

# 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 winter sports season which means we are very busy in the athletic department preparing for the upcoming spring season. I hope that many of you take advantage of the various spring 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 winter season, I look forward to seeing you all in the spring!

Sincerely,

Chris Landry, Director of Athletics and Student Activities

## SPRING 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 spring sports needs to be completed by March 9th for baseball, the 11th for softball and March 16th 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 ArbiterSports, 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](#).



# SPRING SPORTS OFFERINGS & COACH CONTACT INFORMATION

## **Softball: Andy Walker - [awalker@waterfordschools.org](mailto:awalker@waterfordschools.org)**

Pitchers and catchers conditioning week will begin on Monday, March 11th, and it will be through invitation only (CIAC only allows a specific number of athletes to attend - times will be relayed through Mr. Walker). Tryouts for both Varsity and Junior Varsity will take place on Saturday, March 16th, from 8:00-10:00 am in the Field House (wear appropriate clothing for indoors), then from 12:00-2:00 pm at our turfed softball field on campus (wear appropriate clothing for outdoors, dress warmly, rubber cleats or turf shoes, NO METAL cleats) Bring all necessary softball equipment to both sessions. Parent meeting will take place after teams are selected. Time/Date to be announced.

## **Baseball: Art Peluso - [apeluso@waterfordschools.org](mailto:apeluso@waterfordschools.org)**

Pitchers and catchers conditioning week will begin on Saturday, March 9th, and it will be through invitation only (CIAC only allows a specific number of athletes to attend for 5 total sessions up to 90 minutes per each session). The first try-out date for baseball will be Saturday, March 16th: Sophomores, Juniors and Seniors will try-out from 10:00-12:00 PM and a Freshman only try-out will be from 12:00-2:00 PM (be prepared to be both inside and outside, weather permitting). All players should wear appropriate clothing and be prepared to try-out indoors, as well as, outside (weather permitting). A parent meeting will take place when all teams have been selected. Time and date to be announced.

Please contact Coach Peluso with any further questions.

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

Our season starts Monday 3/18 from 2:20-4pm. Meet on the track. Join the WHS track Remind group for updated practice information and team expectations! Text to: 81010, Message: @WHSLETSGO

## **Girls Tennis: Ed Kolnaski - [ekolnaski@hotmail.com](mailto:ekolnaski@hotmail.com)**

Girls tennis first practice will be on Saturday, March 16th from 8am-10am on the tennis courts. Coach Kolnaski will confirm this with players. Be sure you get in touch with Coach Kolnaski to be added to his Remind group. A parent meeting will take place when all teams have been selected. Time and date to be announced.

Contact Coach Kolnaski with any questions.



# SPRING SPORTS OFFERINGS & COACH CONTACT INFORMATION

## **Boys Tennis: Brent Bell - [3coachbell@gmail.com](mailto:3coachbell@gmail.com)**

First practice is March 16th from 10am-12pm on the courts. A parent meeting will take place when all teams have been selected. Time and date to be announced.

Any questions, please contact Coach Bell.

## **Boys Lacrosse: Paul Deon - [pdeon@waterfordschools.org](mailto:pdeon@waterfordschools.org)**

Practice and tryouts begin on Saturday, March 16th with a double session 8:00am - 10:00am and 3pm - 4:30pm. A parent meeting will take place when all teams have been selected. Time and date to be announced.

Contact: Coach Deon with any questions.

## **Girls Lacrosse: Taylor Shannon - [tshannon@waterfordschools.org](mailto:tshannon@waterfordschools.org)**

Tryouts and practice will begin Saturday, March 16th from 10:00am - 12:30pm. Please bring a girl's lacrosse stick, lacrosse goggles, a mouth guard, **sneakers AND cleats** (no metal). An informational parent meeting will be held once teams are selected, time and date TBD. Players should join our Google Classroom using code: jteq5gu. We will also communicate through the Remind app and you can access that code via Google Classroom.

Please email Coach Shannon with any additional questions.

## **Golf: Katie Pesko - [kpesko@waterfordschools.org](mailto:kpesko@waterfordschools.org)**

Practice will begin after school on Monday, 3/18. Practice will be at Waterford High School or Great Brook Sports until Great Neck Country Club opens which is set for 4/6/24. Practice begins promptly at 3:00 PM and wraps up around 5:00 PM. **Transportation will not be provided to Great Neck Country Club, so it is up to the student to organize transportation.** All players should bring their own golf clubs and wear appropriate clothing to all practices, including a collared shirt, khaki pants, and sneakers. A warm jacket or long-sleeve shirt is also recommended.

A meeting for all parents is planned at Great Neck Country Club at 5:00 PM on 4/7.

Contact: Coach Katie Pesko with any questions.



# News and Highlights

## THE DAY ALL-AREA TEAM

Waterford HS had several fall season student-athletes selected to The Day All-Area Team for their respective fall sport. Congratulations! **BOYS SOCCER: Griffin Neal** (forward). **GIRLS SOCCER: Camryn Dickinson** (midfield), **Allison Cioci** (defense) and **Paige Jessuck** (forward). **GIRLS SWIMMING: Julia Gathy** (utility), and **Hannah Blomberg** (utility). **GIRLS CROSS COUNTRY: Avery Maiese**. **VOLLEYBALL: Emerson Lane** and **Ava Majeski**. **FIELD HOCKEY: Samantha Silva** (utility). **FOOTBALL: Quinn Speller** (offense/wide receiver) and **Devon Powers** (defense/linebacker).



## ECC'S

Both the girls volleyball team and girls soccer team clinched their 2023 division titles this past fall.

In addition, the following student-athletes were recognized by the Eastern Connecticut Conference for their outstanding performance this past fall season.

**FOOTBALL: Quinn Speller** - D2 All-Star (offense/receiver), **Devon Powers** - D2 All-Star (defense/linebacker), **Jax Higgins** - Honorable Mention, **Noah Westcott** - Scholar Athlete, **Eden Alexander** - Sportsmanship Award.

**SIDELINE CHEER: Rebecca Roarke** - Scholar Athlete, **Isabella Baskett** - Sportsmanship Award.

**GIRLS SWIMMING & DIVING: Julia Gathy** - Honorable Mention, **Hannah Blomberg** - Honorable Mention. **Jamie Gannon** - Scholar Athlete, **Kyijong Tenzin** - Sportsmanship Award.

**GIRLS SOCCER: Adyson Wiseman** - D2 All-Star (forward), **Victoria Sturm** - D2 All-Star (goal keeper), **Charlotte Jessuck** - D2 All-Star (midfield), **Camryn Dickinson** - D2 All-Star (midfield), **Paige Jessuck** - D2 All-Star (forward), **Allison Cioci** - D2 All-Star (defender), **Lea Arnold** - Sportsmanship Award, **Payton Smith** - Scholar Athlete

**BOYS SOCCER: Griffin Neal** - D2 All-Star (forward), **Gio Ortiz** - D2 All-Star (midfield), **Alex Casper** - Honorable Mention, **Dennis Du** - Scholar Athlete, **Jonathan Dorunda** - Sportsmanship Award.

**FIELD HOCKEY: Samantha Silva** - D2 All-Star (midfield), **Melanie Martin** - D2 All-Star (defense), **Emma Smathers** - Honorable Mention, **Katie Jamroga** - Honorable Mention & Scholar Athlete. **Cate Smathers** - Sportsmanship Award.

**VOLLEYBALL: Ava Majeski** - D2 All-Star, **Emerson Lane** - D2 All-Star, **Jennifer Macca-Barnes** - D2 All-Star, **Danica Agsalud** - Honorable Mention, **Kecelia Hill** - Sportsmanship Award, **Zoe Zito** - Scholar Athlete.

**GIRLS CROSS COUNTRY: Avery Maiese** - D2 All-Star, **Elle DiBuono** - D2 All-Star, **Ava Lee** - D2 All-Star, **Molly Bartlett** - Scholar Athlete, **Adeline Steinhaus** - Sportsmanship Award.

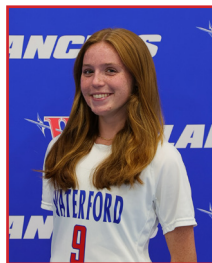
**BOYS CROSS COUNTRY: Xavier DelGrosso** - Sportsmanship Award, **Jay Zimmermann** - Scholar Athlete

Congratulations to girls soccer player **Allison Cioci** who was selected by the ECC as the girls soccer Player of the Year and to **Coach Chris Ghiglia** who was selected as the ECC girls soccer Coach of the Year!



# CGSCA SCHOLAR ATHLETE

Congratulations to Payton Smith for being selected as one of the Connecticut Girls Soccer Coaches Associations Scholar Athlete recipients!



## ALL-STATE

Congratulations to our fall season student-athletes who earned All-State honors: Girls Cross Country - **Avery Maiese**. Volleyball - **Emerson Lane**. Field Hockey - **Sam Silva**. Boys Soccer - **Griffin Neal**. Girls Soccer - **Allison Cioci** and **Camryn Dickinson**.



## ECC CAPTAIN'S WORKSHOP

The Eastern CT Conference held two captain's workshops so far this year. One in the fall and one in the winter season. The workshop provides student-athletes with an opportunity to develop skills needed to be effective leaders. Students participated in activities designed to foster leadership skills in productive thinking, decision making and communication.



## ECC DIVERSITY COUNCIL

Each school in the ECC has a student representative who serves on the ECC Diversity Council. Senior Aly Lewis is the representative for Waterford HS. Aly is a member of the indoor track team and served as manager of the volleyball team in the fall. Members discuss various issues within the league and felt it was important to create a statement focused on appropriate fan behavior which is read prior to all basketball games.



## NATIONAL LETTER OF INTENT SIGNING DAY

Four Waterford athletes signed their NLI letters at a ceremony held at WHS in November.

Congratulations to **Amarys Jimenez** who will be playing soccer at the University of RI, **Emilia Podeszwa** who will be playing softball at Binghamton University, **Melanie Martin** who will be playing softball at the University of Bridgeport and **Grace Muti** who will be playing softball at Saint Peter's University.

# ECC VOLLEYBALL MVP

Congratulations to Emerson Lane for earning MVP honors for the ECC girls volleyball team. Emerson played in the inaugural ECC vs. SCC Volleyball Showdown at Mohegan Sun on 1/29.



# LANCERS IN THE COMMUNITY

The Lancer wrestling team hosted a youth wrestling clinic in December. Approximately 80 Waterford wrestlers from grades K-12 were involved in the clinic. They also hosted their Wrestle for the Cure meet in January to support the Josh Eudy and Tim Bonavita scholarships.

The WHS cheerleading team volunteered at the holiday stroll in Niantic this past December.

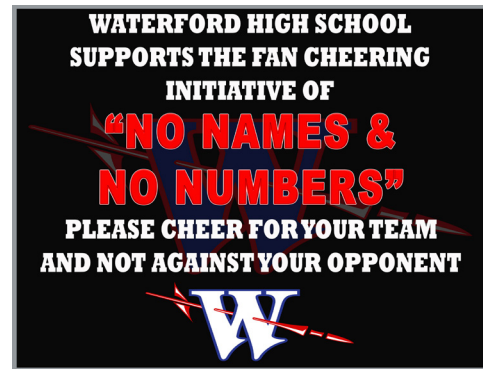
Both the girls and boys basketball teams hosted Go Gold games in January to raise awareness about childhood cancer. The teams were able to donate \$1250 to Camp Rising Sun - *A place where kids with cancer have fun*. The girls team also hosted youth night in January. The boys team will host youth night in February.



# “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 signing on to officiate 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



# CELEBRATING OUR WINTER SEASON SENIORS

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





# SNAPSHOTS FROM THE WINTER SEASON





Members of the unified team attended the Unified Leadership Conference in Rocky Hill CT on November 1st. Participants attended break out sessions on leadership and inclusion. They heard from guest speakers Aric Jackson and Collette Divitto.

The team has been having a great season so far. The basketball team traveled to New London for their first game and they have the next few games at home. The team plans for a corn hole tournament in February and they will also compete at the ECC cheerleading competition on February 17th. The team will finish the winter season by attending the ECC unified basketball tournament on March 5th.

The team will begin track practice in the spring. Anyone interested in helping the team practice should see either Coach Murphy or Coach Arnold.



## 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 and initial eligibility for spring sports. Third quarter grades determine continuance in spring sports.

[CIAC Rules of Eligibility](#)



**CIAC Eligibility Rules**  
OHIO STATE INTERSCHOLASTIC ATHLETIC CONFERENCE

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.

**NEVER SCHEDULE A STUDENT-ATHLETE FOR LESS THAN 4 CREDITS!**

- 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)

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.

# SPRING 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 & Other 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](#)

[Athletic.net: Official schedule for track meets](#)

[CIAC Main Webpage](#)

[ECC Main Webpage](#)

## NEVER MISS A GAME

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.



## NEW COACHES AT WHS

WHS would like to welcome our new coaches this year.

Girls lacrosse will be led by Lancer alum head coach Taylor Shannon (L). She will be assisted by two new assistant coaches, Jacey Miller and Giulianna Spinnato (not pictured).

Girls tennis long time volunteer Joe Steady (M) will

now fill the role as assistant coach.

The boys lacrosse team welcomes new assistant coach Carlos Panto-Malaga (not pictured).

Fencing team volunteer and Lancer alum Kassidy Gallagher (R) became the assistant coach this year.



## COACHING OPPORTUNITIES

Have you ever thought about coaching or being a volunteer coach at WHS? Periodically, coaching opportunities are posted on the Waterford Public Schools website. Check this link often to see [current job listings and an application for employment](#). A coaching permit is required by law for all coaches who wish to coach in CT's public schools grades K-12. [Information on how to obtain a coaching permit](#).

**CAREER OPPORTUNITY NOW HIRING**

**HEAD COACH ASSISTANT COACH VOLUNTEER**

Apply Today. Go to the Waterford Public Schools Website and Search Employment Opportunities

**Waterford Lancers: Great Teams to Coach**

Anyone who lives in southeastern CT, is familiar with the Waterford Lancers. The Lancers have had very long history of successful sports teams over the

## ALUMNI IN SPORTS


We love to stay connected with our alumni and keep our current student-athletes inspired by our alums great accomplishments. Please share with us ALL-CONFERENCE, MILESTONES, Etc. We will either add this information to our newsletters or post on our Instagram [@lancer\\_sports1](#)

Use the attached form to share your post high school accomplishments: [Alumni In Sports](#)




# TICKET SALES ARE DIGITAL

Ticket 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](#).




## DIGITAL TICKETING REQUIRED FOR THIS EVENT (NO CASH SALES)

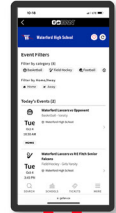
Go TO [www.GoFan.co](http://www.GoFan.co) IN YOUR BROWSER (SEARCH WATERFORD) OR SCAN QR CODE.



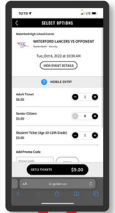
GoFan Box Office Purchase (CREDIT CARD READER) MAY BE AVAILABLE FOR THIS EVENT. SEE EVENT STAFF.



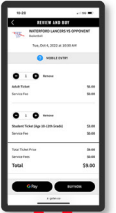
### How to Buy Tickets




SEARCH FOR SCHOOL & SELECT EVENT




SELECT TICKETS




BUY TICKETS




USE TICKETS



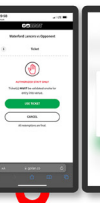
### How to Use Tickets



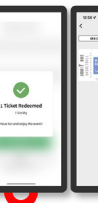
PULL UP YOUR TICKETS




SELECT TICKET TO USE




SHOW TO EVENT STAFF




USE TICKET AND ENJOY




VIEW ALL TICKETS




### How to Transfer Tickets




SELECT TICKET TO TRANSFER




CHOOSE TRANSFER METHOD



TRANSFER TICKET



CONFIRM TRANSFER



CONFIRM USAGE

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.

The 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 45% off


**\$79.99/yr**

Billed annually. Equal to 12 months at \$6.67/mo.

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 spring team photos with individual head shots.

The photo is an 8 x 10 with the student-athlete and team. The cost will be \$20 (plus fee). Spring athletes will receive an email after the season begins so be on the lookout!



2022-2023

**WATERFORD  
LANCERS**

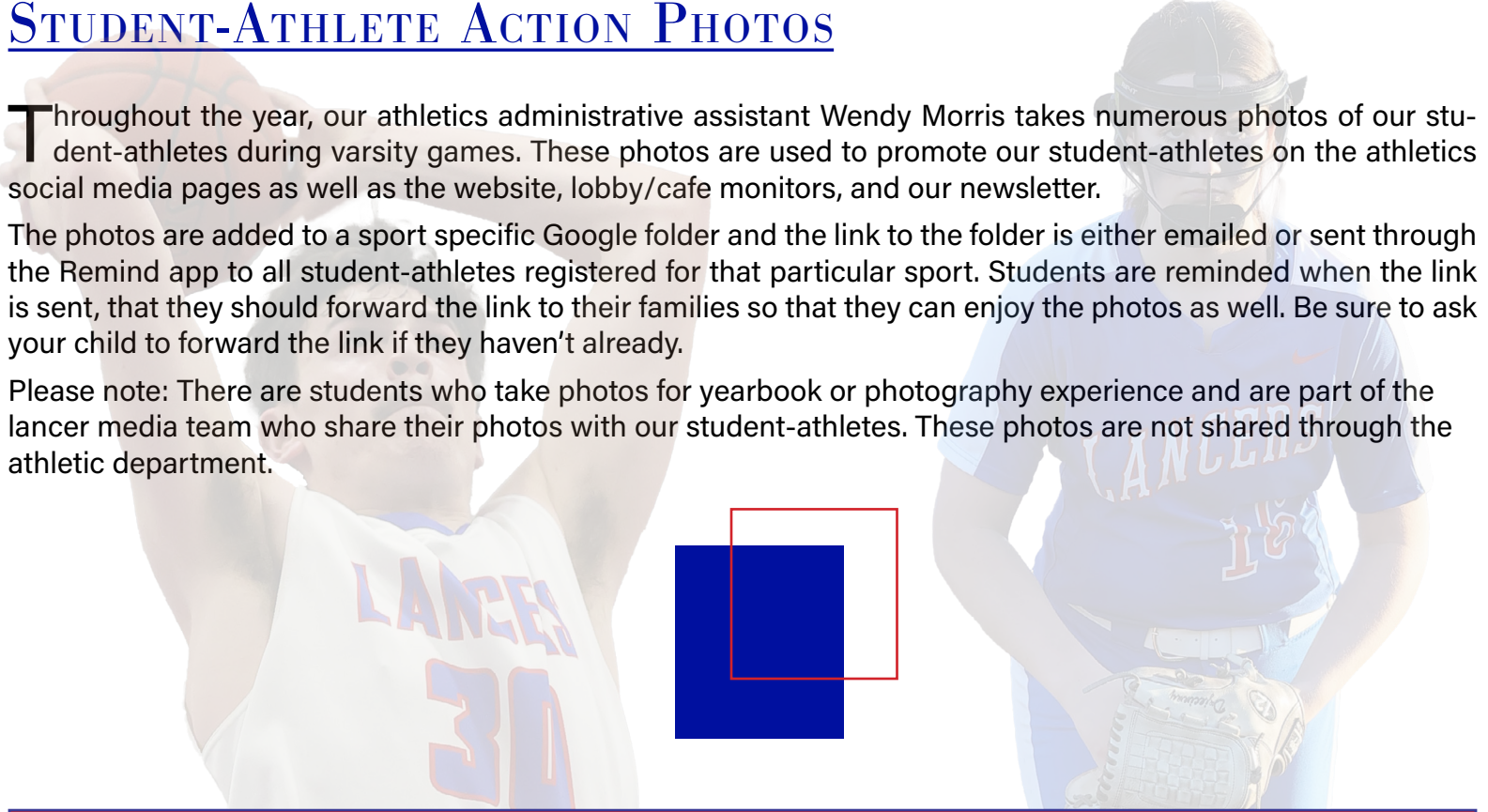


# STUDENT-ATHLETE ACTION PHOTOS

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.  
[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](#)

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