

## **2023-24 Interscholastic Athletics at Martin Meylin Middle School**

Dear Parent/Guardian of Current 6<sup>th</sup> Graders,

As your child transitions into 7<sup>th</sup> grade, they will have the ability to participate in interscholastic sports at Lampeter-Strasburg. This letter is intended to provide a list of all junior high sports offered and includes a brief description of what is needed for each fall sport and how to get more specific information. Winter and spring sports sign ups and informational meetings will take place during the school year. Students will be informed of these meetings through announcements each morning in the homeroom and over Schoology.

An interscholastic sport is one that competes with other Pennsylvania Interscholastic Athletic Association (PIAA) schools. Some of these sports require a tryout because they have limited roster positions, while other sports include everyone that signs up. Typically, each sport practices on weekdays, most of them from 2:45 pm - 5:30 pm and all require their players to attend all practices and games. Students participating in interscholastic athletics must also follow all PIAA, L-L League, and L-S policies including being in school by 8:05 am on days of practice and games, and not failing more than two classes at any time during that sports season.

### **Martin Meylin MS Sports:**

#### **Fall**

Girls Field Hockey  
Boys & Girls Cross Country  
Boys Football  
Boys Soccer & Girls Soccer  
Fall Cheerleading

#### **Winter**

Boys & Girls Basketball  
Boys Wrestling  
Winter Cheerleading

#### **Spring**

Boys & Girls Track & Field

All fall sports start practices in August (JH Cross Country - August 14; all other fall sports start August 21, 2023). In order to participate in these sports, students must have a physical exam (by family doctor or through sports physicals at the school or urgent care) before they may participate in any fashion. This exam must be dated on or after June 1, 2023 and will be valid for the remainder of the 2023-2024 school year. All athletic department forms can be found on the Lampeter-Strasburg website under the Athletics tab. All fall sports athletic paperwork must be submitted to the middle school main office no later than August 7, 2023.

Most sports have an "open play" night during the summer, which allows athletes time to be introduced to that sport and get in shape before the season begins. More information regarding this will be posted on the Athletics section of the L-S website this summer. Another way to make sure athletes receive the information is to contact the coach and ask to be added to his/her email list.

### **FALL SPORT INFORMATION:**

#### **Girls Field Hockey**

- E-mail for additional information: L-S Athletic Department Office. Coach TBD.
- Equipment required: sneakers or soccer type spikes, field hockey stick, shin guards, goggles and mouth guard

#### **Boys and Girls Cross Country**

- Equipment required: running sneakers.
- E-mail for additional information: Coach Cheryl Drouillard at [dlards@yahoo.com](mailto:dlards@yahoo.com)

#### **Football**

- Equipment required: football cleats, personal protective gear, mouthguard
- E-mail for additional information: Coach Steve McTaggart at [mctsteve97@yahoo.com](mailto:mctsteve97@yahoo.com).
- Remind App for summer workout schedule and further information: Download app, enter @lsjhf23

#### **Boys Soccer**

- Equipment required: soccer spikes & shin guards.
- E-mail for additional information: L-S Athletic Department Office. Coach TBD.

#### **Girls Soccer**

- Equipment required: soccer spikes, shin guards.
- E-mail for additional information: Coach Michelle Diffendarfer at [m\\_diffendarfer@l-spioneers.org](mailto:m_diffendarfer@l-spioneers.org)

#### **Fall Cheerleading**

- E-mail for additional information: Coach Lindsay Miller at [linmh88@aol.com](mailto:linmh88@aol.com)

If you have any additional questions feel free to contact Mrs. Allie Rehm, Athletic Trainer, at 717-669-8252 or the athletic office at 717-464-3311