As I write this letter, only three words come to mind... We Did It! The 20-21 school year has been challenging to say the least, but we did it. We were able to have successful fall, winter and spring seasons for most of our student-athletes and I couldn’t be more proud of our athletes, coaches and staff this year. Masking, hybrid learning, close-contact quarantining, and social distancing all became a ‘normal’ part of this school year. We all had to follow very detailed sports plans in order to participate. But we did it. Our department is and always has been committed to doing all we can to ensure the safety of our student-athletes and school community. Thank you to everyone who helped make this past year so successful despite all of the obstacles. I look forward to an exciting, and hopefully, less restrictive fall season next year. Please be sure to register early and make sure that you have a current physical on file with the WHS nurse.

I wish you all a very relaxing summer. Stay healthy!

Sincerely,

Chris Landry, Director of Athletics and Student Activities

Fall Sports Registration Opens June 2, 2021

Please remember that all candidates must have proof of a current physical and must register using our online registration program, FamilyID. Fall sports registration will close on August 28th. Please be sure to register before the 28th. Please note that certain sports hold tryouts prior to the registration deadline. Coaches will relay tryout information to students in advance.

All sports first practice date is set for August 26th.

FOOTBALL – ORGANIZED TRAINING ACTIVITIES (OTA’s) – Thursday, August 12; Friday, August 13; Saturday, August 14 (SUNDAY, AUGUST 15 IS PROHIBITED) Conditioning Week – Monday, August 16, 2021 First Contact Practice – Saturday, August 21, 2021

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
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.

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.
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 on the date that grades are officially distributed to all students or on the fourteenth calendar day following the end of a marking period, whichever comes first. 

CIAC Rules of Eligibility Brochure
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: Coaches will keep players informed of any changes in the spring sports program. It is important to get in touch with your coach to make sure you are added to their team Remind group.

Quick Links - Check these often as changes occur

- Waterford Athletics Webpage
- WPS Reopening Plan
- Team Practice & Game Schedules
- CIAC Main Webpage

New to Waterford Athletics?

If you’re new to athletics at Waterford High School, the following steps will get you ready to go in no time.

1. Sit with a parent/guardian and sign up for a FamilyID account. Be sure to have your medical information, insurance and physical handy. Both the student-athlete AND parent/guardian need to sign consent forms during the registration process. See page 2 for instructions on setting up a FamilyID account.
2. After registering and choosing your sport, email your coach. Coaches will add you to their contact list where you will receive information regarding meetings/practices/etc.

Travel Release Policy

If parents choose to transport their son or daughter to and/or from away contests they must complete the TRAVEL RELEASE FORM (click to open link) and turn it in to their coach at least 12 hours prior to the contest for approval. Athletes are not permitted to drive themselves to away contests.
Fall Sports Offerings & Coach Contact Information

**Football:** Zeth Nolda - znolda@waterfordschools.org

Please get in touch with Coach Nolda so that you can be added to his Remind group. Football will be starting summer workouts on June 28th. They will be on Mondays 7:30-10am, Wednesdays 4:30-7pm, and Fridays 7:30-10am on the turf field at WHS.

There will be Organized Training Activities (OTA’s) Thursday, August 12th, Friday the 13th and Saturday the 14th followed by a week of conditioning. First contact practice, Saturday August 21st.

All candidates should bring both sneakers and cleats for conditioning.

**Sideline Cheerleading:** Kirsten Maskell - kirstenneca@gmail.com

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!

There will be a week of tryouts. Students must attend all tryout dates to be considered, unless discussed prior to first try-out day. Regular season practices will be held on Monday, Tuesday, Thursday, and Friday with games on Friday nights.

**Cross Country - Boys & Girls:** Chris Gamble - cgamble@waterfordschools.org

Coach Gamble will welcome all candidates for Boys and Girls Cross-Country on Thursday, August 26, 2021 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 27th, will be from 3 pm - 4:30. Practice on Saturday, August 28th 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 (some Thursday practices will start later because the coaches have a weekly Thursday teacher meeting after school). Competitions take place on Tuesdays and some Saturdays.

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.

**Soccer - Boys:** Josh Bessette - jbessette32@gmail.com

Tryouts will take place on 8/26, 8/27 and 8/28 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.

Make sure you are diligent in your summer preparations. Work on your individual skills and conditioning. Follow the summer conditioning program provided to you. There will be a timed two mile run on 8/26 - 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 Jeff and I are expecting healthy competition at every position this fall.

Coach Josh can be reached this summer at jbessette32@gmail.com. If you are new to WHS soccer, make sure you give me your contact information so that you can be added to my Remind group. Follow the team on Instagram @waterford-boyssoccer.
Fall Sports Offerings & Coach Contact Information

**Soccer - Girls:** Chris Ghiglia— cghiglia@waterfordschools.org

Practice will start on Thursday, 8/26 time TBD and continue on Friday and 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. Players should always have shin guards, running shoes, cleats, and a water bottle at all practices. Coach Ghiglia may be reached during the summer at cghiglia@waterfordschools.org. Updates and info may also be found using the Twitter feed @lancersgsoc. We use the Remind App for all team correspondence so if you are not receiving info please let him know so you can join the class.

**Volleyball:** Matt Maynard - mmaynard70@gmail.com

Volleyball holds 3 days of tryouts. Athletes must attend all three days.
Thursday, August 26th: Freshmen 3pm-4:30pm, Sophomores-Seniors 5pm-7pm.
Friday, August 27th: Freshmen 3pm-4:30pm, Sophomores-Seniors 5pm-7pm.
Saturday, August 28th: Freshmen 8:30am-10am, Sophomores-Seniors 10:30am-12:30pm.
Please bring water, athletic shoes and your volleyball gear for tryouts.

**Field Hockey:** Molly Quiles - mquiles@waterfordschools.org

Mandatory tryouts for field hockey will take place on August 26. Time and location to be determined. Coach Quiles will be welcoming all returning players as well as any new freshmen or upperclassmen interested in trying out the best sport on earth! NO EXPERIENCE NECESSARY!

New players should email Coach Quiles in order to receive important information and to ask any questions. 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. Coach Quiles may be reached during the summer at mquiles@waterfordschools.org.

**Girls Swimming & Diving:** Brett Arnold - barnold@waterfordschools.org

Coach Arnold will welcome all members for the Girls’ Swimming and Diving team on Thursday, August 26 & 27 from 9am-12pm for our first practices!!! On Saturday the 28th practice will be 8am-12pm. More details about the 28th will be announced during the summer. On Monday August 30th & Tuesday 31st practice will be from 3-5pm.

You MUST have an updated physical on file and complete the FamilyID sign up. 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). Once school begins our daily practice schedule will be 2:20-5:00 p.m. throughout the season and on Saturday mornings. Our dual meet competitions are generally on Tuesdays and Fridays. We will also be doing team conditioning during the summer. Details will be announced via the Remind app soon.

If you have any questions, please contact Coach Arnold by email at barnold@waterfordschools.org. 
**IMPORTANT**—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.
On March 27, 2021, the Lancer Softball Turf Field was officially opened with a ribbon cutting ceremony. After a year delay due to the spring 2020 sports season cancellation, the field was opened just in time for the first softball practice of the 2021 season. The Lancer softball players were selected to cut the ribbon and officially open the field.

**New Coaches at WHS!**

Waterford High School welcomes three new coaches next year.

**ZETH NOLDA:**
**Head Football Coach**

Coach Nolda is a current physical education teacher at WHS. He was the assistant football coach for the Lancers for the past five seasons and is the assistant wrestling coach.

**MATT ROBERTS**
**Football Defensive Coordinator**

Coach Roberts is an English teacher at WHS and has served as the defensive coordinator for Ledyard football for the past three years.

**KAITLYN SULLIVAN**
**Head Girls Basketball Coach**

Coach Sullivan is a special education teacher at Clark Lane Middle School. She was the assistant girls basketball coach at Stonington for the past six years.
CONGRATULATIONS TO OUR ADDITIONAL FALL & WINTER ALL-STATE ATHLETES! (L-R) ALEX ARD: CHSCA ALL-ACADEMIC BOYS SOCCER TEAM, SEAN CORMAN: CHSCA ALL-ACADEMIC BOYS CROSS COUNTRY TEAM, MILENA WALKER: CHSCA GIRLS BASKETBALL CLASS MM ALL-STATE TEAM, SOPHIA BRUNACCIONI, JENNA CALDRELLO, KATLYN BROWN, CAMILLE CALDRELLO: CHSCA ALL-STATE CLASS M CHEERLEADING TEAM, SOPHIA BRUNACCIONI & JENNA CALDRELLO: CHSCA ACADEMIC ALL-STATE TEAM.

ECC Athlete of the Week

WHS HAD SEVERAL ECC ATHLETE OF THE WEEK WINNERS. ATHLETES ARE NOMINATED BY THEIR COACH BASED ON THE PREVIOUS WEEKS STATS & ONLINE VOTING DETERMINES THE WINNER. CONGRATULATIONS TO TREVOR D’AMICO (WINTER WEEK 2), SEAN O’CONNELL (WINTER WEEK 4), LILLIE ABRAMOWICZ (WINTER WEEK 6), AND MADDIE BURROWS (SPRING WEEK 1).
ECC All-Stars!


ECC Tournament Champions!

CONGRATULATIONS TO SARAH HAGE: ECC GIRLS TENNIS SINGLES CHAMPION! "WATERFORD'S HAGE, THE TOP SEED AND A FRESHMAN, MUSTERED UP THE ENERGY TO RALLY FROM 4-1 DOWN IN THE THIRD SET AGAINST STONINGTON JUNIOR MADDIE HAMM, OUTLASTING THE 2019 CHAMPION IN THE MARATHON MATCH, 63, 46, 64." - [GAVIN KEEFE, THE DAY]

CONGRATULATIONS TO THE WATERFORD BOYS LACROSSE TEAM: ECC DIVISION 2 TOURNAMENT CHAMPIONS! THE LANCERS DEFEATED WOODSTOCK ACADEMY 4-3. GOALIE JAKE KOZLOWSKI EARNED THE MOST OUTSTANDING PLAYER AWARD.

CONGRATULATIONS TO THE WATERFORD SOFTBALL TEAM: ECC SOUTH DIVISION TOURNAMENT CHAMPIONS. THE LANCERS DEFEATED LEDYARD WITH A FINAL SCORE OF 8-1.
Congratulations to Waterford High School’s CAS-CIAC scholar athletes Nitya Somineni and Sean Corman. Both Nitya and Sean are in the top 5 of their class academically. They were among 363 student-athletes honored at a virtual banquet on May 1st.

What is SAAB?
SAAB is a student-athlete council whose purpose is to empower student-athletes to promote sportsmanship provide leadership opportunities, as well as support tolerance, acceptance and respect. The council will work with the Director of Athletics to advance the inner workings of the athletic program. In addition, this council will lead and support athletics, school, and community initiatives.

The current board is comprised of six junior student-athletes (Lily Marelli, Abby Maynard, Kate Lange, Maddie Burrows, Annie Seltzer and Zac Gamble). Next year the board will be joined by student-athlete team representatives and student members.
Navigating obstacles along the way, as we did for the previous 2 seasons this year, the spring season was a huge success. The spring teams are also able to have ECC and CIAC tournaments!
Navigating obstacles along the way, as we did for the previous 2 seasons this year, the spring season was a huge success. The spring teams are also able to have ECC and CIAC tournaments!
Senior night celebrations are always exciting. Congratulations to all of our senior student-athletes and thank you for your dedication to Waterford Athletics!
Watch turf field games from home!

NFHSNETWORK.COM will broadcast all WHS home contests that occur on the turf field. Membership is required (search Waterford).

Click the following link to subscribe: NFHS NETWORK

Log into CIAC Mobile on your phone!

CIACMobile 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.
Lancer Golf Tournament

Registration is now Open! Print out the registration form: Lancer Golf Tournament Registration Form and mail with payment to the Waterford Athletic Department.

Please consider being a sponsor or donating a raffle item to support the WHS Athletic Department. Information can be found by clicking this link: Lancer Golf Tournament Sponsorship Form or contact Chris Landry at clan-dry@waterfordschools.org

Fall Sports Physicals are Valid for 13 Months

Please be aware that although sports physicals were temporarily valid for 15 months, they are now back to the original period of 13 months. 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.

Chris Landry, Director of Athletics & Student Activities
Waterford High School
20 Rope Ferry Road
Waterford, CT  06385
Phone: 860-437-6956
Fax: 860-437-6968
Contact: Wendy Morris, Athletics Secretary
E-mail: wmorris@waterfordschools.org

Athletics Home Webpage
Athletics News Webpage

GO LANCERS!

Follow us on Twitter!
Waterford Athletics - @lancer_sports1
Athletic Secretary - @WendyMorris66
Eastern CT Conference - @goeccathletics
CIAC - @ciacsports
Waterford Schools - @wps_ct
Superintendent - @WaterfordSuper
WHS Principal - @HauserWHS

We’re on Instagram!
Waterford Athletics - @lancer_sports1
CIAC - @ciacsports

CIAC Rules of Eligibility Information - click the link below (2020-2021 as of this publication)
Link to CIAC Brochure