

# Sanborn Regional Middle School Athletics Department



## Middle School Sports:

Fall		Winter		Spring	
Cheerleading	Coed	Basketball	B&G	Baseball	Boys
Cross Country	B&G	Cheerleading	Coed	Softball	Girls
Field Hockey	Girls			Outdoor Track	
Soccer	B&G			& Field	B&G

**How do I know what's going on?** Student-Athletes and Parent/Guardians registered in **Final Forms** (see below) will receive updates on team summer activities, start dates and times, physical exams, etc. through that system. During the season, all teams will use the SportsYou app, which is available to parents/guardians and student-athletes as well.

**Start Dates:** Fall Middle School Sports will begin with practices on August 29th, immediately after school.

**Fall Coaches:** You can reach out to the program coaches for specific information:

Cheerleading	Alyssa Rehrauer	rehraueralyssa1@gmail.com
Cross Country	Mary Ellen Colford	mcolford@sau17.net
Field Hockey	Krystiana Stefanile	krystiana.stefanile@snhu.edu
Soccer (Girls)	TBA	
Soccer (Boys)	Michael Gannon	megannon@comcast.net

**Plan Ahead:** Winter sports will begin the week before Thanksgiving with basketball (Boys and Girls) holding tryouts. Spring sports usually begin around the last week in March. We do NOT play games or hold practices over vacation periods, and only rarely have activities over the weekend.

**Physical Exams:** These are required of all athletes and must be no 'older' than 13 months at any given time. This can be a bit confusing, so here's an example: If the exam was completed on August 1, 2023, it would be valid through September 1 of 2024 (13 months later). Most local urgent care centers will give your child a sports / camp physical on a walk-in basis for as little as \$20. Dr. Dawson also has vouchers for free exams from Convenient MD--just ask.

**Registration:** To register a student-athlete, or to add a fall sport for athletes already in the system, parents / guardians need to visit [Final Forms](#) at *sanborn-nh.finalforms.com*. If you get stuck uploading a scan / copy of your student-athlete's medical exam report, you can just email it to Dr. Dawson, and he will happily take care of that for you.

**Game / Practice Schedules:** As we have done the last few years, I will be keeping a [Combined Schedule](#) online for all teams in one place. Just follow and bookmark that link. Note—that schedule will be “live”, and will change often based on weather, buses, our opponents' issues, officials, etc. Never print that schedule!

**Sportsmanship:** Sanborn does not tolerate any verbal abuse (even minor comments) to game officials, and communicating in a negative way to any athlete on the field is 100% unacceptable. Our *kids* are playing *games*. Please enjoy the game, and keep your opinions to yourself...or find me and we can chat about it.

Sports bring the unique joy that comes with friendly competition. Athletics is a core component of any educational program, and a huge part of the physical and mental health of our student-athletes. If you see me at games, please stop by and say hi. Go Sanborn!

Bob Dawson, EdD  
Assistant Principal, Athletic Director  
[rdawson@sau17.net](mailto:rdawson@sau17.net)  
603-765-4552