwick strives to educate our athletes in the following values...

Respect yourself and others Accountable for your actions Motivate yourself and others S-will lead to **SUCCESS**

FALL

Boys Soccer
Girls Soccer
Boys Cross Country
Girls Cross Country
Field Hockey
Golf
Girls Volleyball
Unified Basketball

WINTER

Boys Basketball
Girls Basketball
Wrestling
Boys Ice Hockey
Girls Ice Hockey (coop potential)
Boys Indoor Track
Girls Indoor Track
Boys Alpine Ski
Girls Alpine Ski
Cheerleading

SPRING

Baseball
Softball
Boys Track & Field
Girls Track & Field
Boys Volleyball
Unified Track
Girls Lacrosse

FALL SEASON practice/tryouts begin- **Monday August 19, 2024**, (Golf COULD begin on August 16th). Please plan summer vacations accordingly.

ONLINE REGISTRATION- Any student-athlete interested in participating in athletics in the 2024-2025 school year **MUST register ONLINE on FamilyID**. There is a link to FamilyID on the school's website (SRS Athletics Page). Registration for Fall sports will begin in May. Winter sports registrations will open in October, and Spring sports in January. Click on the FamilyID link and fill in all the required sections to register.

PHYSICALS- Any student interested in playing a sport ***must have had a physical cleared by the school nurse and must be academically eligible***. The physical must be no older than 13 months. Physicals should be turned into the school nurse **by August 16, 2024** in order to practice in the first week of fall tryouts. Late physicals will not be processed until after the first day of try-outs.

Any questions please call Athletic Director, Mr. Meirion George at 569-6171 x-1507 or via email at mgeorge@stgrsd.org.