



# NEWINGTON HIGH SCHOOL ATHLETICS

## SPRING SPORT REGISTRATION

*Spring sports begin Saturday, March 21, 2026*

### WHAT DO I NEED TO DO?

#### ☐ CHECK YOUR ELIGIBILITY

##### 1.) Academic Eligibility:

- Student-athletes must have passed **FOUR (4)** classes that earn a quarter credit during the second quarter.

##### 2.) Physical Eligibility:

- For a spring sport, a physical must be from February 21, 2025 or more recent and be on file with the NHS nurse prior to Thursday, March 20th.
- You must use the State of Connecticut Health Assessment Record 'HAR-3 Rev. 4/2012' (blue form) for a physical. It is available in the NHS main office, NHS nurses' office, your doctor's office, or on the Newington Athletics website.
- The physician must 'check' the box on that blue form that states, "This student may participate fully in athletic activities and competitive sports."

##### **NHS Sport Physicals:**

Newington High School offers sport physicals in the nurses' office, if you do not have health insurance or are otherwise unable to get a physical from your own provider. Student must have written parent permission with them the day of the physical in order for it to be performed.

- Physical Date: **MUST CHECK WITH NURSES OFFICE BY 2/27**

#### ☐ ALL 3 ITEMS BELOW MUST BE COMPLETED BETWEEN February 19 - MARCH 19, 2026

##### 1.) ONLINE REGISTRATION

- Visit [www.newingtonathletics.com](http://www.newingtonathletics.com) and click on the "Registration" tab at the top.
- Click on "Spring Sport Registration", which will direct you to the online registration.
- The online registration is complete when you click the blue "Submit" button on the last page.
- **Any registrations received after Thursday, March 19th will result in a late start.**
- Registration status can be found under the "Registration" tab on [www.newingtonathletics.com](http://www.newingtonathletics.com)

##### 2.) Physical:

- To be eligible, student athletes must have a valid physical **on file with the NHS nurses' office**, dated after February 21, 2025, on March 19<sup>th</sup> by noon.

##### 3.) Participation Fee:

- A check for \$115.00\* (one hundred and fifteen dollars) made payable to: *Newington Athletic Fund*
- Must be turned in to the Athletic Office by March 19th to start on time. **Fees turned in after the deadline will result in a late start.**
- **THERE IS NO LONGER A 3RD SPORT WAIVER**
- If a student does not appear on regular season roster, checks will be shredded.
- Checks will be deposited after the first day of competition.

**Please see reverse side of this paper for information on pre-season sport meetings held by each coach.**

**If you have any questions or concerns, feel free to visit or call the athletic office (860)666-5611 x1620.**

# Newington High School Athletic Teams

2025-2026 School Year

## SPRING SEASON

*Spring sports begin Saturday, March 21, 2026*

Sport	Coach's Name	Contact Information	Meeting Date	Time	Location
Baseball <i>(Pitchers &amp; Catchers begin March 11<sup>th</sup>)</i>	Mr. Ben Alaimo	<a href="mailto:balaimo@npsct.org">balaimo@npsct.org</a>	Tuesday, 2/24	2:30 pm	Room 313
Golf – Girls	Mr. Mitchell Egazarian	<a href="mailto:megazarian@npsct.org">megazarian@npsct.org</a>	Tuesday, 2/24	2:30 pm	Room 202
Lacrosse – Boys	Mr. John Acquavita	<a href="mailto:Johnacquavita66@gmail.com">Johnacquavita66@gmail.com</a>	Wednesday, 2/25	2:30 pm	Cafe
Lacrosse – Girls	Ms. Alexandra Houldcroft	<a href="mailto:alihouldcroft@gmail.com">alihouldcroft@gmail.com</a>	Wednesday, 2/25	3:45 pm	Cafe
Softball	Mr. Julio Figueroa	<a href="mailto:jfigueroa@npsct.org">jfigueroa@npsct.org</a>	Tuesday, 2/24	2:30 pm	Cafe
Tennis – Boys	Mr. Don Lukowski	<a href="mailto:donL7533@aol.com">donL7533@aol.com</a>	Wednesday, 2/25	2:35 pm	Lower Library
Tennis – Girls	Mr. Sean Hussey	<a href="mailto:reedbuilders@att.net">reedbuilders@att.net</a>	Thursday, 2/26	2:35 pm	Lower Library
Track – Boys	Mr. Kyle Armour	<a href="mailto:armourkyle1@gmail.com">armourkyle1@gmail.com</a>	Wednesday, 2/25	3:00 pm	Cafe
Track – Girls	Mrs. Jen Deschenes-Emord	<a href="mailto:jen.deschenes@gmail.com">jen.deschenes@gmail.com</a>	Wednesday, 2/25	3:00 pm	Cafe
Volleyball – Boys	Mr. Curt Burns	<a href="mailto:curtburns53@gmail.com">curtburns53@gmail.com</a>	Tuesday, 2/24	2:30 pm	Cafe