

## Sport Registration

The Sport Registration link can be found on the main menu of the ConVal Athletics website.

In order to be eligible to play a sport, every athlete must complete the following three steps **BEFORE** tryouts begin as well as pay the necessary fees:

**Family ID Registration** – This is the electronic filing of insurance, health and emergency contact information. From the ConVal Athletics website, click on Sport Registration and then follow the link to the Family ID website to complete the form. This site also has information concerning tryouts and impact testing.

**Physical Form** – A physician's form must be completed and submitted to the Athletic Department. This form can be downloaded from the Sport Registration website. Your doctor's Universal Physical Form is also accepted. Once on file, this form is good for two years but cannot expire during the season of play.

**ImPact Test** – These tests assist in the assessment and management of concussions. Your student must take an ImPact test every two years. ImPact tests are administered in the computer lab at the high school. Go to the Family ID website to find out when your student can sign up for an ImPact test.



# FCVA

## Friends of ConVal Athletics

### What is FCVA?

The Mission of FCVA is to foster a spirit of cooperation and support among ConVal athletes and the broader community through development of a variety of fundraising and other efforts which better the opportunities to our athletic programs.

### How does it help my student athlete?

Funds raised through team FCVA fundraising provide financial support to the teams with items such as: entry fees for jamborees, clinics and tournaments, specialized instruction, athlete apparel, sports equipment, travel and transportation, coaching and training materials such as videography, books, dues and subscriptions, senior night supplies, team banquet items, additional awards and supplies, and the list goes on!

### How can parents participate?

Parents can help through participating in any of FCVA's fundraising activities. Each season has a major fundraiser open to all FCVA teams. Ongoing opportunities are available for parents to earn team funds by volunteering in one of the concession stands. Parent representatives from each team will keep you up to date. **You can even volunteer during your athlete's off-season!** Also, we are always looking for parents for our subcommittees and to help with board activities. You can contact us with any questions you might have at:

[FCVAcommunications@gmail.com](mailto:FCVAcommunications@gmail.com).

Friends of ConVal Athletics (FCVA) is proud to sponsor this guide for

# ConVal High School Athletics



### **Athletic Director**

603-924-3869 x 4654

### **Athletics Administrative Assistant**

603-924-3869 x 4653

**Athletics Fax: 603-371-0393**



# ConVal Sports Programs

## ~ FALL ~

- Bass Fishing
- Cross Country
- Fall Spirit
- Girls Field Hockey
- Football
- Golf
- Soccer
- Unified Soccer
- Girls Volleyball

## ~ WINTER ~

- Alpine Skiing
- Basketball
- Ice Hockey
- Indoor Track
- Nordic Skiing
- Unified Basketball
- Winter Spirit
- Wrestling

## ~ SPRING ~

- Baseball
- Lacrosse
- Outdoor Track
- Softball
- Tennis

## ~ Summer ~

Many of the sports programs hold summer leagues and clinics in preparation for the upcoming school year and for fall tryouts\*. Contact your student's coach or the office of the Athletic Director for more information:

**Soccer** (boys) – Josh Smith  
[JoshuaE.Smith@hotmail.com](mailto:JoshuaE.Smith@hotmail.com)

**Soccer** (girls) – Curt Martens  
[Curt.T.Martens@gmail.com](mailto:Curt.T.Martens@gmail.com)

**Volleyball** (girls) – Amanda Hinton  
[AHinton@conval.edu](mailto:AHinton@conval.edu)

**Basketball** (girls) – Kevin Proctor  
[KProctor@sprise.com](mailto:KProctor@sprise.com)

**Basketball** (boys) – Leonid Gershgorin  
[LGershgorin4@gmail.com](mailto:LGershgorin4@gmail.com)

**Field Hockey** – Carrie Whittemore  
[Carrie.Whittemore@gmail.com](mailto:Carrie.Whittemore@gmail.com)

**Football** – Paul Landau  
[PLandau@conval.edu](mailto:PLandau@conval.edu)

**Bass Fishing** – Phil Matthewson  
[Phil@Matthewsoncos.com](mailto:Phil@Matthewsoncos.com)

## Summer Clinics

For more information on summer clinics (including how to register), click “**MORE**” from the main menu on the ConVal Athletics website and then select “**CVHS Summer Camps and Clinics.**”

*\*Please note that tryouts for fall sports are typically held during the second week of August but please contact the coach or office of the Athletic Director for more information.*

## Game Schedules

Schedules for all sports can be found on the ConVal Athletics website. Simply click on the current or upcoming season and then on the sport. Full schedules for all sports are usually posted over the summer and updated as needed.



**ConVal Athletics Website:**  
[www.ConValAthletics.org](http://www.ConValAthletics.org)

**FCVA Website:**  
[www.ConValAthletics.org/main/boosters](http://www.ConValAthletics.org/main/boosters)

Click on “**MORE**” from the main menu of the ConVal Athletics website for links to:

- Summer camps & clinics
- Parent information
- Contact information for the Athletic Director's office

Feel free to contact FCVA with any questions at:  
[FCVAcommunications@gmail.com](mailto:FCVAcommunications@gmail.com)



**Friends of ConVal Athletics**  
- FCVA