

# DARIEN HIGH SCHOOL

## ATHLETICS

### GENERAL INFORMATION

The primary goal of the Darien High School Athletic Program is to develop successful qualities and winning attitudes in our student athletes.

The challenges associated with competitive athletics create learning experiences that enable students to grow and mature.

In 2009/10, Darien will field 64 athletic teams in twenty-one different sports. The program features 33 Varsity, 20 Junior Varsity and 11 Freshman teams. Blue Wave athletes come in all shapes, sizes and abilities. Currently, over 80% of the student body participates in at least one sport each year.

Fall sports include football, soccer and cross country for boys; cheerleading, field hockey, soccer, cross country, volleyball, and swimming for girls.

The winter sports are basketball, indoor track, swimming, wrestling, ice hockey, skiing and squash for boys; basketball, cheerleading, indoor track, skiing, ice hockey, gymnastics and squash for girls.

Spring sports include baseball, track, tennis, golf, sailing, lacrosse and volleyball for boys; softball, track, tennis, sailing, golf and lacrosse for girls.

Three forms must be completed for all athletes to be eligible to participate in interscholastic sports:

- **DHS Coaches Athletic Emergency Form** - This is in addition to the Health Office Emergency forms.
- **Sports Participation Health Record** - All students who plan to tryout, practice, and play at any level of interscholastic athletics must have a documented physical examination in order to participate. This physical exam must be updated every thirteen months, and kept on file with the school nurse.
- **DHS Extra-Curricular and Athletic Eligibility and Participation Contract** – an athlete commitment requiring signatures of both athlete and parent.

These forms are available on the DHS website at:

<http://www.darienps.org/healthservices/forms.htm> or in the Athletic Office during regular business hours.

If you have a question regarding the DHS Athletic Program, please call John Keleher, Director of Athletics, 655-3981 ext. 2263 or 2244 or visit our website: <http://www.darienps.org/darienathletics>

*Athletics - The Other Side of Education...*

**FALL 2009 SPORT INFORMATION**

<b>Sport</b>	<b>Start Date</b>	<b>Coach</b>
<b>Football (conditioning)</b>	<b>8/24</b>	<b>Rob Trifone 655-3981 x 2405 <a href="mailto:RTrifone@darienps.org">RTrifone@darienps.org</a></b>
<b>Cheerleading</b>	<b>8/29</b>	<b>Alphonso Dixon Jr. <a href="mailto:cheerndancenyc@aol.com">cheerndancenyc@aol.com</a></b>
<b>Cross Country - Boys</b>	<b>8/29</b>	<b>Tyson Kaczmarek 848-0140 <a href="mailto:nosvt13@aol.com">nosvt13@aol.com</a></b>
<b>Cross Country – Girls</b>	<b>8/29</b>	<b>Steve Norris 655-9937 <a href="mailto:runnersroost@yahoo.com">runnersroost@yahoo.com</a></b>
<b>Field Hockey</b>	<b>8/29</b>	<b>Mo Minicus 662-9759 <a href="mailto:mominicus@hotmail.com">mominicus@hotmail.com</a></b>
<b>Boys Soccer</b>	<b>8/29</b>	<b>Nicolae Piperea 613-1033 <a href="mailto:coachnicolae@msn.com">coachnicolae@msn.com</a></b>
<b>Girls Soccer</b>	<b>8/29</b>	<b>Jonathan Bradley 550-6589 <a href="mailto:JonathanBradley@usa.net">JonathanBradley@usa.net</a></b>
<b>Girls Swimming</b>	<b>8/31</b>	<b>Marj Trifone 655-3981 x 2350 <a href="mailto:MTrifone@darienps.org">MTrifone@darienps.org</a></b>
<b>Girls Volleyball</b>	<b>8/29</b>	<b>Laurie LaRusso 655-3981 x 2268 <a href="mailto:LLaRusso@darienps.org">LLaRusso@darienps.org</a></b>
<b>Athletic Director:</b>	<b>John Keleher 655-3981 x 2263</b>	<b><a href="mailto:JKeleher@darienps.org">JKeleher@darienps.org</a></b>
<b>Athletic Secretary:</b>	<b>Cindy Fraioli 655-3981 x 2244</b>	<b><a href="mailto:CFraioli@darienps.org">CFraioli@darienps.org</a></b>
<b>Athletic Websites:</b>	<b><a href="http://www.darienps.org/darienathletics/">www.darienps.org/darienathletics/</a></b>	
	<b><a href="http://www.highschoolsports.net">www.highschoolsports.net</a></b>	
	<b><a href="http://www.casciac.org/ciacsports.shtml">www.casciac.org/ciacsports.shtml</a></b>	